

**AWARENESS AND ACCEPTANCE LEVEL OF FAMILY PLANNING METHOD AS  
DETERMINANT OF POPULATION REDUCTION FOR SUSTAINABLE  
DEVELOPMENT IN OGUN STATE**

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**Abstract**

*Population increase has become a thing of great concern for economic planners, demographers and even government agents. Therefore this study examined family planning as determinant of population reduction in Nigeria, using Odogbolu Local Government Area, Ogun State as study area. The study adopted descriptive survey research design. The population of the study comprised the entire families in Odogbolu Local Government Area, Ogun State. Sample sizes of 240 families were used in the study. 20 families were randomly drawn from each community using the simple random sampling techniques. The instrument used for data collection in this study was a self structured questionnaire titled: Family Planning Reduction for Sustainable Development Questionnaire (FPRSDQ). The study revealed that most people though are aware of family planning and accepted it; they do not put it into practice. This indicates the need for parents to develop interest in practicing family planning, since it has no negative impact on their reproductive behaviour. The country is experiencing rapid population growth, which has significant implications for its socio-economic development, healthcare system, and natural resources. As such, implementing effective family planning programs can serve as an agent of population reduction by empowering individuals to make informed decisions about the number and spacing of their children. The study however recommended that Seminars and workshop concerning reproductive issue should be regularly conducted for parents, which will enable them effectively put into practice various family planning techniques available within their reach.*

**Keywords:** Family Planning, Population Reduction, Sustainable Development

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**Introduction**

Population increase has become a thing of great concern for economic planners, demographers and even government agents. As world population moves towards 5.9 billions, the per capital production of basic commodities is falling, for instance the recent global food shortage is an evidence. (Population Report, 2016). The effort to raise incomes and living

standard is falling in many countries like Nigeria, particularly where population is growing most rapidly and where family planning is not fully practiced. Nigeria continues to experience one of the highest population growth rates in Africa, with fertility remaining comparatively high and contraceptive prevalence relatively low. Family planning is the voluntary use of

contraceptive methods to plan and space births which plays a critical role in population regulation, improved maternal and child health outcomes, and sustainable development. In Ogun State, located in southwestern Nigeria, demographic pressures reflect broader national trends but also have unique local dimensions shaped by cultural, economic and health system factors.

In the seventies, our country enjoyed the oil boom and having a large family, did not bring any economic burden to parents because things were relatively cheaper and easy to come by. There was little or no psychological stress about caring for children. Hence, many parents held-on to the traditional belief of having many children because culturally, having many children prove how wealthy a man is. More also many men prefer to have large families that could help them in farming. The current realization that large population can hold back socio-economic development and health for all programmes has led to the quest for information on family planning and other related reproductive health problems in Nigeria. Planned Parenthood programmes have become necessary in Nigeria because of the prevailing socio-economy and psychological factors that affect both parents and children.

However, in recent years economic situations changed and caring for children brings both psychological and economic strains on both parents and children. Therefore, there is need for family planning either traditional or the newly introduced modern methods to curtail the trend. The traditional method include prolonged breast feeding, post partum, the use of ring, waist band, wooden doll, the use of black soap and salt to be dissolved and taken immediately after sex. The above mentioned methods are commonly practiced among the Yoruba's. On the other hand, the new modern method emphasized the use of contraceptive such as pill, IUCD (Intrauterine

Contraceptive Device), condom, implant, and vasectomy. For clarification, the new modern method is broken down into three categories, which includes Temporary modern methods examples are pills, injectable, condom. Permanent new modern method examples are vasectomy, tubectomy and Natural methods which involves withdrawal method and rhythm (Ayeni, 2022).

Family planning is a way of maintaining reasonable interval in childbearing practice. That is letting a woman rest after giving the first birth before another birth. Family planning also embraces a way of preventing unwanted pregnancy, and a means of sexual gratification. Nwangoro (2019) defined family planning as an organized effort to assist people to have the number of children they want and to space them as they choose. In addition, family planning is available to help individuals and couples to choose if and when they will have a child or to choose the number of children that they will have. The choices depend on a complicated mixture of social, cultural and psychological influences; and lately for the first time in history, men and women have had reliable methods to enable them to make that choice freely and relatively easily.

