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## **Factors Affecting the Acceptability of Family Planning in Nigeria**

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### ***Abstract:***

*This research work centered on the factors that affect the acceptability of family planning in the society. Questionnaire was design for the purpose of data collection. Two hundred questionnaires were administered to people in Ekiti State University, Nigeria. Data collected were analyzed by descriptive statistics (frequency percentage distribution, pie chart, bar chart, histograms) and chi-square test was used to test for independence and it was revealed that acceptability of family planning depend on factors such as literacy, religion beliefs, education status, marital status among the rest and the effects it has on the health of users depend on gender.*

### **1. Introduction**

The widespread adoption of the family planning represents one of the most dramatic changes of the 20<sup>th</sup> century. 2011 was an exciting year for family planning as they celebrated their 75<sup>th</sup> anniversary. Family planning began in 1936, though not yet in Nigeria then, to help woman choose the size of their family and the spacing of their children.

Family planning is becoming increasingly accepted as a necessary ingredient in African socio-economic development. Many African leaders now seem to accept family planning as being important to the health of mothers and children, because it seems to be a comprehensive medical or social activity which enable individuals to determine freely the number and spacing of their children and to select the means by which this may be achieved. The need for population control has been a national and international problem. Overpopulation is doubtlessly the most serious challenge to life, health and social wellbeing.

It is necessary for human being to put emphasis on caring for children, the ability to look after them properly rather than thinking mainly about the number of children and the ability to increase birth. In order to meet this, everybody has to involve himself or herself in the system of family planning.

The importance of family planning as stated by the Planned Parenthood federation of Nigeria (PPF) includes;

- It enables individuals to determine the number and spacing of their children.
- It ensure proper upbringing of children.
- It helps in solving the problem of the high rate of infant mortality.
- It helps to solve the problem of new born babies dumped in gutters or dustbins.
- It promotes maternal health.

It is therefore important for every couple to accept family planning method and use them to archive those benefit it has for the users. Many people are aware of and use many different procedures in birth control.

However, a large percentage of the child bearing population, especially teenagers, the poor and those bound by the religion seem to lack of adequate knowledge and understanding various methods of birth control. This seems to be a factor that has led to the large increase of the unwanted pregnancies and abortions in some parts of the world.

The purpose of this study is to access the factors that affect the acceptability of family planning methods used by people or individual in the society. This is to be achieved by finding out;

- Whether citizens are aware of various types of family planning methods.
- The types of family planning methods used by men and women.
- The effectiveness of the family planning methods used.
- The effect of the family planning methods on the health of the users.
- How its objectives are being pursued and how well citizens embrace the campaign.
- Whether the use of family planning should be encouraged among women and men.

## 2. Literature Review

The primary aim of family planning and birth control is population management. Its objectives include better standard living and environment conservation. It has been adopted by many countries. The world is said to have an estimated population of over seven billion people. However, the problem of population growth can have serious consequences for the well being of humanity because available resources may become inadequate to provide the necessary social services for the general well being of the people.

Thomas Malthus, theory of the relationship between population growth and economic development still survives today. He put forward the argument in his essay on the principles of population (1798), which drew on the concept of diminishing returns. Malthus postulated that because population increases by a geometrical ratio which the means of subsistence increase by arithmetic ratio of poverty and sufferings are unavoidable. He therefore advocated that the only way to avoid this condition of chronic low level of living or absolute poverty is for people to engage in mortal resistant and “family Planning” and birth control to limit the number of their children.

The Malthusians doctrine has survived despite many counters of arguments by economist and the government of the third world countries. For many countries, however Malthus theory has encouraged serious attempt to curb population growth. The Chinese government, for example has a one child per couple as the policy which is strictly enforced. The negative side is that the China is a male dominated society; many couples kill their female babies in other to have a chance to have a male child. The result is that there is inequality in gender distribution. African scholars supported the idea propounded by Malthus. Chinumulu (1997), for instance, note that incessant and persistence rise in population will bring hardship and suffering to the people by lowering the standard of living and the only way to curb this trend is to introduce a measure which will reduce the fertility of women and their tendency to have more children. Chinemelu said that family planning will lower the birth rate.

