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Utilization of Modern Contraceptives Among Couples in Ilokun Community in Ado Local Government Area, Ekiti State

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Abstract:

The study investigated the utilization of modern contraceptives among couples in Ilokun Community in Ado Local Government Area, Ekiti State. The research design adopted in this study was descriptive design of the survey type. The population consisted of all couples who are residents in Ilokun Community. The sample for this study consisted of 216 respondents selected from residents of Ilokun Community in Ekiti State, Nigeria. The sample was selected using multistage sampling procedure. A research instrument designed by the researcher tagged "Utilisation of Modern Contraceptives Questionnaire (UMCQ)" was used to collect relevant data for the study. The instrument was validated by experts of Tests and Measurement. The data collected through the instrument were analyzed using descriptive and inferential statistics. The findings of the study revealed that most of the couples combine two or more contraceptives as condoms and IUCD were the contraceptives mostly used by couples. It was also revealed that despite the high knowledge of contraceptive methods among the couples, it was not related to its utilization. It was further revealed that the knowledge of contraceptives differs but no difference was found in utilisation based on age-group of the respondent. Conclusively, it was revealed that distance to a health facility has no influence on utilization of

modern contraceptive methods. Based on the findings of the study, it was recommended among others that different media such as billboards and posters to dispel myths and misconceptions attached to modern contraceptive should be strategically placed in the community.

Keywords: Utilisation, Modern Contraceptives, Couples,

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Introduction:

In recent years, fertility control has come to be seen as a shift from natural fertility to the deliberate limitation of family size. The world's population has risen steadily and grew past seven billion, even though it is unevenly distributed, much of the growth occurred in developing countries and Nigeria been one of them with a growth rate of 3.2% and approximate 5.5 live births per woman is ranked highest in the world (Solanke, 2017, Bongaarts 2015). Rapid population growth rate as against scarce resources has been and is presently one of the major problems facing Nigeria and most countries in the world today. As a result, attempts have been made globally to create awareness and find ways of combating it. The widely accepted strategy is regulating and controlling fertility through contraception.

Contraception is the conscious desire to limit or space birth; it may be traditional or modern, it is defined generally as intentional prevention of conception or impregnation during sexual activity through human-made means (Oyekale. 2017). Family planning is a way of maintaining a reasonable interval in childbearing practice, which means letting a woman rest after giving birth before another birth. Oyekale (2017) defined it as an organized effort to assist people in having the number of children they want and in spacing them as they choose. Effective and consistent use of contraception involves engaging in a set of skills which include communication among partners, dealing with partners demand and acquisition of the devices or methods.

In Africa and Nigeria in particular, the subject of contraception is sensitive and controversial and even resentful to some partners, due to the heterogeneity of our culture. According to Singh, Bankole and Darroch (2017), there was a non-utilization of contraceptives which resulted in 5 million unplanned pregnancies. Over 1.2 million infant mortalities would have been averted if contraceptive was effectively used. It is same in many studies in Sub-Saharan Africa which reported low level of contraceptive uptake as discussed by Solanke (2017), few of the many reasons for low uptake were women's misconceptions of contraceptive use, use of unproven concoctions, religious beliefs, spouse disapproval among others.

There seems to be poor utilization of modern contraceptives among couples in Ilokun community, probably because of the unavailable health facility. Accessibility to a health facility can be in the form of affordability, distance to or, attitude of health- workers. The researcher observed that many of the rural settlements in Ado-Ekiti, like Ilokun have no health facility, the community dwellers travel outside the community to neighbouring towns to access health care services which include family planning. This study investigated utilization of modern contraceptives among couples in Ilokun Community in Ado Local Government Area, Ekiti State. The study specifically examined:

1) the utilization rate of modern contraceptive among couples in Ilokun Community;
2) the level of knowledge of modern contraceptives methods among couples in Ilokun Community;
3) the relationship between knowledge of modern contraceptive methods and its utilization;

4) the difference in knowledge and utilization of modern contraceptive methods based on the age of the respondents; and
5) the influence of distance to a health facility on utilization of modern contraceptive methods.

Research Questions
1) What is the utilization rate of modern contraceptive among couples in Ilokun Community?
2) What is the level of knowledge of modern contraceptives methods among couples in Ilokun Community?

