

# A STUDY TO ASSESS THE KNOWLEDGE REGARDING SIDE EFFECTS OF ORAL CONTRACEPTIVE PILLS AMONG MARRIED WOMEN USING ORAL CONTRACEPTIVE PILLS RESIDING IN SELECTED AREAS OF PUNE CITY.

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## Abstract

Oral contraceptive pills because of their availability and reversibility they are most extensively used from of contraception globally. Unfortunately issues with compliance which is linked to knowledge of proper use and the frequency of adverse events restrict their effectiveness. When women begin taking the pill for the first time they may experience prescription adverse effects. These negative effects normally fade after a few months. **Title:** “A study to assess the knowledge regarding side effects of oral contraceptive pills among married women using oral contraceptive pills residing in selected areas of Pune city **Objective:** To assess the side effects of oral contraceptive pills among married women. To associate the findings with selected demographic variables. **Materials and Methods:** The study adopted Non-experimental Descriptive design carried on 200 women and was conducted in selected areas of Pune city. Non probability sampling technique was used and was statistically analyzed after collecting the data through structured questionnaires regarding knowledge on side effects of oral contraceptive pills used for the data collection. Self structured questionnaire was used. Ethical clearance was taken from institutional ethics committee. Data analysis was done using descriptive statistics. **Results:** The present study result showed that knowledge concerning side effects of oral contraceptive pills among the married women Majority 80% were having good knowledge, 17% were having average knowledge and 3% were having poor knowledge. The study recommended that married women are aware about the side effects of oral contraceptives pills, there is need for giving new current knowledge in forms of health education, media, and information at health settings

**Key word:** Oral contraceptive pills, Married women

## Introduction

Oral contraceptive: A birth control pill taken by mouth. Most oral contraceptives include both estrogen and progesterone. When given in certain amounts and at certain times in the menstrual cycle, these hormones prevent the ovary from releasing an egg for fertilization.<sup>1</sup> Oral contraceptive pills (OCPs) are the most widely used method of contraception worldwide because of their accessibility and reversibility. Unfortunately, their efficacy is limited by problems related to compliance, which is in turn related to knowledge about correct usage and the occurrence of adverse events.<sup>2</sup> Most oral contraceptives contain a combination of 2 types of hormones: an estrogens and a progestin. Both of these hormones are naturally found in women's bodies. There are many different types of estrogens and progestin, and different types of pills contain different combinations, but they all work similarly. Some pills contain only progestin, sometime called mini-pill tablets. The most critical need for women who use contraceptive pills ia that they

make sure to take them on a daily basis at about the same time. When doses are ignored regularly, contraceptives are never a good type of pregnancy control. Combination oral contraceptives must not be supplied to smoking over 35 years old, either to women without blood pressure, heart illness, migraines with auras, liver issues, extremely high blood a history of clots, a history of the disease, or breast cancer.<sup>3</sup> When women begin taking the pill for the first time, they may experience prescription adverse effects. These negative effects normally fade after a few months. Waiting out the problems for a few cycles, on the other hand, May typically several of the sensations may be alleviated, especially when stating a new medication regimen, the following are some instances of unfavourable consequences. Tenderness or swelling in the breasts, headaches, irritability, nausea and spotting (abnormal menstruation).

### **Need of the Study**

Serious side effects due to OCs, such as cancer, back pain, headaches, dizziness, hair loss, weight gain, and infertility. The birth control pill is a type of contraception that contains hormones that prevent pregnancy. People call it “the pill” because it comes in pill form. Women take the pill orally (by mouth) once a day. The pill is most effective when you take it consistently at the same time each day. By far the most commonly prescribed type of oral contraceptive in the United States contains synthetic versions of the natural female hormones estrogens and progesterone. This type of birth control pill is often called a combined oral contraceptive. Another type of oral contraceptive, sometimes called the mini pill, contains only progestin, which is a man-made version of progesterone.<sup>5</sup> the primary use of OCPs is to prevent pregnancy, also it can be used period discomfort, an ovulation, acne, and uterine fibroids are all symptoms of endometriosis. OCPs may cause some adverse effects. For example nausea, breast tenderness, headache, mood and weight changes which typically improve within two to three months without treatment. Additionally breakthrough bleeding may happen during the first few months of taking OCPs. This usually resolves without any treatment within three months. In community posting during survey investigator has given health education about the contraceptive methods. Researcher found most of people having less knowledge regarding contraceptive methods and side effects of oral contraceptive pills .The data will be useful for increasing the knowledge in future. So the researcher has opted this to enhance the knowledge regarding side effects of oral contraceptive pills among the married women in the community.

### **Aim of The Study**

The study was to assess the knowledge among married women regarding side effects of oral contraceptive pills. This study will help to understand different health side effects of oral contraceptives.

