

Knowledge of Displaced Women in Relation to Family Planning in Kirkuk City

معرفة النساء النازحات في ما يتعلق بالتخطيط الاسري في مدينة كركوك

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الخلاصة:

خلفية البحث: ان تنظيم الاسرة ووسائلها هي امانة وفعالة لكل النساء حيث تجعلها قادرة على حماية صحتها وصحة اطفالها. فان اكثر من نصف الأزواج في العالم النامي يستخدمون وسائل تنظيم الاسرة من اجل تأخير او الحد من الحمل في المستقبل.

الهدف: تهدف الدراسة الحالية الى تقييم معارف النساء النازحات حول تنظيم الاسرة في مدينة كركوك .
المنهجية: أجريت دراسة وصفية شملت (٢٠٠) من النساء النازحات من اطراف مدينة كركوك في مستشفى ازاوي التعليمي ومستشفى كركوك العام في وحدة الاستشارية النسائية و وحدة تنظيم الاسرة، لتقييم معارف النساء النازحات حول تنظيم الاسرة للفترة من ٢٣ اذار ٢٠١٦ ولغاية ٢٤ كانون الاول ٢٠١٧، ولتحقيق أهداف الدراسة تم اختيار عينة غير احتمالية (غرضية) مكونة من (٢٠٠) من النساء اللواتي يستعملن وسائل تنظيم الاسرة ، ولغرض جمع المعلومات تم اعداد استمارة استبان مكونة من (٤) أجزاء شملت الخصائص الديموغرافية والانجابية وانواع وسائل تنظيم الاسرة ومعارف النساء حول تنظيم الاسرة ومصادر الحصول عليها من قبلهم حيث تم جمع المعلومات عن طريق المقابلة الشخصية ثم تحليل بيانات الدراسة من خلال باستخدام اسلوب التحليل الوصفي (التكرارات والنسبة المئوية) وتم استخدام البرنامج الاحصائي SPSS لجميع العمليات الاحصائية للدراسة.

النتائج: اشارت نتائج الدراسة الى ان (٤٠%) من ٨٠/٢٠٠ من النساء تتراوح (٦,٥%) من ١٣١/٢٠٠ من الأمهات لديهن (اقل من خمسة اطفال) . و(٤٥%) من ٩٠/٢٠٠ منهن تتراوح سنوات زواجهن ما بين (١١-٢٠) سنة. والغالبية منهن دورتهن الشهرية منتظمة . وحوالي (٦٠,٥%) من ١٣١/٢٠٠ لديهن فترة اكثر من سنتين بين الولادات.

الاستنتاجات: وفق نتائج الدراسة تبين ان معارف النساء النازحات حول تنظيم الاسرة كان كافيا اتضح كذلك ان اغلب الامهات يستخدمون حبوب منع كوسيلة من وسائل تنظيم الاسرة ويحصلون عليها من الصيدليات الاهلية .

التوصيات: اوصى الباحث بزيادة معارف و وعي الامهات النازحات حول وسائل تنظيم الاسرة وذلك من خلال .زيادة البرامج التعليمية و التثقيفية في المستشفيات العامة و المراكز الصحية من خلال كادر متخصص في هذا المجال.

الكلمات المفتاحية: النساء النازحات ، معارف ، تنظيم اسرة.

Abstract

Background: Family planning method which is safe and effective for every woman makes her able to protect her and her children health. More than half of the couples in developing world are using family planning to delay space or limit future pregnancy.

Aim of study: Assessment of displaced women's knowledge regarding family planning in Kirkuk city.

Methodology: A descriptive study design, (non-probability purposive sample) of (200) displaced women were include. The study carried out from period of 23 March 2016 to 24 December 2017 in order to achieve the objectives of the present study. A constructed questionnaire was designed consisted of four parts socio-demographic characteristics, type of family planning used by displaced women, and women's knowledge about family planning and sources of family planning. Data were analyzed by , descriptive statistics , which includes frequency and percentage to show the distribution .and (mean of score and grand mean of score). By Statistical Package SPSS, version 20.0 was used for all data manipulation and statistical analysis .

Results: The findings of the study demonstrate that 80/200 (40%) of women were aged between of (25 - 34) and 56/200 (28%) of them graduated from primary school, 138/200 (69%) were housewife and. The study indicated that 131/200 (65.5%) had (less than five) children. About 90/200 (45%) of women had (11-20) years of marriage, 131/200 (69%) of them had regular menstrual cycle about 121/200 (60.5%) of sample had above two years interval between pregnancy.