Research Hypotheses
1) There is no significant relationship between knowledge of modern contraceptive methods and its utilization.
2) There is no significant difference in knowledge of modern contraceptive methods based on the age of the respondents.
3) There is no significant difference in utilization of modern contraceptive methods based on the age of the respondents
4) There is no significant influence of distance to a health facility on utilization of modern contraceptive methods.

Methodology

The descriptive research design of the survey type was used for this study, the design is considered appropriate because it allows information to be obtained from a representative sample of the population in the actual situation as they exist and focuses on the observations and perception of the existing situation on issues. This describes and interprets what was concerned with issues on modern contraception. The population consisted of all couples who are residents in Ilokun Community (2006 population census was 2402 but projected population is 3267 for 2019). The sample for this study consisted of 216 respondents selected from residents of Ilokun Community in Ekiti State, Nigeria. The sample was selected using proportionate stratified random sampling technique.

An instrument titled "Utilisation of Modern Contraceptives Questionnaire (UMCQ)" was used to collect relevant data for this study. The UMCQ consisted of four sections namely A, B, C and D. Section A sought for information on bio-data of the respondents, Section B consisted of 8 items on utilisation of contraceptive methods, Section C consisted of 17 items on knowledge of contraceptive methods while Section D elicited information on distance to a family planning providing facility. Yes, and No option was used for Section B and C. The instrument was validated by experts of Tests and Measurement. The internal consistency of the instrument was used to establish the reliability of the instrument. The corrected and validated version was administered to 21 couples in Aba-Iya-Medi on Ilawe road which is also a farm settlement with 10% of sample size (216). The data extracted was analysed using Cronbach's Alpha and it yielded a coefficient value of 0.726.

The data collected through the instruments were analyzed using descriptive and inferential statistics. The research questions were answered using frequency counts, means,

standard deviation and percentages. Inferential statistics such as Pearson's Product Moment Correlation (PPMC), One-way Analysis of Variance (ANOVA) and Univariate Analysis of Variance were used to test the hypotheses. All hypotheses were tested at 0.05 level of significance.

Results

Descriptive Analysis

Research Question 1: What is the utilization rate of modern contraceptive among couples in Ilokun Community?

Table 1: Mean and Standard Deviation of the utilization rate of modern contraceptive among couples

S/N	Contraceptive Types	N	No Utilizing	Mean	S.D	Remark
1.	Oral pills	216	22	1.10	0.30	6th
2.	Injections	216	12	1.06	0.23	7th
3.	Implants (inserted under the arm)	216	27	1.13	0.33	5th
4.	IUCD(inserted at the mouth of the uterus)	216	55	1.25	0.44	2nd
5.	Condoms	216	105	1.49	0.50	1st
6.	Lactational amenorrhea (exclusive breastfeeding day and night for the first six months of delivery	216	44	1.20	0.40	3rd
7.	Safe period (abstinence from sex on days one is likely to get pregnant)	216	29	1.13	0.34	4th
8.	Permanent Method (tube tying or vas deferens cutting)	216	2	1.01	0.10	8th

Table 1 revealed the utilization rate of modern contraceptive among couples. The table shows that 22 respondents adopted oral pill, 12 respondents used injections method, 27 respondents used implant method, 55 respondents used IUCD, 105 respondents used condom, 44 respondents used lactational amenorrhea, 29 respondents used safe period method, and 2 respondents used permanent method. It can be concluded that condoms and IUCD were the contraceptive methods mostly used by respondents.

