



Knowledge, Attitude and Practice of Modern Family Planning Methods among Men in Ogbogu Community in Ogba-Egbema-Ndoni Local Government Area of Rivers State

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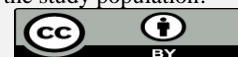
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Abstract

This study examined the knowledge, attitude and practice of modern family planning methods among men in Ogbogu Community in Ogba/Egbema/Ndoni Local Government Area of Rivers State. Introduction: Family planning is the practice that helps individuals or couples to attain certain objectives such as avoiding unwanted pregnancies, bringing about wanted babies at the right time, regulating the interval between pregnancies, controlling the time at which birth occurs in relation to the ages of the parents. Methodology: The study used a descriptive survey research design. The study population comprised married men currently residing in Ogbogu Community in Ogba/Egbema/Ndoni Local Government Area of Rivers State. A sample size of 389 persons was selected using a simple random technique. A structured questionnaire was used for data collection and data were analyzed using Statistical Package for Social Sciences (SPSS) windows (version 20.0). Results: The study showed that there is high awareness of family planning of among the married couples used for the study. Majority of the participants had detailed knowledge of condom. Also, the study indicated that married couples had a favourable attitude toward modern family planning methods of 51%, out of the married couples that were aware of modern family planning methods. Again, the study revealed that high percentage of married couples practice modern family planning methods. Conclusion: Knowledge of modern contraceptives is high in the study population. Substantial proportion of married couples had positive attitude towards modern contraceptives and hence more room for increasing modern contraceptive use in the study population.

Keywords: Knowledge, Ogba-Egbema-Ndoni, Modern Family Planning Methods, Men



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Introduction

Family planning has attracted attention all over the world due to its relevance in decision making, population growth and development. Samuel (2010) defined family planning as the practice that helps individuals or couples to attain certain objectives such as avoiding unwanted pregnancies, bringing about wanted babies at the right time, regulating the interval between pregnancies, controlling the time at which birth occurs in relation to the ages of the parents and determining the number of children in the family.

Family planning is a means of reproductive health. In spite of the hue and cry in and outside Nigeria about family planning or birth control, many people are still confused about its meaning, the methods involved, the advantages and disadvantages and the factors hindering its wide application in Nigeria (Iffih & Ezeah, 2004).

Handady et al (2015) in their study reported that Family Planning Programme has long been recognized for its importance in improving the health of women and children, promoting information about voluntary birth control, reducing population growth rates by regulating fertility and consequently reducing the rapid population growth and to provide the people with the means to do so.

Research has shown that culture is a determinant for acceptance and non-acceptance of family planning. Women's education resulted in woman empowerment and it enables them to use family planning services more effectively. WHO (1993) found out that women's education is in line with lower fertility which constitutes management of reproductive resources. Maternal education has once been linked to the reduction of child mortality among rural dwellers. Studies have shown that education is a determinant of awareness of family planning practices in Nigeria, for instance; On the other hand, couples have a right to choose and decide upon the

number of children they desire. This means that both partners have the right to be involved in fertility matters and as such husbands play a crucial role in fertility decision-making in most of the world. This means that both partners have the right to be involved in fertility matters and as such husbands play a crucial role in fertility decision-making in most of the world. Clearly, male-involvement in family planning has positively affected contraceptive use and has caused an overall decline in fertility in the developing world. Men's fertility preferences and attitudes towards family planning seem to influence their wives attitudes towards the use of modern contraceptives (Menhaden, 2012).

Therefore, programs that attempt to promote reproductive health through increasing the use of modern contraceptives need to target men specifically at all levels of the program. Hence, men should be actively involved at the 'knowledge' level (the concept of family planning), the 'supportive' level (being supportive for other to use contraception) and the 'acceptor' level (as contraceptive user). Their decision-making role should be taken into account in order to promote contraceptive use. Moreover, studies on perception of spousal approval and opposition from husbands are positively associated with low contraceptive (Gaur et al, 2008).

Olaitan (2011) conducted a study on factors influencing the choice of family planning among couples in the South West, Nigeria. The findings revealed that the educational background of the couples significantly influenced the choice of family planning among couples. Recent studies have also shown that religion is a good determinant of family planning practices.

