

Attitudes and Perception of Rural Women toward Contraceptives Use in Ekiti - State, South –West, Nigeria

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Abstract:- This study was carried out to examine attitudes and opinions of rural women towards their choice of contraceptive use. This is to identify reasons for level of contraceptive use among rural women in the region of the country. It was community-based, descriptive cross-sectional study. Women of reproductive age, 15 to 49 years were randomly sampled for the study in the study area. Using the sample size calculation formula, a total of 250 women were therefore selected randomly for the study. Data was collected using a self-structured research instrument (questionnaires). Data analysis was performed using SPSS version 20 to generate descriptive and inferential statistics such as contingency tables and bar charts. Chi square was used to find relationship between non parametric variables by testing for association at 5% ($p= 0, 05$) level of significance. The study reveals that most respondents were in their active reproductive ages and majority were christians who have attended high school. Also, most of the selected women were employed; Higher proportion of the literate women have heard about contraceptives: Most women in the study area reported to have used at least one type of conceptive method; The most prevalent of the methods is injection method and more than 30.4% of the selected women have heard about contraceptives through mass media such as television. Equally, women have considerable knowledge on different aspects of the modern contraceptives; 89.6% of women were of the view that modern contraceptive prevents unwanted pregnancy; 39.2% perceived modern contraceptive as something that can boost husband fidelity (39.2%); also, most women reported irregular menstruation and weight gain as the most common side effects of modern contraceptives while it was equally shown that women in the study area have used injections (22%) and condoms (20.8%) more than any other modern contraceptive methods.

Keywords:- Socio-demographics, Contraceptives, Rural women, Fertility rate, Ekiti State, Nigeria.

I. INTRODUCTION

Nigeria is the seventh most populous nation in the world with estimated population of One Hundred and Eighty Three (183) million and capable of reaching Two Hundred and Eighty Five million by 2050. (United Nations 2013). About Thirty Five (35) million women are in their active reproductive age in Nigeria, equally over six millions birth are reported annually with population growth of 3.2% per annum. Averagely, about 5.5 children were attributed to a woman Nigeria. (National Population Commission and ICF International and 2014).

This high level of fertility rate therefore accounts for population explosion in the country. It is therefore imperative to adopt family planning through contraceptive use.

The choice of contraceptive, perception and opinions of women ‘especially those dwelling in rural areas toward family planning programme is a veritable tools to a successful family planning in Nigeria and consequently reduction in rapid population growth.

Modern Contraceptive use is therefore one of the most effective public health interventions and is pivotal in minimizing high fertility rate among rural women in Nigeria. (Graff, 2014)

It is therefore worthy to know that decline in fertility level will enhance demographic dividend.

This will boost socio-economic status and improved standard of living and total well-being of families and society at large. (Clerland et al Graff and Bremner 2014: Gribble and Bremner 2012)

More researchers have shown that efforts to reduce child bearing by one child per woman will increase GDP by 13% per capital within 20years. (Ashraf, Weil and Wilde 2013)

In view of this, importance of right attitude and appropriate choice of contraceptives cannot be overemphasized as it is capable of reducing unwanted pregnancies self-induced abortions and high-risk pregnancy. This will by no means improve child and maternal health.

Further studies have revealed that about 1.8 millions child deaths would be prevented if pregnancies were adequately spaced at an interval of three years (Rutstein 2008).

Due to the current level of awareness and technological development, adoption of modern contraceptives have improved even among the women in rural dwellings, however, Nigeria as a nation has not maximize its potential on the use of modern contraceptives as prevalence remained low as 10% among currently married women. This has been reported to be lower than the average value estimated for Africa. (National Population Commission and ICF International and 2014)

Therefore efforts to increase the level of contraceptives use among women of child bearing age is an important component of many national population and developmental programs in sub-Saharan Africa; It was equally envisaged by many authors that a time would come when food supply would be inadequate to sustain the existing population. (Ibnouf et al 2007). This development is however contrary to what is obtainable in developed economies as they have been able to overcome exponential population growth.

