An Appraisal of the Level of Awareness of Family Planning Amongst Nigerians: A Case Study of University of Benin Teaching Hospital and Central Hospital Benin City

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Abstract

Nigeria sovereign nation, more than anything else, the greatest obstacle to the nascent democracy is the neglect of family planning for Nigerian citizens in nation building, as evidenced by the spate of armed robbery attacks, political assassinations, religious conflicts and awareness of family planning, appropriate research on censorship coupled with the seeming helplessness of security agencies to handle criminal acts The focus of this paper is to Appraise the Level of Awareness of Family Planning Amongst Nigerians: University of Benin Teaching Hospital and Central Hospital Benin City As A Focal Point. Al over the world and particularly in Nigeria often provide the philosophical drive, and in some cases, the front-line troops for social change, including revolutions and, occasionally centre of excellence. Consequently, what is happening in Nigeria should be a major concern for stakeholders. The Teaching Hospitals must be competent in the production of highly knowledgeable, skillful and morally sound individual that can propel the nation's economy into development especially in the face of the global trend. This expectation can only be achieved through quality teaching-learning and research. The challenges faced by Nigerians are enormous and if not adequately addressed, some may turn to outright crises. In the course of this study, the Appraise the Level of Awareness of Family Planning Amongst Nigerians:

University of Benin Teaching Hospital and Central Hospital Benin City As A Focal Point were brought to the fore while the objectives of the study were well spelt out. Hypotheses were postulated and the Group Theory was used to explicate the works. Data were obtained from both primary and secondary sources. From the primary sources, the survey method, that is, the use of questionnaire were designed and adopted. Data obtained from this method were analyzed with the aid of Simple Percentage. Thereafter, the five researchable hypotheses were tested and accepted while the null hypotheses were rejected. The implication is that there was relationship between the dependent and independent variables. Generally, the paper brought to focus that Appraisal of the Level of Awareness of Family Planning Amongst Nigerians: University of Benin Teaching Hospital and Central Hospital Benin City As A Focal Point is a task that must be done with collective efforts of all stakeholders for the growth and development of Nigeria State. In a nutshell, this paper suggests policy prescription and recommendation which are aimed at repositioning Teaching Hospitals in Nigeria. Finally, this paper however, painstakingly appraises several of these issues and concludes that all stakeholders in the federal polity should thread softly, be objective, rational, altruistic and magnanimous in order not to make the existence of true federalism (social, education, political and economic cohesive existence of the people, peace and tranquility) a fleeting illusion and a mirage.

Key Words: Family, Awareness, Planning, Federal, State, Infertility

Introduction

Nigeria sovereign nation, more than anything else, the greatest obstacle to the nascent democracy is the neglect of Family Planning for Nigerian citizens in nation building, as evidenced by the spate of armed robbery attacks, political assassinations, religious conflicts and population explosion coupled with the seeming helplessness of security agencies to handle criminal acts (Uhunmwuangho and Epelle, 2007). The situation is worsened by the increasing number of birthrates and uneducated Nigerians some of whom are ready recruits for criminal activities (Nigerian Tribune, 2002). The above statement from an editorial comment by a national daily in Nigeria indeed epitomises the central focus of this paper, the aim of which is to analyze the Level of Awareness of Family Planning Amongst Nigerian for democratic sustainability in Nigeria. The question of choice of appropriate Family Planning Techniques has captured the attention of several researchers. Governing Councils of Universities and Health Institutions have also made this issue a critical prerequisite in their quest for excellence (Uhunmwuangho and Epelle, 2007).

Family planning is a practice whereby individuals and couples attain their desired number of children by timing and spacing their childbirths. It is achieved through the use of contraceptive methods and the treatment of involuntary infertility. The accessibility of family planning commodities does more than enable people to limit family size. It safeguards the health and rights of individuals, and improves the quality of life of couples and their children. Family planning is an important approach in promoting maternal and child health (Omolase, Faturoti, & Omolase, 2011). Generally, family planning improves health through adequate spacing of births and avoiding pregnancy at high risk maternal ages and parities.

The place of awareness creation or information sharing in all aspects of human existence is a necessity. Family planning information is an important factor in having a meaningful life both for the individual family and the nation as a whole as it is rightly said that a healthy nation is a wealthy nation. Information as a factual data, idea and knowledge emanating from any society that is identified as being of value, sometimes gathered on a regular basis, organized in some fashion, transmitted to others and used in some meaningful way. Information is power and has the potential of transforming life. However, it is only with the right information that you can make an informed decision. The person that has the right information and use it properly will always be ahead of the person that does not have the right information. Family planning information is a right information every citizen that is of age should have (Chukwuji & Tsafe, 2018).

