

# THE SIDE EFFECTS OF CONTRACEPTIVES USED BY WOMEN IN ROSARY HEIGHTS 8, COTABATO CITY

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**Abstract:** The study entitled *The Side effects of Contraceptive Used by Women in Rosary Heights VIII, Cotabato City* is guided by its Statement of the Problem, what are the demographic characteristics of the respondents. What is the profile of the of the respondents in Rosary Heights VIII, Cotabato City in terms of Age, Educational Attainment, Civil Status, Number of Children, Occupation, Religion.

This study aimed to determine the side effects of contraceptives used by women in Rosary Heights VIII, Cotabato City. The study employed the descriptive-qualitative design. Methods used as follows: survey questionnaire, focus group discussion and interviews. To accumulate and identify respondents we sought the help of the Public Health Midwife of the Barangay. The onsite visit, questionnaire distribution and interviews to the respondents provided and validated the important data for this study. The questionnaire is divided into five parts. The first part of the questionnaire is composed of Socio-Demographic Profile of Respondents, the second part is Different Contraceptive Methods used by the respondents, third part is Purpose of using Contraceptive methods, fourth part Problem Encountered by the respondents, and lastly, the five-part dealt with Side-effects encountered by the respondents. Convenient sampling technique was used. Researchers identified respondents since they are users of contraceptive methods ranging the age between 15-49 years old and a resident of the identified area. The data were statistically treated using a scale that had been specially developed for this purpose. The results suggest that some of the contraceptive hormones have a certain influence on the aforementioned side effects.

**Keywords:** Contraceptives, Contraceptive methods, Side Effects, Cotabato City.

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## 1. INTRODUCTION

The Philippines ranks as the fifteenth most populous country in the world and eighth in the Asian region (DOH, 1996). Its population is expected to increase from 68.3 million in 1995 to 91.8 million by 2010, even if replacement fertility is attained by the year 2010 (NSO et al., 1999:32). For Thirty Eight (38) years, the Philippine family planning program has been implementing strategies aimed at managing the population in relation to the developmental needs of the country. In the year 1970-1985, PFPP started as a family planning services delivery component to achieve fertility reduction by a contraceptive-oriented approach and in 1986 to 1993 it was reoriented to health intervention by improving the health of women and children.

With the PFPP guiding principles; the program services are to be delivered within the context of the following principles: *Respect the Sanctity of Life, Respect for Human Rights, The Freedom of Choice and Voluntary decisions and Respect for the Rights of Clients to determine their Desired Family Size.*

Reproductive Health is defined as a state of “complete and physical, mental and social well-being, and not merely the absence of disease or infirmity in all matters relating to the reproductive health system and to its functions and processes” (UN ICPD, 1994).

Contraceptive is a method or a device used by women to delay pregnancy. In Fact there is a Natural methods and artificial methods for the women who want to delay pregnancy. It is interesting to consider that in every method to be used have side effects. A list of side-effects or problems will be able to gather associated with the use of each of the how many months will be compiled after the researcher interview the contraceptive users. The list contained side-effects referred to in scientific literature and problems and complaints associated with the use of contraceptives that are frequently heard from client in Rosary Heights-8, Cotabato City.

In 2006 FHS survey one out of four women using contraceptive methods intends to stop using FP services and with the same ratio intends to use any method at any time in the future according to 2005 Family Planning Survey (FPS). Among current users the poor are more likely to continue practicing rather than non-poor counterpart. The survey revealed that among users' three out of ten cited method-related reasons; mainly fear of side effects with a 15.2% and health concerns with 13.7%.

The study of Side-Effects of Contraceptive Methods used by Women will be conducted in Rosary Heights-8, Cotabato City. The study is focused on the side-effects felt during the usage of any Family planning methods (Natural or Artificial method) used by the respondents.

### **Statement of the Problem**

In general, this study aims to determine the common complaints or side effects of women using contraceptive methods (Married, non-married and sexually active) in Rosary Heights VIII, age 15-49 years old and to assess the level of understanding and knowledge with regards to the choice of family planning method used and its possible side effects.

Specifically, this aims to seek answers for the following questions;

1. What is the demographic profile of respondents in terms of:
  - 1.1. Age
  - 1.2. Educational Attainment
  - 1.3. Civil Status
  - 1.4. Number of Children
  - 1.5. Occupation
  - 1.6. Religion
2. What are the different contraceptive methods used by women in Rosary Heights VIII, Cotabato City?
3. What are the purposes of women in using contraceptive methods?
4. What are the problems encountered by the women of Rosary Heights VIII using the contraceptive?
5. What are the common side effects encountered by the women in Rosary Heights VIII, Cotabato City?

