



FAMILY PLANNING PRACTICES AMONG MARRIED PERSONS: A Determinant of Sustainable Development in Ekiti State, Nigeria

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ABSTRACT

The Study investigated family planning practices as a means of sustainable development among married persons in Ekiti State, Nigeria. The sample consisted of one hundred married persons in Ekiti State. The multi-stage random sampling technique was used to select the sample. A self developed instrument was considered to gather information from the respondents. The data collected were analysed using Pearson product moment correlation and multiple regression analyses. The hypotheses raised was tested at 0.05 level of significance. The result revealed that the practices of family planning among married persons was low in Ekiti State and that, some married women disposed negative attitude towards it, that family planning practices influence sustainable development in the State. It will also reduce the level of crime in and there was a very robust relationship between family planning practices and sustainable development. It was therefore recommended that the productive age, married women should embrace practices to avoid giving birth to the number of children they cannot adequately cater for. Educators should create more awareness on the importance of family planning practices among married persons in Ekiti State by organizing Seminars for all the marriageable age.

Keywords: Family Planning Practices, Sustainable Development, Married Persons, Population

INTRODUCTION

The rapid growing rate of population all over the world has been the concern of everybody. It has been a focus of the educators. Population can be defined as the total number of people, male and female, both old and young of the same species living in an interbreeding location at a particular period of time. This increase in human population is an incredible strain on our natural resources and environment (Ebele, 2018). It has been observed that the increase in the population appears to be the source of some major challenges facing the country today such as malnutrition, low standard of living, poor health, poverty, increase in societal vices such as armed robbery, kidnapping, unemployment, prostitution, child abuse, insurgency, street begging, ICT fraud and a host of others (Mesieobi & Opara, 2007). Oladokun (2003) opined that the current realisation of the fact that large population can disturb the nation's development and on this note, it is expedient to check the growth so the country can develop.

The population of the world will be increased by one billion by 2030 and four billion by 2100 Global Health Science and Practices (GHSP, 2016). When the population increases, it is always associated with its attendant problems. This usually happen in developing countries. In this area of study, it has been observed that many school children are out of school, simply because their parents could not afford to send them to schools, most especially



children from large families. Also studies have shown that in some families only male children are privileged to attend school due to their poor family background.

Apart from the above, in this contemporary Nigeria Society, there are some problems associated with untamed population such as infant and maternal mortality, housing, unemployment, malnutrition, hunger, couple separation, increase in crime rate among others and these will definitely affect the growth and development of the nation (Fasiku, 2016). It appeared that women in their large population were contributing little to the economic growth and development of the nation. This may be as a result of their inability to participate in the workforce and the economy when pregnant and in their nursing period.

Family planning is one of the methods that married persons use to improve the standard of living in the family, control abnormal and unwanted population growth in order to accelerate national development. If the family and population size is small, this will assist them to manage their resources both human and natural. This will in turn improve the social and economic growth of the entire country.

Family planning is central to gender equality and women empowerment and a very cardinal means in curbing poverty. The rapid increase of human population puts an incredible strain on our natural phenomenon. Family Planning Practices is very important when it comes to curbing the ever increasing global population which stands as an obstacle to sustainable development. Rhonda, Lori, Joy & Donnac (2009) opined that the widespread of adoption of family planning with the use of contraceptive devices around the world improves the health of millions of people and helps to achieve national development. This is as noted in Millennium Development Goals (MDGs) and Sustainable Developments Goals (SDGS).

Family Planning is a voluntary decision made by individuals and couples as to the desired family size and timing of births to the number of children they can conveniently cater for (Delano 2010). This has been part of the Planned Parenthood Family Control in limiting or spacing out pregnancies either for socio-economic, health, infant/maternal mortality and population control purpose. Ellan, Maivcen & Rac (2016) emphasized that Family planning covers the attitude, policies, information and practices among which is the use of contraceptives which assisted men, women, married persons and singles that are marriageable, the ability to prevent unwanted pregnancy, space their births and plan their family.

Despite the introduction of Family Planning Practices as a way to reduce reproductive rate, the population still increase, this may not be far from the attitude of majority of married persons in Ekiti State (Olawepo & Okedare, 2003) and (Fasiku, 2017). It seems married persons in urban part of the state embraced family planning better than those in the rural areas and that most educated married persons embrace family planning more than their illiterate counterparts. Also, ignorance seems to be one of the reasons why many married persons do not practice family planning and this has often led to social problems such as unwanted pregnancies, illegal abortions, abandoning of unwanted babies among others.