Problem

Awareness of Family Planning are vital and viable instruments for effecting smooth and hitch-free management of Nigerian Health Institutions. They involve high cost in terms of time, money, materials, human resources and it is at times questionable whether their outputs justify the high cost expended on them. In some occasions, the decisions of experts and researchers are not the best possible but mere compromises which at times leave everybody either half contended or entirely dissatisfied (Uhunmwuangho and Eboreimen, 2013).

Numerous research and report have been brought to family planning limelight in Nigeria, many of which are facility-based and are often in the cities. Few are from rural settings where access to family planning methods may be a challenge compared to the cities. It is crucial to have an insight to the level of awareness and utilization of family planning among the populace, who reside in rural and urban communities in the light of the health indices and professional health experience in the country (NPC, 2006).

Nigeria is the most populous country in Africa and the sixth most populous nation in the world (NPC, 2006), and faced with several health challenges including her maternal and prenatal health status which remain among the poorest in the world and accounting for 14% of the global burden of maternal death (WHO, 2015). The maternal mortality ratio (MMR) in Nigeria varies across the geopolitical zones, between the rural and urban area and according to socio-economic groups. It was notably higher in the Northern region compared to the South with the North-East (followed closely by North-West) having the highest MMR at 1,549/100,000 live births and higher in the rural areas. Equally, the infant mortality rate (IMR) ranged from 59/1000 births in South-West to a much higher 109/1000 births in the North-East zone (WHO, 2015).

Despite the high level of awareness of methods of contraception in the country, an average Nigerian woman would have six children in her life time, with a contraceptive prevalence rate of 16% for any method and 11% for modern methods. This may be explained by the fact that the African culture supports a large family size, as children are seen as security at old age and source of wealth on the long-term. Inadequate access to family planning services, concerns about side effects of family planning methods, opposition from husband, and religious prohibition are all common reasons for non-use (Ankomah, 2013), and they all account for the total unmet need for family planning. As a result of this, large proportion of Nigerian women have had an unwanted pregnancy with a higher proportion of these women in the rural areas. Up to half of the unintended pregnancies do end as induced abortions with its associated complications, and one in every five women in Nigeria that have sought for abortion wanted to space the next birth or did not want more children (Bankole, 2015).

It is against this background that the following hypothetical questions needs to be answered:

1. What is the concept of Family Planning in Nigeria?
2. What are the causes of unwanted pregnancies in Nigerian?
3. Who are the most affected whenever there is induced abortion in Nigeria?

Objective

The specific objectives are:

1. To explore the level of awareness of family planning methods among clients of UBTH and Central Hospital.
2 To determine the prevalence of family planning methods in use among clients of UBTH and Central Hospital Benin City.

3 To identify the reasons for non-use or discontinuation of contraceptive methods among clients of UBTH and Central Hospital, Benin City.

Hypotheses

In order to achieve the above objectives, the following research hypotheses were formulated:

1. There is no significant relationship between awareness of family planning methods and clients of UBTH and Central Hospital, Benin City.
2. There is no significant relationship between the prevalence of family planning methods and clients of UBTH and Central Hospital, Benin City.
3. There is no significant relationship between reasons for non-utilization of contraceptive methods and clients of UBTH and Central Hospital, Benin City

Theoretical Exposition

The particular theory that can sufficiently act as guide for the analysis of issues in this paper is group theory. The group theory framework is perhaps the most ambitious methodology in the study of social sciences. The most distinctive characteristic of the group theory to the conduct of political and democratic analysis is the theoretical assumption which sees society, the political process and the entire political process as nothing but a gigantic network of interacting groups. The exponents and principle promoters of the group theory are of the view that every society includes within it a large number of groups which remain engaged in perpetual struggle for power and domination over each other. For instance, to them politics could be understood only in terms of interactions between various groups. They tried to establish the group rather than the individual or the society as the basic unit of analysis in the study of politics. The first explicit and systematic development of the group theory as it relates to analytic study of political systems was provided by A.F. Bentley in his book "The process of Government" which was published in 1908.

However, the work of Bentley was given boost nearly half a century later when David Truman advanced it further in his book governmental process, the analytical impact of group theory in 1951. Other scholars of this theory are Robert Darl, John Starte Mill among others. Bentley was interested in de-emphasizing the institutions and re-emphasizing processes. He conceived the group as a mass of activity and not a collection of individuals. Accordingly, he defined a group as a certain portion of men of society taken not as a physical mass out-off from other masses of men, but as a mass of who participates in its form like in many other group activities (Ojo, 1989).

