

## MANAGEMENT OF FAMILY PLANNING PRACTICES AMONG FEMALE STUDENTS TO PREVENT UNWANTED PREGNANCY IN FEDERAL UNIVERSITY DUTSINMA, KATSINA STATE, NIGERIA

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### Abstract

*The study investigated the management of family planning practices among female students to prevent unwanted pregnancy in Federal University Dutsinma, Katsina State, Nigeria. The study adopted a descriptive survey design. The population of the study comprises of all the four and three hundred level students of Educational Administration and Planning (260) and 10 staff of the school clinic, bringing the population to two hundred and seventy (270) respondents. Due to the size of the population, the entire students and staff were used as the sample. The instrument used for data collection was a self-designed questionnaire titled "Management of Family Planning Practices among Female Students to Prevent Unwanted Pregnancy (MFPPFSPUP) in Federal University Dutsinma, Katsina State. The instrument was validated and its reliability was established using test re-test method with the coefficient of 0.71. Data collected from the research questions was analyzed using mean and Standard Deviation. The findings revealed that there is no significant relationship among the female students and the family planning practices used to prevent unwanted pregnancy. This indicated that most of the female students are still using crude and local way of pregnancy prevention. The study was concluded and based on the finding, the following recommendations amongst others was made that the university clinic, governmental and non-governmental organizations should always organize orientation for students, especially the neophytes on pregnancy and disease prevention.*

**Keywords:** Management, family planning, female students, unwanted pregnancy.

### Introduction

Information about family planning practices has permeated every nooks and cranny of the different societies, particularly Nigeria. The role of mass media cannot be overemphasized in spreading the information about family planning. This is vigorously embarked upon in order to reduce the increase in population explosion, to reduce mother's mortality and to ensure sound reproductive health of women especially students in school. Family planning is a programme or strategy put in place to limit factors mediating between sexual activities and pregnancy rates among the students and youngster who engage in sexual risk behaviours. Muhammad and Gamdi (2014) defined family planning as the factors that may be considered by a couple in a committed relationship and each individual involved in deciding if and when to have children. It is an educational, comprehensive medical or social activities which enable individuals, including minors, to determine freely the number and spacing of their children select the means by which this may be achieved. This seems not achievable for many couples as a result of external factors such as marital situation, career considerations, financial position, and other disabilities that may affect their propensity to have children and raise them.

Family planning is sometimes referred to as birth control or use of contraception. It is usually meant for couples who wish to limit the number of children they have and or to control the timing of

pregnancy. The Medical Dictionary (2002) defined contraception as a medial devise designed to prevent spermatozoa from penetrating the cervical, usually used in combination with a spermicidal agent. Contraception is a wide range of methods (pills, devices, techniques) that help woman to avoid getting pregnant by preventing the ovulation or fertilization of an eggs and its development in the uterus. This could be done by keeping sperm from the vagina (e.g condom) or by preventing ovaries from releasing eggs (hormonal pill). Family planning may encompass sterilization, as well as abortion (Mischell, 2007). This is propagated for the purpose of making sure that any couple, man, or woman who has the desire to have a child and has the resources to take care of them. The adoption of family planning is thus meant to avoid unwanted pregnancies, space births, protect against STDs, including HIV/AIDS and provide other health benefits (Nelson, Telfer & Anderson, 2012).

The World Bank (2013) has noted however, that most of the countries in Africa have lowest rates of contraceptive use, highest maternal, infant and child mortality rates, and highest fertility rates. Cleland, Peipert, Westhoft, Spear and Trussell (2011) also reported that only about 30% of all women in African use birth control even though over half of them would like to use birth control if it was available to them.

Many African women appear to be suffering from ill-health and death as a result of complications of pregnancy, child birth and sexually transmitted infections. The World Health Organization (2012) reported that about 99% of maternal deaths occurred across the globe were in developing countries; more than half occur in sub-Saharan Africa and almost one third in South Asia

Condoms and oral contraceptive pills seem to be the most popularly used methods of family planning. Among the least known methods were those requiring invasive procedures such as Intrauterine Contraceptive Device (IUCD), subcutaneous implants and vasectomy. The use of intrauterine devices (IUDS) as family planning method has been growing in popularity throughout the world, their safety and efficacy have made them the most commonly used reversible method of long-term contraception, with a worldwide figure of about 127 millions of clients.

A review of the reproductive and sexual history of a potential client, pregnancy tests, body weight and blood pressure examinations are common forms of medical examination that clients must also undergo before they can use their chosen form of family planning. While the rationale behind weight and blood pressure measurement can be understood for hormonal family planning method (WHO, 2012). Family planning according to United Nations of Population Fund UNFPA (2016) is central to gender equality and women's empowerment, and it is a key factor in reducing poverty. Yet some 225 million women who want to avoid pregnancy is not using safe and effective family planning methods, for reasons ranging from lack or access to information or services to lack of support from their partners or communities. This suggests that married adults have different dispositions and attitude towards family planning practices in Nigeria.

