

DIFFUSION AND ACCESS TO INFORMATION ON FAMILY PLANNING IN RIGACHIKUN COMMUNITY OF KADUNA STATE.

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Abstract

This paper explores diffusion and access to information on family planning in Rigachikun Community of Kaduna State. In order to achieve the objectives of this study, the following research questions were raised: What type of information on family planning is available for household in Rigachikun Community? In what ways do household in Rigachikun Community access information on family planning? For what purpose do household use family planning information in Rigachikun Community? What challenges do household face in using information on family planning in Rigachikun Community? survey research design was adopted for the study. Thus, the population of household in Rigachikun community is 5,524. To determine the sample size, the Crejsie & Morgan determining sample size for research activities was used. Based on that, for a population of 5,000 the required sample size is 357. Therefore of the sample size for the study is three hundred and fifty seven (357) household in Rigachikun community. The research instrument used for data collection was questionnaire. Data collected for this study were analyzed using frequency distribution and percentage. The study reveals the following findings: Implant and injectables were the major type of information on family planning available among household in Rigachikun community, Kaduna State. Radio was the major access to information on family planning among household in Rigachikun community, Kaduna State. It was revealed that household in Rigachikun community used information on family planning for the purpose of Improving the health being of women and reduces health risks. Based on the findings of this study, the researcher concluded that Family Planning activities and services were the instruments through which a people or nation use to achieve objectives of reducing poverty, maternal and infant mortality, check population explosion, improve income of its citizens all for a better life. The study recommends that, Government (federal, state & local), individuals, philanthropic organizations and Non-governmental organizations should create awareness on information on the various types of family planning methods such as Information on Male Sterilization and Information on Male & female condoms among household in Rigachikun community.

Introduction

Each year an estimated 500,000 women die of complications due to pregnancy, child bearing or unsafe abortion (Herz, 1987; Winikoff, 1987; & World Health Organization, 1986). In some areas of Nigeria, one in five women report having experienced an unwanted conception, of these 58% had an abortion and an additional 9% attempted unsuccessfully to end the pregnancy (Okonofua, 1999). It is estimated that about 25% of women who have abortion in Nigeria experience serious complications (Bankole, 2006). One way of avoiding unwanted pregnancies and criminal abortions to its barest minimum is the adoption of early planning.

Family planning implies the ability of individuals and couples to anticipate and attain their desired number of children by spacing and timing their births. It is achieved through the use of contraceptive methods and the treatment of involuntary infertility. Many potential informational barriers exist to contraceptive use. Women must be aware of the methods available, must know where supplies of these methods can be obtained and they must know how to use the method they choose (Chandhick, 2003). Pregnancy is the main reason that women in the reproductive age group die at a higher rate than men (Maine, 2013). Most maternal deaths occur among poor women who live in remote rural areas and have difficult access to hospital (Royston, 1989).

Irrespective of culture or ethnic orientation, and whether under Islamic, Christian or traditional African beliefs and precepts, the socialization process and role system in Nigeria generally confer on husbands the authority and role of making decisions on matters affecting marital and family life, which certainly will include the use and non-use of family planning services, and indeed childbearing itself. Above all, Nigerian men enjoy enormous educational, occupational and economic advantage over women. Implicitly, they wield power and influence in the home and society and dictate the pattern and trend of events in a cultural environment where male values hold sway. More so, there are some social and institutional factors that favor men in matters affecting the family. This is related to the fact that they control economic resources and the significant role they play as household heads, custodians of their lineage, protectors and providers of the family (Ibid, 2003).

African family structures affect individual perception of child-related processes and affect reproductive decision-making and actual fertility behavior. Men play an instrumental role in every aspect of sexual and reproductive dynamics, from the timing of intercourse and contraceptive use to sexually transmitted disease treatment and antenatal care. They also function as ‘gatekeepers’ to women’s sexuality and reproductive health because of many powerful roles they play as husbands, fathers, uncles, religious leaders, doctors, policy makers, local and national leaders (Varga,2001; Drennan, 1998). This is because men in these societies contribute more resources in running the family, which gives them more authority to control the sexuality of their wives among other matters. Thus, the perceived wishes of the husband may influence the behavior of the wife (Duze and Muhammad, 2006).

