

A Study To Explore The Utilization Rate And Factors Affecting The Utilization Of Family Planning Methods Among Married Women- A Community Based Cross Sectional Study.

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ABSTRACT

The study was carried out to explore the utilization rate and factors influencing the utilization of different methods of family planning among married women. A descriptive survey research design was adopted to explore the utilization rates and factors influencing the utilization of family planning methods among women. The District and Block of the study was selected by block randomization method and a total of 1000 samples were selected by systematic sampling technique. A cross sectional survey was carried out from May to June 2018. A structured interview questionnaire was used to assess the demographic variables and to explore the utilization rate and factors affecting the utilization of family planning methods. The study reported that 594 (59.4%) women are following different methods of family planning. 401 (40.1%) of women are not following any methods of family planning. Five (0.5%) women were not willing to expose their family planning related details. Of the samples, 19.3% women are following temporary family planning methods and 40.1% women are following

permanent family planning methods. Natural family planning methods are followed by 12.7 women. 3.8 % of women are using copper-T method, 0.5% of women are following barrier method, and 1.3% of women are following injectable contraceptive methods. The most common factor affecting the non-utilization of family planning methods are Poor knowledge regarding temporary family planning methods and fear of complication. The authors also found that some husbands are not willing to follow any method of contraception. Discomfort, poor satisfaction in sexual life, fear of health related issues, and family members' involvement were considered to be the other factors affecting the utilization of family planning methods. Health seeking behavior of women while utilizing copper-T and oral pills was poor.

Key words: *Utilization rate, Factors, Methods, Family planning, Health seeking behavior*

INTRODUCTION

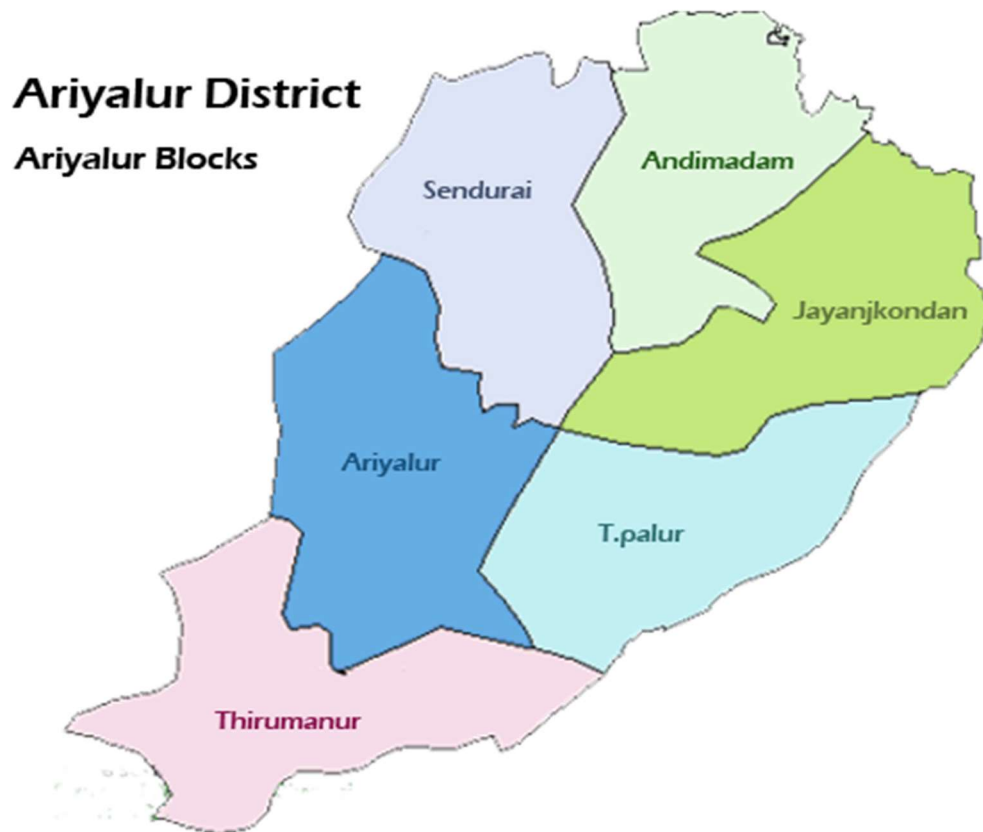
India is the second most populous country in the world with nearly a fifth of the world's population [9]. During 1975–2010 the population doubled to 1.2 billion. The Indian population reached the billion marks in 1998. India is projected to be the world's most populous country by 2024, [10]. It is expected to become the first political entity in history to be home to more than 1.5 billion people by 2030, and its population is set to reach 1.7 billion by 2050, [11][12]. Its population growth rate is 1.2%, ranking 94th in the world in 2013, [13]