Iffih & Ezeah (2004) asserted that the Catholic Church is rigid in their views of family planning. Catholics hold the view that the application of artificial method is wrong and should not be allowed. The Catholic Church is said to be comfortable with the use of Billings's ovulation method which is rather natural. Igbudu et al, (2011) conducted a study on the relationship between religious beliefs and family planning practices of married women in Zone 5 barracks of the Nigeria Police, comprising Edo, Delta, and Bayelsa States commands. The findings of the study revealed that attitudinal factor such as the strong religious desire for more children prevented couples in these barracks from using family planning. It has been noted that men of high socio- economic status are likely to engage in family planning practices than those of low socio- economic status in Nigeria. Most of the men with high socio-economic status are linked to the knowledge/awareness and acceptance of family planning practices because they can foot the bills associated with family planning. Family planning has a great potential for reducing mortality in Nigeria.

Statement of the problem

Despite the recent increase in contraceptive use, Nigeria is still characterized by high levels of fertility and a considerable unmet need for contraception. The total fertility rate in Nigeria is 4.8 births per woman and is considerably higher in the rural than the urban areas. Observed fertility rates among women are 33% higher than the wanted fertility rates. In absolute numbers, this means 0.6 additional children in urban areas and 1.5 in rural areas. It is estimated that, three births of every four

(72%) were wanted at that time, 20% were wanted but not at the time of pregnancy, and 9% were unwanted. A better use of family planning could reduce many of these mistimed and unplanned pregnancies, while at the same time it could reduce the number of unsafe abortions as well as the mortality related with child birth. Men fall under a special category of the population are currently under-served and inadequately targeted by reproductive health programmes. Men's role in family planning, either as users of male methods or as supportive partners of users has largely been ignored by programme planners, policy makers and service delivery personnel. Definitely this exclusion of men from family planning programmes has grossly contributed to low levels of use modern family planning methods among couples, partners, and individuals, and has deprived men of an opportunity to exercise reproductive responsibility. It is based on this backdrop that necessitated the study on knowledge, attitude and practice of modern family planning methods among men in Ogbogu Community in Ogba/Egbema/Ndoni Local Government Area of Rivers State.

Purpose of the Study

The purpose of this study is to examine the knowledge, attitude and practice of modern family planning methods among men in Ogbogu Community in Ogba/Egbema/Ndoni Local Government Area of Rivers State.

The specific objectives of this study are:

1. To determine knowledge of men on Modern Family Planning Methods
2. To determine attitude of men in Ogbogu Community in towards Family Planning.
3. To assess the Practice of Modern Family Planning Methods of men in Ogbogu Community.

Research Questions

1. What are the knowledge of modern Family Planning Methods among men in Ogbogu Community?
2. Do men in Ogbogu Community have positive attitudes towards Family Planning?
3. Did men in Ogbogu Community Practice Modern Family Planning?

Methodology

Study Area

The study was conducted in Ogbogu Community in Ogba/Egbema/Ndoni Local Government Area of Rivers State. The Community is geographically located within latitude 04015' North, 050 23' South and longitude 05022' West and 06045' East. It shares boundaries with Obite Community on the North, Obiyebe Community on the East, Obagi Community on the West and Akabuka Community on the South.

Research Design

For this study, a cross-sectional survey study design method was employed. The study was conducted between September, 2022 and October, 2022 to evaluate the knowledge, attitude and practices of modern family planning methods among men in Ogbogu Community in Ogba/Egbema/Ndoni Local Government Area of Rivers State.

Study Population

The study population comprised married men currently residing in Ogbogu Community in Ogba/Egbema/Ndoni Local Government Area of Rivers State.

Determination of Sample Size

The sample size for the study was determined by the formulae; $n = N/1+N(e)^2$

where, n = Sample size, N = Total population, e = Margin error of 5%. The total adult population Ogbogu Community residents = 2,000,000 million persons.

The formulae above gave a sample size of approximately 389 persons.

Sampling Techniques

The respondents were selected using probability sampling techniques specifically, the stratified sampling techniques. The basis of stratification was marital status.

Instrument for Data Collection

The instrument used for data collection was questionnaire. It was of the structured fixed-response type called close-ended questionnaire.

