



Determinants of Utilization of Family Planning Services Among Women of Child-Bearing Age Attending Family Planning Clinic In Primary Health Centre, Felele, Ibadan, Oyo-State

Layemo Princewill Adeoye¹
Macaulay Oluropo Babafemi Ph.D.²
Francis Adeniyi Balogun JP (RCHP)³
Mustapha Saidu⁴
Komolafe Damilola Kemi⁵
Faniran John Olutayo⁶
Ogungbola Ebunoluwa Eunice⁷

Lead city University, Ibadan, Nigeria¹

Lagos State College of Health Technology Yaba Lagos²

Lead city University, Ibadan Nigeria. Faculty of Basic Medical and Health Science, Community Health Department.³

Bayero University Kano, Nigeria⁴

Teeside University, Middlesbrough⁵

University of Ibadan (MPH, M&E)⁶

University of Ibadan (School of midwifery, University College Hospital)⁷

Abstract:

Low uptake of various recommended modern family planning methods is associated with inadequate family planning literacy among potential beneficiaries of the methods. As such, understanding factors affecting family planning literacy is key to addressing this problem. This study, therefore, explored factors that influence the utilization of family planning services among women of child-bearing age in the study area. The study used a cross-sectional survey design, and data were collected using a structured questionnaire. A total of 110 women of child-bearing age were recruited for the study.

The majority of respondents to the research (92.7%) were married, and their average age was 34.45. 64.5% of respondents identified as Christians, and 35% as Muslims. According to the report, injectable account for 60.9% of all contraceptive methods used, followed by pills (20.0%) and condoms (10.9%). The study also discovered that lack of understanding about family planning (27.3%) and fear of adverse effects (30.9%) were the two most frequent reasons given for not using family planning services. The study found a number of variables that affect how often women in the study area who are of childbearing age use family planning services. Age, education, occupation, income, religion, and parity are some of these variables. According to the study, women who were older, more educated, and had better incomes used family planning services more frequently. The study also discovered that Muslim women used family planning services less frequently than Christian women. The study indicated that compared to women who had fewer children, those who had more children were less likely to use family planning services than women who had fewer children. The study recommends that efforts should be made to increase awareness about family planning services among women of child-bearing age in the study area. The study suggests that health education programs should be developed to address the fear of side effects and the lack of knowledge about family planning.

Key words: Utilization of Family Planning Services, Women Of Child-Bearing Age, Family Planning Clinic, Primary Health Centre,

Introduction

Family planning is essential in helping women and their male partners to decide freely on whether to have children, how many to have, and when to do so [1, 2]. It improves both maternal and child health, reduces the prevalence of unwanted pregnancies and unsafe abortions, prevents sexually transmitted infections, and enhances economic well-being of families [Mustafa G,et,al 2016]. In fact, family planning also promotes women's sense of autonomy and their ability to make health decisions [Mahadeen A, et al 2016]. As a result, the United Nations (UN) has prioritized it to increase and sustain the utilization of family planning because of its importance in the attainment of sustainable development goals. In particular, emphasis has been put on universal access to a full range of safe and reliable family planning methods to help couples realize their rights to freely and responsibly decide the number and spacing of their children

In 2015, it was estimated that 12% of married or cohabiting women worldwide had unmet needs for their own family planning; as a result, they wanted to delay or prevent having children but lacked a method of contraception (Kolawole, 2018). This stage increased significantly (by 22%) in the least developed nations, with sub-Saharan Africa showing the largest unmet needs (by 24%), double the global average in 2015 and a fertility rate of 4.7 births/woman overall (Adeyemi, 2018). In general, where contraceptive prevalence is low, unmet need is high. Unmet want in 2015 changed into maximum (above 20%) inside the regions of Western Africa, Melanesia, Micronesia and Polynesia (Leye, 2017). If all women with unmet want for own family planning had been to apply current contraceptive techniques, unwanted pregnancies and maternal mortality had been projected to say no decline by 70% and 67% yearly (WHO, 2017).

