Institute JOURNAL of Studies in EDUCATION

Vol.8, No.1, 2018

Published by

INSTITUTE OF EDUCATION

University of Ilorin, Ilorin, Nigeria.

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INSTITUTE JOURNAL OF STUDIES IN EDUCATION

Published by:

Institute of Education

University of Ilorin, Ilorin, Nigeria

ISSN: 0795 – 2199

Volume 8, Number 1, (2018)

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Happy reading!

Prof. Lasiele A. YAHAYA
Editor-in-Chief,
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SOCIO-CULTURAL FACTORS INFLUENCING THE CHOICE OF FAMILY PLANNING METHOD AMONG MARRIED COUPLE IN IFE-CENTRAL LGA, OSUN STATE

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Abstract

This study investigated the sociocultural factors influencing the choice of family planning method among married couple in Ife Central Local Government Area of Osun State. The purpose of this study was to examine if factors level of education, ethnicity and cost of contraceptives influence choice of family planning methods. The population of the study comprised of all couples in Ife Central Local Government Area of Osun State. Multi stage sampling technique was used to select 160 respondents. A researcher-designed structure questionnaire was used for data collection. A reliability co-efficient (r) of 0.81 was obtained through test retest method using Spearman-Brown Correlation. Data collection was conducted. Inferential statistics of Chi-square was used to test the null hypotheses at 0.05 alpha level. The hypotheses findings revealed that: Level of education, Ethnicity and Cost of contraceptive influences the choice of family planning method among married couple with all the calculated value greater than table value at 0.05 alpha level. The study concluded that level of education, ethnicity and cost of contraceptive are sociocultural factors influencing the choice of family planning method among married couple Therefore, it was recommended that married couple should seek more knowledge about family planning as it will help them to plan for their future, ethnicity should not be a problem of planning and seek for cheaper cost of contraceptives.

Keywords: Socio-cultural, Factors, Choice, Influence, Family- planning

Introduction

Human reproduction is any form of sexual procreation resulting in human fertilization, typically involving sexual intercourse between a man and a woman. To make a mammal, you need an egg and a sperm (Katherine, 2018). During sexual intercourse between the male and female, reproductive systems results in fertilization of the woman's ovum by the man's sperm (Ghazal, 2014).

These are specialized reproductive cells called gametes, created in a process called meiosis. The two-fold cost of sex includes this cost and the fact that any organism can only pass on 50% of its own genes to its offspring. One definite advantage of sexual reproduction is that it prevents the accumulation of genetic mutations (Hussin & Julie, 2015). The reason why people become couple is to give birth. Human reproduction naturally takes place as internal fertilization by sexual intercourse. During this process, the male inserts his penis, which needs to be erect, into the female's vagina, and then either partner initiates rhythmic pelvic thrusts until the male

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ejaculate semen, which contains sperm, into the vaginal canal. This process is known as "mating", "having sex", or "making love" (Ghazal, Kulp & Makarov, 2014).

A woman can get pregnant if a man's sperm reaches one of her eggs (ova). Contraception tries to stop this happening by keeping the egg and sperm apart or by stopping egg production (NHS). Contraception, also known as birth control and fertility control, is the use of a device or procedure to prevent conception as a result of sexual activity. There are different methods of contraception (Ghazal et al. 2014). Child bearing and contraceptive use are among the most important reproductive health decision that many have to make (Gartner, 2009). Birth control, also known as contraception and fertility control, is a method or device used to prevent pregnancy. Birth control has been used since ancient times, but effective and safe methods of birth control only became available in the 20th century (Hanson, Burke & Anne, 2010).

Planning, making available, and using birth control is called family planning (World Health Organization, 2016). Some cultures limit or discourage access to birth control because they consider it to be morally, religiously, or politically undesirable. The most effective methods of birth control are sterilization by means of vasectomy in males and tubal ligation in females, intrauterine devices (IUDs), and implantable birth control. This is followed by a number of hormone-based methods including oral pills, patches, vaginal rings, and injections. Less effective methods include physical barriers such as condoms, diaphragms and birth control sponges and fertility awareness methods. The least effective methods are spermicides and withdrawal by the male before ejaculation. Sterilization, while highly effective, is not usually reversible, all other methods are reversible, most immediately upon stopping them (World Health Organization and Department of Reproductive Health and Research, 2011).