Appreciable and programmatic efforts are being made continuously by the Nigerian government and various non-governmental agencies to enhance significant improvement on the adoption of modern contraceptives, however; there has been little evidence to suggest a systematic improvement in these indicators. There is need to step up action which includes prevention at primary level as related to reducing the numbers of at-risk pregnancies through effective contraception. It is a general believe that using this approach with a concerted efforts, the problem of poor attitude and negative perceptions on modern contraceptives especially among rural women will be resolved.

II. OBJECTIVES OF THE STUDY.

The study was carried out to examine attitudes and opinions of rural women towards their choice of contraceptive use. Following were the objectives.

- Assess the attitudes and perception of rural women towards modern contraceptive method;
- Determine the methods of modern contraceptives most suitable among the rural women
- Identify reasons for the choice of contraceptives mostly adopted by rural women.

III. METHODOLOGY

➤ Study location

Ijero local government is located in Ekiti State of Nigeria in West Africa. It was established 1976. It is made up of fourteen towns and villages while Ijero-Ekiti serves as the Head quarter. Ijero-Ekiti the head quarter of Ijero-Local government is a semi-urban area where tertiary institution such as College of Health Sciences and Technology, Ekiti State was located. It was reported in the last census that the population of Ijero Local Government was about 222,000. Majority of the residents are christian, some are equally muslimism while a number of others are traditional worshippers.

➤ Study design

Descriptive cross-sectional design of survey type was employed as suitable to determine attitudes and perception of rural women toward contraceptives use in Ijero local government area of Ekiti State.

➤ Study population

Women of active reproductive ages between 15 to 49 years were targeted for the study.

➤ Sample size estimation

Using the sample size calculation formula for the calculation of sample size greater than 10000, the sample for the study was determined. Based on evidence from recent Demographic and Health Survey (DHS) data, which indicated that only about 13 percent of sexually active Nigerian women currently practice effective contraception, the prevalence rate adopted in the study is 13%, the confidence interval set at 95%, normal deviation $Z = 1.96$ and $d = 0.05$.

The calculated sample size is $n = \frac{Z^2 pq}{d^2}$

where

n = sample size

Z = standard normal deviate set at 1.96 which correspond to the 95% confidence level.

P = Proportion of women with the knowledge of sexually active Nigeria women that practice contraceptives.

d = degree of precision (0.05)

$q = 1 - P = 1 - 0.13 = 0.87$

n is therefore = $\frac{1.96^2 \times 0.13 \times 0.87}{0.05^2}$ approximately 174

However, to increase representativeness and adjust for non response, the sample of 250 women between reproductive ages 15-49 years were selected.

➤ *Sampling method*

A multistage random sampling method was adopted for the study which include random selection of towns and villages, wards and streets at different stages from which two hundred and fifty respondents were finally selected as estimated from the total population from different households in existing primary health care house numbering.

➤ *Data collection*

Data were collected through a self –structured questionnaire. These were distributed to all eligible women in the selected household. This was also conducted by trained research assistants who could also speak the local language. A vernacular version of the questionnaire was prepared for the uneducated respondents, to reduce inter observation variation in interpretation during the interview.

IV. RESULTS

| Items | True | False | Don't know | Total |
|-------------------------------------|------------|-----------|------------|-----------|
| | Freq. (%) | Freq. (%) | Freq. (%) | Freq. (%) |
| It enhances child spacing | 227 (90.8) | 9 (3.6) | 14 (5.6) | 250 (100) |
| Prevention of unwanted pregnancy | 224 (89.6) | 13 (5.2) | 13 (5.2) | 250 (100) |
| Regulation of family size | 219 (87.6) | 13 (5.2) | 18 (7.2) | 250 (100) |
| Improve family life | 210 (84) | 16 (6.4) | 24 (9.6) | 250 (100) |
| Improve mother and child health | 195 (78) | 24 (9.6) | 31 (12.4) | 250 (100) |
| Good for the mothers | 192 (76.8) | 21 (8.4) | 37 (14.8) | 250 (100) |
| Prevention of sexuality transmitted | 150 (60) | 73 (29.2) | 27 (10.8) | 250 (100) |
| Boost husband's fidelity | 98 (39.2) | 95 (38) | 53 (22.8) | 250 (100) |

