

**AWARENESS OF IUD AMONG MARRIED WOMEN OF
REPRODUCTIVE AGE IN RURAL AREA OF
KYIMYIDAING TOWNSHIP, YANGON REGION**

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ABSTRACT

The intrauterine device (IUD) is one of the most widely used, reversible, long-term contraceptive methods in the world, but little in Myanmar. This study assesses the awareness and interests of potential users as well as practices and experiences of current users to inform strategies for expanding IUD use in Myanmar. A descriptive, cross-sectional survey was conducted among 188 married women of reproductive age in 4 villages of Kyimyindaing Township, Yangon from September to December, 2013. Although 99% of the respondents had ever heard of IUD in the study, only 13 women (7%) had ever used of IUD. The reasons behind this gap were negative attitudes citing far more disadvantages than advantages of IUD which influenced their interests and use of IUD. There were positive perceptions towards the IUD including it is a long-term 5 year method which does not disturb menstruation and fertility returns quickly once it is removed and women do not have to remember to use it as with other birth spacing methods. However above positive perceptions could be undermined by perceptions on possible side-effects such as it can get cancer, uterine ulcer, loss of IUD in the abdomen, abdominal pain, expulsion of it, insertion into uterine wall. The findings showed that the declining interest in and use of the IUD as a birth spacing method could be attributed to several factors including negative perceptions, rumors and misconceptions about the method. Source of information about the IUD should be mainly from health workers so that community could receive correct information of its advantages, method of use, affordability and availability of the method. As contraceptive prevalence in a population increases, success in avoiding unintended pregnancy depends less on initial contraceptive use and more on effective and persistent use. Since IUD is one of the long-term contraceptive methods, promotion of IUD should be done by disseminating correct information from health workers as well as mass media.