Samuel (2010) defined family planning as the practice that helps individuals or couples to attain certain objectives such as avoiding unwanted pregnancies, bringing about wanted babies at the right time, regulating, the interval between pregnancies, Controlling the time at which birth occurs in relation to the ages of parents and determining the number of children in the family. According to Free Encyclopedia (2013) family planning is of birth control and other techniques to implement such plans which sexuality education, prevention and management of sexually transmitted infections,

Promotion of family planning- and ensuring access to preferred contraceptive methods for women and couples- is essential to securing the well-being and autonomy of women, while supporting the health and development of communities. Preventing pregnancy -related health risks in women. A woman's ability to choose if and when to become pregnant has a direct impact on her health and well-being (Nelson, Telfer & Anderson, 2012). Family planning allows spacing of pregnancies and can delay

pregnancies in young women at increased risk of health problems and death from early childbearing. Family planning enables women who wish to limit the size of their families to do so. Evidence suggests that women who have more than 4 children are at increased risk of maternal mortality. By reducing rates of unintended pregnancies, family planning also reduces the need of unsafe abortion (Tsui, McDonald-Mosley & Burke, 2010).

**Reducing infant mortality:** Family planning can prevent closely spaced and ill-timed pregnancies and births, which contribute to some of the world's highest infant mortality rates. Infants of mothers who die as a result of giving birth also have a greater risk of death and poor health.

**Helping to prevent HIV/AIDS** Family planning reduces the risk of unintended pregnancies among women living with HIV, resulting in fewer infected babies and orphans. In addition, male and female condoms provide dual protection against unintended pregnancies and against STIs including HIV (Tsui, McDonald-Mosley & Burke, 2010). Some of the benefits of family planning include the following:

**Empowering people and enhancing education:** Family planning enables people to make informed choices about their sexual and reproductive health. Family planning represents an opportunity for women to pursue additional education and participate in Public life, including paid employment in non-family organizations. Additionally, having similar families allows parents to invest more in each child. Children with fewer siblings tend to stay in school longer than those with many siblings (World Bank, 2013).

**Reducing adolescent pregnancies:** Pregnant adolescents are more likely to have preterm or low birth-weight babies. Babies born to adolescents have higher rates of neonatal mortality. Many adolescent girls who become pregnant have to leave school. This has long-term implications for them as individuals, their families and communities.

**Slowing population growth:** Family planning is key to slowing unsustainable population growth and the resulting negative impacts on the economy, environment, and national and regional development efforts (United Nations and Department of Economic and Social Affairs, 2011). The side effects of hormonal birth control may stand out as a disadvantage for some women. While many women regularly use contraception without experiencing side effects, complications can and do occur. The most common side effects associated with hormonal contraception include weight gain, headaches, dizziness and nausea. Less common but more serious side effects include stroke, blood clots and ectopic pregnancy. Though natural family planning poses no health risks, this method is among the least effective at preventing pregnancy, according to the National Women's Health Information Center. Out of 100 women who use natural family planning approximately 25 will become pregnant (Tailor, 2014).

### **Statement of the Problem**

The importance of family planning on the life of any female student cannot be overemphasized. This is because unwanted pregnancy has caused so many students out of school, some of their lives were cut short in cause of abortion, and contraction of sexually transmitted diseases (STDs) becomes a norm due to lack of preventive measures. Many students seem to attach less significance to the use of contraceptives while engaging in sexual intercourse and those who use it do so only occasionally and incorrectly. Despite the fact that the global advances in health have contributed to the decline in maternal mortality rates around the world, a disproportionately large number of Nigerian students are still dying every year due to illicit sex and pregnancy-related issues.

The reasons adduced for the low family planning practices in Nigeria and other developing countries include ignorance, illiteracy, myths, misconceptions and poverty. Ambivalence and discomfort among

health providers in communicating with students and providing contraceptives to them and their right to privacy and confidentiality are some of the factors militating against family planning practices among students (Monjok, Smesny & Ekabua, 2010). This is reason why the researchers decided to examine the management of family planning practices among the female students to prevent in Federal University Dutsinma, Katsina State, Nigeria.

### **Objectives of the Study**

The main objective of this study is to examine the management of family planning practices among the female students of Federal University Dutsinma. Specifically, the study will examine:

1. The extent of family planning practices knowledge among the students of Federal University Dutsinma, Katsina State.
2. The extent of managing the family planning practices among the students of Federal University Dutsinma, Katsina State.
3. The factors prevailing against the use of family planning practices among the students of Federal University Dutsinma, Katsina State.
4. The benefit of family planning practices among the students of Federal University Dutsinma, Katsina State.

