



Original Research Article

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Predisposing factors in adoption and utilization of natural family planning methods among women in Okpuala Amakohia community in Ikeduru Lga, Imo state.

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Abstract

The study investigates the predisposing factors in adoption and utilization of natural family planning methods among women in Okpuala Amakohia community in Ikeduru. The population of study was randomly selected women from Amakohia community in Ikeduru with a sample size was 250 women from randomly selected villages. The instrument of data collection was self developed questionnaire and the instrument was validated by three experts in the department of public health Imo State University Owerri. The reliability of the instrument was by test re-test method and the data collected was analyzed using percentage, frequency and chi-square. The findings revealed that all the respondents have heard about family planning before and that the practice of the natural family planning occurred only in 22 women (8.80%) while the remaining women practiced other family planning methods of which the main source of information and awareness was the hospital which was 109 women (43.6%) of the population and the least common source of information was obtained from news papers and magazine which was just 4 women (1.6%) of the population. The key factors found to militate against natural family planning among women were lack of time for daily monitoring of irregular and unpredictable menstrual cycles and lack of information and ignorance. Conclusions drawn from the findings recommended that the practice of natural family planning among women would be improved by wider dissemination of information on this through public lectures and electronic media, training of family planning counsellors to facilitate grass root coverage, universal entrenchment of natural family planning counselling into routine antenatal clinic activities with emphasis on female education and empowerment, encouraging men's involvement in family planning etc suggestions were also made for further research in related areas.

Keywords: Predisposing factors, Adoption, Utilization, Natural family planning methods, Women in Okpuala

Introduction

Family planning entails deciding the number of children a couple wants to have, planning when to

have them and how to space the children (Rober, 2003).

The world health organization identified family planning as the planning of when to have children and the use of birth control and other techniques to implement such plans (WHO, 2003).

Family planning is sometimes used as a synonym for birth control. It is most usually applied to a female or male couple who wish to limit the number of children they have and or to control the timing of pregnancy.

Rice (2000) noted that family planning enables couples and individuals to decide freely the number of spacing of their children and to have the information and means to do so. It also means that people have ongoing availability of full range of safe and effective contraceptive methods that enable them to take action according to their decisions. The ability to take action is also based upon the cost of contraceptive ideas people have about the different methods and the support or lack of support from their partners, extended family members and wider community (Rice, 2000).

Free family planning services have only been widely available in general practice since 1975 (Cross and Rummer, 2002).

Family planning helps women to protect themselves from unwanted pregnancies. Since the 1960s, family planning programs have helped women around the world to avoid 400 million unwanted pregnancies (Allan et al., 1995). Rober et al. (2003) noted that if all women could avoid high risk pregnancies, the number of maternal deaths could fall by one-quarter.

Family planning saves the lives of children by helping women space births. It has been noted that between 13 and 15 million children under age 5 die each year. If all children were born at least 2 years apart, 3 to 4 million of these deaths would be avoided (Allan et al., 1995; Rober et al., 2003). Family planning improves family well being, the family standard of living and the stability of the home. Also, couples with fewer children are better able to provide them with enough food, clothing, housing and schooling (Rakel et al., 2002) Family planning according to Rober et al. (2003), helps nations develop. In countries where

women are having far fewer children than their mothers did, peoples economic situation are improving faster than in most other countries (Anupurna, 2004).

There are different types of family planning methods. Some methods are temporary while some are permanent. Hatcher et al. (1998) noted that temporary methods are used to space pregnancies and can be stopped at any time one desires to have a baby; while permanent methods are used if one does not want any more children.

On the other hand, Cross and Rummer (2002) noted that the permanent family planning method involves:

Male sterilization or vasectomy

Female sterilization or Tubal ligation.

Explaining the different methods to patients can help them to make informed choices about their reproductive health and family.

Belfield (1999) buttressed this when he remarked that evidence

Among all the F.P methods is the natural family planning otherwise known as the Fertility Awareness Method (FAM). Natural family Planning (NFP) according to Kristen (2003) refers to a variety of methods used to prevent or plan pregnancy based on identifying a woman's fertile period. For all NFP methods, abstinence or avoiding unprotected intercourse during the fertile day is what prevents pregnancy.

Despite the above advantages, many women do not practice methods rather they prefer the artificial methods (Kristen, 2003). It is estimated according to the resource from Absolute Autonomy (2009) that only 2-3% of the world's reproductive age population use periodic abstinence to avoid pregnancy.

