

Assesment of Knowledge, Attitude and Practice Of Contraceptives in Women of Reproductive Age in Faisal Abad, Pakistan

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ABSTRACT

Contraceptive methods in family planning were a big innovation for control of fast growing population. The world population has been reached to a set target in the developed world. However, Pakistan, which is the 6th populous country of world and 4th in Asia, still face problem with the control of fast growing population. The population of Pakistan will double to 260 million by the year 2035. Marriage at young age, increasing fertility rate, increasing poverty, unintended pregnancy, unsafe abortion and sexually transmitted diseases continue to be major health problem and are indicators for an increasing need for modern methods of contraceptive utilization in Pakistan. This was a descriptive cross-sectional study conducted to assess contraceptive knowledge, attitude and practices in Faisal Abad City from 1 May 2018 to 10 Jun 2018. Total 420 women of reproductive age (20 – 49) participated in the survey. Out of 420, 316 women gave response to questions. Data was collected from the population of Faisal Abad by self-structured questionnaire. For data analysis, SPSS version 21 has been used. Results were compiled and then compared with international and national literature. Mostly married women

with children (92.7%) had good knowledge of contraceptives. Knowledge of women about different types of contraceptive was 74.1%. Among the sampled population attitude was checked by five-point Likert scale. Most married women were practicing condom (21.1) and mini progesterone pills (20.3%) respectively. Married women (31.6%) were practicing more than one contraceptive method. The main reason behind the use of contraceptives was birth spacing (37%). Most of the women (67%) were agreed that People do not use contraceptives due to lack of knowledge/ partner disapproval/ religion. The practice was high in women of age (36-45) but low in women of age (18-25), which was due the illiteracy. By increasing the educational status of women, we can improve the practice of contraception.

Key Words: Knowledge, contraceptives, abortion, fertility, illiteracy

Introduction

Unintended pregnancy, safe abortion and sexually transmitted diseases including HIV infection continue to be a major reproductive health problem globally. The hungry and

impoverished people of underdeveloped countries are desperate for the chance to improve their own lives and to provide a better existence for their children. (Farzana Aamir, 2014)

The world population has been stabilized in the developed world but Pakistan is the seventh most populous country in the world and fourth in Asia with a population 130.6 million in 1998, with growth rate of 2.45%. The population of Pakistan will double to 260 million by the year 2035. (Farzana Aamir, 2014) Moreover, according to the Population Reference Bureau 2005; the estimated population of Pakistan is 162.4 million and is expected to be 295 million in the year 2050. (2015) And it is also difficult for the state to provide basic human facilities to its people i.e. food, clothing, housing, health and education. (Farzana Aamir, 2014)

Inclusion of modern contraceptive methods in family planning was a big innovation for control of fast growing population. Family planning has become very important for the achievement of Minimum Development Goal (MDG) (Malik, 2015, Najafi-Sharjabad et al., 2013). It is one of the four pillars, which are antenatal care, safe delivery and postnatal care and are introduced in 1981 by the safe motherhood initiative to reduce maternal mortality. It provides individuals a decision making power to attain their desired number of children and spacing of their childbirth. (Najafi-Sharjabad et al., 2013)

Rationale of study

Use of modern contraceptive method and family planning has been cited as essential to the achievement of Millennium Development Goals (MDG). Family planning has a direct impact on women's health and consequence of each pregnancy. The use of modern contraception among Pakistani women is less than global average.

In Pakistan, a majority of unintended pregnancies are due to using traditional contraceptive or no methods, which lead to induced unsafe abortion. According to the Population Reference Bureau 2015. Pakistan is the sixth most populous country of the world. Total world population is 6.9 billion, the estimated population of Pakistan is 185 million and is expected to be 335 million in the year 2050 and Pakistan will rank the fourth largest nation of the world.

Contraceptive prevalence rate (CPR-which is the proportion of women of reproductive age (15-49 years) who are using or whose partner are using a contraceptive method at a given point in time) is 30% which was 29% in 2009 and 2008 while the most developed country like USA has 71% CPR for all the methods.

