



International Journal of Advance Research in Community Health Nursing

E-ISSN: 2664-1666

P-ISSN: 2664-1658

www.communitynursing.net

IJARCN 2022; 4(1): 95-104

Received: 27-01-2022

Accepted: 07-03-2022

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Knowledge and practice of family planning among nursing-mothers attending child-welfare clinic in Lagos university teaching hospital (LUTH), Lagos state

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DOI: <https://doi.org/10.33545/26641658.2022.v4.i1b.105>

Abstract

This study assessed the knowledge and practice of family planning among nursing-mothers attending child-welfare clinic in Lagos university teaching hospital (LUTH), Lagos state. The family planning has called for world-wide attention as a result of its associated benefits and importance in family size decision making, control of population growth and regulation. The study objectives were; to assess the family planning knowledge among nursing mothers, to assess family planning practice, to determine factors influencing usage of new modern family planning methods among lactating mothers. The important of this study is to give standard nursing care and encourage family planning solution to lactating mothers who is facing challenges. The target group is nursing mothers attending child welfare clinic in LUTH. The adopted method for the study was correlation type of descriptive design and the total study population size for three (3) months comprised six hundred (600) nursing mothers, the sample size was determined using Taro Yamane's formula and 240 nursing mothers were selected by convenient method. Questionnaire was developed using instrumentation called Knowledge and Practice of Family Planning among Nursing Mothers Questionnaire (KPFANMQ) to gathered data which was analyzed descriptively and deferentially. The finding from the study showed that about 60% of Nursing Mothers have good Knowledge of family planning, exact 53% of Nursing Mothers were unable to practice family planning effectively. About 52% of the participants claimed that false beliefs, unwanted weight gain, myths, negative perceptions and sudden changes in mood were the most determining factor preventing women from utilizing new modern family planning in developing community. The study further showed that lack of appropriate sex education will result to abnormal sexual attitude and behavior. The study hypothesis stated that there is no significant different between the educational backgrounds and knowledge of family planning in the study area was rejected ($T\text{-Cal} = 136.98$, $df = 239$ & $p < 0.5$). It was concluded that the practice of family planning among nursing mothers were very low despite the affordability, availability and accessibility of new modern family planning method. It was recommended that Nurses should promote effective utilization of family planning among nursing women during antenatal care and in the community.

Keywords: Family planning, health center, knowledge, nursing mother, practice

Introduction

Family planning has been in existence for many years in both developed and developing country even before the emerging of orthodox family planning, record showed that information and practice of family planning has a numerous roles and benefits which called for world-wide attention as a result of its associated benefits and importance in family size decision making, control of population growth and regulation. And issues of development control related in many countries. The use of contraceptives has become essential choice on reproduction regulation that could be taken by couples to decide on number of children the family determined to have and how they want to have it, family planning is the most cost efficient techniques to control and prevent maternal-child morbidity and mortality rate in both rural and urban area and also help to support women's health needs in both developed and developing country including Nigeria.

World Health Organization (WHO, 2020) ^[12], defined family planning as “a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, Attitudes and responsible decisions by individuals and couples in order to promote the health and welfare of individual, family, group and communities, this contribute effectively to the social development of a country”.

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Family planning can be seen as a public systematic approach to control rapid growth of population and excessive development of a country through the regulation of family which is the functional unit of the community, society and the nation. However, family planning can also be refer as is a scientific approach and systematic method of preventing unwanted and unintended pregnancy through having a child by choice rather than by chance.

Family planning is a scientific approach in relation to the determination of when to give birth, how many children does the family want to give birth to and at which rate should the family give birth to that number of children. Also, family planning is scientific spacing technique being use by couples after been duly informed.

Family planning is a scientific and systematic method of preventing unwanted child and having a child by a choice and not by chance.

Family planning is a child spacing which gives the couple the chance of when, where and how, many children they want to have.

Family Planning is a public or community health approach with essential benefits for maternal, child and family health. It is one of important element of the adopted techniques to combat rising maternal mortality and morbidity to the safe Motherhood Conference. Family planning is having children by choice rather than by chance (Laurence Radford, 2021)

Method of family planning

Generally family planning can be group into two

- a. Traditional method
- b. Orthodox method

a. Traditional Method

In a decade, family planning has been existing, our forefathers have been practicing family planning on their own but this family planning have no scientific rationale, that is, there is no evidence of success or failure. Although, most of them are still used as a natural family planning. Some of those traditional family planning are: Withdrawal method; Uses of barrier method; Uses of local ring; Herbal preparation; incantation recitation; Charms; Jumping after sex and taking salt after coitus.

However, these traditional method of family planning is associated with socioeconomic factors, cultural belief and cultural practice

b. Modern/Orthodox Method

Orthodox: This are the modern family planning which base on scientific method rational of having child by choice and planning, it is also regarded as child spacing.

