iJRASET
International Journal For Research in Applied Science and Engineering Technology



INTERNATIONAL JOURNAL FOR RESEARCH

IN APPLIED SCIENCE & ENGINEERING TECHNOLOGY

Volume: 13 **Issue:** IV **Month of publication:** April 2025

DOI: https://doi.org/10.22214/ijraset.2025.69319

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International Journal for Research in Applied Science & Engineering Technology (IJRASET)
ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 7.538
Volume 13 Issue IV Apr 2025- Available at www.ijraset.com

Factors Leading to Unmet Need for Family Planning Methods

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Abstract: ***Unmet need for family planning is one of the major problems in India. Our country stood first position in population in the world. Unmet need is the point of gap between women's reproductive intentions and their contraceptive behaviour. This will lead to bring unwanted child in the society, increase family burden, illness of maternal and child health and sometimes death is ultimate consequences. This review focus on different leading factor of unmet need. These are intervention of male persons decision making power for family planning, unawareness of govt policy among the couple, unavailability of family planning method in need, most of the couple does not showing positive attitude towards use of family planning method. Sometimes present false belief and misconception. For remove this curse from the society intensive awareness programme, motivation, counselling and periodical follow up is required. Effective training of health workers and good cohesiveness among the team member is also important.***

Keywords: Unmet need, Family planning, Contraceptive methods, Reproductive intention, Contraceptive behaviour.

I. BACKGROUND OF THE STUDY

Unmet need for family planning expressed as a percentage of women of reproductive age who are married or in a union (WHO). Women with unmet need are those who are fecund and sexually active but are not using any method of contraception, and do not want any more children or wanted to delay the birth of their next child. The concept of unmet need points to the gap between women's reproductive intentions and their contraceptive behaviour. In 2024, India (total population 1441,72 million) holds the 1st position followed by China (1425,18 million). Though total fertility rate is declined 2005 to 2020 is 2.92 to 2. But till now total unmet need of family planning is 9.4 (NFHS- V) in our country. Estimated head count of total unmet need prevalence in West Bengal 6.72%. Unmet need directly influences bad impact upon mothers and child health. Women have no autonomy to choice family planning method. As a result, women are suffering from recurrent pregnancy, septic abortion, anaemia, infection, sometimes maternal death occurs. Impact of unmet need upon the child are low birth weight baby, pre term baby, baby born with sepsis, neonatal death occurs sometimes. Unmet need directly influences upon society are following- large family size, poverty, hunger, unemployment, increases social violence, early marriage etc. Ultimately unmet need creates a social burden.

Govt. has taken different measures to eliminate the unmet need from the society are following- supply family planning methods in free of cost, supply different methods of family planning in door step of the family by health workers, awareness among community peoples to adopt small family norm, do not force to take family planning method but encourage couple to take method in cafeteria choice. Government of India starts 1st national programme for family planning in 1952 and till date government focus upon this programme (under national health mission) not only attempt to stabilized the population at a level consistent with sustainable development. It promotes reproductive health and prevent maternal and infant mortality and morbidity. In last five decades, Govt of India has spent lot of resources to achieve desire result but ultimately programme failed to obtain optimum results. Considering the impact the unmet need for contraceptive services included in the national population policy (NPP) 2020.

Author has tried to discuss about the unmet need issues under following **four broad heading:**

II. GENDER DECISION MAKING IN USING FAMILY PLANNING METHODS

In our country, most of the families, women have no right to take decision regarding family planning. Males are only power to take decision. In our society. most of the women depends upon their husband. They have no education and economic power. All decision has taken by husband followed by relatives, friends, religious leader etc.

III. INDIVIDUAL UNAWARENESS ABOUT GOVT. POLICY ON FAMILY PLANNING PROGRAMME.

Govt. have taken different policy to maintain small family norm. So, Govt. have supplied different family planning method without any cost to meet the need, but couple unaware about it. Health worker goes to door step for supply family planning method. But couples are not utilizing it due to unawareness of the benefit.

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Though Govt have taken family planning programme since 1952 onwards to till now, under national health mission. But ultimate goal will not reach due to some social problem also like early marriage, female feticide etc. For overcome the problem, Unmet need for family planning service included in national population policy 2020.

IV. AVAILABILITY AND ACCESSIBILITY OF THE METHOD IN NEED.

In our society, different types of female method available but less variety of male method present. But in need most of the couple do not access any method due to unavailability. In celebration of different days in health programme by the health worker is mostly emphasising on female contraceptive method rather than male method. In practical situation, women's do not access freely to choose any method, if they do, they can face different domestic violence even divorce also. But most of the male person are not willing to take any temporary or permanent method.

V. ATTITUDE, BELIEF AND MISCONCEPTION ON USING FAMILY PLANNING METHOD.

Community people have lot of false belief, fear and Misconception about use of family planning method.