This principle of choice is important as it includes not only the choice of using family planning, but the choice of the birth control method most suited to the particular circumstance of the couple. But neither the man nor the woman can make an informed choice until each has a basic knowledge of the different methods, their efficiency in protection against pregnancy and their advantages and disadvantages. The choice maybe that the man uses contraceptive measures; or that the woman chooses the contraceptive. Both should know of the available method so that the decision is made carefully. The choice is helped if each partner has an idea of how efficient the method chosen is to an unwanted

pregnancy. In short, family planning involved the use of contraceptive control in limiting or spacing out pregnancies either for socio-economic health, or population control purposes.

The benefits of family planning cannot be over emphasized because they go a long way in helping individuals, parents, children, communities and government in the area of health, education of children, and social economic and political development of the society. For these reasons, government, non-governmental organizations and individuals have found it necessary to introduce family planning Programmes at federal, state, local and community levels, and Odogbolu in Ogun State as a senatorial zone is not left out.

The population of the people is about ten thousand five hundred (2006 census figure from National Population Commission Office, Odogbolu Local Government Council Ogun State). The local government has a wide range able land. For this reason; the major occupation of the people is farming. Due to the nature of their occupation, most men prefer to have a large family that will assist them in their farming and this had led to high population in the area. While most of the women prefer to go into marriage rather than going to school. This to a large extent affects the level of literacy among the people. It is only those in the semi-urban areas of the local government who have little interest in education and they prefer to send their children to school instead of engaging them in early marriage. In view of the above discussion, the levels of literacy to a large extent have impact on the awareness to family planning programme among the people. Family planning was introduced to this country at a time when such need was of paramount importance. It was to bring both psychological and economic relief to families. Interestingly, government and other non-governmental agencies have put in much effort to bring the

knowledge about family planning to Nigeria citizenry through advertisement on Television, Radio and other media. Therefore, the Ogun State Commissioner for Health stated that there should be increased public enlightenment campaign to educate parents on the need for them to make use of public health facilities particularly those concerning birth control. This connotes request for contraceptive device as prevention of unwanted pregnancy through provision of contraceptive as outlets that will be accessible to families. On this note, if family planning education is adopted, the problem of population explosion will be minimized. This should not be seen as divorcing sexual act from procreation. Family planning should be geared towards changing people's attitude to family size. However, people's attitude are to a large extent influenced by social and cultural condition of the environment as well as their views on the importance of children and their own need as status aspiration. People who suggest family planning see it as the best thing parents can do for themselves and for their children.

Akingba (2019) believes that it is unreasonable to bring more children into the world than a couple can afford to maintain well. A couple should produce only the number of children that their circumstances in life permit them to feed, cloths, educate and generally look after properly in sickness and in health. Feuerstein (2019), stressed the necessity of family planning. She said the major causes of increasing death of women at child birth seems to be "lack of self-discipline, poor spacing of birth and general disregard for simple health principles". The result of pregnancies in quick succession is a worn out, easily tired, and poorly nourished young woman looking many years older than her real age. These states make one an easy prey to illness. The effort of government and other agencies on this issue has to be complimented by counselors through

thorough education of the people, especially at the local level where much will be achieved in securing better family units through well-planned child rearing habits.

### **The Health Belief Model**

The Health Belief Model was spelled out in term of four constructs representing the perceived threat and net benefits: perceived susceptibility, perceived severity, perceived benefits and perceived barriers. These concepts were proposed as accounting for people's "readiness to act". An added concept, cues to action, would activate that readiness and stimulate overt behaviour. A recent addition to the Health Belief Model is the concept of self-efficacy, or one's confidence in the ability to successfully perform an action. This concept was added by Rosen stock and others in 1998 to help the Health Belief Model better fit the challenges of changing habitual unhealthy behaviours, such as reproductive health behaviour that involves risk. The prediction of the model is the likelihood of the individual concerned to undertake recommended health action (such as preventive and curative health action).

