



A Study to assess the Knowledge and Attitude regarding adoption of Intrauterine Contraceptive device among the eligible women of Selected Urban area of Kolkata

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Abstract: Background: Intrauterine contraceptive devices (IUCDs) are a widely recognized and effective form of long-term contraception. However, the adoption of IUCDs among women in urban areas of India, including Kolkata, remains variable due to factors such as limited knowledge and cultural attitudes. This study aims to assess the knowledge and attitudes of eligible women in a selected urban area of Kolkata towards the adoption of IUCDs. **Objectives of the study:** 1. To assess the knowledge and attitude of the eligible women regarding adoption of IUCD. 2. To co-relate the knowledge and attitude of eligible women on adoption of IUCD. 3. To associate the knowledge and attitude of eligible women with selected demographic variables. **Design:** Non-experimental explorative method. **RESULTS:** Descriptive and influential statistics were used to analyse the data. The finding reveals that the majority of the women are having moderate level of knowledge and moderately favourable attitude towards IUCD. The co-relation of knowledge with attitude shows a positive co-relation with a value of $r = 0.608$, which shows that increase in level of knowledge will leads to increase in attitude level. Association of knowledge and attitude with selected demographic variable shows no significant association ($p = 0.05$) level. **Conclusion:** findings shows, eligible women have moderate level of knowledge and attitude and co-relation between knowledge and attitude being positive towards IUCD. Women are willingly to adopt small family norm but there is need for continuous reinforcement for adoption of IUCD. Addressing these gaps through targeted educational initiatives and improving access to accurate information could enhance the adoption of IUCDs. The findings underscore the need for healthcare providers to offer comprehensive counseling to support informed contraceptive choices

Keyword: Intrauterine Contraceptive Device, IUCD, Knowledge, Attitude, Urban Women, Kolkata, Contraception, Family Planning.

1. INTRODUCTION:

The Millennium Development Goals had the target to make the World free from extreme poverty, hunger and diseases along with security for which government have strived hard to adopt small family norm. Three contraceptives methods are given free of cost by the Government of India, these are hormonal pill, condom and IUCD. Among this IUCD is the best as it can be a substitute to terminal method as well as it is reversible also. Researcher's personal encounter with many mothers of reproductive age who had unmet need of IUCD can substitute permanent sterilization demands awareness among eligible women to adopt IUCD. Intrauterine Contraceptive Devices (IUCDs) have emerged as a cornerstone of family planning initiatives worldwide, offering a highly effective, long-term solution for contraception. Among these, the Copper T IUCD is particularly prominent, known for its longevity, minimal maintenance, and non-hormonal nature. In the context of India, where reproductive health and population control are critical components of public health policy, the role of IUCDs is both significant and complex. India, with its vast and diverse population, faces unique challenges in implementing effective family planning strategies. Despite substantial government efforts,



including the introduction of the National Family Planning Program, the country continues to experience high rates of unintended pregnancies, maternal mortality, and population growth. In this landscape, IUCDs offer a reliable and cost-effective method for women to manage their reproductive health. However, the adoption of IUCDs in India is far from uniform. Cultural norms, misconceptions about side effects, and limited access to skilled healthcare providers contribute to the uneven uptake of this contraceptive method. Rural women, in particular, often face barriers such as lack of awareness, inadequate healthcare infrastructure, and socio-cultural pressures that influence their contraceptive choices. Conversely, in urban settings, while awareness may be higher, concerns about side effects and personal preferences still play a significant role in decision-making. Moreover, the integration of IUCDs into the public healthcare system, including through initiatives like the Mission Parivar Vikas, highlights the government's commitment to increasing contraceptive use. Yet, despite these efforts, there remains a gap between policy and practice, with many eligible women not opting for IUCDs due to fears of complications, myths, or the availability of alternative contraceptive methods.

This research paper aims to delve into the multifaceted aspects of IUCD use in India, examining the socio-cultural, economic, and medical factors that impact its adoption. By analyzing these elements, the study seeks to identify the challenges and opportunities for enhancing the use of IUCDs, thereby contributing to improved family planning services and reproductive health outcomes in India. Through this exploration, the paper will provide insights into how IUCDs can be more effectively promoted and utilized, ensuring that women across the country have access to safe, reliable, and appropriate contraceptive options.

2. Objectives of the study:

- To assess the knowledge and attitude of the eligible women regarding adoption of IUCD.
- To co-relate the knowledge and attitude of eligible women on adoption of IUCD.
- To associate the knowledge and attitude of eligible women with selected demographic variables.

3. Conceptual framework:

Based on the *Nola Pender's Health Promotion model* as the investigator aim to assess the level of knowledge of eligible women and their attitude regarding adoption of IUCD.

3.1 Design

Non-experimental explorative method.

3.2 Setting

Urban Community Mukundapur, Ward no.101 Borough XII, Kolkata.

3.3 Measurements

Data collection consisting of demographic variables which consists of demographic variable consist of general information like age, education etc. Knowledge using a structured multi-choice questionnaire and 5 point Likert scale is used to assess the attitude.

4. RESULTS:

Descriptive and influential statistics were used to analyse the data. The finding reveals that the majority of the women are having moderate level of knowledge and moderately favourable attitude towards IUCD. The co-relation of knowledge with attitude shows a positive co-relation with a value of $r = 0.608$, which shows that increase in level of knowledge will leads to increase in attitude level. Association of knowledge and attitude with selected demographic variable shows no significant association ($p = 0.05$) level

5. CONCLUSION:

The findings shows, eligible women have moderate level of knowledge and attitude and co-relation between knowledge and attitude being positive towards IUCD. Women are willingly to adopt small family norm but there is need for continuous reinforcement for adoption of IUCD. Addressing these gaps through targeted educational initiatives and improving access to accurate information could enhance the adoption of IUCDs. The findings underscore the need for healthcare providers to offer comprehensive counseling to support informed contraceptive choices.



6. IMPLICATION TO CLINICAL PRACTICE :

Thus, the conclusion drawn is that increases of level of knowledge affect the increase of attitude towards the use of IUCD. Continuous motivation and reinforcement of the eligible women is likely to yield better adoption of IUCD and nurse can act as a change agent for continuous reinforcement on adoption of small family norm.

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