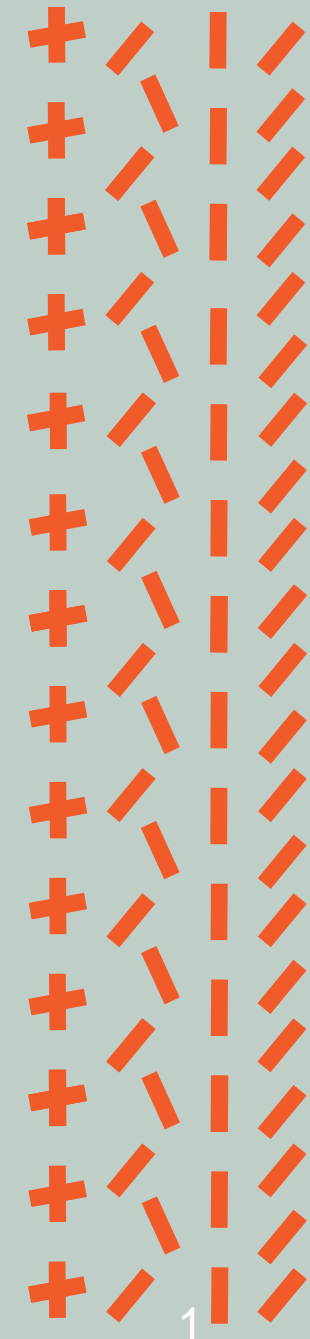


Exploring the Association Between Knowledge of Safe Abortion and Contraceptive Usage Among Married Women of Reproductive Age: Insights from a National Survey in Nepal

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Authors' Name and Affiliation

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Background

- Abortion is considered a safe health procedure by World Health Organization (WHO) guidelines and has been legal since 2002 in Nepal.¹
- Nepal's law allows abortion with the pregnant woman's consent for up to 12 weeks of gestation and up to 28 weeks if certain conditions are met, such as threats to the woman's life (HIV and other incurable illnesses), physical or mental health, fetal anomalies, and rape.²
- And still, more than 57 percent of abortions happening in Nepal are unsafe.³
- A notable percentage of married women (21%) have unmet family planning needs.⁴
- About 62 percent of pregnancies ending in abortions are unwanted and 25 percent are mistimed.⁴
- Promoting contraception and safe abortion awareness is undeniably crucial to avoid unintended pregnancy and prevent unwanted complications.



Objective

To explore the relationship between knowledge of abortion legality/condition and contraceptive use among women of reproductive age (WRA).

Methodology



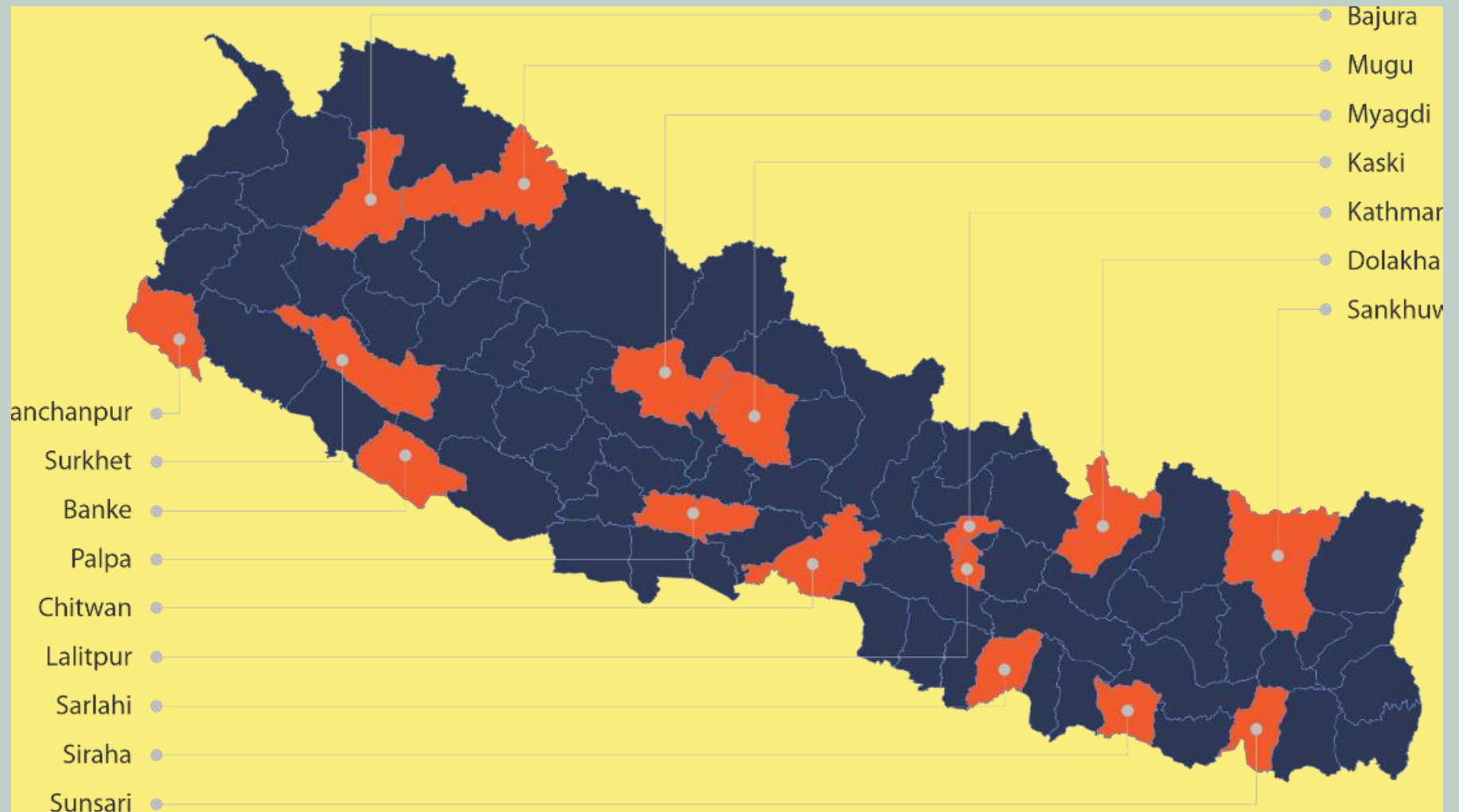
RESEARCH APPROACH-
QUANTITATIVE RESEARCH



RESEARCH DESIGN-
DESCRIPTIVE CROSS-SECTIONAL



Study Site



Study Site Justification

Two districts each from seven provinces were selected in total.