Delano (2002) observes that the idea of family planning and of preventing pregnancy is as old as recorded history. Pregnancy can be prevented by a number of ways or methods, some of the methods employed were crude, uncomfortable and sometimes ridiculous. Sometimes some method worked purely by chance but there was no way of predicting their outcomes. Nwangero (2007) stated that there are various types of family planning methods.

## 3. Methodology

Primary data was generated through design of questionnaires and interviewers method. The questionnaire was used to samples peoples opinion about the factors that affect the acceptability of family planning in the society. The effect it has on the users and how effective is the method used by them. Two Hundred Questionnaires were administered to the people of Ekiti State University, Nigeria to obtain information as regards their believes, subscriptions on family planning and birth control.

Basic descriptive statistics and percentage distribution test were used to test which type of family planning method the society are aware of chi-square test was used for the analysis of the data.

- **DESCRIPTIVE STATISTICS:** This is the aspect of statistics that deals with the collection, organization summary presentation and analysis of data. This is distinguished from inferential statistics which deals with the determination of the types of conclusion with the degree of uncertainty attached to such conclusion.
- **PIE CHART:** It is simply a circle divide into sectors. The circle represents the totality of the data being presented and each sectorial angle is drawn proportional to its relative sides .each sectorial angle is obtained by dividing  $360^0$  in the size of the items, if the total is represented by 100% use to take 100% to be equal to  $360^0$  and thereafter work out the other percentage.
- **HISTOGRAM:** This is the plotting of the frequency against the scores. In a grouped frequency distribution, the frequency is plotted against the lower limit of the first class and the upper limits of the rest classes. The frequency is on the horizontal axis while the scores or the class interval is on the vertical axis. The height of each bar is proportional to its frequency. In histogram, the bars are joined together unlike in bar chart where the bars are separated from one another by equal interval.
- **CHI-SQUARE TEST:** Some examples of chi-square test where the chi-square distribution is only approximately valid. Pearson’s chi-square test also known as the chi-square goodness of fit test or chi-squared test of independence when the chi-square test is mentioned without any modifiers or without other precluding context, this test is usually meant for an exact test use in place of  $X^2$ .

The formula for calculating chi-square is:

$$\chi^2 = \sum \sum \left( \frac{(O_{ij} - E_{ij})^2}{E_{ij}} \right)$$

Where  $O_{ij}$  = observed frequency,  $E_{ij}$  = expected frequency

It is the Chi –square distribution with  $(r - 1)(c - 1)$  degree of freedom.

There are several types of chi-square test depending on the way the data was collected and the hypothesis being tested. We’ll begin with the simplest case: a 2 x 2 contingency table. If we set 2 x 2 table to the general notation shown below in table 1, using the letters a, b, c, and d to denote the content of cells, then we would have the following table

	<b>VARIABLE 1</b>		
<b>VARIABLE 2</b>	<b>DATA TYPE 1</b>	<b>DATA TYPE 2</b>	<b>TOTAL</b>
CATEGORY 1	a	b	a+b
CATEGORY 2	c	d	c+d
<b>TOTAL</b>	a+c	b+d	a+b+c+d=N

Table 1: General notation for a 2 x2 contingency table

For a 2x2 contingency table the chi-square statistics is calculated by the formula

$$\chi^2 = \frac{(ad-bc)^2}{(a+b)(c+d)(b+d)(c+d)}$$

#### 4. Hypothesis Statements

Here, we stated the hypotheses to be tested and then discuss the results of the different hypotheses.

- Hypothesis 1
  - H<sub>0</sub>: Response is independence of literacy.
  - H<sub>1</sub>: Response depends on literacy

Responses	Education Level		
	Literate	Illiterate	Total
Frequency Percent Row Pct Col Pct			
<b>Response</b>	5 2.50 22.73 3.23	17 8.50 77.27 37.78	22 11.00
<b>Non Response</b>	150 75.00 84.27 96.77	28 14.00 15.73 62.22	178 89.00
<b>Total</b>	155 77.50	45 22.50	200 100.00

Table 2: Table of Responses by Education Level

The Chi- square calculated value is 42.5282. Since the level of significance is 5% and the degree of freedom is 1, the tabulated Chi square value is 3.841 . As such, we shall reject H<sub>0</sub> i.e the null hypothesis since value of the calculated  $\chi^2 > \chi^2_{0.05}(1)$ . Therefore, we can now conclude that the response depends much on literacy.