Due to the background effectiveness of NFP for health promotion and prevention of medical risks (such as weight gain, mood change, breast tenderness, cardiac complication, headache, e.t.c.) associated with other contraceptive, the researcher was motivated towards ascertaining the motivating factors in adoption and utilization of

natural family planning method among the women in Amakohia community in Ikeduru.

Research Methodology

Research Design

The design employed in this study is the descriptive research design. The predisposing factors will be taken as predictor variables while the women adoption and utilization of NFP methods will be criterion variable.

Area of Study

Anakohia is one of the communities that make up Ikeduru L.G.A State.

The Amakohia community is in itself made of 10 villages namely: Umuduruoma, Umuaririogu, Umualumagwu, Umualu, jieru, Amaochasi, Amaobu, Umuezizi, Umuobasi, Uzoiyi. The women in these villages are mainly farmers, petty traders and house wives. There are Christians mostly Catholics. There are graduates among them but majority of these women are school certificate and teachers grade two (TCII) holders with few drop outs from elementary schools. With this, up to 60% of the population is Non-literate while the remaining 40% are literate. There is no empirical data with regards to the use of NFP methods among women, and statistics from the State Ministry of Health (SMOH) show that women barely go for it.

Population for the Study

The study population from which generalization was made were all women which were approximately 200, 000 and are into farming and petty trading in Amakohia.

Sample and Sampling Techniques

The sample size of the study is 250 women drawn from 10 villages randomly sampled in Amakohia. Simple random sampling was used to draw 25 women from each Village.

Study Instrumentation

The instrument used for data collection in this study will be questionnaire on Natural Family Planning.

The questionnaire comprises three sections: A, B and C. section sought information on personal data/ demographic information the respondents as regards to age educational background, religion, marital status, type of business etc.

Section B was designed to obtain the women's knowledge on family planning and its methods as well as the one or type they are using. Also the advantages and disadvantages of the NFP methods are sought out.

Section C sought to obtain their responses to the factors predisposing factors in adoption and utilization of NFP methods. Response to these terms will be on a 4 point scale of:

Strongly Agree (SA) = 4 points
Agree (A) = 3 points
Disagree (D) - 2points
Strongly Disagree (SD) = 1 point

Validity of Study Instrument

The questionnaire was constructed and adopted by the researcher with the help of some course mates who are versed in this field of study. The questionnaire was then given to the supervisor who corrected and modified the test items. This was given to experts who vetted the instrument in relevance to the topic, objectives, intent coverage and language usage.

Reliability of the Instrument

The reliability of the study instrument was established using the test re-retest reliability method. The statistical tool used in the test rest is the Pearson's Product Moment Correlation (RP), applied thus:

RP - NIXY-XIY
V [NIX2- aX2][N!Y2-(IY)2

Where:

- = summation
- N = total number of subjects in the set
- X = 1st administration scores
- Y = 2nd administration scores

The result which is the correlation coefficient (rp) was 0.89 which shows a high value of correlation coefficient and it correlates it the instrument is highly reliable.

Data Collection Techniques

The researcher with the help of the village women leaders, who organized the women, administered the questionnaires personally to the women. Explanation was made where necessary to the women who needed certain clarification on the questionnaires. The questionnaires collected on the spot to ensure high percentage returns.

Method of Data Analysis

The chi-square statistical analysis was used to analyze the data to find the differences between observed frequency and expected frequency in response to the questionnaire i.e. where:
 = observed frequency
 E = expected frequency
 X² = chi-square
 = summation

Results and Discussion

Socio-Demographic Characteristics of Amakohia Women

A total of 250 women from Okpuala Amakohia-Ikeduru community were available and formed the study respondents, majority of the respondents were between the age brackets of 31-40 years (41.2%) while those between 51-60 years (10.4%) had the least number of respondents.

The mean age of the women in Amakohia was 35 years. Marital status of the women shows that 200 (80%) were married 40 women (.6%) were divorced separated while only 10(4%) were single. On the religion of the respondents, Catholics constituted the highest frequency of 94 women (37.6%) followed by the Pentecostals, 84 (33.6%) and others (as shown in Table 1) with the least being Traditional/pagans, 4 (1.6%).

The educational levels of the respondents were also represented in the table. Most of the women had only primary education, 105 (42.0%) with those with no formal education being the least resented in this study with the total of 13 (5.2%). The table also shows that most of the women are farmers, 78(31.2%) followed by petty trading 57 (22.8%) while complete house wives 31 (12.4% } the least represented of the Amakohia woman.