### **Significance of the Study**

This study is significant because no previous research has been documented in Rosary Heights VIII, Cotabato City concerning with the side effects felt by women using family planning contraceptive methods. The result of this study may be of great help in acknowledging overseen side effects of contraceptive methods for the benefits of the women in the community. The study is significant to the following stakeholders.

### **Scope and Limitations**

The main concerned of this study are the women (Married or non-married and sexually active) using contraceptive methods aged 15-49 years old in barangay Rosary Heights 8, Cotabato City. The analysis will be limited to the data provided by the respondents, the key informants and the Focus Group Discussion participants.

## 2. THEORETICAL CONSIDERATION

This study draws upon that they are only serving as an inspiration for the study and are not applied as a complete framework as such. When the modern family planning movement began in the early 20th century, its primary purpose was to liberate women from social and health consequences of unwanted pregnancies. When organized family planning programs reached developing countries in the early 1950s, these programs were viewed as the means to alleviate the pressure of rapid population growth on economic development. In the last few decades, the purpose of family planning has broadened to encompass both these objectives and the objective of improving women's health and welfare. Previous research (Castro & Juarez, 1994) has examined how women's roles and status influence their use of contraception and their fertility. However, although young women are seen as beneficiaries of family planning, too little attention has been paid to assessing their behaviour in relation to family planning.

The theoretical framework presented in this chapter is based on research and literature concerned with women and family planning. This study is anchored to the Contraceptive Technology by Robert Anthony Hatcher, Anita L. Nelson, M.D., James Trussell, PhD., Willard Cates Jr., MD, MPH, Felicia H. Stewart, MD and Deborah Kowart, MA, PA, The fertility decision-making model presented by Bulatao and Lee (1983) and the analytical framework of Social Structure and Fertility by Kingsley Davis and Judith Blake. The Contraceptive Technology book indicates side effects occurring in FP users. Davis and Blake analytical framework model starts from the premise that reproduction involves three (3) necessary steps; Intercourse, Conception and Completion of Gestation. The fertility decision-making theory is based on the notion that as society modernizes, changes occur including rational decision-making and changes on the structure of the family.

## 3. METHODOLOGY

This study aimed to determine the side effects of contraceptives used by women in Rosary Heights VIII, Cotabato City. The study employed the descriptive-qualitative design. Methods used as follows: survey questionnaire, focus group discussion and interviews. To accumulate and identify respondents we sought the help of the Public Health Midwife of the Barangay. The onsite visit, questionnaire distribution and interviews to the respondents provided and validated the important data for this study.

The respondent of the study are female, 15-49 years old, married, non-married and sexually active, users of any contraceptive methods, willing to participate, and individuals who are present during data gathering and a resident of Rosary Heights VIII, Cotabato City. Convenient sampling technique was used. Researchers identified respondents due to the fact that they are users of contraceptive methods ranging the age between 15-49 years old and a resident of the identified area.

The data gathering instrument used in the study was a researcher-made-questionnaire. The questionnaire was divided in five parts: The respondent demographic profile, different contraceptive methods used, purpose of using contraceptive methods, problems encountered, and the common side effects encountered.

The researcher utilized the use of researcher-made-questionnaire. The respondent was present according to their available time. The questionnaire is distributed to the respondents who wrote their answers to the appropriate space provided in the questionnaires. Questions and instructions were addressed to the respondents. Instructions on how to accomplish the questionnaire were clearly specified in the instrument. After accomplishing the questionnaire, the researcher collects and ensures the anonymity and confidentiality of the respondents with regards to the data collected.

The researcher will gather relevant data which the study may require: First, the researcher made a questionnaire to be administered in the respondents. Second, the researcher submitted a request letter to the Local Government Unit attention to the identified Barangay informing to conduct survey and study. Once the approval of the letter is endorse to the Barangay and to the Rural Health Midwife of RH 8, courtesy call is required before the start of the actual conduct of the study. Third, gather existing data from the Barangay Health Center for the basis for the respondents. Fourth, the researcher will start to conduct study within the barangay and distribute the researchers-made-questionnaire. Fifth, once the respondent finish answering the questionnaires, retrieval of the questionnaire will be done immediately and ensure the respondent for the confidentiality of their answers. Afterwards, the researcher collated and tabulated the data needed for the study.

#### 4. RESULTS AND DISCUSSIONS

##### Demographic Profile of the Respondents

The age distribution of the respondents showed that majority of them belong to the bracket of 31-35 (f=19 or 31.67 percent) of the total respondents, followed by the second group with ages 21-25 (f=13 or 21.57 percent) of the total respondents. The minimum age is 15 years old and the maximum age is 49 years old. It implies that majority of the respondents belong to the age groups which is on the adult stage where people are fully grown or developed emotionally, mentally and physically mature. These respondents are very much sensitive, observant and adoptable to the side effects of contraceptives they used.