Method of Data Collection

The researcher went to the villages and cities within the study area and copies of the questionnaire were administered on face-to-face basis to all the participants. The copies were collected on the spot.

Method of Data Collection.

The data were collected through self-administered questionnaire which were shared directly to the respondents

Method of Data Analysis

The data collected from this study were subjected to statistical analysis using Statistical Package for Social Sciences (SPSS) for windows (version 20.0). The statistical significance of variables was estimated using chi-square test. Frequency table, percentage, pie-chart and bar-chart were also used.

Ethical Approval

An ethical approval letter was sought by the researcher from the ethical committee, Department of Health Information Management, Rivers State College of Health Science and Management Technology, Port Harcourt that enables him conduct research in the study Area.

Results

Knowledge on Family Planning Methods

Table 1 shows that out of the 389 participants that responded they were aware or heard of family planning, 14 (36.2%) responded that they had detailed knowledge of pills, 162 (41.6%) responded that they had knowledge of condoms, 63 (16.2%) had knowledge of injection, 16(4.1%) had knowledge of IUD, 6(1.5%) had knowledge of withdrawal method, while only 1(0.3%) had knowledge of sterilization method.

Table 1: Showing knowledge on Family Planning Methods

Variables	Frequency	Percentage (%)
Pills	141	36.2
Condom	162	41.6
Sterilization	1	0.3
Injection	63	16.2
Intra-uterine Device	16	4.1
Withdrawal Method	6	1.5
Total	389	100

Attitude toward Family Planning

Table 2 shows that out of the 389 participants, 202(51.9%) responded that they had favorable attitude toward family planning, while 187 (48.1%) responded that they had an unfavourable attitude toward family planning.

Table 2: Showing Attitude toward Family Planning

Variables	Frequency	Percentage (%)
Favourable	202	51.9
Unfavourable	187	48.1
Total	389	100

Modern Family Planning Methods Practices

Table 3 below shows that out of the 228 participants that practice modern family planning methods, 81(35.5%) used pills, 52(22.8%) used condom, 1(0.4%) used sterilization method, 71(31.1%) used injections, 15(6.6%) used IUD, while 8(3.5%) used withdrawal method.

Table 3: Showing Modern Family Planning Method Practice

Variables	Frequency	Percentage (%)
Pills	81	35.5
Condom	52	22.8
Sterilization	1	0.4
Injection	71	31.1
IUD	15	6.6
Withdrawal Method	8	3.5
Total	228	100

Modern Family Planning in Relation to Age

The practice of modern family planning methods among married couples in relation to age is shown in table 4. The 31 – 35 years age group had the highest practice rate of (17%), followed by the 41 – 45 years age group (15.5%), the 26 – 30 years age group (13.5%), and the 36 – 40 years age group (13%), the 21 – 25 years age group (5.3%) and the 15 – 20 years age group (0.5%), respectively. There was significant relationship between the practice of modern family planning methods and age group of the studied married couples ($P=0.043$, $\div 2=11.449$).

Table 4: Modern Family Planning in relation to age

Variables	Married Couples	Practicing Family Planning	Not Practicing F.P	P – value $\div 2$	
15 – 20 yrs.	4(1)	2(0.5)	2(0.5)		
21 – 25 yrs.	28(7)	21(5.3)	7(1.8)		
26 – 30 yrs.	85(21.3)	54(13.4)	31(7.8)		
31 – 35 yrs.	111(27.8)	68(17)	43(10.8)		
36 – 40 yrs.	108(27)	52(13)	56(14)		
41 – 45 yrs.	64(16)	31(15.5)	33(8.3)		
Total	400(100)	228(57)	172(43)	11.449	0.043

Modern Family Planning in Relation to Educational Status

The practice of modern family planning methods in relation to educational status is shown on table 5. Those with secondary education had the highest practice rate of modern family planning methods (31.5%), followed by tertiary education (24.3%) and primary education (1.3%), respectively. All those with no formal education did not practice modern family planning methods. There was significant relationship between there is a significant relationship between married couples and age group ($P=0.027$, $\div 2=9.144$).