Safe sex practices, such as with the use male or female condoms, can also help prevent sexually transmitted infections (Taliaferro, Sieving, Brady & Bearinger, 2011). Other methods of birth control do not protect against sexually transmitted diseases (Chin, Sipe, Elder, Mercer, Chattopadhyay, Jacob, Wethington, Kirby, & Elliston, 2012). Emergency birth control can prevent pregnancy if taken within the 72 to 120 hours after unprotected sex (Gizzo, Fanelli, Di Gangi, Saccardi, Patrelli, Zambon, Omar, D'Antona & Nardelli, 2012). Some argue not having sex as a form of birth control, but abstinence-only sex education may increase teenage pregnancies if offered without birth control education, due to non-compliance (Duffy, Lynch, & Santinelli, 2008).

According to Mosher, Martinez, Chandra, Abma and Wilson (2004) available contraceptive methods vary greatly in their efficacy and overall cost Long-acting methods, such as intrauterine contraceptives and implants, have high effectiveness rates that do not depend on compliance or daily usage. Cost consideration influences the utilization of health care services (Ojong & Ibor, 2011).

The Nigeria Demographic and Health Survey report of 2008 shows that transport cost was a big problem women face in seeking health-care (National Population Commission, Nigeria and ICF Macro, 2009). It was reported that the high monetary cost of transportation is a major obstacle to the utilization of health service especially when the distance to a health facility is far. Limited attention has been paid to determine the causes of the unmet need for family planning especially among low income urban residents, despite family planning being an important issue in public health policy for women in the entire population (Laya, 2012).

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Statement of the problem

Family planning saves lives and can improve the health of women, children and the society as a whole. Gaining control of one's reproductive choices and fertility has health benefits for both mother and child. In 2000, about 90% of global abortion related and 20% obstetric related mortality and morbidity could have been averted by the use of effective modern contraceptives by women wanting to either postpone or stop having children. Frequent pregnancies can lead to maternal deaths. Children of deceased mothers are likely to be farmed out to relatives, forced on the streets or left to die. Children born within eighteen months of each other (live births) are at a greater risk of foetal death, low birth weight, prematurity and being of small size for gestational age in both rich and poor communities (Cleland & Bernstein, 2012). A woman can get pregnant if a man's sperm reaches one of her eggs (ova). Contraception tries to stop this happening by keeping the egg and sperm apart or by stopping egg production (NHS). Contraception, also known as birth control and fertility control, is the use of a device or procedure to prevent conception as a result of sexual activity. There are different methods of contraception (Ghazal et al. 2014).

Contraceptive use can prevent pregnancy, make mentrual periods more regular and lighter, decrease mentrual cramps and acne. It can also make one less likely to get ovarian and uterine cancer, pelvic inflammatory disease ovarian cyst and anaemia and it does not interrupt love making, its related maternal and child morbidity and mortality, it decreases mother to child transmission of HIV, its save money, its saves lives and improve health,its bring about wanted pregnancy, regulate the interval between one pregnancy and another as well as to determine the number of children in the family (World Health Organization, 2014).

Family planning is very important; it's help in planning the future, not for the parent alone but the children and the economy of the country at large. There are different types of family planning, ranging from Natural, Traditional and Modern. A lot of factors influence the choice of family planning method to be used by couples but it is important for couples to make a right choice about the contraceptive. Researcher found out that couples in Ife Central Local Government Area, used different types of contraceptives which it's obviously influenced by different factors, it is at this premises the researcher intends to investigate the sociocultural factors influencing the choice of family planning method among married couple in Ife Central Local Government Area of Osun State.

Research Questions

The following questions were raised to guide the research:

1. Will level of education be a factor influencing the choice of family planning methods among married couples in Ife Central LGA, Osun state?
2. Will ethnicity be a factor influencing the choice of family planning methods among married couples in Ife Central LGA, Osun state?
3. Will cost of contraceptives be a factor influencing the choice of family planning methods among married couples in Ife Central LGA, Osun state?

Research Hypotheses

The following hypotheses were tested in the study.

1. Level of education will not significantly be a factor influencing the choice of family planning methods among married couples in Ife Central LGA, Osun state.

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2. Ethnicity will not significantly be a factor influencing the choice of family planning methods among married couples in Ife Central LGA, Osun state.
3. Cost of contraceptives will not significantly be a factor influencing the choice of family planning methods among married couples in Ife Central LGA, Osun state.