- Hypothesis 2
  - H<sub>0</sub>: Effect of the family planning method is independent of gender
  - H<sub>1</sub>: Effect of the family planning method depends on gender

GENDER	EFFECT		
	METHOD USED HAD EFFECT	NO SIDE EFFECT	Total
Frequency Percent Row Pct Col Pct			
<b>FEMALE</b>	92 51.69 77.97 98.92	26 14.61 22.03 30.59	118 66.29
<b>MALE</b>	1 0.56 1.67 1.08	59 33.15 98.33 69.41	60 33.71
<b>Total</b>	93 52.25	85 47.75	178 100.00

Table 3: Table of GENDER by EFFECT

The Chi-square value was calculated to be 92.8098. Since the level of significance is 5% and the degree of freedom is 1, the tabulated Chi square value is 3.841. As such, we shall reject  $H_0$  i.e the null hypothesis since value of the calculated  $\chi^2 > \chi^2_{0.05}(1)$ . Therefore, we can now conclude that the effect of the family planning method depends on gender.

- Hypothesis 3
  - $H_0$ : Acceptability is independent of religious belief.
  - $H_1$ : Acceptability is dependent of religious belief.

RELIGION Frequency Percent Row Pct Col Pct	ACCEPTABILITY			Total
	AGREE	DISAGREE	UNDECIDED	
<b>CHRISTIAN</b>	92 52.27 77.31 95.83	25 14.20 21.01 32.47	2 1.14 1.68 66.67	119 67.61
<b>ISLAM</b>	2 1.14 3.77 2.08	50 28.41 94.34 64.94	1 0.57 1.89 33.33	53 30.11
<b>OTHERS</b>	2 1.14 50.00 2.08	2 1.14 50.00 2.60	0 0.00 0.00 0.00	4 2.27
<b>Total</b>	96 54.55	77 43.75	3 1.70	176 100.00

Table 4: Table of RELIGION by ACCEPTABILITY

The Chi-square value was calculated to be 81.5556. Since the level of significance is 5% and the degree of freedom is 4, the tabulated Chi square value is 9.488. Then, this indicates that there is a need to reject null hypothesis because the value of the calculated  $\chi^2 > \chi^2_{0.05}(4)$ . Therefore, we can now conclude that acceptability is dependent of religious belief.

- Hypothesis 4
  - $H_0$ : Acceptability is independent of level of education
  - $H_1$ : Acceptability depends on educational level.

Education Status Frequency Percent Row Pct Col Pct	Acceptability		Total
	Support	Against	
<b>Illiterate</b>	2 1.12 40.00 1.37	3 1.69 60.00 9.38	5 2.81
<b>Literate</b>	16 8.99 69.57 10.96	7 3.93 30.43 21.88	23 12.92
<b>Secondary School</b>	33 18.54 78.57 22.60	9 5.06 21.43 28.13	42 23.60
<b>Tertiary</b>	95 53.37 87.96 65.07	13 7.30 12.04 40.63	108 60.67
<b>Total</b>	146 82.02	32 17.98	178 100.00

Table 5: Table of Education Status by Acceptability

As before, the Chi square value for this table was calculated to be 42.5282. When compared with the corresponding tabulated Chi square value 7.815(degree of freedom 3) , we would have to reject the null hypothesis and conclude that acceptability depends on educational level.

### 5. Summary

This research work examined the factors that affect the acceptability of family planning methods in the society. The effect it has on the health of the users, effectiveness of the method used and how well people embrace the campaign.

### 6. Conclusion

From the hypotheses stated, the research revealed that acceptability of family planning based on response depend much on literacy, the effect it has on the users depends on gender, acceptability is dependent on religion beliefs and the support of family planning depends much on educational level respectively.