In a nutshell, this framework is associated with this work because of the characteristic nature of the groups that make up the polity under study. For example, the nature of perpetual struggle for power and admonition over each other by major social groups.

Methodology

This paper adopted a descriptive survey method. The survey was based on selected Hospitals in Nigeria, Edo State as a focal point. The scope of the study is therefore restricted to years 2011 to 2018. The population of the study consist of 250 base on two categories (Senior and Junior) clients/staff of UBTH and Central Hospital, Benin City (See Table One Below). Out of this number, one hundred and seventy of them met our criteria and therefore form our sample size as can be seen in table one below:

Table 1: Population of Study

S/No	Location of Study	Category of Respondents	No. of Returned Questionnaires	No. of Not Returned/Invalid Questionnaires	Total No. of Sampled Respondents
1.	UBTH	Senior Staff	120	6	
		Junior Staff	97	4	226
2.	Central Hospital	Senior Staff	14	3	
		Junior Staff	5	1	24
TOTAL			**236**	**14**	**250**

Source: Field Survey 2021.

Both Primary and Secondary sources of data were explored in trying to generate data for this study The specific information required for the study was Level of Awareness of Family Planning Amongst Clients/Staff of both University of Benin Teaching Hospital and Central Hospital, Benin City. The questionnaire formed the main instrument used in generating primary data, while documented information on prints that are relevant to this study, constituted the secondary source of generating data. To compliment the information received through the questionnaire, respondents were also interviewed. As the research is based on attitude and opinions, the statistical tools employed in analyzing responses include, tables and simple percentages. All the one hundred and seventy copies of the questionnaire distributed to the respondents studied were duly completed and returned in a useable form. The Statistical Package for Social Sciences (SPSS) was used for the data analysis.

Data Analysis

Of all the one hundred and seventy respondents, eighty (47%) of them are married; fifty (29%) are single while twenty one (13%) are divorced and the remaining nineteen (11%) are either widow or widowers. Thirty (18%) of them are within the age bracket of 18 – 25, Fifty (29%) are between the age bracket of 26-35; while eighty (47%) are within the age bracket of 36-45 and the remaining forty six years and above are ten (6%).

TABLE 2: Hypothesis 1

There is no significant relationship between awareness of family planning methods and clients of UBTH and Central Hospital, Benin City.

Responses	No. of Respondents	Percentage
Yes	110	65
No	60	35
Total	170	100

Source: Statistical Analysis

Table 2 shows that 110 (65%) of the total respondents agreed that non-awareness of family planning methods by clients/staff of UBTH and Central Hospital have more relevance and impacted negatively on people enjoying the dividends of democracy in Edo State in particular and Nigeria in general, conversely responsible for the lack of awareness of family planning and administrative crisis and fragrant disregard for rules and regulations.

Therefore, the hypothesis one which states that there is no significant Awareness of Family Planning and clients of UBTH/Central Hospital Benin City is has negatively impacted on the awareness of family planning amongst the clients

TABLE 3: Hypothesis 2

There is no significant relationship between the prevalence of family planning methods and clients of UBTH and Central Hospital, Benin City.

Responses	No. of Respondents	Percentage
Yes	105	62
No	65	38
Total	170	100

Source: Statistical Analysis

Table 3 shows that 105 (62%) of the respondents agreed that there is correlation between prevalence of family planning methods and clients of UBTH and Central Hospital, Benin

City in Nigeria which led to slow developmental and awareness of family methods in Edo State, while 65 (38%) were not satisfied or disagreed.

TABLE 4: Hypothesis 3

There is no significant relationship between reasons for non-utilization of contraceptive methods and clients of UBTH and Central Hospital, Benin City

Responses	No. of Respondents	Percentage
Yes	120	71
No	50	29
Total	170	100

Source: Statistical Analysis

Table 4 shows that 120 (71%) of the respondents agreed that the impact of non-utilization of contraceptive methods and clients of UBTH and Central Hospital, Benin City has contributed substantially lack of dividends of democracy to the citizenry while 50 (29%) disagreed with the opinion.

Therefore, the hypothesis which states that there is no significant relationship between the non-utilization of contraceptive methods and clients of UBTH and Central Hospital, Benin City tend to towards trends and dividends of democracy to the citizenry in Nigeria is accepted.

