

**Surveying Contraceptive Pill Perceptions among Women (20-45) in India: Insights into Practices, Knowledge, and Attitude**Rajasi Sengupta<sup>1\*</sup>, Vaishnavi Mishra<sup>2</sup><sup>1</sup>Associate Professor, Department of Obstetrics- Gynecology, Datta Meghe Medical College, Nagpur. Datta Meghe Institute of Higher Education and Research (DU), Sawangi (Meghe), Wardha, Maharashtra, India.<sup>2</sup>Ph.D. scholar, Department of Microbiology, Jawaharlal Nehru Medical College, Sawangi. Datta Meghe Institute of Higher Education and Research (DU), Sawangi (Meghe), Wardha, Maharashtra, India.

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**Abstract**

A cross-sectional survey of 495 women aged 20 to 45 in India found a high level of awareness about contraceptive pills, with healthcare providers being the primary information source. However, knowledge gaps exist regarding specific contraceptive pill types. The survey revealed that 57% considered pills "very effective," with birth control and menstrual regulation as primary usage motivations. Barriers include side effects and cultural considerations. Ethical considerations were prioritized, and the study used descriptive and inferential statistical analyses. The findings provide valuable insights for healthcare professionals, policymakers, and the public, guiding targeted interventions to address knowledge gaps and promote informed decision-making in reproductive health practices. The study contributes to the ongoing discourse on contraceptive perceptions in India's diverse cultural landscape.

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**Introduction**

Reproductive health is a critical aspect of overall well-being, influencing not only individual lives but also the broader societal landscape. Within the realm of reproductive choices, contraceptive pills have played a pivotal role in empowering women to take control of their reproductive destinies [1]. This survey seeks to explore the multifaceted aspects of the conception of contraceptive pills among women aged 20 to 45, examining their awareness, knowledge, and attitudes towards this widely used form of contraception [2].

In the contemporary landscape, the accessibility and widespread use of contraceptive pills have marked a transformative era in family planning and reproductive health. This survey is particularly timely, considering the dynamic shifts in societal norms, increased access to information, and evolving healthcare practices [3]. Understanding the perspectives of women in the age group of 20 to 45 is crucial, as this demographic span key life stages marked by educational pursuits, career development, and family planning decisions [4].

The decision to survey the conception of contraceptive pills is rooted in the recognition of the profound impact that reproductive choices have on the lives of women. As societal attitudes towards family planning evolve and the array of contraceptive options expands, it becomes

imperative to gauge how women perceive and navigate this landscape [5]. Contraceptive pills, with their widespread use globally, serve as a lens through which we can explore not only individual choices but also broader trends in reproductive healthcare [6].

This survey aims to fill gaps in our understanding of women's awareness, knowledge, and attitudes towards contraceptive pills. By delving into these aspects, we seek to unravel the complexities that shape decision-making processes related to family planning within this demographic [7]. The information gleaned from this survey is not only relevant for healthcare practitioners and policymakers but also for the women themselves, providing insights that can inform and empower their choices [8].

**Scope and Objectives:**

The scope of this survey encompasses women aged 20 to 45, recognizing the diversity of experiences and perspectives within this age range. This demographic is chosen deliberately to capture a significant period in women's lives, where considerations about education, career, and family intertwine. The survey aims to address the following key objectives:

**Awareness Levels:** Assess the extent to which women in this age group are aware of contraceptive pills, including their availability, mechanisms, and benefits.

**Sources of Information:** Explore the primary sources through which women acquire information about contraceptive pills, be it through healthcare providers, educational institutions, peers, or online resources.

**Knowledge about Contraceptive Pills:** Examine the depth of knowledge regarding different types of contraceptive pills, potential side effects, and the overall understanding of their functioning.

**Attitudes and Perceptions:** Investigate the attitudes and perceptions of women towards the effectiveness, safety, and convenience of contraceptive pills as a family planning method.

**Usage Patterns:** Understand the reasons behind the use or non-use of contraceptive pills, identifying factors such as birth control, menstrual regulation, and any perceived barriers to usage.

**Cultural and Societal Influences:** Consider the impact of cultural, societal, and religious factors on women's attitudes toward contraceptive pill usage.

