



UNIVERSITI PUTRA MALAYSIA

***LEVEL OF KNOWLEDGE, ATTITUDE AND PRACTICE OF FAMILY
PLANNING AMONG PUBLIC SECONDARY SCHOOL TEACHERS IN
ENUGU EAST SENATORIAL DISTRICTS, NIGERIA***

OKAFOR CHARLES ONYINYE

FPSK(m) 2021 8



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By

OKAFOR CHARLES ONYINYE

**Thesis Submitted to the School of Graduate Studies, Universiti Putra
Malaysia, in Fulfilment of the Requirements for the Degree of
Master of Science**

March 2021

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfillment of the requirement for the degree of Master of Science

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By

OKAFOR CHARLES ONYINYE

March 2021

Chairman : Associate Professor Nor Afiah binti Mohd Zulkefli, PhD
Faculty : Medicine and Health Sciences

In developing nations, family planning inadequacies are the major cause of poverty, ill health, poor economic development, and political instability. Adequate family planning utilization could save about \$5.7 billion by preventing unintended pregnancies and unsafe abortions. However, adoption of any family planning method requires prior knowledge. A good knowledge of the use of family planning methods and their benefits/side effects depends on the effectiveness of the counselling and sensitization of the risk population. The objectives of this study are to determine the level of knowledge, attitude, and ever practice family planning and its associated factors among public secondary school teachers in Enugu east senatorial districts Nigeria. A cross-sectional study conducted among public secondary school teachers in Enugu east senatorial districts, Nigeria. All eligible teachers aged 18-60 years old were included in this study. A total of 1000 self-administered questionnaires were distributed. Chi-square test and simple logistic regression were used to identify the factors associated with levels of knowledge, attitudes, and ever practice family planning among the respondents. Binary Logistic Regression was used to determine the predictors of good knowledge, positive attitudes, and ever practices family planning. All hypothesis tests were two-sided, and the level of significance was set at 0.05. The total number of respondents included was 1000 and the response rate was 100%. The majority (61.3%) of the respondent had good knowledge of family planning while more than half of the respondents (52.7%) had positive attitudes towards family planning, and about 55.0% of them had ever practice family planning. Furthermore, factors which were significantly associated with levels of knowledge, attitudes, and ever practice family planning includes some variables from socio-demographic characteristic, sources of information, partner involvement, history of family planning and healthcare facilities. Binary logistic regression analysis showed the significant predictor of good knowledge; being a female (AOR=0.48 95%CI

0.34-0.67), other ethnic groups (Hausa and Yoruba) (AOR= 5.33: 95%CI: 2.77–10.25). A significant predictor of positive attitude was the age group 38 years and above (AOR=2.40: 95%CI: 1.78–3.24), having a bachelor's degree in education (AOR=6.74: 95%CI: 2.82-16.08). For, ever practiced family planning includes those with 3 children and above (AOR=3.46: 95%CI: 2.09–5.71), and getting health information from the radio (AOR=2.56: 95%CI: 1.56–4.19). Conclusively, the respondent's levels of knowledge, attitude and ever practice of family planning are moderate. However, family planning educational workshop is recommended to improve the teacher knowledge on family planning, also to increase awareness on the important family planning using social media as a channel.

Keywords: Knowledge, Attitude, Practice, teacher, and family planning.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia
sebagai memenuhi keperluan untuk ijazah Master Sains

**TAHAP PENGETAHUAN, SIKAP DAN AMALAN PERANCANGAN
KELUARGA DI KALANGAN GURU SEKOLAH MENENGAH AWAM DI
DAERAH SENATOR TIMUR ENUGU, NIGERIA**

