Spouse Opinion about Contraceptive Methods:  
An Evidence from Tehsil Samundri

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ABSTRACT

Contraceptive methods are used to stop the unwanted pregnancies. In Pakistan contraceptive acceptance rate is low as compare to other Asian countries. **Objective of the study**: major objective of our study was to investigate the spouse opinion about the contraceptive methods. **Study Design**: our study was quantitative in nature. **Settings**: Our study was carried out in Tehsil Samundri, which is situated in district Faisalabad. **Period**: December 2013 to September 2014. **Material and method**: For the collection of data, a sample of 208 married segments was selected from Tehsil Samundri by using the multistage sampling technique. The opinion of the spouse was challenged through the respondents’ qualification, marital time period and number of children. **Results**: Our study revealed that there was a significant association between the number of children and discussion with the spouse on preferred contraceptive methods. Furthermore, the findings of the one way analysis of variance (ANOVA) revealed that, there was a significant mean difference in spouse opinion about contraceptive methods on the basis of, respondents’ qualification and marital time period. It was also evident that spouse of the respondents had same opinion about the contraceptive methods on the basis of their number of children. **Conclusion**: Our study concluded that qualification, marital time period and number of children is major factors which may shape the spouse opinion about contraceptive methods.

KEY WORDS: Spouse opinion, Contraceptive methods, Communication, Children, Qualification

INTRODUCTION

According to World Population Data Sheet, Pakistan is sixth most populated country of the world having population growth rate 1.95 percent which is higher than average growth rate of other South Asian countries [1]. High fertility rate is the major cause of population growth in Pakistan. This rapid growth of population is a permanent threat to the available resources, it changes the overall structure of economy and ratio of dependency, it also may cause many social problems like, crimes, poverty, unemployment, urbanization, environmental degradation, and different health issues etc in Pakistan. So there is dire need of the day to create the check and balance on population growth in Pakistan. Malthus suggested that there should be a harmony between the population growth and available resources [2]. However he further suggested that there should also be a check and balance on population growth. In Pakistan contraceptive methods are only way to stop the population growth. Contraceptive methods refer to those methods which are used for controlling the birth or to avoid the unwanted pregnancies. In the previous literature, contraceptive methods are categorized into two groups, spacing methods and Terminal methods. Spacing methods were further categorized into four types; Barrier methods, Hormonal methods, Intra-Uterine Devices and natural family planning methods. However Terminal methods are also further categorized into two types, Male sterilization and Female Sterilization [3]. Unfortunately the contraceptive acceptance rate is very low in Pakistan as compare to the other developed countries. The findings of Pakistan Demographic and Health Survey revealed that only 35% of the married women are relying on modern contraceptive methods which are quit low as compare to the developed countries [4]. There are many barriers which may restrict the married segments to adopt the contraceptive methods, as like fear of side effects of contraceptives were the main reason for early discontinuation or not preferring any family planning method [5]. Religion is also from one of the major constraints in preferring any contraceptive method in Pakistan [6].

However, the major focus of our research was to investigate the spouse opinion about the contraceptive methods. The decision to use the contraceptive methods depends upon the communication between the both spouses...
on contraceptive methods. It has been observed that contraceptive acceptance rate was high among those married segments that preferred to discuss it with their partner [7]. Literature is also evident that there is a strong association between spouse communication and family planning use[8].

**METHODOLOGY**

The present study was conducted in Tehsil Samundri situated in district Faisalabad Pakistan. A sample of 208 respondents was selected for the collection of the data by using the multi stage sampling technique. At the first stage two union councils, UC 119 and UC 117 were selected randomly from 28 UCs of Tehsil Samundri. At the second stage out of eight localities, four localities were selected from UC 119 and out of four localities two localities were selected from the UC 117 by using the proportionate sampling technique, at the final stage 208 houses were selected for the collection of the data by using the systematic disproportionate sampling technique. Data was collected equally from male and female married segments, which were not coupled with each other and had minimum one or more than one number of children. The married segments who had not any child were excluded from the selection criteria because, either they had not any experience about contraceptive methods or had a strongest desire of their first child. Furthermore only one available married segment was taken from each selected house due to the ethical limitations, shortage of time and limited resources. A well-structured questionnaire, approved from the supervisory committee of the department of sociology Government College University Faisalabad was used for the collection of the data. The signature of the participants was taken at the end of the every interview to ensure the truthfulness of the data. However two local leady health workers were hired to collect the data from the female respondents. The formula of chi-square and one way analysis of variance (ANOVA)was applied for the analysis of the data. Data was carefully analyzed by using the SPSS version 15.