Significance of study

- In this study, we will try to explore the knowledge about contraceptives use.
- This study will be conducted to make women aware about benefits of contraceptive.
- This study will be conducted to investigate that how many women were familiar with different types of contraceptives.
- In this study, we will investigate the reason behind use of contraceptives

Literature Review

A study was conducted to investigate the knowledge, attitude and practice (KAP) regarding contraception offerings among wedded females. A cross sectional study was carried on four hundred married women of Bhana Mari Union Council Peshawar. “Structured questionnaire” used to be used for measuring the knowledge, attitude and practices. SPSS version 16 was used for evaluation of data and frequency. It confirmed that about 74 % of married females were of age 25 to forty years. Percentage of illiterate participants was once (50.5%). Most married women (90.2%) had abilities of the normal forms of contraceptives approaches. Capabilities of females about condom were once 35.9%, about oral drugs used

to be 27.7% and 26.2% known about injections. Among the many-sampled populace, 87% had confident attitudes toward family planning. Most married women were currently practicing oral drugs and their husbands have been presently working towards condoms. The obtained knowledge of result showed that ladies who were literate and in late younger age used contraception. (Ayub et al., 2015)

A study was conducted to verify frequency of family planning methods in rural community of Peshawar and to examine gender composition of children in women training family planning. The family planning procedure along with age of ladies, numbers of female and male children were recorded. Injection used to be a procedure of option used by majority (59%) of the ladies. Most of the ladies 157 (28.3 %) began family planning follow were within the age work force of 26-30 years. Most (54%) of them had two male kids at the time of starting of family planning. Out of 40 ladies with one baby, 70% had one male baby and 30% had a female baby. Females having more male kids had been extra prone to undertake family planning practices. (Akhtar et al., 2011)

A study was conducted to examine contraceptive potential, practices, availability and accessibility

of family planning services and motives for non-utilization of family planning services in with in Sindh province, Pakistan. A health facility centered cross-sectional survey was once carried out in 2003. In individual interviews were applied with attendees of Gynecology and Obstetrics out patient's clinics of two districts hospitals in TandoAllahyar and Jamshoro. However, use of family planning was more in district Tando-Allahyar as in assessment with district Jamshoro ($p < 0.001$) inspite of parallel socio-demographic and reproductive profile. In each districts imply parity and number of dwelling babies was as soon as around 4. Contraceptive use improved with growing age of mother, parity and number of dwelling children. Tubal ligation (9.5%) and condoms (9.0%) have been usually essentially the most general methods of family planning. Mass media was the main source of knowledge in roughly 72.5% of the be proficient population. Fear of side effects was once the predominant intent given by way of non-users. (Bibi et al., 2008)

A study was carried out in Palestine about assessing females' perception on their reproductive health rights. The aim of study was to verify knowledge, attitude and practices of reproductive health rights among the Palestinian women of reproductive age (15-49). Particularly, the objective was once to examine women's perception of their reproductive health rights while receiving their reproductive health care. A

cross sectional study was carried out in 2006 at three clinics that furnish mom and baby health Care within the West financial institution. A whole of 450 women (150 ladies in each website) in reproductive age (15-45) had been interviewed using a structured questionnaire. Response rate of the study of was once 99.4%. The majority of ladies were able to identify the latest contraceptives and most females stated that they made the fertility decision in conjunction with their husbands. Even though the majority of women viewed postnatal care critical (66.1%), most effective 36.6% of ladies acquired postnatal care. 65 percentage of females agreed with at the least one motive for husband beating. (Abdul-hadi et al., 2013)

AbebeGizaw and NigatuRegassa conducted the study Family planning service utilization in Mojo town, Ethiopia: A population based study. This cross-sectional study aims at identifying the demographic and socio economic barriers to family planning services utilization in Mojo town, Oromiya region of Ethiopia. it is reported that level of current utilization of family planning methods was low (38.3%). The majority (61.7%) of the respondents are not using family planning methods due to a number of reasons which includes fertility related, opposition and methods related reasons. (Gizaw and Regassa, 2011)

Mishaal S. Khan conducted the study quantitatively evaluating the effects of social barriers it was published in 2015. The main objective of the study is to study of family members, oppositions and women's intention to use of contraceptives in Pakistan. Result shows that negative contraceptive intent was associated with no knowledge of contraception. (Khan et al., 2015)

