

## Knowledge and Practice of Contraception among Women of Reproductive Ages in South West, Nigeria

Adeyemo Adeyinka R<sup>1</sup>, Oladipupo Asabi<sup>2</sup>, Omisore Adedotun O<sup>3</sup>.

<sup>1</sup>(Demography and social statistics, Obafemi A wolowo University Ile-Ife, Osun-State, Nigeria)

<sup>2,3</sup>(Department of Mathematics and Statistics, Osun-State polytechnic, Ireere Osun-State, Nigeria)

---

### Abstract

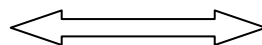
---

This study examined the knowledge and practice of contraceptives among potential women in south west, Nigeria. The quantitative data used for this study were obtained from the 2008 Nigeria Demographic Health Survey (NDHS). The survey collected information from a nationally representative sample of about 33,385 women age (15-49) of which 6790 women of reproductive age were sampled and interviewed in southwest Nigeria. Also, the qualitative information used was carried out in Ife/Ijesa senatorial district at which the in-depth interview was carried out in Ile-Ife to buttress the quantitative strength of this study. The findings revealed that more than 4 in every 10 respondents have intention of using the contraception in the future, while more than 3 in every 10 respondents do not intend to use it in the future. Also majority of the respondents have knowledge about the side effect of contraception. It was observed that respondent's source of knowledge of any family planning method have a direct relationship with the contraceptive usage among women of reproductive ages in south west, Nigeria.

**Keywords:** Contraception; family planning; knowledge; pregnancy; reproductive age; practice.

---

Date of Submission: 22, November, 2012



Date of Publication: 15, December 2012

---

### 1. Introduction

Globally, Family Planning is promoted as a mechanism to address the reproductive health needs of men and women, as well as the crucial challenge of rapid population increase (PAI, 1999). Family planning is a practice by which a couple space the number of years between each child they want to give birth to through the use of contraceptive methods. More than 200 million women in developing countries would like to delay their next pregnancy or even stop bearing children altogether, but many of them still rely on traditional and less effective methods of contraception or use no method at all. Those who do not use any contraceptive method may lack access or face barriers to using contraception (Guttmacher, 2003). These barriers include lack of awareness, lack of access, cultural factors, religion, opposition to use by partners or family members, and fear of health risks and side effects of contraceptives (Carr, 2004). Sub-Saharan Africa has one of the highest fertility rates in the world, which is further promoted by the low utilization of modern contraceptive methods. Yet, many communities claim to have traditional methods of family planning that pre-date the introduction of modern contraceptives, implying that contraception is a culturally acceptable norm. High fertility translates into high population, and the growth rate was estimated to be between 2.5 and 3.0 per cent per annum. Nigeria's population currently estimated to be 155 million persons is expected to reach 190 million persons by the year 2015, and 338 million persons by the year 2050. Such rapid population growth raises various problems for economic growth and development in Nigeria. Nigeria according to Khurfeld (2006), is already facing a population explosion with the resultant effect that food production cannot match the growing population. In Nigeria today, the birth rates are higher than the world average, although the contraceptive prevalence rate among women of reproductive age (15-49 years) has doubled during the last ten years, it still remains very low (Nwachukwu & Obasi, 2008). High fertility in less developed countries has being an issue that needs more urgent intervention. As a result of the fact that contraceptive prevalence rate is still very low and the resultant increase in the level of fertility enhance undesirable conditions for the prevailing development and also aim at sustainable development. In the couple of years ago, contraception's has been so helpful in shifting the pattern of fertility but not at a desirable pace, and this slow pace of contraception's acceptance is as a result of several factors which are hidden under some institutional norms and values which are responsible for the increase in fertility rate.

The slow pace in the usage of contraception's can lead to series of problems such as unintended pregnancy/unwanted pregnancy, undesirable child spacing, maternal death etc. Despite all impact of modernization and conscientious activity such as awareness programs, public orientations, funding of researches, production of free contraceptives, availability of health services, publication by the governmental and non-governmental organizations and also private individual both at the National and International level to promote and enhance the use of contraception and family planning, the uses of contraceptives are still on a very low pace and also fertility rate keep increasing at its rate of being due some seen and unseen institutional norms and values. This study aim at obtain an insight into some of the unseen institutional norms and values that influence the knowledge and practice of contraception among women of reproductive ages in south west Nigeria.

## **2. Objective of the Study**

The general objective of the study is to investigate the knowledge and practice of contraceptive usage among potential women in South West Nigeria.