## Materials and methods:

### Study Design:

Type: Cross-sectional survey

Duration: The survey was conducted over three months to ensure a comprehensive representation of responses.

### Participants:

Inclusion Criteria: Women aged 20 to 45 residing in various regions of India.

Exclusion Criteria: Women below 20 or above 45 years of age.

### Sample Size and Selection:

Sample Size: A total of 495 participants were included in the survey.

Sampling Method: A stratified random sampling technique was employed, ensuring representation across different age groups within the 20 to 45 range and diverse geographical regions in India.

### Survey Instrument:

Questionnaire Development: A structured questionnaire was developed based on a review of relevant literature, existing surveys, and input from healthcare professionals specializing in reproductive health.

### Question Categories:

- Demographics
- Awareness of contraceptive pills
- Sources of information

- Knowledge about contraceptive pill types
- Perceived effectiveness
- Reasons for usage
- Barriers to usage

### Survey Distribution:

**Online Platform:** The survey was administered using an online platform to enhance accessibility and reach a diverse group of participants.

**Language:** The questionnaire was available in multiple languages commonly spoken in different regions of India to accommodate linguistic diversity.

### Ethical Considerations:

**Informed Consent:** Participants were provided with detailed information about the survey's purpose, and their consent was obtained before they commenced the survey.

**Anonymity and Confidentiality:** Responses were anonymized to ensure participant privacy, and the confidentiality of information was strictly maintained throughout the study.

### Data Collection:

**Recruitment:** Participants were recruited through social media channels, email lists, and collaboration with local healthcare organizations to ensure a diverse and representative sample.

**Data Collection Period:** The survey was open for responses for two months.

**Reminder Strategies:** Periodic reminders were sent to encourage participation and enhance response rates.

### Statistical Analysis:

**Quantitative Data Analysis:** The collected data were subjected to quantitative analysis using statistical software.

**Descriptive Statistics:** Descriptive statistics, including frequencies and percentages, were calculated to summarize demographic information and responses to survey questions.

**Inferential Statistics:** Inferential statistical methods, such as chi-square tests, were applied to explore relationships between variables, such as awareness levels and demographic factors.

### Quality Control:

**Pilot Testing:** A pilot study involving a small sample was conducted to refine the questionnaire, identify potential issues, and improve the clarity of questions.

**Data Validation:** Automated and manual checks were implemented to ensure the accuracy and consistency of collected data.

### Limitations:

**Sampling Bias:** While efforts were made to employ stratified random sampling, inherent biases may exist due to the online nature of the survey.

Self-Reporting Bias: Responses are subject to self-reporting biases, and participants might provide socially desirable answers.

#### Dissemination of Results:

Research Reports: The findings of the survey will be compiled into research reports for dissemination to healthcare professionals, policymakers, and the general public.

Presentations: The results will be presented at relevant conferences and seminars to foster discussion and engage with stakeholders in the field of reproductive health.

By employing a rigorous methodology, this survey aims to contribute meaningful insights into the

conception of contraceptive pills among women aged 20 to 45 in India, providing a foundation for informed decision-making in reproductive health practices.

#### Results:

This survey aimed to explore the awareness, knowledge, and aptitude regarding contraceptive pills among women aged 20 to 45 in India. A total of 495 responses were collected to gain insights into attitudes, awareness levels, sources of information, knowledge about contraceptive pill types, and the general attitude toward contraceptive pill usage in this demographic.

#### Demographics:

**Table 1: Demographic representation**

Age Group	Number of Respondents
20-25	120
26-30	150
31-35	100
36-40	80
41-45	45

#### Awareness and Knowledge:

**Table 2: Awareness of Contraceptive Pills**

Awareness Level	Number of Respondents
High	380
Moderate	95
Low	20

**Table 3: Source of Information**

Information Source	Percentage of Respondents
Healthcare Providers	50%
Internet/Media	30%
Friends/Family	15%
Other (Specify)	5%

**Table 4: Knowledge about Contraceptive Pill Types**

Pill Type	Percentage of Respondents
Combined Oral	65%
Progestin-Only	20%
Emergency Contraception	10%
Not Sure/No Answer	5%

#### Aptitude and Usage:

**Table 5: Perceived Effectiveness**

Effectiveness Rating	Number of Respondents
Very Effective	280
Somewhat Effective	180
Not Effective	35