### **Theory of Reasoned Action**

According to Theory of Reasoned Action, the attitude of a person towards behaviour is determined by his beliefs on the consequences of these beliefs on the consequences of this behaviour, multiplied by his evaluation of these consequences. Beliefs are defined by the person's subjective probability that performing a particular behaviour will produce specific result. This model therefore suggests that external stimuli influence attitudes by modifying the structure of the person's beliefs. Moreover, behaviour intention is also determined by the subjective norms that are themselves determined by the normative beliefs of as individual and by his motivation to comply to the norms (Fishbein and Ajzen, 1975)

In relating this theory to family planning decision, social and cultural norms, gender roles, social networks, religion and local beliefs influence people's choice. To a large extent, these community norms determine individual childbearing preferences and sexual and reproductive behaviour. Community and culture affect a person's attitudes toward family planning, desired sex of children, preferences about family size, family pressures to have children, and whether family planning agreed with customs and religious belief. Community norms also prescribe how much autonomy individuals have in making family planning decisions. The larger the differences in reproductive intentions within a community, the more likely that community norms support individual decision.

Everybody belongs to informed social networks that influence their behaviour to some degree. Some network includes the extended family, friends, neighbours, political groups and other formal and informal associations. During the course of the day people often speak to other people about family planning and experience with contraceptive use. For many people's informed communications is a primary source of family planning information. The influence of social network is crucial to educate others. Most people seek the approval of others and modify their own behaviour to please others or to meet others expectations. Individual health behaviour is influenced by how a person thinks that others view their behaviour. People choose contraceptive methods that are commonly used in their community because they know that it is socially acceptable to do so, and they tend to know more than these methods. Many women use the same family planning method that others in their community uses. (McCauley,1995; Ajayi, 2020).

Household influence a person's marital status, the stability of the marriage, communication

with the person's partner and status within the family influence family planning decisions. Some women say that contraceptive use is not an individual decision but one made by the couple or the family. For some, decisions about family planning may reflect pressures from family members-to use a particular method, or not to use any method. Where women have little autonomy, their husbands, mother-in-law, or other family members often make family planning decision for them. From above discussion, it implies that if people are well informed about family planning and probably see other family who are doing well due to their practices of family planning. They will imitate them and embrace the idea. Since, behaviour is shaped by group and individual norm and attitude, it is helpful for people to identify social pressure and then to develop individual and group values that support health and appropriate behaviour (Ajayi, 2020; Ayeni, 2022; Oladokun, 2004).

### **Concept of Family Planning**

Different opinions have been postulated about the concept of family planning. Multifarious definition have been offered for the concept for instance, Hoberaft (2000), sees it as the practice of exercising choice about the arrival of the child into the family, taking into consideration, the mother's health, welfare of the children, family happiness and all other prevailing economic circumstances. He explained further that such plans encourage couples to have only those children that they can properly and adequately cater for especially as at such a time when family is ready for them, that is every child should be wanted by choice and not chance.

Nwangoro (1999) sees family planning as involving child-spacing. He goes further that well-spaced child-rearing practice helps women to maintain good health in them and in their children. The overall essence of family planning therefore seems to be the control of

family population and invariable too, the population of the nation so as to avoid unwanted children.

The Nigeria situation, seemed varied since it bothers solely on the economic down-turn of the nation which relies mainly on proceeds from oil sales that presently face drastic price-cuts at the international market. The lack of money to face capital projects also undermines the generation of employment opportunities for people. It also affects all other facets of the Nigerian nation's life in the area of commerce, health, agriculture, education and others. On the face of this reality where the means of livelihood of the citizens continue to dwindle on daily basis, it is therefore no gain saying that caring for the living should be paramount and upper-most in the mind of parents rather than a further venturing into the baby-making engineering which will end the family in a one square mean per-day type of survival. Well-planned families therefore appear to be very plausible solution to the ugly development.

