

Factors Influencing the Use of Family Planning Methods among Women of Child Bearing Age in Ogbomosho North Local Government of Oyo State, Nigeria

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Abstract:

Background: The need for appropriate choice of family planning method is very crucial among women of child bearing age in Nigeria. Several governmental and nongovernmental organizations are making serious efforts towards discouraging the use of all harmful and ineffective traditional methods of family planning. The researcher observed that the choice of family planning methods is under a lot of influences which often result in the use of inappropriate method. Surprisingly, the acceptability of many methods of modern contraceptive is still low in many societies in Nigeria. In this study the researcher intends to find out some of those factors that influence the choice of family planning methods among women of child bearing age.

Materials and Methods: The research design adopted in this study is the descriptive research design of survey type. The target populations were the pregnant women attending antenatal clinic in the two teaching hospitals during the periods of this study. Two hundred (200) respondents were purposively selected during their weekly antenatal clinic days. This includes 140 respondents from Ladoké Akintola University Teaching Hospital and 60 respondents from Bowen University Teaching Hospital. A structured questionnaire which was validated by experts in the field of the study was administered to them by the researcher and some trained research assistants. The reliability index using Cronbach's alpha coefficient was found to be 0.85. Five research questions and five hypotheses were raised and tested. Descriptive statistics of frequency count and percentage were used to analyze the demographic data of the respondents while Chi square was used to test the hypothesis at 0.05 level of significance.

Results: The study revealed a significant influence between the use of family planning methods and religion ($X^2 = 151.2$), health risk ($X^2 = 139$), partner's involvement ($X^2 = 116.4$), effectiveness ($X^2 = 48.2$) and cultural norms ($X^2 = 145.3$) when the critical value is 16.92.

Conclusion: The study concluded that religion, health risk, partner's involvement, effectiveness and cultural norms have significant influence on the use of family planning methods among women of child bearing age in Ogbomosho North Local Government, Oyo State Nigeria.

Key Word: Factors, Family planning methods, Influence, Use, Women of child bearing age.

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I. Introduction

The Practice of traditional birth control method in rural communities in Nigeria dates back to the oldest rural settlement, but the introduction of modern family planning is a recent development. Studies have shown that there is generally low level of acceptance of modern contraceptives in Nigeria especially in the rural communities (Orji 2007). Anna and Nassoro (2006), observed that in the developing countries, the proportion of couples using modern family planning methods either for spacing or limiting births has been increasing from 9 to 60 percent in a span of forty years until recently. Such encouraging figures have led some to claim that research in family planning is no longer a global issue or priority and that a sufficient choice of safe and effective method is already available. This view ignores the reality that over 120 million couples do not use contraceptives despite wishes to space or limit their child bearing and that a further 300 million are dissatisfied with the methods they use. Bill and Melinda (2011) reported that despite the popular attention which modern family planning has gained and its importance to the society, its practice in many part of Nigeria is still backward. Anna and Nassoro (2006) documented that many rural mothers still prefer traditional birth control methods to modern contraceptive methods.

II. Material And Methods

This study was carried out among women of child bearing age in Ogbomoso North Local Government Ogbomoso Nigeria. A total of 200 respondents who attended antenatal clinics in the two teaching hospitals during the period of the study were included in the study.

Study Design: The descriptive research of survey type was employed to gather information from the respondents for the study.

Study Location: The study was carried out in the two teaching hospitals in Ogbomoso North Local Government Oyo State, Nigeria. These are Ladoke Akintola University Teaching Hospital and Bowen University Teaching Hospital Ogbomoso.

Study Duration: 7th September 2015 and 9th October 2015

Sample size: 200 patients

Sample size calculation: The total enumerations of all the pregnant women that attended the antenatal clinic of the two teaching hospitals during the period of the study and had used at least one method of family planning were included in the study. A total number of 140 respondents were selected from Ladoke Akintola University Teaching hospital while 60 respondents were selected from Bowen University Teaching Hospital Ogbomoso Nigeria.

Subjects and selection method: The researcher visited the antenatal clinics of each of the hospitals and interacted with the pregnant women attending the clinic. Consequently, 200 respondents were selected from the two hospitals.

Inclusion: criteria:

1. Married women that attended the antenatal clinic in the two hospitals at the time of the study.
2. Married women who have used at least a method of family planning for pregnancy prevention.