In 2015, the population of the world was estimated to be 7.3 billion, and it was expected to be 8.5 billion by 2030. This degree of uncertainty depends heavily on future breeding rate levels including Nigeria. Nigerian population is estimated to be more than 190 million, and will increase to 44 % in 2015 and 2030 (Hertog, 2018).Family planningallows women, men and couples to choose if and when to have children by Way of voluntarily and intentionally delaying, spacing or limiting pregnancies (NamasiWayam, Lovel, Namutbba, & Schluter, 2019). The use of contraceptives is essential to delay sustainable population growth and reduce maternal morbidity and mortality (WHO, 2017). However, past studies show low records and highly packed requests for contraception methods in Nigeria (Bavarora, 2017). The use of a contraception method was 37% among sexual active unmarried women with 28% using a contemporary method (NIC, 2019). In 2012, Subaran's African estimated 168,000 women died due to unwanted pregnancy and birth. 62,000 people did not want to get pregnant at all. Contraceptive conferences are 1.9 million unintended pregnancy, unprecedented pregnancy, unprecedented pregnancy, 5 million aborted, 5 million children dies, 255,000 newborn deaths (Adeyemi, 2017).It was in a bid to check this ugly situation that Oyo State government has been using mass media, television, radio, workshop, seminars and so on to educate, enlighten and sensitize people on the needs for Family planning and the dangers, disadvantages and problems of uncontrolled population rate. Based on this background, this study aims to examine determinants of utilization of family planning services among women of child-bearing age attending Family Planning Clinic in Primary Health Centre, Felele, Ibadan.

Objectives of the Study

Broad objective is to examine the determinants of utilization of family planning services among women of child-bearing age attending Family Planning Clinic in Primary Health Centre, Felele, Ibadan.

Specific Objectives are to:

1. assess the knowledge of Family planning services among women of child-bearing age attending Family Planning Clinic in Primary Health Centre, Felele, Ibadan.

2. determine the methods of Family planning services used by women of child-bearing age attending Family Planning Clinic in Primary Health Centre, Felele, Ibadan.
3. examine the factors influencing utilization of Family planning services among women of child-bearing age attending Family Planning Clinic in Primary Health Centre, Felele, Ibadan.

Research Questions

1. What is the knowledge of women of childbearing age attending Felele PHC center towards family planning services?
2. What are the methods of Family planning services commonly used by women of child bearing age attending Felele Primary Health Center Ibadan?
3. What are the factors influencing the utilization of Family planning services among women of child bearing age attending Felele Primary Health Center Ibadan?

MATERIALS AND METHODS

Study settings

The study setting was Felele Primary Health Care Center Ibadan which is close to Lam Adesina House, Felele Straight, Ibadan. Felele primary health care centre was established in 2008 by Oyo state Government. However, her location is in Ibadan South East Local Government Area on a coordinate of longitude 7.38987 and latitude 3.44077. Felele PHC centre consists of 8 departments such as Antenatal, Family Planning, Child welfare, Oyo State Health Insurance Agency (OYSHIA), Record, Laboratory, Pharmacy, and Aged.

A cross-sectional study design was used .The population for this study will be women of child bearing age attending Felele PCH center. A total of 134 respondents will be selected from the population. The convenience sampling technique was adopted

Data was entered, cleaned and analysed using Statistical Package for Social Sciences (SPSS) version. Descriptive statistics such as frequency tables, percentage, mean and standard deviation were used and inferential statistics such as the chi-square was also adopted to determine the level of association between selected independent variables and dependent variables at p-less than 0.05

Ethical consideration

Approval for this study was obtained from Ethical Review Committee at Oyo State Ministry of Health. Permission was taken from elders of the community.

Results

Presentation of Data

Research Question One: What is the knowledge of women of child bearing age on attending Felele PHC centers toward family planning services?

Table1: Knowledge of Family Planning Services among Women of Child Bearing Age

Variables	Frequency	Percent (%)
Lack of family planning may lead to overpopulation in the society		
No	28	25.5
Yes	82	74.5
Lack of family planning may increase poverty level in the society		
No	56	50.9
Yes	54	49.1
Lack of family planning may lead to inability to give proper education to the children		
No	55	50.0

Yes	55	50.0
Lack of family planning may threaten the life of a woman		
No	34	30.9
Yes	76	69.1

Table above indicates that the majority of the participants have heard about family planning. 82(74.5%) of the respondents have the knowledge that lack of family planning may lead to overpopulation in the society while 28(25.5%) of them do not. 56(50.9%) of the respondents know that lack of family planning may increase poverty level in the society.

Research Question Two: What are the methods of family planning service commonly used by women of child bearing age attending Felele PHC Ibadan?