A. Author has tried to discuss each heading one by one.

1) Gender Decision Making In Using Family Planning Methods

The aim of this review was to determine the factors leading to unmet need for our country – **i)** most of the families, women have no right to take decision regarding family planning. Males are only power to take decision and sometimes by forced not avail to use any family planning method and Most of the families, women have no opportunity to choose any method. **ii)** Mostly women have no education and economic power.

A Similar finding has shown in this study that- family planning decision making power of women strongly influenced by her husband and followed by friends, relatives, community religious leaders and health workers. (Lambert, Valencia J., Nzali, Anna Aneth., Kachembeho, Lydia Neema., Bowers, Sheridan., Kalluvya, Samuel., Mwakisole E Agrey H., and Downs, Jennifer A., (2024).

Fecund Women are not avail to use any method due to opposition of husband and others family members. Similar findings shown in opposition of husband. Yadav, Yatri., Agarwal, Monika., Shukla, Mukesh., Singh, Vijay, Kumar.,(2020).and family opposition findings shown in another study (Anil, Deepak., D, Sunil Kumar., Rao, Vadaga Vijaylakshmi. Gopi, Arun., Murthy, M.R. Narayana., (2021).

Similar study findings observed that strong pressures to use or not to use family planning from partners, family, and friends. Valencia J Lambert, Anna Samson, Aneth Nzali, Lydia Mukasa, Neema Kachembeho, Sheridan Bowers, Samuel E Kalluvya, Agrey H Mwakisole and Jennifer A Downs. (2024). Sometimes women have no idea about family planning method due to lack of education and ignorance. Similar study findings reveal that in the study. Ananya Mukherjee, Niladri Banerjee, Somnath Naskar, Sima Roy, April (2021). Where all study participants were Hindu and belonged to Santhal ethnicity; 53.4% were illiterate; 51.7% had early marriage, and 52.4% had adolescent pregnancy. Only 41.1% women were found currently using any contraceptives, another 14.5% ever used and 44.4% never used any methods. Apprehension of side effects and spouse disapproval were reported as two common reasons for never using contraceptives. The age of the women appeared as a significant predictor of current contraceptive use. Overall, unmet need for family planning was 19.4% and age of the women, socioeconomic status, and type of the family were found as significant predictors.

2) Individual unawareness about Govt. Policy on family planning programme

i) Individual unawareness regarding govt. policy, no idea of family planning method and Reluctant to use contraceptive and unaware about benefit from contraceptive use. Similar findings observed in two studies, for first study conducted by Yadav Kriti, Agarwal Monika, Shukla Mukesh, Singh Vijay. K, 3rd September (2020) revels that the unmet need for family planning services among young married women in urban slum was 55.3%. About 40.9% of the unmet need was for spacing methods and 14.4% for limiting method. Important reasons cited for unmet need for family planning services were embarrassment / hesitation / shyness for contraceptive use, poor knowledge of the FP method and fear of side effect is the cause of unmet need. Second study conducted by Anil, Deepak., D, Sunil Kumar., Rao, Vadaga Vijayalakshmi., Gopi, Arun., Murthy, M. R. Narayana., (2021). Unmet needs of family planning and its associated factors among married women in reproductive age group, Mysuru result unmet need was 29.01%, among this 17.3% was for spacing and 11.71% for limiting. Important reasons of unmet need is not using contraceptives were fear of side effects, negligent attitude of the women and lack of knowledge about family planning.

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Another study shows similar factor Low acceptance of family planning method due to phobia of adverse health consequences and lack of sound knowledge of contraception are the leading reasons for not using contraceptives. Ranjan Kumar Presti, (2014).

3) Availability and accessibility of the family planning method in need.

Lack of motivation and awareness campaign for family planning by the health worker.

A similar study result review found that motivation of women in child bearing age in deciding unmet need of contraception is to exclude children and limit the number of children (Resay Aprilla, Andari Wuri Astuti, Anjar Wati 2023),

Different types of female method available but less variety of male method present. But in need most of the couple do not used any method.

Another study results reveal that actual participation of community leader in family planning is found negligible due to lack of financial allocation for family planning activity, lack of funds for village health plan, lack of interdepartmental coordination, lack of trust of confidence between the workers and leaders, lack of initiative by workers. (Monoranjan Mahapatra 2018)

4) Attitude, belief and misconception on using family planning method

i) In our society, most of the families shows attitude to prefer boy child rather than girl and also discrimination exists between the boy child and girl child. A study finding shows number of surviving boys' preferences (Ranjan Kumar Pusti, 2014).

ii). Belief and Misconception regarding family planning.

Some religion people have not willing to use any method.

This above statement, similar findings observed in Santhal ethnicity another study (Ananya Mukherjee, Niladri Banerjee, Somnath Naskar, Sima Roy, April 2021).

Another scientific report found in Muslim women community.