Also, observation reveals that some married persons were affected by their religion either Islam or Christianity and African traditional religion. In some parts of the state, some married persons believe that the number of children that they have will dictate their wealth and this will assist them socially and economically which may not be true at times and this at long run will affect the growth and development of the State. Based on research, there are different methods ranging from traditional to modern methods among which are chance method, emergency contraceptive injections, local herbs, charms rings, keys scarification band and a host of others. (Delano, 2010).



Finally, it appears that having a large number of children in the family makes the provision of adequate nutrition, education, health care, shelter and support for family members difficult and also lack of care and support for large family may automatically give way to insecurity of life and properties, armed robbery, kidnapping, rape, child trafficking, increase in child abuse, using female children as sex workers, dropping out of school and other social problems and unhealthy practices which can distort the sustainable development of the State (Fasiku, 2016). In Ekiti state Nigeria, there seems to be high fertility rate among married persons, hence, they are at the risk of having many children that they will not be able to cater for which will in turn constitute social menace socially, psychologically and economically. Based on the above observations, this study is to determine the influence of family planning practices on sustainable development in Ekiti State.

LITERATURE REVIEW

The importance of the family planning programme as a device in controlling population explosion is universally recognized. It is a very broad way to prevent maternal and infant mortality, produce healthier mothers and children, prevent unwanted pregnancies and more importantly, family planning is by far cheaper than pregnancy and child bearing (Aladelakun, 2008). The author's assertion is upheld in the sense that when population is not checked it can lead to so many problems in the society.

World Health Organization (WHO, 2015) defined family planning as a way of thinking and living that is adopted voluntarily upon the basis of knowledge, attitudes and responsible decision by individuals and couples in order to promote health and welfare of the family and thus contributing effectively to the social and economic development of the country. The concept of sustainable development could be referred to as such development most especially economic that is out to meet the needs of the people so as to make them live a comfortable life. According to Emas (2015), it is out to bring about economic development without jeopardizing the physical and social existence of man.

The sustainable development key consists of environment, social and economic which must form the basis of all aspects of policies (Stoddart, 2011). The author stressed further that, for the holistic development, environment, social and economic sectors must be combined together in any decision making so as to achieve total development that can be permanent. It simply means identifying global problems and strategies of solving them.

In a nutshell, it is a situation where by the life style of people and the available resources were used to solve human problems. In line with the above, sustainable development is a concept that addresses national problems such as over population, poverty, peace, inadequately, climate change, insecurity among others, in order to develop a nation sustainably. Efforts shall be made to avert the above challenges as family can serve as antidote to curb some population increase associated problems or challenges. That is to say clear access to family planning by all married persons in Ekiti State will provide reduction in Budget allocation spending which will help to reduce mortality, improve women's empowerment which can boost economic growth and finally, reduce population growth. In order to do justice to the above, this study will find out if family planning practices will influence sustainable development among married persons in Ekiti State.

Hence the general question for this study is; What is the extent of family planning practices in Ekiti State?

Consequently the following research questions and hypotheses were raised for the study.



RESEARCH QUESTIONS

The following research questions were raised for the study.

1. Is there any relationship between family planning practices among married persons and sustainable development in Ekiti State?
2. Will family planning practices among married persons predict sustainable development in Ekiti State?

Research Hypotheses

The following hypothesis were formulated for the study

- HO₁** . There is no significant relationship between the family planning practices among married persons and sustainable development in Ekiti State.
- HO₂**. Family Planning Practices among married persons will not predict sustainable development in Ekiti State.

METHODOLOGY

The research design used in this study was the descriptive design of the survey type. The population consisted of all married persons in Ekiti State.

The sample which consisted of one hundred (100) married persons were selected through multistage random sampling technique, five local governments were randomly selected from the sixteen local governments after which five towns were randomly selected from each of the local governments. In each of the towns, twenty (20) married persons were systematically selected from houses.

The instrument used was a structured questionnaire designed by the researcher to elicit information from the respondents, it was titled “Family Planning Practices and Sustainable Development” Questionnaire (FPPSDQ) face, content and construct validity of the instrument were determined by experts with reference to the objectives of the study. Reliability of the instrument was determined with test re-test method. The scores obtained from the two tests were subjected to Pearson Product moment correlation at 0.05 significance. A Correlation co-efficient of 0.76 was obtained when considered reliable for the study.

Data collected personally from respondents were analyzed using Pearson Product correlation statistical tool.