Findings Based On Hypotheses

Based on the analysis of the hypotheses, all the research hypotheses were positive which implies that

(H_r) 1-3 were accepted.

More so, the study revealed that non-utilization of family planning technique could impact negatively on developmental strike and adequate health of the citizenry in Nigeria nation.

1. Furthermore, this paper have highlighted several challenges and solutions as per the findings in the hypothesis carried out in the research. However, again, it was found that Family planning has the potential to reduce maternal deaths and disabilities by delaying motherhood, spacing childbirths, avoiding unintended pregnancy, and its complications as well as discontinuing childbearing when the desired family size is attained.

2. It was revealed that the developments in recent times have whittled down Many potential informational barriers exist to contraceptive use. Women should be

aware of the methods available, should know where supplies of these methods can be obtained and they should know how to use whatever method they choose.

3. It was also revealed according in the findings that numerous reports have been brought to family planning limelight in Nigeria, many of which are facility-based and are often in the cities. Few are from rural settings where access to family planning methods may be a challenge compared to the cities. It is crucial to have an insight to the level of awareness and utilization of family planning among the populace, who reside in rural and urban communities in the light of the health indices and professional health experience in the country (NPC, 2006). The knowledge of family planning helps people to control their family size. It guarantees peoples' health and rights; improves quality of life for families and by implication the larger society.

4. The saying that a healthy nation is a wealthy nation will remain a truism for a very long time to come. Family planning is one of the most cost-effective ways to prevent maternal, infant, and child mortality. In its blue print document, it argued that it can reduce maternal mortality by reducing the number of unintended pregnancies, the number of abortions, and the proportion of births at high risk.

5. The researcher also learnt as revealed by the respondents that Control of human fertility has been the desire of most individuals and societies over the years. That is to say that the whole essence of fertility control or family planning is to put the population under control and enhances living condition. Historically, families need for power and prosperity necessitated large population which makes them to engage in polygamy, but recently, the desirability of large family population is in doubt especially in developing countries like Nigeria and in the face of the persistent economic crisis across the globe. Large population are supposed to be advantage of countries as it were to families in those good old days but the reverse is the case for economic reasons as earlier stated. As United Nations Population Fund (UNFPA) (United Nations Population Funds, 2017) puts it, access to safe, voluntary family planning is a human right and that family planning is central to gender equality and women's empowerment, also a key factor in reducing poverty.

6. It was further revealed by one of the respondents that the right of people to be informed and to have access to safe, effective, affordable and acceptable methods of family planning should be supported by various stakeholder in demography.

7. Finally, the study also revealed that lack of adequate, transparency and encouragement of young female to undergo family planning methods at early stage of their marriage, so as to spaced the number of children of their choice.

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See figure 1 below for more details of Nigeria Political map.



Figure 1: Political map of Nigeria
Source: Wilkipedia catched 20 November, 2020

Conclusion and Recommendations

The study revealed that cultures and traditions practices on the part of Government is the problem militating against awareness of family planning in Edo State, Nigeria.

The study was conducted to examine the Level of Awareness of Family Planning Amongst clients/staff of UBTH and Central Hospital, Benin City. The study also revealed and affirmed that husband's or partner's backing for FP may affect a women's modern contraceptive use. A Socio-demographic factors, couple communiqué about FP, and fertility preferences are known to play a vital role in contraceptive use. Logistic regression

analysis was conducted to investigate the relationship that exist between perceived husband's or partner's approval and that of husband's or partner's to encouragement modern contraceptive use, adjusting for socio-demographic factors and current couple communication relating FP. They also examined mediating roles possibly played by perceived contraceptive availability and contraceptive self-efficacy.

Recommendations

The various clients/staff of both UBTH and Central Hospital were aware of the family planning method like pills, injections, condom, IUDS, and so on. Other methods combined together were less than 14% which shows that much have to be done in creating awareness to staff about family planning.

From the finding of this study we recommend so much to be done on disseminating of information relating to the issue of family planning. The following should be done:

(a) Place of worship was reported to be the least source of family planning information to the clients/staff and we therefore recommend Pastors, Evangelist increase the use of worship centers as a means of disseminating family planning information

(b) Books/ pamphlets and newspapers also featured prominently among source of information family planning. Therefore the government and relevant agencies should sponsor more family planning education programs through the existing mass media. By this message will potentially reach the majority of the people in question

(c) There should be cordial relationship and co-operation between junior and senior staff in the work environment.

(d) Individual induction/ orientation course should be a priority for both junior and senior staff in order to acquaint them with the challenges ahead and the Hospital's set-up.

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