



Sociological Factors Influencing Attitude toward Family Planning among Female Undergraduate Biology Students in Federal College of Education, Zaria

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Abstract

The study examined sociological factors influencing attitude towards family planning among female undergraduate Biology students in Federal College of Education, Zaria. Four research question guided the study. Descriptive survey design was adopted for the study. The population for the study comprised of four hundred and sixty-one (461) undergraduate Biology students using purposive sampling techniques. The instruments for data collection in this study was a structured questionnaire titled, Elements Influencing Attitude of Women towards Family Planning (EIAWFP) with reliability coefficient of 0.81 was analyzed using chi-square. The results revealed that socio-economic status has no significant influence on attitude of women towards family planning. Religious affiliation has significant influence on the attitude of women towards family planning in the study area. Cultural norms have significant influence on attitude of women toward family planning. Based on the findings, the researcher recommends that, Government should construct Reproductive Health Centers, where family planning training would be given to couples on the decision of family anticipating both instructed and non-taught couples, among others.

Keywords: Attitude, Women, Family Planning, Undergraduate



Introduction

Attitudes are psychological orientations developed as a result of one's experiences which influences a person's view of situations, objects, people and how to respond to them either positively or negatively or favourably or unfavourably (Mensah *et al*, 2013). Attitude refers to the positive or negative feelings or tendencies of an individual about an idea, an object or a symbol. According to Arkonaç cited in Nazli, et.al. (2018), attitude, generally attributed to many academicians, is a tendency which is attributed to a person and which creates his feelings and behaviors related to a psychological object in an orderly way. Attitude can be defined as a summary evaluation of an object of thought (Mohamed & Waheed, 2011). Mohamed and Waheed (2011) further aver that attitude is inclinations and predispositions that guide an individual's behaviour and persuade to an action that can be evaluated as either positive or negative. According to Gbore and Daramola (2013), attitude as a factor could be viewed as the totality of an individual's inclination towards object, institution or idea.

The disturbing rate at which the number of inhabitants on the planet is expanding requests satisfactory and quick consideration (Olakojo, 2012). Despite 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 (Olaitan, 2011). There are many variables that determine the attitude of women toward family planning; such variables could be viewed from Socio-economic factor, Cultural Factor, Community norms, religious affiliation, gender role and effectiveness of the services. Family planning is the technique that enables couples to determine when to have a baby. Family planning otherwise called conception prevention is most normally applied to couples who wish to restrict the quantities of kids they have and to control the circumstance of pregnancy (separating kids).

Family planning is a training by which couples space the quantity of years between every kid they need to bring forth using preventative techniques. It is utilized to carry out plans including sexuality education, prevention and the executives of physically communicated contaminations, pre-origination directing and the board of barrenness. It further conceptualizes that family planning is instructive, far reaching clinical or social exercises which empowers people to decide the number and separating of their kids and to choose the methods by which this might be accomplished (Olugbenga et.al. 2011). As indicated by World Health Organization (Semachew-Kasa, et.al. 2018) family planning is a perspective and living that is received willfully, upon the premise of information, mentalities and dependable choice by people and couples to advance the wellbeing and government assistance of family gatherings and hence contribute viably to the social improvement of a country.

The demeanor of ladies toward family planning centers around the individual; however, it also influences a range of outside elements such as: Socio-economic and cultural norms, gender roles, social networks, religious and local beliefs (Bosveld, 2010). To a large extent, these community norms determine individual preferences and sexual reproductive behaviour. It is usually thought that community and culture affect a person attitude toward family planning desire for sex of children pressures to have children and whether or not family planning accords with customs and religious beliefs (Olaitan, 2011). It has been observed that many couples, especially women who are directly exposed to risk of unwanted pregnancy, do not utilize available family planning services.



Attitudes naturally affect beliefs as well. Faith includes true or false information, opinions and beliefs based on personal experimentation or external sources. All variables affecting family planning cause behavior to occur (Ahmed, Li, Liu, & Tsui, 2012). Behaviors and attitudes play an important role among the choice of using family planning methods and so it effects the change of fertility status and population rate indirectly. In order to promote the usage of an effective method, attitudes and behaviors play an important role on preference of choosing a family planning method. Individuals get the knowledge of family planning methods, then they transcribe it emotionally by themselves. After all they combine them with their attitudes and positive or negative behavior is ready for decision of which method is suitable for them (Yerli, 2015). Thus, the attitude of women toward family planning is not encouraging.

