ISSN 1117-9481

ILORIN JOURNAL OF SOCIOLOGY

Volume 8, No.1 December, 2016

Published by the
DEPARTMENT OF SOCIOLOGY
UNIVERSITY OF ILORIN, NIGERIA

ILORIN JOURNAL OF SOCIOLOGY

EDITORIAL BOARD

Editor-in-Chief	-	Prof. Noah Yusuf
Managing Editor	-	Prof. B. Salawu
Managing Editor	-	Dr (Mrs.) D. S. Adekeye
Secretary	-	Dr A. Y. Muhammed
Member	-	Mr. Sakariyau Abdulbaqi

EDITORIAL ADVISERS

Professor Mustapha C. Dutze,
Department of Sociology,
Bayero University, Kano.

Professor A.S. Jegede,
Department of Sociology,
University of Ibadan.

Professor Omololu Soyombo,
Department of Sociology,
University of Lagos.

Professor Salisu Abdullahi,
Department of Sociology,
Bayero University, Kano.

Professor Adewole Atere,
Department of Sociology,
Federal University,
Oye-Ekiti, Nigeria.

ILORIN JOURNAL OF SOCIOLOGY
VOLUME 6, NUMBER 1, OCTOBER, 2014

LIST OF ARTICLES

1	Aspect of Sexual Violence in the Niger Delta Conflict **Aliyu, Titus Tijani**	1-12
2	Assessment of Human Resource Development Programmes in Academic Libraries in Kwara State, Nigeria **S. A. Olarongbe; Udo Nwokocha & K. N. Igwe**	13-27
3	Academic Library Staffing and Implications for Librarianship Practice in Kwara State, Nigeria **A.O. Issa; A.O. Idowu; B.B. Amusan; B.Y. Ojokuku; F.A. Adedeji & S. Oguntayo**	28-45
4	Teacher Education and National Development in the Context of Nigeria's Vision 2020 **A.F Mohammed; Adeshina E. Adeniyi; Grace Uyagu & Risikatu Mohammed**	46-53
5	Attitude of Couples in Kwara State Towards the Use of Family Planning **Odebode, Aminat Adeola; Alwajud-Adewusi, Mariam Bukola; Aburime, Aminat Ozohu & Jekayinfa, Oyeyemi**	54-63
6	The Socio-Economic Contexts of Child Labour in Benin City, Nigeria **Omorogiuwa Tracy, B.E**	64-72
7	Socio-Demographic Determinants of Health Care Utilization: A Study of Nsukka, Southeast Nigeria **Adeoye, Beatrice D.**	73-79
8	Privatisation of State-Owned Enterprises and Service Delivery in Benin Electricity Distribution Company (BEDC) **I. Mustapha & F. O. Imuetinyan**	80-94
9	The Logic of Motivation and Operational Strategy in the Changing Contours of Terrorism **Iro Aghedo & Endurance Aigbe**	95-11
10	Entrepreneurship Education, Job Creation, Self-Reliance, Social Inclusion and Nigeria's Economic Development **Omorogiuwa, Tracy B.E. & Imafidon, Kelly A.**	111-
11	An Assessment of Corruption, Security Challenges and Socio-Economic Growth of Nigeria's Social Administration **Abubakar Abdulrahman; Bolaji, Ibrahim Akanbi & Zubair, Abdulganiyu .A.**	120-

ATTITUDE OF COUPLES IN KWARA STATE TOWARDS THE USE OF FAMILY PLANNING

Odebode, Aminat Adeola & Alwajud-Adewusi, Mariam Bukola
Department of Counsellor Education, University of Ilorin, Nigeria
+2348136812525; adeolaodebode@ymail.com;
+2348061612209; aliwajudmariam@yahoo.com

Aburime, Aminat Ozohu & Jekayinfa, Oyeyemi
Department of Arts Education, University of Ilorin, Nigeria
+2347038703054; aburime.a@unilrin.edu.ng
+2348149332414; yemijek@yahoo.com