Types/methods of family planning

1. Pills.
2. Barrier.
3. Injectables.
4. Insertion.
5. Implantation.
6. Education based awareness method.
7. Lactating amenorrhea awareness method.
8. Double preventive method.
9. Natural prevention.
10. Emergency family planning.
11. Spermicide.
12. Abstinence from sex.
13. Surgical method.

However family planning can be further classified into four major categories: short term, long term, permanent and natural family planning

1. **Short family planning:** This is reversible type of family planning that Lasts for a moment or days or months and some of them can be used by both men and women example are Spermicide, pills, injection, barrier method, emergency family planning and fertility awareness base method. This type of family planning is reversible.
2. **Long term family planning:** This is reversible type of family planning which lasts for a long period time between three to twelve (3-12) years, example are Implantation such as Jade and insertion such as IUCD. This method of family planning is reversible and the side effect associated with it is much lesser compare to short term family planning. It seems to be more simple and adoptable by many people in the community.
3. **Permanent family planning:** this is irreversible family planning which can be carried out through minor surgery or incision on either male or female reproductive organ, example are vasectomy, hysterectomy, tubal ligation
4. **Natural family planning:** this type of family planning that associated with chemical messengers (reproductive hormone) in the body, most of them are usually last for either a moment or days or months, the practice of this type of family planning require critical observation, assessment and experience in reproductive based hormone related factors.

This type of family planning further group into four (4) categories as follow

- a. Ovulation heat or temperature period:
- b. ovulation calendar:
- c. Secretion:
- d. Breastfeeding amenorrhea: (lactation amenorrhea method).

General advantages of family planning

1. It enable the family to have children they can afford
2. It helps mother to focus on her means of living.
3. Improve well being and care of child.
4. Enhance provision of family needs
5. Relief husband from psychological stress.
6. It control overpopulation and regulate society development
7. Help mother to focus on her health.
8. It limit risk of pregnancy and relieve pregnancy stress or effect.
9. It ensure adequate provision of health care service for family.

However, specific advantage of family planning can be explained as follow

1. Mother

- a. When the mother is on family planning it keeps the woman health/maintain her health.
- b. Help the mother to focus on her health.
- c. Help the mother look younger
- d. Help the woman to attend to personal things.
- e. It relief pregnancy trauma or effect or complications

2. Child

- a. It help to meet up with the education of the child.
- b. Provide adequate care for the child.

3. Husband

It gives the husband enough time to meet the family criteria such as provision of food, education for children, healthcare services for the family.

4. Community

- a. Help to regulate and control community crime
- b. Help to develop well educated community.

5. Country

- a. It regulate the population of the country
- b. It help to achieve socioeconomic development of the nation.

Side effect of family planning

There are no such disadvantages of the family planning but however there are some side effects are Headache, Hypertension, Gaining weight, Breast tenderness, Dizziness, Mood changes, Libido changes and Irritation

Statement of problem

Globally, there are many factors and problem preventing childbearing age woman from using family planning most especially nursing mother, these problem were differ from one continent to another, one nation to another even it is different from one community to another community in the same nation. These problem create a gap in variation of using family planning among childbearing age including nursing mother. These problem are more pronounced in under developing and developing country such as Nigeria, some of the problem are ineffective usage of family planning resources and inadequate provision of family planning services (Naidu, Heller, Koroi, Dearkin, & Gyaneshwar, 2017)^[9].

low acceptance of modern family planning techniques which may be due to ignorance or fear of complications, low level of knowledge, negative attitude toward family planning and poor practice of new contraception techniques, incomplete and inappropriate information about the use of new modern family planning and inaccessibility of this new contraceptive technique in local community were the main reason for low acceptability of family planning in developing country (Kantorová, Wheldon, Ueffing, & Dasgupta, 2020)^[6].

Unintended and unplanned pregnancy poses a major economical, social, psychological, and religious challenge on women of childbearing age, especially in nonindustrial countries like Nigeria which has low prevalence rate of new contraceptive techniques and some reasons for the lack of motivation in family planning are: fear related side effects; lack of acceptability due to belief and cultural practice, lack of accessibility especially in rural area, remote area and hamlet location; lack of affordability as a result of low income status, unemployment, underemployment, povert, and approbation based on social and religion sentiments and provider bias to new contraceptive methods (Naidu, Heller, Koroi, Dearkin, & Gyaneshwar, 2017)^[9].

However, based on these reasons, it becomes necessary to study the Knowledge and Practice of Family Planning among Nursing-Mothers Attending Child-Welfare Clinic in

LUTH, Lagos State

Objective of the study

1. To assess the level of family planning knowledge among nursing-mothers attending child-welfare clinic in LUTH, Lagos State.
2. To assess family planning practice among nursing-mothers attending child-welfare clinic in LUTH, Lagos State.
3. To determine factors influencing usage of new modern family planning methods among nursing-mothers attending child-welfare clinic in LUTH

Research question

1. Does the level of education influence family planning knowledge among nursing-mothers attending child welfare-clinic in LUTH, Lagos State?
2. What is the level of family planning practice among nursing-mothers attending child welfare-clinic in LUTH, Lagos State?
3. What are the factors influencing usage of new modern family planning methods among nursing-mothers attending child-welfare clinic in LUTH, Lagos State?

