



(REVIEW ARTICLE)



Assessment of women perception and attitude towards contraception in Gadaka Town, Fika Local Government Area, Yobe State of Nigeria.

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Abstract

Contraception has become a major strategy of population control both at the national and global level, yet population growth in Nigeria remains high especially in rural areas due to partly lack of adequate knowledge and poor perception about the need to utilize contraception methods. The aim and objectives of this study is to assess the attitude and perception of women toward contraception in Gadaka town, to identify the distance covered in accessing contraception services, to assess the level of women education toward contraception. The study seeks to examine the perception of women and attitude toward contraception in Gadaka town. The study adopted qualitative approach which includes a survey of 100 randomly selected women from the community; the qualitative data were analyzed using contents analysis. The findings reveal that majority of the women interviewed are aware of contraception, the level of practices is higher especially among the educated women and this implies the positive among the education and practices of contraception. The distance covered in accessing contraception services as shown in table indicated that 20 respondents representing 40% are closed to the health center less than (one) 1 km and 13 respondents 26% 1 to 2 km close to the contraception centres. The study also reveals that women perceived contraception as a welcomed strategy to control population and make mother's healthy and strong after child birth. The conclusion to be drawn from this study is, however that of acceptance of contraception that education plays vital role in the perception of women and attitude toward contraception. Finally, to change a society like this with depth of poverty, certain guidelines should be followed to bring about awareness of contraception among the people and reconstruct their attitudes towards birth control programme

Keyword: Contraception; Women; Perception; Attitude

1. Introduction

Contraception is the practice of controlling the number of children in a family and the intervals between their birth, particularly by means of artificial contraception or voluntary sterilization. (Oyediran 2020) The World Health Organization (WHO) States that maternal health refers to the health of women during pregnancy, childbirth and the postpartum period. About 99% of maternal death occur in less develop countries; >1/2 occur in sub Saharan Africa and almost 1/3 in south Asia (Birdsall 2014). Most of the countries with low rate use of contraception, highest maternal, infant, and child mortality rate and highest fertility rates are in Africa Engman (2021). Only about 30% of all women use birth control, although over half of all African women would like to use birth control if it was available to them. The main problems preventing access to and use of birth control are unavailability, poor health care services, spousal disapproval, religious concern, culture and misinformation about the effect of birth control (Blanco 2014). The need for contraception in Africa, Nigeria to be precise is due to large population, unemployment increasing an alarming rate,

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food is becoming scarce to most families in Nigeria due to their large family size which was occasioned by lack of birth control, families have been increasing at an alarming rate which makes it difficult for parent to give proper education, feeding as well as shelter to their children especially the poor people who live under the line of poverty (Caldwell 2017). Yobe state is one of the core states in the North East geopolitical zone of Nigeria, a zone that is characterized by second highest maternal mortality in the country, after North-West (Kolo, Chutiyami and Is yaki, 2021). There is a challenge of increasing access to many women who desire to limit birth. The nonuse of contraception by rural women has a commensurate effect on their total wellbeing and that of their children. (Adeleye 2016). This study examines the perception and attitude of women in gadaka town toward contraception in gadaka town, fika L G A, yobe state through the following objectives; To assess the attitude and perception of women toward contraception in gadaka town, to identify the distance covered in accessing contraception service, to assess the level of women education toward contraception.

2. Materials and method

2.1. Study Area

Gadaka is a town in Yobe state Nigeria located at latitude 11° 18' (2 Northing) and longitude 11° 22' (2 Easting) with a population of about 60,000 people (kolo 2021). It is located in the southern part of the state near the boundary with Gombe and Bauchi state it used to be the capital of the defunct Gadaka local government area, created by Shehu Shagari administration. It is largest town in the fika local government area. Located at about 12 km off the Potiskum-Gombe main road, Gadaka town is about 55 km from the commercial city of Potiskum and 125 km from Gombe, the Gombe state capital.