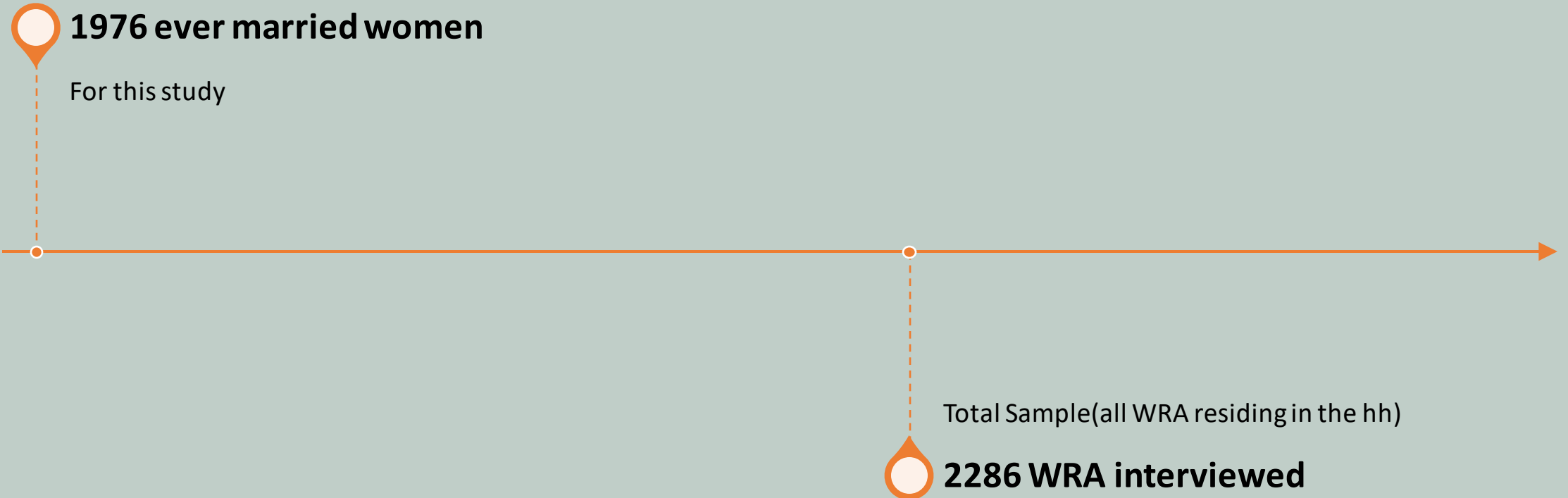
Districts having the highest and second highest abortion case proportion selected.

Additional two districts—Kathmandu and Lalitpur from the Kathmandu Valley were also selected to capture data from the federal level.

From each of the 16 selected districts two municipalities (one urban and one rural) were chosen based on the number of women of reproductive age (WRA) population in that municipality.

Two wards each from 30 selected municipalities (PSU). Wards with the highest number of WRA.

Sample Size



Data Collection and Tool



All researchers were trained on the study's research methods and tools.



The finalized survey tool was pre-tested and uploaded into the Kobo collect server for data collection.



Both written and verbal consent/assent was taken before administering the survey.



Face-to-face interviews using structured questionnaires on computer-assisted personal interviewing (CAPI).

Methodology

Independent variable: awareness of abortion legality and awareness of at least one of five indications for which abortion is legally permitted.

Dependent variable: ever use of contraception

Data analysis was done using the Stata 15.0 version.

The analysis was carried out separately for knowledge of legal abortion and knowledge of abortion conditions.

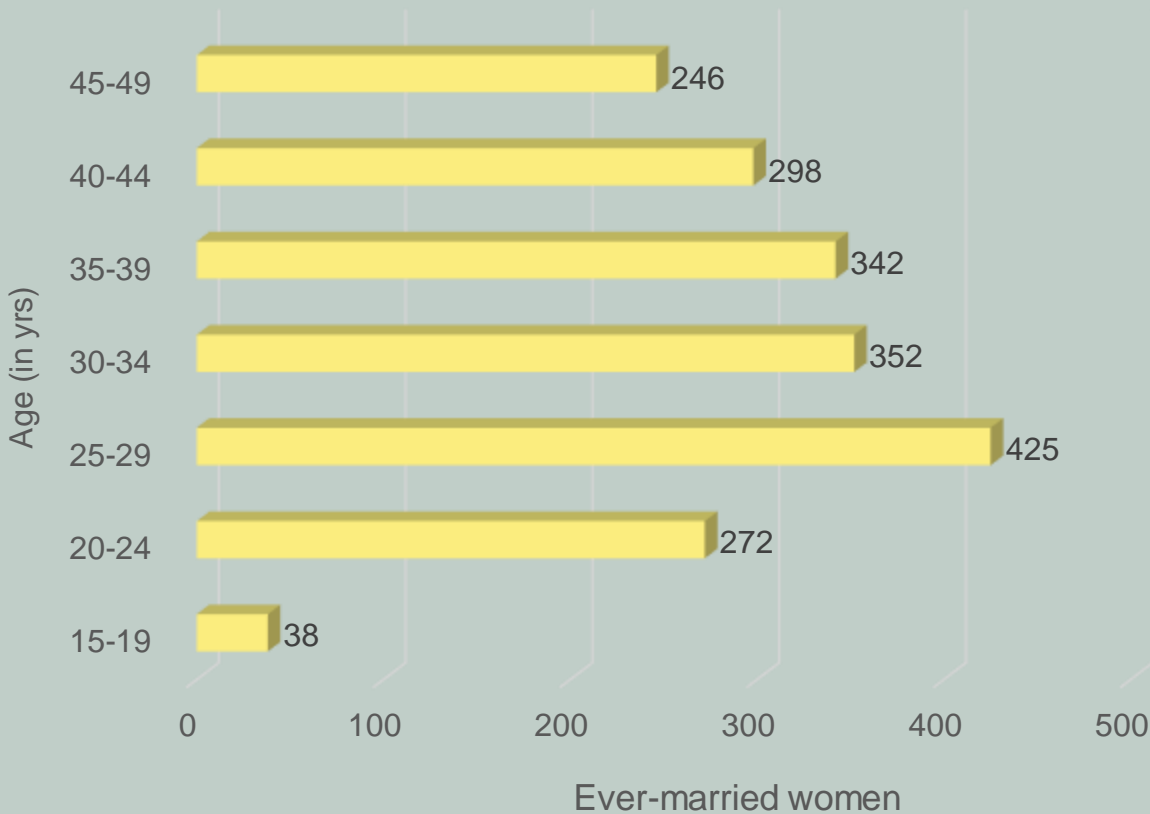
The effects were measured for socio-demographic characteristics along with knowledge.