Research hypothesis

The study tested the following hypothesis:

Ho1: There is no significant difference between educational backgrounds and family planning knowledge among nursing-mothers attending child-welfare clinic in Lagos University Teaching Hospital, Lagos State

Ho2: There is no significant difference between the family planning knowledge and family planning practice among nursing-mothers attending child-welfare clinic in LUTH, Lagos State

Methodology

The adopted method for the study was correlation type of descriptive design and the total study population size for three (3) months comprised six hundred (600) Nursing Mother in Child-welfare Clinic in LUTH, Lagos State. The sample size was determined using Taro Yamane's formula to have 240 respondents out of 600 total population and these 240 nursing mothers were conveniently selected from Child welfare Clinic in LUTH, Lagos State during data collection. Questionnaire was developed using instrumentation called Knowledge and Practice of Family Planning among Nursing Mothers Questionnaire (KPFANMQ) to gathered relevant data from the sampled nursing mother. The instrumentation comprises of four (4) sections having 30 items altogether. Section A contains five (5) items on demographic data; section B contains twelve (12) items on knowledge of family planning, section C contains eighth (8) items on practice of family planning, while section D contains five (5) items on factors influencing usage of new modern family planning methods. Boxes were provided in front of each question where respondent will tick his or her choice out of the option and all the question were closed ended questions. For KPFANM, 5-point Likert scale of Strongly Agree (SA) = 5, Agree (A)=4, Disagree (D)=3, Strongly Disagree = 2, and Indifference (I) =1 were used to measure section B, C and D. Face and content validity of the instrumentation were instituted through experts who examined, criticized and made suggestions in order to ensure that the instrumentation

measure what ought to be measured and all corrections were incorporated into the final draft of the questionnaire. Test and re-test techniques of reliability was utilized to achieve the Pearson Product Moment Correlation Statistics with reliability co-efficient of 0.89 and 0.87 respectively

The data gathered was analyzed and summarized using descriptive analysis of frequencies, percentage scores, tables, mean, standard deviation (SD) and bar graph to provide answers to all research questions while hypothesis was tested by utilized inferential statistic (Chi-square) at 0.05 level of significant. The cutoff point setup as agree for

the responses was 2.50, the rationale of coming at 2.50 was by adding-up $5+4+3+2+1 = 15$ and dividing $15/5 = 3$. Thus, the reading of the mean scores was based on cutoff point of 3. this can be interpreted as any mean scores that was equal to and above 3 was considered as accepted while a mean score that was below 3 was considered as rejected.

Results

Socio demographic data among nursing-mothers attending child-welfare clinic in LUTH

Table 1: Showing the demographic data among nursing-mothers attending child-welfare clinic in LUTH

Variable	Frequency (n= 240)	Percent (%)
Age as at last birthday		
Below 20 years	48	20.0
21 to 30years	74	30.8
31 to 40years	73	30.4
Above 41 years	45	18.8
Means 2.48 ± 1.01		
Marital status		
Single	44	18.3
Married	182	75.8
Window	14	5.8
Occupation		
Trading	87	36.3
Civil Servant	90	37.5
Housewife	29	12.1
Unemployed	34	14.2
No. of children		
1 to 3 Childs	175	72.9
4 to 6 Childs	53	22.1
7 to 9 Childs	6	2.5
No Childs	6	2.5
Educational qualification		
Primary	37	15.4
Secondary	86	35.8
Tertiary	112	46.7
None	5	2.1

Table 1 the mean age of the respondent was 2.48 ± 1.01 years. 20.2% of the nursing mothers were in age 20 years below, 30.8% of the respondents were between 21 to 30y years, 30.4% of nursing mothers were in the range of 31 to 40year, 18.8% of the respondents were Above 41 years. This affirms that majority of the respondents sampled belong to age category of 20 to 40 years. According to the table, out of the total respondents, 18.3% of nursing mothers were single, 75.8% of respondents were married, 5.8% of respondents were widower, this means that majority of the nurses were married. On the occupation, 36.3% of the nursing mothers were trading, 37.5% of the nursing mothers were civil servant. 12.1% of the nursing mothers were housewife while 14.2% of the respondents were unemployed. The table shown that 72.9% of the nursing mothers have 1 to 3 Childs, 22.1% of respondent have delivered 4 to 6 Childs, 2.5%

have up to 7 to 9 Childs, 2.5% claimed to have no Childs before the present child. The table depicted that 15.4% claimed to have Primary education qualification only, 35.8% of nursing mothers had graduated from secondary school, 46.7% of the respondents had obtained post secondary school education qualification

Percentage scores of Knowledge of family planning

For analysis purpose, Strongly Agree (SA), and Agree (A) were added up as Agree also, Strongly Disagree (SD), and Disagree (D) were added-up as Disagree in interpretation of the Table below while indifferent (I) is counted as Natural. For instance, if the addition of strongly agree, and agree above 50%, it means the respondents support the items but if otherwise, it means the respondents disagree with the items.

