

KNOWLEDGE, ATTITUDES AND PRACTICES REGARDING CONTRACEPTIVE METHODS AMONG FEMALE GARMENT FACTORY WORKERS IN KATUNAYAKE FREE TRADE ZONE

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Contraception is the prevention of pregnancy by interfering with the process of conception. Information on knowledge, attitude and practice regarding contraceptive methods are scanty. Therefore, it is vital to study this aspect among female garment factory workers as an attempt to reduce abortion-related maternal deaths and unintended pregnancies of garment factory workers. A descriptive cross-sectional study was carried out in Free Trade Zone, Katunayake in Gampaha district and included 426 female garment factory workers aged between 15-45 years. Data was collected using a pre-tested self-administered questionnaire. The majority of the study population was Sinhala (90.4%), Buddhist (86.5%). More than half of the participants (52.5%) were married. The overall knowledge on contraceptive methods was poor (57.7%). Participants had good knowledge on oral contraceptive pills (OCP) and condoms relative to

other methods of contraception. The knowledge on implants, LRT and vasectomy was very poor. It was revealed that 53% of participants had neutral attitudes on contraceptives while OCP was the most common (37.6%) method and the next preferred method was male condoms (26.2%). There was a significant association between age and marital status with knowledge and attitude on contraceptive methods. Significant association was not found between level of education, religion and nationality with knowledge, attitude and practice of contraceptive methods. It was identified that the health care professionals were the source of information for many participants of the study (73%) followed by books, magazines and leaflets (15%). Reproductive health educational programs are highly recommended to address the inadequate knowledge.

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