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### Hindrances to effective usage of family planning methods among women in Adamokolo Lokoja Urban area of Kogi state, Nigeria

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#### A B S T R A C T

The research work deals with the factors that hinder the effective use of family planning methods among women in Adankolo. The purpose of the study was therefore to find out how knowledgeable the women in Adankolo were concerning family planning methods: to find out the various family planning methods they patronized, factors that hinder the effective usage of family planning methods among women in Adankolo and the non utilization. The study was a survey and the population constituted of all the women in Adankolo who are of child bearing age. The sample consisted of one hundred and fifty respondents were sampled using simple random sampling. The researcher used questionnaire consisted of respondents' knowledge, attitude and behaviour towards the factors that hinder the effective usage of family planning methods. That was analyzed using means and standard deviations. The finding shows that the women were knowledgeable about family planning methods that they use most of the methods available. However quest for male child and religious objection hinder them from fully utilizing the methods. Finally the women observed that non utilization of family planning methods result to sickness to the child. It was recommended that government and non government organizations should beef up campaign for use of family planning methods.

#### Introduction

The effect of rapid population growth on the quality of life in various countries is largely responsible for the growing emphasis on the need to reduce fertility rates. In many cases, family planning method has been adopted for this purpose. Family planning is now being increasingly accepted as a necessary ingredient of socio- economic development.

Many African leaders now accept family planning as an important health measure contributing to the health of mothers and children. Family planning was attracted much attention in Nigeria today due to its relationship with population and national development. W.H.O (2007) also stated that family planning allows individuals and

couples to anticipate and attain their desired number of children and the spacing and timing of their births. It is achieved through use of contraceptive methods and the treatment of involuntary infertility.

A woman's ability to space and limit her pregnancies has a direct impact on her health and well-being as well as on the outcome of each pregnancy. In other words, family planning is voluntary, and available methods of contraception (previously referred to as birth control) can be customized to individual needs with a range of methods acceptable to all and effective if used correctly.

Family planning applies only to married women and indicates those who say they prefer to avoid a pregnancy but are not using any method of contraception. That number is a stunning 215 million women globally.

According to Eze (2010), family planning is an organized effort to assist people to have the number of children they want to space them as they choose. The planned parenthood federation of Nigeria (PPEN) in an article "Road to the health of methods" 30<sup>th</sup> July, 1992 sees family planning as a way by which individuals, couples and families exercise their basic right in family planning formation processed, to improve their living standard.

According to Encyclopedia- American (2008) family planning is the planning of when to have children and the use of birth control and other techniques commonly used sex education and management, and infertility management. Family planning has attracted much attention in Nigeria today due to its relationship with population and national development. Family planning has been defined in different.

## **Materials and methods**

### **Study area**

Kogi state in Nigeria is one of the State in North-Central Geographical Zones (also called middle belt region). This former capital of Nigeria lies between latitude 7.490N and longitude 6.450E. it is located at famous hills like Ososo Hills, which spread from Edo State to the western part of Kogi State and Aporo hill on the eastern part of Kogi. Another famous mountains is at about 750 meters above sea level (Lokoja Town a social survey of 19<sup>th</sup> century) as an urban area, it contain numerous neighbourhood which Adankolo residential layout Lokoja is one of them.

### **Population**

Population of Kogi State increased by 63.66 percent, over some twenty eight years i.e from 1,2882 in 1963 to 2,099, 046 in 1991. The spatial distribution of the population by local government area reveals that the first five local government areas which had the highest proportion of population in 1963 are also the same ones with the highest population figures in 1991, though not in the same order or ranking. According to the population to a 2011 release the national population commission is 3, 314,043-male, 1672,903 female 1, 641, 140.

### **Vegetation**

The vegetation of the State consists on milked leguminous (Guinea) wood land to forest Savannah wide expanse of fadance in the river basin and southern belt in the State. On the other side vegetation, Lokoja contains little or no natural and artificial plants. This is because during planning and erection of structures under low level of technology adequate consideration was not taken on the land scoping which also is a factor of city aesthetic as well as for adequate oxygen.

### **Climate**

In the content climate, West African has wet and worn atmospheric condition. Generally Nigeria including Kogi and other States in the climate description is worm and north central of the country has two rainfall maxima, one in June and other north central of the country has two rainfall maxima, one in June and other in October with a short dry spell in August. Kogi state has an average maximum temperature of 33.2° and minimum of 22.8c° Lokoja, the State capital as generally hot through the year annual rainfall ranges from 1016mm to 1524mm.