Reduction in population growth is believed to improve any country's prospects for economic development which in turn is believed to enhance a county's ability to improve the lives of the citizens. In the case of Nigeria, we can see the rapid growth of population according to population figure. There is no such socio-economic issue that is grave and pressing than that of the population growth. Thus, to save the country from such grave problem it is essential that the population growth should be planned and well checked. The increasing growth of Nigerian population without a commensurate rate of economic development has become a serious problem requiring urgent solution.

Despite the population attention family planning has gained and its importance to the society they are still underutilized. It is believed as observed by scholars that certain variables influence the attitude of citizens toward family planning services utilization. This study thus focuses attention on investigating the factor influencing the attitude of women towards family planning among undergraduate Biology students in Federal College of Education, Zaria.

Objectives of the Study

The objectives of the study are to:

1. Determine the influence of socio-economic status on the attitude of female students toward family planning.
2. Examine whether religious affiliation influence attitude of female students towards family planning.
3. Determine the influence of cultural norms on attitude of female students towards family planning
4. Examine whether educational status affects attitude of female students toward family planning.

Null Hypotheses

The following Null hypothesis were tested at 0.05 significant level

1. Socio-economic status would not have significantly influence on attitude of female students towards family planning.
2. Religious affiliation would not have significant influence on attitude of female students towards family planning.
3. There is no significant influence of cultural norms on attitude of female students towards family planning.
4. Educational status has no significant influence on attitude of female students towards family planning.



Methodology

A descriptive survey design was adopted for the study. The population of the study was made up of undergraduate Biology students in FCE, Zaria (2019/2020 Session). There are four hundred and sixty-one (461) students offering Biology at undergraduate level which serves as the sample for the study. A structured questionnaire titled “Elements Influencing Attitude of Women towards Family Planning (EIAWFP)” with reliability coefficient of 0.81 was used in data collection for the study. Four hundred and sixty-one (461) instruments were administered to the respondents but only three hundred and eighty-six (386) were rightly filled and returned. The data collected were analysed using chi-square statistical tool at 0.05 significance.

Results

Hypothesis 1:

Socio-economic status would not have significantly influence on attitude of female students towards family planning.

Table 1: Chi-Square Analysis of socio-economic status would not significantly influence attitude of women toward family planning

	Mean Rank	N	df	Chi-square	Asymp. Sig
Family planning does not mean limiting the number of people in a family	2.52	386	3	5.41	0.14
Socio-economic status influence attitude of women toward family planning.	2.49				
The disposition of women of childbearing age hinders effective family planning.	2.58				
Men’s positive approach makes it easier for women to access and use family planning services	2.41				

Table 1 of the non-parametric statistics test for chi square show that calculate chi-square is 5.41 while the critical chi-square is 11.3. The calculated chi-square 5.41 is less than $X^2_{0.99} X^2_{0.99}$ critical (7.81), therefore we would accept that that Socio-economic status would no significantly influence on attitude of women toward family planning.

Hypothesis 2:

Religious affiliation would not have any significant influence on the attitude of women toward family planning.



Table 2: Chi-Square Analysis of Religious affiliation would not have any significant influence on the attitude of women toward family planning

	Mean Rank	N	df	Chi-square	Asymp. Sig
Religious element militate against family planning	2.26	386	2	233.79	0.00
Religious affiliation of family's influences the attitude of women toward family planning.	2.25				
My cultural and religious beliefs support family planning	1.49				

Table 2 of the non-parametric statistics test for chi square show that calculate chi-square is 233.79 while the critical chi-square is 9.21. The calculated chi-square 233.79 is higher than $X^2_{0.99}$ critical (9.21), therefore we would reject that religious affiliation would not have any significant influence on the attitude of women toward family planning in this study area. And accept that religious affiliation would have significant influence on the attitude of women toward family planning in this study area

Hypothesis 3:

There is no significant influence of cultural norms on attitude of women towards family planning.

Table 3: Chi-Square Analysis of significant influence of cultural norms on attitude of women toward family planning

	Mean Rank	N	Df	Chi-square	Asymp. Sig
The cultural norms of women of childbearing age affect the attitude of women's toward family planning.	2.22	386	2	189.53	0.00
My cultural and religious beliefs support family planning	1.52				
Desire of a balanced number of sons and daughters is also common factor affecting the attitude of women towards family planning	2.26				

Table 3 of the non-parametric statistics test for chi square show that calculate chi-square is 189.53 while the critical chi-square is 9.21. The calculated chi-square 189.53 is higher than $X^2_{0.99}$ critical (9.21), therefore we would reject that there would be no significant influence of cultural norms on attitude of women toward family planning. And accept that there would be significant influence of cultural norms on attitude of women toward family planning.



Hypothesis 4:

Educational status has no significant influence on attitude towards family planning.