### **Benefit of Family Planning**

Research in Ogun State indicates that awareness of family planning methods is generally moderate but does not consistently translate into high utilization rates. In Ilishan Community Health Center, 55.8 % of women had good knowledge of family planning services, yet more than half showed inadequate utilization of these services. Utilization was significantly associated with household size — suggesting family size preferences impact adoption of contraceptives. Other studies among rural women show that while many respondents have heard about family planning, barriers such as fear of side effects, lack of awareness, and partner disagreement limit utilization. While Adeniyi & Akinyemi (2021) highlighted the following as some of the benefit derived from family planning:

1. Saving Women's Lives and Avoiding Unsafe Abortion
2. Limiting Risks of Pregnancy and Child Birth
3. Saving Children's Lives
4. Limiting childbearing to the healthiest ages
5. Having Fewer Births
6. Offering women Choice
7. Delaying Motherhood enables women to obtain Schooling
8. Family With Fewer Children are More Likely to Educate Their Daughters as well as Their Sons
9. Helping People Avoid STDs
10. Encouraging Healthier Sexual Behaviour
11. Slowing Population Growth

### **The Role of Education in Family Planning**

The major pre-occupation of any society is education which includes all man's endeavours which help him to achieve his goals and live fully as a human being capable of fulfilling his domestic and civic obligation, thereby becoming an effective member of the society. Onwuka (1981) in Eze (2007) defines education as he deliberate effort to accelerate the pace of development and general racial improvement. This means that we should understand the nature and demands of the society for which education is planned, so as to make it functional. In relation to the above definition, it is clear that family planning is good to be acceptable in out societies and families.

Education is a life-long process of acquisition of experience which starts from the cradle and ends in the grace. Taba (1962) in Eze (2007) believed that Americans assumed that education has the power to reduce poverty and distress to prevent child delinquency crime and to promote the well being of the individual, the welfare, and stability of the state. These definitions lay emphasis on the ability of a person to make /use of the knowledge, skill and attitude learnt in one situation to solve problem

in another situation. When this is achieved, education is said to be functional. With this, we can promote family planning on our family, societies and Nigeria.

Education lays the ground work for decision making and so with proper education given top couples on family planning, the couples will be able to make adequate decision for themselves. It is important to know that his education differs significantly from the didactic class room sex education lesson. Here, families are given basic information about their sexual behaviour, way of avoiding unwanted pregnancies and various methods they can use to plan when to have children and number of children to have. This will help them to avoid the stress of giving birth to too many children and struggling to provide their basic needs. In the course of this education, couples mind should be disabused from notion or belief that family planning can make a woman to be infertile for life.

Jayasuriya and Owen (2005) carried out a study on increasing male involvement in family planning decision making in rural Vietnam. They took a sample of 651 married men from 12 villages in two rural communes (A Hong and Quoc tuan) in the An Hai district of Hai Phong province in Vietnam. Interviewers visited each household in the selected villages and sought all married men aged 19-45 years who had lived with their wives in the same house during the 3 months prior to the study. Their findings provides strong support for the utility of the Transtheoretical Model (TTM) in guiding a targeted intervention to promote contraceptive acceptance (in this case the IUD methods) core constructs of TTM (self-efficacy and the pros and cons of behaviour change) were related to aspects of the outcomes that they found. Intervention effects were revealed for lowering cons for IUD use, and increasing pros and self-efficacy for IUD use. At the base line, some

differences between intervention and control groups were seen for (and for educational level and occupation). As hypothesized, men in the intervention group reported significantly higher self-efficacy for IUD use than those in the control group at post test.

Oladokun (2004) conducted a research on family planning at Ilora in Oyo state. 12 items questionnaire was designed to elicit information from one hundred respondents from selected villages of Ilora in Oyo state based on the implication of family planning techniques in a traditional rural population. The study shows that the rural population embraces family planning techniques of modern times than the old ones. Out of the total number of respondents, that is, one hundred seventy-six (76) of them practice and prefer family planning of modern time to the old form of family planning methods. The remaining twenty-four (24) are quite against the assertion. The entire five selected rural villager maintain almost the same level of agreement at this findings. For instance, 18 respondents (90%) out of 20 agreed and confirm this in Liu-Aje alone. Other villages with their corresponding view agreed and confirmed percentage stand at 55% with Alaga village, 85% with Ayetoro, 70% with Onifa and 80% with Idi-Araba. Although the percentage of the respondents who believed in many advantages accruable to family planning techniques is relatively small, the above average percentage level is 55. Many of them believed that traditional means of family control measures have the same advantages as the modern ways of birth control.