Statement of the Problem

However, despite the benefits of family planning information among women, the researcher observed that resistance to information on frequent birth had resulted to a serious health problem to the mothers and their children, the health of the mothers is in coma due to frequent discharge of blood which is not regained before the conception of another pregnancy and this accounted for deaths of women in Igabi local government area of Kaduna State. Spacing has brought about numerous social problems like indiscriminate child bearing, unwanted pregnancies, high rate of infant morbidity, dropout from schools, and the low standard of living which has been on the increase with poverty also contributing to the incidence where families continue to reproduce uncontrollably because of the believe that, it is a taboo to regulate fertility. These ugly threats have been observed by the researcher in Igabi local government area of Kaduna State. This then, is the cause of concern and the need to explore research on Access and utilization of information on family planning in Igabi local government area of Kaduna State.

Objective of the Study

Below are the objectives of the study:

1. To find out the type of information on family planning is available for household in Rigachikun Community.
2. To identify how household in Rigachikun Community access information on family planning.
3. To reveal the purpose on how household use family planning information in Rigachikun Community.
4. To examine the challenges household face in using information on family planning in Rigachikun Community.

Literature Review

This part of the research summarized related literature on access and utilization of information on family planning in Rigachikun community, Igabi local government area of Kaduna State. The study reviewed literature on Types of information on Family Planning, and discovered that the type of information on family planning include pill, injection, implants, female sterilization, male sterilization, female condom, male condom, intrauterine device, diaphragm, foam/jelly, and emergency contraception among others. On the Access to Family Planning Information, the study discovered that; Sources of information on family planning include television, radio, posters,

hospitals, friend/relatives, communities, religious organisations, seminars, talk show, and even social Medias among others. More so, available literature used in this study discovered the Purpose of using Family Planning Information which indicated that; it Preventing pregnancy-related health risks in women, Reducing infant mortality, Helping to prevent HIV/AIDS, Empowering people and enhancing education, Reducing adolescent pregnancies and Slowing population growth. The literature also reviewed the Challenges in using Family Planning Information which showed that; low knowledge of contraceptives, negative perceptions, in-laws' disapproval, religious concerns, and side-effects.

A point observed from all the literature reviewed above is that almost all of the literature reviewed showed that studies have been conducted on Access and utilization of information on family planning. However, no formal study known to the researcher has so far been carried out on Access and utilization of information on family planning in Rigachikun community, Igabi local government area of Kaduna State.

However, household in Rigachikun community are facing challenges like where families continue to reproduce uncontrollably because of the believe that it is a taboo to regulate fertility. This causes low standard of living, increases poverty, unwanted pregnancies and high rate of infant morbidity. This then, is the cause of concern and the need to explore research on the access and utilization of information on family planning. Therefore, to bridge this gap, this research work was conducted on the access and utilization of information on family planning in Rigachikun community, Igabi local government area of Kaduna State.

Research Method Adopted for the Study

Survey research method is adopted for this study. This is to enable the researcher to select sample from a population and administers a standardized questionnaire to them. Thus, the population of household in Rigachikun community is 5,524. To determine the sample size, we used the Crejsie & Morgan determining sample size for research activities. Based on that, for a population of 5,000 the required sample size is 357. Therefore our sample size for the study is three hundred and fifty seven (357) household in Rigachikun community. The research instrument used for data collection is close ended and open ended questionnaire. Data collected for this study were analyzed using frequency distribution and percentage.

Types of information on Family Planning

Table 4.2: Types of information on Family Planning available in Rigachikun Community.

Options	Frequency	Percentage
Information on Pills	91	36%
Information on Implants & Injectables	103	41%
Information on Female & Male Condom	41	16%
Information on Male Sterilization	19	7%
Total	254	100%

Source: Field Survey, 2018.

Table 4.2 showed that 103 of the respondents indicated that Information on Implants & Injectables were the major type of Information on family planning available to them. While the least is 19 of the respondents which indicated Information on Male Sterilization as the available Information on family planning in Rigachikun Community. This agrees with the findings of Aikins (2014), where the study showed that over 90% of of the respondents knew at least a method of modern contraceptive of which Injectable was the most known modern method of family planning in the study area.