Conclusions: Adequate knowledge regarding benefits and complications of family planning. In addition, contraceptive pills were the most method used by the mothers and obtaining the family planning method from the private pharmacies.

Recommendation: the researcher recommended increasing the displaced women's knowledge and awareness about family planning method through increase education programs in public hospitals and health center by specialized health care staff

Key word: displaced women, knowledge, and family planning.

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INTRODUCTION

Family planning (FP) means deciding when is the suitable time to have children and what is the right number for couples to have, the right time to have children is; when a woman is between 20 and 35 years old, when a woman has not been pregnant for the last 2-3 years, when a woman has fewer than 2-3 children, when a woman has no illness that would place her or her baby in danger and when a couple wants to have a child⁽¹⁾ contraceptive allows the couples to decide the certain and desired number of children as well as give period between their pregnancies. Spacing and limiting pregnancies has a direct impact on women's health and well-being as well as on the outcome of each pregnancy. Short birth spacing has significant health effects on both mothers and children⁽²⁾.

In addition, using contraceptives has been shown to promote a woman's sense of autonomy and increase her ability to make decisions in other areas of her life⁽³⁾. Family planning tries to achieve two main objectives; firstly, to have only the desired number of children and secondly, to have these children by proper spacing of pregnancies. Mass media also plays an important role in promotion and acceptability of contraception⁽⁴⁾. Widespread using of family planning made important dramatic changes of the 20th century. The growing use of contraceptive all of around the world has given the mother and father ability to determine the number and spacing of their children and having tremendous lifesaving benefits⁽⁵⁾.

The national policy in Iraq on family planning and access to contraception has been in place since 1993 but there has been little or no updating of policy since then⁽⁶⁾. By using Family planning methods many more deaths will be prevented -particularly in the poorest countries. If we put the current knowledge into practice family planning will save the women lives⁽⁷⁾. In many countries women's ability to control their fertility is limited. even where family planning methods are available a woman may not use them because of financial constraints, personal beliefs opposition from family members or concerns about the perceived adverse effect on health or future fertility⁽⁸⁾.

The objectives of this study to determine the displaced women's knowledge about family planning, because of using of right method and type of family planning by displaced women prevent unwanted pregnancy and improve maternal and child health.

AIM OF STUDY

Assessment of displaced women's knowledge regarding family planning in Kirkuk city

METHODOLOGY:

A descriptive study was carried out from 23 March 2016 to 24 December 2017 in order to achieve the objectives of present study. The study was conducted in family planning unit, Maternity clinic in Azadi Teaching Hospital and Kirkuk General Hospital in Kirkuk city. Non- probability (purposive sample) consisted of (200) women attending the maternity clinic and family planning unit in both Azadi Teaching and Kirkuk General Hospitals. A- Questionnaire constructed by depending on reviewing literatures and previous studies, the questionnaire comprised of four parts, part one: socio-Demographic Characteristics of study samples such as(age, occupation, level of education, number of children, age at marriage, menstrual cycle and interval between pregnancy).Part two: type of family planning method using by the study sample Part three includes women's knowledge regarding family planning contain (14) items which represent in two parts; benefits (6 items) complications (8 items). While Part four includes the sources of family planning, Data was analyzed in several steps. First, descriptive statistics, which includes frequency and percentage to show the distribution,

second, which include (mean of score) and grand mean of score .the Grand mean of a set of multiple subsamples, is the mean of all observations: every data are point, divided by the joint sample size. The assessment of displaced women's knowledge depended on the cutoff point of scales which is (1.5) more than this point consider adequate and less than this point consider inadequate The data was prepared, organized and coded into the computer file; Statistical Package SPSS, version 20.0 was used for all data manipulation and statistical analysis.

RESULTS:

Table (1): Distribution of socio-demographic characteristics of study sample (N=200)

Socio-demographic characteristic		No.	Percentage (%)
Age	15-24	41	20.5
	25-34	80	40
	35-44	56	28
	More than 45	24	12
Total		200	100
Occupation of women	Employee	47	23.5
	Housewife	138	69
	student	15	7.5
Total		200	100
Level of Education	Illiterate	27	13.5
	Read & write	27	13.5
	Primary School	56	28
	Intermediate School	32	16
	Secondary School	22	11
	Institutes or above	36	18
Total		200	100
Number of children	Non	3	1.5
	Less than 5	131	65.5
	5 and more	66	33
Total		200	100
Years of marriage	1 -10	51	25.5
	11 -20	90	45
	21-30	47	23.5
	31 and above	12	6
Total		200	100
Menstrual cycle	regular	138	69