Overpopulation is a serious threat to our nation. India is stretched to its limit due to overpopulation. 57 billionaires control 70 percent of India's wealth. This economic inequality leads to poverty, lack of free medical assistance, lack of social security and bad living conditions. Lack of drinking water, sewage treatment, inadequate rainfall, rapid depletion of natural resources, extinction of many plant and animal species due to deforestation and loss of eco-systems, increased level of life-threatening air and water pollution, high infant and child mortality rate and hunger due to extreme poverty are some of the results of over-population. [8]. In order to prevent consequences of population explosion, birth control is mandatory. Government of India is implementing many family welfare programme to control birth rate which includes various permanent and temporary methods of contraception.

Background of the study

District Profile

Ariyalur district came into existence by bifurcating Perambalur as per G.O.Ms.No.683 Revenue RA1 Department dated 19.11.07. It is bounded on the North by Cuddalore, South by Thanjavur, East by Cuddalore and Thanjavur and West by Perambalur and Tiruchirappalli districts. The new Ariyalur district is functioning from 23.11.2007 Ariyalur district consists of two Revenue Divisions viz., Ariyalur and Udayarpalayam, three Taluks viz., Ariyalur, Udayarpalayam and Sendurai comprising of 195 revenue villages. The District has six blocks viz. Ariyalur, Thirumanur, Sendurai, Jayankondam, Andimadam and T.Palur comprising of 201 Village Panchayats. There are two Municipalities viz. Ariyalur and Jayankondam and two Town Panchayat viz. Udayarpalayam and Varadharajanpettai. [1]



Source: <http://www.ariyalur.tn.nic.in/>

District population from 2001-2011

Population of Ariyalur district in 2001 it was 695524 and in 2011 it was 754894.[4] [5] **Andimadam** is one of the 7 blocks of Ariyalur district. This revenue block consists of 30 panchayat villages[2] [3]

Andimadam block total rural adult population was 1, 10,115 and children between 0-6 years was 11,474 [6]. Anikuthichan panchayat is located in Andimadam block, which contains 756 houses, total adult population were 3,165 (male and female). Total male and female children below 6 years were 356 [7]. Koovathur panchayat is also located in Andimadam block of Ariyalur district, which contains 1444 houses covers 5311 population includes 2648 females.(2663 males) [6]

In 2001 Census, 17 villages were returned with the population of 5000 and above. In 2011 Census, 32 villages recorded with the same population size. One village in Andimadam CD Block had recorded the highest population of 10,000+ [6].

In order to insist various contraception methods to women, first it is essential to find out the existing utilization rate of family planning methods and factors influencing the utilization of family planning among women. So the researcher conducted descriptive survey to explore the above mentioned objectives.