Specific objective of the study are to:

- Ascertain the prevalence of different types of contraceptive among women of reproductive ages in South West Nigeria.
- Examine the knowledge of women of reproductive ages towards the usage of contraceptives in South West Nigeria.

In order to achieve the stated objectives, the following research questions were answered at 0.05 level of significant.

- What is the rate of prevalence of different types of contraceptives among women of reproductive ages in South West Nigeria?
- Does the knowledge of women towards the use of contraceptives influence its usage in South West Nigeria?

## **3. Hypothesis**

There is no significant relationship between respondent's knowledge of any method and their use of contraceptives in South West Nigeria.

## **4. Methodology**

### **4.1 Description of Study Area**

The study area of this research work is focused on the South western part of Nigeria. There are 137 constitutional recognised local government areas in South Western part of Nigeria. Out of the 137 local government area in south west, Oyo state has 33 local governments, Osun state has 30 local governments, Lagos and Ogun state has 20 local governments each, Ondo has 18 local governments and Ekiti with 16 local governments. It is sufficient to state that southwest Nigeria is comprised of six states - Ondo, Oyo, Ogun, Ekiti, Osun and Lagos states. According to the federal bureau of statistics 2006, the population of south western part of Nigeria is more than 27million. The population in south west is unevenly distributed across the state of which the most densely populated state is Lagos with the population of over 9 million people, follow by Oyo state with population of over 5 million people while most sparsely populated state in south west is Ekiti state with the population that is less than 2.5 million people. South western part of Nigeria is a lowland coastal plain with lowland of less than 20metres in the coastal area. South West has a tropical climate with distinct wet and dry seasons associated with the movement of the two winds called the ring-bearing south westerly winds and the cold, dry and dusty wind commonly referred to as harmattan.

### **4.2 Sampling Design and Sample Size**

The sample size used for 2008 NDHS was selected using a stratified two-stage cluster design. The sample for the 2008 NDHS was designed to provide population and health indicators at the national, zonal, and state levels. The sampling frame used for the 2008 NDHS was the 2006 population and housing census of the federal republic of Nigeria conducted in 2006, provided by the National Population Commission (NPC). Nigeria is divided into 36 states, each of which is sub-divided into convenient areas called EAs. The primary sampling unit (PSU), referred to as a cluster for the 2008 NDHS, is defined on the basis of EAs from the 2006 EA census frame.

#### **4.3 Participants**

The 2008 Nigeria Demographic Health Survey (NDHS) collected information from a nationally representative sample of about 33,385 women age (15-49) of which 6790 women of reproductive age were sampled and interviewed in southwest Nigeria. Also, six participants used for the qualitative study were conveniently selected base on their experience, belief, sensation, perception, knowledge about the practice of contraception and their willingness to participate.

#### **4.4 Research Instruments**

Quantitative protocol used for this study is a secondary data from the 2008 Nigeria Demographic and Health Survey. Three questionnaires were used for the Survey but only data from the women's questionnaire were considered for this study to reflect issues that concerns female genital cuttings among potential women in south west Nigeria. The women questionnaire collected information about women's background characteristics, and the practice of contraception and related issues on the contraceptive usage. In-depth interview were used as an instrument for collecting qualitative data to buttress the secondary data. The aim and objective of the IDI is to explore, inquire and to share the experiences, beliefs, behaviours, thoughts, feelings, attitudes, perceptions and ideas of participants on their knowledge and practices of contraception.

#### **4.5 Measurement of Variables**

Dependent variable in the study is use of contraception which was measured in terms of ever used method by the respondents, categorized as yes or no.

Independent variables present in the study are:

- Level of awareness to contraception: It can be measured in terms of ever heard of a contraceptive method, categorized as yes or no. The intervening variables present in the study are the following: told about side effect, told about other family planning method, source known for any method and source of knowledge.

#### **4.6 Data Processing and Analysis**

The data were processed by a team of 30 data entry operators, 3 data coder, 4 data entry supervisors and 8 secondary editors. Data entry and editing were accomplished using the CSPro software. The processing of data of 2008 NDHS was initiated in July 2008 and completed in February 2009. The statistical software called STATA (version 11.0) was used to analyze the quantitative aspect of this project while CY index method was used to analyze the qualitative aspect of this study. The Univariate and Bivariate level of analysis were used in this study. Frequency will be run for all the variables to know the Frequency distribution and percentage distribution of each variable, Cross tabulation will also be run to examine existing association between the respondent's level of awareness to family planning and their use of contraceptives. Chi square test is considered to be most appropriate test-statistic to be employed because it measures the relationship between two categorical variables. Therefore, it's the one employed in this study.

