

Factors Affecting the Utilization of Family Planning Among Women of Child Bearing Age in Nguru Local Government Area of Yobe State

M. N Alamai¹, H. M Dadile² and B. Ibrahim³

¹Department of Health Promotion and education, College of Health science and Technology Nguru. ² Department of Nursing, Shehu Suleh College of Nursing and Midwifery, Damaturu., ³Department of Health Promotion and education, College of Health science and Technology Nguru.

Phone Numbers: ¹ 08062276666, ² 08064353136, ³ 08065476469

Correspondence to

Alamai4sure@gmail.com and abubakardadile@gmail.com

ABSTRACT

This paper is aimed to find out factors affecting the utilization of family planning among women of child bearing age in Nguru local government area of Yobe state. Three objective and three research question were drawn for the study and survey research design was adapted cluster sampling techniques was used to select three hundred respondents from six major wards in Nguru local government area of Yobe state. Data collection was through self-structure questionnaire. The data collected were analyzed using frequency count and percentage. The findings reveals that socio economic factor is the major factor affecting the utilization of family planning among women of child bearing age, abandoned children is the major consequence of rejecting/non acceptance of family planning among couple. The research further reveals that community health program is the most effective way to educate couples on the importance of family planning. Based on the findings of the study, it was recommended among other things that government at all levels should lay more emphasis on community health program to educate couples on the benefit of family planning among women of child bearing age in Nguru local government area Yobe state.

Keywords: factors, affecting, utilization, family, planning and women.

1.0 Introduction

The inception of family planning in Africa must be traced back to 1950 as a result of some major problems which include abandoned children, increase of incidence of unwanted pregnancy and abortion which occurs at alarming rate. This led to the establishment of family planning clinic in 1958. However, the clinic got folded up due to the lack of fund (Buzeh 2006). In response to the new Global trends in family planning and reproductive health practice in Nigeria, Federal Ministry of Health in collaboration with Family Health International reviewed the 2004 National Planning Reproductive Health Service Protocols. The Federal Ministry of Health Commissioned a task team to review this document aimed at providing guidance to the delivery of quality reproductive health service in Nigeria. The team reviewed the documents in line with global best practice and 2008 WHO Medical Eligibility Criteria (MEC).

According to WHO, 2012 the federal government of Nigeria approved the national policy on population for unity progress and self-reliance? The reviewed policy was designed to improve the standard of living and quality of life of the people, promote maternal and child reproductive health through the reduction of birth rate by voluntary fertility regulation methods. The success of such approach therefore requires a well-articulated program of information, education and communication directed to men, women of childbearing age and vulnerable group, as such family planning reduces maternal mortality rate in most part of the world especially Africa. However, family planning is a way by which couples achieve pregnancy by choice not by chance. As reported by Oloko, dunope (2006), the couples have the ability to decide how many number of children they want to have, and how to space them. Meanwhile, the study aimed to examine the factors affecting utilization of family planning among women of child bearing age in Nguru local

government area of Yobe state and to address the growing need for the people to understand the benefit of family planning among women of child bearing age. Therefore, this has become the order of the day because over population and poverty is said to be related to issues of poor birth control, with increased in population which lead to social and economic problems such as crime, poverty, and high rate of illiteracy. Osemwenke further stated that it is likely that the utilization of family planning service can alter the population growth rate reports have shown that contraceptive knowledge, and usage is very low in Nigeria hence the reason for the high fertility and increased population.

The National Survey of Family Growth (NSFG) (2002) reported that 41.7% of women 15 to 44 years of age received at least one family planning service from a medical care provider. This percentage is not as alarming as it might appear at first glance, because some of the women who did not seek family planning services already were pregnant, seeking to become pregnant, or infertile because of sterilization or other reasons. Nevertheless, this rather low percentage suggests that some women are not either planning their pregnancies deliberately or because they are experiencing problems, obtaining family planning services. The growth rate in Nigeria is estimated to be between 2.5-3.0% increasing per annum currently estimated to 190million persons and is expected to reach 338million persons by 2050, which pose various problems for economic growth and development in the country.

Moreover, this study will provide relevant data to individuals, family, community, government and non-governmental organizations on the importance of family planning by educating and creating awareness on consequences of population explosion and to address the need for

people to understand the benefits of family planning among women of child bearing age in the said locality. It will help to assess the knowledge of women on importance of family planning and recommend ways of educating couples on importance of family planning.

2.0 Methodology

The study was conducted at Nguru local government area of Yobe state and the research was a case study where three hundred questionnaires was administered to the respondents at the six wards in the area (Bulabulin, Hausari, Sabon Garin Kanuri, Tsohon Nguru, Garbi Bomburi, Balanguwa and Majakura(, where 50 questionnaires was administered to each ward at random irrespective of gender. Meanwhile, the questionnaires were drawn in such a way that the respondents would provide information on the factors affecting the utilization of family planning in the area. However, the data obtained was subjected to descriptive statistics by taken the percentage employ the used of survey research design. According to Njodi and Bwala (2004), a research in health education could be carried out using either the survey or experimental design. The choice of survey method is justified based on the fact that each respondent was treated as an independent variable and each opinion was recorded and

measured. The target population comprises (300) respondents on six major ward in Nguru Local Government i.e. 50 respondents were selected from each of the ward using cluster sampling technique. The instrument used for the collection of data is a self-structured questionnaire. Frequency count and percentage were used to analyze the data obtained and results are presented in tables.