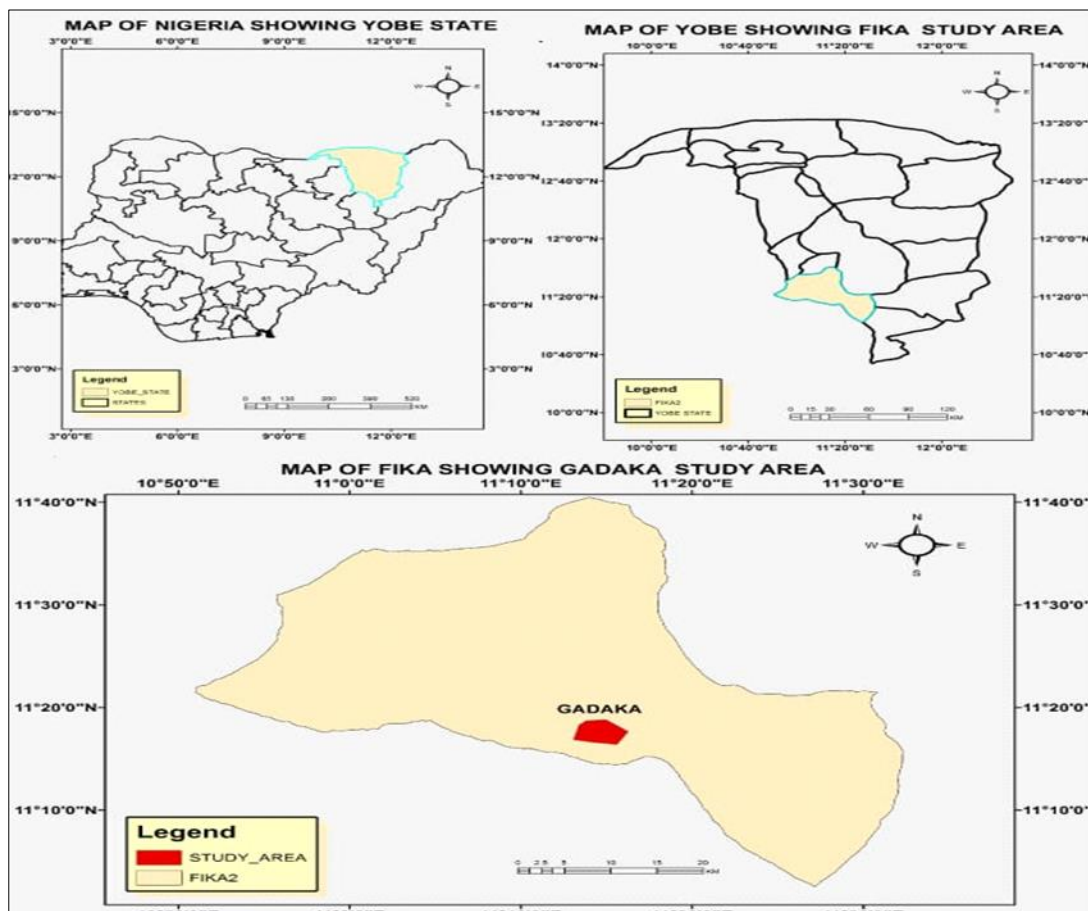


Figure 1 Map of Nigeria Yobe State Fika L G A showing Gadak study area

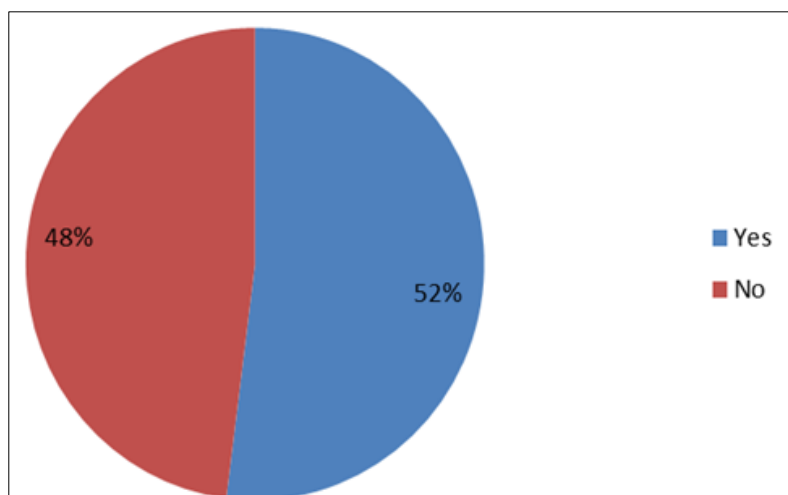
3. Data presentation and analysis

3.1. Attitude and perception of women toward contraception in gadaka town

The majority of the respondents were Ngamo with 64 out of which 42 are aware and 22 are not aware which represent 42% are aware of contraception, and 22 respondents representing 22% are not aware. The other tribes include Hausa Fulani: Bolewa and Kare-kare with different level of awareness especially through the traditional method of contraception because that has been in existence for quite some time compared to the modern method. The presence of Hausa-Fulani together from other area of the country indicates internal migration.

3.1.1. Awareness of contraception

The percentage of Awareness is positively correlated with the level of awareness of contraception. The percentage of Awareness of contraception however is generally lower than the percentage of awareness in all the tribes. In the above table