Table 1: Socio-Demographic characteristics of the Okpuala Amakaohia- Ikeduru women

Age (Years)	Frequency	Percentage
20-30	74	29.6
31-40	103	41.2
41-50	47	18.8
51-60	26	10.4

Marital status

Single	10	4%
Married	200	80%
Separated/ Divorced	40	16%

Religion

Catholic	94	37.6
Pentecostal	84	33.6
Anglican	68	27.2
Traditional/Pagans	4	1.6

Educational Level	Frequency	Percentage
Primary	105	42.0
Secondary	90	36.0
Tertiary	42	16.8
No formal education	13	5.2

Business Type

Farmers	100	40.0
Petty traders	50	20.0
House wives	30	12.0
others	20	8.0

General Knowledge of Family Planning (FP) Methods among Women in Okpuala Amakohia

All the women who participated in the study claim to have heard of family planning before. The most common source of information awareness was the hospital/health center, 109 (43.6%) while the least common source was newspapers and magazines 4 (1.6%) as shown in figure 4.1.

Majority of the women make use of condom, 58(23.2%) followed by pills, 52 (20.8%) while the least used family planning method was Diaphragm, 7(2.8%).

Natural family planning methods was only practiced by 22 women (8.8%) with abstinence having the highest frequency of 7 (31.8%) while basal body temperature 1 (4.5%) was the least common proposed type by the women as shown in figure 4.2

Table 2: relationship between the general knowledge of family planning method among women.

Have heard of FP	Frequency	Percentage
Yes	250	100
No	0	0

Sources Of Awareness Of FP

Hospital Health center	109	43.6
Television	77	30.8
Radio	41	16.4
Newspaper/Magazine	4	1.6
Others	19	7.6

Family Planning Method Used

Injectables	34	13.6
Condom	58	23.2
Pills	52	20.8
Implants/Nor plants	50	20.0
Spermicidal	15	6.0
Diaphragm	7	2.8
IUCD	12	4.8
NFP	22	8.8

Abstinence	7	31.8
Callendar Rhythm method	2	9.1
Basal body temperature	1	4.5
Ovulation/cervical mucus	5	22.7
Symptom-thermal	5	22.7
Location on Amenorrhea	2	9.1

Relationship Between The Physiological Basis Of NFP Methods And Its Adoption And Utilization Among ACW

Table 3 below shows the responses of the study participants on the relationship between the physiological basis of NFP methods and its adoption and utilization among ACW. From the table, about 106 women (2.4%) attested that they

know when their ovulation occurs while the remaining 144 women (57.6%) coincided ignorance this. Furthermore, in all of the sample market women, the most common ovulation signs experienced by them was mucus that is clear 43(0.6%), followed by wet mucus, 3 (33.0%), while the dry mucus and cloudy mucus represents the least, 2 (1.9%).

Table 3: relationship between the physiological basis of NFP methods and it adoption and utilization among ACW

know when ovulation occur	Natural Planning Method Use		
	Yes	No	Total
Yes	19(18.4)	87 (81.6)	106 (42.4)
No	3(2.0)	11(9.8)	144(57.6)
Total	22 (8.8)	228(91.2)	250(100)

X²- 20.311, df = 1, p-value - 0.000

Ovulation signs experienced	Natural Planning Method Used		
	Yes	No	Total
Mucus that is clear	7(16.3)	6 (83.7)	43(40.6)
Wet mucus	7(20.0)	28 (80.0)	35(33.0)
Stretchy mucus	8(33.3)	16 (66.7)	24(22.6)
Dry mucus	0	2(1.9)	2(1.9)
Cloudy mucus	0	2(1.9)	2(1.9)
Total	22(8.8)	228(91.2)	250 (100)

X² - 3.892, df - 4, p-value = 0.421

The analysis of data using Chi-square (X²) statistics reveals that there is a statistical significant association between knowledge of time of ovulation occurrence and of use of natural planning method at 5% level of significance. Women who knew when ovulation occurs make more use of the natural planning method compared with women who can't tell when ovulation is occurring, 3 (2.0%). On the other hand, there is a statistically significant association

between sign of ovulation experienced and of use of natural planning method at 5% level of significance. Women who observed stretchy mucus during ovulation, 33.3% make a higher use of natural planning methods when compared with other signs like wet mucus 20.0%.