**RESULTS & DISCUSSION**

Table 1: Spouse opinion about contraceptive methods

<table>
<thead>
<tr>
<th>SR.</th>
<th>SPOUSE OPINION</th>
<th>MEAN</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Contraceptive Methods Brings the Economic prosperity</td>
<td>3.851</td>
<td>1.003</td>
</tr>
<tr>
<td>2</td>
<td>Contraceptive methods are good for children health</td>
<td>3.509</td>
<td>.982</td>
</tr>
<tr>
<td>3</td>
<td>Contraceptive usage is against our family Traditions</td>
<td>3.490</td>
<td>1.175</td>
</tr>
<tr>
<td>4</td>
<td>Contraceptive usage makes the Marital life pleasure-full</td>
<td>3.389</td>
<td>1.110</td>
</tr>
<tr>
<td>5</td>
<td>Contraceptive usage is good for maternal health</td>
<td>3.336</td>
<td>.933</td>
</tr>
<tr>
<td>6</td>
<td>Contraceptive usage reduce sexual pleasures</td>
<td>3.206</td>
<td>1.171</td>
</tr>
<tr>
<td>7</td>
<td>Contraceptive purchase enhance monthly expenses</td>
<td>3.149</td>
<td>1.212</td>
</tr>
<tr>
<td>8</td>
<td>Contraceptive usage Produce infections</td>
<td>2.918</td>
<td>1.166</td>
</tr>
<tr>
<td>9</td>
<td>Contraceptive methods leads to infertility</td>
<td>2.802</td>
<td>1.160</td>
</tr>
<tr>
<td>10</td>
<td>Contraceptive methods satisfactory for me</td>
<td>2.745</td>
<td>1.057</td>
</tr>
<tr>
<td>11</td>
<td>Contraceptive methods are difficult to use</td>
<td>2.586</td>
<td>1.027</td>
</tr>
</tbody>
</table>

Table 1, shows spouse opinion about the contraceptive methods which were arranged by mean values in descending order by using the descriptive statistics. The findings of the Table 1 is evident that the question, contraceptive methods brings the economic prosperity was most frequently responded (Mean = 3.851, SD=1.003), whereas the question contraceptive methods was difficult to use is least frequently responded (Mean=2.586, SD=1.027).
Table 2 shows cross tabulation between the number of children and discussion with spouse on preferred contraceptive method. The findings of chi square revealed that there is significant association between the respondents number of children and discussion with spouse on preferred contraceptive methods, ($\chi^2=17.05$, $p=.001<0.05$). The previous literature is also agreement with the findings of this aspect of present research, as like one research found that communication between the spouses plays a vital role in adaptation of contraceptive methods. As like one research revealed that communication between spouses on any contraceptive method is very important indicator of adaptation of the contraceptive methods [9]. However it was also revealed that there is a strong association within the communication between married couples and family planning use [8].

Table 2 shows the comparison of spouse opinion about the contraceptive methods on the basis of respondent’s qualification (RQ), respondent’s marital time period (RMTP) and respondent’s number of children (RNOC).

The first part of the Table 2 shows the comparison of spouse opinion about the contraceptive methods on the basis of respondents’ qualification. The finding of one way analysis of variance (ANOVA) is evident that there was a significant difference in spouse opinion about the contraceptive methods on the basis of their qualification ($F=2.307$, $P=.036 <0.05$). Education is one of the major factors in promoting the level of acceptance of contraceptive methods among the married segments. The findings of this aspect of the present research also empowers the previous literature, as like one research revealed that that education is considered to acquire greater power in making the decision about contraceptive methods [10]. Education gives the sense to the married segments to born the number of children according to the available economic resources of the family. Furthermore education of spouse is also positively associated with the contraceptive acceptance [11]. However female education and autonomy as well as husband education also put a direct impact on the contraceptive prevalence rate[12].

The second part of the Table 2 depicts the comparison of spouse opinion about the contraceptive methods on the basis of respondents’ marital time period. The findings of one way ANOVA revealed that there was a significant difference in spouse opinion about the contraceptive methods on the basis of respondents marital time period, ($F=2.206$, $P=0.05=0.05$). The findings of this aspect of our research accords with the findings of other researchers. For example long marital time period is associated with the communication, habituation and development of the spouse opinion about the preferred contraceptive methods [13]. While increased frequency of communication and shared decision making with the spouse directly associated with the decision to use family-planning methods.
Age of marriage is also associated with the intention to use the contraceptive methods among the couples [15]. However long standing participation of spouse in choice is associated with high rate of acceptance of contraceptive methods [16], because discussion between the husband and wife on using the contraceptive methods means that they are convincing one another to select a proper method to avoid the unwanted pregnancies.

The third part of Table 2 shows the comparison of spouse opinion about contraceptive methods on the basis of respondents’ number of children. The findings of one way ANOVA revealed that there was no significant difference in spouse opinion about the contraceptive methods on the basis of respondents’ number of children. The previous literature is evident that increase in number of children is usually associated with the intention to use the contraceptive methods among the marital segments. The finding of this aspect of our research is adverse with the findings of other researchers as like one research revealed that number of children is linked with the spouse acceptance or rejection of contraceptive methods [17]. While number of children are also significantly associated with the spouse approval to use the contraceptive methods [7].

CONCLUSION & RECOMMENDATIONS

Communication within spouses is the one of major indicator to adopt the contraceptive methods. However our research concluded that marital time period, education and number of children had significant factors which may develop, spouse opinion about contraceptive methods. In this context Government and NGOs should take the initiatives to mobilize the married segments about the importance of contraceptive methods to enhance the acceptance rate in Pakistan. However further in-depth research is also required to explore the couple opinion about the contraceptive methods.

REFERENCES