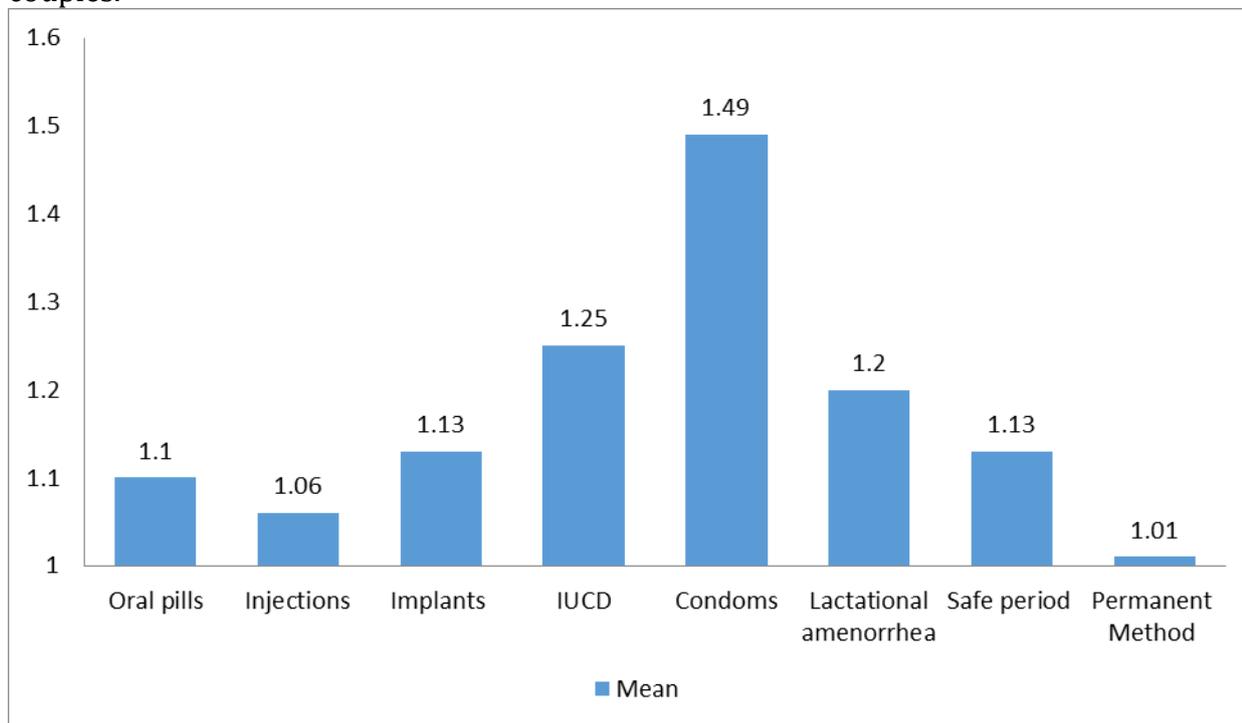The graph below further shows the utilization rate of modern contraceptive among couples.

Figure i: Bar chart showing utilization rate of modern contraceptive among couples

Research Question 2: What is the level of knowledge of modern contraceptive methods among couples in Ilokun Community?

In answering this question, data on knowledge of modern contraceptive methods were collected from the responses of the respondents to Section C (items 15 – 31) of the questionnaire. The low level of knowledge of modern contraceptive methods were those who scored less than 50% of the 17 item which ranges from 0 to 8. The moderate level were those who scored between 50% and 70% of the 17 items and it ranges from 9 to 12. The high level of knowledge of modern contraceptive methods were those who scored above than 70% of the 17 items which ranges from 13 to 17. Level of knowledge of modern contraceptive methods was presented in table 2

Table 2: Level of knowledge of modern contraceptive methods

Levels of knowledge of modern contraceptive methods	No of Respondents	Percent age
Low (0 – 8)	0	0

Moderate (9 – 12)	57	26.4
High (13 – 17)	159	73.6
Total	**216**	**100**

Table 2 revealed the level of knowledge of modern contraceptive methods among the respondents. Out of 216 respondents, none of the respondents had low level of knowledge of modern contraceptive methods while 57 representing 26.4 of the respondents had moderate level of knowledge of modern contraceptive methods and 159 representing 73.6 of the respondents had high level of knowledge of modern contraceptive methods. The findings showed that the level of knowledge of modern contraceptive methods among couples was high. Figure ii further revealed the level of knowledge of modern contraceptive at a glance
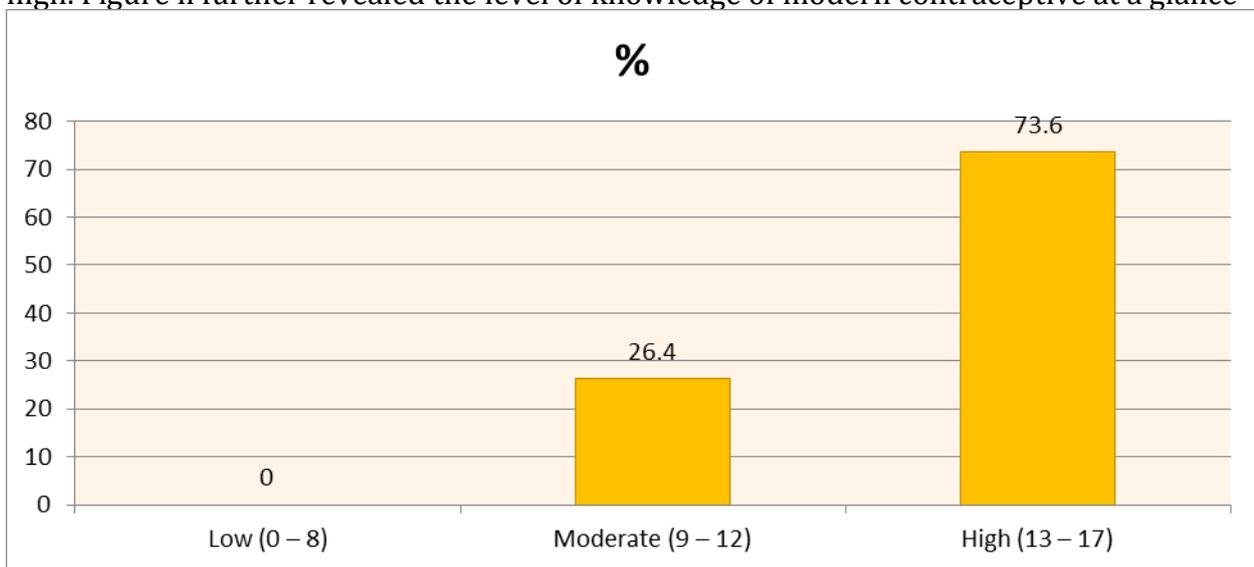