FINDINGS

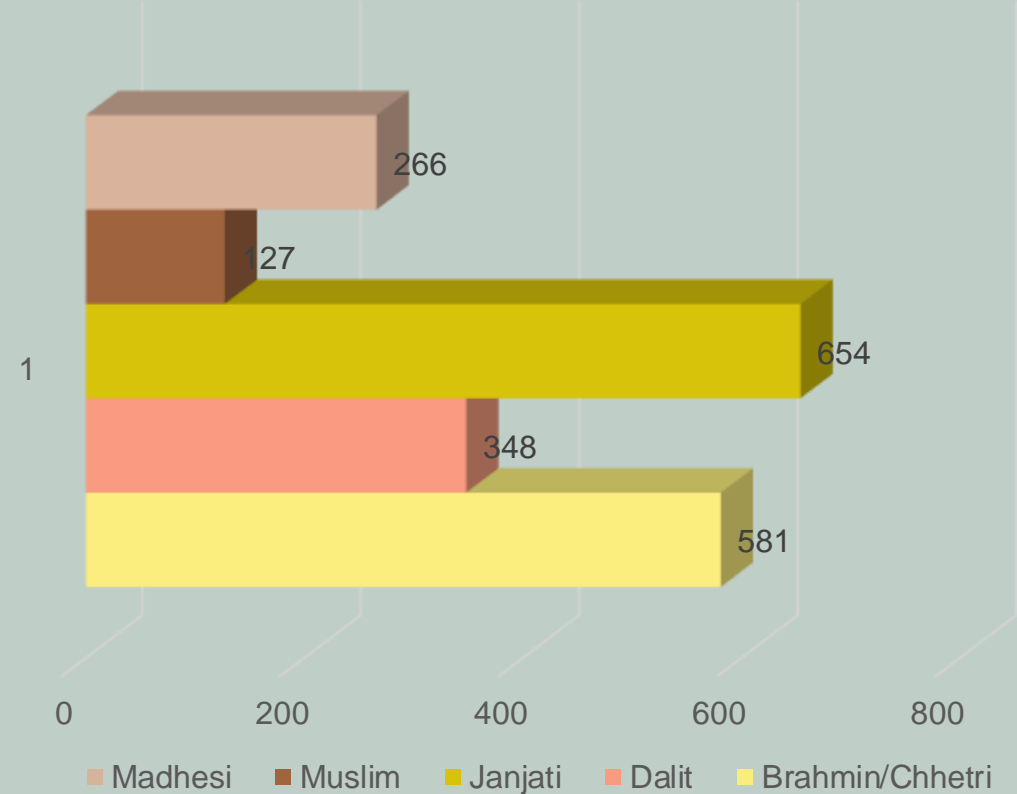


Socio-demographic Characteristics

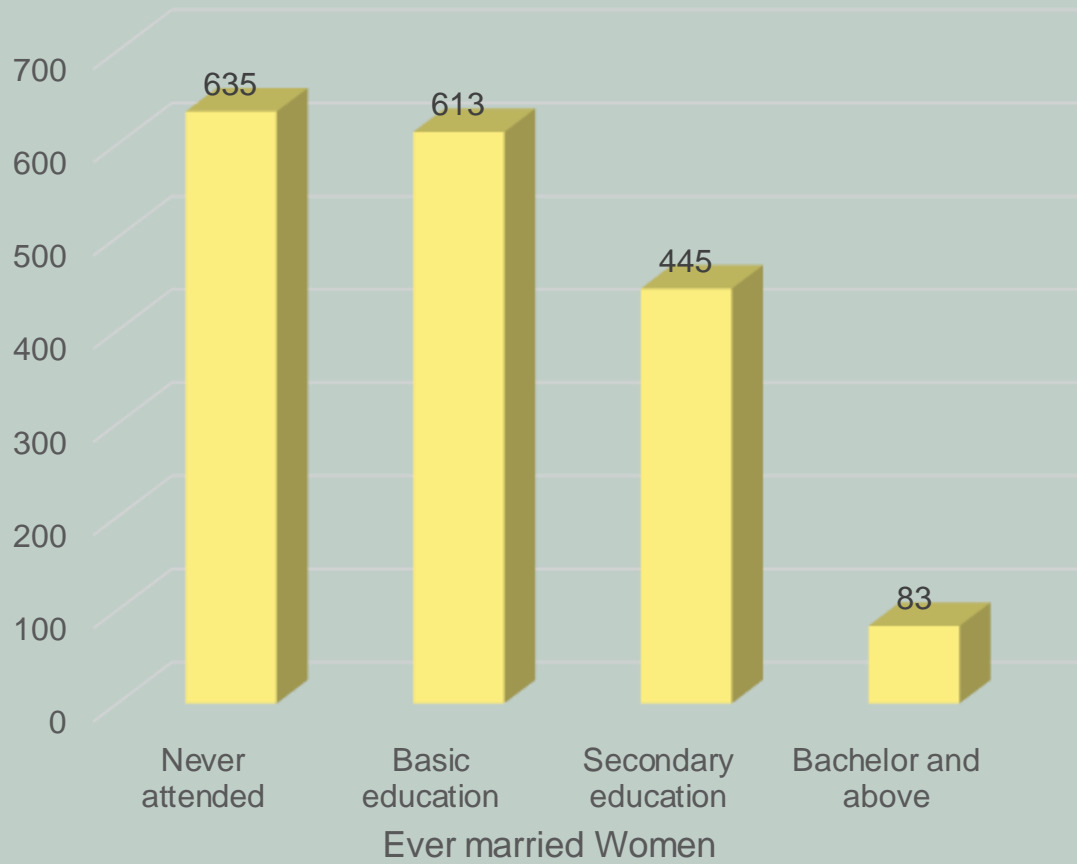
Age



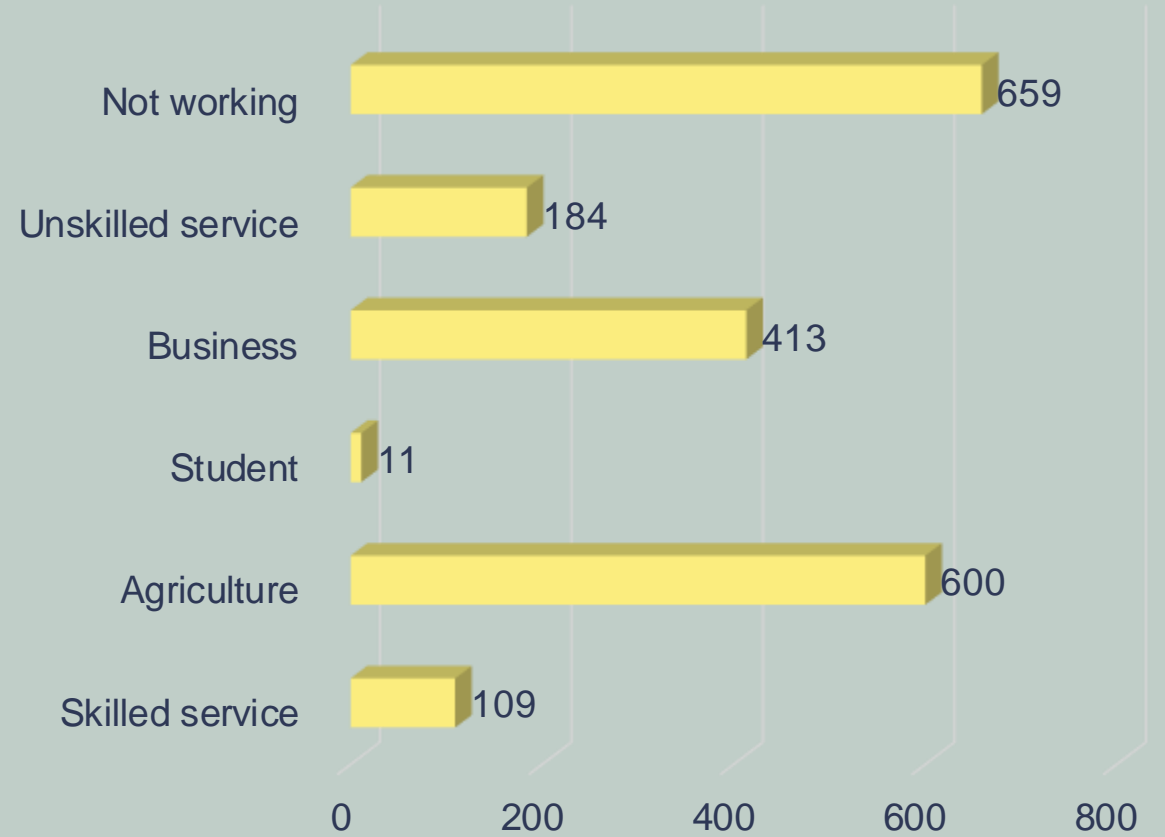