Access to Family Planning Information.

Table 4.3: Access to information on family planning in Rigachikun Community.

Options	Frequency	Percentage
Television	24	9%
Radio	97	38%
Hospital	45	18%
Friend/Relatives	52	20%
Social Media	9	4%
Spouse	27	11
Total	254	100%

Source: Field Survey, 2018.

Table 4.3 shows that 97 of the respondents access information on family planning through listening to Radio, while the least showed that they access information on family planning through social media with 9 respondents. This agrees with the findings of Msovela, Tengia-Kessy and Mubyazi (2016) where the study discovered that Majority of respondents were exposed to at least one type of mass media with 82.7% of them reported to have listened to radios at least once per week, where they claimed to have received Family Planning information in which they specified the

contents of the messages were related to such issues as child spacing, types of recommended Family Planning methods, importance of using the methods, their safety and male involvement in Family Planning services.

Purpose of using Family Planning Information.

Table 4.4: Purpose of using family planning information by households in Rigachikun Community

Options	Frequency	Percentage
Reducing infant mortality	41	16%
Preventing unwanted pregnancy	92	36%
Improving the health being of women and reduces health risks	112	44%
Slowing population growth	9	4%
Total	254	100%

Source: Field Survey, 2018.

From table 4.4 showed the purpose of using information on family planning where the result showed that, it is used for the purpose of Improving the health being of women and reduces health risks with 112 of the respondents. While the least is 9 of the respondents where the result showed that they used it for slowing population growth. The result also falls in line with that of world health organization (2018) on the benefit of using family planning, where the study reported that family planning is essential to securing the well-being and autonomy of women, while supporting the health and development of communities.

Challenges in using Family Planning in Rigachikun Community.

Table 4.5: Challenges in using Family Planning in Rigachikun Community

Options	Frequency	Percentage
Low knowledge of contraceptives	86	34%
Negative perceptions	93	37%
Side-Effects	44	17%
Religious Concerns	31	12%
Total	254	100%

Source: Field Survey, 2018.

From Table 4.5 above it could be seen that many factors are affecting the use of Family Planning in Rigachikun Community. The table shows that Negative perceptions which accounted for 93 of the respondents indicated it as a major factor affecting the the use of Family Planning in Rigachikun Community. Another factor as indicated by 86 of the respondents showed slow Low

knowledge of contraceptives and the least showed that 36 of the respondents indicated the side effects as a hindrance in Family Planning in Rigachikun Community. This agrees with the findings of Ghulam, et al (2015). where his findings concerning reasons for not using family planning and modern contraception included; negative perceptions, in-laws' disapproval, religious concerns, side-effects, and lack of access to quality services.

Conclusion

Based on the findings of this study, it is worth concluding that the level of awareness among women in Rigachikun on family Planning activities is very low leading to societal problems. The instruments through which the people access information to achieve objectives of reducing poverty, maternal and infant mortality, check population explosion, improve income of its citizens all for a better life. Information is power, because it is the basis of making right decision whether as an individual or as a Government. Therefore the awareness and access to family planning information has been established to be very vital in this regard.

Recommendations

Following the findings of this study, these recommendations are made:

5. Government (federal, state & local), individuals, philanthropic organizations and Non-governmental organizations should create awareness on information on the various types of family planning methods such as Information on Male Sterilization and Information on Male & female condoms among household in Rigachikun community.
6. Government should establish more family planning centers for easy access to information on family planning across the household in Rigachikun community, with well-equipped relevant and modern family planning instruments as well as employ well qualified personnel to manage it.
7. Government should engage the Non-Governmental Organisations (NGOs), National Orientation Agency (NOA), Religious Organisations, Film makers, Musicians, the Media, the Local Authorities both Government and Community levels to enlighten the household in Rigachikun community on the benefit of using family planning.
8. Government should also enlightenment the importance of using family planning so that household in Rigachikun community will embrace the use of family planning so that they will not consider it as taboo.

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