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Di negara-negara membangun, kekurangan perancangan keluarga adalah penyebab utama kemiskinan, kesihatan yang buruk, pembangunan ekonomi yang buruk, dan ketidakstabilan politik. Penggunaan perancang keluarga yang mencukupi dapat menjimatkan sekitar \$ 5.7 bilion dengan mencegah kehamilan yang tidak diingini dan pengguguran yang tidak selamat. Walau bagaimanapun, penggunaan kaedah perancang keluarga memerlukan pengetahuan terlebih dahulu. Pengetahuan yang baik mengenai penggunaan kaedah perancang keluarga dan faedah-faedah atau kesan-kesan sampingannya bergantung kepada keberkesanan kaunseling dan pemekaan populasi berisiko. Objektif kajian ini dijalankan untuk menentukan tahap pengetahuan, sikap dan amalan perancangan keluarga dan faktor-faktor yang berkaitan dalam kalangan guru di sekolah menengah awam di daerah Senator Timur Enugu, Nigeria. Satu kajian keratan rentas telah dijalankan dalam kalangan 1000 orang guru sekolah menengah awam di daerah Senator Timur Enugu, Nigeria. Semua guru pada peringkat umur 20-60 tahun telah dipilih ke dalam kajian ini. Sebanyak 1000 soal selidik jawapa sendiri telah diedarkan. Ujian Chi-square dan Regresi Logistik Mudah digunakan untuk mengenal pasti faktor-faktor yang berkaitan dengan tahap pengetahuan, sikap dan amalan perancangan keluarga di kalangan responden yang terlibat. Regresi Logistik Binari digunakan untuk menentukan peramalan pengetahuan yang baik, sikap yang positif dan amalan perancangan keluarga yang baik. Semua ujian hipotesis dilakukan secara dua sisi dan tahap yang signifikan telah ditetapkan pada 0.05. Jumlah responden adalah 1000 dan kadar respons adalah 100%. Majoriti (61.3%) responden mempunyai pengetahuan yang baik tentang perancangan keluarga, manakala separuh daripada responden (52.7%) mempunyai sikap positif terhadap perancangan keluarga, dan 55.0% daripada mereka pernah mengamalkan perancangan keluarga. Walaubagaimanapun, faktor yang signifikan dengan tahap pengetahuan, sikap dan amalan

perancangan keluarga termasuk dalam beberapa pemboleh ubah dari segi ciri-ciri demografi sosial, sumber maklumat, penglibatan rakan kongsi, sejarah perancangan keluarga dan kemudahan penjagaan kesihatan. Analisis regresi logistik binari menunjukkan peramal penting terhadap pengetahuan yang baik; adalah seorang wanita (AOR=0.48 95%CI 0.34-0.67), kumpulan etnik lain (Hausa dan Yoruba) (AOR=5.33: 95%CI: 2.77-10.25). Peramal yang signifikan terhadap sikap positif ialah kumpulan umur 38 tahun ke atas (AOR = 2.40: 95%CI: 1.78-3.24), memiliki ijazah sarjana muda dalam pendidikan (AOR=6.74: 95%CI: 2.82-16.08). Hal ini demikian kerana, perancangan keluarga yang pernah diamalkan melibatkan mereka yang mempunyai 3 orang anak ke atas (AOR=3.46: 95%CI: 2.09-5.71), dan mendapatkan maklumat kesihatan daripada radio (AOR=2.555: 95% CI: 1.558-4.19). Majoriti responden adalah mempunyai pengetahuan yang baik terhadap perancang keluarga, sikap positif terhadap perancang keluarga Namun demikian tahap pengetahuan yang baik, sikap yang positive dan amalan perancang keluarga bagi responden kajian ini adalah masih sederhana. dan mengamalkan perancang keluarga. Kempen kesedaran yang efektif diperlukan bagi guru-guru wanita di dalam daerah Senator dengan menggunakan radio sebagai media untuk meningkatkan pengetahuan dan kebaikan perancang keluarga juga kesan sampingannya yang boleh berlaku.

Kata kunci: Pengetahuan, Sikap, Amalan, Guru dan Perancang keluarga

ACKNOWLEDGEMENTS

I wish to express my thanks and gratitude to ALMIGHTY GOD, who in his infinite mercy, grace, and sustaining power. I was able to get to this study done. In that same vein, I want to sincerely appreciate my supervisor, Associate Professor Dr. Nor Afiah Binti Mohd Zulkefli, who in her immense contribution guided and assisted me from the beginning of this study to its completion; I would also like to acknowledge her co-supervisor, Dr. Sri Ganesh Muthiah for his enormous contribution especially in the provision of useful suggestion and correction, my appreciation also goes to principal and teachers of respective public secondary schools in Enugu East senatorial zone for their kind co-operation, without them this study would have been impossible. I also want to thanks all the lecturers in the Department of Community Health, Faculty of Medicine, and Health Science Universiti Putra Malaysia, who's lecturing and motivation guided me all through.

This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfilment of the requirement for the degree of Master of Science. The members of the Supervisory Committee were as follows:

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LIST OF ABBREVIATIONS

A	Alpha
β	Beta
°C	Degree celsius
%	Percentage
CI	Confidence interval
TFRs	Total Fertility Rates
ICPD	International Conference Population & Development
WHO	World Health Organisation
NDHS	Nigeria Demographic Health Survey
CPR	Contraceptive Prevalence Rates
IUCD	Intrauterine Contraceptive Devices
mCPR	Modern Contraceptive Prevalence Rate
COCs	Combined Oral Contraceptives
POPs	Progestogen-only Pill
CIC	Combined Injectable Contraceptive
CVR	Contraceptive Vaginal Ring
LAM	Lactational Amenorrhea Method
SDM	Standard Days Method
BBT	Basal Body Temperature
MMR	Maternal Mortality Ratio
OR	Odds Ratios
AOR	Adjusted Odds Ratio
STIs	Sexually Transmitted infections

