

Knowledge on reproductive health and reproductive health problems of unmarried women (25-49 yr) in three selected Townships, Mandalay Division

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Abstract

A community-based cross-sectional descriptive study was conducted with the objective of assessing the existing reproductive health status of unmarried (24-49 years) women in three townships of Mandalay Division; Pyin Oo Lwin, Amayapura and Singaing, from August 2008 to July 2009. Randomly selected 600 unmarried women were interviewed using the structured questionnaires. Main age group was 24-30 years (58.2%). One third had primary education. They mentioned reproductive health problems like menstrual pain (57%) and irregularity (45.2%), pre-menopausal and post-menopausal symptoms (59.7%), lump in breast (47.4%), uterine and cervical cancers (46.3%). Menstrual problems were reported at (29%). Most of them (94.2%) knew menarche, by physical appearance and menstruation. Approximately half of the study population knew at least three contraceptive methods. Urban (65%) and rural (62%) women responded that women can get pregnancy after single sexual exposure. Majority (94.5%) had heard of sexually transmitted diseases; HIV/AIDS (79.7%) and Hepatitis B infection (8.5%). The methods of prevention were described as condom use (64%) and avoidance of sexual relationship with multiple sex partners' especially with commercial sex workers (20.2%). Participants mentioned that time of voluntary HIV testing were before married (61.2%), before pregnancy (17.5%) and after performing risk behaviors (10.7%). Main source of information concerning reproductive health were found to be television and video (63.7%) and newspaper/journal/magazines (31.7%). Health problem related to reproductive health was not identified.