Table 2: Percentage scores of Knowledge of family planning among nursing

Variables	Frequency N = 240; Percentage (%); Highest Mean = 3.15						Rank
	SA	A	SD	D	I	Mean±SD	
I have received enough information on family planning	83(34.6)	81(33.8)	36(15.0)	24(10)	16(6.7)	2.20±1.21	6 th
Giving health education on family planning is essential for women who want to use contraceptive products	128(53.3)	102(42.5)	5(2.1)	5(2.1)	0(0)	1.53± 0.65	11 th
It is necessary for nursing mother to have family planning knowledge	167(69.6)	63(26.3)	5(2.1)	5(2.1)	0(0)	1.41± 0.79	12 th
I have heard of lactating Amenorrhea method of family planning	84(35.0)	65(27.1)	29(12.1)	49(20.4)	13(5.4)	2.34± 1.29	4 th
Oral contraceptive Pills do not guarantee 100% protection.	88(36.7)	94(39.2)	20(8.3)	28(11.7)	10(4.2)	2.08± 1.14	8 th
Female sterilization is one of the methods to avoid pregnancy.	101(42.1)	80(33.3)	13(5.4)	24(10.0)	22(9.2)	2.11± 1.30	7 th
Condoms prevent STIs.	81(33.8)	111(46.3)	16(6.7)	26(10.8)	6(2.5)	2.27± 2.35	5 th
It is possible for a woman to become pregnant before her menses returns after delivery	115(47.9)	104(43.3)	5(2.1)	16(6.7)	0(0)	1.68± 0.82	10 th
Using double method of family planning such as condom and the pill is taught to be a very effective contraceptive method.	65((27.1)	84(35.0)	34(14.2)	39(16.3)	18(7.5)	2.42± 1.25	3 rd
Birth Control Pills are effective even if a woman misses taking them for two days in a row.	30(12.5)	29(12.1)	101(42.1)	36(15.0)	44(18.3)	3.15± 1.22	1 st
I obtained modern family planning information and knowledge from health personnel	105(43.8)	73(30.4)	21(8.8)	30(12.5)	11(4.6)	2.04± 1.20	9 th
I obtained modern family planning information and knowledge from social media	73(30.4)	73(30.4)	18(7.5)	64(26.7)	12(5.0)	2.45± 1.30	2 nd

Table 2 depicts Knowledge of family planning among nursing-mothers attending child-welfare clinic in LUTH, Lagos State. As shown in the table, 68.4% of nursing mother have received enough information on family planning. Equally 95.8% of the respondent claimed that giving health education on family planning is essential for women who want to use contraceptive products. Also 95.9% of nursing mother stated that it is necessary for nursing mother to have family planning knowledge. Likewise 62.1% of nursing mother have heard of lactating Amenorrhea method of family planning. About 75.9% of the respondents claimed that daily oral pills contraceptive do not give assurance of 100% protection. Also 75.4% of the respondent proved that female sterilization is one of the methods to avoid pregnancy. However, 80.1% of the respondents strongly agreed that condoms prevent STIs. About 91.2% of nursing mother claimed that it is possible for a woman to become pregnant before her menses returns after delivery. More also 62.1% of respondents understand that using double method of family planning such as condom and the pill is taught to be a very effective contraceptive method. However, 42.1% of the nursing mother remained indifferent on oral pills for birth Control effectiveness even if a woman misses two days dosage in a row, while 33.3% of the nursing mother disagreed that Birth Control Pills are ineffective especially if the woman missed the pill for two different days. 74.2% of the respondent obtained modern family planning information and knowledge from health personnel. More so, 60.8% of nursing mother obtained modern family planning information and knowledge from social media.

It therefore concluded that nursing mother have good knowledge and understanding on family planning by receiving enough information, Health Education, family planning knowledge, understanding of Amenorrhea Lactating Method, Female sterilization and other method of family planning, the findings from this study also revealed that nursing mother obtained modern family planning ideals, information and knowledge from health personnel and social medial which give them basic understanding of

possibility for a woman to become pregnant before her menses returns after delivery, prevention of STI with uses of condom and daily oral pills contraceptive do not give assurance of 100% protection but using double method of family planning such as condom and the pill is taught to be a very effective contraceptive method in Lagos University Teaching Hospital (LUTH), Lagos State. However, nursing mothers have low knowledge and understanding on Birth Control Pills especially when a woman missed more than one dose of the pill in a row for more than one day in (LUTH), Lagos state, Nigeria.

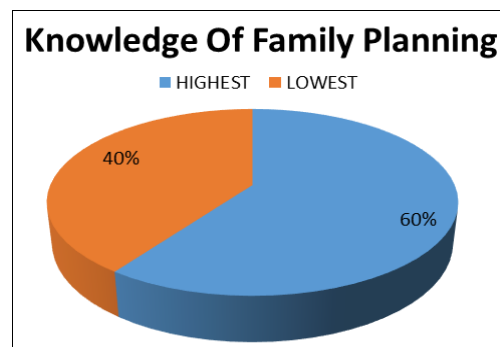


Fig 1: Knowledge of family planning among nursing mothers

As shown in Figure 1 above, more than half (60%) of Nursing Mothers have good family planning Knowledge while 40% had low understand of Knowledge of family planning in Lagos University Teaching Hospital, Lagos.