This scientific report on Changes in discourse on unmet need for family planning among married women in India: evidence from NFHS-5 (2019-2021), where result that the demand for unmet need for spacing and limiting was the highest among the women in the age categories 15–19 (17.8%) and 20–24 (17.3%). The demand for limiting was the highest (6.8%) among Muslim women. (S.K. Singh, G.C. Kashyap, Himani Sharma, Sudipta Mondal & CH. Legre 2023).

VI. CONCLUSION

Though total fertility rate is declined 2005 to 2020 is 2.92 to 2. But till now total unmet need of family planning is 9.4 (NFHS- V) in our country. Proper motivation, counselling of couples on family planning is routinely required. Emphasis on health awareness programme on importance of using family planning method and about health benefit of the people in rural and urban areas. Build up a positive motivation among the health worker. Proper liaison among the panchayet leader and other authorities, NGOs, local people with health worker for awareness campaign throughout the year. Proper monitoring and taking feedback about the utilization of family planning method among the couple is required. In this way we can remove the curse of unmet need of family planning from our society.

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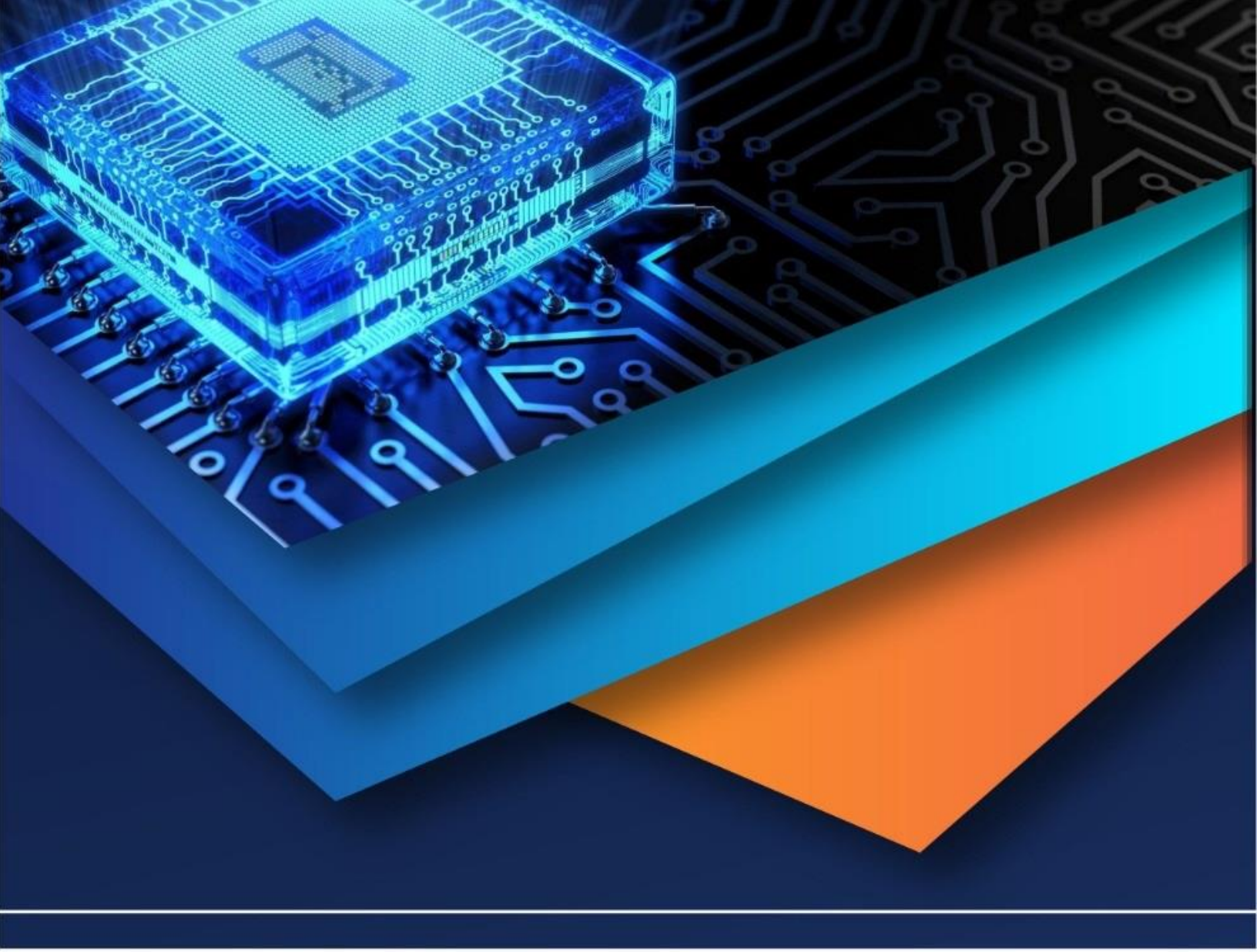
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