MATERIALS AND METHODS

A community based cross sectional descriptive survey was conducted among 1000 married women in the age

group of 18-45 living in selected rural areas of Ariyalur district, Tamilnadu, India during may and june 2018 using systematic sampling technique. The main purpose of this survey is to explore the existing utilization rates of family planning and to find out the factors affecting or influencing the utilization of family planning methods and to find out the health seeking behavior of women on abortion and while utilizing family planning methods among women in selected rural villages of ariyalur district. Quantitative research approach and descriptive survey design was used to collect the essential data through survey. Women aged 18-45 years old were selected as study sample. 1000 Samples were surveyed by systematic sampling technique. **Inclusion criteria.** The samples included women, Aged 18-45 years, Living in selected house at selected rural areas of Anikuthichichan and koovathur panchayat located in Andimadam block, Ariyalur district Tamilnadu, Speaks and understand Tamil language, those who are willing to participate in the study. **Exclusion criteria .** The samples excluded those, who are, not willing to participate in the study, not available at the time of data collection. Descriptive analysis was used to explore the study findings. **Description of tool:** Questionnaire tool was developed after received content validity from experts of nursing profession. The tool contains demographic variables, objective type questions regarding utilization of family planning methods and subjective type questions to explore the factors influencing the utilization of family planning methods. **Data collection procedure:** written and oral consent was obtained from study samples. The data was collected from women at every Sunday from 8 am to 5 pm by 20 trained nursing students along with the researcher. Per day each person covered 6 samples. $21 \times 6 = 126$ samples were covered in a day. Total 8 Sundays being utilized to collect the complete data from 1000 women. May and june month 2018 were used for data collection. (6th may to 24th june 2018)

OBJECTIVES

The main objective of this study was to explore the utilization rate and factors influencing the utilization of family planning methods among married women in selected rural areas of Ariyalur district.

Age: There are only 2% of women were in the age group of 18-21 years. 116 women (11.6%) in the age group of 22-25 years. 222 (22.2%) of women were in the age group of 42-45 years which is the high percentage age group that we found. **Religion:** there are 636 (63.5) were belongs to Hindu religion and 346 (34.7) women were belongs to Christian religion. Finally 15 (1.5%) of women were belongs to Muslim religion. **Education:** There were 245 (24.5) illiterate women, 347 (34.7) women were completed primary education, 210 (21.0) women were completed higher secondary education, there were 32 (3.2) professional course completed women, 48 (4.8%) women were coming under other educational qualification. **Occupation of wife:** there are 438 (43.8) unemployed women, 473 (47.3%) women were coolie, 33 (3.3%) were self employed, 20 (2%) were working in private sector and 29 (2.9%) were in other employment group. **Occupation of husband:** there were 23 (2.3) Unemployment person, 739 (73.9) private employees, 108 (10.8) coolie employees, 41 (4.2%) government employees, 42 (4.2) self employed, 50 (5%) were under other employment group. **Family Income:** There were 488 (48.8) women earning below Rs.5000 and 420 (42.1) women's family income was Rs.5001-10000, 55 (5.5) women were getting Rs.10,001 to 15000 and 33 (3.3%) of women were earning above Rs.15000. **Marital status:** out of thousand 96.4 % married women, 1.1 % unmarried, 1.8 % of women living separately from their husband and 0.7% of them are widows. **family type:** about 777 (77.7) women are belongs to nuclear family. About 212 (21.3) women are living in joint family, 3 (0.3) women are living in extended family. **Parity:** There are 188 (18.7) primi mothers and 795 (79.5) multi mothers, two of them are nulli para. **Number of children:** Among thousand women, 188 (18.5 %) women are having one child, 441 (44.1%) women are having two children, and 92 women are having more than 3 children. **previous exposure to information:** There are 65% (650) of women got previous exposure of information regarding family planning, 33.5% (335) of women did not get exposure to family planning information, 1.5% of women did not give responses regarding their family planning details.