### **Material and Methods**

Objectives are to assess the side effects of oral contraceptive pills among married women. To associate the findings with selected demographic variables. The study adopted Non-experimental Descriptive design carried on 200 women and was conducted in selected areas of Pune city. Non probability sampling technique was used and was statistically analyzed after collecting the data through structured questionnaires regarding knowledge on side effects of oral contraceptive pills used for the data collection. Self structured questionnaire was used. The data collection technique was pen and paper technique was used. Ethical clearance was taken from institutional ethics committee. Data analysis was done using descriptive statistics. The reliability of the tool

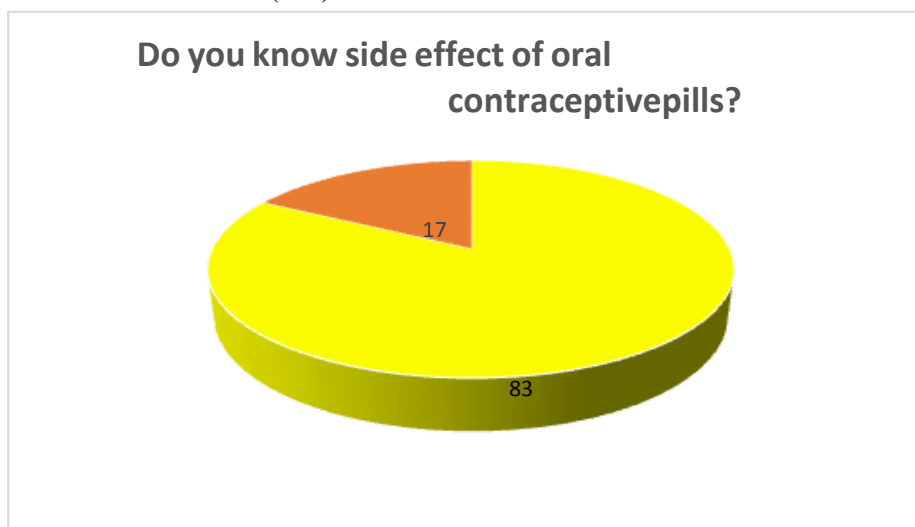
dependability was assessed using the split half approach. The results were 1.0 indicating that the tool is reliable. A pilot study done on 10 women to assess validity, clarity and application of the current study methods, and it was practicable.

## Results

### Section-i

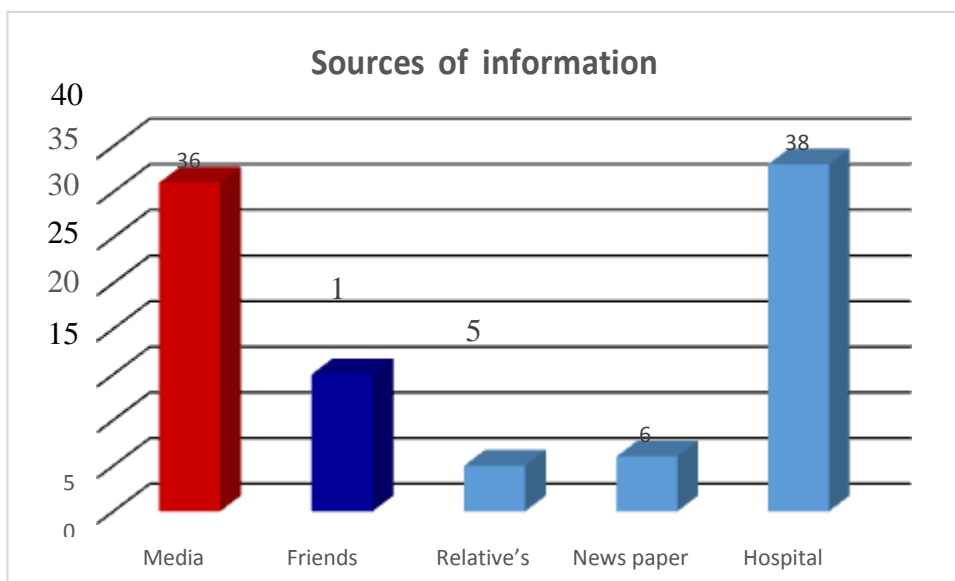
#### Description of socio-demographic variables of women

Age - 22 (22%) women were from age group of 21-24 years, 50 (50 %) women were from age group of 25- 26 years, 25(25%) women were from age group of 27-30 years and 3(3%) women were from age group of 30 years above. Religion - 71 (71%) women are Hindu, 26(26%) are Muslim, 3(3%) are Christian and 0(0%) women are other. Type of family - 64 (64%) are living in nuclear family, 35(35%) 1 % of the population lives in a combined family, whereas 1 percent of the population lives inside an extended family. Educational qualification - 10 (10%) are primary, 61(61%) are higher secondary, 27 (27%) are graduate and 2(2%) are post graduate Occupation - 27 (27%) are home makers and 73(73%) are working women. Family Monthly income - 2(2%) having up to 5000-10000 monthly income, 26(26%) having 10000 to 15000 monthly income, 56(56%) having 15000 – 20000 monthly income and 16(16%) having above 20000. Contraceptive pill type - 9(9%) of women take the Diane, 8(8%) of women take the Marfelon, 10(10%) of women take the Gynera, 73(73%) i-Pill Emergency Contraceptive, 0(0%) of women take the Yasmin and 0(0%) of women take the Other.



