

# Family Planning Practices Among Married Couple of Ahmedabad

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**Abstract-** This paper presents the findings of a qualitative assessment aimed at exploring practicing 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 practices 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 practices of family planning are discussed in detail in the result and interpretation.

## I. INTRODUCTION

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. Population growth has been a cause of worry for the Government of India since a very long time. Just after independence, the Family Planning Association of India was formed in 1949. The country launched a nationwide Family Planning Programme in 1952, a first of its kind in the developing countries. This covered initially birth control programmes and later included under its wing, mother and child health, nutrition and family welfare. In 1966, the ministry of health created a separate department of family planning. The then ruling Janata Government in 1977 developed a new population policy, which was to be accepted not by compulsion but voluntarily. It also changed the name of Family Planning Department to Family Welfare Programme (Department of Health & Family Welfare. 2015).

The initiatives taken by the Government in implementing the Family Planning Programme have significant impact on the country as a whole. India was the first country in the world to establish a government family planning program way back in 1952. According to 2011 Family Welfare Programme, some major achievements are as follows: (Frost J ad al, 2007)

- Awareness of one or more methods of contraception.

- Increase in contraceptives use over the years.
- Knowledge of female sterilization, which is considered to the most safest and popular method of modern family planning.
- Increase in the use of condoms.
- Increased knowledge about contraceptive pills.
- Fertility rate low among educated women.
- Fertility rate low among higher income groups.

India's fertility has declined to about half the level of the late 1980s, that trajectory may not continue. In the past eight years, contraceptive use fell by almost 35% as abortions and the use of emergency pills doubled. More specifically, reliance on oral birth control pills, condoms, and vasectomies declined by 30%, 52%, and 73%, respectively. In 2017, the health ministry launched a campaign to expand the use of modern contraception with a focus on population stabilization in 146 high-fertility districts across seven states. With India's contraceptive prevalence rate at 52%, abortion has become a "proxy contraceptive" for many women, especially those from poorer households. For decades, India relied on female sterilization as the primary contraceptive method, funding about 4 million tubal ligations annually, more than any other country. In 2016, the government took major steps toward modernizing that system, introducing injectable contraceptives free of charge in government facilities (Joseph Chamie and Barry Mirkin, 2017).

## II. OBJECTIVES OF THE STUDY

- The main significance of conducting such research on "Assessment of practice level of family planning among married couple in urban and rural area of Ahmedabad District".

### Research questions of the Study

- Are people practicing for family planning?
- What are major variables affecting people's family planning behavior?

### 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.

**III. 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:

- Descriptive Statistics

**IV. RESULTS AND INTERPRETATION**

**Table 4.1: Practice about Family Planning of the respondents by Age**

Age	Practice about FP		No Practice about FP		Total	Practice about FP %	No Practice about FP %
	Urban	Rural	Urban	Rural			
10-24	6	8	0	14	28	7	7
25-29	9	9	3	14	35	9	8.5
30-34	29	13	2	12	56	21	7
35-39	30	6	3	22	61	18	12.5
40-44	8	0	3	2	13	4	2.5
45-49	2	0	4	0	6	1	2
50 up	0	0	1	0	1	0	0.5
<b>Total</b>	<b>84</b>	<b>36</b>	<b>16</b>	<b>64</b>	<b>200</b>	<b>60</b>	<b>40</b>

Study show that 6 married couples in urban areas in the age group of 10 to 24 years use the family planning method, similarly 9 married couples who are 25 to 29 years old, and 29 couples who are 30 Similarly, 30 married couples who are 35 to 39 years of age, similar to 8 married couples who are 40 to 44 years old, same as 2 married couples whose age is 45 to 49 years use the Family Planning method. In comparison, 8 married couples in rural areas of the age group of 10 to 24 years use the family planning method, similarly 9 married couples aged 25 to 29 years, similarly 13 married couples who are 30 to 34 years old 6 married couples, who are between 35 and 39 years of age, use a family planning method. Thus, 84 married couples in urban areas, like 10 to 49 years of age, have seen the use of family planning methods. When compared to 36 married couples in rural areas in the age

group of 10 to 39 years of age, the use of family planning has been found.

The study of field experience of 200 married couples in urban and rural areas, out of 200, 120 married couples use of family planning methods. For 60% of the total population of urban and rural areas, the use of family planning methods has been found.

The use of family planning in urban areas of 30 to 39 years has been seen more. While the use of family-planning methods has been seen in couples 30 to 34 years of age in rural areas. Especially if there is an unhealthy fetes for women aged 25 to 39 years old and at that time, the use of family-planning methods has been seen more particularly in women.

In urban areas, use of family planning methods is seen in married couples,

Due to their education, their employment and they want one or two children.

In comparison of urban area, married couples of rural areas are not educated so by doing labour work, farming and by animal husbandry they earn money; and by living in joint family they are not aware about family planning, due to that use of family planning methods has not been seen there. In rural areas use of family planning methods is seen in married couples of 25-34 years age. But in assessment to urban areas it is very low in proportion.

**Table 4.2: Practice about Family Planning of the respondents by Religion**

Religion	Practice about FP		No Practice about FP		Total	Practice about FP %	No Practice about FP %
	Urban	Rural	Urban	Rural			
Hindu	78	34	16	46	174	56	31
Muslim	6	2	0	18	26	4	9
<b>Total</b>	<b>84</b>	<b>36</b>	<b>16</b>	<b>64</b>	<b>200</b>	<b>60</b>	<b>40</b>

78 married couples in urban areas have seen the use of family planning methods in Hindu religion, and 6 married couples of Muslim religion have seen the use of family planning methods. In comparison, 34% married couples of Hindu religion use of family planning methods, and 2% married couples of Muslim religion have use of family planning methods. Thus, the use of family planning methods in the urban areas, 84 married couples of Hindu and Muslim religion have been found the use of family planning methods. When compared to 36 married couples in rural areas, Hindu and Muslim religion have used family planning methods.