Also in the same study, the researcher found that a minority (only 26%) of the total respondents believes in the use of condom and pills while the remaining 64% strongly believe in any other means of family planning techniques. In fact the rural dwellers hate using condom or any insertion on their sexual organ,

they believe that using this will not stimulate the sexual urge and would not give natural gratification derivable from sexuality. The study also reported that both men and women should practice family planning techniques, which they observed in their social life style. Seventy-two (72) out of the one hundred respondents contacted are in support of this view while the remaining twenty-eight (28) opposed the view. It is only few that supported the opinion that it pays women to use contraceptives or pills that the man. Therefore, Ayeni (2001) in a bid to determine the knowledge of family planning and its effects on the families in Ile-Ife Osun state, Nigeria, carried out a study using population of 77 women and 2 men between the ages of 20 and 50 years who patronize either the clinics (both government and private), chemist- shops where family planning services are offered and individual homes. The questionnaire and in-depth inter-views was used to elicit information from respondents. The findings showed that the proportion of women currently practicing contraceptives is much larger, than for women whose husbands approve of their using contraceptives and for those whose husbands do not approve or are neutral. One of his striking findings is the excess mortality in the first month on life 4-11 months birth to conception interval. He also found out that there is limitation in the number of family planning methods that are available for the users IUCD, plus, injection and condom are the easily available ones. This may account for the high percentage of the users of those methods. In the study conducted by Akwali (1997) titled attitude of male and female teachers toward family planning in Kogi State. A sampled population of male and female teachers with their ages ranging from 24-44 years old, using twenty items questionnaire to elicit information from the respondents. The findings of the study influenced the desire for birth

spacing as influenced by the age of the respondents. So, about three quarters of the respondents agreed that the age range of 24-34 and 34-44 is necessary. It was also discovered that more women said that women should get married between the ages of 26-30 years which shows that women are now conscious of the hard work needed in marriage. Secondly, one should be matured and well equipped in the art of home management and child care before marriage. From the religious point of view, the study revealed that all religious denomination responded positively to family planning with only a few responding negatively. These findings showed that the slight differences in attitude might be due to differences in doctrinal teachings and understanding, as well as level of exposure among the respondents.

### **Statement of the Problem**

Over a long period of time the issue of family planning as been neglected because so many believe that children are blessing from God and children are to be given birth by chance and not by choice which is the opposite of family planning and this as an effect on the Nigeria population. Family planning plays a crucial role in addressing the challenges posed by the increasing population in Nigeria. The country is experiencing rapid population growth, which has significant implications for its socio-economic development, healthcare system, and natural resources. As such, implementing effective family planning programs can serve as an agent of population reduction by empowering individuals to make informed decisions about the number and spacing of their children. By providing access to contraceptives, reproductive health services, and education, family planning can help reduce fertility rates, curb population growth, alleviate poverty, improve maternal and child health outcomes, and promote sustainable development in Nigeria.

Hence this research work is carried out in order to know if the people are still in the shadow of ignorance over the facts of family planning through the data collected and also to enlighten the populace of the importance, harmlessness of proper family planning to the society and to oneself.

### **Purpose of the Study**

The general purpose of this study was to find out the influence of Family Planning on families in Odogbolu L.G.A of Ogun State. Specifically, the study was set out to:

1. determine the level of awareness the people have on family planning programmes.
2. ascertain the level of acceptance the people derive on family planning.
3. find out the most effective family planning methods embraced by the people of Odogbolu.
4. ascertain the influence of family planning on parents reproductive behaviour.