### **5. Result**

It can be seen from the table 1 that more than 9 in every 10 respondent (93.4) know modern method; only 6.1 percent knows no method while 0.2 percent and 0.3 percent of the respondent knows only folkloric and only traditional method respectively which implies that knowledge of modern method of contraception is very high among the respondent. Also, more than 5 in every 10 respondent (53.6 percent) have never used any method, also close to 4 in every 10 respondent (39.2 percent) are using modern method of contraception, 6.3 percent and 0.8 percent of the respondent are using only folkloric and only traditional method respectively. Slightly more than three quarter of the respondent interviewed (76.6 percent) have never used any method of contraception while more than 2 in every 10 respondents (23.4 percent) ever use method of contraception. Furthermore, more than 7 in every 10 respondent (72.2 percent) are not currently using any method of contraception while close to 1 in every 10 respondent (8.8 percent) are currently using condom. 3.0 percent of the respondent where currently using Pill and IUD, 4.0 percent are currently using withdrawal method, 2.6 percent are currently using periodic abstinence, 0.2 percent are currently using period abstinence, 2.0 percent are currently using lactational amenorrhea method while 0.15 percent are currently using female sterilization.

It can also be seen from the table that more than 7 in every 10 respondent (72.2 percent) are currently using no method type of contraception while close to 2 in every 10 respondent (19.0 percent) are currently using modern method type of contraception. More so, the table 4.1.1 also revealed the pattern of contraceptives use among the respondent at which close to 3 in every 10 respondents (27.8 percent) are currently using contraception's while more than 5 in every 10 respondents (53.6 percent) have never used contraception's. 7.6 percent of the respondent have been using contraception's since last birth while 11.0 percent of the respondent have been using contraception's before last birth. The table also shows that more than 4 in every 10 respondent (44.1 percent) have intention of using the contraception's in the future, followed by those that does not intend to

use contraception`s (32.3 percent) while those respondent that are not sure about the use of contraceptive`s accounted for 23.6 percent. More than 8 in every 10 respondent (82.6 percent) reported that they don`t know their source of knowledge about any method of contraception, followed by those respondents that reported that private pharmacy is their source of knowledge about any method of contraception (8.9 percent). Government home/community delivery and NGO have the lowest percentage (0.14 percent) in the source known for any contraceptive method.

Lastly, more than three quarters of the respondents (76.1 percent) reported the fact that they have been told about side effect of contraception`s before while the remaining 23.9 percent reported that they have not been told about the side effect of contraception`s before. Also, close to half of the entire respondent (48.6 percent) reported that they heard of contraception from the television, followed by those respondents that reported that they heard of contraception from the radio (27.9 percent) while the remaining 23.5 percent are those by those respondents that reported that they heard of contraception from the newspaper.

<b>TABLE 1 PERCENTAGE DISTRIBUTIONS OF RESPONDENTS KNOWLEDGE AND PRACTICE OF CONTRACEPTIONS</b>		
<b>VARIABLES</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
<b>KNOWLEDGE OF ANY METHOD</b>		
Knows no method	397	6.1
Knows only folkloric	15	0.2
Knows only traditional Method	20	0.3
Knows modern method	6099	93.4
Total	6531	100.0
<b>EVER USE OF ANY METHOD</b>		
Never used	3503	53.6
Used only folkloric	53	0.8
Used only traditional Method	412	6.3
Used modern method	2563	39.2
Total	6531	100.0
<b>EVER USE METHOD</b>		
No	4612	76.6
Yes	1379	23.4
Total	5891	100.0
<b>CURRENT CONTRACEPTIVE METHOD</b>		
Not using	4717	72.2
Pill	193	3.0
IUD	134	3.0
Injections	199	3.1
Condom	572	8.8
Female sterilization	10	0.2
Periodic abstinence	170	2.6
Withdrawal	258	4.0
Other	142	2.2
Lactational amenorrhea	130	2.0
Female condom	4	0.1
Total	6531	100.0
<b>CURRENT USE BY METHOD TYPE</b>		
No method	4717	72.2
Folkloric method	142	2.2
Traditional method	429	6.6
Modern method	1243	19.0
Total	6531	100.0
<b>SOURCE KNOWN FOR ANY METHOD</b>		
Govt clinical/pharm	229	3.6
Govt home/comm deliv	9	0.1
Ngo	9	0.1
Private clin/deliv	164	2.6