Percentage scores practice of family planning

In interpretation of the table 3 bellow, Strongly Agree (SA), and Agree (A) were added-up together as Agree likewise, Strongly Disagree (SD), and Disagree (D) were sum-up together as Disagree for analysis purpose, below while indifferent (I) is counted as Natural. For instance, if the addition of strongly agree, and agree above 50%, it means the respondents support the items but if otherwise, it means the respondents disagree with the items.

Table 3: Percentage scores practice of family planning among nursing mothers

Variables	Frequency N = 240; Percentage (%); Highest Mean = 1.53						Rank
	SA	A	SD	D	I	Mean±SD	
18 I have used injectable type of family planning	68(28.3)	12(5.0)	49(20.4)	94(39.2)	17(7.1)	2.92± 1.36	5 th
19 I have used inserted type of family planning such as copper T	25(10.4)	25(10.4)	68(28.3)	110(45.8)	12(5.0)	3.25± 1.06	3 rd
20 I have used implantation type of family planning at my upper hand	22(9.2)	25(10.4)	71(29.6)	116(48.3)	6(2.5)	3.27± 1.00	2 nd
21 I am currently on family planning method	9(3.8)	35(14.6)	47(19.6)	127(52.9)	22(9.2)	3.49± 0.98	1 st
22 My husband agree to use family planning methods	41(17.1)	86(35.8)	11(4.6)	76(31.7)	26(10.8)	2.83± 1.33	7 th
23 I have practice traditional methods of contraceptive including local ring, withdrawal, reciting incantation, herbal preparation and breastfeeding if I am not using any of modern contraceptives	51(21.3)	39(16.3)	41(17.1)	79(32.9)	30(12.5)	2.99± 1.36	4 th
24 I have discussed family planning and ideal family size with my husband	110(45.8)	63(26.3)	21(8.8)	41(17.1)	5(2.1)	2.03± 1.19	8 th
25 I used contraception during my first sexual intercourse	50(20.8)	30(12.5)	68(28.3)	92(38.3)	0(0)	2.84± 1.15	6 th

Table 3 depicts the level of practice of family planning among nursing-mothers attending child-welfare clinic in (LUTH), Lagos State. 33.3% of nursing mother have used injectable type of family planning while 59.6% of respondents have not used injectable type of family planning. About 20.8% of the respondents agreed with uses of inserted type of family planning such as copper T while 74.1% have not used inserted type of family planning such as copper T. Also 77.9% did not accept uses of implantation type of family planning at their upper hand while 19.6% preferred implantation type of family planning at their upper hand. About 18.4% of nursing mother claimed that they were currently on family planning method while 72.5% of respondent were not currently on family planning method. Also 52.9% of respondents concurred that their husband agreed to use family planning methods. More so 37.6% of respondents claimed that they have practiced traditional methods of contraceptive which include using local ring, withdrawal, reciting incantation, herbal preparation, and breastfeeding if I am not using any of modern contraceptives while 50% of nursing mother were not involved in any practiced of traditional method of family planning. About 72.1% of nursing mother affirmed that they have discussed family planning and ideal family size with their husband. Also only 33.3% of nursing mother claimed that they have often used contraception during their first sexual intercourse.

It concluded that the nursing mother have low family planning practice despite that, there is accessibility and availability of different method family planning method such as injectable, inserted, implantation and pills, likewise, the study showed that there is low practice of natural and traditional approach of family planning and most of the nursing mother were not currently on any family planning

although some of the nursing mother have discussed family planning and ideal family size with their husband and most of the husband agreed to use family planning methods in LUTH, Lagos

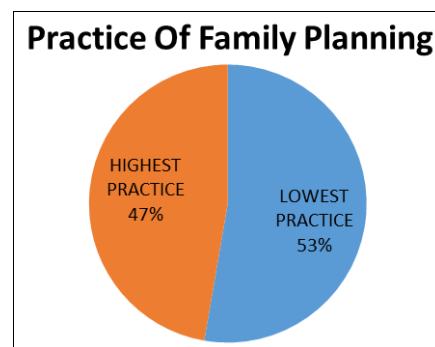


Fig 2: Practice of family planning among nursing mothers

As shown in Figure 2 above, more than half (53%) of Nursing-Mothers have not practice family planning while 47% had practiced family planning in Lagos University Teaching Hospital, Lagos.

Percentage scores of factors influencing usage of new modern family planning methods

In interpretation of the table 4 bellow, Strongly Agree (SA), and Agree (A) were sum up together as Agree likewise, Strongly Disagree (SD), and Disagree (D) were added-up together as Disagree for analysis purpose, below while indifferent (I) is counted as Natural. For instance, if the addition of strongly agree, and agree above 50%, it means the respondents support the items but if otherwise, it means the respondents disagree with the items.

