

A Cross-Sectional Study on Contraceptive Use and Related Factors among Saudi Arabian Women of Reproductive Age was conducted in Jazan City

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Abstract

Saudi Arabia is one country in the Gulf of Arabia that has a poor grasp of the contraceptive usage profile. In Jazan, Saudi Arabia, the current study aimed to assess the knowledge, attitudes, and practises of women of reproductive age about the use of contraceptives. For an observational, analytical cross-sectional study in the city of Jazan, 450 women were recruited at random. The data were acquired through in-person interviews with women using a questionnaire that inquired about the women's opinions, practises, and understanding of contraceptive methods. Data were analysed using descriptive and inferential statistics techniques using the SPSS programme. Data were analysed using descriptive and inferential statistical approaches utilising the programme. Depending on the age group, occupation, and number of children ever born, the total number of pregnancies, and the percentage of women who had ever used birth control were all significantly different. On the other hand, a sizable portion of respondents stated that they would like to use contraception in the future. By age group and degree of work, there were significant differences. When asked why they used contraceptives, those who said that they did so to space out their children and improve the health of their offspring cited pills and intrauterine devices as the most popular and practical methods of contraception.

Keywords: Contraceptive methods • Pregnancies • Reproduction

Introduction

Family planning allows a couple to have as many children as they choose and spread out pregnancies as they see suitable. Contraception, sometimes referred to as birth control, prevents unwanted births by interfering with the body's normal ovulation, fertilisation, and implantation processes. There are several different birth control methods available, each with a different mechanism and level of effectiveness in preventing pregnancy. The World Health Organization states that giving women access to their preferred contraceptive methods is essential to advancing their health, the health of their children, and the economic standing of their community. It is commonly known how crucial women's reproductive rights are, especially the ability to decide when, how many, and how far apart to their children space. The time following childbirth is starting contraception during the postpartum period is essential since ovulation can occur as soon as 25 days after giving birth. When a child is born, it is strongly encouraged that women continue using contraception for an extra year because waiting until menstruation has resumed might put them at risk of an unexpected pregnancy.

According to the profile of contraceptive use in Saudi Arabia based on the Saudi Household Survey, women of reproductive age used contraceptives. According to the profile of contraceptive use in Saudi Arabia, which was based on the Saudi Household Survey, the majority of women of reproductive age used contraceptives. Oral contraceptives were the most popular method for Saudi women. Age number of children born, education level, and family size

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were the key predictors of usage among Saudi women, whereas cultural barriers and the belief that contraceptives are bad for women's health were the top deterrents, according to a recent study on the frequency of unintended pregnancies in Saudi Arabia's Eastern Province.

Literature Review

Traditions and cultural beliefs are some of the factors that affect Middle's economics. Traditions and cultural beliefs are some of the factors that affect Middle's economics. Family planning knowledge and use are key elements for the establishment of population policy and health care planning, regardless of how broadly contraception is used. The extent of family planning in southwest Saudi Arabia is unknown. We require baseline data in order to develop efficient, fact-based programmes to promote the use of contraceptives in Jazan, Saudi Arabia. With the aid of this work, we want to develop a picture of Jazan's family planning landscape. The Jazan region has not seen a lot of study on contraception. Determining the knowledge, attitudes, and usage of contraception among women in Jazan who are of reproductive age, as well as looking into any possible relevant factors. Oral contraceptives were the most popular method for Saudi women [1].

The final sample size was increased by an additional 80 people. The equal quantity of the sample was distributed to each of the five in Jazan city that were randomly selected. Lastly, convenience samples from each were used to choose women. The research team performed in-person interviews to collect data. A common questionnaire was used for data collection. The research team developed the questionnaire after reviewing the pertinent literature. The final survey had four sections: marital status, number of births, number of kids, and individual factors including age and degree of education. The most common, contraception, was the subject of questions in the survey's second section [2].

The second portion of the survey asked questions concerning women's understanding of contraception, the most popular technique used by participants, their sources of information, and their awareness of potential drawbacks. The third the fourth part of the piece discussed utilising contraceptives, whereas the first portion examined how women felt about using them. The knowledge and practise sections of the exam included multiple-choice and dictum questions (yes and no responses). A 5-point Likert scale was used to evaluate opinions

towards the use of contraceptive methods. In an effort to reduce bias or inter-observer variation, the questionnaire's wording was examined in a pilot research with 25 women. The validity of the questionnaire and the Cronbach's alpha value were evaluated using the content validity technique [3].

Discussion

This study intended to assess the knowledge about, attitudes towards, and behaviours around the use of contraceptives among women in Jazan, Saudi Arabia, using a cross-sectional epidemiologic examination. According to the bulk of the Saudi family planning literature, the study's findings seem to show that participants had a very high degree of knowledge of modern family planning methods. However, only 64.4% of women actively utilise contraception despite having a high level of knowledge about it. The dominant culture still encourages high rates of reproduction despite a considerable socioeconomic shift in Saudi women's profession and education that has caused some fertility decline. According to our research, Jazan's ladies utilised contraception at some point. Investigations conducted around Saudi Arabia, Al-Husain et al. 2018's research in 2015 study in are two studies that support this estimate for Saudi Arabia. Some Saudi Arabian studies, such as Kharif et al. 2017 and Al, 2010 (44.8%), found lower consumption rates than these. Alenezi and Haridi, 2021 claimed that 85% of women in northern Saudi Arabia had ever used contraception; therefore our estimate is much lower than theirs. In comparison to other Middle Eastern countries, we estimate a higher rate of contraceptive usage [4].

The demonstrated that spacing out children was the main basis for taking contraception. This is consistent with earlier studies in Muslims make up the bulk of the population in the Middle East, and they use contraception to delay having children rather than to decrease the number of births. Pregnancy and birth are encouraged in the culture at large, and young couples are always under pressure to have their first child. The results of the logistic regression model showed that as women aged, so did their use of contraception. Also, it was shown that using more contraceptive methods was associated with having several pregnancies or kids. The results of Khari et al., who concluded that having children is a positive predictor of using contraceptives, and the results and this study's findings concur with one another [5,6].

Conclusion

Last but not least, the most recent Saudi Household Health Survey discovered that a woman in Jazan has an average of live births during her lifetime. The use of contraceptives by women in the Jazan region may be related to this measure. Our results show that contraception was used by two thirds of the women. According to Liu and Raftery, education and contraception

have been found to expedite the decline in fertility. The association between contraceptive use and decreased fertility in Saudi Arabia, notably in the Jazan region where fertility fell below replacement, needs further investigation. The limitations of this study are numerous. Secondly, given the cross-sectional structure of the study, it is fair to refer to the relationships between variables as Secondly, because the study is cross-sectional in nature, general associations are the right term to describe the relationships between the variables.

Acknowledgement

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Conflict of Interest

There are no conflicts of interest by author.

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