Most of the respondents in the study were married comprising (f=49 or 81.667 percent) of the total respondent, (f=8 or 13.333 percent) are single, (f=2 or 3.333 percent) were widow and only (f=1 or 1.667 percent) of the total population is separated. The result indicates that contraceptives are highly used by this group of people. It also implies that many of them willing continue using the contraceptive in the future.

The respondents are Catholic which consist of (f=46 or 76.67 percent) followed by Islam (f=11 or 18.33 percent) and the non-Catholic religions are (f=3 f 5 percent) of the total respondents. The result implies that Catholics are more dominant than other religions of the community using contraceptive methods and the result shows that contraceptive methods are also used by Islam women who rank second.

According also to the data, respondents using contraceptives are those women who don't have work. These women stay at home whole day therefore; prone to have sexual contact any time to their partners. Being at home contributes to the opportunity to have sexual contact to their partners and can be the reason for un-planned pregnancy.

In the table, we can reflect to the level of knowledge of the respondent with regards in choice of contraceptive method they used, knowledge is different from awareness. Based on this table, it shows that over (f=32 or 53.33 percent) of the respondents attained the high school level which means that their knowledge about contraceptive methods is not enough to understand such side effects they have encountered.

Twenty one out of sixty that is f=21 or thirty-five percent of our respondents have two children. Mostly women think about how many children they want to have when they reached this number of children, this are one of the reason why they are willing to use contraceptive methods in any form from the advice of professionals and mostly from their neighbourhood who are users of contraceptive methods also.

##### Different Contraceptive Methods Currently used by the respondent

The artificial contraceptive methods are more likely used now days as in the table had shown. Pills are the leading artificial contraceptive method used by women in Rosary Heights VIII according to the data gather with a (f=20 or 33.33%) of the respondents out of 100%. Implants and Bi-Lateral Tubal Ligation (BTL) has (f=10 or 10%) of the total respondent. Meanwhile in Natural Family Planning only Calendar Method and Withdrawal are gathered and included in the data. Calendar method has a (f=4 or 6.67%) while Coitus Interruptus/Withdrawal has (f=5 or 8.33%).

##### Women of Rosary Heights VIII Purpose of Using Contraceptive Methods

There were 70% of the respondent answered birth spacing for their purpose in using contraceptive. It really reflects to the main purpose of Family Planning Program; to delay pregnancy. But there is respondent used the contraceptive methods because of curiosity which is f=6 or 10% out of the total respondents. Not all users of contraceptive methods are for delaying pregnancy, but it can also help preventing other diagnosed diseases. As per interview 2 out of 60 respondents verbally express that after giving birth at the hospital they were instructed to have, or they should use family planning contraceptive method for the compliance of the hospital protocol.

##### Problems encountered by women during usage of contraceptive methods

The problem encountered by the women during usage of contraceptive methods. The respondents were asked through the researcher-made questionnaire on what problems they encountered during the usage of contraceptive methods. They answered it according to Likert Scale: Never (1.00 – 1.80), Rarely (1.81 – 2.60), Sometimes (2.61 – 3.40), Frequently (3.41 – 4.20), and always (4.21 – 5.00).

The Side Effects is a problem labelled as Frequently having the mean of 3.57. One problem encountered by the respondents is accessibility and it was identified as Sometimes. The remaining two items which is Availability and financial Stability were labelled as Rarely encountered problem by the respondents.

The result indicates that majority of the respondent encountered side effects in using contraceptive methods. As per identified to any contraceptive methods from the POSTPARTUM FAMILY PLANNING Supplement to the Philippines Clinical Standards Manual on Family Planning there are always corresponding side effects or disadvantages to the users.

### **Common Side Effects Encountered by Women of Rosary Heights VIII Using Contraceptive Methods**

Most of the respondent encountered Headache which has the (f=22 or 36.67%) of the total respondents. It also implies that headache is the most common side effects felt by the respondent during the usage of any contraceptive methods. Followed by menstrual spotting which is ten percent, abdominal pain (f=4 or 6.67%), heavy menses and weight loss got five percent, feeling weak, Nausea and weight gain were tied at (f=2 or 3.33%) and Difficulty of breathing and Insomnia got (f=1 or 1.67 percent out of the total respondents. As per interview to the respondents some of them don't know what to do with regards to these side effects encountered. Some respondents take supplementation to replace the blood loss in the body because of heavy menses. Some also states that during insertion of a contraceptive they were only told that they will have a heavy menstruation therefore they should take Ferrous sulfate and without further explanations or orientations with regards to the contraceptive method.