Table 4: Percentage scores of factors influencing usage of new modern family planning method

Variables	Frequency N = 240; Percentage (%); Highest Mean = 1.53						Rank
	SA	A	SD	D	I	Mean±SD	
26 There are common myths, perceptions or beliefs around family planning that may affect whether women in this community use family planning methods	68(28.3)	68(28.3)	29(12.1)	60(25.0)	15(6.3)	1.30± 1.30	3 rd
27 Since my last baby was born, have discontinued or switched to family planning methods	43(17.9)	59(24.6)	56(23.3)	76(31.7)	6(2.5)	2.76± 1.15	1 st
28 I have had unplanned pregnancy due to lack of family planning use	36(15)	66(27.5)	41(17.1)	89(37.1)	8(3.3)	2.56± 1.17	2 nd
29 History of contraceptive pills side effects including bleeding, weight gain, changes in the mood prevent people from using modern family planning	68(28.3)	85(35.4)	25(10.4)	52(21.7)	10(4.2)	2.38± 1.22	4 th
30 Lack of appropriate sex education will result to abnormal sexual attitude and behavior	71(29.6)	103(42.9)	35(14.6)	26(10.8)	5(2.1)	2.13± 1.03	5 th

Table 4 depicts factors influencing utilization of modern family planning methods among nursing-mothers attending child-welfare clinic in LUTH, Lagos State, 64.6% of nursing mother have knowledge on STI. About 56.6% of the respondents stated that there are common myths, perceptions or beliefs around family planning that may affect whether women in this community use family planning methods. About, 42.5% of the nursing mothers have switched to family planning methods since their last baby was born. About 42.5% of respondent claimed that they had unexpected pregnancy due to lack of family planning practice while 54.2% did not had unplanned pregnancy due to lack of family planning use. Also 63.7% of respondents concurred that they had history of contraceptive pills side effects such as unnecessary bleeding, unwanted weight gain and changes in mood prevent most of child-bearing women from practicing new modern method of family planning. More so 72.5% of the nursing mother stated that lack of appropriate sex education will result to abnormal sexual attitude and behavior. It concluded that the factors influencing utilization of modern family planning methods among nursing-mothers attending child-welfare clinic include common myths, negative perceptions, false beliefs, unplanned pregnancy, side effects such as unnecessary bleeding, unwanted weight gain and changes in the mood prevent women from using modern family planning in developing community however the study further showed that lack of appropriate sex

education will result to abnormal sexual attitude and behavior in Lagos University Teaching Hospital, Lagos State

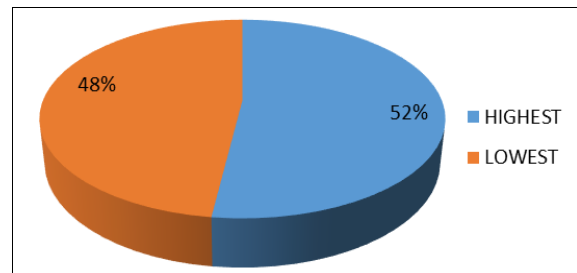


Fig 3: Factors influencing usage of new modern family planning method

As shown in Figure 3 above, more than half (52%) respondents stated some factors influencing usage of new modern family planning methods among nursing mothers while 48% showed low factors influencing usage of new modern family planning methods in Lagos University Teaching Hospital, Lagos.

Testing of hypothesis

Hypothesis One: Ho1: There is no significant difference between educational backgrounds and knowledge of family planning among nursing-mothers attending child-welfare clinic in LUTH, Lagos State

Table 5: T-Test analysis on significant different between the attitude of antenatal clients and their Educational background

Source of Variation	N	Mean	Standard Deviation	DF	T-Cal	T-Critical	Decision
Educational background	240	2.38	.819	239	136.98	> 0.5	Reject H ₁
knowledge of family planning	240	2.14	.423				

Table 5 showed t-test analysis of the significant difference between educational backgrounds and knowledge of family planning among nursing-mothers attending child-welfare clinic. The table showed that calculated t-value was less than the critical t-value at the degree of freedom at 0.05 level of significance. Hence the hypothesis stated that there is no significant difference between educational backgrounds and family planning knowledge among nursing-mothers in the study area was rejected. This indicated that there is significant different between the educational backgrounds and family planning knowledge among nursing-mothers in the study area.