3.0 Result and Discussion

The demographic characteristics of the respondents revealed that female have the high percentage compare to male with a value ranged between 18.3 to 81.7% respectively (Table 1). This means that more than 80% of the respondents in terms of family planning issues are female and less than 20% of male responds in this study. Meanwhile, the age group of the respondents ranged between 25 to 40 years. However, majority of the respondents are within the age of 30 - 35 years with the high percentage of 38.3% , followed by 31.7% and 30% in the age group of 25 -30 and 35-40 years respectively (Table1). Nevertheless, the result of the marital status reveals that more than 80% of the respondents are married and only 15% were recorded as divorced (Table 1)

Table 1: Shows the Demographic Characteristics of the Respondents in Percentage (%)

Variables	Frequency	Percentage (%)
Male	55	18.3
Female	245	81.7
Age		
25-30	95	31.7
30-35	115	38.3
35-40	90	30
Marital Status		
Married	255	85%
Divorced	45	15%
Total	300	100%

The totaling of frequency and percentage for gender and age distributions are 300 and 100% respectively

The results in Table 2 reveals that factors affecting the utilization of family planning among women of child bearing age in Nguru Local Government, Yobe State are religions, socio- economic level and lack of awareness in that, 38.3% of the family planning process are affected by socio-economic factor such as poverty, lifestyle, environment, culture and tradition (Table 2). Similarly, agreed with the report of United Nation (2009) that many couples give birth by chance not by choice as a result of poverty and lack of awareness. Meanwhile, the other factors affect the utilization of family planning in this study are religion and lack of awareness whereas their values ranged between 30 – 31.7% in religion and lack of awareness, which means that 30% of the factor affecting the utilization of family planning in the area was as a result of religions point of view and 31.7 % was due to lack of awareness (Table 2). Therefore, with this, the inhabitants should try to adopt all necessary majors that would help to improve the living standard of their family with regard to family planning protocol.

Moreover, the consequences of rejecting/non-acceptance of family planning among women of childbearing age in Nguru Local Government Area of Yobe State shows that 41.6% of the consequences resulted to abandoned children on the street thereby becoming irresponsible, hopeless and jobless in the society and this contribute to criminal and illegal attitude by some of the people in the area (Table 2). However, rejection of family planning among women of childbearing age contributes to population growth with 31.7% and followed by unprepared pregnancy 26.7% respectively (Table 2). This is similar to what was reported by UNICEF (2014), that about 38 million children ran away from their homes or have been abandoned on the street. Meanwhile, majority of the impact of family planning in the study area was due effective ways of educating couples on the importance of family planning in the study area. Where, 50%of the success was through community health program, followed by health education and mass media with 33.3% and 16.7% respectively (Table 2). This is consistent with the findings of Carubaraban, (2016) , An In-depth inquiry into family planning values, beliefs and practices.

Table 2: Shows the Percentage of the Factors affecting the Utilization of Family Planning, Consequences and levels of Awareness

Factors	Frequency	Percentage (%)
Religion	95	31.7
Socio-economic	115	83.3
Lack of awareness	90	30
Consequences		
Population	95	31.7
Abandoned children	125	41.6
Unprepared pregnancy	80	26.7
Awareness		
Health Education	100	33.3
Community Health Program	150	50
Mass Media Campaign	50	16.7
Total	300	100

Conclusion

Based on this study, the following conclusions were drawn:

- * Socio-economic factor is the major factor affecting the utilization of family planning among women of childbearing age in Nguru Local Government Yobe State.
- * Abandoned children are the commonest consequences of rejecting/non-acceptance of family planning.
- * Community health program is the most effective way to educate couples on importance of family planning.

5.0 Recommendation

- Government should lay more emphasis on community health program to educate couple on the importance of family planning.
- * Clergies/religious leaders should preach to their followers on every occasion with regard to the position of family planning based on their true religious perspective.
 - * Family planning commodities should be widely available and cheaper cost, affordable to every couple interested in planning their children.
 - * Government should provide family planning clinics and employment of contraceptive specialist at all level to bestow confidence in couples to

participate in family planning.

- * Government should provide more employment opportunities so that couples may have access to family planning economically

Reference

- Buzeh, A. (2006) *the effect of an Education campaigns programmed In promoting participation of couples in Family Planning Method*
- Bwala, D. W. and Njodi I. A. (2004) *Skills and Technics of Reporting Research Outcomes in Health Education*. Awe mark Industrial Publishers.
- Oloko, S. D. (2006) *Family Planning Cultural and Religious Perspectives: Vol. 8*. No. 6969-976-2006
- Tiblani V. O. (2008) *Understanding the Benefits of Family Planning Among Women of reproductive age*, Faculty of Family Medicine, University of Ibadan Teaching Hospital Publication.
- UNICEF (2014). *The state of the World's Children*: Retrieve March 1, 2015 from <http://www.unicef.org/soweg/report>
- United Nations (2009): *World Population Project 2011*, Revision Vol. 1.
- W.H.O (2008) *Family Planning Services Through Medical Eligibility Criteria*.
- NSFG {2002) *The National survey family planning Growth*