# Women's sexual reproductive health (SRH) practices in Southern Lalitpur

Khakurel D

Date: 2010

**Background**

Women’s health and particularly their sexual and reproductive health is severely affected by their low familial and social status, patriarchal perspectives, traditional values, illiteracy, poverty, etc. Women have limited access to information and health services and awareness level. With only 10.2 percent of the rural women giving birth being attended by a skilled birth attended, most women fall prey to causes of maternal death like hemorrhage, obstructed labor, abortion, ectopic pregnancy or obstetric complications which are preventable. This research aims to explore the status of women in terms of Sexual Reproductive Health (SRH) issues.

**Methods**

The research has adopted exploratory, descriptive and explanatory type of research design. The study site was selected to be Badikhel and Lele VDCs, the southern part of Lalitpur district. Primary data were generated through survey, key informants interview and case studies. Secondary data were generated through different relevant literatures, documents, reports; policy documents related to the study were reviewed thoroughly to get better insight about the study topics. Purposive sampling was done in Lele and Badikhel VDCs respectively where the household of Tamang and Pahari community were selected. The data analysis has been carried out through the usage of computer application like SPSS and pie charts and cross tabulated table to find the relationship of different dependent and independent variables has been used to analyze and interpret the data.

**Results**

The most common adverse Sexual Reproductive Health issues among women in both the VDCs are pelvic inflammation disease (PID), white discharge, uterine prolapse and adverse effects of contraceptives use such as excess bleeding, menopause, anemia and depression. 58 percent of the respondents shared that they have no knowledge about anyone who is suffering from adverse Sexual Reproductive Health issues where as 16 percent have no idea about adverse Sexual Reproductive Health issues. One percent did not respond to the question where as 25 percent responded that they knew someone with adverse Sexual Reproductive Health issues. Those 25 percent aware of adverse Sexual Reproductive Health issues, 49 percent of them suffered from uterine prolapse, followed by painful menstruation(31.4%), Malnutrition (23.5%), Obstructed labor (21.6%) followed by adverse Sexual Reproductive Health issues like extended labor, white discharge, implication of unsafe abortion and so on. Similarly, among those 25 percent of the respondents, 23 percent informed that they are suffering from adverse Sexual Reproductive Health issues, 72 percent shared that they do not have any problem regarding their Sexual Reproductive Health where as five percent were unaware about the condition of their sexual health.

**Conclusions**

The government has been seen to promote more female contraceptives methods with many women using these methods than male using any of its kind. The shift in this paradigm is highly awaited as these are also having adverse hormonal effects upon women’s health.

**Keywords:** awareness; knowledge; sexual reproductive health; women.