The hypotheses raised were tested at 0.05 levels of significance.

RESULT

This aspect of the study focused on the analysis of the data collected for the study would be analysed and discussed.

What is the extent of family planning practices in Ekiti State?

Table 1: extent of family planning practices in Ekiti State



Level of family planning	Frequency	Percentage
Low	50	50%
Moderate	30	30%
High	20	20%
Total	100	100%

To determine the extent of family practices in Ekiti state, their responses were categorized into “low”, “moderate” and “high” using percentage. From the above table, 50 frequency was recorded which represented 50% (Low), 30 frequency was recorded which represented 30% (Moderate) and 20 frequency was also recorded which represented 20% (High) in Ekiti which implies that the extent of family planning practice is low.

The result is presented using the following research hypotheses,

HO₁. There is no significance relationship between family planning practices among married in Ekiti State.

Hypothesis scores on family planning practices and sustainable development were computed and subjected to Pearson product moment correlation analysis at 0.05 level of significance.

Table 2:- Pearson correlation of family planning practices and sustainable development

VARIABLE	N	MEAN	SQ	r CAL	R TABLES
Family Planning Practices	100	2.657	1.019	0.038	0.016
Sustainable Development	100	4.713	1.328		

Table 2: This shows that r cal (0.038) is greater than r table (0.016) at 0.05 level of significance.

Therefore the hypothesis is rejected. This implies that there is a significance relationship between the practices and Sustainable Development among married persons in Ekiti state Nigeria. Hence the family planning practices contributes to sustainable development.

HO₂, Family Planning practices among married person will not significantly predict Sustainable Development in Ekiti state.

In order to test the hypothesis, scores relating to Family Planning Practices and Sustainable Development in Ekiti state were computed and subjected to multiple regression analysis at 0.05 level of significance. The result is presented in table 3.

Table 3: Regression Analysis on Family planning practices and Sustainable Development

Model	B	Standard error	Beta	T	Sig T	R	R ²	F
Constant	14.215	2.232		4.510	0.000			
Family planning practices	5.243			0.320		0.438	0.240	6.014
Sustainable development	2.312	1.022	0.123	0500				



Table 3 shows that family planning practices significantly predicts sustainable development among married persons in Ekiti state ($F = 6.014$, $P < 0.05$). the null hypothesis is rejected. This implies that the family planning practices will significantly predict sustainable development. The effect of family planning practices accounted for about 24% ($R^2 = 0.240$) of the observed variance in some factors for sustainable development. The remaining 76% of unexplained variation in factors for sustainable development is largely due to other variables outside the regression model. This shows that the relationship between family planning practices and factors for sustainable development is positive and significant at 0.05 level of significance ($R = 0.438$). The single best predictor of sustainable development among the family planning practices is economic growth and empowerment with a beta weight of 0.179 (17.9). This indicates that the practices of family planning will predict sustainable development amongst married person in Ekiti state.

DISCUSSION

The study revealed that there is a relationship between family planning practical among married persons and sustainable development in Ekiti state. These findings revealed that the result was in line with Fasiku (2016) who opined that family planning practice empowers married persons to contribute to the growth and development of the society. Also, the result was supported by Delemo (2010) that paternal and maternal health and other benefits were derived from the practices of family planning.

It was revealed that some factors that were influenced by family planning practices were education, religious belief and occupations among others. It was discovered that family practices significantly predicts sustainable development among married persons in Ekiti state. This was further collaborated by Olowokere (2014) and Fasiku (2016) that as the population increased, some problems associated with large family or over population increased among which are unemployment, poverty, high rate of crime, insecurity which will affect development conclusion.

Based on the findings of the study, it was concluded that married persons in Ekiti state did not adopt family planning despite some available means. It was also concluded that family planning practice has a very robust relationship with social and economic development of the state. Also from the finding, it was concluded that family planning practices predict sustainable development among married persons in Ekiti state. It was concluded that many women lack access to safe family planning methods and that poverty and hunger, gender inequality including problems in funding education health and all the likes are very difficult when there is high fertility rates unless there is increase in gaining access to Family Planning Practices.

Recommendations

Based on the findings of the study, the following recommendations were made

- a) Government should provide aid to fund family planning in order to reduce infant and mortality rate
- b) Religious leaders should include family planning issues in their messages either in the church or mosque
- c) There should be more awareness regarding the desirability of family planning services
- d) Married persons should be encouraged by marriage counselors to make considerate and beneficial decision on how to manage their family size through family planning practices

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