Figure ii: Bar Chart showing level of knowledge of modern contraceptive methods

Test of Hypotheses

Hypothesis 1: There is no significant relationship between knowledge of modern contraceptive methods and its utilization.

Table 3: Relationship between knowledge and utilization of modern contraceptive methods

Variables	N	Mean	Stand Dev	r-cal	P-value
Knowledge of Modern Contraceptives	216	14.08	1.60	0.044	0.516
Utilization of Modern Contraceptives	216	9.37	1.13		

P>0.05

Table 3 showed no relationship between knowledge of modern contraceptive methods and its utilization. The r-calculated value of 0.044 is not significant because the p-value of 0.516 was greater than 0.05 level of significance i.e. 0.516>0.005 (r = 0.044, n = 216, df= 214, *p=0.516*). This indicated that there was no significant relationship between knowledge of modern contraceptive methods and its utilization. The null hypothesis was not rejected. This implies that knowledge of modern contraceptive methods is not related to utilization of contraceptive methods.

Hypothesis 2: There is no significant difference in knowledge of modern contraceptive methods based on the age of the respondents.

Table 4: Analysis of Variance for difference in couples' knowledge of modern contraceptive methods based on their age group

Groups	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	18.044	2	9.022	3.609*	.029
Within Groups	532.456	213	2.500		
Total	**550.500**	**215**			

*P < 0.05

The result presented in Table 4 showed that F_{cal} value of 3.609 was significant because the P value (0.029) < 0.05 at 0.05 level of significance ($F_{(2, 213)} = 3.609$, *p=0.029*). Hence, the null hypothesis was rejected. This implies that there was significant difference in couples' knowledge of modern contraceptive methods based on their age group. In order to investigate the source of the differences observed, Post – hoc analysis (Scheffe) with mean difference was carried out.

Table 5: Scheffe Post – hoc test and mean for observed differences in couples' knowledge of modern contraceptive methods based on their age group

Groups		Less than 20 Years	20 – 49 Years	Above 50 Years
	Mean	13.58	13.99	14.73
Less than 20 Years	13.58	1		
20 – 49 Years	13.99		1	
Above 50 Years	14.73	*		1

* P < 0.05

In Table 5, there was significant difference in couples' knowledge of modern contraceptives between couples with age group of less than 20 years and above 50 years in favour of couples with age group of above 50 years. However, there was no significant difference in couples' knowledge of modern contraceptives between couples with age group of less than 20 years and those in age group 20 – 49 years. Also, there was no significant difference in couples' knowledge of modern contraceptives between couples with age group 20 – 49 years and those in age group above 50years. It could be concluded that couples in age group of above 50 years had the highest knowledge of modern contraceptive.

Hypothesis 3: There is no significant difference in utilization of modern contraceptive methods based on the age of the respondents

Table 6: Analysis of Variance for difference in couples' utilization of modern contraceptive methods based on their age group

Groups	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	3.652	2	1.826	1.263	.285
Within Groups	307.885	213	1.445		
Total	**311.537**	**215**			

P > 0.05

The result presented in Table 6 showed that F_{cal} value of 1.263 was not significant because the P value (0.285) > 0.05 at 0.05 level of significance ($F_{(2, 213)}$ = 1.263, *p=0.285*). Hence, the null hypothesis was not rejected. This implies that there was no significant difference in couples' utilization of modern contraceptive methods based on their age group.