Exclusion criteria:

1. Unmarried women.
2. Women who have never used any method of pregnancy prevention at the time of the study.

Procedure methodology:

Informed consent was obtained from the authorities of the two teaching hospitals after which a well designed questionnaire was handed to each of the respondents. Each item on the questionnaire was duly explained to the respondents and questions and clarifications were made. Before participating in the study, all the participants were duly informed of the importance of the study and their participation was voluntary. The researcher and the research assistants assisted the non educated respondents to interpret and fill the questionnaires. The instrument consists of two sections A and B. Section A sought for the demographic data of the respondents while Section B was tailored in line with the variables of interest in the research questions and hypothesis. The responses was indicated on a four point likert scale format type of strongly agree, agree, disagree and strongly disagree. The questionnaires were filled and collected back immediately from the respondents.

Statistical analysis:

Data were processed using Statistical Package for Social Sciences (SPSS) version 23. The data collected was coded analyzed and subjected to statistical analysis of frequency count and percentage to analyze the demographic data of the respondents while an inferential statistics of chi square was used to analyze the operational hypotheses at 0.05 level of significance.

III. Result

Socio-demographic data

Table no 1: Shows the frequency distribution and percentages counts of the respondent's socio-demographic data.

S/N	Variables	Frequency	Percentage (%)
1	Gender		
	Male	-	-
	Female	200	100%
	Total	200	100
2.	Age Range		
	16-25years	19	9.5%
	26-35years	109	54.5%
	36-45years	41	20.5%

	46years old and above	31	15.5%
	Total	200	100
3.	Religion		
	Christianity	184	92%
	Islam	16	8%
	Others	-	
	Total	200	100

Table no 1 shows that all the respondents were female of child bearing age 200 (100%). Among the respondents, the highest age range fell between 26-35 years 109 (54.5%) and the lowest fell between 16-25 years. Also, the highest respondents were Christians 184 (92%) while Muslims were 16 (8%).

Testing of Hypotheses

H₀1: Religion will not have any significant influence on the family planning methods among women of child bearing age in Ogbomoso North Local Government

Table no 2: Shows the Chi square analysis on family planning method and religion

SN	ITEMS	SA	A	D	SD	ROW TOTAL	DF	CAL VALUE	TABLE VALUE	REMARKS
1.	My religion's support for Family Planning made me to use it	92	77	24	7	200				
		46%	38.5%	12%	3.5%					
2.	My religion frown at certain methods of family Planning such as contraception	26	82	64	28	200				
		13%	41%	32%	14%					
								9	151.2	16.9
	Rejected									H ₀
3.	My religions support the use of natural family planning methods	77	76	34	13	200				
		38.5%	38%	17%	6.5%					
4.	My religion does not support abortion and that why I use family planning	128	62	8	2	200				
		64%	31%	4%	1%					
	Column Total	323	297	130	50	800				

@ 0.05 , alpha level of significance

The findings from table 2 showed that the calculated chi-square of 151,2 against the critical X² value of 16.92 at 0.05 level of significance with the degree of freedom of 9. Hence the stated hypothesis is rejected because the calculated value of 151,2 is greater than the critical X² value of 16.92. This means that religion has a significant influence on the family planning methods among women of child bearing age in Ogbomoso North Local Government.

H₀2: Health risk will not have any significant influence on the family planning methods among women of child bearing age in Ogbomoso North Local Government.

Table no 3: Shows the Chi square analysis on Family Panning and health risk

SN	ITEMS	SA	A	D	SD	ROW TOTAL	DF	CAL VALUE	TABLE VALUE	REMARKS
5.	Family planning use results in infertility.	23	55	130	50	200				
		11.5%	27.5%	65%	25%					
6.	Family Planning use result in changes in bleeding pattern	27	136	25	12	200				
		13.5%	68%	12.5%	6%					

							9	139.6	16.9	H ₀
Rejected										
7.	Family planning use results in weight gain	32 16%	130 65%	32 16%	6 3%	200				
8.	Family planning use increases the risk of vagina or pelvic infection	25 12.5%	69 34.5%	80 40%	26 13%	200				
Column Total		107	390	229	110	800				

@ 0.05 alpha level of significance

The findings from table 2 showed that the calculated chi-square of 139.6 against the critical X² value of 16.92 at 0.05 level of significance with the degree of freedom of 9. Hence the stated hypothesis is rejected because calculated X² value of 139.6 is greater than the critical X² value of 16.92. This means that health risk has a significance influence on the family planning methods among women of child bearing age in Ogbomosho North Local Government.

