



**Birth Spacing: Exploring Perceptions and Practices Amongst  
Pakistani Women in Semi-Urban Settings**

*A case study of Bhukkar Village*

by

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May we raise ourselves through our culture, and may we transform it.

## **ABSTRACT**

The following research is an explorative study of mothers' perception and practices on birth spacing in semi-urban settings of Pakistan. It is a case study of Bhukkar, a small village tucked away in Zone V of Islamabad. The study deeply investigates the influence of the area's socio-cultural dynamics in shaping decision-making processes for having a child. It uniquely accounts mothers' perceptions and experiences across three stages of birth spacing to provide a profound understanding regarding birth spacing views at different phases of planning a family: pre-birth, during-birth, and post-birth; an analysis that has not been carried out previously. Furthermore, the study critically assesses the awareness and practice of family planning amongst a semi-urban setting. The results of the study reaffirm the impact of diverse socio-cultural factors in molding mothers' own perceptions on birth spacing, and subsequently, directing their practices and experiences. They crucially outline the importance of stakeholders, social norms, gender roles, intimate relationships, and traditional beliefs in determining the spacing of each pregnancy. Accordingly, the research identifies points of interventions for the formulation of contextual and effective family planning strategies in the future.