The Histograms, it shows that majority of people are aware of various family planning methods, among the varied sources of information mass media, especially radio and television was found to be the most important informative source. Based on the findings, it shows that popularity of condom has the most appreciative contraceptive measures among masses, apart from condoms, birth spacing pills were the next commonly used. Contraceptives though it was associated with many side effects. The reports of various side effects include irregular menstrual cycle, dizziness, bleeding, as causative factors of withdrawal of oral contraceptive. Education has been found to be the key factor influencing the acceptability of family planning in the society.

### 7. Recommendations

- The emphasis must be placed on spreading practical information about family planning methods for this programmes need to increase its level of activities.
- Sex and family education should be imparted from school years. All citizens should know the implication of sexual relationships before they become biological mature.
- One of the possible drawbacks of family planning programmes is that men are usually excluded from the programme even when they are still major decisions makers in the majority of the household. Therefore a more balanced approach to couple is needed in which husbands also have equal participation in couple's contraceptive practice.

### 8. Pie Chart Showing the Age Distribution

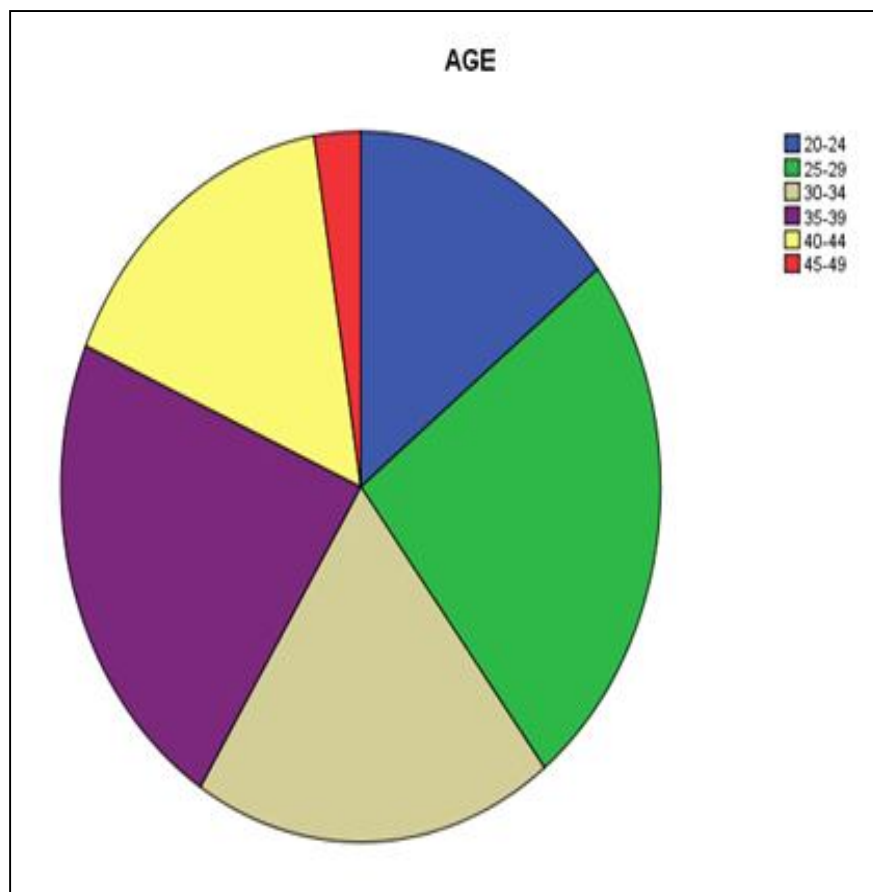