H₀3: Partners involvement will not have any significant influence on the family planning methods among women of child bearing age in Ogbomosho North Local Government

Table no 4: Chi square analysis on family planning methods and partner involvement/approval

SN	ITEMS	SA	A	D	SD	ROW TOTAL	DF	CAL VALUE	TABLE VALUE	REMARKS
9.	Consent between couple is very essential before adopting a method of family planning	130 65%	68 34%	2 1%	-	200				
10.	Partner's preference should be considered before choosing a family planning method	96 48%	88 44%	14 7%	2 1%	200				
Rejected										
11.	Women do not engage in family planning because their husbands may not support it	38 19%	114 57%	41 20.5%	7 3.5%	200				
12.	My husband support my preferred family planning method	95 47.5%	90 45%	10 5%	5 2.5%	200				
Column Total		359	360	67	14	800		9	116.4	16.9 H ₀

@ 0.05 alpha level of significance

Table 2 shows that the calculated chi-square of 116.4 against the critical X² value of 16.92 at 0.05 level of significance with the degree of freedom of 9. Hence the stated hypothesis is rejected because calculated X² value of 116.4 is greater than the critical X² value of 16.92. This means that partner involvement/approval has a significant influence on the family planning methods among women of child bearing age in Ogbomosho North Local Government Oyo State Nigeria.

H₀4: Effectiveness of the method will not have any significant influence on the family planning methods among women of child bearing age in Ogbomoso North Local Government.

Table no 5: Chi square analysis on family planning methods and effectiveness

SN	ITEMS	SA	A	D	SD	ROW TOTAL	DF	CAL VALUE	TABLE VALUE	REMARKS
13.	Modern family planning methods are more effective than traditional method.	97	88	10	5	200				
		48.5%	44%	5%	2.5%					
14.	Believe of ineffectiveness of traditional method of family planning prevent women from using it	47	118	27	8	200				
		23.5%	59%	13.5%	4%					
								9	48.2	16.9 H ₀
	Rejected									
15.	Most modern contraceptives are very effective and reversible	80	106	9	5	200				
		40%	53%	4.5%	2.5%					
16.	The effectiveness of contraception increases when they are used correctly	85	108	5	2	200				
		42.5%	54%	2.5%	1%					
Column Total		309	420	51	20	800				

@ 0.05 alpha level of significance

Table no 5 shows that the calculated chi-square of 48.2 against the critical X² value of 16.92 at 0.05 level of significance with the degree of freedom of 9. Hence the stated hypothesis is rejected because calculated X² value of 48.2 is greater than the critical X² value of 16.92. This means that effectiveness has a significance influent on the use of family planning methods among women of child bearing age in Ogbomoso North Local Government

H₀5: Cultural norms will not have any significant influence on the family planning methods among women of child bearing age in Ogbomoso North Local Government.

Table no 6: Shows the Chi square analysis on Family planning methods and cultural norms factors.

SN	ITEMS	SA	A	D	SD	ROW TOTAL	DF	CAL VALUE	TABLE VALUE	REMARKS
17.	Cultural norms such as community norms, religious belief and gender role influenced my choice of family planning method	30	78	65	27	200				
		15%	39%	32.5%	13.5%					
18.	Cultural norms prevent many women from making individual decision about family planning methods	29	118	41	12	200				
		14.5%	59%	20.5%	6%					
								9	145.3	16.9 H ₀
	Rejected									
19.	My culture encourages	23	31	88	58	200				

women to have many children and thus discourages family planning in my culture	11.5%	15.5%	44%	29%	
20. Family wealth is measured by the number of living children and thus discourages family planning in my culture	16	37	82	65	200
	8%	18.5%	41%	32.5%	
Column Total	98	264	276	162	800

@ 0.05 alpha level of significance

Table no 2 show that the calculated chi-square of 145,3 against the critical X^2 value of 16.92 at 0.05 level of significance with the degree of freedom of 9. Hence the stated hypothesis is rejected because calculated X^2 value of 145.3 is greater than the critical X^2 value of 16.92. This means that cultural norms factors has a significant influence on the use of family planning methods among women of child bearing age in Ogbomoso North Local Government.