Ethnicity



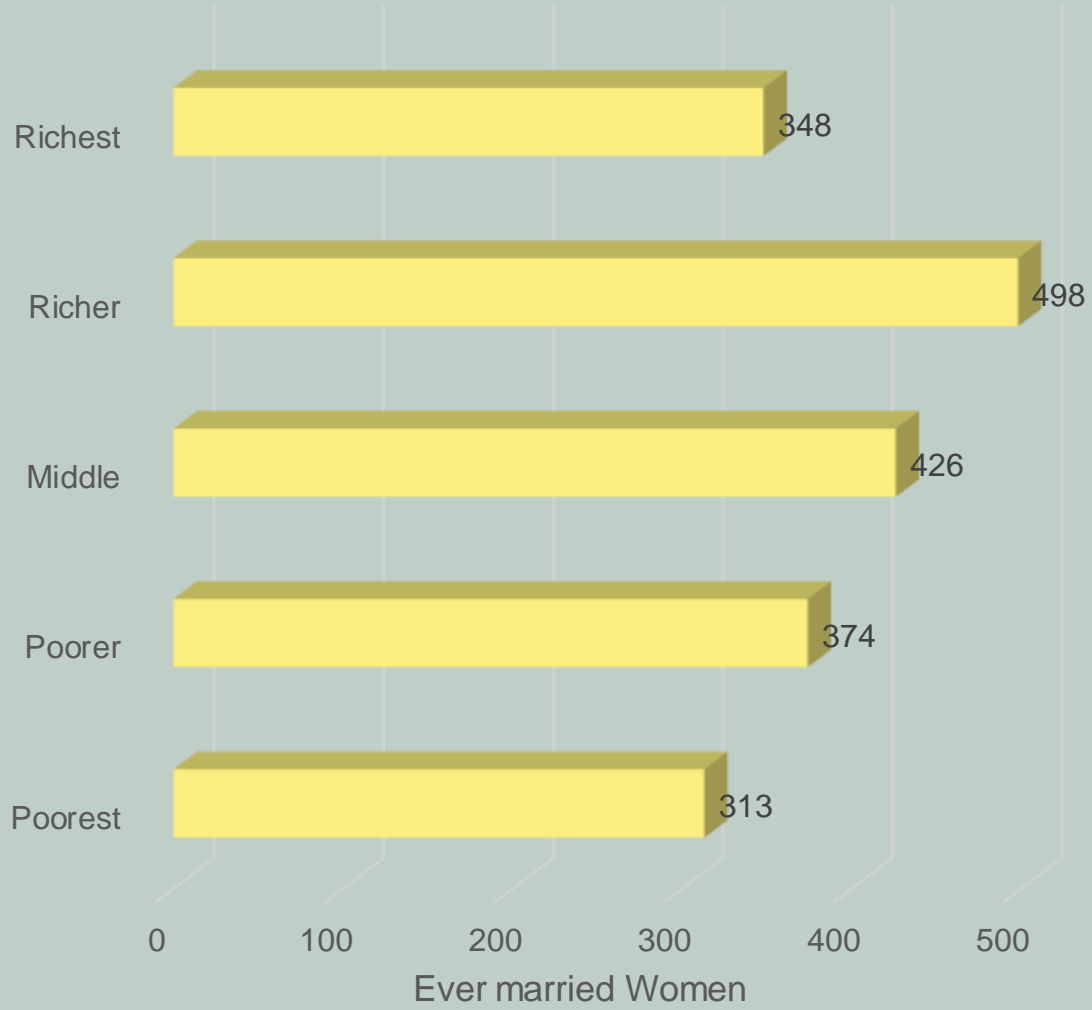
Education



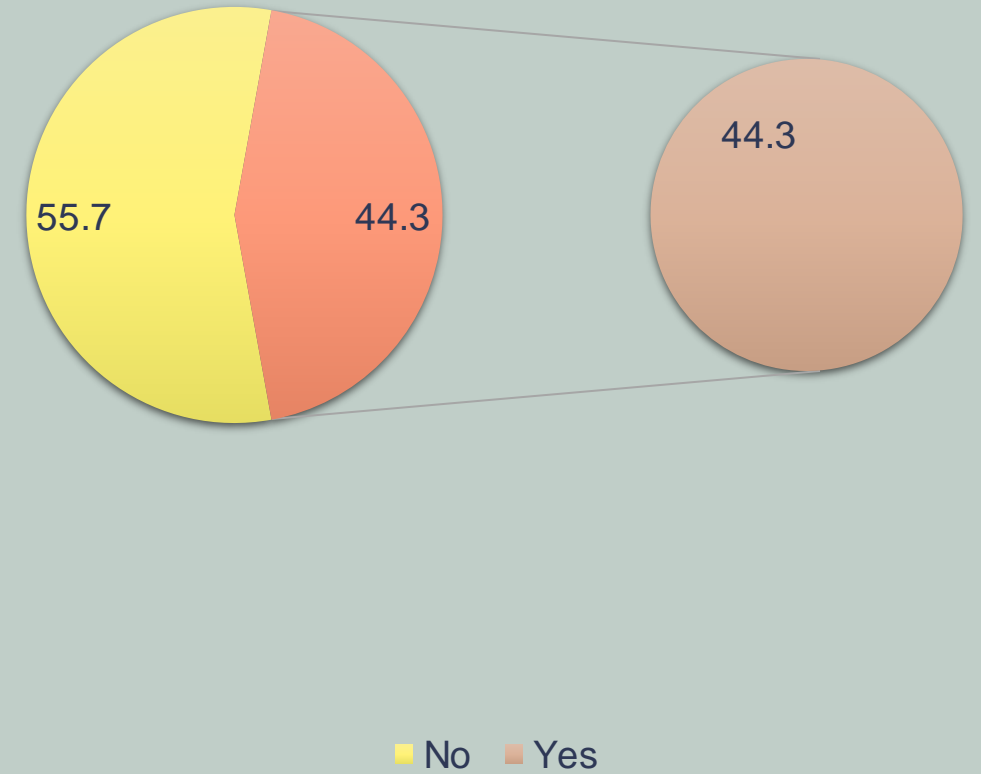
Occupation



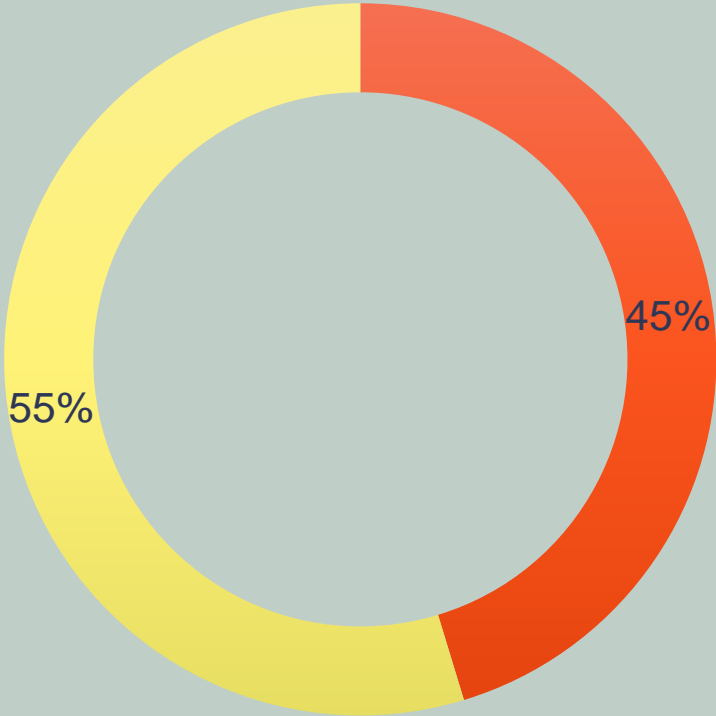