Table-2

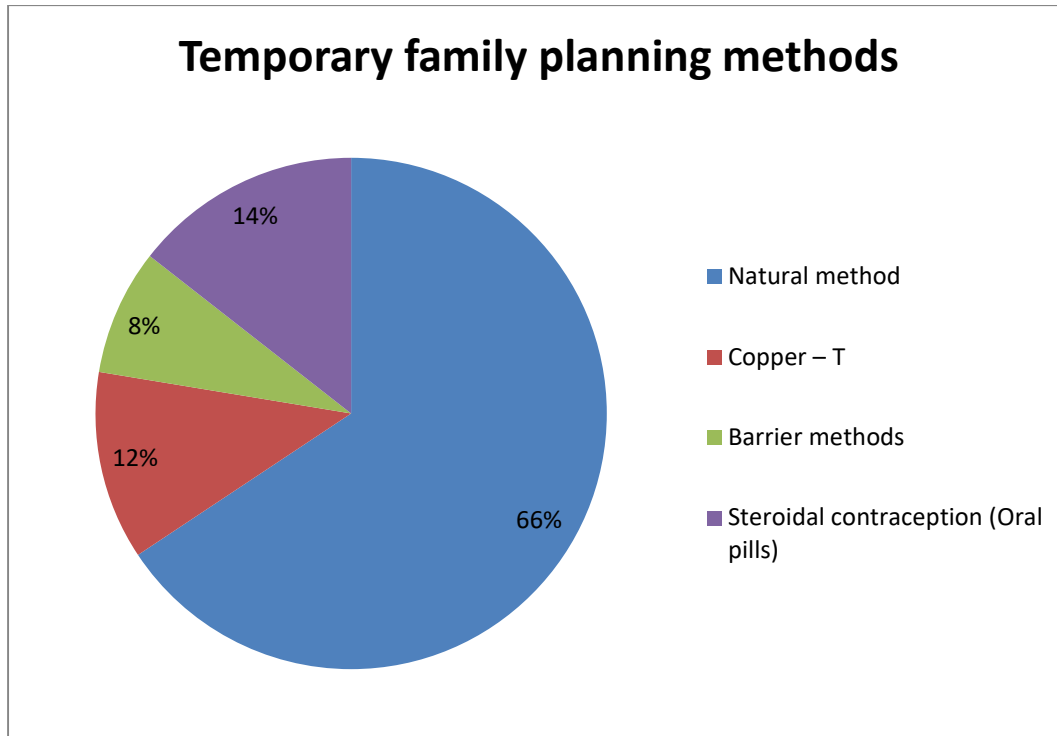
Utilization and Factors Affecting the Utilization of Family Planning Methods among Women

Factors affecting the utilization of family planning methods among women.		Frequency	Valid Percent
Do you follow any method of family planning	Yes	594	59.4
	No	401	40.1
	Nil response	5	0.5
If yes, specify the method	Temporary	193	19.3
	Permanent	401	40.1
If temporary, what method have you practices	Natural method	127	66%
	Copper – T	23	12%
	Barrier methods	15	8%
	Steroidal contraception (Oral pills)	28	14.5%
If natural, what is the name of method?	Abstinence	28	22
	Abstinence and Coitus interrupts	11	8.6
	Coitus interrupts	48	37.79
	Coitus interrupts and cervical mucus	14	11.02
	Coitus interrupts and body temperature	3	2.36
	Cervical Mucus	8	6.2
	Calendar method	5	3.9
	Body temperature	10	7.87
If barrier method, which is the following method you are following?	Condom	15	8%
If not following barrier method, specify the reason	Health reasons	10	1.2
	Lack of awareness	450	45.0
	Personal reasons	338	33.8
	Planning for a child	27	2.7
If hormonal, what is the name of the method	Oral pills	28	14.5
If not following hormonal method, specify the reason	don't like	15	62.5
	Fear	2	8.2
	Child concerns	4	20.5
	Religious reasons	2	8.2