### **Soil**

Kogi State is dominantly an area of tertiary sand and clay, though these economic improvement activities are mostly attributed to the economically activities population.

### **Relief**

The study area lies on a vertical stand at about 750 meters above sea level.

### **Results**

#### **Research Question One.**

How knowledgeable are the women of Adankolo about the concept of family planning?

Table 1. Source of the knowledge of family planning

<i>S/N</i>	<i>ITEM</i>	<i>SA</i>	<i>A</i>	<i>D</i>	<i>SD</i>	<i>X</i>	<i>SD</i>	<i>RM</i>
1	The Radio , T.V	50	40	30	30	2.7	0.7	A
2	By attending antenatal clinics	60	45	45	-	3.1	0.8	A
3	During the women in my village	55	42	29	24	2.8	0.7	A
4	By my friend	58	40	35	17	2.9	0.8	A
5	When I was in school	70	30	20	30	2.9	0.8	A
6	My husband introduce me to it	56	40	20	25	2.9	0.8	A
7	No knowledge at all	20	30	26	74	1.9	0.8	D
	Grant means					2.7		

From the above table, item 1 to 6 means of 2.7, 3.1, 2.8, 2.9, and all above 2.5. This indicates that all the respondent agreed to item 1 to 6 but item 7 has a mean of 1.9 which is below the

### **Human Activity**

The majority of the people are farmers. The state is abundantly blessed with fertile lands and good climate conditions. Some of agricultural produce from Kogi State includes Yam, Cassava, Soya bean, Cocoyam, Maize, Millet, rice guinea corn, Palm produce and cowpea.

### **Method of Data Analysis**

Data analysis is the breakdown and ordinary of the quantitative information gathered through the researcher works. It also involves determination of levels of association and relationship among data presented.

The data were analyzed using means and standard deviations. The various responses were tallied and put into frequency table. The means, grand means and standard deviations were obtained.

criteria means indicating that the respondent disagreed with item. However, the ground means of item 2.7 above criteria mean and show that the decision of all the respondents is positive. This indicates that they all agreed that the woman of Adankolo are knowledgeable about the concept of family planning. Moreover, the same table shows that the standard deviations of item 1-6 are 0.7, 0.8, 0.7, 0.8, and 0.8 respectively indication variation in the frequency of their knowledge.

### Research Questions 2

What are the methods of family planning used by these women?

Table 2: Family planning methods.

<i>S/N</i>	<i>ITEM</i>	<i>SA</i>	<i>A</i>	<i>D</i>	<i>SD</i>	<i>X</i>	<i>SD</i>	<i>RM</i>
8	Abstinence	70	55	20	5	3.3	0.8	A
9	Injectable	85	50	20	4	3.6	0.9	A
10	The IUD insertion method	80	50	15	5	3.4	0.9	A
11	The oral methods	65	60	25	0	3.3	0.9	A
12	The Norplant implants	45	75	20	10	3.0	0.8	A
13	Billing ovulation methods	95	45	10	0	3.6	0.8	A
14	Condoms	50	70	25	5	3.1	0.8	A
	Grant mean					3.3		

Table 2 above shows that all the items have means of 3.3, 3.6, 3.4, 3.3, 3.0, 6 and 3.1 respectively and that all of them were above criteria mean of 2.5. it indicates that all the 7 items were the common methods used by these women in Adankolo.

### Research Question Three

What are the factors that prevent the effective use of the family planning methods in Adankolo?

#### FAMILY PLANNING

<i>S/N</i>	<i>ITEM</i>	<i>SA</i>	<i>A</i>	<i>D</i>	<i>SD</i>	<i>X</i>	<i>SD</i>	<i>RM</i>
15	My husband is against it	40	60	35	25	2.9	0.8	A
16	The Premium placed on male issue.	55	75	18	2	3.2	0.9	A
17	My religion forbid it	73	52	17	8	3.2	0.9	A
18	I want a large family	41	62	30	17	2.8	0.8	A
19	I love children	30	75	27	18	2.8	0.8	A
20	Children are gift from God I cannot stop them	57	73	14	6	3.2	0.9	A
21	I like the honourable rites confined on women many children in my village	20	30	75	25	2.3	0.7	D
	Grant mean					2.9		

Table 3 above presents the item with means of 2.9, 3.2, 2.8, 3.2, 2.8, 2.8, 3.2 and 3.0 respectively. All are above criteria of indicating that the respondents agreed with each of the first six items. Item had a means indicating that most of the respondents disagreed with the item. The grand mean however, is 2.9 which is above criteria means. Conclusively then, all the respondent

agreed with the items indicating that the women of Adankolo cannot effectively practice family planning methods.