Table 4: Chi-Square Analysis on Educational status of women would not significantly influence their attitude toward family planning

	Mean Rank	N	df	Chi-square	Asymp. Sig
Family planning is been influence by the level of one's educational status.	5.62				
Adoption of contraceptive use is a prerequisite for family limitation and child spacing.	5.64				
The involvement of partner's effect affect family planning.	5.66				
Family planning limits childbearing and spacing of children.	5.66				
I am aware and knowledgeable about the available family planning services	5.63				
Healthcare providers attitude influence your attitude toward family planning.	3.88	386?	9	220.03	0.00
Having enough knowledge of contraception, limit family's number.	5.72				
Educational status of women of childbearing age, influence the choice of family planning.	5.75				
There is adequate practice of family planning among married undergraduate Biology students in FCE, Zaria	5.80				
Poor knowledge of reproductive health issues among males pose barriers for women to accept family planning	5.65				

Table 4 of the non-parametric statistics test for chi square show that calculate chi-square is 220.033 while the critical chi-square is 21.7. The calculated chi-square 220.033 is higher than $X^2_{0.99}$ critical (21.7), therefore we would reject that educational status of women would not significantly influence their attitude toward family planning and accept that educational status of women would have significantly influence their attitude toward family planning.

Discussion of Findings

Socio-economic status would not have significantly influence on attitude of women towards family planning. Sulthana, and Shewade (2015) agreed that everywhere in the world, men have an important role in the socioeconomic progress of women. When designing social sex-based policies, ignoring women increases both their effectiveness and inequality. The use of fertility and contraception in developing countries are associated with socioeconomic status and other relevant



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elements. This finding is not supported by the study of Schonfield, Alrich and Gold (2008) who has a similar view that there are some contraceptive methods of family planning that are expensive, and some couples cannot afford to use or purchase them due to their financial situations in the society.

Religious affiliation would not have significant influence on attitude of women towards family planning and this is supported with the study of Rasheed (2010) who said that the Qur'an actually states the limitation of children, which is having not more than four children with a stated age of marriage. Also, it states that the father should take proper care of the children in terms of responsibility. The Bible also confirms the statements that family planning is very crucial in a couple's life so as to adjust favourably to the economic demand of life (Schonfield, Alrich & Gold, 2008).

There is no significant influence of cultural norms on attitude of women towards family planning. This finding is not in support of Habiger (2007) study, which reveals that cultural norms of the couples should not neglect the choice of family planning. It also indicates that family planning method should be encouraged among couples. This finding was supported by Rasheed (2010), he states that community norms also prescribe how much autonomy an individual has in making family planning decisions. The larger the differences in reproductive intentions within a community, the more likely the community norms support individual choices. Household and community influence can be so powerful that they can obscure the line between individual desires and community norms. For instance, in some culture, many women reject contraception because bearing and raising children is the path to respect and dignity in the society. People are often unaware that such community norms influence their choices.

Educational status has no significant influence on attitude towards family planning. This is in line with the study of Olaitan (2009) who opined that the level of educational status of the couples determines their attitudes toward the choice of family planning. For instance, ignorance and illiteracy will make some persons not to be aware of the benefit of family planning method. Even though the family planning service provider comes to visit the person and educate him on the importance of family planning method, he/she will be confused and will not listen to the service provider, especially those couples in the Northern part of Nigeria. These findings support the research of Esselman, (2010) and Wahid, Khan, and Ata, (2016) who's studies shows that married men who are illiterate and younger do not exchange ideas or allow their spouses to do family planning and that they do not even discuss family planning with their wives.

Conclusion

Family planning has been a key issue in the promotion and improvement of reproductive health as well as in population reduction programs. The utilization of contraception has been related with declining ripeness; working on the strength of ladies and youngsters through birth-dispersing and the decrease of the quantity of pregnancies; just as expanding ladies' strengthening through permitting them to proceed with their schooling and join the workforce.

Ladies' schooling, business, admittance to and information on contraception have been featured as significant indicators of ripeness and contraception by demographers. Previous studies have shown that couple attitudes towards family planning, fertility desire, and women's ability to make decisions regarding the use of family planning were important predictors of family planning use.



Recommendations

Based on the findings, the following recommendations were made:

1. Each couple ought to be urged to visit the family planning specialist co-ops to illuminate the couples on different family planning decisions that will meet their monetary status.
2. Government should construct Reproductive Health Centers, where family planning training would be given to couples on the decision of family anticipating both instructed and non-taught couples.
3. Family planning specialist co-ops ought to teach the couples on the viability of family planning.
4. Couples with one child and new couples ought to be debilitate on the utilization of the permanent surgical method (vasectomy) of family planning.

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