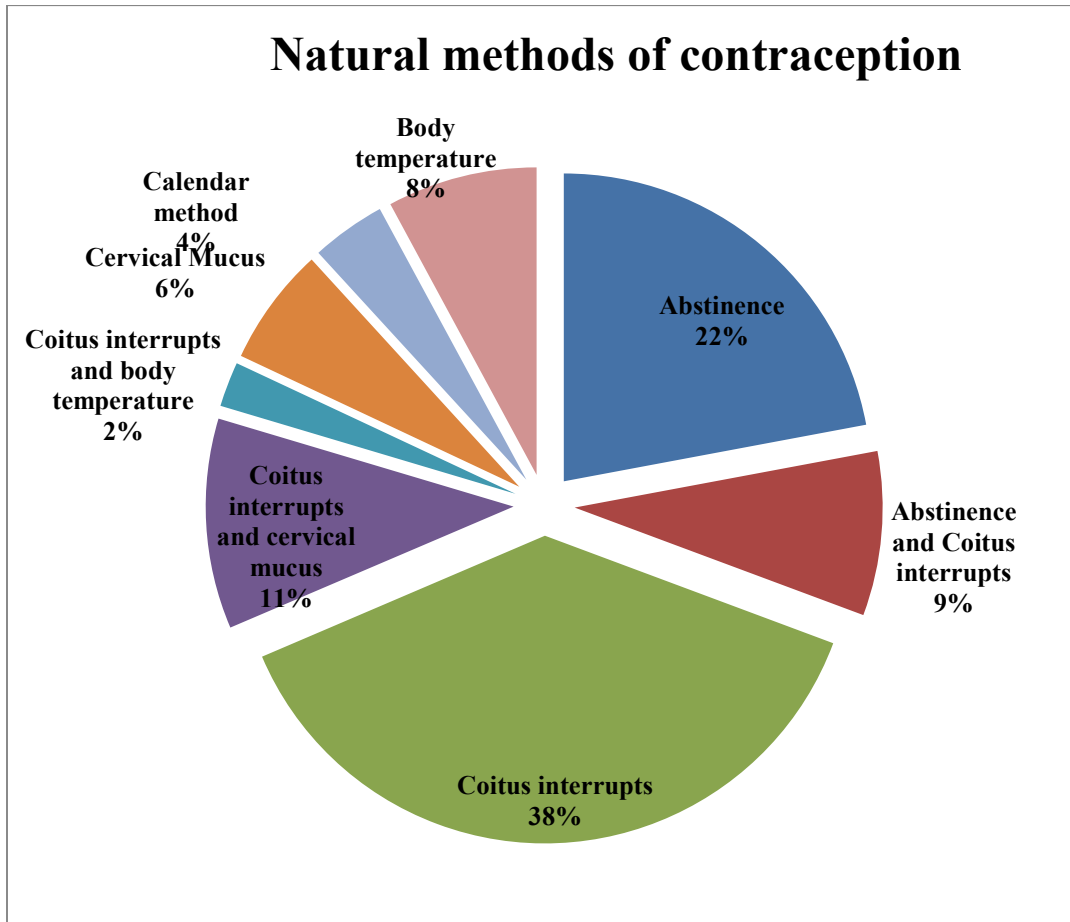
How long you continued to use temporary methods. Specify duration	months	53	5.3
	Years	45	4.5
What made you to continue? Please give some reasons	Prevent pregnancy	42	88.4
	Others	2	11.6
If discontinued, specify the reason for discontinuation	Pain	4	26.6
	Bleeding	7	46.6
	Discomfort during coitus	3	20.0
	Overweight gain	1	6.6
Whether you consulted health personnel for any of the above problem	No	4	33.3
	Yes	8	66.6
13. If you are copper T user, have you had regular checkup once in 3 months for one year?	Yes	14	18.4
	No	62	81.5
If permanent method of family planning, specify the method you underwent	Tubectomy	398	39.8
	Vasectomy	3	0.3
If not following any methods, please specify the reason?	Lack of awareness	195	19.5
	Planning for child	51	5.1
	Poor satisfaction, religious, fear on health status etc.	155	15.5
Who is the decision making person with regard to family planning in your family?	Husband	595	59.5
	Myself and My Husband	154	15.4
	Myself	197	19.7
	Mother in law	39	3.9