which shows the level of practicing contraception among the women in gadaka town, we can see that the Ngamo have the highest number of respondent 64 practicing contraception due to the fact that they have been practicing the traditional method for a quiet period even before the coming of Europeans. Likewise, in the case of kare-kare which is 14 (8.6%) and hausa-fulani and Bolewa which do practice to some proportion Hausa-Fulani: 6(4.6%), Bolewa 6(10.6%).

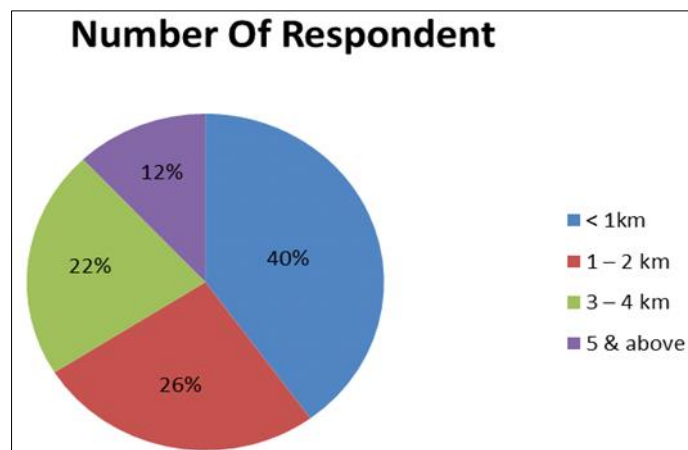


Source: Field Work, 2021

Figure 2 The respondents opinion to contraception

3.2. Distance covered to access contraception service

The distance covered in accessing contraception services as shown in table 2(b) indicated that 20 respondents representing 40% are closed to the health centre less than (one) 1 km and 13 respondents 26% 1 to 2 km close to the contraception centres, 11 at 22% and 6 at 12% been the highest distance covered in accessing the services with 3 to 4 km and 5 & above respectively.

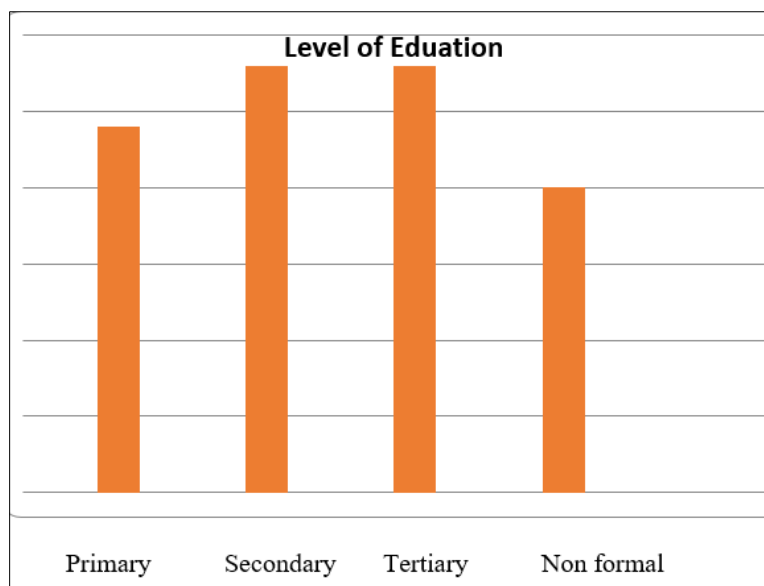


Source: Field Work, 2021.