Relationship Between The Advantages Of NFP And Its Adoption And Utilization Among Women

Advantages derived from NFP practice was presented in the Table below. With freedom from artificial substances having the highest frequency, 85 women (34.0%), followed by increased

knowledge of their fertility, 69 women (27.6%), while reduced supply cost was the least represented, 13 women (5.2%).

Table 4: Relationship between the advantages of NFP and its adoption and utilization among women.

Advantages derived from NFP practice	Natural planning method used		
	Yes	No	Total
Increased self awareness	8(13.3)	52(86.7)	60(2.0)
Increased knowledge of your fertility	9(13.0)	60 (87.0)	69(27.6)
Reduced resupply cost	2(15.4)	11(84.6)	13(5.2)
Freedom from artificial substance	0	85(100.0)	85(34.0)
Freedom from side effects or medical risk	3(13.0)	20(87.0)	23(9.2)
Total	22(8.8)	228(91.2)	250(100)

$\chi^2 - 12.505, df = 4, p\text{-value} = 0.14$

There is no statistically significant relationship between kinds of advantages derived from NFP practice and use of natural planning methods at 5% level of significance. This may be due to lack of information and ignorance with regards to the benefit of NFP method and potential medical risks or side effects of other methods that is seldom disseminated to the women.

Relationship Between The Disadvantages Of NFP And Its Adoption And Utilization Among Women.

Of all the women in the sample, most of the women responded lack of time for daily monitoring and charting, 87 (34.8%) hinders them from NFP practice followed by irregular/unpredictable menstrual cycle, 69(27.6%), while others, 14(5.6%) represented the least as shown in the Table below:

Table 5: relationship between the disadvantages of NFP and its adoption and utilization among women

Limitations experienced from NFP practices	Natural planning method use		
	Yes	No	Total
Fear of sexually transmitted infection	0	27(10.8)	27(10.8)
Irregular/unpredictable menstrual cycle	10(4)	68 (98.6)	69(27.6)
Less partner cooperation and charting	3(5.7)	50(24.3)	53(21.2)
Others	0	14(100)	14(.5)
Total	22(8.3)	228(91.2)	250(100)

$\chi^2 - 24.577, df - 4, p\text{-value} < 0.00 >$

There is a statistically significant relationship between limitations experienced from NFP

practice and use of natural planning method at 5% level of significance.

Relationship Between The Predisposing Factors And The Adoption And Utilization Of NFP Methods Among ACW

The various predisposing factors militating the adoption and utilization of NFP methods as family planning option was represented in table 4.6 below. It shows that lack of time for daily

monitoring and charting, 170 (68.0%), followed by irregular/unpredictable menstrual cycles, 151 (60.4%) and lack of information and ignorance, 12 (56.8%) are the key factors militating against NFP method adoption and utilization among the women while the least factors represented were lack of partner cooperation, 126(50.4%), and fear of STI, 94 (37.6%).

Table 6: relationship between the predisposing factors and the adoption and utilization of NFP methods among ACW

	Strongly agree	Agree	Disagree	Strongly disagree
Lack of information and ignorance is barrier to NFP method utilization	142(56.8%)	80(32.0%)	18(7.2%)	10(4.0%)
Fear of STIs is a be barrier to NFP method utilization	94(37.6%)	76(30.4%)	30(12.0%)	50(20.0%)
Lack of partner is a barrier to NFP method utilization	126(50.4%)	98(39.2%)	19(7.6%)	7(2.8%)
Irregular unpredicted menstrual cycle is a barrier to NFP method utilization	151(60.4%)	86(43.4)	10(4.0%)	3(1.2%)
Lack of time for daily monitoring and charting is a barrier to NFP method 1 utilization	170(68.0%)	62(24.8%)	3(1.2%)	14(6.0%)

Conclusion

This study has therefore looked into the predisposing factors in adoption and utilization of NFP methods among women in Okpuala Amakohia by seeking the views of the women. The relationship of the predisposing factors and the women adoption and utilization of NFP methods was established. On the whole, it was found that most women despite being aware of family planning, decline from the actual use of NFP methods. Regardless of which method of family planning they use, every woman and even man will find value in earning fertility awareness based methods. Hence, efforts should be made for the development of new guidelines for simpler new regimens of NFP that can be integrated into a FP service delivery setting towards a reversal of this phenomenon.

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