The above table describes about the utilization of family planning methods .out of 1000 women, 594 (59.5 %) women are following different family planning methods, 391(39.1%) are not following any method of family planning, 15 (1.5%) women are not willing to answer about whether they are practicing or not practicing any method of family planning. **Methods of family planning:** 193 (19.3%) women are following temporary family planning methods, 401 (40.1%) women are following permanent family planning methods. **Permanent family planning methods.** Among 401, 39.8 %(398) of women underwent tubectomy, 0.3% of vasectomy surgery followed by men living in selected rural areas of Ariyalur district.

Temporary family planning method: Natural method are followed by 127(66%) women, 23 (12%) women are following copper-T method, 15 (8%) women are following barrier method 28 women(14%) are following steroidal contraceptive methods.



Natural family planning methods: 28 (2.8%) of women are following only Abstinence method. Both Abstinence and Coitus interrupts methods are followed by 11 (1.1) women. 48 (4.8%) of women are following only Coitus interrupts method. Coitus interrupts and cervical mucus method is followed by 14 (1.4%) women. Three (0.3%) women are reported that they are following Coitus interrupts and body temperature method. There are 8 women (0.8) following cervical mucus method, 5 (0.5) women are following calendar method. 10 (1.0%) women are following body temperature method.



Decision making authority of family planning: Husband is deciding about family planning in 595 families (59.5%), 197 (19.7 %) of women were deciding about their family planning method. In 154(15.4) families, both husband and are taking decision about their family planning method. In 39 (3.9) families, mother-in-law is involving the family planning decision making. 5 (0.5%) of women are not willing to ventilate any details related to family planning.

Table -3: Assessment of Health Seeking Behavior of Women While using Copper-T

QUESTIONS	RESPONSES	TOTAL RESPONDANTS IN NUMBER	PERCENTAGE %
Total copper-T users:		23	2.3 %
Have you had regular checkup once in 3 months for one year	no	15	65 %
	yes	8	34.7 %

Have you ever suffering with any one of the following problem i. Irregular bleeding ii. Pain iii. Fever iv. Missing thread v. Burning Micturition	yes	10	43.4 %
	No	13	56.5%
If yes, have you approached health personnel for medical help?	yes	3	30%
	No	7	70%

The above table describes about the health seeking behavior of women regarding abortion and while utilizing different contraceptive methods. **Health seeking behavior of women during copper-T utilization:** Total 23 women are utilizing copper-T as method of contraception. Among them only 8(34.7%) women followed regular follow up once in 3 month for first one year. Women of 65 % (15) were not followed regular check during copper-T utilization. 10(43%) women had complaints of irregular bleeding, burning micturation, out of them 3(30%) women have approached health facility for further management, but 7 (70%) women did not approach health facility. Remaining 13 women were not having any problem.

Table -4: Assessment of Health Seeking Behavior of Women While using Oral Pills

Total women utilizing oral pills		28	2.6%
Have you ever forgotten to take oral contraceptive pill on any day?	No	16	57%
	yes	12	42.8%
If yes, have you approached hospital or village health worker	yes	4	33.3%
	no	8	66.6%
Do you ever have the following problems while using oral pills? a) Abnormal weight gain b) Nausea and vomiting c) Leucorrhoea	Yes	22	78.5%
	No	6	21.4%
If you had the above problem	No	12	54.5 %

have you visited hospital for checkup?	yes	10	45.5%
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Oral pills: there were 28(2.6%) of women followed oral pills as temporary contraceptive method. Out of 28 women, 16(57%) of them missed to take oral contraceptives in between the normal schedule. Among (16) 4(14%) of women approached hospital to get suggestion from doctors for their missed dose but 12 (75%) of women did not approach health facility. 12 women followed the correct schedule. Among 28, 22 (78 .5%) of women were having the complaints of abnormal weight gain. Among them 10 (45.45%) approached health facility to get solution for their problem but 12 (54.5%) of them did not approach health facility.

