Knowledge, Attitudes, And Adherence Of Mothers To Contraceptive Use

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Abstract: This study determined the knowledge, attitude, and adherence of mothers to contraceptive use. It dealt with the profiles of the mothers like their age, civil status, highest educational attainment, number of years using the contraceptive, and the type of contraceptive use. A descriptive research design was used in the study utilizing different statistical tools like frequency and percentage, t-test, weighted mean, and analysis of variance (ANOVA). The respondents were young adults, who had their own families, did not pursue tertiary education, had jobs earning an average amount, with an average number of children, mostly used pills, used contraceptives for few years, and all of them got their supply in the health center. The respondents were knowledgeable on the use of contraceptives, and moderately observed the different instructions provided by the health care providers. Mothers below 20 years old, with more children and longer years of using contraceptives, have higher levels of adherence. Younger mothers perceived that adherence to the use of contraceptives will help them prevent unwanted pregnancies. No significant difference was detected in adherence to the use of contraceptives as indicated in the computed t-value of -1.125. Significant differences exist in knowledge and attitude. College undergraduates whose family income is between 10,001-20,000 pesos have a significantly higher extent of knowledge and a more positive attitude. Employed mothers have a higher extent of knowledge on the use of contraceptives as compared to unemployed ones towards the use of contraceptives. Those with higher educational attainment, and longer use of contraceptives, have more positive attitudes towards the use of contraceptives. Further studies can be replicated in a wider perspective to further improve the knowledge, attitudes, and adherence of mothers on contraceptive use.

Keywords: adherence, attitudes contraceptive, knowledge, perspective

1. Introduction

Family planning involves intentionally limiting or spacing the number of children a couple has through contraceptive methods. Spacing out births can lead to an improved quality of life, avoiding unwanted pregnancies and abortions, and preventing sexually transmitted diseases for the mother, fetus, and family [9].

Maternal health problems remain a primary global concern since pregnancy and childbirth are the leading causes of morbidity and mortality among reproductive-age women. Evidence has shown that encouraging early antenatal care visits, institutional deliveries, postnatal care, and contraceptive adoption are the key elements in improving safe motherhood. As the first pillar of safe motherhood and an essential component of primary health care, contraceptives are crucial in reducing maternal and newborn morbidity and mortality by preventing unintended pregnancy and close birth intervals.

Knowledge of family planning is considered the first stage toward adopting a contraceptive method. Lack of adequate knowledge and awareness is associated with a lack of contraceptive use among young women.

Its use is associated with having previously been pregnant, meaning it is only after pregnancy that young women are educated about and subsequently offered contraceptive services. Lack of awareness and poor knowledge of contraceptive methods is common among young women seeking abortion. Many reported familiarities with contraceptives to be having misinformation, and very few knew the correct use timing. Lack of detail and accurate information on contraceptives has resulted in a reluctance to adopt the family planning method as some will want to know its side effect and contraindications [17].

Community health centers and public health departments involving primary care physicians can be essential partners in expanding the existing network of family planning providers and ensuring women obtain the reproductive health care they need. However, the more limited scope of family planning services currently offered by many of these agencies suggests that they will only be successful if they provide technical assistance to enhance and strengthen these services, such as skills training to provide a full range of contraceptive methods and education about evidence-based practices that will facilitate women's timely access to care. Using contraceptives can help prevent unintended pregnancies and unsafe abortions, preventing at least 25% of all maternal deaths. Additionally, contraceptives can protect against sexually transmitted infections (STIs). It is essential to be aware of these benefits, which include the Human Immunodeficiency Virus (HIV), which can transmit through sexual contact. Severe health concerns, Chlamydia, Syphilis, a lack of knowledge of contraceptive methods, source of supply, cost, or poor accessibility are the barriers in developing countries. [16].

In their study, [9] found that the level of knowledge and attitude toward the usage of family planning was rare, and its utilization level could have been higher than many studies. Study participants' residence, marital status, educational level, occupation, age, knowledge, attitude, family size, and monthly average income were associated with the Family planning utilization habit of reproductive-age women. Every health worker should holistically teach the community about family planning to increase awareness and enhance family planning utilization. Besides, more studies are needed to investigate thoroughly. This article explores why some