IV. Discussion

The result of the findings of hypothesis one shows that religion has a significance influence on the use of family planning methods among women of child bearing age because the calculated X^2 valued (151.2) > critical X^2 value (16.92) alpha level of significance and degree of freedom of 9. This is in agreement with Osuafor and Mturi (2013) who documented that there is sufficient evidence that religious belief have an influence on contraceptive use in Nigeria. Campbell (2015) opined that the Roman Catholics Church has disallowed artificial contraception for as far back as one can historically traced. Such act are considered intrinsically disordered because of the belief that all licit sexual acts must be both unitive (express love) and procreative(open to procreation). The only form of birth control permitted is abstinence. Additionally, Matt (2013) said that the fundamental question that must be answered is whether a particular form of birth control functions purely as a contraceptive or whether it has abortive intention or potential. If a particular method terminates or potentially terminates life, Christians must be concerned. As a result, Christians have a responsibility to know the effects and potential effects of all forms of contraception they may use. Surgical and chemical abortions and some morning after pills are intentionally abortifacient (purposefully abortive) and should then be universally rejected.

However, with respect to contraception, Muslim scholars universally accept the legitimacy of a hadith (or one of the collected sayings of Prophet Mohammed) in which the Prophet when asked, noted that withdrawal is permissible, for “if God wanted to create something no one could avert it. By analogy, this has been interpreted to imply that all nonpermanent methods are in keeping with Islam (Underwood 2000).

The result of the findings of hypothesis two shows that Health risk has a significance influence on the use of family planning methods among women of child bearing age because the calculated X^2 valued (139.6) > critical X^2 value (16.92) at 0.05 alpha level of significant and degree of freedom (df) of 9. This is in agreement with Chipeta, Chimwaza, Kallilani and Phiri (2010) that most married men from rural Malawi claimed that they are against the use of family planning methods because it causes a lot problem. Most men indicated that they are irritated with the prolonged menstruation which usually occurs in women using Depo-provera (injectable) because less time is available for sex. Some female respondent indicated that they do not use family planning methods because of fear of side effects like prolonged menstruation, heart palpitation and obesity. Taylor (2014) reported that the most common side effects associated with hormonal contraception include weight gain, headaches, dizziness and nausea. Less common but more serious side effects include stroke, blood clots and ectopic pregnancy.

The result of the findings of hypothesis three showed Partner’s involvement has a significance influence on the use of family planning methods among women of child bearing age because the calculated X^2 valued (116.4) > critical X^2 value (16.92) alpha level of significant and degree of freedom of 9. Olaitan (2009) said that partner’s preference is very crucial when choosing the method of family planning among couples. Some men do not like using condom, thereby making birth control pill a better choice for preventing unwanted pregnancy. Also, Chipeta et al (2010) found out that majority of women in rural Malawi were not using any method of contraceptive to prevent pregnancy as a result of inadequate knowledge and partner’s refusal. Husband’s approval was found to be a determinant of women’s intention to use modern family planning

methods. Most of the women reported that while they saw the importance of using modern family planning methods, using these methods depended mostly on their husband's approval. This is because of the authority that men have over household decisions and the high regard that wives have for their husband which is the case in most culture.

The result of the findings of hypothesis four shows that effectiveness has a significance influence on the use of family planning methods among women of child bearing age because the calculated X^2 valued (48.2) > critical X^2 value (16.92) alpha level of significant and degree of freedom (df) of 9. Taylor (2014) documented that natural family planning is among the least effective at preventing pregnancy according to the National Women's Health Information Centre. Out of 100 women who use natural family planning approximately 25 will become pregnant. Also, Chipeta et al, (2010) stated that only a few people in rural Malawi still use traditional family planning methods unlike in the past when they were used widely. This result indicates that people prefer modern family planning methods because they are more effective than traditional methods.

The result of the findings of hypothesis five shows that cultural norms has a significance influence on the use of family planning methods among women of child bearing age because the calculated X^2 valued (145.3) > critical X^2 value (16.92) alpha level of significant and degree of freedom (df) of 9. . This is in agreement with Olaitan (2009), who documented that cultural norms are the most important factor influencing the choice of family planning among couples and t his includes: community norms, religious belief and gender role. Community norms also prescribe how much autonomy an individual has in making family planning decisions. Household and community influence can be so powerful that they can obscure the line between individual desires and community norms. For instance, in some culture, many women reject contraception because bearing and raising children is the path to respect and dignity in the society. People are often unaware that such community norms influence their choices.

V. Conclusion

The study concluded that religion, health risk, partner's involvement, effectiveness and cultural norms influence the choice of family planning methods among women of child bearing age in Ogbomosho North Local Government Area, Oyo State Nigeria

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