

Contraceptive Beliefs and Practices of American Muslim Women

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Abstract

Objective: To assess contraceptive beliefs and practices among American Muslim women residing in Southern California.

Materials and Methods: English speaking Muslim women were approached in Southern California mosques and online and asked to participate in a survey about birth control. Primary outcome measures included the belief that Islam permitted use of contraceptives to prevent pregnancy, to treat menstrual disorders, and to suppress menstrual flow that would prevent attendance at religious rituals; personal contraceptive use was also assessed. Subgroup analysis investigated potential impacts of demographic variables.

Results: The interview response rate was 88%. Among the convenience sample of 276 women, 64.4% were younger than 35 years of age, most were well educated, and had an above average income. Eighty percent of respondents believed that Islam allowed the use of contraception to prevent pregnancy, and 85.1% believed that it allowed for the treatment of menstrual disorders. Overall, 93.4% believed that Islam allowed the use of all reversible contraceptive methods, but 35% believed that Islam did not permit permanent contraceptive methods. Belief was related to higher income or educational level, headscarf use, and being Muslim from birth. Of the reproductive age sexually experienced participants, 96.5% reported ever using any contraceptive method. The most commonly ever-used methods included oral contraceptive pills (72.5%), male condoms (68.9%), coitus interruptus (39.9%), and intrauterine devices (21.2%).

Conclusion: The vast majority of American Muslim women surveyed believe that their religion permits use of reversible contraceptive methods. They have used contraceptive methods at rates similar to other women in the United States.

Keywords: Muslim, Islam, women's health, contraception, birth control utilization

Introduction

THE AMERICAN MUSLIM population is estimated to total 3.45 million, with 60% between the ages of 18 and 39.¹ This population is growing rapidly driven largely by higher fertility rates among Muslim Americans and continued migration of Muslims to the United States.² Few studies have looked at the reproductive health care needs of self-identified Muslim American women. Shahawy et al. concluded that reversible methods of contraception are used by Muslims worldwide and are considered permissible within the Islamic faith, but irreversible forms of contraception are considered more controversial when used outside the scope of medical necessity.³

More recently, Budhwani et al. found that 79.5% of Muslim women in a convenience sample obtained online reported using any form of contraception; over 60% reported ever using contraceptive pills or condoms, 32% coitus interruptus, and 16% an intrauterine device (IUD).⁴ Recent studies highlight health care providers' lack of understanding about this population's customs and beliefs in the United States.^{3,5,6} These authors noted that there is an increasing need for clinicians to have a better understanding of what self-identified Muslim women believe about contraception to enable them to provide culturally appropriate care to these women.^{3,5}

A review of writings from religious experts reveals that Islam encourages procreation, but that contraceptive methods, such as coitus interruptus, are known to have been

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Birth Control And Islam You And Your Spouse Mwlusa

Shakeel Ahmad



Birth Control And Islam You And Your Spouse Mwlusa:

Muslim Attitudes Toward Family Planning Olivia Schieffelin,1967 *Islam and Family Planning* Zainah Anwar,2003
Family Planning in Islam Dr.M.Sharif Chaudhry,2006 **Birth Control & Abortion in Islam** Muhammad ibn Adam al-Kawthari,2006-05-01 Birth control or family planning through contraception has become a common practice in society Many new methods of permanent and temporary contraception have become widespread Consequently Muslims have also increasingly begun adopting the various means of limiting or spacing out procreation This no doubt has a deep influence on the very core of our society and thus raises many ethical and religious questions particularly surrounding abortion Birth Control Abortion in Islam systematically and concisely presents the relevant rules and regulations of Islamic law on these issues The discussions are based entirely on the Holy Qur an Sunna and the formal legal rulings propounded by the jurists of the four major Sunni schools of Islamic law After learning of the significance of the topic through the author s simple writing style the reader is guided through the Islamic teachings on the various forms of birth control and abortion with unequivocal conclusiveness Short and to the point it contains all the essentials one needs to know about the subject **Family Planning in the Legacy of Islam** Abdel-Rahim Omran,2012-09-10 How has the Islamic view of marriage family formation and child rearing developed and adapted over the centuries Is contraception just permitted or actively encouraged The family is the basic social unit of Islamic society Even without compelling population pressures there has been concern with spacing and family planning This book is the result of a massive research project gathering fourteen centuries the seventh to the twentieth of views on family formation and planning as expressed by leading Islamic theologians and jurists The work has been discussed and shaped at each stage by a committee of Islamic experts representing the majority of the Muslim countries The book provides a much needed source of reference and will be of equal value and interest to professionals in health care and development work and to those working in the academic disciplines of Middle East studies religion and population studies ISLAMIC PRINCIPLES ON FAMILY PLANNING Mufti Allie Haroun Sheik,2005 *Family Planning* Tahir Mahmood,1977 Muslim Attitude Towards Family Planning Shakeel Ahmad,2003 It Is Over 150 Years Since Malthus Sounded His Warning About An Inevitable Population Explosion Given The Hitherto Present Trends He Wife Met With Skepticism At Best And Ridicule At The Worst The General Demographic Condition Of The World Now And India In Particular Has Vindicated Malthus The Population Explosion Has Frustrated Government Efforts To Eradicate Poverty And Has Reduced A Great Number Of People To Indigence The Five Year Plans Of The Government Of India Have Come To Nothing Given The Above Scenario The Author Decided To Do A Small Study Of 300 Muslim Women S Attitudes Towards Family Planning The Book Is Structured Thus Chapter 1 Defines The Population Problems And Its Consequences Chapter 2 Points Out The Aim And Objectives Of An Ameliorating Programme Chapter 3 Looks At Personal Characteristics I E Age Education Birthplace Occupation And Marital Status Of The Research Subjects Chapters 5 6 7 Deal With The Influence Of These

Characteristics On Family Planning Finally Chapter 8 Presents The Authors Findings And Suggestions **Abortion, Birth Control and Surrogate Parenting** Abul Faḍl Moḥsin Ebrāhīm,1989 *Islamic View Point on Family Planning* K. A. Balogun,1992 Honoring Life Lexi Zuo,2018-03-23 Ever feel overwhelmed by the birth control methods available today Decisions surrounding birth control use can be filled with confusion For Christians another layer of complexity exists as we seek to ensure that we are honoring the sanctity of life Wife mother and Christian bioethics aficionado Lexi Zuo has sought to clear away the confusion with this short Gospel centered reference on the ethics and mechanisms of modern birth control methods After reading you and your spouse will feel empowered to make informed choices in line with your convictions to honor life and bring glory to God in all things **Birth Control for Christians** Jenell Williams Paris,2003 This accessible guide helps Christian couples answer the moral relational and medical questions connected to the use of birth control *Islam and Birth Control* Abd El Azeez A. El Kordy,1974 *Islam and Family Planning* ,1977 *Wise Parenthood* Marie Carmichael Stopes,1922 **Birth Control** Muhajidul Islam Qasimi,2004 **The Position of Islam to Birth Control** Joseph Henninger,1985 **Women, Birth Control, and the Law** Brinder Pal Singh Sehgal,1991 **Islam & Birth Control** M. A. Ambali,1979 **Islam and Birth Control** Mohammad Samiullah,19??

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