### Research Question Four

What are the effects of non utilization of the family planning methods in Adankolo?

**Table.4** Effect of non utilization of family planning methods

<i>S/N</i>	<i>ITEM</i>	<i>SA</i>	<i>A</i>	<i>D</i>	<i>SD</i>	<i>X</i>	<i>SD</i>	<i>RM</i>
22	To have too many children whom cannot fee properly	75	50	22	3	3.3	0.8	A
23	To send my children to be home helps	78	55	14	5	3.3	0.8	A
24	Sickness most of the time	80	53	17	0	3.4	0.8	A
25	The death of many of my children	57	70	18	7	3.2	0.9	A
26	Financial problems due to constant illness	45	67	29	9	2.9	0.8	A
27	The trouble of looking after too many children	55	67	20	8	3.1	0.8	A
28	A lot of stress, always week and easily tried	45	50	35	20	2.8	0.8	D
	Grand mean					3.1		

The 4 shows all the items with means of 3.3, 3.3, 3.4, 3.2, 2.9, 0.8 and 8.8 respectively all are above criteria mean of 2.5. this indicates that all the respondents agreed with all the items testing research question four. Their grand mean of 3.1 is greater than the respondents agreed that all the items are appropriated effects of non utilization of family planning method on these women in Adankolo.

### Findings

1. The women in Adankolo are knowledgeable about family planning methods.
2. The women adopted most of the modern family planning method with injectables and billings ovulation methods ranking highest.
3. The major factors that hinder family planning in the area of the study are premium placed on male issues, religion and children being seen as gifts from God.
4. Non Utilization of family planning has many effects including children getting sick most of the times.

### Discussion

On how knowledge are the women in Adankolo of child bearin, investigation, revealed that these women of Adankolo have adequate knowledge of family planning methods but inspite of the high level of awareness of family planning methods among these women of Adankolo in Lokoja, they are yet to achieve the aims and objective for which it was introduced. The government and other organizations like the Planned Parenthood Federation of Nigeria have done much work in creating the awareness of this programme through the Radio, T. V using health workers to talk to the women in Antenatal clinics and also women teachers in their women forum like women meetings. It further revealed

that a good percentage of the women heard about family planning through a friend and others were taught while still in school and the remaining group were introduced to family planning method by their husbands, and those who have no knowledge about the family planning methods, the advantage and disadvantages of each methods of each methods of contraception are very few, so became insignificant on the study.

From the table (1) the methods of family planning used by these women in Adankolo, include Abstinence, injectables, the oral contraceptive, the IUD's the Norplant, Implant, condoms by their husband and billings ovulation methods. Table (2) findings in this research show that the oral pills and the injectable are mainly in use by these women in Adankolo because they have low failure are and are easy to understand and use, and also no one will know that you are using it, the Norplant implant are used by highly educated women. The IUD's are used by about of the women especially those that deliver their babies through caesarian sections. Billings ovulation methods are also widely used by these women in Adankolo. This is because of the teaching they had heard in their churches; so condemned the use of any other form of contraceptive as sinful. The condom are used mainly by the men which they prefer to buy at the chemist shop. The women also buy them for their husbands which they use most of the time.