	Irregular	62	31
Total		200	100
Interval between pregnancy	Below 2 years	79	39.5
	Above 2 years	121	60.5
Total		200	100

Table (1) demonstrates the socio-demographic characteristics for the whole study sample. And shows that 80/200 (40%) age group was between (25-34) years and most of them were house wife 183/200 (69%) and 56/200 (28%) has graduated from primary school level 121/200 (65.5%) of them had less than five children. About 90/200 (45%) had between (11-120) years of marriage, Most of Women had regular menstrual cycle and more than half of them there interval between pregnancies were more than two years.

Figure (1): distribution of study sample according to the type of family planning using

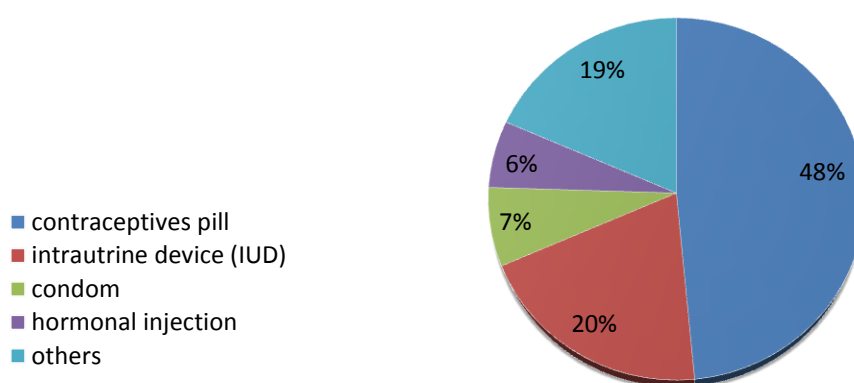


Figure-1 demonstrates that (48%) of the study samples using the contraceptive pills, (20%) of them using intra uterine device (IUD) and (19%) of women were using other method which included (natural and breast feeding and safe period).in addition (7%) of them used Condom, (6%) using hormonal injection

Table (2): Assessment of displaced women's knowledge about family planning by frequency and mean of score:

No	Benefit	Yes		No		MS	Assessment
1.	Family planning is the organization of pregnancy	176	88	24	12	1.88	Adequate
2.	Family planning improves unwanted conception	159	79.5	41	20.5	1.79	Adequate
3.	Helps to maintain the mother's physical and psychological health	127	63.5	73	36	1.63	Adequate

4.	Some method of family planning help to reduce the spread of sexually transmitted disease	140	70	60	30	1.7	Adequate
5.	Allow women to pay attention to their being culture and work	190	95	10	5	1.95	Adequate
6.	Help reduce congenital malformation and genetic disease of children	110	55	90	45	1.55	Adequate
Complication							
7	Using of family planning may increase monthly menstrual cycle	93	46.5	107	53.5	1.46	Inadequate
8	Family planning lead to increase infection	90	45	110	55	1.45	Inadequate
9	As general all method of family planning may increase women weight	148	64.9	52	22.8	1.26	Adequate
10	May cause elevation in blood pressure	70	30.7	130	57	1.35	Inadequate
11	Some of method cause Penetration of the uterus	61	30.5	139	69.5	1.3	Inadequate
12	Bleeding at the not time of menstruation	87	38.2	113	49.6	1.43	Inadequate
13	A little sexual desire	155	38.2	45	19.7	1.77	Adequate
14	Affect the mental state of the mother	141	61.8	59	25.9	1.7	Adequate

GMS= 1.58, GMS: Grand Mean Score

Table (2) demonstrate that displaced women's knowledge regarding the benefit of and complication of family is adequate according to grand mean of score GMS (1.58)

Figure (2): Distribution of study sample according to sources of family planning obtaining:

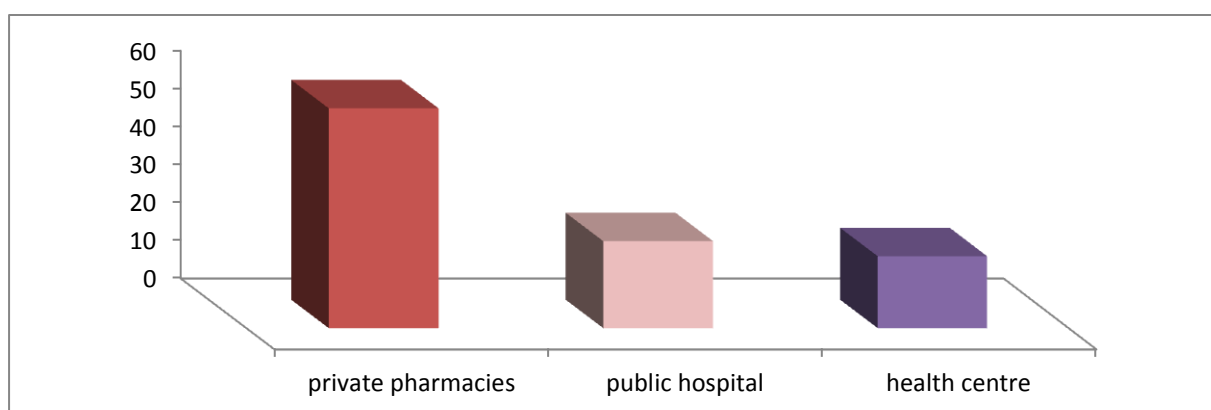


Figure (2) demonstrate that most of the study samples (58%) were obtaining the family planning method from private pharmacies, (19%) from the health centers and about (23%) of them getting them the family planning method from the public hospital.

DISCUSSION:

Socio demographic characteristic of study sample:

The present study consisted of (200) displaced women in Kirkuk city of Iraq were used family planning methods by attending both hospital Azadi and Kirkuk hospitals. Table (1) finding of study sample demonstrate that the most of women's age between (25-34) years and half of them house wife. about one fourth of them primary school graduates around 87.5%) of them from urban and half of study sample have less than five children, they have extended family and about (30%) of them have (11-20) years age of marriage, about (69%) have regular menstrual cycle and most of them have above two years interval between pregnancy. This finding is proximately similar with result of three study finding conducted in Iraq cities in all items of socio-demographic data except in Tikrit the study finding demonstrate that age of women >35 and in Najaf the age of women between (30-34) years and in Mosul city the age of women marriage more than (16) years ^(9, 10, 11).

Distribution of study sample according to type of family planning method using:

In our study nearby half of sample used contraceptive pills as method and about 20% of them used IUD device and 19% of them used other method that include(natural and breast feeding and safe period) and low percent of whole study sample used the condom and hormonal injection. This findings are similar to other study conducted in two city of Iraq(Bagdad and Najaf) shows that the high percent about 50.1% used contraceptive pills and 33.1% used IUD device and 12% used the condom about 2.1 used injectable hormones ^(11,12). But this finding not agreement with ⁽¹¹⁾ in study to assess the factors influencing usage of family planning revealed in this study that most of women used IUD and 12.6% of them used contraceptive low percent used injection as contraceptive device, this result may due to different in economic status of Iraqi families and the poverty is high among the Iraqi families.

Assessment of displaced women's knowledge about family planning:

The present study shows that the displaced women have adequate knowledge about family planning (benefits and complications) according to grand mean of score about (1.58). This finding agreement with other study down among married displaced women in Nepal demonstrate that respondent have high knowledge and positive attitude toward family planning method ⁽¹³⁾. Another study in Nigeria to assess the knowledge awareness among refugee youth in our refugee camp revealed that they have high knowledge and awareness toward family planning method ⁽¹⁴⁾. In study down in Kenya reported that the women's knowledge is low about the benefit of family planning this not agreement with our study this may to the different of health program in health center or public hospital of countries.

Distribution of study sample according to sources of family planning obtaining:

our study demonstrate that most displaced women obtain family planning from private pharmacies and about 14% from public hospital and about 10% health center. This finding agreement with study down in Kurdistan region in northern Iraq in 2003 that showed 32.8% of women obtain family planning from the private pharmacies and about 26% of them the sources of family planning from the governmental clinic ⁽¹⁵⁾. But this not similar to study among women in Uganda shows that high percent of them sources of family planning from the government facility and 31% of them obtain from the private health facility ,29% from the pharmacy⁽¹⁶⁾. This finding may be due to the different in situation and economic status and health program in each country.

CONCLUSION:

The present study concluded that the displaced women's knowledge regarding family planning is adequate high percentage of the sample were using contraceptive pills as family planning Method and most of them were obtaining it from the private pharmacies.

RECOMMENDATIONS:

Increase displaced women's knowledge and awareness about family planning method, and encourage increasing educational health program in health center and public hospital for displaced women to help them to choice the suitable method of family planning.

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