**Figure1: Percentage wise distribution according to side effect of oral contraceptive pills.**

The data depicted by the above figure shows the percentage distribution that 83% of women are aware of side effects and 17% of women are not aware of side effects.



**Figure 2: Percentage wise distribution according to source of information**

The data depicted by the above figure shows the percentage distribution that 36(36%) got information from the media 15(15%) got information from the friends, 5(5%) got Information from the relatives, 6(6%) got information from the news paper and 38(38%) got information from the hospital.

Section-ii

Assess the knowledge regarding side effect of oral contraceptive pills among married women

Table 1

Assess the knowledge regarding side effect of oral contraceptive pills among married women

**n = 200**

Knowledge	Frequency	Percentage	Mean	SD
Poor (0-6)	3	3	15.19	3.48
Average (7-13)	17	17		
Good(14-20)	80	80		

Data reported in Table 1 demonstrates that amount of awareness about adverse effect with oral contraceptive pills among married women. , the major findings are 80(80%) of women good knowledge, the remaining17 (17%) had average knowledge and 3(3%) had poor knowledge. The mean of the level of knowledge regarding side effect of oral contraceptive pills married women is 15.19 with SD is ± 3.48.

Section-iii

Association between the knowledge regarding side effect of oral contraceptive pills among married women with selected socio demographic variables.

The result reveals that there was no significance connection discovered between awareness about adverse effects of oral contraceptive pills among married women chosen socio demographic characteristics like educational status , profession , family income, contraceptive pills types, source of information.

### **Discussion**

The current research was undertaken to assess the knowledge regarding side effect of oral contraceptive pills. The findings of the study was supported by following study. Maryam M. Alotaibi (2018) conducted study on oral contraceptive pill knowledge attitude and usage among Saudi women checked in the security forces hospitals primary care clinics in Riyadh, Saudi Arabia. Between May and December 2017, a survey questionnaire was presented to Saudi women aged 18 to 49 who were using or had used OCPs and were attending the primary care canters of Saudi Arabia. 23.9% of the 285 women interviewed had been on OCPs for one year, 53.6% for 1-3 years, and 22.5% for four years. The mean total knowledge scores was 2.07 for compliance, 1.30 for side effects awareness but 3.36 for overall knowledge. There are 28.4% of persons who know about OCP compliance, 14.4% who know about OCP difficulties or side effects, and 20.0% who know about both compliance plus side effects. Saudi women have a poor awareness of how to employ OCPs and their harmful consequences. Health institutions and health care practitioners must set up their education and awareness efforts about the use of OCPs and contraception. In the present study from the data analyzed, it is evident that the knowledge regarding side effect of oral contraceptive pills among married women. The most significant results were that 80% of women had strong knowledge, 17 % had medium knowledge, and 3% had low understanding. The average degree of awareness about the adverse effects of oral contraceptive tablets among married women is 15,19, with a standard deviation of 3.48.

### **Conclusion**

The research done to examine the information of side effect of oral contraceptive pills among married women taking oral contraceptive pills living in selected regions of Pune city. The descriptive study was done to measure knowledge about adverse effect of contraceptive pills between married women taking contraceptive pills which showed that majority of married women have excellent knowledge score. Several of the demographic revealed substantial correlation between the amount of knowledge of their demographic factors. The results of the study were explained as per the objectives of the study. The study mainly explained the side effects of oral contraceptive pills among married women. In this study 200 women were selected age group of 21-35 year. The present study result showed that knowledge concerning side effects of oral contraceptive pills among the married women Majority 80% were having good knowledge, 17% were having average knowledge and 3% were having poor knowledge.

**Conflict of Interest:** The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

**Funding Source:** There is no funding Source for this study

**Acknowledgement:** I most sincerely convey my deep sense of gratitude to my guide/Organisation her/their remarkable guidance and academic support during this study.

Statements on Human Rights: The study is approved by Institutional Ethics Committee, Bharati Vidyapeeth (Deemed to be University), College Of Nursing. Informed consent was taken from each participant's. Voluntary participation was the key to sample selection.

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