Syed KhurramAzmat conducted a qualitative study in technical services and research and metrics Karachi, Sindh, Pakistan. The method of this study is conducted an open-ended semi structured interview schedule in-depth interviews with purposive sample of 45 pinion leaders. The main aim of this study is cataloguing the perceptions of opinion leaders (social workers) about barriers which are using practical solutions for promoting family planning in the slum areas of Karachi, Pakistan. Results shows that seven key themes were derived from in-depth interview. (Azmat, 2011)

Thomas W. Carton conducted a study at department of international health, Tulane university, New Orleans, USA. Demographic and health surveys (PDHS) 1990-91 data were conducted in this study. Married women were included in this study. Main objective of this study is to determine the influence of the

determinants of family planning which are used in Pakistan. (Carton and Agha, 2011)

Methodology

Study Design:

The study was performed to assess contraceptive knowledge, attitude and practices. A descriptive cross sectional study was performed in Faisal Abad City. Data was collected from the population of Faisal Abad by self-structured questionnaire. Which was then compiled and results was made through this data.

Study setting:

The area of study is Faisal Abad City of the province Punjab, Pakistan. The population of Faisal Abad is 3.029 million (1998). In addition, all the women were included in the study. Data was collected through all the women of Faisal Abad, which were representing the Faisal Abad city of province Punjab.

Objectives:

General Objective

Aim of this study is to evaluate the Knowledge, attitude and practice about contraceptives in young women of reproductive age.

Specific Objective

- To assess the awareness of the young women who have reached their reproductive age.
- To assess their attitude about using contraceptives.
- To evaluate the barriers of not using contraceptives.
- To assess their level of practice of using contraceptive in their daily routine.

Study Population

Study was performed on the population of Faisal Abad and the population of Faisal Abad city is 3.029 million (1998). The population is enough to collect the data, which was, represent that how much the women are aware from the modern contraceptive method and their use in Faisal Abad City.

Sample Size

Group of individual involve in the study is sample size. The sample size of population of Faisal Abad was 420. 420 women of the reproductive age will be involved in the study and data was collected from them

Sampling Procedure

Simple random sampling was done to get the sample size of population, which was required for collecting the data, and represented all the population of Faisal Abad City.

Inclusion criteria

The data will be collected only from the women. Women of the reproductive age (15-49) years was included in the study. All of them should live in Faisal Abad.

Exclusion criteria

Women of the age of less than 15 and more than 40 years will be excluded from the study.

Data Collection

The quantitative study was performed on the population of Faisal Abad. Women of reproductive age were selected to collect the data. Data was collected by a specially designed closed ended questionnaire. Total 420 married women of reproductive age group (15 – 49yrs) filled questionnaire, which includes age, parity, socioeconomic status, educational level. Information was also gathered about knowledge, attitude, practices and barriers to the utilization of different types of contraceptive methods. Questionnaire also has the demographic data of the respondent.

Data collection tool

After extensive literature review, a self-administered questionnaire was designed to conduct this study. The questionnaire was validated by the panel of experts which were composed of e senior academic researchers and

was updated according to their recommendations.

For knowledge statements, respondents were asked to choose “Yes” or “No” options.

Correct answer (yes) was scored 1, while incorrect answer (no) was scored 0.

A five point Likert scale was used for perception and attitude statements (strongly agree=5, agree=4, neutral=3, disagree=2 and strongly disagree=1).

Data Analysis

The SPSS Version 20 statistical package was used for data entry and analysis. The validity of the data collected was done by double entry and by random checks for errors.