Abstract
Use of family planning has long been misconstrued. The purpose of this study was to find out the attitude of couples in Kwara State towards use of family planning. The study also aimed at finding out whether variables such as age, religion and educational qualification will affect the respondents' views. Four hundred respondents were selected using simple random sampling and systematic sampling techniques. A Researcher-designed questionnaire titled 'Attitude towards use of Family Planning Questionnaire (AUFPQ)' was used to collect data for the study. A research question was constructed and three hypotheses were formulated. The validity of the instrument was established through vetting of three medical personnel in Gynecology Department, University of Ilorin Teaching Hospital, Ilorin, Nigeria. While, the reliability was ascertained using split-half reliability method and reliability coefficient of 0.72 was gotten which confirmed that the instrument is reliable for use. The hypotheses were tested using Analysis of Variance at 0.05 sig. level. The result showed that couples in Kwara State have negative attitude towards the use of family Planning. It was also found out that there was no significant difference in the attitude of couples in Kwara State towards the use of family planning based on age, religion and educational qualification. Based on the findings of this study, recommendations were made that Governmental and Non-Governmental Organizations should embark on more sensitization programmes that would be on continuous basis so as to encourage couples to develop positive attitude towards use of family planning.

Keywords: Couples, Attitude, Family Planning

Introduction

In recent years, there has been an increasing demand for family planning information and services. Family planning is a way of practice to controlling or abolishing the number of children in a family and the intervals between the births of these children by artificial means. It is a way of living that is adopted by an individual or couple in order to achieve pregnancy by choice and not by chance (Mischell, 2007). It is also the delay of pregnancy, spacing of sub-sequent ones, termination of fertility and helping fertile couple to achieve pregnancy. Family planning refers to the factors that may be considered by a couple in a committed relationship and each individual involved in deciding if and when to have children (Frost, Finer & Tapales, 2008).

Family planning may involve consideration of the number of children a couple wish to have as well as the age at which they wish to have them. These matters are largely influenced by marital situation, career considerations, financial strength, disabilities that affect them to have and raise children. Family planning is sometimes used as synonyms to contraceptives. However, it involves the methods and practices in addition to contraception. It is most widely applied to a female-male couple who wish to limit the number of children they have or to control the timing of pregnancy (Nelson, Felfer & Anderson, 2012). Family planning is also viewed as method of spacing children. Family planning may encompass sterilization, abortion, use of pills, injectibles condoms etcetera (Derose, Nii-Amoo, Alex & Owuor, 2004).

Modern family planning is a way of abolishing the idea of having many children that dominated the African culture. Many years ago in African society, it was the feature of a man to marry many wives; then, the number of wives which one had was the criteria used in determining wealth. It was the belief of people that when a man has many wives, he is likely to have many children and would be able to practice a fairly large scale agriculture which was then the principal occupation (Varma & Rohini, 2008). However, at that time, couples were able to manage and establish polygamous family because the cost of living during that time was relatively low compared to the present day life situation. Nevertheless, the only pronounced method through which people consciously regulate their fertility as at then was through abstinence and refraining from sexual intercourse during lactation period (Taiwo, 2012).

In the past, many people have used many methods to practice family planning, most of which are traditional methods. A large number of plants and other substances have been used to control fertility, and the type of contraceptives used were so crude, native and traditional. Examples of these are rings, incisions, special padlocks, concoctions, among others. Orach, Otim, Aporomon, Amone, Okello, Odongkara and Komakech (2015) observed that in many developing countries, some women develop negative attitude towards use of family planning. These could be as a result of the fact that they were not informed and even if they were, these methods were not made available. In some areas where the services do exist, the less educated women may be aware of the existence, but consider them not safe for them.

