

# Practice of family planning: Cross-sectional study in a resource limited setting in a village of indigenous people, Sungai Kiol, Jerantut, Pahang

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## ABSTRACT

**Introduction:** Unintended pregnancies contributed to the incidence of maternal mortality as reported by the World Health Organization (WHO). Global rates of 64 unintended pregnancies per 1,000 women aged 15-49 years are alarming figures bringing up to 121 million cases annually. Family planning programs play a vital role to reduce these figures. However, studies show that more than 65% of women with an unintended pregnancy from low and middle-income countries were either not practicing family planning methods or using traditional methods. The objective of this study was to identify the prevalence of family planning practices amongst indigenous people in Sungai Kiol and understand the determinants of their practice.

**Materials and Methods:** A cross-sectional convenient sampling study using self-administered questionnaires was conducted among 63 participants. **Results:** The 63 participants were indigenous women ranging from 17 to 49 years old. 55% of participants are actively practicing family planning and a majority are users of combined oral contraceptive pills. Up to 85% of participants received their source of information on family planning from healthcare professionals and easy availability of COCPs are the major determinants of their use. **Conclusion:** This study shows a low utilization of family planning services among the indigenous people in Sungai Kiol. Healthcare professionals have the utmost important role in educating and providing information on these services in a low resource setting. Further efforts should be made to organize education programs on family planning to increase the awareness among the local indigenous people that aims to reduce morbidity and improve maternal health.