In the light of the findings of the study, Results of the survey revealed that majority of the respondent belonged to 31-35 age of bracket, married, catholic, having two children, no occupation and with an educational attainment of high school graduate.

The number one choice of contraceptive used by the women of Rosary Heights VIII, Cotabato City is Pills because of easy access, availability, inexpensive and no hassle in taking. According to the data gathered during the study, most women encountered side effects with complaints of headache as their side effect are those users of Pills. It also proves the data from Philippine National Demographic and Health Survey Key Indicators 2017.

Although side effects to every contraceptive methods were identified but there are still other side effects that was over seen by the health workers or even the respondents that needs attention, in the data gathered occurrences of heavy menstruation, feeling weak, weight loss, insomnia, nausea and difficulty of breathing were identified as their common side effects felt during the usage of contraceptive methods. Respondent medical condition, intake, and knowledge with regards to the contraceptive may contribute to the side effect and low efficacy of the chosen contraceptive method.

### **Major Findings of the Study**

Based on the data presented, analyzed and interpreted the following are the major findings of the study.

Majority of the respondents belonged to 31-35 years of age bracket, married, Catholic, High school graduate, having 2 children and does not have any occupation.

In terms of different contraceptive methods used, mostly of the respondents answered Pills (current and previous), on the other hand, there are still respondents using the natural methods especially the calendar method and the interruptus coitus or withdrawal.

The respondents purpose of using contraceptive methods were mostly answered for birth spacing. They also answered stop for reaching the number of children they want. On the other hand, there are still respondents using contraceptive methods just for curiosity.

In respondents medical condition, 23 were diagnosed with other diseases and most of them has hypertension, asthma, urinary tract infection, sexually transmitted diseases, ovarian cyst and hyperthyroidism.

With regards to contraceptive supplies acquisition, many of the respondents acquired the contraceptive supplies from the hospital, followed by self-procured, next is from City Health Office and lastly from Department of Health – Center for Health Development XII.

The problem encountered by the respondents during usage of contraceptive methods, many of them frequently encountered side-effects, they also sometimes encountered accessibility, and on the other hand availability and financial stability are rarely encountered by the respondent.

In terms of the side-effects encountered by the respondents, most of the respondents encountered headache, and the other side-effects gathered were menstrual spotting, abdominal pain, heavy menses, weight loss, weight gain, insomnia, feeling weak, nausea and difficulty of breathing.

## 5. CONCLUSION

The evidence is clearly indicating that there are still side effects encountered by the respondents in Rosary Heights VIII, Cotabato City. Needing attention and should not be disregard because it may lead into serious complications. If this issue will not be resolved it may lead to UNMET NEEDS of Family Planning and the respondent will continue in shifting to another family planning method without the knowledge of the health workers because many of the respondent contraceptive supplies were self-procured.

The problem of side effects in using contraceptive methods can be minimized but not totally eliminated. It will however take time and effort of the health workers. Organize forum, meeting and health education to the community with regards to the family planning contraceptive methods.

It is evidence that many possible users will shift to other family planning contraceptive methods due to the fact that users want long term contraception without any hassle, trying another for curiosity, and protocol of the hospitals. Unfortunately, despite of any contraceptive methods there are still side effects or disadvantages for the users.

Moreover, it is concluded that side effects encountered by the women of Rosary Heights VIII were the expected disadvantages of any contraceptive and easy to handle. The lack of understanding and orientation to the respondents is being addressed and alleviated by the assistance extended by the Barangay Chairman in the way of addressing the issue to the Public Health Midwife of the Barangay.

## 6. RECOMMENDATION

Side effects of contraceptive methods are very important to be identified and classified to any treatment plan for the users who encountered it. Also giving health teaching, orientation and health education to contraceptive methods is required to give to the users. To the users and future users of contraceptive methods you must considered seeking health professionals advice, lectures about contraceptive and what are its possible side effects and all medical history should be told to the health workers for proper assessment.

To the barangay health practitioner, all users and possible users must be equipped with knowledge and not just awareness by conducting lectures, meeting and health forum in the barangay level. This will help eliminate unmet needs in family planning. Records must also be update to tract and identify those contraceptive users who are shifters.

And to the future researcher since it is the first time to conduct study for the side effects of contraceptive methods in Rosary Heights VIII, future researcher may enhance the output of this study and develop this paper into an in-depth research. Future researcher may also use this paper as a reliable reference for a better endeavour in the field academe.

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