JKUPM	Jawatankuasa Etika Universiti Putra Malaysia
SPSS	Social Science Statistical Package
WAEC	West African Examination Council
NECO	National Examination Council
PGDE	Postgraduate Diploma in Education
NCE	National Certificate in Education
LGA	Local Government Area
NPC	National Population Commission
NURHI	Nigeria Urban Reproductive Health Initiative
BMGF	Bill and Melinda Gate Foundation
RHCS	Reproductive health commodity Security

JKUPM	Jawatankuasa Etika Universiti Putra Malaysia
SPSS	Social Science Statistical Package
WAEC	West African Examination Council
NECO	National Examination Council
PGDE	Postgraduate Diploma in Education
NCE	National Certificate in Education
LGA	Local Government Area
NPC	National Population Commission
NURHI	Nigeria Urban Reproductive Health Initiative
BMGF	Bill and Melinda Gate Foundation
RHCS	Reproductive health commodity Security

CHAPTER 1

INTRODUCTION

1.1 Background

The world population is growing very rapidly. Its adverse effect on human beings has been a source of concern to every stakeholder in the health sector. The world's current population is estimated at 7.5 billion people, with a projection of 10 billion people by the year 2050 (PRB, 2016). Most of this population growth occurs in developing nations, where fertility rates remain relatively high (Sippel *et al.*, 2011). Fertility levels are highest in sub-Saharan Africa, especially in Nigeria where the total fertility rates (TFRs) is 5.5 live births per woman when compared with many developed countries, whose total fertility rates (TFRs) is less than two (Olawande, 2016). In Nigeria, the current population is estimated at 182 million people base on that Nigeria ranked as the most populous nation in Africa and the seventh most populous in the world, both the annual population growth rate of 3.2% and a total fertility rate of 5.5 live births per woman, ranked Nigeria among the highest in the world. In other words, every woman in Nigeria is estimated to give birth to six children by the end of their childbearing circle. This fertility rate is 15% higher than what it would be if all unwanted births were avoided (PRB, 2016). About a quarter of 1000 adolescent pregnancies in Nigeria, end in unsafe abortion and adolescence contributes 60% of approximately 600,000 induced abortions annually due to poor utilization of contraceptives resulting in high adolescent pregnancy, unsafe abortion, and maternal mortality (Isonguyo, 2013).

However, the level of knowledge on family planning among Nigerian varies across the methods. The most commonly known method was pill (71%), followed by injectable and male condom 68% and 67%, respectively, while the least known methods were male sterilization (16%) (National Population Commission of Nigeria, 2014). Additionally, previous studies have shown that most Nigerian show negative attitudes towards family planning; as the study among 400 parents in Osun state Nigeria reported that 69.5% of the parents have a negative attitude towards the provision of contraceptive to adolescents because 84.2 % of the parents agree on total abstinence as the best contraceptive practices for the youth (Olufemi, 2013). Another study in Kaduna, Nigeria, among 220 fulltime female students, shows that most of the students (80%) had poor attitudes towards emergency contraceptive pills (Durosinlorun Amina, 2014). Furthermore, Nigeria's contraceptive prevalence rate is 15%, one of the lowest in the world compared to other developing countries like china 85% and developed countries like the United Kingdom 84% and the States of America 74% (PRB, 2016). However, studies have shown that, after fertility-related reasons, inadequate information, misconceptions and poor knowledge about family planning method and their side effects, are the most common reasons for low contraceptive use in Nigeria, friends with little or no

knowledge of family planning instead of qualified health worker are the main sources of information in the country (Abdulrazaq et al., 2014; Ankomah et al., 2011; Okanlawon et al., 2010). Thus, no study of this nature has ever been conducted among teachers in Enugu state, which has prompted this study to determine the level of knowledge, attitude, and the practice of family planning and its associated factors among the public secondary school teachers in Enugu East senatorial districts, Enugu, Nigeria because teachers are good educators and role models for young adults. They spend a considerable part of their life with teachers who are instrumental in their mental and physical development. It is hoped that this research's outcomes will help to create awareness of the significance of family planning and also it will serve as a baseline for future intervention health education program.