Wealth Quintile



Affiliation to Saving and credit group

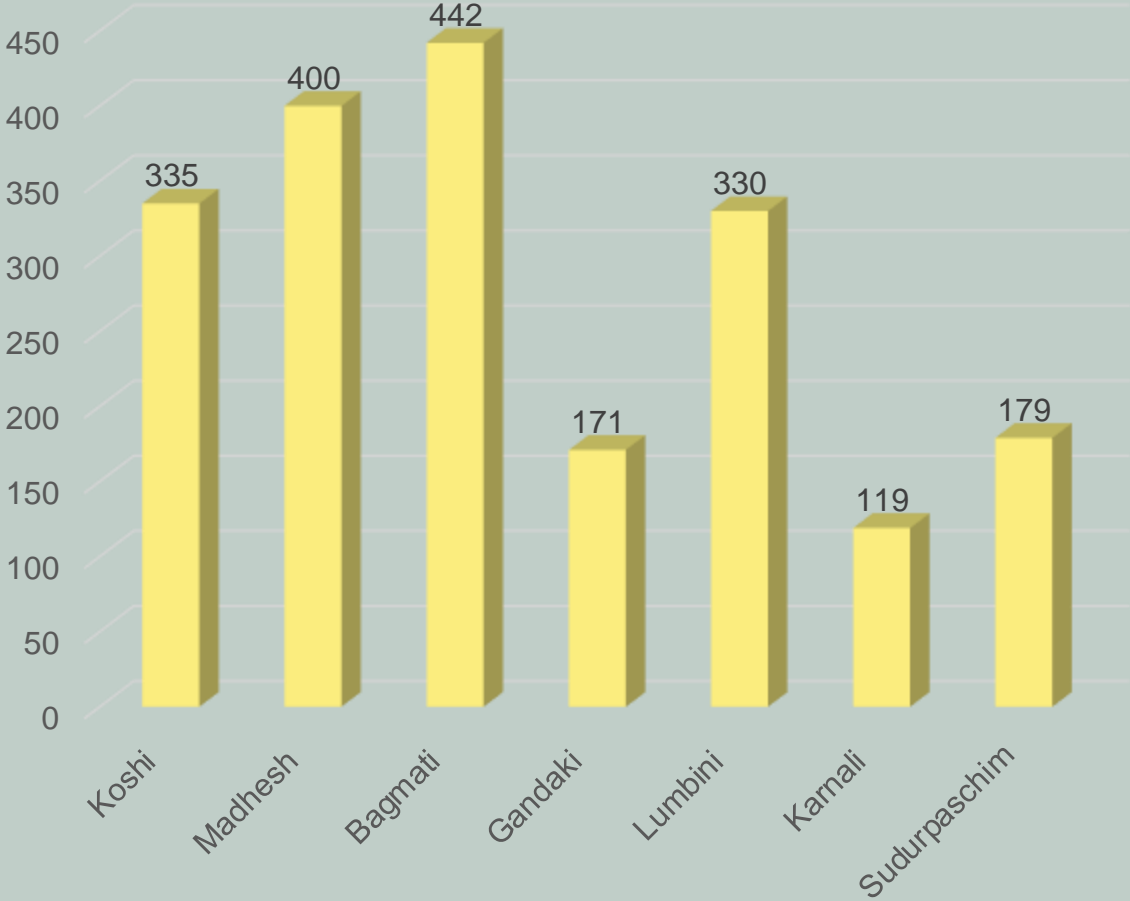


Residential Setting



■ Rural ■ Urban

Province wise distribution



