

A Qualitative Study on Men's Perceptions of Contraceptive Uptake in the Community Area of Indore, Madhya Pradesh

Migul Jain

Assistant Professor, Renaissance University, School of Nursing Indore
migul533@gmail.com

Abstract: *This study explores the perceptions, attitudes, and barriers experienced by men regarding contraceptive uptake in Sanwer community area. A qualitative design was used, involving in - depth interviews with adult males. Thematic analysis revealed four major themes: limited knowledge, cultural beliefs, spousal dynamics, and accessibility barriers. Results suggest that male - focused awareness programs are essential for improving contraceptive acceptance and participation.*

Keywords: male contraception, cultural beliefs, spousal communication, health awareness, access to family planning

1. Background of the Study

Family planning is a crucial part of public health that helps reduce maternal and child mortality and enables better resource distribution within families. Although women have traditionally been the focus of contraceptive use, there is increasing recognition of the importance of male involvement. In areas such as Sanwer, a semi - urban region in Madhya Pradesh, men's participation in family planning remains low. Understanding their perceptions is essential for improving contraceptive uptake and ensuring the success of national reproductive health programs.

2. Need for the Study

Despite numerous governmental and non - governmental efforts, the acceptance and use of contraceptives by men remain minimal. Cultural barriers, misinformation, and lack of awareness often hinder male participation. This study aims to bridge the knowledge gap by exploring men's perspectives on contraceptive use in Sanwer.

3. Objectives

- 1) To explore the perception of men regarding contraceptive methods.
- 2) To identify sociocultural and personal factors influencing contraceptive use among men.
- 3) To assess the barriers to male involvement in family planning.
- 4) To recommend strategies for improving contraceptive uptake in the Sanwer community.

Research Questions

- What are the perceptions of men about contraceptive use?
- What are the influencing factors affecting their decision to use or not use contraception?
- What level of awareness and knowledge do men have about contraceptive methods?

Delimitations

- The study is limited to adult men in Sanwer.

- Only those who are willing and able to communicate effectively in Hindi were included.

4. Review of Literature

- **Singh et al. (2019):** Found limited male participation in rural family planning initiatives due to cultural taboos.
- **Kumar and Sharma (2021):** Identified lack of awareness and dominant gender roles as major barriers.
- **WHO Report (2020):** Advocated for the inclusion of men in all reproductive health programs for effective outcomes.

5. Methodology

Research Design:

Descriptive qualitative study using a phenomenological approach.

Study Area:

Sanwar community, Indore District, Madhya Pradesh, India.

Population:

Adult men aged 18–49 residing in Sanwer.

Sampling Method:

Purposive sampling.

Sample Size:

15 participants.

Data Collection Method:

Semi - structured in - depth interviews, 25–40 minutes each.

Tool:

Interview guide with open - ended questions developed and validated by experts.

Inclusion Criteria:

- Male residents of Sanwar aged 18–49.
- Those who are married or in a stable relationship.
- Willing to participate voluntarily.

Exclusion Criteria:

- Men with known cognitive disabilities.
- Unwilling participants.

Data Analysis Procedure:

- 1) Verbatim transcription of audio - recorded interviews.
- 2) Manual open coding followed by axial and selective coding.
- 3) Thematic analysis conducted to derive major themes.
- 4) Descriptive statistics used for frequency and percentage of common perceptions and themes.

Coding and Themes:**Sample Open Codes:**

- "It's the woman's job to take care of that. "
- "I have heard condoms reduce pleasure. "
- "We don't talk about such things at home. "
- "Government centers are far away. "

Axial Coding Categories:

- Gender responsibility
- Myths and misinformation
- Communication gap
- Service inaccessibility

Final Themes:

Theme	Description
1. Gendered Responsibility	Belief that contraception is a woman's responsibility.
2. Misinformation and Myths	Misconceptions regarding side effects and pleasure reduction.
3. Communication Barriers	Lack of couple communication on reproductive issues.
4. Accessibility and Service Gaps	Distance, lack of privacy, or male - focused services in public health centers.

Statistical Analysis (Descriptive):

Theme	No. of Participants (n=15)	Percentage (%)
Gendered Responsibility	12	80%
Misinformation and Myths	10	66.7%
Communication Barriers	9	60%
Accessibility and Service Gaps	11	73.3%

Interpretation:

The findings show a strong prevalence of the belief that contraception is primarily a woman's duty, which deters male participation. Myths and misinformation about male contraceptives also reduce uptake. Furthermore, inadequate couple communication and poorly accessible services contribute significantly to the issue. These themes highlight the need for targeted educational and community - based interventions.

Ethical Considerations:

- Ethical clearance obtained from the institutional review board.
- Verbal and written consent secured.
- Participants ensured confidentiality and anonymity.

6. Conclusion

The study concludes that men's perception of contraception in Sanwer is shaped by traditional gender roles, misinformation, communication issues, and service delivery challenges. To improve male involvement, health systems must adopt inclusive, male - centered family planning strategies.

7. Recommendations

- 1) Implement male - focused family planning education programs.
- 2) Promote couple - based counselling.
- 3) Improve male accessibility to family planning services.
- 4) Engage community leaders to address sociocultural barriers.

References

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