Discussion

This section gives detailed explanation of the various findings from the research questions as indicated from the study area. The findings of the study showed that nursing mother have good knowledge and understanding on family planning by receiving enough information, Health Education, family planning knowledge, understanding of Amenorrhea Lactating Method, Female sterilization and other method of family planning, the study also showed that nursing mother obtained modern obtained modern family planning ideals, information and knowledge from health personnel and social medial which give them basic understanding of possibility to become pregnant before her menses returns after delivery, prevention of STI with uses of condom and daily oral pills contraceptive do not give assurance of 100% protection but using double method of family planning such as condom and the pill is taught to be

a very effective contraceptive method in Lagos University Teaching Hospital, Lagos. However, the study also proved that nursing mothers have low knowledge and understanding on Birth Control Pills especially when a woman missed more than one dose of the pill in a row for more than one day in Lagos University Teaching Hospital, Lagos. The study concurred with the Studies of Chinenye, *et al.* (2019) [1] to assess the knowledge and utilization of birth control methods by married couple, the study was carried out at Nsukka Education Zone in Enugu state, the study sample population size comprises of 445 married people, the researchers got the sample size from record of couple who registered for marriage between year 2010 to year 2017. Exact 210 married males and 235 married females were conveniently selected in Nsukka Education Zone area of Enugu State. The research questionnaire was developed and it comprises four sections and four hypotheses. The questionnaire was used to gathered data which was analyzed using mean and standard deviation and it was summarized to answered research questions while t-test statistics was used for the hypotheses test at 0.05 level of significance. The finding of the study revealed that married people in Nsukka Education zone have good knowledge of family planning; they utilized methods of birth control effectively. The study concluded that married couple have good knowledge of common family planning method, it was recommended that couples should discuss family planning method together and they should be encouraged to adopt any birth control method of their choices. The study also reinforced the finding of earlier studies by Endriyas, et.al

(2017) on contraceptive utilization and associated factors among women of childbearing age, the study was conducted in Southern Region of Ethiopia. The result showed that about 2666 (83.2%) and 2146 (67.0%), of the participant had good knowledge of family planning and their attitude toward new modern birth control method were positive. Further more, the result of the study also found low practice of family planning and about 351 (10.9%) had consistent discontinued using birth control methods. Plan to have more children was most of the reason for consistent discontinuation, 189 (53.8%) while 17.1% and 13.7% add medical problem and fear of side effect as the reason for discontinuation modern family planning method. It was further showed that about 292 (25.5%) women were never used birth control method and mentioned being single as major reason for not practicing family planning. The result also revealed that about 10.1% of the respondents still planning for more children, the founding further prove that 11.7% of the participant lack family planning knowledge and 7.2% of the participant stated anxiety of side effect as a reason for low practice of birth control method.

The findings of this study indicated that nursing mother have low family planning practice despite that, there is accessibility and availability of different method family planning method such as injectable, inserted, implantation and pills, likewise, the study showed that there is low practice of natural and traditional ways of family planning, most of the nursing mother were not currently on any family planning although some of the nursing mother have discussed family planning and ideal family size with their husband and most of the husband agreed to use family planning methods in Lagos University Teaching Hospital, Lagos. Study corroborates with the study of Oberiri (2017) which examined Knowledge, Attitude and practice of birth control among married women, the study was carried out in Jalingo Northern area of Nigeria. The research examined some of birth control methods such as the use of injections, pills, condoms among others. 200 randomly selected married women formed the sample population size of the research. Questionnaire was used as the instrument for data collection. Copies of questionnaire were administered to 200 married women in Jalingo. Findings revealed that married women in Jalingo metropolis have good information on family planning but have low level of family planning practice. Findings further revealed that religion and cultural beliefs dissuade women from practicing family planning. This study was also in support with work of Guttmacher institute (2019) ^[4] report fact sheet stated that some 6.2 million which represent 14% of all women of childbearing age were using modern birth control method. The record showed that about 43% of the participants were using male condom which is largest commonly use of modern family planing, the record showed that 21% injectables method of family planning which represent second largest widely used family planning after male condom, it was showed on the record that about 16% of oral contraceptive pills were in used, the modern birth control practice was very low among women living in households especially those in poorest and undeveloped quintile which account for 92% than among women living in households in the richest quintile which account for 45%. About 10.3 million were estimated pregnancies in Nigeria, 24% were unwanted and unintended. Women of childbearing age with an unmet need for modern family planning accounted for

90% of all unintended and unwanted pregnancies. The large majority of about 84% women living in households in the poorest wealth quintile were unable to received at least four minimum antenatal care visits per pregnancy and 94% of the pregnant women refused to delivered at health care institution. If all unmet need for modern birth control method in Nigeria were contented, unplanned pregnancies would drop by 77%, that will account for 2.5 million to 555,000 per year. This will decrease annual number of unplanned pregnancies from 885,000 to 200,000 and the abortions rate would be decreased from 1.3 million to 287,000. If the complete provision of modern family planning can be implemented and combined with good management of all pregnant women and their newborns, maternal mortality rate would be decreased by 68% which represent 61,000 to 19,000 per annual and newborn deaths are likely to decrease by 85% which account for 255,000 to 38,000 per year. The study confirmed the finding of Ikechebelu *et al.* (2015), where client at Teaching Hospital's ante-natal clinics were interviewed through structured questionnaire in order to assessed their knowledge, attitude and practise of new modern family planning method. About 90% of the participant were confirmed to be literate, 80% of the respondents have good knowledge of modern family planning, 87% of the participant accepted family planning as birth control measure, 25% of the antenatal client had low modern family planning practise with majority of the women involved in billings, safe period, condom, withdrawal and the intra-uterine device (IUCD). This shows that, Nigerian women prefer practices of natural family planning methods than new modern family planning method which should be encouraged. The most common source of information on family planning was the mass media especially on radio and television, followed by information received from health care institution during antenatal care visit, while the most common reason for low family planning practice was rejection from husbands due to lack of trust and agreement. The conclusion of the study was that in spite of the high level of education on family planning method with high knowledge and acceptability rate of family planning in Nigeria, the family planning practice is very low. Male involvement in family planning programme, Male involvement in pregnancy management and childbirth preparedness as well as consistent awareness campaign in religion institution, social institution and other agent of the communities can promote practice of family planning in most developing country like Nigeria.

