

## USE OF CONTRACEPTIVES AMONG WOMEN OF CHILDBEARING AGE AT ALAHFAD CENTER FOR FAMILY HEALTH, KHARTOUM, SUDAN

Abdelsafi A. Gabbad<sup>1</sup>, Alaa H. Elbashir<sup>2</sup>, Mohammed A. Elawad<sup>3</sup>

<sup>1</sup> Health Sciences College at Al-Leith, Umm Al-Qura University, Saudi Arabia, <sup>2</sup> Ministry of Health, Sudan, <sup>3</sup> Health Sciences College at Al-Leith, Umm Al-Qura University, SAUDI ARABIA.

safigabbad@yahoo.com<sup>1</sup>, wadelawad32@yahoo.com<sup>3</sup>

### ABSTRACT

*A study was carried out on use of contraceptives among women of childbearing age at Alahfad Center for Family Health, Khartoum, Sudan. The objectives were to measure the proportion of using contraceptives, reasons behind not using contraceptives, overall effectiveness of contraceptives and satisfaction of women of childbearing age with the use of contraceptives. The study included 150 women of childbearing age attending Alahfad Centre for Family Health during a month. Required data were collected from participated women by questionnaire. The proportion of contraceptives using among women of childbearing age at Alahfad for Family Health was 86.7%. Common reasons behind not using contraceptives among women of childbearing age at Alahfad for Family Health were fear of complications 13(48.2%), lack of conviction 3(11.1%), lack of information 3(11.1%) and other health reasons 8(29.6%). Overall effectiveness of contraceptives used by women of childbearing age was 85.4%. About 82.1% of women of childbearing age who were using contraceptives were satisfied with the use of contraceptives. The study concluded that, although the percentage of contraceptives using was relatively high, further information about contraceptives were needed to increase the proportion rate.*

**Keywords:** contraceptives, women, childbearing, family, Sudan

### INTRODUCTION

Family planning is a practice of controlling on when to have children through the use of contraceptives (Robert et al, 2015). The use of contraceptives has increased by time (Siddig et al, 2015).

Approximately, 137 million women in developing countries who want to avoid pregnancy do not use any method of family planning. About 80 million out Of the 210 million pregnancies that occur each year are unplanned. About 42 million pregnant women seek termination of their unplanned pregnancy. It was estimated that 67 000 women die annually due to unsafe abortions by untrained staff, 99% of these deaths occur in underdeveloped countries (Izale et al, 2014).

In Sudan, the Contraceptive prevalence rate (CPR) is 7.7%. It is a low percentage as well as in many developed countries (Siddig et al, 2015). The reasons behind this lower prevalence were poor acceptance, inadequate knowledge, or inaccessibility of the services in a community (Siddig et al, 2015). Ranjan (2015) added phobia of adverse health effect to these reasons.

## MATERIALS AND METHODS

The study addressed the women of childbearing age clients at Alahfad Center for Family Health during the period of a whole month. The sample size of 150 was calculated by statistical equation.

Relevant data were collected using a questionnaire directed to women of childbearing age. Collected data were analyzed using computer software.

## RESULTS

Table 1 shows the proportion of contraceptives using among women of childbearing age at Alahfad for Family Health which was 86.7%. Common reasons behind not using contraceptives among women of childbearing age at Alahfad Center for Family Health were fear of adverse health effects 21(77.8%), lack of conviction 3(11.1%), and lack of information 3(11.1%) as shown in table 2. Overall effectiveness of contraceptives used by women of childbearing age was 85.4% (table 3). About 82.1% of women of childbearing age who were using contraceptives were satisfied with the use of contraceptives (table 4).