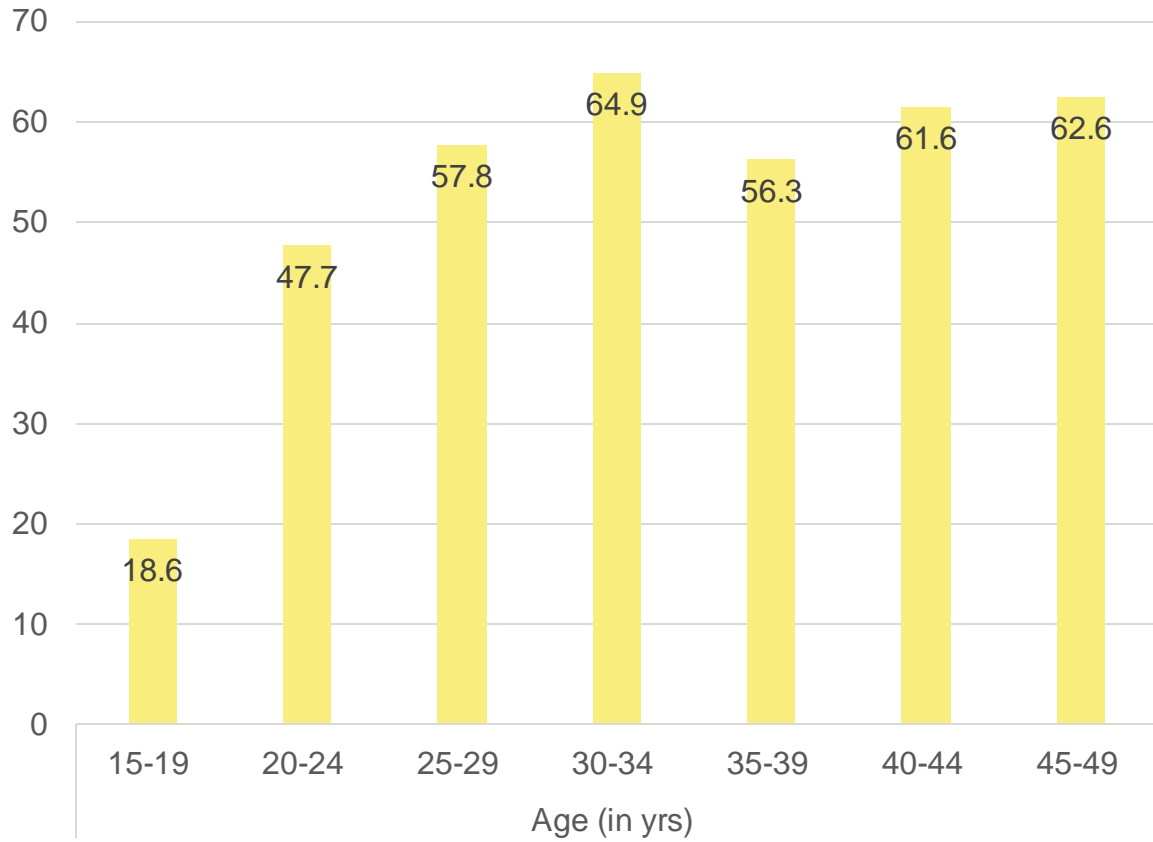


Ipas

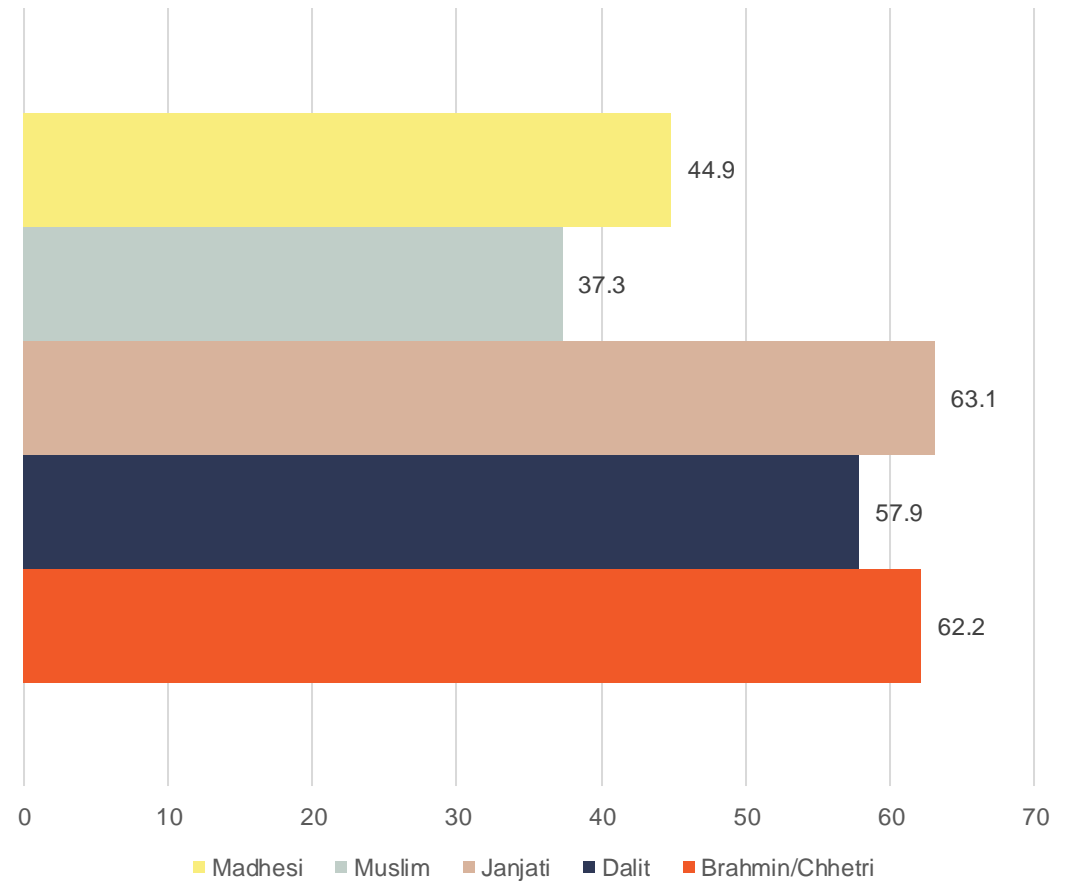
Percentage distribution of Ever-Married Contraceptive User



