

KNOWLEDGE AND FACTORS INFLUENCING WOMEN'S UTILISATION OF MODERN CONTRACEPTIVES IN EGOR LOCAL GOVERNMENT AREA EDO STATE

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ABSTRACT

World Health Organization report indicates that using modern contraceptive can reduce 32% of all maternal death and nearly 10% of childhood deaths. The aim of this study is to assess the knowledge and factors influencing women's utilization of modern contraceptives in Egor local government area Edo state utilization of modern contraceptives in Egor local government area Edo State. This was a descriptive cross-sectional study. A sample size of 440 was determined by Taro Yamens formula and simple random sampling technique was used to select the respondents from determined size from the total population. Instrument used was an structured interviewer administered questionnaire with a reliability correlation coefficient score of 0.8. Data was analyzed using SPSS version 30 and the data was described using frequencies, percentages and presented in tables. The demographic characteristics of shows that majority of the respondents are within the ages of 26 to 35years (41%), married (40%), business women by occupation (44%) and Christians by religion (88%). This study reveals that the level of knowledge of women towards contraceptive utilization is above average (61%) and the factors influencing women's utilization modern contraceptives include level of knowledge and education in the utilization of contraceptives (77%), health information (96%), contraceptive services and commodities accessibility (88%), social media (85%) and absence of fear of side effects (90%). In conclusion, majority of the study participants had good knowledge of contraceptive utilization and identified various factors contributing to the suboptimal uptake of modern contraceptives with the most common factors being the fear of side effects, distance and accessibility to contraceptive services.

Keyword: Contraceptive use; Women; Knowledge; Factors influencing use.

INTRODUCTION

Contraceptive information and services for young people is still controversial despite the fact that people in many parts of the world now recognize that population policies and family planning programs have, in the past, neglected the needs of the young, various studies have shown that the non-use or poor usage of any form of contraception increases the chances of unwanted pregnancies, abortion (termination of pregnancies) and sexually transmitted diseases(STD), including HIV/AIDS occurring with their attendant problems (Babatunde 2018).

Many developing countries are characterized by rapid population growth that is partly attributed to high fertility rate, high birth rates accompanied by steady declines in death rates, low contraceptive prevalence rate and high but declining mortality rate. In Sub-Saharan Africa (SSA), the rate of population growth is one of the highest in the world (2.8 percent) compared to the rest of the world (Brown, 2017). Nigeria being the most populous country in Africa and seventh most populous country in the world with an estimation of 183 million people living in the country, which is projected to reach 285 million by 2050, there are estimated 35million women of reproductive age in the country, with an annual number of births of approximately 7 million and annual population growth of 3.2% per annum (Adegboyega, 2019). Nigeria has one of the highest maternal mortality ratios in sub-Saharan Africa, and ranks as the country with the second highest number of maternal deaths in the world. Contraceptive usage reduced unintended pregnancy, and induced abortion.

In Nigeria, 16.6% of married women are currently using any contraceptive method, while in Adamawa 25.1% of women use any contraceptive method (NDHS, 2018). The national target for modern contraceptive use is yet to be attained (NDHS, 2018). Good knowledge of the various family planning methods may increase its uptake by women of reproductive age. It has been reported that knowledge of modern contraceptive methods is higher among unmarried women who are sexually active (98%) than married women (94%), with the former knowing about 9 methods on average and the latter knowing about 7 methods (NDHS, 2018). The decision to use or not use any contraceptive method is made by the husband (NDHS, 2018). Despite the knowledge that family planning is one of the most cost-effective public health strategies that can contribute to the improvement of maternal health, empower women and girls and spur economic growth (Stiegler & Susuman, 2016) the use of modern contraceptives is still relatively low. Hence knowledge does not translate to usage (Durowade et al., 2017). Factors associated with contraceptive utilization are; side effects, impair fertility and was unsafe for prolonged use without taking a break (Machiyama et al., 2018). Silumbwe et al. (2018), in a qualitative study in Zambia, found that various community-level factors and health system factors influenced the uptake of family planning services. Modern contraceptives are a key intervention to improve the health of both the mother and child by preventing unintended pregnancy. World Health Organization (WHO, 2019) report indicates that using modern contraceptive can reduce 32% of all maternal death and nearly 10% of childhood deaths. It is also estimated that 90% of the abortion-related and 20% of the pregnancy-related morbidity and mortality can be prevented with the use of effective utilization of modern contraceptives. Despite huge resources committed to family planning programs by

stakeholders, contraceptive use is still very low in Nigeria more specifically Edo State. The aim of this study is to assess the knowledge and factors influencing women's utilization of modern contraceptives in Egor local government area Edo state

RESEARCH QUESTIONS

What is the level of knowledge of contraceptive utilisation among women in Egor Local Government Area of Edo State?

What are the factors that influence women's contraceptive utilization in Egor Local Government Area of Edo State?

