

ABSTRACT

Family planning is an important component of basic health services in Sri Lanka particularly of maternal and child health. It promotes family health and plays a role in social and economic development. One of the goals to achieve "Health For All by the year 2000" is to increase the contraceptive prevalence from 66% to 72% while reducing the traditional methods use and increasing the use of modern methods.

The present study was carried out in the Medical Officer of Health area Homagama in Colombo District. The main objective of the study was to determine the Socio-demographic characteristics of users and non users of temporary modern methods of contraception and the reasons for their non use among the non users. The study carried out was a community based descriptive cross sectional study. 3.5% of the registered eligible couples in the year 1996 were selected for the study.

An interviewer administered structured questionnaire was used as a study instrument. During the study the interviewers questioned the selected eligible couples by household visits.

Study revealed that 41.6% were non users and 37.7% were users of the temporary modern methods. Among non users 34.8% were practicing traditional methods while the rest 65.2% were not practicing any method.

Sample consisted of mainly Sinhalese and Buddhists; other ethnic groups were very small.

Among users of Temporary modern methods oral pill was the most popular method (28.8%) and Norplant was the least practiced method (0.8%).

of temporary modern methods like norplant
The low prevalence/could be due to the unawareness about these methods among the respondents. More information regarding this method should be disseminated to the community. The age distribution of those who practiced traditional methods shows 33.6% were in the 35-39 years age group. Which shows that more elderly women practice these methods.

41.5% users and 40% of non users had poor knowledge regarding Temporary modern methods.

Main sources of family planning information were the midwife, radio and the television. The information provided by private practitioners and volunteers were 6.9% and 0.27% respectively.

Reason for non use were practicing traditional methods. Fear of side effects, or disapproved by husband and other family members.

98.7% users and 89.5% non users were visited by Public Health Midwife Major source of services or supplies was the Health Center. The services obtained from private practitioners were 5.8%.

It is recommended that greater emphasis should be given to the Health Education aspect of family planning. Good quality counselling is necessary to build up client-provider interaction satisfactorily.

/ Strengthening of field supervisions, monitorings of activities and use of information education communication material in the field to deliver messages regarding family planning is vital. Private practitioner and volunteer seem to be the neglected resource in family planning activities. Their active participation is vital in the delivery of family planning activities, as Public Health Midwife is the major source of information, they should be well trained in the delivery of family planning activities and counselling technique. This in turn will improve the quality of services which will lead to increase acceptance of contraceptive methods by the community.