Table -5: Assessment of Health Seeking Behavior of Women on MTP

Total women had a history of MTP and Abortion		295	29.5%
Have you ever approached hospital to get MTP?	yes	255	86.4%
	Not approached to hospital	40	13.5%
If yes, whether pregnancy was planned or unplanned?	Unplanned pregnancy	210	82.3%
	Planned	45	17.6%
If it was a planned pregnancy why did you underwent MTP?	Health problem	34	75.5%
	Family problem	11	24.4%
If unplanned pregnancy, can you say some reason for this pregnancy	Accidental pregnancy	49	23.3%
	Lack of knowledge about temporary contraception	103	49%
	Not using any family planning method	58	27.6%
If not approach hospital for MTP, have you continued pregnancy?	Yes	14	35%
	No	26	65%
If no, specify the action taken by?	Terminated by local dai	6	23%
	Taken self-medication from pharmacy	14	53.8%
	Followed home remedy	6	23%
When you followed other method, have you had any complaints?	Yes , I suffered with fever and abdominal pain	20	76.9%

1.fever and abdominal pain	No		
2. Fever, chills and abdominal pain.		6	23.07%
What action have you taken during complication of abortion?	Approached hospital	20	76.9%

MTP: Total about 295(29.5%) women had the history of Medical termination pregnancy. Among 295 MTP, 255(86.42%) were approached hospital for MTP.40(13.5%) were not approached hospital for MTP. Among 255, 210 (82.3%) MTP was due to unplanned pregnancy. 45(17.6%) were planned pregnancy. The reason for unplanned pregnancy is accidental pregnancy (23.3%), lack of awareness about temporary contraception (49%), not following any method of contraception (27.6%). 40(13.5%) women reported that they did not approach hospital for MTP. Among 40, 14 (35%) of women continued pregnancy but 26 (65%) of them terminated pregnancy by using other methods like terminated by local Dai(23%), taken self-medication by 53.8%, followed local home remedy by 23%. due to illegal method of MTP 20(76.9%) of women had fever and abdominal pain and finally they approached hospital for emergency management.

DISCUSSION

- **First** the present survey collected the information on demographic characteristics of women such as education, occupation, income, marital status, woman status in her family, number of delivery and children etc.,
- **Secondly** we collected information regarding the utilization of family planning methods and the factors affecting the utilization rate of family planning among women in selected rural areas of Aandimadom block, Ariyalurdistrict, Tamilnadu.193 (19.3%) women are following temporary family planning methods, 401 (40.1%) women are following permanent family planning methods.Among 1000 samples, 594 (59.4%) women are following different methods of family planning.40.1% (401) of women are not following any methods of family planning. There are about 0.5% (5) of women are not willing to expose their family planning related details, that is either they are following or not following.
 Our study findings are supported by Mr.AnilA Patel study, who conducted a study on knowledge and practice of contraception among married females of rural Tamilnadu. This study report revealed that out of total 300 women 55.3% were using some sort of family planning methods.44.7% were not using any methods of family planning [14]
 A community based study on contraceptive use and preferences of young married women in kerala, the study reported that the utilization of any contraceptive methods was 58%. [15]
- **Third: factors affecting the utilization of family planning methods among women.** We collected data regarding factors affecting the utilization of family planning methods among women. The selected rural area of Andimadam block contains different religious people The common repeated factors affecting the utilization of family planning are husband decision, lack of knowledge about temporary family planning methods, fear due to complication especially for copper-T, Oral Pills, and permanent methods of family planning, lack of comfort and satisfaction in temporary methods, need of male baby and religious factors.Our research findings are supported by other research studies.

