



## **Knowledge And Attitude Towards Contraceptives Among Married Men In Isiokpo Community Of Ikwerre LGA, Rivers State**

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### **ABSTRACT**

This research work examined the knowledge and attitude towards contraceptives among married men in Isiokpo Community of Ikwerre LGA, Rivers State. The study was guided by two research questions. A descriptive cross-sectional study design was used in the study. The multistage sampling technique was used to select a sample size of 395 participants. Data was collected using interviewer administered questionnaire. Data analysis was done and presented in frequency tables. Majority (92.2%) of the respondents have head of contraceptive. Data revealing their source of information showed that 20.7% of the respondents got their information from television. 23.3% of the respondent got their information from newspaper/magazines. 19.5% of the respondents got their information through health personnel. 14.2% of the respondents got their information from the radio while 22.3% of the respondents got their information from friends and relatives. On attitude of respondents to the use of contraceptives. Majority (66.7%) of the respondents disagreed that family planning is the responsibility of women. Similarly, 77.2% of respondents disagree that family planning promote promiscuity. Also, majority 89.8% of respondents agree to recommend contraceptives to other men. Likewise, 93.3% of respondents agree to use any method to delay or avoid pregnancy at any time in the future. It was deduced that the knowledge of family planning among married men in the study population was appreciably high (92.2%). The study equally revealed that the respondents have positive attitude towards contraceptives use. Contraceptive prevalence was (71.13%). It was recommended among others that more emphasis should be placed on health educating the married men concerning the benefits of contraception to allay their fear of perceived side effects in the use of contraceptives

**Keywords:** knowledge, attitude, contraceptives, married men, Isiokpo and Ikwerre LGA.

### **INTRODUCTION**

High fertility rate and hence high population growth rate are among the major economic and social problems facing developing world including Nigeria. High population growth rate has been associated with increased level of poverty (Adiri et al., 2011; Avidime et al., 2010). This rests on inability of governments in these countries to adequately provide social services to the rapidly growing population. Contraceptive is the planned avoidance of pregnancies through the use of various chemical drugs, surgical procedures, sexual practices or devices. Thus, any agent can be considered contraceptive whose ultimate goal is to prevent conception. Effective contraception in any social milieu allows partner to enjoy sexual relations without having children. At the same time it also allows the couple to have children when desired. The goal is to attain this with full privacy and comfort. Similarly, at the same time these contraceptives should be economical and free from hazardous effects. Some contraceptive methods like condoms (male and female) along with contraception also protect the partners from sexually transmitted diseases. (Rakhi & Sumathi, 2011).

In spite of the progress recorded from making contraception widely available, there is poor acceptance of contraceptive methods either due to ignorance or fear of complications or side effects using them (Olāitan, 2011). Childbearing and the use of contraceptive are some of the most important decision on reproduction that could be taken by couples to curtail the number of children they want to have. Therefore, the issue of family planning and its methods has led many married men to either accept family planning or reject it (Suntai & Apuke, 2016). Family planning is often regarded as the woman's responsibility, but there is growing recognition of the need to involve men in family planning programs because they play an important role in reproduction. Although reproduction calls for commitment from both partners but all in most part of the world. It is primarily seen as being the woman's responsibility. (Yalley Dolma et al, 2010).

Available studies have shown that in many developing countries males often exert authority when important decisions are taken in the family, such as on reproduction, family size and contraceptive use, (KapilYadav, Bir Singh, KiranGoswami, 2010). Efforts to elaborate the vision of strategically engaging men in family planning and reproductive health have been quite slow, but steady (Dunn and Gage, 2010). The role of men in fertility and family planning is sub-Sahara Africa especially in Nigeria, is becoming increasingly important in the context of raising contraceptive prevalence and reducing level of fertility. It is felt that men gain economically and socially from having large numbers of children, and that man's reproductive preference and motivation influence their wives reproductive outcome.

One of the reasons for the new interest in male involvement in family planning services are that men are more favorable to the general principle of family planning than had been assumed, male support affects both the adoption and the correct use of female contraceptives, the body of knowledge regarding male involvement programs is growing and improving, family planning agencies are finding that male involvement programs can be cost effective if they are highly focused and offer male contraceptive methods directly or by referral, from the international consensus reached at International Conference on Population (Kabagenyi, et al, 2014).

Regardless of all these realization, however there is still paucity of data on male knowledge, attitude and practice of contraception in Nigeria. As a result, there is a need for in-depth exploration of men's knowledge, attitude and utilization of contraception, including sources of knowledge, how these methods are used and knowledge regarding potential side effects and benefits of particular methods. This research therefore aims to fill gaps in knowledge and capture the barriers to effective utilization of modern contraceptives among married men in Isiokpo Community in Ikwerre local government area of Rivers State, and their attitude towards contraceptive methods.