There are many reasons as to why many develop negative attitude towards the use of modern day family planning and may not use it. These reasons include logistical problems, limited access to transportation and composition by partners, families or

communities, and lack of knowledge about family planning (Cleland, Pipert, Westhoff, Spear & Trussell, 2011). It has been documented that women complain of having weight gain, headaches, high blood pressure and cancer as a result of adoption of family planning (Varma & Rohini, 2008). These may make couples develop certain attitude towards use of family planning. A higher percentage of couples in urban areas, especially those living in capital cities may have positive attitude towards the use of modern contraceptives method relatively more than those women living in rural areas who are further handicapped by the distance they have to travel to access the services (Kumar, Pryaadarshni, Kant, Anand & Yadav, 2005). The occurrences of unwanted pregnancies seem to be rampant in Nigerian society. Relatively, couples who hold a negative attitude towards the use of family planning tend to have many children which is detrimental to the health a woman and her child. Negative attitude towards contraceptive use has also led to complications during child birth, poor mental health of the child, high poverty rate, and high mortality rate (Taiwo, 2012). It is only through an efficient method of birth control that a couple can plan in advance the size and spacing of their family which is important to their health and happiness.

The uptake of modern family planning methods remains low in Sub-Saharan Africa including Nigeria and Ghana. This may be associated with high incidence of unintended pregnancies, unsafe abortions and maternal deaths (Frost, Finer & Tapales, 2008). The United Nation's Millennium Development Goal (MDG) aims at improving maternal health and reducing maternal mortality rate by ¾ between 1990 and 2015. An intervention towards achieving this target is the promotion of family planning among women in Sub-Saharan Africa (Sebastian, Awoonor-Williams & Novignon, 2014). Evidence exists that if couples can space their pregnancies by at least two years apart through the use of family planning, up to 35% of maternal deaths and up to 13% of child mortality could be averted (Tsui, McDonald-Mosley & Burkey, 2010), whilst 25% of under five mortalities could be averted if birth intervals were at least 3 years ((Frost, Finer & Tapales, 2008).

It is worrisome that although women in Kwara State are knowledgeable on the use of family planning and the supply source, only 27% of these women had previously used contraceptives; this is due to fear of use and rejection of their husbands (Fakeye & Babaniyi, 1999). Only about16.9% and 18.8% of men and women respectively in Kwara State use family planning (Abegunde, Petu & Akande, 1998). A survey conducted by The Nigeria Urban Reproductive Health Initiative (NURH, 2012), revealed that 75% of women do not use family planning in Kwara State due to wrong perception. This appears to be a huge problem and obstacle against the plan of Government to ensure reduction in infant mortality rate and to curb the skyrocketing population in Nigeria. It is against this background that this study investigated the attitude of couples in Kwara State towards the use of family planning and to find out if there will be any difference in the expressions of the respondents based on age, gender and religion.

Research Questions

The study seeks answer to the following research questions:

1. What type of attitude do couples in Kwara State have towards the use of family planning?
2. Is there any difference in the attitude of couples in Kwara State towards the use of family planning based on age?
3. Is there any difference in the attitude of couples in Kwara State towards the use of family planning based on religion?
4. Is there any difference in the attitude of couples in Kwara State towards the use of family planning based on educational background?

Research Hypotheses

The following hypotheses were generated for the purpose of this study:

1. There is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on age.
2. There is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on religion.
3. There is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on educational background.

Methodology

The descriptive survey method was adopted for the study. The population for this study consists of couples in Kwara State. There are 16 Local Government Areas (LGAs) in Kwara State therefore the researchers adopted the simple random technique to select 5 LGAs (Offa, Irepodun, Ilorin Central, Asa and Ilorin South LGAs). The researchers also employed the systematic random sampling procedure to select 80 respondents from the 5 Local Governmnts; which made a total of 400 couples that participated in the study.

The instrument used for the study was a Researcher-designed questionnaire titled 'Attitude towards Use of Family Planning Questionnaire (AUFPQ)'. The questionnaire was divided into two sections. Section A deals with personal information; expecting couples to state their age, religion and educational background. Section B consists of 15 close ended and negatively worded items to which the respondents were required to answer honestly. The researchers after making all corrections, gave the instrument to three medical personnel in Gynecology Department, University of Ilorin Teaching Hospital, Ilorin, Nigeria. Based on their assessments, the instrument was adjudged valid for the study. The reliability of the instrument was determined by using the test-re-test reliability procedure which yielded a 'r' of 0.72, which was considered high enough for an instrument of this nature.

