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Determination of cultural approach on women at postpartum period to choose the method of family planning in Turkey

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Aim of this research is to analyze the effects of cultural values on women at postpartum period to choose the method of family planning. This cross sectional and descriptive research carried out at the Research Hospital in İzmir and Balıkesir between the dates May-November 2015. Sample of this research made by 269 volunteer women in postpartum period. The data has been gathered by using Individual Description Form that is prepared in accordance with the model named "Cultural Diversities and Universality" of Leninger. It has been designated that the age average of the women is 27.41 ± 5.79 , first marriage age is 21.23 ± 3.72 , their first pregnancy age is 22.42 ± 3.75 , their average of marriage duration is 6.09 ± 5.03 and %11.5 of them made kin marriage. It determined that %31.2 of them are middle school graduate, 77.3% of them are housewives, 87.4% of them got nuclear family, 70.3% of their family are living in countryside and they lived long time mostly in Marmara Region (43.1%) and Aegean Region (40.9%). It confirmed that 53.9% of them had vaginal delivery, 30.8% of them get pregnant three and more time, 23.4% of them had less time than 2 years between their pregnancy, 24.2% of them didn't planned their pregnancy and 61.7% of them wanted to have two babies. As we determine on knowledge of the women in postpartum period about family planning; it has been determined that 92.9% of the women find methods of family planning necessary and beneficial but 74.4% of them scared about methods (because of 50% side effects, 39.7% pregnancy scare, 10.3% applying method), 7.4% of them can not get them easily (because of distance and embarrassment), 29.4% of them use one of the traditional way withdrawal in particular time of their life, 92.6% of their husbands are deciding the way for prevent pregnancy, 52.4% of them already got information about family planning (mostly about oral contraceptive) and 44.2% of them don't know whether the family planning have any protections about sexually transmitted diseases or not. It has been designated that 90% of the women in postpartum period are thinking about using family planning methods and these methods are condom (36.7%), intrauterine device (27.4%), oral contraceptive (9.7%), female sterilization (9.3%), withdrawal (9.3%), injectable (3.8%) and the reason for preference of method is most of the women are finding these easy to use (38.4%). Also it has been determined 15.6% of women in postpartum period don't think about any kind of method because of their husband doesn't want, the most important factor to choose family planning method is their husband and his family, 56.6% of them never think about having a medical operation for not having a baby, 28.3% of them are thinking about breastfeeding will prevent them to be pregnant (38.2% six months) but 79.9% of them didn't get any information about this topic. In this research it determined that; women don't have enough knowledge about family planning methods, they are scared from the side effects of the methods, despite modern methods they insist on keep using the withdrawal method, they get pregnant more then they planned along their life time and husband and his family is important factor to choose the family planning method. Moreover it determined that women in postpartum period are using the lactation like a method of family planning. As a conclusion cultural values in our society is effecting the preference about family planning, causes unplanned pregnancies and it effects mother and baby's health in negatively.

Biography

Öznur Yaşar is currently a PhD Student, Department of Obstetrics and Gynaecology Nursing at the Ege University Health Sciences Institute, Turkey. She is also lecturer at the Balıkesir University in Obstetric and Gynaecology Nursing Department since 2012

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