Figure 1

9. Pie Chart Showing the Education Status of Respondent

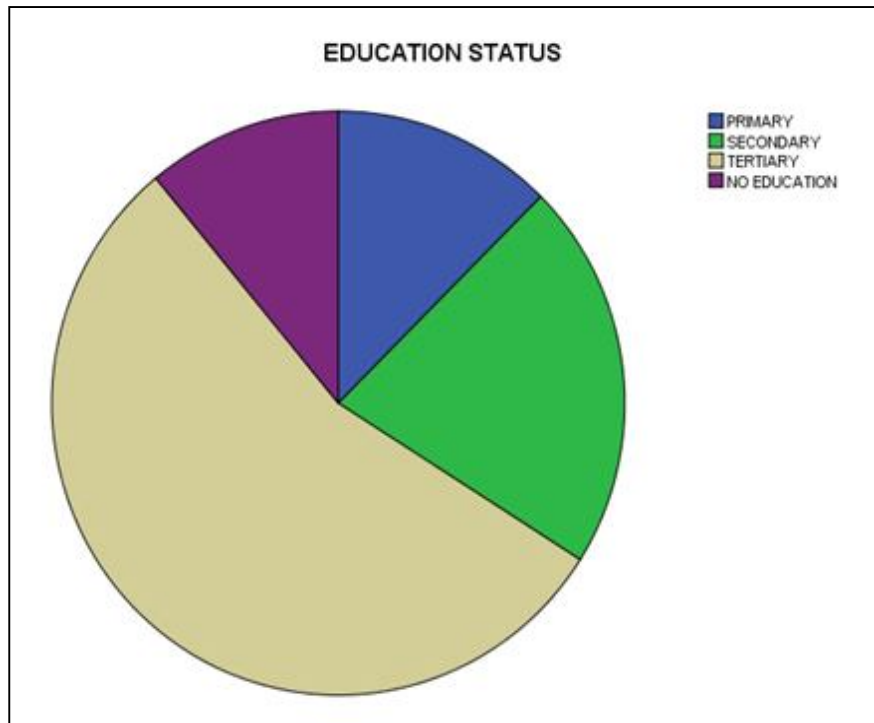


Figure 2

10. Pie Chart Showing the Distribution According to Religion

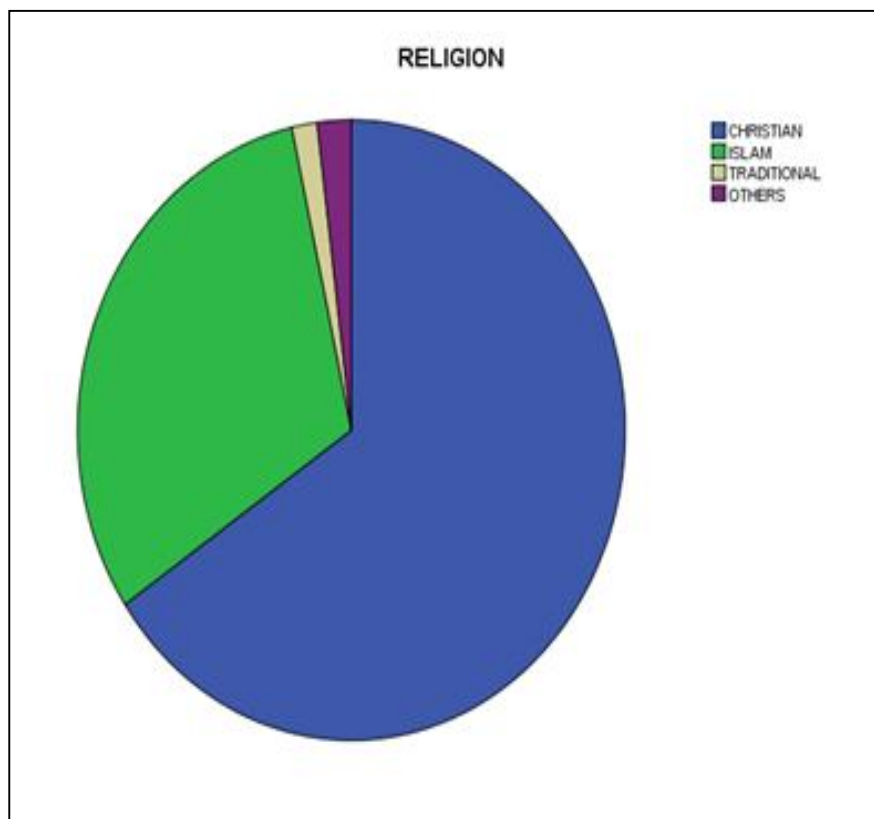


Figure 3

**11. Histogram Showing the Awareness of Family Planning**

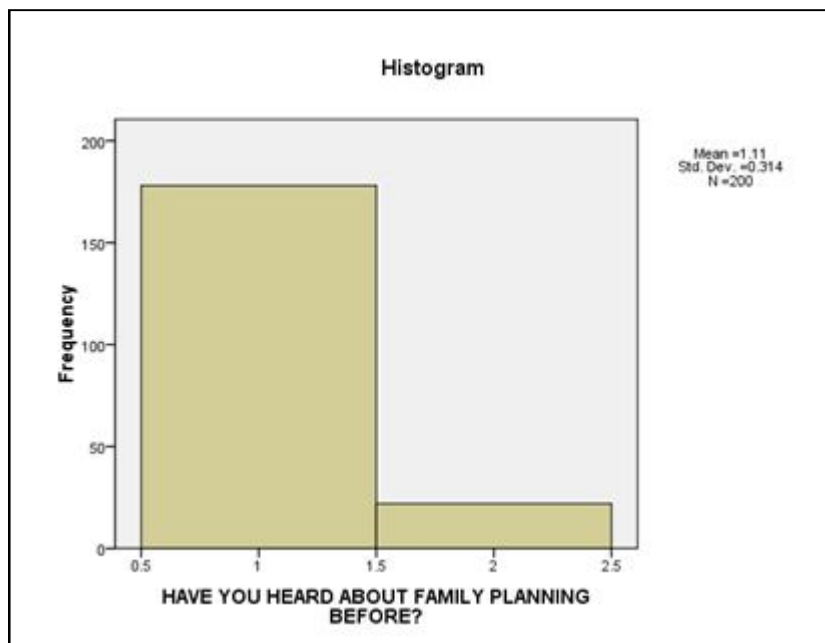


Figure 4

On the X-axis, 1 represents Yes and 2 represents No

**12. Histogram Showing the Sources of Information Regarding Family Planning**

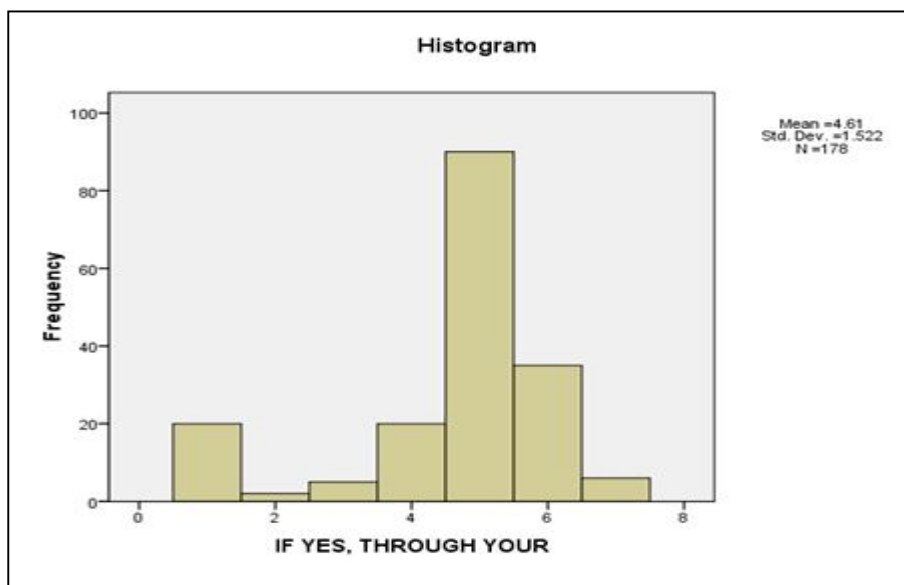


Figure 5

On the X-axis ,

- Represents Spouse,
- Represents Relation
- Represents Health Worker
- Represents Workplace
- Represents Radio
- Represents Television
- Represents Certified PPFN