**Table 1. Proportion of contraceptives using among women of childbearing age at Alahfad for Family Health, Khartoum, Sudan (n=150)**

| Use of contraceptives | No  | %     |
|-----------------------|-----|-------|
| Using                 | 123 | 86.7% |
| Not using             | 27  | 13.3% |
| Total                 | 150 | 100%  |

**Table 2. Reasons behind not using contraceptives among women of childbearing age at Alahfad for Family Health, Khartoum, Sudan (n=27)**

| Reason                         | No | %     |
|--------------------------------|----|-------|
| Fear of adverse health effects | 21 | 77.8% |
| Lack of conviction             | 3  | 11.1% |
| Lack of information            | 3  | 11.1% |
| Total                          | 27 | 100%  |

**Table 3. Overall effectiveness of contraceptives used by women of childbearing age at Alahfad for Family Health, Khartoum, Sudan (n=127)**

| Occurrence of pregnancy | No  | %     |
|-------------------------|-----|-------|
| Occurred                | 18  | 14.6% |
| Not occurred            | 105 | 85.4% |
| Total                   | 127 | 100%  |

**Table 4. Satisfaction of women of childbearing age at Alahfad for Family Health towards contraceptives using (n=127)**

| <i>Satisfaction</i> | <i>No</i> | <i>%</i> |
|---------------------|-----------|----------|
| Satisfied           | 101       | 82.1%    |
| Not satisfied       | 22        | 17.9%    |
| Total               | 123       | 100%     |

## DISCUSSION

There are several different contraceptives that are used to control birth and prevent undesired pregnancy; however the effectiveness of these methods is dissimilar. These birth control methods include: condoms, the diaphragm, birth control pills, implants, IUDs (intrauterine devices), sterilization and the emergency contraceptive pill. Sudanese mothers mostly hesitate to use one or another due to different reasons. In our present study we would like to highlight the aspects of using these contraceptives.

According to the findings, a considerable numbers (86.7%) of studied women of childbearing age were using contraceptives. It is too high percentage if it is compared to that mentioned by Siddig et al(2015) in their study where the contraceptive prevalence rate (CPR) is 7.7% in Sudan. In South-Western Nigeria, about 73.7% of rural women were using both modern and traditional contraceptives (Olugbenga et al, 2011). In Pakistan, only 49% of child bearing age women were using contraceptives (Ambareen Khan et al, 2011). In a study conducted in Democratic Republic of Congo. Only 36.5% of the studied women reported current use of contraception (Kangale et al 2014).

Women who were not using any method of contraceptives mentioned a group of reasons. In the present study, the main reason was fear of adverse health effects. Other reasons were lack of conviction and lack of information. Olugbenga et al (2011) found that reasons were affordability, availability, reliability, religion and family setting. In Delhi, India, religious beliefs and fear of side-effects were considered as barriers to use contraceptives (Neeti et al, 2010). A study among women in rural areas of Pakistan, revealed that reasons for not using family planning and modern contraception included incomplete family size, negative perceptions, in-laws' disapproval, religious concerns, side-effects, and lack of access to quality services (Ghulam et al, 2015).

Although the purpose of using contraceptives is to prevent occurrence of pregnancy, the achievement of this purpose is improbable in many circumstances. The effectiveness of different contraception methods is of paramount importance to encourage the use rate among women. Numerous studies were carried out to measure this effectiveness in order to make available information for women to decide on. In this study, pregnancy was occurred in about 14.6% of women who use contraceptives regardless to the type of contraceptives. Despite of that effectiveness of contraceptive methods vary according to several factors, the use of any method is still far more effective than using no method at all (Megan and Ragnar, 2013).

The occurrence of pregnancy during period of contraceptive use make a considerable percentage of women are unsatisfied regarding the contraception methods.

## CONCLUSION

The use rate of contraceptives among women of childbearing age at Alahfad Center for Family Health, Khartoum, Sudan was high. Common reasons behind not using contraceptives among women who were use no contraception methods were fear of complications ,lack of conviction and lack of information.

## ACKNOWLEDGEMENT

We acknowledge director of Alahfad Center for Family Health for permission and assistance to conduct such research. Also our thanks go to women for their participation and collaboration.

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