The questionnaire forms were administered with the help of six research assistant. This was to ensure that the respondents filled the questions correctly and also ensure easy collection of the instrument after completion. Section A of the instrument was scored using percentage while, section B was scored using four point likert rating type:

Strongly Agree (SA) = 4; Agree (A) = 3; Disagree (D) = 2; Strongly Disagree (SD) = 1. The mean score is 2.5, therefore, any item with mean score raging from 2.5 and above was adjudged to as indicating negative attitude towards the use of family planning while any item with mean score less than 2.5 was adjudged to be an indicator of positive attitude towards the use of family planning. The questionnaire was administered to the respondents by the researchers and three trained research assistants. Simple percentage was adopted to analyze the personal information provided by the respondents under section "A" of the instrument. In the same way, ANOVA statistical tool was adopted to analyze the formulated hypotheses.

Result

This part of the data that were derived from the questionnaire administered on the respondents exposes the trend in frequencies and percentages of the respondents in relation to the variables of the study. They are represented in tabular forms for a clear understanding of the information.

Table 1: Distribution of Respondents by Age

Age	Frequency	Percentage (%)
18-28 years	136	34.0
29-38 years	144	36.0
39 years and above	120	30.0
Total	400	100

Table 1 showed the distribution of the respondent on the basis of age. Out of the 400 respondents that participated in the study, 136 (34.0%) of them fell between 18-28 years, 144 (34.0%) fell between 29-38 years, and 120 (30.0%) of the respondents fell between 39 years and above.

Table 2: Distribution of Respondents by Religion

Religion	Frequency	Percentage
Christianity	230	57.5
Islam	160	40.0
ATR	10	2.5
Total	400	100

Table 2 showed the distribution of the respondents on the basis of religion. It is shown on the table that 230 (57.5%) of the respondents were Christians, 160 (40%) of the respondents were Muslims while, 10 (2.5%) of the respondents were traditional worshippers

Table 3: Distribution of Respondents by Educational Qualification

Educational Qualification	Frequency	Percentage
SSCE	204	51.0
OND/NCE	124	31.0
HND/B.sc/B.ed	72	18.0
Total	400	100

Table 3 showed the distribution of the respondents on the basis of educational qualification. The table showed that 204 (51.0%) of the respondents have SSCE certificate, 124 (31.0%) have either OND/ NCE certificate while, 72 (18.0%) of the respondents have either HND, B.ed or B.sc. certificate.

Research Question 1: What type of attitude do couples in Kwara State have towards the use of family planning?

Table 4: Mean and Rank Order of the Attitude of Couples in Kwara State towards Use of Family Planning

Items No	In my own opinion, I feel that Family Planning:	Mean	Rank
14	is only for couples who do not like to have many children	3.58	1st
3	promotes ill health	3.57	2nd
6	causes infertility	3.52	3rd
7	is not readily available	3.43	4th
1	promotes weight gain	3.42	5th
12	causes cancer	3.41	6th
8	decreases sexual satisfaction	3.39	7th
13	increases stress for women	3.30	8th
11	reduces couples' wealth	3.26	9th
9	does not guarantee long life	3.20	10th
10	promotes marital instability	3.18	11th
2	causes mood swing	3.17	12th
4	creates misunderstanding among couples	3.15	13th
5	reduces affection among couples	3.13	14th
15	is against religious injunctions	3.0	15th

Table 4 showed the rank order of the attitude of couples in Kwara State towards the use of family planning. The Table showed that item 14 which stated that 'is only for couples who do not like to have many children' ranked 1st with mean score 3.58. Item 3 which stated that 'promotes ill health' ranked 2nd with mean score 3.57. Item 15 which stated that 'it is against religious injunctions' ranked 15th. Since all the items have mean score

above 2.50, therefore, it can be concluded that the attitude of couples in Kwara State towards use of family planning is negative.

Testing of Hypotheses

This study is carried out to find out the attitude of couples in Kwara State towards the use of family planning on the bases of age, religion and educational qualification. Three Null hypotheses were formulated and tested using ANOVA statistical tool.