Hypothesis 4: There is no significant influence of distance to health facility on modern contraceptive methods.

Table 7: Two-way Analysis of Variance (ANOVA) of influence of distance to health facility on utilization of modern contraceptive methods

Source	Sum of Squares	df	Mean Square	f	Sig.
Corrected Model	260.805a	9	28.978	117.667	.000
Intercept	2446.470	1	2446.470	9933.963	.000
Distance	.189	3	.063	.256	.857
Utilization	112.541	2	56.271	228.488	.000
Distance * Utilization	.193	4	.048	.196	.940
Error	50.732	206	.246		
Total	**19616.000**	**216**			
Corrected Total	**311.537**	**215**			

a. R Squared = .837 (Adjusted R Squared = .830)

From Table 7, the F value of 0.196 is not significant because the p-value of 0.940 is greater than 0.05 level of significance i.e. p (0.940) > 0.05 ($F_{(4, 206)}$ = 0.196, *p=0.940*). This led to the non-rejection of the hypothesis. This means that there is no significant influence of distance to health facility on utilization of modern contraceptive methods. Hence, distance to health facility had no influence on utilization of modern contraceptive methods.

Discussion

This study revealed that most of the respondents combine two or more contraceptives while condoms and IUCD were the contraceptives mostly used by respondents. The prevalence of condom use may be linked to the trend of the patent medicine shop being the most important source of contraceptive commodities in Nigeria, it is however worrisome that the type of information obtained on contraception from a patent medicine shop is likely to be incorrect because these shops are managed by traders who themselves may have little or no knowledge of contraceptives. This finding is in line with the result of Envuladu, Agbo, Mohammed, Chia, Kigbu and Zoakah (2012) who found out that the most popular contraceptive methods used were male condom.

This study also revealed that level of knowledge of modern contraceptives methods among couples in Ilokun Community was high. The probable reason for this finding could be

partly due to the various information on contraceptive methods rampant in form of audio-visuals in the media these days.

On the first hypothesis tested, it was revealed that there was no significant relationship between knowledge of modern contraceptive methods and its utilization. The probable reason might be due to the low utilisation of contraceptives despite the high level of knowledge of contraceptive methods among couples. This finding is in consonance with the study of Ibisomi (2014) who concluded that the knowledge of contraceptive methods is not related to its utilisation.

The study further revealed that there was significant difference in knowledge of modern contraceptive methods based on the age of the respondents. The study revealed that couples in age group of above 50 years had the highest knowledge of modern contraceptive. In contrast, Brhanie & Asries (2016) considered age and knowledge of contraceptive methods, they concluded that couples less than 40 years have the highest knowledge of contraception. The study however revealed that there was no significant difference in utilization of modern contraceptive methods based on the age of the respondents. This implies that couples of all age group considered utilises contraceptive methods. This finding is in line with the submission of Ibisomi (2018) who concluded that there was no difference in utilization of modern contraceptive methods based on the age-group of respondents

The study also revealed that there was no significant influence of distance to a health facility on utilization of modern contraceptive methods. This finding contradicted the submission of Ibisomi (2014), who reported that the percentage of married women who use modern contraceptive decreased as distance from the nearest facility increased.

Conclusion

Sequel to the findings of this study, it was concluded that most of the couples combine two or more contraceptives as condoms and IUCD were the contraceptives mostly used by couples. It was also concluded that despite the high knowledge of contraceptive methods among the couples, it was not related to its utilisation. In addition, it was concluded that the knowledge of contraceptives differs but no difference was found in utilisation based on age-group of the respondent. Conclusively, distance to a health facility had no influence on utilization of modern contraceptive methods.

Recommendations

Based on the findings of the study, the following recommendations are made.
1) Ilokun community landlords and resident association should lobby for the construction, equipping and staffing of a health facility within the community to ensure nearness to a health facility not only for family planning services alone but also integrated services.

2) Different media such as billboards and posters to dispel myths and misconceptions attached to modern contraceptive should be strategically placed in the community
3) Stakeholders in the health committee of the community should liase with nearby health facility for quarterly outreach program in the community pending the availability of her own health facility.

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