Relevant frequency distributions tables and summary measures were generated. The Chi-square test was used to demonstrate relationships between categorical variables, and the level of significance will set at P-values # 0.05, at the confidence interval of 95%, for all inferential analysis. Chi-square tests of independence were used to determine differences in the characteristics of members of different age. Descriptive statistics were used to compare knowledge and attitudes towards the use of contraceptive methods. Mean, median and standard deviation was derived by SPSS of different parameters

Results

Table 1. Socio-Demographic Data

Sr. No	Variables	Frequency	Percentage
1	Age	18-25 years	63 19%
		26-23 years	109 34.5%
		36-45 years	73 23%
		>45 years	71 22.5%
2	Marital status	Married	92 29%
		Widowed	11 3.5%
		Divorced	12 3.8%
		Married with children	200 63.3%
		Illiterate	58 18.4%

3	Academic status	Primary	21	6.6%
		Secondary	74	23.4%
		Higher secondary	62	19.6%
		Graduate	75	23.7%
		Post graduate	24	7.6%

Table 1. Continued....

Sr. No	Variables	Frequency	Percentage	
4	Occupational status	House wife	185	58.5%
		Employ	44	13.9%
		Self-employed	8.0	25.3%
		Students	7	2.2%
5	Household income	<13,000	49	15.5%
		13,000-20,000	73	23.1%
		21,000-30,000	106	33.5%
		>30,000	88	27.8%
6	Husband education	Illiterate	46	14.6%
		Primary	22	17.0%
		Secondary	37	11.7%
		Higher secondary	54	17.1%
		Graduate	100	31.6%
		Post graduate	57	18.0%

7	No. of living children	None	23	7.3%
		1	35	11.1%
		Currently pregnant	22	7.0%
		More than 1	236	74.7%

The total frequency of all the variables of socio-demographic data is 316 and the output frequency of every variable is given in above table.

The percentage of the entire variable is given in table 1.

Study was performed on the population of Faisal Abad to access the knowledge attitude and practice of contraceptive use among women's. Questionnaire was formed which is then used to collect the data. Total sample size for this research was 420 and 316 women were responded the questions. Data was collected and results were formed on SPSS file. Women's of different age groups were responded to the question. Data revealed that 19% of the women were at the age of 18-25 years. 34.5% of the women were at the age of 26-23 years. 23% of the women were at the age of 36-45 years. And more than 45 years of age were 2 2.5%. Further socio-demographic data shows that 18.4% of the women's were illiterate, 17.6% were at the primary education level, 11.7% were at the secondary level of education, 19.6% were at higher secondary level of education, 31.6% were

at graduated and 7.6% women's were at post graduate level of education. Data revealed that 29% women's were married, 3.5% were widowed, 3.8% were divorced and 63.3% were married with children's. Further occupational status shows that out of all the respondents' women's 58.5% were housewife, 13.9% were employing, 25.3% were self- employed and 2.2% were students. 14.6% of the husbands were illiterate, 17.6% were at primary level of education, 11.7% of husbands were at secondary level of education, 17.6% were at higher secondary level of education, 31.6% were at graduate level and 18% were at post graduate level of education. House income also vary according to the percentage of the respondents 13.5% of the women have monthly income less than 13000, 23.1% has monthly income 13,000-2,0000 ,33.5% has monthly income 21,000-30,000 and 27.8% Of the respondents has monthly income greater than 30,000. Studies show that 7.3% have no child. 11.1% have only one child, 7% Of the women's are pregnant and 74.4% women's have more than one child.

Table 2. Knowledge

Sr. No	Variables	Frequency	Percentage
1	Have you ever heard about contraceptives ?	293	92.7%
2	Do you have information about contraceptive use patterns ?	207	65.5%
3	Do you think contraceptives are a kind of abortion method?	16	5.1%
4	Do you think contraceptives are effective from preventive pregnancy?	308	97.5%
5	Are you familiar with different types of contraceptive i.e. oral contraceptive?	234	74.5%
6	Do you think contraceptive is ethical ?	251	79.4%
7	Do you think contraceptives easily available in market?	312	98.7%

The total frequency of all the variable of knowledge is 316 and all frequency is out of 316 is given in above table.

The output percentage of all the variables of knowledge questions are given in above table. Studies show that 92.7% of all the women's that are involved in the study have knowledge about the contraceptives. 65.5% of the women's have knowledge about the use pattern of the contraceptives. 5.1% women think that

contraceptive use is a type of abortion method. 97.5% of women have knowledge that contraceptives are used to avoid pregnancy. 74.5% of women have knowledge about the different type of the contraceptives e. g oral contraceptives. 79.4% women think that the use of contraceptive is ethical. Studies further revealed that 98.7% have easy approach to contraceptives in the market and they think that contraceptives are easily available in the market.

