

EVALUATION OF CONTRACEPTIVES USE AMONG WOMEN OF IKPOBA-OKHA LOCAL GOVERNMENT AREA, EDO STATE, NIGERIA

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BACKGROUND AND SIGNIFICANCE

- Population Control and family wellbeing is a concern in Africa. Nigeria as a developing country with an unstable economy aims at better living and wellbeing of families. Family Planning is one of the effective measures to reduce maternal and child morbidity and mortality in the world.
- Studies have shown the unmet needs of family planning methods and low adoption rate of the available methods. Hence, the need to study contraceptive use in Ikpo-Okha Local Government where little or no work has been done in this regard.

OBJECTIVES OF THE STUDY

- To:
- determine the level of awareness of modern contraceptives among women of Ikpoba-Okha Local Government Area.
- ascertain the source of their knowledge and the influence of their educational background.
- determine factors that affects use of modern contraceptives.
- determine the contraceptive they use more and why?
- ascertain at what parity they begin to seek contraceptives.

METHODS

- A descriptive cross-sectional study design was employed in carrying out this study. The sample size of 165 respondents was drawn from three month family planning programmes in the community, using a simple random sampling technique.

RESULTS

- It was found that respondents (94%) have high level of awareness of modern contraceptives.
- No significant association existed between the level of education of respondents and their choice of modern contraceptives. ( $\chi^2 = 17.267$ ,  $df = 15$ , at  $P\text{-value} = 0.05$ ).
- Findings showed that most of the respondents 61(53.5%) get the information about modern contraceptives from IPC (Family Planning Interpersonal Communication conductors) conductors, these are nurses and community health workers who go to houses, market areas, village meetings and organizations sensitizing women and men on need for family planning.
- Choice and acceptance of contraceptives are largely affected by beliefs, availability and affordability.
- Findings show that most respondents 78(68.4%) choose Intrauterine Contraceptive device (IUCD), major reason given being the fact that it is affordable and available, and with less side effects with emphasis on weight gain.
- The average of children at which they begin contraception is 3.55, approximately 4 children.

CONCLUSION

The findings of this study has implication for the nursing profession, as regards achieving the Sustainable Development Goals, a need for Professional Nursing Education in Reproductive and Family Health and promotion of evidence-based nursing practice in this regard through researches. Work need to be done on the promotion of family planning methods and total family wellbeing. I therefore recommend that more work should be done on how user satisfaction/motivation with contraceptives can be enhanced, hence better effectiveness and outcome.

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RESULTS

FACTORS	FREQUENCY	PERCENTAGE
Beliefs	33	20
Availability	33	20
Affordability	33	20
Fear of side effects	24.75	15
Desire for more children	24.75	15
Inadequate information	16.5	10
TOTAL	165	100

Table showing factors that militate against the use of contraceptives