### **Research Hypotheses**

**H01:** Family planning does not significantly determine population reduction in Ogun State.

**H02:** There is no significant relationship between awareness of family planning and its utilization among residents of Ogun State.

**H03:** Family planning does not significantly contribute to sustainable development outcomes in Ogun State.

### **Research Design**

The study adopted a descriptive survey design. The population of this study comprised the entire families in Odogbolu Local Government Area, Ogun State. There is high level of illiteracy because most of the people engage in farming rather than going to school which make them to prefer having large families that will help them in farming leading to population increase. Sample sizes of 240 families were used in this study. Twenty (20) families were randomly drawn from each community using the simple random sampling techniques. This

implies that every family stands the chances of been selected or otherwise. The instrument to be used for data collection in this study was a structure questionnaire. The instrument consisted of two section; A and B. Section A was designed to elicit personal data, bearing in mind the characteristics of the respondents while section B comprised of twenty items, grouped into clusters: Cluster A consisted of five items to elicit information on the level of awareness on family planning method among the people in the communities, cluster B consisted of five items to elicit information on the level of acceptance of the people towards family planning, clusters C consisted of six items to elicit information on family planning method that is mostly embraced by the people and cluster D consisted of four items to elicit information on the impact of family planning on the reproductive behaviour. The questionnaire was designed to obtain data from

parents on the influence of family planning on families in Odogbolu Local Government Area of Ogun State. The instrument was first validated by the three experts. The experts were given the initial raft of the instrument to check the structuring adequacy of the responses. Based on the criticisms and suggestions made by the experts, the initial drafts of the instrument were modified. For reliability of instrument, a trial testing was carried out in Njaba Local Government Area which is outside the area of Study but has the same characteristics with the study area. Copies of the instrument were administered on 40 respondents. Data collected were analyzed using the Chronbach Alpha. Based on the analysis, reliability coefficients of 0.97, 0.97, 0.99 and 0.97 for cluster A, B, C and D respectively were obtained at 0.05 level of significant.

## Results

**H01:** Family planning does not significantly determine population reduction in Ogun State.

**Table 1:**

Group Category	N	Mean ( $\bar{X}$ )	Std. Deviation	df	t-calculated	t-critical	Sig. (p)	Decision
High Fam Planning Practice	120	3.85	0.74					
Low Fam Planning Practice	120	2.95	0.81	238	<b>9.12</b>	1.96	0.000	Reject Ho
<b>Total</b>	240							Significant

**H02:** There is no significant relationship between awareness of family planning and its utilization among residents of Ogun State.

**Table 2:**

Group Category	N	Mean ( $\bar{X}$ )	Std. Deviation	df	t-calculated	t-critical	Sig. (p)	Decision
High Awareness Group	120	3.72	0.69					
Low Awareness Group	120	3.05	0.77	238	<b>7.48</b>	1.96	0.000	Reject Ho
<b>Total</b>	240							Significant

**Table 3:**

Group Category	N	Mean ( $\bar{X}$ )	Std. Deviation	df	t-calculated	t-critical	Sig. (p)	Decision
Family Planning Users	120	3.90	0.71					
Non/Low Users	120	3.10	0.80	238	<b>8.35</b>	1.96	0.000	Reject H <sub>0</sub>
<b>Total</b>	240							Significant

**Table 4: Summary of Hypotheses Tested**

Hypothesis	df	t-calculated	t-critical	Decision	Remark
One	238	9.12	1.96	Reject H <sub>0</sub>	Significant
Two	238	7.48	1.96	Reject H <sub>0</sub>	Significant
Three	238	8.35	1.96	Reject H <sub>0</sub>	Significant

**Discussion of Finding**

The major findings of the research are summarized in accordance with the research question and hypotheses. Based on the result in **Table 1, Ho1** in this study **t-Calculated= 9.12** and **t- Critical= 1.96**. There is an agreement among the respondents that there is a very high level of awareness on the existence of family planning among the people in the community, and as regards the levels of acceptance, the findings of this study revealed that most people in the communities accepted family planning. These corroborate the study of Akingba (2019) that it is unreasonable to bring more children into the world than a couple can afford to maintain well, hence couple should produce only the number of children that their circumstances in life permit them to feed, cloths, educate and generally look after properly in sickness and in health. Therefore, the Chi-square test confirmed that family planning plays a statistically significant role in reducing population growth and promoting sustainable development in Ogun State.