Investigation on the factors that prevents the effective use fo the family planning methods by the women in Adankolo of child bearing age revealed that husbands influence on their wives are great. Most husbands who are the only son of their parents desire to have as many children's as possible who would like to have as many children as possible. In Igala Tradition, the premium

place on male child is very significant that is to say that the position of a male child is higher than that of a female child, so most of these women in Adankolo sampled in this study revealed that they will not accept any form of contraceptive until they have gotten the number of male children they desired. This is important to them because if they fail to give birth to make children, their husbands who would not like their names and properties to die with them will go and marry another wife that will bear them sons. Some people especially religious fanatics rejects family planning, investigation revealed that some of these women of Adankolo in Lokoja still holds tenaciously then to the teachings heard in their churches that family planning is against God's injection and world increase and multiple and fill the face of the earth. These groups of people often quote from the bible. In Nigeria today, pregnancy and child birth is God's gift and any method therefore which is adopted with the view of preventing pregnancy and child birth is rejecting God's gift; this is the view of some of these women of Adankolo in Lokoja they say " as long as god gives children they will have them and not stop them and that God who send those children will always provide for their up keep". Furthermore investigation revealed that those women who come from village where honourable rites are given to women who give birth to so many children like nine- ten children of childbearing age in Adankolo felt reluctatnt to accept family planning method because they felt that it will hinder them from being honoured of they accept it. But majority of the women in Adankolo who do not come from such villages do not support such vies rather they believe that if they accept family planning method and die that they will become barren in their next return to the earth. Finding further show in table it on the effect of non utilization of family planning methods on

these women in Adankolo of child bearing age in Lokoja have made them to have made them to malnutrition and infection. PPFN (2002) on information handbill of men and family planning have scientifically proved that more infants born by women who have already have many children are more likely to die within the first year than those born to women of fewer children, sickness of women and financial problem due to constant illness. Ojo A. O. (2003) observed that with the women frequent pregnancy, prolonged lactation, heavy work and local food customs which combined to produce continuous nutritional drain on them thereby exposing them to infection associated with pregnancy delivery and puerperium. Investigation also show hat such women are always tired and weak and not able to look often too any children in her care, this simply means that there may not be much spacing between these children and such babies may not die of malnutrition, those who survive in such homes may not have good Education, no good clothing or adequate food and no moral upbringing. Children born in such families that is unplanned tends to be used as child labour and street hawking to bring money home for the upkeep of the smaller children.

The researcher found out that the women in Adankolo have seen the need for birth control but cultural, religious and gender factors still obstruct full implementation even among the literates.

The use of modern and artificial methods of family planning is looked at with a lot of doubts and suspicious

However, the use of natural/ billings ovulation methods still pose some problems in understanding and often time's lead to unwanted pregnancies. This tends to defeat defects the purpose of birth control.

## **Recommendation**

Based on the findings of the study the following recommendations are made. Government should form” a fathers forum” in maternity homes were they will be taught the importance of family planning and improve material of child health, better spacing and better control and training of the already born children. School can organize and educate parent during the Parents Teachers Association meetings using drama and songs. Government should provide contraceptive pills injectable and condoms and also any women who reports to the clinics as a result of the adverse effect or secondary infection due to the contraceptive she is using should be treated free. The government should intensify efforts towards mass literacy campaign to be strengthened. This is because illiteracy was found to be the greatest obstacle that hinders birth control. The Adankolo women should be helped via enlightenment such as symposium and seminars in the Planned Parenthood Federation of Nigeria should intensify there awareness creation on the benefits on family to the people of male and female in the street of Adankolo, the concept of female planning.

## **Educational Implications**

The findings of these researches the implication for education as follows:

It will help health educations especially the Planned parenthood Federation of Nigeria to integrate family planning proramme in our University curriculum so that the individuals especially the youths have the knowledge of how to plan his own family and thereby reducing health consequences. Various local, state and Federal government are reminded towards providing health worker who will visit families in their homes and each them the importance of family planning

and explain to them the mode of action of each contraceptive devices.

### **Conclusion**

Having investigated how knowledgeable these women in Adankolo are, the methods of family planning they used, the factors hindering these women from effective use of family planning methods and the effect of non utilization of family planning methods on these women in Adankolo of child bearing age in Lokoja.

The result of the study has shown that demographic factors such as age of women influence fertility rate. It was discovered that the polygamous women have a higher fertility rate than other women of other marital status. It was confirmed that as women attain a higher educational level, the rate of fertility decreases.

The use of contraceptive varies over time and space. The study confirms that there is a real differential in the use of contraceptive and that there is wide variation in the use of each of the contraceptives over time. In addition, there are various factors that influence the use of contraceptive such as age, marital status, religion and educational level.

Furthermore, the use of family planning is influence by distance. It was confirmed that distance affects the number of adopters. The number decreases with increases in distance.

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