The study of field experience of 200 married couples is done in urban and rural areas, out of 200, 120 married couples have use of family planning methods. For 60% of the total population of urban and rural areas, the use of family planning methods has been found.

Studies based on field experience have found that compared to the Hindus, the number of couples in urban and rural areas has been very low in couples adopting Muslim religion.

Because the couple adopting Hindu religion of urban areas are themselves educated, because of every kind of facilities in the house, using furnishings and recreational means, they have been seen using the easy-to-use family-planning method. When compared to that, we would like to adopt Muslim religion in the urban area. Since being more religious, as well as being less educated, he also owns Since I believe more in them, they have seen very little use of the family planning system.

While he use of family planning methods in rural areas of Hindu religion and Muslim religion adoption is seen very little because they are living below the poverty line, because they are less educated, they provide their livelihood through labour; agriculture and animal husbandry for lack of Awareness about family planning have been seen. Another reason is that couples belonging to Hindu religion and Muslim religion in rural areas are more religious. As well as shame and shyness has been observed during the study. They also do not use the Family Planning method due to superstition.

Thus religion plays an important role in the use of family planning method.

**Table 4.3: Practice about Family Planning of the respondents by Caste**

Caste	Practice about FP		No Practice about FP		Total	Practice about FP %	No Practice about FP %
	Urban	Rural	Urban	Rural			
General	24	6	8	2	40	15	5
OBC	22	6	2	14	44	14	8
SC	36	24	6	48	114	30	27
ST	2	0	0	0	2	1	0
<b>Total</b>	<b>84</b>	<b>36</b>	<b>16</b>	<b>64</b>	<b>200</b>	<b>60</b>	<b>40</b>

24 married couples in urban areas general caste and they use family-planning methods. Similarly, in 22 married couples of OBC caste couples, 36 married couples of SC caste and 2 married couples of ST caste and they use family planning methods. Thus, 84 married couples in urban areas

and they use family planning methods in different caste. In comparison, 6 married couples in rural areas have seen the use of family planning methods in the general caste couples. Likewise, among the 6 married couples of OBC, similarly 24 married couples of ST caste and ST caste married couples were not found during the study. Thus, 36 married couples in rural areas have seen the use of family planning methods in different caste.

The study of field experience of 200 married couples in urban and rural areas, out of 200, 120 married couples have use of family planning methods. For 60% of the total population of urban and rural areas, the use of family planning methods has been found.

The use of family planning methods is seen in most SC caste couples in urban areas. In the second place, couples of general caste, thirdly, OBC caste couples and only 2 married couples of ST castes have seen, use of family planning method because the urban area's married couples are educated, as well as both men and women working, as well as having all kinds of facilities at home are accessible, as well as using leisure means, and they want one or two child thus they use family planning methods. Sometimes they also get help from the doctor's advice and family planning advisor, and on that basis husband and wife make the right decision to use which family planning method should be used.

As compared to urban areas, the lack of use of the family planning method is seen in rural areas, because of the poor living and living in the cottage, because living in the joint family, because of the responsibility of all the members of the household, and because of their own living by labor, farming and animal husbandry, compared to that, As a result, they cannot use the family planning system because of shame and shyness.

**Table 4.4: Practice about Family Planning of the respondents by Monthly Income**

Monthly Income	Practice about FP		No Practice about FP		Total	Practice about FP %	No Practice about FP %
	Urban	Rural	Urban	Rural			
Up to 10,000	15	20	7	32	74	17.5	19.5
10,001 to 20,000	17	0	2	1	20	8.5	1.5
20,001 to 30,000	15	0	1	0	16	7.5	0.5
30,001 to 40,000	5	0	2	0	7	2.5	1
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	28	16	4	31	79	22	17.5
<b>Total</b>	<b>84</b>	<b>36</b>	<b>16</b>	<b>64</b>	<b>200</b>	<b>60</b>	<b>40</b>

56 married couples in urban areas monthly income is up to 10,000 from 50,001, which has shown the use of family planning and 28 married couples in urban areas, who work like homework have seen the use of family planning. Thus, 84 married couples and they have use of family planning

methods. In comparison, 20 married couples in rural areas whose monthly income is up to 10000. It has been shown in the use of family-planning methods. While 16 married couples work as homework, the use of family-planning method has been found. In this, 36 married couples in rural areas the use of family planning methods has been found.

The study of field experience of 200 married couples is done in urban and rural areas, out of 200, 120 married couples have use of family planning methods. For 60% of the total population of urban and rural areas, the use of family planning methods has been found.

Thus, types of house also play an important role in the family planning method.

Studying on the basis of field experience, it has been found in the study that because of the urban areas married couples are educated themselves and both men and women are employed and also all the facilities in the house, they have use recreational means, because they living at pakka house, they have thinking is one or two children so they use a family-planning method to keep distance between them and to control population growth. They are well-educated and they earning good income, they also take help from a doctor's advice and family planning advisor, and then use the right family planning method, and they do not discriminate between the son and the wife.

In comparison to that, because the rural-area couples are not educated, and because of less education, they have to do labor, agriculture, retail, animal husbandry. They gave birth to more children due to unemployment, and use children as a medium of income. They live in raw houses and cottages. The responsibility of all the members of the family is on their hands, they work to develop economic and social condition. Secondly, they don't have knowledge about family planning method, they feel embarrassed and shy about it in their minds, as they hesitate to talk about it, especially because superstitions and orthodox thinking, old customs, traditions. Thus, the use of the income family planning method plays an important role.

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