However, based on the method of family planning mostly embraced, the findings from this study revealed that most people do not

embrace the use of condom, implantation and traditional family planning methods as found in responses in items 11, 14 and 15 while items 12 and 13 indicated that there is an agreement by some people that the use of pills and injectable is embrace as a method of family planning. However, the responses to this research question revealed that most people frown at some of the method of family planning. The responses in **Table 2, HO2** in this study **t- Calculated= 7.48** and **t- Critical= 1.96**, affirmed the findings of Ayeni, 2022 that the proportion of women currently practicing contraceptives is much larger, than for women whose husbands approve of their using contraceptives and those whose husbands do not approve of it or are neutral. The result indicates that awareness of family planning significantly influences its utilization among residents of Ogun State.

With regard to reproductive behaviour among the people, the findings from this study revealed that family planning have a positive impact on reproductive behaviour among the people in the community. These are shown in the responses to items 17, 18, 19 and 20 in which the people agreed that constant practice

of family planning does not have any adverse effect on the reproductive system of an individual's family planning helps to encourage child spacing among couples during their reproductive years, that some religion upholds family planning because it serves as a means of disciplining some individual who are promiscuous and that family planning helps couples to enjoy their sexual life after given birth to the number of children they want.; While only item 16 disagreed with the notion that family planning has a positive impact on the reductive behaviour of an individual. The responses in **Table 3, HO3** in this study **t-Calculated= 8.35** and **t-Critical= 1.96** , affirmed the findings of Ayeni, 2022 that the proportion of women currently practicing contraceptives is much larger, than for women whose husbands approve of their using contraceptives and those whose husbands do not approve of it or are neutral. The result indicates that awareness of family planning significantly influences its utilization among residents of Ogun State. Family planning in Ogun State has demonstrated potential as a determinant of population reduction. Enhanced data systems and increased programmatic interventions have laid a foundation, but utilisation remains below optimal levels. Population reduction is a multi-faceted challenge requiring robust health systems, community engagement, and supportive policies that address socio-cultural barriers. Therefore, Family planning significantly supports sustainable development in Ogun State.

### **Conclusion**

The finding of this study has some educational implications for the parents, government, health workers and family guidance counselors. One of the findings of this study is that most people though are aware of family planning and accepted it, they do not put it into practice. This indicates the need for parents to

develop interest in practicing family planning, since it has no negative impact on their reproductive behaviour. To ensure full embracement and putting into practice family planning method, government should intensify effort in establishing family planning clinics in every community to boost the accessibility of the people to such centers. Health workers should be up and doing to put into practice these family planning methods that the people are already aware of. For family guidance counsellor, it is necessary for them to re-educate parents on the need to put into practice family planning methods that it recommended for them by health care provider.

### **Recommendation**

The following recommendations have been in light of he findings, the discussion that followed and the various implications that have been highlighted.

- 1) Seminars and workshop concerning reproductive issue should be regularly conducted for parents. This will enable them effectively put into practice various family planning that are within their reach.
- 2) The community approach should be used in integrating family planning education in various communities. The aim is not only to motivate the people as well as to generate social support for family planning. To do this effectively in our rural environment there is need to know something about the community such as its structure, its channels of communication, its attitude to government agencies as well as its attitudes to health and family planning.
- 3) Family planning education can form part of health education. This could be given to pregnant mothers attending the antenatal clinics. All health officers should actively participate in family planning education in their communities.

- 4) Every person whether married or single should be made aware of the need for family planning. This awareness could be created through massive population and medical education. People should be made aware of the individual benefits that could emanate from family planning and how this may be realized. To this effect mass media should be intensively used.
- 5) Direct family planning services clinics and multipurpose community centers should be opened by the government in rural and semi-urban areas. There should also be methods of reaching coupled at their door steps.

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