

## **Factors associated with contraceptive prevalence among staff of the District Secretariat Office Jaffna**

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**Background:** Sri Lanka has impressive family planning practices among people, which has led to reductions in maternal and infant mortality, and improvements in socioeconomic conditions. However, there are still unmet needs in family planning services in Sri Lanka. This study was designed to assess the factors associated with contraceptive prevalence among the staff of the District Secretariat Office, Jaffna.

**Methods:** This was an institution-based descriptive cross-sectional study. A self-administered questionnaire was used for data collection. Data were analyzed using SPSS version 21. Mean, standard deviation, percentages, graphs, and proportions were used to summarize the data. The t-test was used to analyze the association between the factors and contraceptive prevalence.

**Results:** In total, 367 staff participated, response rate was (94.6%) Among them, 81.7% were married, and 52.6% were female. Contraceptive prevalence was 37.3% in line with national prevalence (32.4%- 42.2%). Among the participants, the most prevalent methods were implants and calendar method (19.9%), followed by condom (15.8%) and withdrawal method (13.9%). IUCD use was low (2.2%), and none of the participants used vasectomy. Main reasons for not using any kind of contraception were: wanting to become pregnant (28.6%) and infrequent sex (22.1%). There was a significant association between contraceptive prevalence and age ( $p<0.001$ ), number of children ( $p=0.018$ ), convenience of use ( $p<0.001$ ), any underlying disease condition ( $p<0.001$ ), and spousal opinion ( $p=0.001$ ).

**Conclusion:** The contraceptive prevalence rate among staff of the District Secretariat Office Jaffna was similar to the national average. There is a need for further improvement by popularizing reproductive education among youth, encouraging Public Health Midwives (PHM) to focus more on educating people on contraception, and in particular, encouraging the public to use IUCD by correcting their misbeliefs.

**Keywords:** Contraceptive Prevalence, Implants, Condom, Vasectomy, IUCD