Age Distribution of contraceptive user***

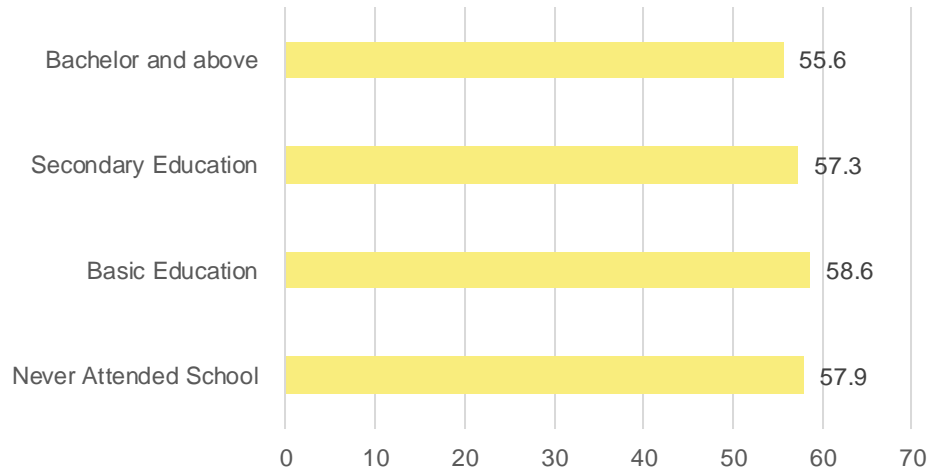


Ethnicity***

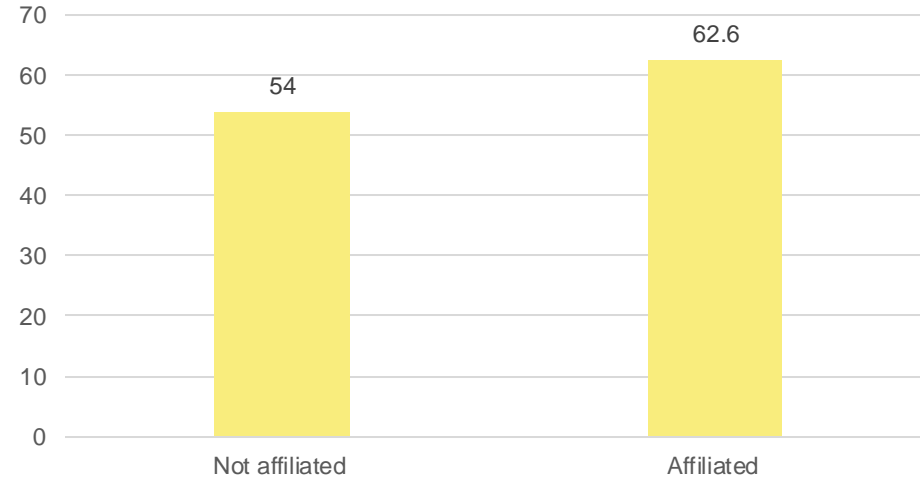


****p<0.05; **p<0.01; ***p<0.001.***

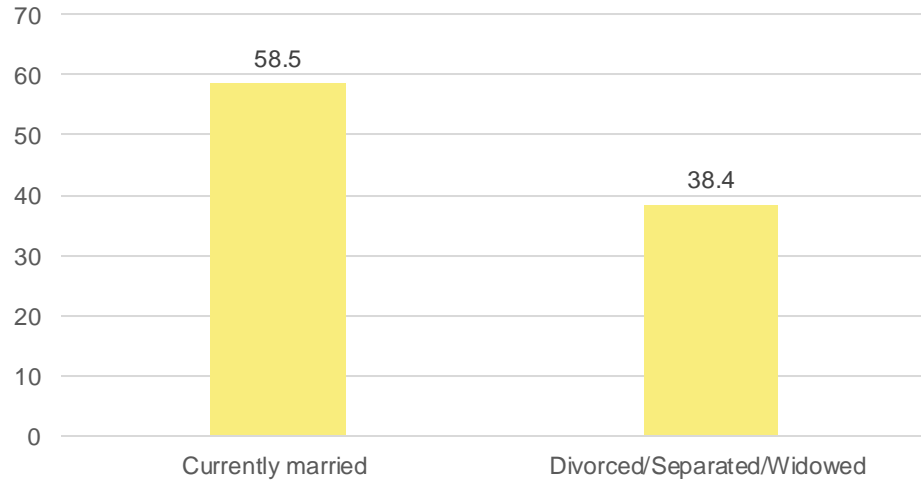
Education



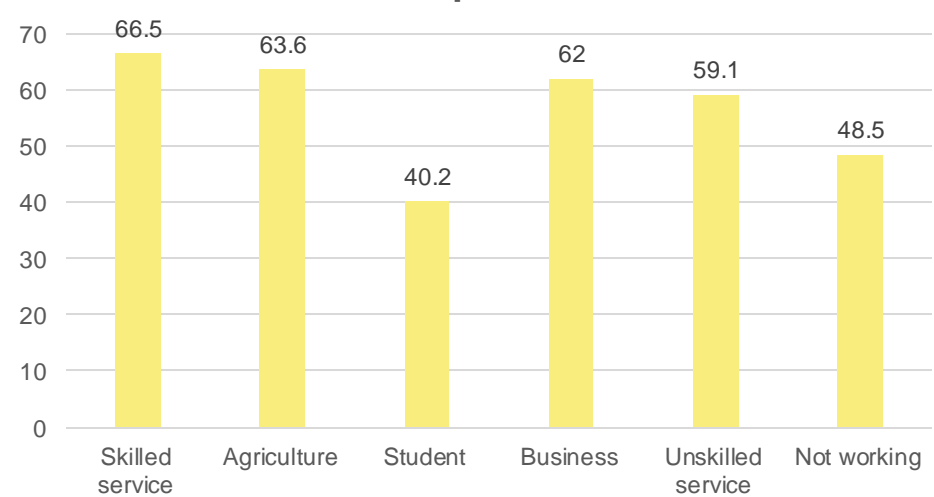
Affiliation to Saving and Credit group*



Marital Status**

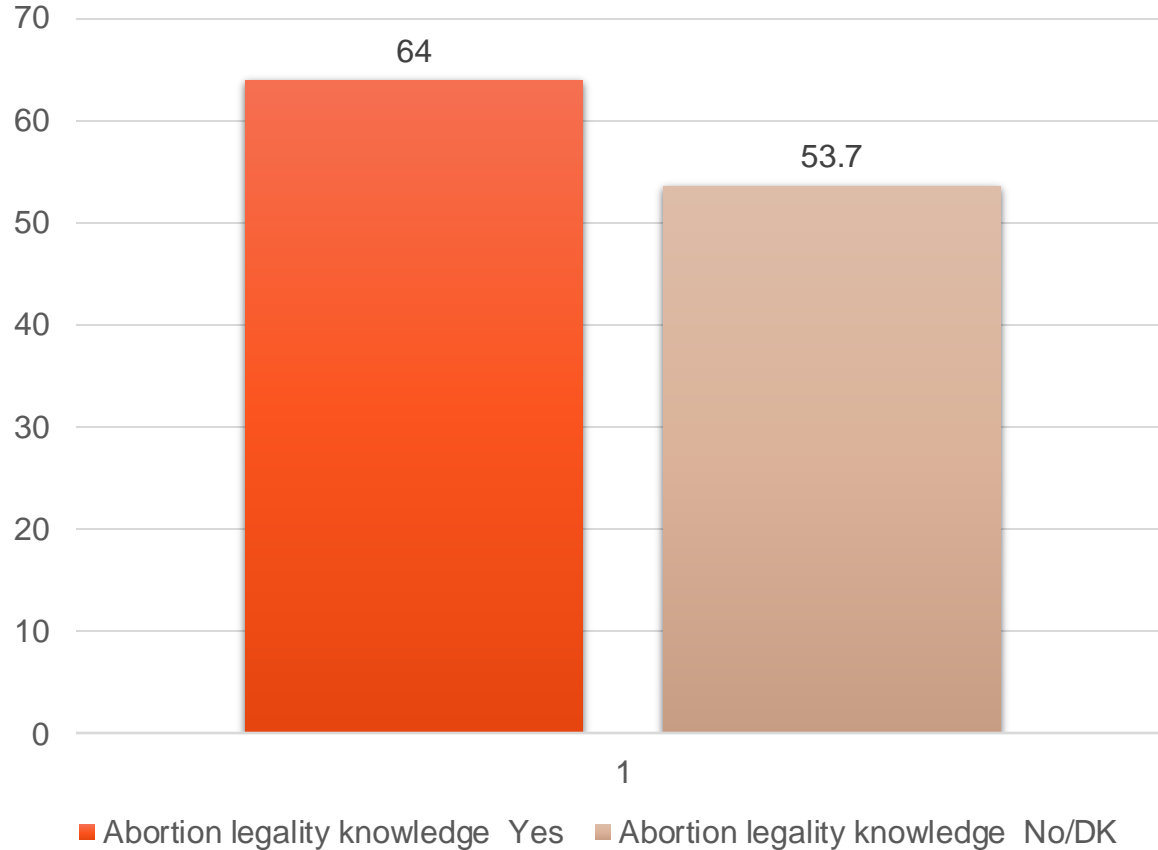


Occupation***



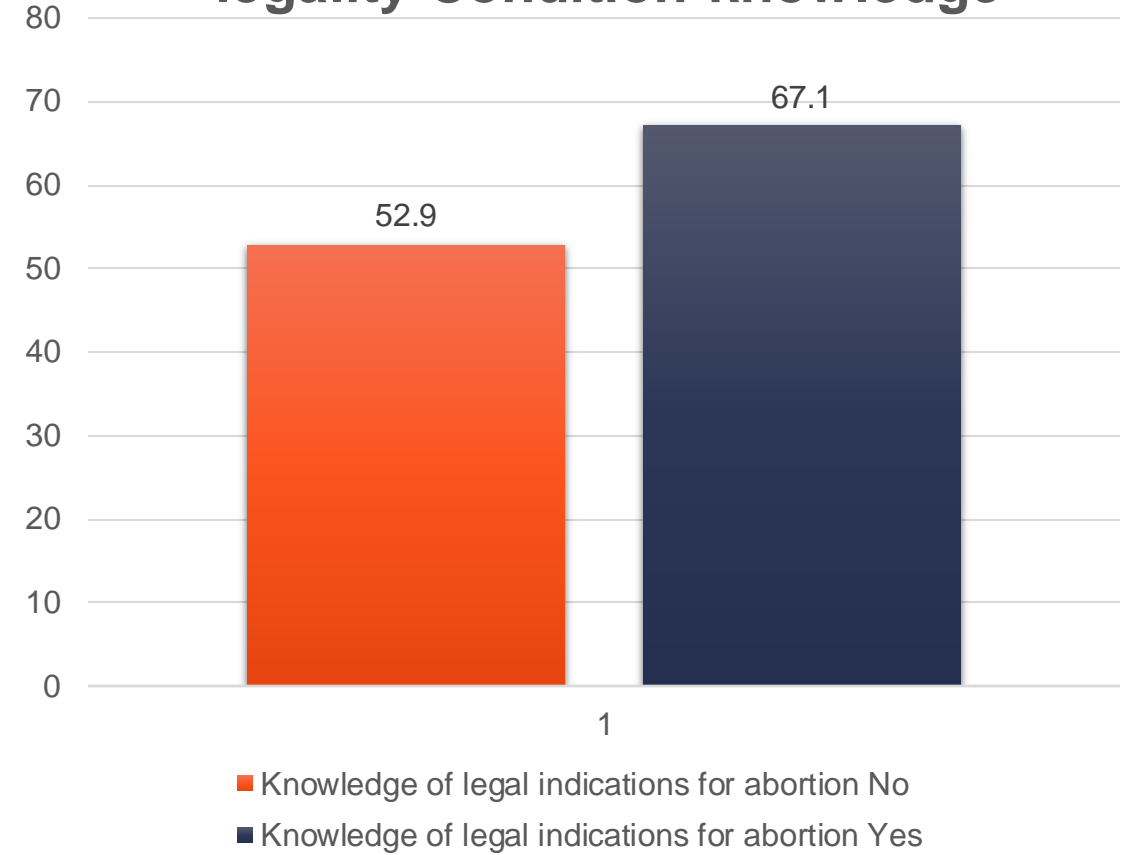
*p<0.05; **p<0.01; ***p<0.001.

Contraceptive user and abortion legality knowledge**



aOR 1.5211*** (1.196-1.935)

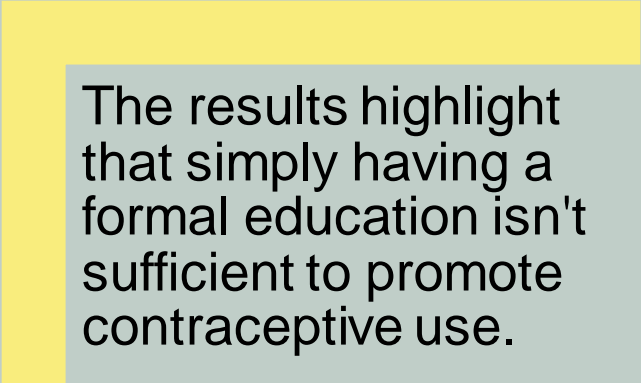
Contraceptive user and abortion legality Condition knowledge***



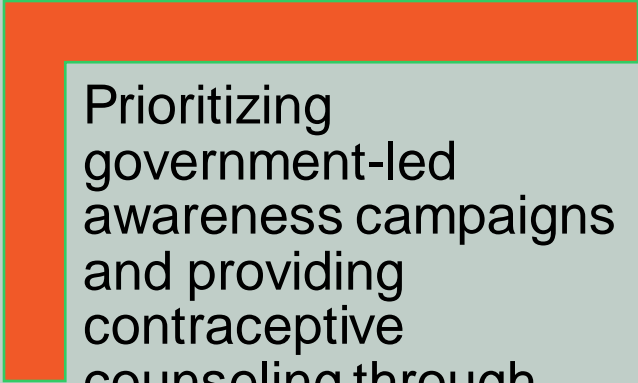
aOR 1.975*** (1.515-2.575)

*p<0.05; **p<0.01; ***p<0.001.

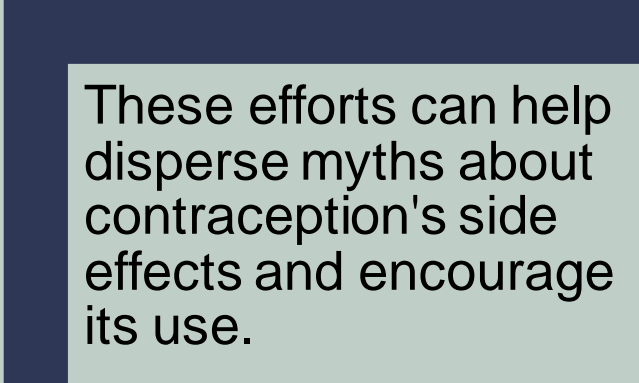
Conclusion



The results highlight that simply having a formal education isn't sufficient to promote contraceptive use.



Prioritizing government-led awareness campaigns and providing contraceptive counseling through healthcare providers is essential.



These efforts can help disperse myths about contraception's side effects and encourage its use.

Conclusion



It is crucial to tailor contraception initiatives to meet the unique needs of younger women, those from low-income households, those with strong cultural ties, and those who are unemployed.



The target of achieving a 60 percent usage rate of modern contraception methods by women of reproductive age (15–49) by 2030

Key Takeaways

Abortion should not be viewed just as an alternative to contraception.



Raising education on safe abortion services can have a positive impact on increasing contraception usage.



Reduce unintended pregnancies and ultimately lower the rate of induced abortions.



To effectively address these issues, it is recommended that policymakers implement targeted strategies, focusing on specific groups of women.

Bio

Kritee Lamichhane, a public health professional with years of experience in research, monitoring and evaluation, coordination, networking, leadership, and nutritional counseling. Currently positioned in the Program Evidence Team at Ipas Nepal, she holds an MPH degree from the University of the Philippines.

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4. NDHS 2022 [Internet]. Nepal Health Survey. [cited 2023 Sep 1]. Available from: <https://www.dhsprogram.com/pubs/pdf/FR379/FR379.pdf>