Table 3. Attitude

Sr. No	Variables	Frequency	Percent age
1	Contraceptives should be used only whenever needed.	236	74.7%
2	Contraceptives should be used only, if its benefits are ensured.	247	78.2%
3	Contraceptives are beneficial in family planning.	239	75.6%
4	Women should suggest their partner to use contraceptive.	198	62.7%
5	People use contraceptives for birth control.	211	66.8%
6	People don't use contraceptives due to lack of knowledge/ partner disapproval/ religion.	205	64.9%
7	The use of contraceptive useful measure in decreasing health risk.	141	44.6%
8	Contraceptives should be widely advertised by media.	76	24.1%
9	Mother should discuss about contraceptive with their daughter.	249	78.8%

The total frequency of all the variable is 316 and the output frequency of all the variables are given in above table.

The output percentage of all the variables is given in above table.

Studies show that most of the women think that contraceptives should be used when they needed. 74.4% think that contraceptives should be used when they needed. 78.3% think that the contraceptives should be used if its benefits are ensured. 75.6% think that contraceptives are beneficial for family planning. 62.7% women suggest their partner to use contraceptives.

66.8% of women think people use contraceptives for birth control. 64.9% of the women think that people don't use contraceptives due to lack of knowledge, Partner disapproval or religion. 44.6% of the women think that use of contraceptive is useful in decreasing health risk. 24.1% think that contraceptives should be widely advertised on media. 78.8% women think that they should discuss about contraceptives to their daughters.

Table4 Practice

Sr. No.	Variables	Frequency	Percentage
1	Have you ever used contraceptive?	212	67.1%
2	The decision about the contraceptive is taken by you?	138	43.7%
3	Do you find any difficulty in using contraceptive?	31	9.8%
4	Have you experienced any ADR by the use of contraceptive?	68	21.5%
5	Have you ever advised your close contacts to use contraceptives for family planning?	249	78.8%

The total frequency of all the variables of above table is 316 and output frequency of each variable is given in the table.

The output percentage of each variable is given in above table 4.

Studies show that 67.1% of women have used the contraceptive. 43.7% of women have taken decision by themselves not forced by others. 9.8% of women find difficulty in contraceptive use. 21.5% have experienced ADRs by contraceptive use. 78.8% of the women have advised their closed contacts to use contraceptives for family planning.

Discussion

This study was conducted to evaluate the current contraceptive attitude, knowledge and practice in women of reproductive age belonging to ‘Faisal Abad’ which is the 3 most populous city of Pakistan. Moreover, to access the factors which are barriers for not using contraceptives? Total 420 women participated in the survey. However, out of 420 women 316 women gave response to our questions. Intensive literature review showed that the awareness about contraceptive among



women is high but the practice is still low due to illiteracy. A study conducted for assessment of knowledge, practices and barriers in family planning services in Korangi industrial area Karachi showed that 74% females was illiterate & majority of them belongs to low socioeconomic class, the main reason behind hindrances in practice in this area was illiteracy, and low socioeconomic status. (Farzana Aamir, 2014) Another study conducted to investigate the knowledge, attitude and practices of contraception in women of reproductive age in Liaquat Memorial Hospital, Kohat, Pakistan showed that Frequency of contraceptive use is low despite high level of awareness. The main factors were Desire for larger family, pressure from husband, religious concerns and fear of side effects. (Jabeen et al., 2012) This study also showed that 81.6% declared family planning as prohibited in the religion. A study conducted to assess contraceptive knowledge, practices, availability and accessibility of family planning services and reasons for non-utilization of family planning services in interior of Sindh province, Pakistan also showed that the current contraceptive practices are not at the expected levels and the main reason behind this was fear of side effects. (Bibi et al., 2008) All these studies showed that factors behind not using contraceptives are husband disapproval, in-laws pressure, religious concerns and fear of side effects. In addition, the reason behind all these