Private pharmacy	569	8.9
Shop, church, friend	115	1.8
Other	18	0.3
Don't know	5288	82.6
Total	6401	100.0
<b>TOLD ABOUT SIDE EFFECTS</b>		
No	111	23.9
Yes	355	76.1
Total	466	100.0
<b>SOURCE OF KNOWLEDGE</b>		
Radio	1296	27.9
TV	2257	48.6
Newspaper	1088	23.5
Total	4641	100.0

Source: NDHS 2008

SOURCE OF KNOWLEDGE	EVER USED METHOD			$\chi^2$	d-f	p-VALUE
	Yes	No				
GOVT CLINIC/HOME	135(74.8)	53(28.19)	188	66.8835	4	0.000
NGO	1(14.3)	6(85.7)	7			
PRIVATE CLINIC/PHARMACY	150(29.6)	357(70.4)	507			
SHOP/CHURCH/FRIEND	40(25.6)	116(74.4)	156			
IDON'T KNOW	3081(87.1)	458(12.9)	3539			
TOTAL	3407(77.5)	990(22.5)	4397			

Source: NDHS 2008 p-value: \*0.05

The calculated Pearson's chi-square co-efficient as shown from the table is 66.8835 with the degree of freedom of 4 and probability value is 0.000. Since the probability value (0.000) is less than 0.05, ( $\chi^2_{df=4} = 66.8835$ ,  $p < 0.05$ ) we reject the null hypothesis that there is no significant relationship between respondent's source of knowledge of any method and their use of contraceptives and therefore conclude that there is a significant relationship between respondent's source of knowledge of any method and their use of contraceptives.

### 5.6 Qualitative Data Analysis (In-depth Interview) To Strengthen The Quantitative Aspect Of The Data Analysis

CY-index was use to analysis the qualitative aspect of this study in other to get the best out of the information gotten from the in-depth interview.

**TABLE 4.2.2 CY-INDEX TABLE SHOWING KNOWLEDGE AND PRACTICE OF CONTRACEPTION'S IN IFE/IJESHA SENATORIAL DISTRICT IN OSUN STATE USING IN-DEPTH INTERVIEW**

THEMES	R1	R2	R3	R4	R5	R6
Knowledge about any method of family planning	-	+	+	+	+	+
People around as source of knowledge about method of family planning	-	+	+	+	-	-
Currently using method of contraception to avoid pregnancy	-	+	+	-	+	+
knowledge about the side effect of any method of family planning	+	+	-	+	+	+
Future usage of contraception's	-	+	+	+	+	+

SOURCE: FIELD WORK (AUGUST & SEPTEMBER, 2011)

KEY	
-	Respondent not agreed
+	Respondent agreed

The result from the in-depth interview revealed that majority of the interviewee have adequate knowledge about method of family planning, it is well known to them through normal street gossip, health workers, mass media, and some revealed that they got it known from the people around them. Also, it can be seen from the CY-index that above half of the interviewee revealed that people around them are their source of knowledge about method of family planning. More so, majority of the interviewee revealed that that currently using method contraception to delay pregnancy. Almost 5 out of 6 interviewee have knowledge about the side effect of any method of family planning while one respondent revealed that she don't have knowledge about the side effect of any method of family planning. The in-depth interview further showed that almost all of the interviewee except one revealed that they will like to use their desired method of contraception to avoid pregnancies in the future. It is important to note that all this information is shown in the above CY-table above.

### 6. Summary of the Findings

Based on the NDHS 2008 survey, contraceptive methods are classified as modern or traditional methods. Modern methods include female sterilization, the pill, intra-uterine device (IUD), injectables, implants, female condom, diaphragm, foam/jelly, lactational amenorrhea method (LAM), and emergency contraception. Methods such as periodic abstinence and withdrawal are grouped as traditional methods. Findings revealed that more than 7 in every 10 respondent (72.2 percent) are not currently using any method of contraception while close to 1 in every 10 respondent (8.8 percent) are currently using condom. 3.0 percent of the respondent were currently using Pill and IUD, 4.0 percent are currently using withdrawal method, 2.6 percent are currently using periodic abstinence, 0.2 percent are currently using period abstinence, 2.0 percent are currently using lactational amenorrhea method while 0.15 percent are currently using female sterilization. Also, more than 7 in every 10 respondent (72.2 percent) are currently using no method type of contraception while close to 2 in every 10 respondent (19.0 percent) are currently using modern method type of contraception. This shows that the prevalence of contraceptive use in southwest Nigeria very low which is similar to the release from national population commission which revealed that contraceptive use is still low in many developing countries, including Nigeria, where 23.7% of currently married women had ever used one (NPC and ICF Macro,2009).Lastly, more than three quarters of the respondents (76.1 percent) reported the fact that they have been told about side effect of contraception's before while the remaining 23.9 percent reported that they have not been told about the side effect of contraception's before. This implies that the majority of the respondent have knowledge about the side effect of contraception's and this is also in line with the in-depth interview carried out Ife south, Ile-Ife to buttress the quantitative aspect in the analysis of the study, because almost 5 out of 6 interviewee interviewed have knowledge about the side effect of any method of family planning while one respondent revealed that she don't have knowledge about the side effect of any method of family planning.

