

ABSTRACT

Introduction

Birth spacing is the interval that the couple maintains between two successive children. The World Health organization and other international organizations recommend the individuals and couples should wait at least 2-3 years between births. Short birth spacing has negative effects on mothers, children as well as the family. Family planning allows couples to determine and ascertain the desired number of children as well as the spacing of their births. The study was done to find the knowledge and past practices of family planning/birth spacing methods among the antenatal mothers attending antenatal clinic District hospital Beruwala and PU Dharga Town.

Objectives

To assess the knowledge and past practices of family planning/birth spacing methods among the antenatal mothers attending the Antenatal clinic District Hospital Beruwala and Peripheral Unit Dharga Town.

Methods

Antenatal mothers attending antenatal clinic in DH Beruwala and PU Dharga town were recruited to the study by using non probability sampling technique (Consecutive sampling) between April to May 2017 , data was collected by using a pre tested self-administered questionnaire. Data was analyzed and presented with descriptive statistics and Chi square test was used to determine the associations.

Results

394 were participated with response rate of 98.5%. Their mean age was 27.2(sd=5.4 years) and 350(94.2%) of them were found to be Muslims. Seventy four point six percent (n= 294) were aware that adequate birth spacing is good for maternal and child health, whereas 19.3% (n=76) were not aware of birth spacing. The study results revealed that 92.4% (n=364) of the antenatal mothers were having a good knowledge on either modern

or traditional family planning methods. Among these 58.9% (n= 232) knew about OCP. Out of all family planning methods, best source of information were from the health institutions and health care workers (68%, n=268). The most ever used family planning methods by the respondents prior to the current pregnancy were OCP (17%,n=67), condoms(14.7%,n=58) and injectable progesterone(8.4%,n=53). There were no reported failures of family planning methods in this sample. Unmet need for family planning was 20.8%(n=82).The most common reason for not using a family planning method was due to the past experience of side effects or fear of the side effects(19.5%,n—77). There was a statistically significant relationship with having a good knowledge on family planning/ birth spacing and practice of family planning/ births pacing ($p<0.001$).

Conclusion & Recommendation

Good knowledge on family planning/birth spacing contributes to practice of them. So it's important to educate the people with need on family planning/ birth spacing

Key words: Birth spacing, Birth spacing practices, Family planning, Family planning practices