factors was illiteracy. According to Pakistan Demographic and Health survey (2012-13), Fertility rate is directly proportional to mother's education; women with higher education have 2.5 children while women with no education have 4.4 children. The majority (57%) of married Pakistani women and 29% of married men age 15-49 have no education. Only 16% of women and 21% of men have only achieved primary education. One in five women and one in three men have achieved higher education. This shows that both women and men must achieve higher education. According to this survey, modern contraceptive use can increase with education. (Demographic, 2015) Literature review also showed that Pakistan is the sixth most populous country in world, which is still facing the problem of fast growing population. According to the "Population Reference Bureau 2015", the estimated population of Pakistan is 199 million and is expected to be 344 million in the 2050 a result that does not meet the target of 2015 (2015). (2015) This increase in population is causing difficulty for the country to provide basic human facilities like food, clothing, housing, health and education. Unsafe abortion, increase mortality and morbidity rates may be due to low use of modern long-term contraceptive methods.

The findings of our study indicate that majority of women were aware of contraceptive methods. Most of the women knew about the modern

contraceptives methods. This study also found positive attitude regarding the use of contraceptive methods. Majority of women agreed that contraceptives are beneficial in family planning; people use contraceptives for birth control and the use of contraceptives is useful measure in decreasing health risks. Most of the women strongly agreed that contraceptives should be used only whenever needed; contraceptives should be used only if its benefits are ensured and people do not use contraceptives due to lack of knowledge/ partner disapproval/ religious believes. However, some of the women disagreed that contraceptives should be widely advertised by media; mothers should discuss about contraceptives with their daughters and women should suggest their partner to use contraceptives. Most of the women with age (36-45) were practicing contraceptives. A number of these women were practicing more than one contraceptive methods and other were practicing any one contraceptive method. More than half women answered NO in response to a question “Do you find any difficulty in using contraceptives”. Most of the women said that they did not experience any ADR by the use of contraceptives. Majority of the women said that they use contraceptives due to birth spacing. Majority of women said that they advised their close contacts to use contraceptives for family planning.

Conclusion and Recommendations

The objective of our study was to obtain knowledge; attitude and practice of contraceptive methods in married women of reproductive age. This study also conducted to evaluate the reasons behind not using contraceptives. In our study, the level of practice increased with increasing age. The main reason of practicing of contraceptive was birth spacing and completed family. In this survey majority of women said that they did not experience any ADR by the use of contraceptives and they did not find any difficulty in using contraceptives. Moreover, most of the women with higher age were practicing more than one method of contraception. The knowledge about contraceptives among women was high. Women also strongly agreed that contraceptives are beneficial in family planning; contraceptives should be used only when its benefits are ensured. Women also agreed that people do not use contraceptives due to lack of knowledge/ partner disapproval/ religion. Majority of women disagreed that contraceptives should be widely advertised by media. This survey showed that the practice is increased with increasing age and women with age (18-25) still have low practice. The main barriers in low practice of modern contraceptive methods were partner disapproval, religious believe, son preference, decreased availability of contraceptives and fear of side effects and illiteracy. Use of contraceptive is

important for reproductive health. Increase practice will decrease the morbidity and mortality associated with low practice. These barriers can be improved by increasing the educational status of women. Therefore, there is a need of reproductive health institute or services with more trained health personnel to educate the both partners about the importance of contraception and improve their understanding and proper use of contraceptive methods. There should be leady health care providers to educate women because women feel hesitation with male health care providers. Because Pakistan is, the Muslim country religious believes is also the important factor in adoption of contraception methods. Religious opposition also slows down the approval of modern contraception method. Religious scholars must also play their role in clarifying many aspects about Quran education and the use of contraceptives. Decreased availability of modern contraceptive methods and lack of financial access to family planning services for the family with the low socioeconomic status are also covered by ensuring accessibility of high quality and affordable F.P services. In Muslims countries media should not advertise about contraceptives because in Islamic perspectives this is a wrong practice. For this purpose, there should be a team of woman health care providers, which will provide the information about contraceptives to women in their houses. This study was performed

on narrow level not on vast level. This study was conducted only in Faisal Abad City not in whole of Pakistan and this study was on only women

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