MATERIALS AND METHOD

Design: A descriptive cross-sectional study design was used to examine the knowledge and attitude of women towards utilization of modern contraceptives in Egor Local Government Area of Edo State. This is suitable because it allows for easy measurement of exposure and outcome at the same time.

Research Setting: This study was conducted in Egor Local Government Area of Edo State., Egor is one of the Local Government Areas that are part of the larger metropolitan area of Benin City and has an area of 93 km². The population of Egor local government area is estimated at 339,899 inhabitants with the area hosting members of several tribal groups such as the Esan, Bini, Owan, Ibos, Hausa and Yorubas. It is home to the University of Benin teaching hospital and other health institutions.

Target Population: The target populations for this study comprises of women of reproductive age in three(3) wards (Okhoro, Uwelu, and Uselu) of Egor Local Government Area of Edo State. The total population of the study is 87,545.

Region	Population
Okhoro	23,745
Uwelu	27,648
Uselu	36,152
Total	87,545

Sample Size Determination: The sample size is therefore determined using Taro Yamane's Formula; the mathematical method is given as;

$$n = \frac{N}{1 + N(e)^2}$$

where n= sample size

N= total population from (3) regions of Egor Local Government

e= error of tolerance

I= statistical constant

i.e

$$N = 87545$$

$$e = 5\% \text{ or } 0.05\%$$

Therefore

$$n = \frac{87545}{1 + 87545(0.05)^2}$$

$$n = \frac{87545}{1 + 87545(0.0025)}$$

$$n = \frac{87545}{1 + 218.9}$$

$$n = \frac{87545}{219.9}$$

$$n = 398.11$$

$$n = 400 + 10\% \text{ attrition rate}$$

$$n = 440$$

Sampling Technique: The simple random sampling technique was used to select 440 participants from the study using balloting. This will enable every participant have equal chance of been selected.

Instrument of Data Collection: The main instrument for data collection was questionnaire extracted from literature review which was related to the research objectives. The questionnaire consisted of five (5) sections with 22 items;

Section A: Demographical information like age, marital status and religion, occupation, comprising of five items.

Section B: The level of knowledge of women towards contraceptive utilization, comprising of six items.

Section C: Factors influencing the practice of modern contraceptives among women of reproductive age, comprising of three items.

Validity of the Instrument: The instrument was scrutinized by an expert in the field of research to ensure the questionnaire capture the objectives of the study.

Reliability of the Instrument: To test for reliability of the instrument for the study, a pilot study was conducted with a sample of 15 respondents who were not part of the study participants. The aim of the exercise was to ensure the accuracy and precision of the measurement procedure. The test-retest method was used to test the reliability of the instrument which was measured using the Cronbach Alpha. A correlation coefficient of 0.8 was obtained which was considered a high reliability.

Method of Data Collection: Four Hundred women, located at 3 regions (Okhoro, Uwelu and Uselu) in Egor Local Government Area of Edo State, were approached and questionnaire was administered using face to face technique by trained research assistants. This study was conducted for a duration of five (5) days so as to complete desired sample size.

Method of Data Analysis: Data generated was collected, computed descriptively using frequencies, percentages, means and standard deviations and presented in a table. All analysis was done using statistical package for social sciences (SPSS) Version 30, Data are represented as Mean + Standard Error (SE).

Ethical Consideration: Ethical consideration was obtained from the ethics committee of Egor Local Government Area of Edo State (EGR/E2023/A/183028765). letter of permission was collected from the secretariat, which introduced the purpose of the research study. Thereafter, participant s written informed consent was gotten. Privacy and confidentiality of information was guaranteed and also the benefits of the study was relayed to the participants

RESULTS

Tables 1 below showed the demographic details of the respondents, it revealed that majority 166(41%) of the respondents were within the age range of 26-35years, 155(39%) were within the range of 36,45, while the least 119(30%) respondents were within 18-25years, majority 176(40%) are married, 165(37%) single, 61(14%) divorced and minority 38(9%) are widows, majority

192(44%) are business women, 127(29%) are workers, 85(19%) are students, 36(8%) are housewives. Majority are Christians 386(88%), Islamic 39(9%), and Traditional Worshippers 15 (3%). The demographic characteristics of shows that majority of the respondents are within the ages of 26 to 35years (41%), married (40%), business women by occupation (44%) and Christians by religion (88%).

Table 1: Demographic Characteristics of Respondents (N=440)

Demographic Characteristics	Frequency	Percentage
1. Age		
18-25	119	30
26-35	166	41
36-45	155	39
Total	440	100%
2. Marital status		
Single	165	37%
Married	176	40%
Divorced	61	14%
Widow	38	9%
Total	440	100%
3. Occupation		
Student	85	19%
Business woman	192	44%
Housewife	36	8%
Worker	127	29%
Total	440	100%
4. Religion		
Christian	386	88%
Islamic	39	9%
Traditional Worshipper	15	3%
Total	440	100%

Source: Field Survey 2023

Research Question One;

What is the level of knowledge of contraceptive utilisation among women in Egor Local Government Area of Edo State