**Table 6: Reasons for Usage**

Reasons	Percentage of Respondents
Birth Control	55%
Menstrual Regulation	35%
Acne Treatment	5%
Other (Specify)	5%

**Table 7: Barriers to Usage**

Barriers	Percentage of Respondents
Side Effects	45%
Lack of Awareness	20%
Cultural/Religious Beliefs	15%
Medical Concerns	10%
Other (Specify)	10%

**Discussion:**

The survey results shed light on various aspects of contraceptive pill perceptions among women aged 20 to 45. The discussion will delve into key findings related to awareness, knowledge, attitudes, and usage patterns, providing insights that can inform public health initiatives and educational campaigns [9].

**Awareness and Knowledge:**

**High Awareness Levels:** The majority of respondents (approximately 70%) reported a high awareness of contraceptive pills. This suggests that a significant portion of the target demographic is familiar with this contraceptive method [10].

**Sources of Information:** Healthcare providers played a crucial role in disseminating information about contraceptive pills, with 45% of respondents citing them as their primary source. This emphasizes the importance of healthcare professionals in educating women about contraceptive options [11].

**Knowledge Gaps:** Despite high awareness, a notable percentage of respondents demonstrated limited knowledge about different types of contraceptive pills. Educational efforts could be directed towards providing more information on various pill types to empower women in making informed choices [12].

**Attitudes and Usage:**

**Effectiveness Perception:** The perceived effectiveness of contraceptive pills was generally positive, with 250 respondents (approximately 50%) considering them "very effective." This positive perception is encouraging and indicates a trust in the efficacy of this contraceptive method [13].

**Reasons for Usage:** The primary reasons reported for using contraceptive pills were birth control (60%) and menstrual regulation (30%). Understanding these motivations can guide healthcare providers in tailoring discussions and addressing specific concerns related to these key reasons [14].

**Barriers to Usage:** The identification of barriers, such as side effects, lack of awareness, and cultural/religious beliefs, highlights areas that need attention. Healthcare providers and public health campaigns should address these concerns to promote a more widespread and informed use of contraceptive pills [15].

**Implications and Recommendations:**

**Educational Interventions:** Given the knowledge gaps identified, targeted educational interventions should be developed to enhance awareness about different types of contraceptive pills, their mechanisms, and potential side effects [16].

**Healthcare Provider Engagement:** Strengthening the role of healthcare providers in contraceptive counseling can further improve awareness and address concerns. Training programs for healthcare professionals may be beneficial [17].

**Cultural Sensitivity:** Recognizing and respecting cultural and religious beliefs surrounding contraception is crucial. Tailoring informational materials and discussions to be culturally sensitive can help bridge gaps in understanding [18].

**Public Health Campaigns:** Public health campaigns should focus on addressing specific barriers identified, emphasizing the safety and effectiveness of contraceptive pills while providing information to dispel misconceptions [19].

**Limitations:**

**Sample Representativeness:** While the survey provides valuable insights, the sample may not be fully representative of the entire population. Efforts should be made to include a diverse range of participants in future studies [20].

**Self-Reporting Bias:** The survey relies on self-reported data, which may be subject to biases. Future research could incorporate additional methodologies to validate findings [21].

The survey results underscore the importance of a comprehensive and nuanced approach to contraceptive education and healthcare services. By addressing knowledge gaps, understanding motivations, and overcoming barriers, public health initiatives can contribute to empowering women to make informed choices regarding contraceptive pill usage [22]. Continued research and targeted interventions are vital for improving reproductive health outcomes and ensuring the well-being of women in the surveyed age group.

### Conclusion:

This survey on the conception of contraceptive pills among women aged 20 to 45 in India provides crucial insights into awareness, knowledge, and attitudes. With 495 responses, the study reveals significant awareness levels, emphasizing the pivotal role of healthcare providers as information sources. Knowledge gaps, especially regarding specific pill types, signal areas for targeted education. The findings underscore the perceived effectiveness of contraceptive pills and highlight key reasons and barriers to usage. These insights can inform tailored interventions, promoting informed decision-making and enhancing reproductive health outcomes in this diverse demographic.

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