Hypothesis One: There is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on age.

Table 5: ANOVA Result on Attitude of Couples in Kwara State towards the Use of Family Planning Based on Age

Sources of variance	SS	df	MS	Cal. f-value	Crit. f-ratio	Decision
Between group	34.729	2	17.364			
Within group	6281.905	397	15.823	1.09	3.00	Not Sig.
Total	6316.634	399				

Table 5 showed the calculated f value of 1.09 and critical f ratio 3.00. Since the calculated f-value is less than the critical f value, the hypothesis which stated that there is no significant difference on the attitude of couples in Kwara State towards the use family planning based on age is accepted.

Hypothesis Two: There is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on religion.

Table 6: ANOVA Result on the Attitude of Couples in Kwara State towards the Use of Family Planning Based on Religion

Sources of variance	SS	df	MS	Cal. f-value	Crit. f-ratio	Decision
Between group	38.220	2	19.11			
Within group	6278.414	397	15.814	1.21	3.00	Not Sig.
Total	6316.634	399				

Table 6 showed the calculated f value of 1.21 and critical f ratio 3.00. Since the calculated f-value is less than the critical f value, the hypothesis which stated that there is no significant difference on the attitude of couples in Kwara State towards the use of family planning based on religion is accepted.

Hypothesis Three: There is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on educational qualification.

Table 7: ANOVA Result on the Attitude of Couples in Kwara State towards the Use of Family Planning Based on Educational Qualification.

Source of variance	SS	df	MS	Cal. f-value	Crit. f-ratio	Decision
Between group	34.340	2	17.170			
Within group	6282.294	397	15.824	1.08	3.00	Not Sig.
Total	6316.634	399				

Table 7 showed the calculated f value of 1.08 and critical f ratio 3.00. Since the calculated f-value is less than the critical f value, the hypothesis which stated that there is no significant difference on the attitude of couples in Kwara State towards the use of family planning based on educational qualification is accepted.

Discussion

The mean and rank order analysis of the attitude of couples in Kwara State towards the use of family planning revealed that couples have negative attitude towards the use of family planning. From the result, couples feel that family planning is only for couples who do not like to have many children, it promotes ill health and it is against religious injunctions among others. The reason for this finding could be as a result of lack of continuous advertisement and health talk for married adults, by this, it is possible to form a negative perception towards an issue that one is not too knowledgeable about. This finding is similar to that of Taiwo (2012), who found out that women have negative attitude to the use of family planning. It is also in support of the findings of Orach, Otim, Aporomon, Amone, Okello, Odongkara and Komakech (2015), who found out in their study that adults have negative attitude towards the use of family planning for fear of side effects.

The findings of this study revealed that there is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on age is accepted. This implies that there is no difference in the attitude of couples in Kwara State towards the use of family planning despite the age differences. This could be that couples in Kwara State are exposed to the same environment where little or no knowledge about the use of family planning exists hence, this could influence the attitude of people in the area to form similar attitude towards family planning irrespective of age differences. This is in no support of the findings of Kumar, Pryaadarshni, Kant, Anand and Yadav (2005) who found in their study that married adults have different attitudes towards the use of family planning.

The result showed that there is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on religion is accepted. This implies that there is no difference in the attitude of couples in Kwara State towards the use of family planning despite different religious beliefs. A possible reason for this finding is that religious beliefs may be regarded as one's faith and could be a strong determinant of attitude formation towards matters like the use of family planning. Many

religiously inclined people proclaim that it is sinful to boycott pregnancy; this could also be one of the reasons couples have the same attitude towards the use of family planning. This is against the findings of Frost, Finer and Tapales, (2008) who found that religious belief of couples does not influence their attitude towards the use of family planning.

Result also revealed that there is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on educational qualification is accepted. This implies that despite the variations in educational qualification of couples in Kwara State, there is no difference in their attitudes toward the use of family planning. This is not in line with the submission of Varma and Rohini (2008), who submitted in their study that educational qualifications of couples have influence on their attitudes toward family planning use. It is surprising that educational qualification which naturally affects perception and attitude does not affect the attitudes of respondents in this study. This could be that couples are not well informed about family planning thus creating fear in the minds of couples which informed the result of this study.

