

**USE AND PERCEPTION ON LONG-ACTING
REVERSIBLE CONTRACEPTION AMONG
MARRIED WOMEN (18-49 YEARS) IN
AUNG MYAE THAR ZAN TOWNSHIP,
MANDALAY**

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ABSTRACT

Better availability and use of long-acting reversible contraception can improve reproductive health program. In Myanmar, the study on LARC is limited and the prevalence of LARC method is relatively small. The LARC is not well socialized within the community and misperceptions on Intrauterine device and Implant may persist. A cross-sectional study was carried out to assess use and perception on long-acting reversible contraception among married women (18-49 years) in Aung Myae Thar Zan Township, Mandalay from September 2017 to December 2017. A total of two hundred and sixty married women were selected by simple random sampling method from selected 7 wards and face to face interview was done by using pretested, semi-structured questionnaires. In this study, the prevalence of LARC was 13.1%. The main reasons for LARC users were incompatible with other methods (29.4%), long duration for birth-spacing (23.6%) and advised by others (20.6%). The main reasons for non-LARC users were afraid to insert (33.6%), concern about complications (9.7%) and intending to conceive in the near future (8.9%). The use of LARC was associated with education level ($p=0.002$) and knowledge level ($p=0.009$). The proportion of married women with high knowledge score was 23.5% and low knowledge score was 76.5%. The level of knowledge was associated with education level ($p=0.013$) and income ($p=0.047$). Almost all married women (90.8%) had good attitude towards LARC methods. The attitude level was associated with education level ($p=0.028$) and also associated with knowledge level ($p=0.004$) in this study. In conclusion, the findings of this study reveals the use of LARC is still low but higher than the previous studies conducted in Myanmar. The knowledge level is low but attitude level is high. Therefore, health education should be emphasized on LARC methods including advantages and disadvantages of LARC to married women (18-49 years) in Aung Myae Thar Zan Township, Mandalay.