### **Research Questions**

The researchers formulated the following research questions to elicit responses from the respondents:

1. What level of knowledge does the students have on family planning practices in Federal University Dutsinma, Katsina State?
2. To what extent does the school management make the students know the importance of family planning practices in Federal University Dutsinma, Katsina State?
3. What are the prevailing factors against adequate use of family planning practices among the students of Federal University Dutsinma, Katsina State?
4. What are the benefits derivable in the use of family planning practices among the students of Federal University Dutsinma, Katsina State?

### **Methodology**

The design used for this study is descriptive survey. In line with this Nworgu (2013) described the descriptive research design as one that describes events just as they are without manipulation of what of what is been observed. The study was conducted among the students of Educational Administration and Planning in Federal University Dutsinma, Katsina Stae. The population of the study comprises of 270 students of Educational Administration and planning and 10 staff from the school clinic. Due to the manageable size of the population, the entire population was also used as the sample.

The instrument used for data collection was a self-constructed questionnaire by the researchers titled "Management of Family Planning Practices among Female Students to Prevent Unwanted Pregnancy (MFPPFSPUP) in Federal University Dutsinma, Katsina State. The instrument was validated and its reliability was established using test re-test method with the coefficient of 0.71. It has a four (4) Likert-point rating scale of Strongly Agree (4), Agree (3), Disagree (2) and Strongly Disagree (1). The questionnaire was made into cluster and each cluster consists of five items or statements.

The questionnaire was administered to the respondents directly and retrieved after on the spot filling. Data collected was analyzed using mean and standard deviation. The score of 2.50 and above was taken as agreement from the respondents and 2.49 and below as disagreement.

**Results**

**Research Question 1:** What level of knowledge does the students have on family planning practices in Federal University Dutsinma, Katsina State?

**Table 1: Mean and standard deviation of responses from the students on the knowledge of family planning practices in Federal University Dutsinma.**

SN	Statement	N	SA	A	D	SD	X	SD	DEC.
1.	Family planning practices is known to me	268	125	76	42	25	2.28	0.46	Disagreed
2.	I have been using one or different types of family planning practices	269	132	68	54	15	4.95	0.99	Agreed
3.	Name one or two types of family planning practices known	269	141	58	48	20	4.92	0.98	Agreed
4.	There is danger in not using family planning practices	260	138	65	47	10	4.82	0.98	Agreed
5.	Family planning practices is of no use in life	261	45	23	68	125	4.75	0.97	Agreed

**Cumulative Mean = 3.36**

Table 1 above indicated that the students have the knowledge of family planning practices. This is affirmed from the cumulative mean of 3.36. The problem observed here was that they lack the way of practicing the different methods. This is where the role of mass media comes to play. Orientation is there necessary in spreading the information on family planning practices. This can be vigorously embarked upon in order to reduce the increase in population explosion, to reduce mother's mortality and to ensure sound reproductive health of women especially students in school.

**Research Question 2:** To what extent does the school management make the students know the importance of family planning practices in Federal University Dutsinma, Katsina State?

**Table 2: Mean and standard deviation of responses of School management on making students be aware of the importance of family planning practices in Federal University Dutsinma, Katsina State.**

S/N	Statement	N	SA	A	D	SD	Mean	SD	DEC.
1.	There have been orientation on family planning practices	267	37	45	63	122	4.74	0.99	Agreed
2.	Individual students are being advised on the importance of family planning practices	266	65	63	40	98	4.63	0.97	Agreed
3.	Students are offered family planning devices	257	34	46	83	94	4.55	0.95	Agreed
4.	Students in family planning difficulties go to the university counseling centre	256	45	49	73	89	2.00	0.40	Disagreed
5.	Experts are invited to talk to students on the dangers of pre-marital sex without protection	241	35	48	68	90	3.35	0.70	Agreed

**Cumulative Mean = 3.85**

Table 2 above indicates that the school management, through the health services of the schools make the students of Federal University Dutsinma know the importance of family planning practices to their lives. This is confirmed in the cumulative mean of 3.85. In line with this, Nelson, Telfer & Anderson (2012) posits that promotion of family planning- and ensuring access to preferred contraceptive

methods for women and couples- is essential to securing the well-being and autonomy of women, while supporting the health and development of communities, as well as Preventing pregnancy -related health risks in in the university. A woman’s ability to choose if and when to become pregnant has a direct impact on her health and well-being in school.

**Research Question 3:** What are the prevailing factors against adequate use of family planning practices among the students of Federal University Dutsinma, Katsina State?

**Table 3:** Mean and Standard Deviation of responses on the prevailing factors against adequate use of family planning practices among the students of Federal University Dutsinma, Katsina State.