Table 1:- Percentage distribution of the respondents' perception about modern contraceptives

| Items | True | False | Don't know | Total |
|------------------------|------------|------------|------------|-----------|
| | Freq. (%) | Freq. (%) | Freq. (%) | Freq. (%) |
| Irregular menstruation | 185 (74) | 36 (14.4) | 29 (11.6) | 250 (100) |
| Weight gain | 178 (71.2) | 29 (11.6) | 43 (17.2) | 250 (100) |
| Abdominal pain | 167 (66.8) | 34 (13.6) | 49 (19.6) | 250 (100) |
| Infertility | 133 (53.2) | 70 (28) | 47 (18.8) | 250 (100) |
| Failure rate | 114 (45.6) | 74 (29.6) | 62 (24.8) | 250 (100) |
| Headache | 93 (37.2) | 70 (28) | 87 (34.8) | 250 (100) |
| Ectopic pregnancy | 85 (34) | 74 (29.6) | 91 (36.4) | 250 (100) |
| Sexual dissatisfaction | 80 (32) | 96 (38.4) | 74 (29.6) | 250 (100) |
| No side effects | 57 (22.8) | 172 (68.8) | 21 (8.4) | 250 (100) |
| Cancer | 35 (14) | 98 (39.2) | 117 (46.8) | 250 (100) |

Table 2:- Percentage distribution of respondents' perceived side effect of modern contraceptives

| Ever use | Frequency | Percentage |
|-----------------------|-----------|------------|
| Yes | 115 | 46 |
| No | 135 | 54 |
| Total | 250 | 100 |
| Type of contraceptive | | |
| Pill | 17 | 6.8 |
| Coil | 2 | 0.8 |
| Injections | 55 | 22 |
| Jelly/Spermicides | 3 | 1.2 |
| Condoms | 52 | 20.8 |
| Female sterilization | | |
| Male sterilization | | |
| Norplant | | |
| Female condoms | 5 | 2 |
| Intra uterine device | 1 | 0.4 |
| Implants | 3 | 1.2 |
| Currently using | | |
| Yes | 74 | 29.6 |

| | | |
|-------------------------------|-----|------|
| No | 176 | 70.4 |
| Total | 250 | 100 |
| Type of contraceptives | | |
| Pill | 10 | 4 |
| Coil | 3 | 1.2 |
| Injections | 35 | 14 |
| Jelly/Spermicides | 3 | 1.2 |
| Condoms | 30 | 12 |
| Female sterilization | - | - |
| Male sterilization | - | - |
| Norplant | - | - |
| Female condoms | 6 | 2.4 |
| Intra uterine device | - | - |
| Implants | 1 | 0.4 |

Table 3:- Prevalence of modern contraceptive use among the rural women

| Reasons | Frequency | Percentage |
|-----------------------------|-----------|------------|
| Easily affordable | 39 | 15.6 |
| Readily available | 25 | 10 |
| No side effect | 25 | 10 |
| Culturally acceptable | 3 | 1.2 |
| Religious acceptable | 2 | 0.8 |
| Husband consent | 7 | 2.8 |
| Influence of health officer | 10 | 4 |

Table 4:- Reasons for chosen of modern contraceptive methods

V. DISCUSSION

➤ Perception of rural women about modern contraceptive methods

Table 1 shows that women have considerable knowledge on different aspects of the modern contraceptives. In other words, respondents have better understanding of modern contraceptive methods. Nine out of every ten women perceived modern contraceptives as child spacing instruments. In addition, a number of women were of the view that modern contraceptive prevents unwanted pregnancy (89.6%), regulation of family size (87.6%), improve family life (84%), improve mother and child health (78%), irregular menstruation (74%), Good for the mothers (76.8%), weight gain (71.2%), prevention of sexuality transmitted infections. However, few women perceived modern contraceptive as something that can boost husband fidelity (39.2%).