This may likely one of the reasons why the prevalence of contraceptives is low in south west Nigeria. Also, close to half of the entire respondent (48.6 percent) reported that they heard of contraception from the television, followed by those respondents that reported that they heard of contraception from the radio (27.9 percent) while the remaining 23.4 percent are those by those respondents that reported that they heard of contraception from the newspaper. An important indicator of the changing demand for family planning is the extent to which non-users plan to use contraceptive methods in the future. The findings revealed that more than 4 in every 10 respondent (44.1 percent) have intention of using the contraception's in the future, followed by those that does not intend to use contraception's (32.3 percent) while those respondent that are not sure about their use of contraceptive's in the future accounted for 23.6 percent. The in-depth interview also showed that almost all of the interviewee interviewed except one revealed that they will like to use their desired method of contraception to avoid pregnancies in the future.

### 7. CONCLUSION

Regarding the knowledge and practice of contraception's among women of reproductive ages in south west, Nigeria. Based on the practice of contraception in south west Nigeria, it was observed that respondent's religion have a direct relationship with the practice of contraception among women of reproductive ages which implies that there is a significant relationship between women's religion and their use of contraceptives. This is also in standard with the analysis from the CY index which revealed that more than three respondent agreed the fact that the religion has a significant influence on the use of contraception's Lastly, the findings of this study revealed that there is a significant relationship between respondent's level of awareness to family planning and their use of contraceptives. Based on the findings in this study, the following recommendations are suggested.

First and foremost, emphasis must be placed on spreading practical information about family planning methods. For this, programmes need to increase its level of activities and change, the content of these activities by shifting the emphasis from 'why birth control is essential. Since, success of family planning program depends on ultimate acceptance and adoption of family planning measures by eligible couples, special attention should be placed on reaching younger women, on adult education program, informational approaches aimed at both sexes and at programs aimed generally at increasing the level of modernization, especially in rural areas. Also, sex and family education should be imparted from school years. Rural schools should also help to transmit modern concepts by organizing field trips to outside area. For these women, modern ideas and methods must be proven relevant and acceptable with in village. One of the possible drawbacks of family planning programmes is that men are usually excluded from the programme, even when they are still major decision makers in the majority of households. Therefore, a more balanced approach to couples is needed in which husbands also have equal participation in contraceptive practice. Furthermore, various efforts should be made by government and all non-governmental organizations to lift up the role of women in the society and also government should make policies that will encourage the knowledge and practice women towards contraceptive use in south west Nigeria and in the country as a whole.

### **References**

- [1]. Carr D, Khan M.(2004) The Unfinished Agenda: Meeting the needs for family planning in less developed countries. *Washington, DC: 4366,567(34)*
- [2]. Guttmacher Institute; 2003.Singh S, Darroch JE, Vlassoff M, Nadeau J. Adding it up: The benefits of investing in sexual and reproductive health. *New York, NY: The Alan ICF Macro, Abuja, Nigeria.*
- [3]. Khurfeld, M. (2006). Thousands feared born in Nigeria's population explosion. *The Onion. www.theonion.com*
- [4]. National Population Commission (NPC) [Nigeria] and ICF Macro, 2009. *Nigeria Demographic and Health Survey 2008.*
- [5]. Nigeria Demographic and Health Survey 2003. Calverton, MD: *National Population Commission and ORC Macro; 2004.*
- [6]. Nwachukwu I. and Obasi O.O. (2008). Use of Modern Birth Control Methods Among Rural Communities in Imo State, Nigeria. *African Journal of Reproductive Health. 12(1): 101-108*
- [7]. Population Action International (PAI), 1999. Population Fact Sheet