

Family Planning Awareness Among Married Couple In Urban And Rural Areas of Ahmedabad: A Qualitative Assessment

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Abstract- This paper presents the findings of a qualitative assessment aimed at exploring awareness regarding family planning. A descriptive exploratory study was conducted with married women and men aged between 10 and 50+. Total 200 married couple taken as sample. The study conducted with survey method to know the level of awareness about family planning in urban and rural married couple of Ahmedabad. Semi structured interview method was used to collect the data. The socio cultural factors that are influencing to family planning are discussed in detail in the result and interpretation.

in India and how it has played a major role in solving the problem of population growth in India to a certain extent.

Family planning is not confined to only birth control or contraception. It is important as whole for the improvement of the family's economic condition and for better health of the mother and her children. First of all, family planning highlights the importance of spacing births, at least 2 years apart from one another. According to medical science, giving birth within a gap of more than 5 years or less than 2 years has a seriously affect the health of both the mother and the child (Beekle, 2006).

I. INTRODUCTION

India's population has already reached 1.26 billion in the current year and considering the present growth rate, by 2028, the country's population will be more than China, according to a recent report from the UN. Though, the report has clearly mentioned that the rate of population growth has slowed down in recent years, due to effective implementation of family planning and family welfare programmes, yet the rate is growing at a much faster rate compared to China. The national fertility rate is still high which is leading to long-term population growth in India (Bureau PR, 2011).

With its historic initiation in 1952, the family planning programme has undergone transformation in terms of policy and actual programme implementation. There occurred a gradual shift from clinical approach to the reproductive child health approach and this holistic and target free approach helped in reduction of fertility. The target free approach is now reflected in the State project implementation plans based on community needs assessment. Presently the expected level of achievement is estimated for each State by the indicators reflecting the community needs like contraceptive usage, parity, unmet need and existing fertility (Department of Health & Family Welfare, 2015).

However, the family planning programme in India cannot be ignored. Let us discuss below about family planning

Giving birth involves costs and with an increase in the number of children in a family, more medical costs of pregnancy and birth are involved, along with incurring high costs of bringing up and rearing the children. It's the duty of the parents to provide food, clothing, shelter, education to their children. Family planning, if adopted, has an effective impact on stabilizing the financial condition of any family.

II. OBJECTIVES OF THE STUDY

The main significance of conducting such research on "Assessment of awareness of family planning among married couple in urban and rural area of Ahmedabad District" is prevention of reproductive and sexual transmitted health diseases, to control population explosion, to reduce child and maternal mortality rate and developing Awareness about family planning.

Research Questions Of The Study

- What could be people's attitudes towards family planning?
- What are major variables affecting people's family planning behavior?

III. RESEARCH METHOD

Descriptive survey research method has been used.

Sample and Sampling

Sampling units was from household, by conducting interviews personally by taking 200 married couples of urban and rural areas, the age criteria was between 10-50+ years.

Method of data collection

Data taken using various methods, taking into focus the subject of research. These research methods are as follows,

- In- depth interview technique
- Focused group discussion technique
- Observation

Statistical Techniques

Data were analyzed by following statistical techniques:

- Chi squared test

IV. RESULTS AND INTERPRETATION

4.1 Awareness and age of the respondents

In the field study, the digits of the couples who had the knowledge and awareness of the family planning in total 200 urban and rural couples are as follow,

Table 4.1: Awareness about Family Planning of the respondents by Age

Age	Awareness of FP		No Awareness about FP		Total	Awareness of FP %	No Awareness about FP %
	Urban	Rural	Urban	Rural			
10-24	6	8	0	14	28	7	7
25-29	12	9	0	14	35	10.5	7
30-34	31	8	0	17	56	19.5	8.5
35-39	32	5	1	23	61	18.5	12
40-44	11	0	0	2	13	5.5	1
45-49	6	0	0	0	6	3	0
50 up	1	0	0	0	1	0.5	0
Total	99	30	1	70	200	64.5	35.5

In urban area’s 6% couples of the age group of 10 to 24 are found aware of FP. In the age group of 25 to 29 years, 12% couples were having knowledge of the same. In the age group of 30 to 34 years, 31% couples were found aware of the FP. In 40 to 44 years age group couples were aware of the same in 11 %. 6 %couples were aware of the same in the age group of 45 to 49. Whereas 1% couples of the age group of 50 and above were found aware of FP.

In rural area’s 8% couples of the age group of 10 to 24 are found aware of FP. It is 9% in the age group of 25 to 29. And the same awareness is 8% in the age group of 30 to

34. In the age group of 35 to 39, 5% couples are found aware of FP.

In urban area 99% people have been found aware of the FP and it’s various methods. They are educated and in many case both are serving people. So, keeping in mind the well bringing up of their children and prosperity of the family they intentionally have adopted any one of the FP methods. They are also found aware of their health, figure and physique too. They know all about this from publicity medias like Radio, T.V. Films, hoardings, government hospitals, health workers, their doctors and well educated friends. Thus, in urban area the awareness of the FP has been seen widely.

In compare to them, in rural areas, the 30 % couples have been found aware of the family planning. The main reason of this is that they are poor and doing labor work and having no any entertaining source they cannot have this type of useful information. So they never think of keeping family small and happy. Instead, they think that, as many children as they have – they can earn more sending them to do work in farms or factories. They are also unaware of their health, and sexual diseases. Their only means of entertainment after exhausting from labor, is sexual inter coarse. This can lead them to have more children and mal-nutrition too. Thus, poverty increases and never ends. In more they add to population explosion. The temporary houses, the early marriage and immature pregnancy can also be seen in rural area.