### **Statement of the Problem**

The National Demographic Health Survey (NDHS, National Population Commission and ICF International, 2014) stated that Nigeria has a low contraceptive prevalence rate of 16% unmet need for family planning (NPC and ICF International, 2014). It is equally reported that only about 15% of married women in Nigeria use contraceptives. These poor reproductive health indices contribute to high rates of unintended pregnancies and abortions. Unintended pregnancies trigger population growth that impedes Nigeria efforts to meet social needs of its citizens and achievement of national development goals.

One of the major reasons for the unmet need of contraception is male disapproval of the use of contraceptives (Darroch et al, 2011). There is general agreement that men's reproductive health concerns are not being met, this has attracted global attention due to the role men play in decision making about population' growth and development issues.

According to the World Health Organization (2010) the persistence of traditional perceptions on masculinity among men creates reluctance to seek sexual health care. Furthermore, recent reports by (Hoga et al, 2014, Schalet et al. 2014 and WHO, 2010) indicates a gap between health policy-level of developed countries and research findings when addressing gender specific needs.

Today, many intervention policies aimed at sexual reproductive health services focus heavily on women, particularly on contraceptive use, while ignoring the importance of gender roles and attributing equal responsibility among men and women in questions relating to sexual reproductive health and the decision-making process of contraceptives use (Hoga et al.,2014).

As in other developing countries, men in Nigeria exercise power in nearly every sphere of life, ranging from personal decisions regarding the size of families to the policy and program decisions

taken at all levels of government. Men play important roles in deciding women’s reproductive health. Thus inclusion of men in reproductive health services including family planning becomes vital for the success of such services. Reproductive health services can be offered conveniently as part of maternal and child health services. Thus, these programme have generally ignored men, and have been designed to maintain gender norms dictating that fertility control are women’s responsibility. Hence, the researcher was motivated to carry out this study.

**Aim and Objectives of the Study**

The aim of this study is to assess the knowledge and attitude towards contraceptives among married Men in Isiokpo Community in Ikwerre Local Government Area of Rivers State, Nigeria.

**Research Questions**

The following research questions were answered

1. What is the level of knowledge on contraceptives among married men in Isiokpo Community of Ikwerre Local Government Area, Rivers State?
2. What is the attitude of married men in Isiokpo Community of Ikwerre Local Government Area on the use of contraceptives?

**METHODOLOGY**

A descriptive household survey design was used in this study. The study population include all married men who have been living in Isiokpo Community for the past one year. Multi-stage sampling technique was used to select 395 married men for the study.

The instrument for data collection was a structured interviewer administered questionnaire with a reliability parameter of 0.72. The scores obtained from the filled questionnaire were tabulated and analyzed using SPSS version 20 and will be presented in frequency and percentage tables.

**RESULTS**

**Research Question One:** *What is the level of knowledge of contraceptives among married men in Isiokpo Community?*

**Table 1: Respondents who had heard of family planning and their source of information**

Heard of Family Planning	Frequency (n=395)	Percentage (%)
NO	31	7.8
YES	364	92.2
<b>Total</b>	<b>395</b>	<b>100.0</b>
<b>Source of Information</b>		
Television	82	20.7
Newspaper/Magazines	92	23.3
Health personnel	77	19.5
Radio	56	14.2
Friends/relatives	88	22.3
<b>Total</b>	<b>395</b>	<b>100.0</b>

The table above showed that majority, 364(92.2%) of the respondents have heard of contraceptives. Data revealing their sources of information showed that 82(20.7%) of the respondents got their information from television, 92(23.3%) of the respondents got their information from newspaper/magazines, 77(19.5%) of the respondents got their information through health personnel, 56(14.2%) of the respondents got their information from radio while 88(22.3%) of the respondents got their information from friends and relatives.

**Table 1.1: Respondents' Understanding of Contraceptives**

	NO		YES	
	Frequency	(%)	Frequency	(%)
To avoid pregnancy	68	17.2	327	82.3
To improve sex	360	91.1	35	8.9
To delay pregnancy	86	21.8	309	78.2
To encourage pregnancy	395	100.0	0	0.0
For men only	377	95.5	18	4.5
For women only	326	82.2	69	17.8
For men and women	87	22.4	308	77.6

The table above showed the respondents' understanding of what contraceptives are. 327(82.3%) of the respondents agreed it is used to avoid pregnancy, 309(78.2%) of the respondents agreed it is used to delay pregnancy. Likewise, 360(91.1%) of the respondents disagreed that it improves sex. Also, 100% of the respondents disagreed that it encourages pregnancy. In addition, majority, 209(78.2%) of the respondents agreed that it is for men and women. Thus, the data presented showed that the respondents have good knowledge of family planning.