Figure 3 The pie chart of the distance covered to access contraception service

3.3. Level of women education that affect use

The highest level of education is found at tertiary and Secondary education both with 28 respondents attended tertiary education, and secondary education, the group with lowest education are 24 and 20 at primary and non-formal respectively, this may be due to fact that education among people is increasing compared to some years back, this is due to the modernization and westernization. These have clearly show that Education plays a vital role in the practice of contraception, since tertiary education has 20 respondents practicing of 30 (28%) with tertiary education.

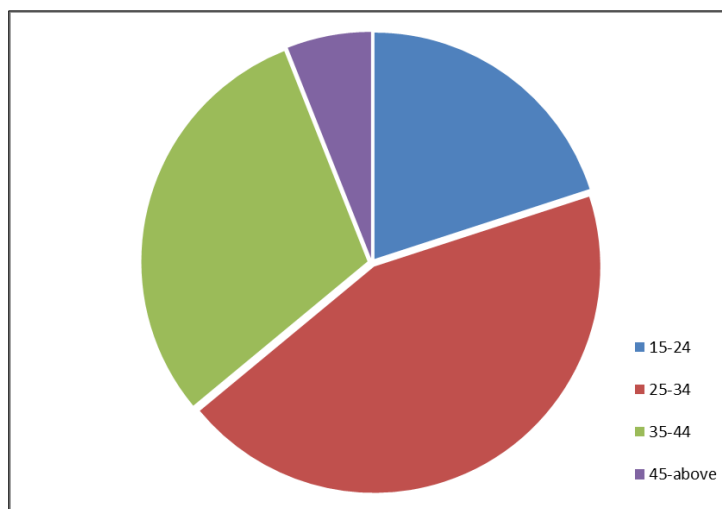


Source: Field work, 2021

Figure 4 Level of Education

3.3.1. Age Distribution

One used by the majority of women in the reproductive age range(15-49years) who are married or in a union. Worldwide in 2017, 63 percent of these women were using some form contraception. The contraception prevalence rate among women varies with age, rising from 3% among women aged 25 to 34 years to a peak of 23% among women aged 35 to44 years before declining to 13% among women aged 45 and above.



Source: Field work, 2021

Figure 5 Age distribution

4. Conclusions

The conclusion to be drawn from this study is, however that of acceptance of contraception that education plays vital role in the perception of women and attitude toward contraception. The study shows the level of women education, awareness and acceptability of contraception among the women interviewed.

Secondly and surprisingly, indicated that there is no relationship between religion and the level of acceptance of contraception program. These can be supported with the findings revealed that level of approval was higher than the level of disapproval among the respondent interviewed.

Recommendations

- To improve the situation on a long term basis, educational facilities must be improved by the governments both at the federal and state level, through the ministry of education under child education section, more girls should be encouraged to attend schools.
- Reproductive health educations should be introduced and contraception associated with the problems of overpopulation, equal employment opportunity should be extended to women so that with the present economic depression, women have to supplement the family income.
- The religious controversy on contraception should be clearly explained so that people who fear religious implications will feel free to do it, Guiding and counseling center by the government and other private body to cater for people's needs. People should be educated about the dangers of increasing population with reference to the current economic situation and the problems of education. People should be made to be aware of the fact that government can no longer cater for people, for provision of medical care, education and other essential services, due to population pressure on infrastructure. For these reasons the fewer the number of people the better for the family concerned.
- The people should also be enlightened about gender, that female sex is as good as male counterpart. The covered is also true for those in serious needs of male child. This will help the individual families to stick to their projected family size instead of exceeding it because of a particularly sex of a child which they want to have at all cost. A lot has been done to encourage contraception; the key term is enlightens or mass education."There should be mass education of the public through the mass media by use of films, television programs, radio discussion and posters posted at all conspicuous places especially health centers and market places would help to wipe out impacts of ignorance. Finally, to change a society like this with depth of poverty, certain guidelines should be attitudes towards birth control programme.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

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