Table 4.2: Awareness of Family Planning of the respondents by Religion

Religion	Awareness of FP		No Awareness about FP		Total	Awareness of FP %	No Awareness about FP %
	Urban	Rural	Urban	Rural			
Hindu	93	29	1	51	174	61	26
Muslim	6	1	0	19	26	3.5	9.5
Total	99	30	1	70	200	64.5	35.5

99% of urban Hindu and Muslim couples have been found aware of the FP. Among them 93 % are from Hindu religion and 6% have been found from Muslim religion. Where as in rural area they are 30%. Among them 29% are from Hindu religion and 1% from Muslim religion have been seen.

In urban area the Hindu couples are found educated and both husband and wife are working people. In more they themselves do not want more children as it is not safe and good economically, socially and personal health base. They use FP to keep safe distance between the two children. They intensely think to give every good thing to their children. They also take advice from health worker and their doctors too.

Compare to this in urban Muslims this cannot be seen as they follow the orthodoxy religion ‘Gurus’ who prevent them to adopt FP. Even more they told them to borne more and more children.

While in rural areas Hindu as well as Muslim couples were found uneducated and unaware of FP. The ratio is the same in rural area regarding the knowledge of FP and adoption of the same. It is because of their poverty, superstitions, blind faith, ill-omens, orthodoxy and old and vain traditions.

Thus, this field study and experience revealed the awareness of family planning in Hindu and Muslims.

Table 4.3: Awareness of Family Planning of the respondents by Caste

Caste	Awareness of FP		No Awareness about FP		Total	Awareness of FP %	No Awareness about FP %
	Urban	Rural	Urban	Rural			
General	32	4	0	4	40	18	2
OBC	23	6	1	16	44	14.5	7.5
SC	42	20	0	50	114	31	26
ST	2	0	0	0	2	1	0
Total	99	30	1	70	200	64.5	35.5

In urban areas, the study of caste has been found that 32 of married couples are from the general caste and they are aware about family planning. While only 4 of the rural areas married couples are from the general community and they are awareness about family planning. Likewise, 23 of the urban areas married couples is from the OBC caste and 6 of the rural areas married couples of OBC is from the caste and they are also awareness about family planning has been found. Likewise, 42 of the urban areas married couples is of SC caste and 20 of the rural areas married couples of SC is from the caste, and they are awareness about family planning. Likewise, 2 of the urban areas married couples is from ST castes, while not a single caste ST in the rural areas has been found. 2 of the urban areas married couples belong to the ST community and they are awareness about family planning. Based on the field experience, Awareness of family planning in the SC, General and OBC castes of urban areas has been observed. In comparison, about 20 of SC community in rural areas get Awareness about family planning method.

Based on the study of caste, couples of general and SC castes have seen more in urban areas. When the population of SC community is higher in the rural areas. The study of caste has found that 99 of urban areas married couples have Awareness about family planning, whereas 30 of rural areas married couples has Awareness about family planning method.

The study of field experience of 200 married couples is done in urban and rural areas, out of 200, 129 married couples are aware about family planning. For this, 65% of the total urban and rural areas, there is Awareness about family planning method in different caste wise married couples.

Thus, according to the study of the caste population of urban areas, because urban areas are well educated, as well as using the individual communication system and mass communication system, they are awareness about family planning. In comparison to the rural areas, because of the illiteracy, and because of labor, agriculture and animal husbandry, and poverty, they are not aware about family planning method.

Table 4.4: Awareness of Family Planning of the respondents by Monthly Income

Monthly Income	Awareness of FP		No Awareness about FP		Total	Awareness of FP %	No Awareness about FP %
	Urban	Rural	Urban	Rural			
Up to 10,000	22	16	0	36	74	19	18
10,001 to 20,000	18	0	1	1	20	9	1
20,001 to 30,000	16	0	0	0	16	8	0
30,001 to 40,000	7	0	0	0	7	3.5	0
40,001 to 50,000	1	0	0	0	1	0.5	0
50,001 to Above	3	0	0	0	3	1.5	0
None	32	14	0	33	79	23	16.5
Total	99	30	1	70	200	64.5	35.5

Income plays an important role in the study of urban areas and rural areas. 99% of urban areas are aware about family planning in married couples. In comparison, about 30% of married couples in rural areas are aware about family planning.

There are 22 married couples in urban and 16 in rural areas earning monthly income of up to 10,000, they couples are Aware of contraceptives methods. 99% of married couples in urban areas earning monthly incomes of up to 10,000 and 50,001 to above, they couples are Aware about family planning methods. From above data was, only 16 married couples in rural areas earning monthly income of up to 10,000 and 14 married women was house wife so, they not earning any monthly income, total no. of only 30% of married couples are aware about family planning methods. Ratio is very low of rural areas comparative to urban areas because of reason lack of knowledge and also below poverty lines.

The study of field experience of 200 married couples is done in urban and rural areas, out of 200, 129 married couples are awareness about family planning. For this, 65% of the total urban and rural areas married couples earning monthly income and they are aware about family planning method. Out of 200, 83 married couples in urban and rural areas earning monthly income. So 42% of married couples in urban and rural areas earning monthly income and they are aware about family planning methods and Out of 200, 46

married women was house wife in urban and rural areas and they are aware about family planning method. So 23% of married women were house wife in urban and rural areas and they are aware about family planning method.

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