Methodology

Descriptive research design of survey type was used for this study. Abiola (2007) opined that this type of research design involves a clear definition of the problem, collection of relevant and adequate data, careful interpretation of the data and skillful reporting of the findings. The population for the study includes all residents within eleven wards in Ife central Local Government Area of Osun state. For the purpose of this study, the target population were married couples within four wards in Ife central Local Government Area. A multistage sampling technique of stratified sampling technique, purposive sampling technique, proportionate sampling technique and simple random sampling technique was adopted. Firstly, Ife Central was stratified into strata of the existing wards which include, Akarabata, Ilare I, Ilare II, Ilare III, Ilare IV, Iremo I/Ajebandele, Iremo II/Eleyele, Iremo III, Iremo IV, Iremo V, and More Ojaja. Secondly, a simple sampling technique was used to select four wards out of the eleven wards in Ife Central Local Government Area which are Ilare I, Iremo II/Eleyele, Akarabata, and Ilare IV. Thirdly, Simple random sampling technique was used to select 2 street forms each selected wards making eight streets. Finally, Systematic sampling technique was used to select 20 couples from each selected street. In total, one hundred and sixty couples were selected which served as respondent for this study. A well-structured researcher developed questionnaire was used in collecting data for the study. The questionnaire consisted of two sections A and B. Section A measured the socio-demographic variables of the respondents while section B measured perception of couples on sociocultural factors influencing choice of family planning methods in Ife Central Local Government Area. A four point Likert rating scale with alternatives of Strongly Agree (SA) = 4 points, Agree (A) = 3 points, Disagree (D) = 2 points and Strongly Disagree (SD) = 1 point will be used. In order to find out the validity of this instrument, copies of the questionnaire were given to three experts in the Department of Health Promotion and Environmental Health Education, Institute of Education, University of Ilorin, so as to carry out both the face and content validity of the instrument. To determine the reliability of the instrument, the researcher adopts a test-retest method by which the questionnaires were administered to respondents outside the study area in another Local Government Area but similar to the study area (Boripe Local Government Area of Osun State). Co efficient of r. 0.81 was obtained which shows the instrument was valid. The researcher employed 3 trained research assistance to assist and help in administered and collection of research instrument. The right, dignity and privacy of the respondent were considered. The researcher sought for the informed concept of the respondents before the collection of information got from them. The researcher sought all effort with the assistance to prompt collection of the instrument after completion. The administered questionnaire copoies were collected immediately to avoid loss of instrument and ensure 100% recovery. The completed copies of the questionnaire for this study was collected, sorted, coded and subjected to appropriate statistical analysis. Section A which contains demographic data of the respondents was analyzed using descriptive statistics of frequency counts and percentage, while inferential statistic of chi-square was used to analyze the stated hypotheses using the Statistical Package for Social Sciences (SPSS).

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Results

Test of Hypotheses

Hypothesis 1: *Level of education will not significantly be a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun State.*

Table 1: Chi-square analysis on level of education as a significant factor influencing the choice of family planning method among married couples in Ife central LGA, Osun State

SN	ITEMS	SA	A	D	SD	Row Total	df	Cal Value	Table Value	Remarks
1	Be a learned person influence the extent to which women choose contraceptive	90 (35.3%)	58 (36.2%)	8 (5.0%)	4 (2.5%)	160				
2	Be informed influence the choice of contraceptive among couple	84 (52.5%)	70 (43.7%)	4 (2.5%)	1 (1.3%)	160				
3	Well educated people have more knowledge on family planning which influence their choice of contraceptive	96 (60.0%)	52 (32.5%)	7 (4.4%)	5 (3.1%)	160	9	68.80	16.92	Ho rejected
4	Little knowledge will affect the choice of family planning	38 (23.7%)	52 (32.5%)	50 (31.3%)	20 (12.5%)	160				
	Total	**308**	**232**	**70**	**30**	**640**				

@ 0.05 alpha level

Table 1 shows that the calculated Chi-square value is 68.80 and the critical/table value is 16.92 with the degree of freedom 9 at 0.05 alpha level. Since the calculated Chi-square value 68.80 is greater than the critical/table value of 16.92 therefore, the null hypothesis is rejected. This implies that level of education is significantly a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state.

Hypothesis 2: *Ethnicity will not significantly be a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun State.*

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Table 2: Chi-square analysis on ethnicity as a significant factor influencing the choice of family planning method among married couples in Ife central LGA, Osun State

SN	ITEMS	SA	A	D	SD	Row Total	df	Cal Value	Table Value	Remarks
1	Health seeking behavior by different ethic influence their choice of contraceptive	46 (28.7%)	72 (45.0%)	38 (23.8%)	4 (2.5%)	160				
2	Desire for particular gender influence the choice of contraceptive	28 (17.5%)	52 (32.5%)	68 (42.5%)	12 (7.5%)	160				
3	Ethics belief influence the choice of contraceptive	26 (16.3%)	70 (43.7%)	54 (33.7%)	10 (6.3%)	160	9	133.70	16.92	Ho rejected
4	Health care beliefs of different ethics influence the choice of contraceptive	44 (27.5%)	68 (42.5%)	40 (25.0%)	8 (5.0%)	160				
	Total	**144**	**262**	**200**	**34**	**640**				

@ 0.05 alpha level

Table 2 shows that the calculated Chi-square value is 133.70 and the critical/table value is 16.92 with the degree of freedom 9 at 0.05 alpha level. Since the calculated Chi-square value 133.70 is greater than the critical/table value of 16.92 therefore, the null hypothesis is rejected. This implies that ethnicity is significantly a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state.