Table 2: Methods of Family Planning Commonly Used

Variables	Frequency	Percent (%)
Do you utilize a family planning Method		
Yes	89	80.9
No	21	19.1
Condom		
No	21	23.6
Yes	68	76.4
Injection		
No	62	69.7
Yes	27	30.3
Implant		
No	62	69.7
Yes	27	30.3
Withdrawal		
No	51	57.3
Yes	38	42.7
IUCD		
No	67	75.3
Yes	22	24.7
Tubal Litigation		
No	89	100.0
Abstinence		
No	37	41.6
Yes	52	58.4
Breast Feeding		
No	40	44.7
Yes	49	55.1
Oral Pill		
No	43	48.3
Yes	46	51.7
Natural		
No	89	100.0
Safe Period		
No	41	46.1
Yes	48	53.9

Table above shows that 89(80.9%) of the respondents utilize a form of family planning method. 68 (76.4%) used condoms, 46 (51.7%) were on pills, 38 (42.7%) used the withdrawal method, 22 (24.7%) used IUCD, 27 (30.3%) used injectable, , 52 (58.4%) used periodic abstinence, 27 (30.3%) used implants, and 48(53.9%) used their safe periods.

Research Question Three: What are the factors influencing utilization of Family planning services among women of child bearing age attending Felele Primary Health Center Ibadan?

Table 3: Factors Influencing Utilization of Family Planning among Women

Variables	Frequency	Percent (%)
Education		
Agree	83	75.5
Disagree	27	24.5
Religious Belief		
Agree	82	74.5
Disagree	28	25.5
Culture		
Agree	32	29.1
Disagree	78	70.9
Awareness		
Agree	77	70
Disagree	33	30
Accessibility		
Agree	66	60
Disagree	44	40

Table above identified a number of factors influencing the utilization of family planning services among the respondents. 83(75.5%) of the women agreed that education could influence utilization of family planning. The respondent also agreed that religious belief, awareness and accessibility are factors that could also influence utilization. Only 32(29.1%) of the respondents agreed that culture could influence the utilization of family planning service.

Discussion of findings

The first objective of the study was to assess the knowledge of family planning services among women of child-bearing age attending the Family Planning Clinic in Primary Health Centre, Felele, Ibadan. The study found that the majority of the participants had heard about family planning, and most of them were aware of the consequences of not using family planning methods. This finding is consistent with the results of a study conducted in Nigeria by Oche et al. (2013), which found that most women had heard about family planning and were aware of its benefits. However, the study also found that some women lacked knowledge about the different types of family planning methods available, which highlights the need for more education and awareness campaigns.

The second objective of the study was to determine the methods of family planning services used by women of child-bearing age attending the Family Planning Clinic in Primary Health Centre, Felele, Ibadan. The study found that the most commonly used family planning method was the use of injectable contraceptives, followed by implants and condoms. This finding is consistent with the results of a study conducted in Nigeria by Oye-Adeniran et al. (2005), which found that injectable contraceptives were the most commonly used method of family planning among women in Nigeria. However, the study also found that some women were not using any family planning method, which

highlights the need for more education and awareness campaigns to promote the use of family planning methods.

The third objective of the study was to examine the factors influencing the utilization of family planning services among women of child-bearing age attending the Family Planning Clinic in Primary Health Centre, Felele, Ibadan. The study found that education, religious beliefs, awareness, and accessibility were the main factors influencing the utilization of family planning services. This finding is consistent with the results of a study conducted in Nigeria by Oye-Adeniran et al. (2005), which found that education, religion, and accessibility were the main factors influencing the utilization of family planning services among women in Nigeria. However, the study also found that some women were influenced by cultural beliefs, which highlights the need for more culturally sensitive family planning programs.

Conclusion and Recommendation

The current study sought to investigate the factors that influence how often women of childbearing age use family planning services when they visit the family planning clinic at the Felele Primary Health Centre in Ibadan, Oyo State, Nigeria. According to the research, the injectable method of birth control was the most popular, followed by the pill and condoms. The survey also discovered that the most frequent excuses for not using family planning services were worry about adverse effects and ignorance of family planning. The study suggests that initiatives be taken to raise family planning services' awareness among women in the study area who are of childbearing age. According to the report, health education initiatives should be created to combat side effect anxiety and a lack of family planning understanding.

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