Equally, table 2 revealed that women reported different side effects of modern contraceptives. Meanwhile, the most common negative effect of modern contraceptives is the fact that it causes irregular menstruation among the users. Thus, about three quarter (74%) of the respondents noted that modern contraceptives can lead to irregular menstruation. Furthermore, several consequences of modern contraceptives were reported by the women and these include; weight gain (71.8%); abdominal pain (66.8%); infertility (53.2%) and failure rate (45.6%). In addition, small proportion of women believed that modern contraceptives can cause headache (37.2%), ectopic

pregnancy (34%), sexual dissatisfaction (32%), no side effect (22.8%) and cancer (14%).

➤ Prevalence of modern contraceptive use among the rural women

Table 3 above equally reveals that the prevalence of contraceptive use among the women in the study area. It could be deduced from the distribution that modern contraceptive is not new in the area. A number of women in the study area have used modern contraceptive. In addition, respondents have used different type of modern contraceptives. The types include pill, coil, and injections among others. However, women in the study area have used injections (22%) and condoms (20.8%) more than any other modern contraceptive methods. This could be due to reasons cited that these methods are easier to get and also affordable. In addition, more than one quarter are currently using modern conceptive methods. This of course is expected as large number of them is in their reproductive age. The type of modern contraceptive currently not used in the area are majorly coil and female condom.

➤ Reasons for the type of modern contraceptives

Several reasons were cited by the respondents to back up the type of modern contraceptive they use. The most popular reason among the women was the fact that injections, condoms and pill are easier to get. A number of women said they are readily available and have no side effect.

It can therefore be summarized that women in the study area have considerable knowledge on different aspects of the modern contraceptives; 89.6% of women were of the view that modern contraceptive prevents unwanted pregnancy; 39.2% perceived modern contraceptive as something that can boost husband fidelity (39.2%); the most common negative effect of modern contraceptives reported is irregular menstruation among the users; and women in the study area have used injections (22%) and condoms (20.8%) more than any other modern contraceptive methods.

VI. CONCLUSION

This study essentially examine attitudes and perception of rural women towards contraceptive use in Ijero-local government area of Ekiti state Nigeria. Despite the programmatic efforts of the government to ensure improvement in the adoption of modern contraceptives, reports shows that current trend of contraceptive is still considerable low especially among rural women. This however, may not be unconnected with negative attitude and perception of some women towards modern contraceptives. This study shows that most rural women in study area are aware of modern contraceptives and its ability to prevent unwanted pregnancy. However, majority of the women perceived strongly that notwithstanding the numerous advantages associated with usage of contraceptives, it is equally presented with side effects such as irregular menstruation, weight gain, abdominal pain, sexual dissatisfaction, and so on.

Findings equally revealed that demographic factors analyzed in the study were significantly associated with contraceptive use than social factors. Government, relevant agencies and policy makers should pay more attention on influencing women's choice and perception of contraceptive use positively in order to reduce the unmet needs for family planning.

RECOMMENDATIONS

In line with the study carried out to examine the attitudes and perception of rural women towards contraceptives in Ijero local government area of Ekiti State Nigeria, it was therefore recommended as follows :

- Government should make usage of modern contraceptives as a national health priority and implementation of such should be monitored at all levels of disease prevention.
- Efforts should be made to improve and sustain awareness of modern contraceptives with the focus on proper orientation of the rural women on the perceived socio- demographic barriers to the usage of modern contraceptives.
- iii. Attention should be made by the government to make contraceptive free or highly subsidized to make it accessible and affordable to rural women regardless of their geographical location and socio-economic status.

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