13. Histogram Showing the Methods the Respondents Are Aware of

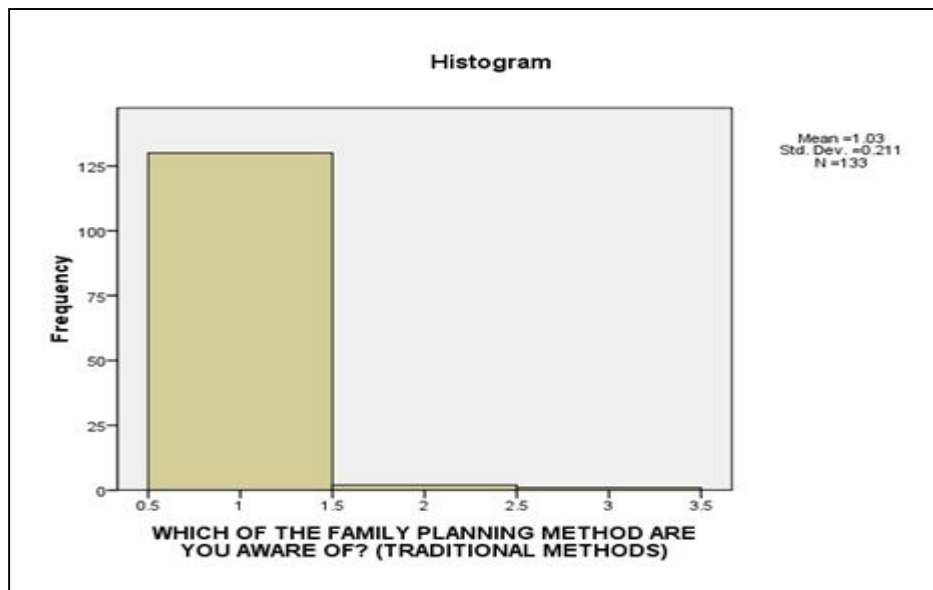


Figure 6

On the X-axis,

- Represents having sex only during safe period
- Represents special douching to kill sperms
- Represents special physical exercise or activities to destroy the zygote

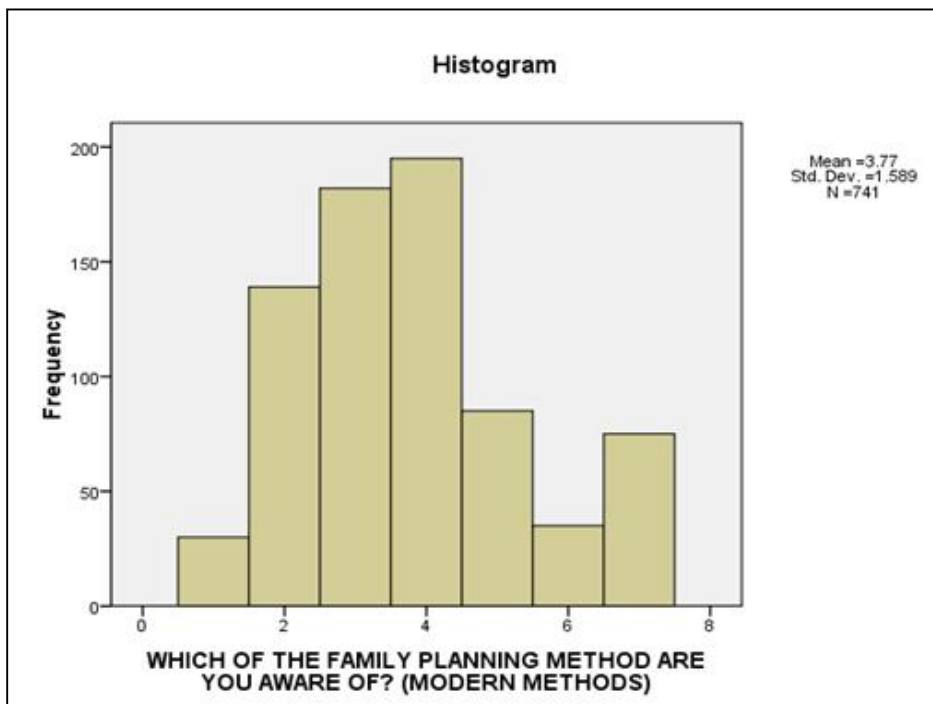


Figure 7

On the X-axis

- Represent spermicide
- Represent oral contraceptives
- Represent withdrawal method
- Represent use of condom
- Represent diaphragm
- Represent tubal ligation
- Represent intrauterine contraceptive devices



**14. References**

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