This study further proved that the factors influencing utilization of modern family planning methods among nursing-mothers attending child-welfare clinic include common myths, negative perceptions, false beliefs, unplanned pregnancy, side effects such as unnecessary bleeding, unwanted weight gain and changes in the mood prevent women from using modern family planning in developing community however the study further showed that lack of appropriate sex education will result to abnormal sexual attitude and behavior in Lagos University Teaching Hospital, Lagos State. This study corroborates with the study of Ochako *et al.* (2015) revealed that most of the participant had good knowledge of birth control method. It was also indicated that myths about contraceptives, fear of side effects, association with promiscuity and straying, false belief about birth control method such as infertility related problem, birth defects associated with utilization of birth

control method, abnormality in menstrual cycle and social medial negative effect such as false information were the most common factors affecting choices of family planning. This study was in support with work of Usman, et.al (2016) carried out to determine birth control practices among women in rural community across selected three senatorial districts of two South-Western states of Nigeria, the states selected were Ondo and Ekiti in South-Western Nigeria. The study target population were the women of childbearing age group. The sampling technique used was multi-stage to select the participant for the study. The findings revealed that government-owned health institution was the major source of their information on birth control method and reliability was the major reason for continuous using new modern of family planning methods. The result of the study further disclosed that the most widely used modern family planning method is male condom and the commonly known side effect of female based modern family planning is heavy menstrual flow. The study concluded that economic status, educational status, religious factor and occupation status influence choices of family planning.

Conclusion and Recommendation

The study showed that nursing mother have good knowledge and understanding on family planning by receiving enough information, Health Education, family planning knowledge, understanding of Amenorrhea Lactating Method, Female sterilization and other method of family planning, the study also showed that nursing mother obtained modern family planning information and knowledge from health personnel and social medial which give them basic understanding of possibility for a woman to become pregnant before her menses returns after delivery, prevention of STI with uses of condom and daily oral pills contraceptive do not give assurance of 100% protection but using double method of family planning such as condom and the pill is taught to be a very effective contraceptive method in LUTH, Lagos State. However, nursing mothers have low knowledge and understanding on Birth Control Pills especially when a woman missed more than one dose of the pill in a row for more than one day in Lagos University Teaching Hospital, Lagos State.

However, it concluded that the nursing mother have low family planning practice despite that, there is accessibility and availability of different method family planning method such as injectable, inserted, implantation and pills, likewise, the study showed that there is low practice of natural and traditional approach of family planning and most of the nursing mother were not currently on any family planning although some of the nursing mother have discussed family planning and ideal family size with their husband and most of the husband agreed to use family planning methods in Lagos University Teaching Hospital, Lagos State.

More so, it concluded that the factors influencing utilization of modern family planning methods among nursing-mothers attending child-welfare clinic include common myths, negative perceptions, false beliefs, unplanned pregnancy, side effects such as unnecessary bleeding, unwanted weight gain and changes in the mood prevent women from using modern family planning in developing community however the study further showed that lack of appropriate sex education will result to abnormal sexual attitude and behavior in Lagos University Teaching Hospital, Lagos State.

Based on the outcomes of the findings, the following points are hereby recommended: Nurses need to ensure that high level of family planning are practiced while working with nursing mothers and women in general, Nurses should encouraging and facilitating cooperation and collaboration between professionals and agencies for rapid improvements on utilization and practices of birth control method among women in general; Family planning providers should provide constructive influence on psychological support on all issues and challenges that arises at all levels of family planning; There should be a constructive influence on psychological support to women who developed severe sides effect and complications aroused from family planning; Urgent intervention and treatment should be made available for all complications that arise from family planning; There should be public campaign and educational programs on usefulness and benefit of modern contraceptive methods; There should be adequate information to promote modern contraceptive practice; There should be adequate information about natural birth control methods among nursing mother; There should be more men involvement to encourage motivation of modern family planning practice; Contraceptives should be made available and accessible to all women in both rural and urban areas; Health care providers should promote family planning practice in both rural and urban areas; More Nongovernmental organization should be encouraged to promote practice of modern family planning among nursing women; Government should employ family life educators to promote practice of family planning in both rural and urban areas.

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