The findings from table 2 showed that (99%) agreed that Contraceptive usage reduced unintended pregnancy and (1%) do not, Majority of the respondents does not agree that

contraceptives ensures a healthy reproductive life (66%) while 34% agrees. 98% of respondents agrees that Contraceptive usage entails that family planning is closely related to women health status while do not. Further findings showed 14% agrees that contraceptive ensures a healthy reproductive life while 86% do not. 47% of respondents agrees that Contraceptive keep one away from unsafe

abortions, miscarriages, and stillbirths, unwanted pregnancy and the risks of giving birth while 53% does not. 98% of respondents got their get your contraceptives commodities from hospital while 2% do not. 11 of respondents got their contraceptives commodities from clinics while 89% do not

and lastly, 87% of respondents got their get your contraceptives commodities from Pharmacy/Drug shops while 13% do not. This study reveals that the level of knowledge of women towards contraceptive utilization is above average (61%)

Table 2 Level of knowledge of women towards contraceptive utilization

Statement	YES	NO
1. Contraceptive usage reduced unintended pregnancy.	436(99%)	4(1%)
2. Contraceptive usage ensures a healthy reproductive life	147(34%)	293(66%)
3. Contraceptive usage entails that family planning is closely related to women health status	432(98%)	8(2%)
4. Contraceptive ensures a healthy reproductive life	62(14%)	378(86%)
5. Contraceptive keep one away from unsafe abortions, miscarriages, and stillbirths, unwanted pregnancy and the risks of giving birth	208(47%)	232(53%)
6. Where do you get your contraceptives commodities		
Hospital	432(98%)	7(2%)
Clinics	49(11%)	383(89%)

Source: Field Survey 2023

Fig one: Level of knowledge



Fig 1 above shows that sixty one percent (61%) of the respondents have good knowledge of contraceptive utilization while thirty-nine (39%) of the respondents have poor contraceptive utilization+

Research Question Two;

What are the factors that influence women's contraceptive utilization in Egor Local Government Area of Edo State?

Table 3 shows that the factors influencing the attitude of women of reproductive age towards modern contraceptives include level of knowledge and education (77%), health information (96%), contraceptive services and commodities accessibility (88%), social media (85%) and Absence of Fear of side effects (90%), while Religious beliefs (37%) and myths and conception (26%) are not significant.

Table 3: Factors influencing women's utilization of modern contraceptives.

Statement	YES	NO	SIG
16.level of knowledge and education	338(77%)	102(23%)	Sig
17. health information	422(96%)	18(4%)	Sig
18. Religious beliefs	164(37%)	276(63%)	Not Sig
19. contraceptive services and commodities accessibility	387(88%)	53(12%)	Sig
20. myths and conception	116(26%)	324(74%)	Not Sig
21. social media	375(85%)	65(15%)	Sig
22. Absence of Fear of side effects	396(90%)	44(10%)	Sig

Source: Field Survey 2023

Discussion of Findings

The main aim of study was to assess Knowledge and Attitude of Women towards Utilization of Modern Contraceptives in Egor Local Government Area of Edo State. The demographic characteristics of shows that majority of the respondents are within the ages of 26 to 35years, married, business women by occupation and Christians by religion.

This study reveals that the level of knowledge of women towards contraceptive utilization is above average. This findings is consistent with Olatade & oluwadamilola (2020) who reported a good knowledge among their respondents. This is inconsistent with NDHS, (2018) who noted a low level of knowledge about contraceptives among women in northern Nigeria. This study is not in line with Stiegler & Susuman, (2016) who indicate that the use of modern contraceptives is still relatively low among their respondents residing in the town. This study does not correspond with Durowade et al., (2017) who observed that knowledge does not translate to usage, despite the knowledge that family planning is one of the most cost-effective public health strategies that can contribute to the

improvement of maternal health, empower women and girls and spur economic growth.

The factors influencing contraceptive utilization among women includes; level of knowledge, access and availability of contraceptive services, socio media, and absence of fear of side effects. However, this is in contrast to Machiyama et al., (2018) who found fear of side effects and impair fertility as influencing factors affecting contraceptive use among women in Bangladesh and Kenya. Their possible reason for this finding could be due to the fact that participants reside in a rural setting and also exposed to access to information and family planning interventions. UN, (2020) declared that contraceptive has a crucial role to play in curbing close to 44% of maternal deaths in the world if these contributory factors are controlled.

Conclusions

Contraceptive knowledge was high in this study and the factors influencing its utilization are level of knowledge, access and availability of contraceptive services, socio media, and absence of fear of side effects. The impact of contraceptives on well-being is very essential,

it enables women of reproductive age to avoid pregnancy when they do not want to be pregnant, plan for pregnancy when appropriate, enables women to be healthier and have more equal opportunities to pursue an education, a career, and financial security.

Recommendations

Based on the findings of this research, the following recommendation has been made

1. The health education programs in place should be strengthened to improve attitude of women towards contraceptive use.
2. Increase in community campaigns to raise awareness on importance of modern contraceptives among women.

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