Hypothesis 3: *Cost of contraceptives will not significantly be a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun State.*

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Table 3: Chi-square analysis on cost of contraceptives as a significant factor influencing the choice of family planning method among married couples in Ife central LGA, Osun State

SN	ITEMS	SA	A	D	SD	Row Total	df	Cal Value	Table Value	Remarks
1	Price of contraceptive pills influence the choise of contraceptive among couples	46 (28.7%)	68 (42.5%)	36 (22.5%)	10 (6.3%)	160				
2	Easy access influences the contraceptive choice among couples	34 (21.3%)	78 (48.7%)	44 (27.5%)	4 (2.5%)	160				
3	Choice of contraceptive can be influence by transportation cost	18 (11.3%)	56 (35.0%)	54 (33.7%)	32 (20.0%)	160	9	40.00	16.92	Ho rejected
4	High cost of particular contraceptive influences the choice of couples	36 (22.5%)	62 (38.8%)	44 (27.5%)	18 (11.2%)	160				
	Total	**134**	**264**	**178**	**64**	**640**				

@ 0.05 alpha level

Table 3 shows that the calculated Chi-square value is 40.00 and the critical/table value is 16.92 with the degree of freedom 9 at 0.05 alpha level. Since the calculated Chi-square value 40.00 is greater than the critical/table value of 16.92 therefore, the null hypothesis is rejected. This implies that cost of contraceptives is significantly a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state.

Discussion of Findings

Hypothesis 1: Level of education will not significantly be a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state. The hypothesis which was tested at 9-degree of freedom of 0.05 alpha level was rejected because the calculated value (68.80) is greater than the table value (16.92). The result revealed that level of education is significantly a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state. This corroborates Hakoh (2014) who explained further that education is the most important factor for acceptance of family planning. Usually, the educated women have more awareness and opportunity to know the importance of family planning in reject to birth control. WHO (2010) found out that women's education is in line with lower fertility which constitutes management of reproductive resources. Maternal education has once been linked with reduction of child mortality among rural dwellers. Women's education enhances their capability and also their reproductive rights to decide freely and responsibly the number, spacing and timing of their children and to have other necessary information regarding reproductive right to decide freely and responsibly the number, spacing and timing of their children and to have other necessary information regarding reproductive rights (WHO, 2010).

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Hypothesis 2: Ethnicity will not significantly be a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state. The hypothesis which was tested at 9-degree of freedom of 0.05 alpha level was rejected because the calculated value (133.70) is greater than the table value (16.92). The result revealed that ethnicity is significantly a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state. This is in line with findings of Gartner (2009) who said culture and ethnicity prescribe how much autonomy an individual has in making family planning decisions. The larger the differences in reproductive intentions within a community, the more likely the community norms support individual choices

Hypothesis 3: Cost of contraceptive will not significantly be a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state. The hypothesis which was tested at 9-degree of freedom of 0.05 alpha level was rejected because the calculated value of 40.0 is greater than the table value of 16.92. The result revealed that cost of contraceptive is significantly a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state. This is in line with findings of Casterline and Sinding. (2000) and Oye-Adeniran, Adewole, Odeyemi, Ekanem and Umoh (2005) who ascertained that overall cost and availability of contraceptive commodities, transportation and provider fees for contraceptives and health care services are some of the factors affecting the choice of family planning methods.

Conclusion

Based on the findings of this study, the following conclusions were made;

1. Level of education is significantly a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state.
2. Ethnicity is significantly a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state.
3. Cost of contraceptive is significantly a factor influencing the choice of family planning method among married couples in Ife central LGA, Osun state.

Recommendations

Based on the findings from the study, the following recommendations were made:

1. Married couple should seek more know about family planning as it will help them to know the type of contraceptive to use and plan for their future
2. Ethnicity should not be a problem of planning, married couple should seek for good family planning irrespective of their ethics as to help them avoid unnecessary pregnancy
3. Married couple should try and seek for cheaper cost of contraceptives so that it will not be barrier for them to use family planning and also try as much as possible to look for money as for them to use family planning of their choice.

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