Table -6: Summary of factors affecting the utilization of family planning are as follows

Factors	Frequency	Percent
It may be painful or discomfort	40	4.0
husband don't like	47	4.7
lack of knowledge / poor knowledge	187	18.7
Need male baby	51	5.1
Religious factors	15	1.5
Fear on complication (copper –T, Oral Pills, tubectomy)	42	2.8
Denial from family members(mother in laws, woman's mother)	19	1.9

AnkitaSrivastav conducted a study on factors affecting non-use of family planning services in India, the study reported that the greatest obstacles to family planning utilization for Indian women are opposition of religion, husband or personal opposition; social taboos such as son preference are played a strong barrier to use of contraception. [16]

Among 450 women 130 women were not willing to use any method of family planning. The reasons for non usage of family planning are they need child, lack of knowledge, unwillingness to use of contraception due to inconvenience, need of male child, fear to use contraceptives, denial from spouse and denial from family members. [17]

● **Fourth: health seeking behavior of women on abortion and while utilizing family planning methods such as copper-T and Oral pills.**

23 women are utilizing copper-T as method of contraception. Among them only 8 (0.8%) women followed regular follow up once in 3 month for first one year. Women of 1.5 %(15) were not followed regular check during copper-T utilization. 10(1.0%) women had complaints of irregular bleeding, burning micturation, out of them 3(0.3) women have approached health facility for further management, but 7 (0.7%) women did not approach health facility. Remaining 13 women were not having any problem. Poor health seeking behavior found among women utilizing copper-T.

Oral pills: there were 28(2.8%) of women followed oral pills as temporary contraceptive method. Out of 28 women, 16 (1.6%) of them missed to take oral contraceptives in between the normal schedule. Among them 4(0.4%) of women approached hospital to get suggestion from doctors for their missed dose but 8 (0.8%) of women did not approach health facility. 12 women followed the correct schedule. Among 28, 22 (2.2%) of women were having the complaints of abnormal weight gain. Among them 12 (1.2%) approached health facility to get solution for their problem but 16 (1.6%) of them did not approach health facility. **MTP:** Total about 255 (25.5%) women had the history of Medical termination pregnancy. Among 255 MTP, 202(20.2%) were due to unplanned pregnancy.43 (4.3%) were planned pregnancy. the reason for unplanned pregnancy is accidental pregnancy(4.9%) , lack of awareness about temporary contraception(10.3%), not following any method of contraception(5.0%) . 42 women reported that they did not approach hospital for MTP. Among 42, 14 (1.4%) of women continued pregnancy but 26 (2.6%) of them terminated pregnancy by using other methods like terminated by local Dai(1.6%), taken self medication by 1.6%, followed local home remedy by 1.2%. due to illegal method of MTP 36 (3.6%) of women had fever and abdominal pain and finally they approached hospital for emergency management.

CONCLUSION

1. There are 59.4% of women were following different methods of family planning. 40.1% (401) of women are not following any methods of family planning. There are 0.5% (5) of women are not willing to expose their family planning related details, that is either they are following or not following. There are 193 (19.3%) women are following temporary family planning methods and 401 (40.1%) women are following permanent family planning methods. Natural family planning methods are followed by 127(12.7) women, 38 (3.8) women are following copper-T method, 5 (0.5%) women are following barrier method , 13 women (1.3%) are following injectable contraceptive methods. The most frequent factors affecting the non utilization of family planning methods are Poor knowledge regarding temporary family planning methods, fear of complication. Some husbands are not willing to follow any method of contraception. Discomfort, poor satisfaction in sexual life, fear of health related issues, family members' involvement. We found that Health seeking behavior of women while utilizing copper-T and oral pills was poor. There is a need for more educational programs to be conducted to improve the utilization of temporary family planning methods. Planned education and communication programme aiming reproductive age couple or eligible couple to insist and avoid the factors affecting utilization family planning. There is a need for more educational programs to uplift the health seeking behavior while contraceptives usage and avoid illegal methods of abortion to prevent unnecessary complication and to improve the life standard of women.

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