Table 5: Practice of Modern Family Planning in Relation to Educational Status

Variables	Married Couples	Practicing Family Planning	Not Practicing F.P	P – value $\div 2$	
No Formal Education	5(1.3)	0(0)	5(1.3)		
Primary Education	13(3.3)	5(1.3)	8(2.0)		
Secondary Education	221(55.3)	126(31.5)	95(23.8)		
Tertiary Education	165(41.3)	97(24.3)	64(16)		
Total	400(100)	228(57)	172(43)	9.144	0.027

Discussion

The continued growth of the world's population has become an urgent global problem. Most of these growths are occurring in developing countries where fertility rates are very high (Bandura, 2002). The result of this study showed that there is high awareness of family planning of (97%) among the married couples used for the study. Majority of the participants (41.6%) had detailed knowledge of condom. The result of this study is in consonance with a study on awareness of contraception in Ghana by Aryee, Kotoh and Hindin (2010). They reported that in a survey of 332 women in the Gaeast used for the study, knowledge of family planning was universal (98%) although knowledge of more than three

methods was 56% (Aryee, Kotoh. & Hindin, 2010). The study also agreed with the findings of Onyuzurike and Ozuchukwu, (2001) who opined that the level of awareness of contraceptives have been found to be high in some communities in Nigeria, but good knowledge of different contraceptive methods is very low.

Furthermore, the result of this study indicated that married couples had a favourable attitude toward modern family planning methods of 51%, out of the married couples that were aware of modern family planning methods. The result of this study is similar to the study carried out by Almuallm (2007) on knowledge, attitude and practice (KAP) towards modern

family planning in Mukalla and Yamen which revealed that most of the women (89.3%) had positive attitude towards modern family planning and agreed that modern methods were more effective than traditional methods. The findings of this study are also in consonance with a study carried out by Underwood (2000), on Islamic precepts and family planning in Jordan, comprising 630 respondents, reported that among women of reproductive age reporting on the acceptability of specific modern methods, 65% said the pill was acceptable, 70% the IUCD, 16% tubal ligation and 63% injectable.

In addition, the study also revealed that 57% of the married couples practice modern family planning methods. The finding of this study is similar to the study conducted by Olenicks (2000) which revealed that 69% of married women had ever practiced modern contraception; the pill and the male condom were the methods reported by the largest proportion of women (36% and 14% respectively). This may be due to the fact that majority of the married couples were literate.

Furthermore, the practice of modern family planning methods in relation to the age group of the married couples, the study revealed that there is a significant relationship between married couples and age group ($P = 0.043$, $\div 2 = 11.449$). The study also indicates a significant relationship between the practice of modern family planning methods and educational status of the married couples ($P = 0.027$, $\div 2 = 9.144$). The finding of this study is in consonance with the result of Almualm (2007) which revealed that contraceptive use was found to have strong association with women's educational status and contradicts his finding which revealed that age did not show strong association with women's use of contraception.

Conclusion

Knowledge of modern contraceptives is high in the study population. Substantial proportion of married couples had positive attitude towards modern contraceptives and hence more room for increasing modern contraceptive use in the study population, though negative attitude of spouse towards modern contraceptive and lack of spousal communication on family planning could be a limitation. Regarding modern contraceptive prevalence rate, although there was some improvement compared to the past national averages, however, the current figure for prevalence rate is still low when compared to the national target. Likelihood (chances) of being current user of modern contraceptives by couples increased with increase in education level, having higher number of living children, spousal communication on modern contraceptives, (i.e. frequently talking/discussing family planning/modern contraceptives between spouse), women participation in decisions making regarding fertility in a family, husband's approval of modern contraceptives and having positive attitudes towards modern contraceptives (i.e., thinking that benefits of modern contraceptives outweighs negative effects). Encountering side effects and living far from health facility by couples were associated with reduction in the odds (chances) of being current user of modern contraceptives.

Recommendations

Based on findings of this study, to enhance contraceptive use by married couples in the study population, the following recommendations were made.

- I. Married couples varied in their responses to the attitude and practices of modern family planning methods, therefore, there is need to expand and intensify education on modern family planning programmes.
- II. Non-Governmental Organizations (NGOs) and community based organizations (CBOs) should embark on behaviour change programmes to educate married couples and the general public on the importance of family planning.

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