**Table 1.2: Knowledge Score of Respondents on Contraceptives**

Knowledge Score	Frequency (n=395)	Percentage (%)
Good knowledge (5-7)	309	78.2
Fair knowledge (3-4)	18	4.6
Poor knowledge (<3)	68	17.2

Knowledge of contraceptives was assessed using 7 knowledge questions as contained in table 4.3. Table 4.4 showed the knowledge score of the respondents. It showed that 309(78.2%) of the respondents had good knowledge of contraceptives. This indicated that the level of knowledge of contraceptives among married men in Isiokpo Community is high.

**Research Question Two:** *What is the Attitude of Married Men on the use of Contraceptive in Isiokpo Community?*

**Table 2: Attitude towards use of Contraceptives**

	Agree		Disagree		Don't know	
	Frequency	(%)	Frequency	(%)	Frequency	(%)
Family planning is responsibility of women	108	27.3	263	66.7	24	6.0
Family planning promote promiscuity	67	16.9	305	77.2	23	5.9
Family planning should be encouraged	65	16.5	304	76.9	26	6.5
I would recommend contraceptives to others	354	89.8	35	8.8	6	1.5
Do you think you will use any method to delay or avoid pregnancy at any time in the future?	365	93.3	20	4.6	10	2.1

Data from table above showed the attitude of respondents to the use of contraceptives. Majority, (263(66.7%) of the respondents disagreed that family planning is the responsibility of women. Likewise, 305(77.2%) of the respondents disagreed that family planning promote promiscuity. Also, 304 (77.6%) of the respondents disagreed that family planning should be discouraged. In same vein,

majority, 354(89.8%) of the respondents agreed to recommend contraceptives to other men. Likewise, 365(93.3%) of the respondents agreed to use any method to delay or avoid pregnancy at any time in the future.

**Table 2.1: Respondents' View on Discussing Family Planning with Partner**

Variables	Frequency (n=395)	Percentage (%)
Once	166	42.01
Twice	108	27.32
More often	105	26.55
Never	16	4.12

The figure above shows the rate at which respondents discussed family planning with their partners. It showed that 166(42.01%) of the respondents only discussed family planning with their partners once, 108(27.32%) of the respondents discuss family planning with their partners twice, 105(26.55%) of the respondents discuss family planning with their partners more often, whereas, only few, 16(4.12%) of the respondents never discussed family planning with respondents.

**Table 2.2: Attitude Score of Respondents on Contraceptives**

Attitude Score	Frequency (n=395)	Percentage (%)
Good attitude (4-6)	305	77.2
Poor Attitude (<4)	90	22.8

Attitude of the respondents towards contraceptives use was assessed using seven attitude questions as contained in table 4.5 and 4.6. Table 4.7 showed the attitude score of respondents. It showed that 305(77.2%) of the respondents had good attitude towards the use of contraceptives. The result indicated that the respondents had good attitude towards the use of contraceptives.

## DISCUSSION OF FINDINGS

This study investigated the knowledge of the respondents on contraceptives and found that majority of the respondents have knowledge of contraceptives and most of which got their information through newspapers and magazines. This result is in concordance with the findings of other scholars. Notable among those are Mosiur et al., (2010), Zeinab Hamed, et al., (2017) Addis et al., (2015) and Macellina et al., (2010) who had carried out similar studies at different locations and found men to have a good knowledge of contraceptives. Nevertheless, these findings negated that of Wadembere, (2013) who carried out similar studies in Uganda. The result of his findings showed men are aware of family planning, but have inadequate information about family planning and do not know the different family planning methods. A large number of the respondents in this present study, indicate that contraceptives are used to avoid/or delay pregnancy, and they are also aware that contraceptives are for both sexes.

This study also found that the respondents have positive attitude towards contraceptives use. Specially, their attitude among others are they perceive family planning as a collaborative responsibility of male and female, family planning is not promiscuous. Also, Respondents showed willingness to use contraceptives in the future and to recommend contraceptives to others. The findings of this study are in alliance with Zeinabhamed et al., (2017) in their study in Assiut, Egypt, they found more than half of respondents to have positive attitude towards family planning.

## CONCLUSION

Conclusively, from the study it can be deduced that the knowledge of family planning among married men in the study population was appreciably high (92.2%). The study equally revealed that the respondents have positive attitude towards contraceptives use. Contraceptive prevalence was (71.13%).

## RECOMMENDATIONS

From the findings of this study, the following recommendations are hereby made:

1. More emphasis should be placed on health educating the married men concerning the benefits of contraception to allay their fear of perceived side effects in the use of contraceptives
2. There should be increased support and promotion of family planning activities in the community.
3. Family planning commodities should be made entirely free to encourage utilization.

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