S/N	Statement	N	SA	A	D	SD	X	SD	DEC.
1.	Lack of orientation and enlightenment	167	85	51	23	08	3.09	0.62	Agreed
2.	Cost of the devices	163	120	23	12	8	3.01	0.60	Agreed
3.	Some religions do not allow family planning practices	198	125	56	7	10	3.67	0.73	Agreed
4.	It is a taboo in some customs to practice family planning	209	130	42	25	12	3.87	0.77	Agreed
5.	The fear of the after effect in the body	214	111	45	38	20	3.96	0.79	Agreed

**Cumulative Mean = 3.54**

Table 3 above reveals that there are so many prevailing factors militating against the adequate use of family planning practices among the students of Federal University Dutsinma. This is observed on the cumulative mean of 3.54. One of the major factors here is the religious inclination. Many religious believers see the use of family planning practices as a taboo and preach against it, while some affirm to it. This is in line with the position of the Religious Coalition for Reproductive Choice (2012), which posits that contraceptive use by Catholic and Evangelical women is a norm, while some other faithful see it as a taboo.

**Research Question 4:** What are the benefits derivable in the use of family planning practices among the students of Federal University Dutsinma, Katsina State?

**Table 4:** Mean and Standard Deviation of responses on the benefits derivable in the use of family planning practices among the students of Federal University Dutsin-Ma.

S/N	Statement	N	SA	A	D	SD	X	SD	DEC.
1.	Reduces adolescents/infant pregnancy	201	120	56	15	10	3.72	0.74	Agreed
2.	Reduces infant mortality	222	115	65	27	15	4.11	0.82	Agreed
3.	It slows population growth	208	123	42	31	12	3.85	0.77	Agreed
4.	Regulates the ovulation period of the woman	216	114	71	23	08	4.00	0.80	Agreed
5.	Secure the well-being, physiology and anatomy of the woman	228	122	69	25	12	4.22	0.84	Agreed

**Cumulative Mean = 3.98**

Table 4 above gives and explains that there are some benefit to be derived from family planning practices by students if practiced. This is affirmed by the responses of the respondents. The responses show that there are enormous benefits derivable in practicing family planning. This is also shown on the cumulative mean of 3.98. In line with above, Tsui, McDonald-Mosley & Burke (2010) posited that Family planning practices helps to prevent HIV/AIDS, other STDs and reduces the risk of unintended pregnancies among women living with HIV, resulting in fewer infected babies and orphans. In addition, male and female condoms provide dual protection against unintended pregnancies and

against STIs including HIV

### **Discussion of findings**

This study examined the management of family planning practices among female students to prevent unwanted pregnancy in Federal University. The discussion of findings was based on the responses from the research questions.

Research question one discussed the awareness of students on family planning practices. This was seen from the table where the cumulative means of 3.36 affirms that the students are aware of family planning practices, but observed that they lack the way of practicing it. The respondents also indicated that the mass media should engaged in enlightening and giving orientation on this issue.

Also from the findings, as shown on table 2 and with the mean of 3.54 has indicated that the school management through its sick bays and clinics has being preaching on the importance of family planning practices. To stress the importance of family planning practices, Nelson, Telfer & Anderson (2012) posits that promotion of family planning and ensuring access to preferred contraceptive methods for women and couples is essential to securing the well-being and autonomy of women, while supporting the health and development of communities. Preventing pregnancy-related health risks in women.

Again from the findings on table 3 discovered that one of the major factors militating against family planning practices is the religious inclination of the citizens. This was buttressed by the position of the Religious Coalition for Reproductive Choice (2012), which posits that contraceptive use by Catholic and Evangelical women is a norm, while some other faithfuls see it as a taboo.

The findings on table 4 too discovered that, there are many benefits derivable from the family planning practices. Tsui, McDonald-Mosley & Burke (2010) posited that Family planning practices helps to prevent HIV/AIDS, other STDs and reduces the risk of unintended pregnancies among women living with HIV, resulting in fewer infected babies and orphans. In addition, male and female condoms provide dual protection against unintended pregnancies and against STIs including HIV.

### **Conclusion**

Based on the 4 research questions, findings of this study indicated that students are aware of the importance of family planning practices especially among the female students in Federal University Dutsinma but have the problem of practicing it. The second research question affirms that the school management through its clinics and sick bay has being on the importance of family planning. Research question 3 that there are several factors militating against family planning practices among the students. Research question 4 discovered that there are many benefits to be derived while practicing family both in the school and outside.

### **Recommendations**

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

1. More information and orientation on family planning practices should always be made available to students;
2. The school management through the clinics and sickbays should be to guide the students on the issues relating to family planning practices;
3. Both the school management and the parents should endeavor to remediate the factors mitigating family planning practices; and
4. Management, parents, the students in particular and the general public should always should always take into consideration the importance and benefits of family planning.

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