Conclusion and Recommendations

Couples in Kwara State have negative attitude towards the use of family planning. There is no significant difference in the attitude of couples in Kwara State towards the use of family planning based on age, religion and educational qualification. Based on the conclusion of this study, the following recommendations were made with the hope of improving the attitude of couples in Kwara State towards the use of family planning: Marital counsellors should take the lead in the advocate for developing positive attitude towards the use family planning; this could be done by educating the populace on the advantages of family planning use. Government should endeavor to publicize and advertize the use of family planning on continuous basis to encourage couples to use, and develop a positive attitude towards the use of family planning. This could also help in reducing population and poverty in the country. Religious leaders should partake in the campaign towards developing positive attitude towards the use of family planning. Couples should also belief that government would not introduce plans that would harm the populace. Couples need to know that family planning is a good plan that can promote good health, affluence and love between them, therefore, they should develop more positive attitude towards family planning use.

References

Abegunde, D., Petu, A. & Akande, T. (1998). *The role of men in family planning in Kwara State of Nigeria.* Retrieved 4th June, 2016 from www.popline.org/node/529479.

Cleland, K., Peipert, J. F., Westhoff, C. Spear, S. & Trusell, J. (2011). Family planning as a cost-saving preventive health service. *New England Journal of Medicine, 364*(18), 37.

Derose, L., Nii-Amoo, D., Alex, C. E., & Owuor, B. (2004). *Discussion of family improves knowledge of partner's attitude towards contraceptives.* Elsevier: Guttmacher Institution.

Fakeye, O. & Babaniyi, O. (1999). Reasons for non-use of family planning method at Ilorin, Nigeria. *Pub Med*, 19(3), 114-117.

Frost, J. J., Finer, L. B. & Tapales, A. (2008). The impact of publicly funded family planning clinic services on unintended pregnancies and government cost savings. Journal of Health Care for the Poor and Underserved, 19(3), 777–795.

Kumar, S., Pryaadarshni, A., Kant, S., Anand, K. & Yadav, B. K. (2005). Attitude of women towards family planning methods and its use-study from a slum of Delhi. *Kathmandu University Medical Journal, 3*(3), 259-262.

Mischell, D. R. (2007). Family planning: Contraception, sterilization and pregnancy termination. *Comprehensive Gynecology, 18*, 23-30.

Nelson, S. M., Felfer, E. E., Anderson, R. A. (2012). The ageing ovary and uterus: New biological insights. *Human Reproduction Update, 19*(1), 67-83.

Orach, C.G., Otim, G., Aporomon, J. F., Amone, R., Okello, S.A., Odongkara, B. & Komakech, H. (2015). Perceptions, attitude and use of family planning services in post conflict Gulu district, Northern Uganda. *Conflict and Health, 9*(24), 45-50.

Sebastian, E., Awoonor-williams, J. K., Elliason, C., Novignon, J. (2014). Determinants of modern family planning use among women of reproductive age in Ghana. *Reproductive Health, 1*, 65.

Taiwo, P. A. J. (2012). Attitude of women towards family planning in selected rural communities of Ibadan. *African Journal for the Psychological Study of Social Issues, 15* (1), 45-59.

The Nigeria Urban Reproductive Health Initiative (NURH) (2012). *Nigeria: over 75% Kwara women shun family planning*. NGOs News Africa. Retrieved 4th June, 2016 from ngonewsafrica.org/archives/11753.

Tsui, A. O., Mc Donald-Mosley, R., Burke, A.E. (2010). Family planning and the burden of unintended pregnancies. *Epidemiology Review, 32*(1), 152-74.

Varma, G. R. & Rohini, A. (2008). Attitude of spouse towards family planning: A study among married men and women of a rural community in West Godavari District, Andhara Pradesh. *Anthropologist, 10*(1), 71-75.