1.2 Problem Statement

In developing nations, family planning inadequacies are the major cause of poverty, ill health, poor economic development, and political instability. Adequate family planning utilization could save about \$5.7 billion by preventing unintended pregnancies and unsafe abortions (Bremner et al., 2010; Darroch et al., 2008). A Global health statistics revealed that over 40,000 Nigerian women die from childbirth and pregnancy-related complications. Also, Nigeria accounts for 2.5% of the world's population; it is also responsible for 14% of maternal deaths globally every year (UNICEF., 2014). However, family planning is promoted as a mechanism to address the reproductive health needs of men and women, as well as the crucial challenge of rapid population increase (Adeyinka et al., 2012). The adoption of any family planning method requires prior knowledge of the method. A good knowledge of the use of family planning methods and their benefits/side effects depends on the effectiveness of the counselling and sensitization of the risk population. Also, the perception of family planning by women is dependent on good knowledge and has a great impact on their attitudes and practices (Ajong et al., 2016).

Furthermore, as revealed in many studies that Nigeria youths demonstrate poor knowledge, negative attitudes, and poor practices of family planning; and for the record that no study of this nature has ever been conducted among teachers in Enugu state, these have necessitated our choice of teachers as our study population because teachers are the vessels for the impartation of knowledge or skill to students to enhance learning or understanding, their knowledge and experience on family planning will improve the quality of student's relationships and their ability to make informed decision over their life time (Adogu & Nwafulume, 2015). A study among female student in Kaduna, Northern Nigeria, which reported that overwhelmed majority 97.7% of the respondents had poor knowledge, 80% had poor attitude. Only 15.2% uses Emergency contraceptive pill as a result of poor awareness because it is only 14.6% of respondents had ever heard of the Emergency contraceptive pill, and 4.4% were aware of the correct timing of use (Durosilorun Amina, 2014). This is also in agreement with the findings in Oyo state, western Nigeria, which

revealed that 24.8% of males and 29.5% of females had heard about a contraceptive, 45.2% disagreed that contraceptives were safe for adolescents, and 44.3% believed that there were no youth-friendly family planning clinics around them as result of that only 9.0% had used contraceptive (Julius & Patience, 2016). Recently Nigeria government through the ministry of health at London Summit on family planning agreed to improve the contraceptive prevalence rate (CPR) from 15% to 36% by the year 2018 despite all effort relatively little or no progress has been achieved over this past five years (Government, 2014). Furthermore, not all married women who desire to space their childbearing or limit birth could meet their need regarding contraceptives methods. Therefore the unmet need of family planning in Nigeria from 1990-2010 stand at 21.2%, thus insignificant change was recorded within these periods when compared with a developed country like the United kingdom with 7.2% and 4.7% and less developed country like China with 5.4 and 3.4%. However, these countries recorded a sharp decrease in the unmet need for family planning than Nigeria (Alkema et al., 2013).

1.3 Significance of the Study

This study is hoped to be useful both in theoretical and practical significance since it focuses on addressing issues that are very important to society at large. Also, the findings of this study will contribute to the already existing literature that will help the policymakers at the district, regional and national levels in making pragmatic policies to improving the teacher's knowledge and enhancing their teaching ability concerning adolescent sexual and reproductive health by creating programs that pave the way for easy communication between teachers and student as the youth are known as future of tomorrow. The knowledge acquired from this study will be used to create an awareness campaign on the significance and proper use of contraceptive methods. Nevertheless, feasible policy strategies that are going to enhance or proffer solutions to reproductive health problems worldwide.

This study look into many factors associated with knowledge, attitudes, and practices towards family planning; it will provide more information to Nigeria government on how to achieve its goal on contraceptive prevalence rate, as a poor practice of family planning have led to increasing unintended pregnancy, unsafe abortion, and high maternal mortality and morbidity rate in Nigeria. Moreover, no study of this nature has ever been conducted among teachers of public secondary schools in Enugu East senatorial districts at the time of this study. Therefore, this will help teachers in accessing and counselling students in issues related to adolescent sexual and reproductive health, because teachers are instrumental in knowledge or skill impartation on students to enhance learning or understanding, which in turn help's student to have healthy relationships and make informed decision over their life time (Adogu & Nwafulume, 2015). Another study to determine the effect of education and family planning on fertility decline revealed that women's attainment of lower

secondary education is a key to accelerating fertility decline, resulting in high contraceptive prevalence rate for modern methods (Liu & Raftery, 2020).

1.4 Research Question

- I. What are the level of knowledge, level of attitude, and the level practice of family planning among teachers?
- II. What is the association between level of knowledge, level of attitude, and practice of family and planning the socio-demographic characteristic, partner involvement, history of family planning, healthcare facility, and sources of information among the teachers?
- III. What are the determinants for good knowledge, positive attitudes, and ever practice family planning among the teachers?

1.5 Objectives

1.5.1 General Objective

To determine the level of knowledge, attitude, and ever practice family planning and its associated factors among public secondary school teachers in Enugu east senatorial districts, Enugu, Nigeria.

1.5.2 Specific Objectives

- I. To determine the socio-demographic characteristics, source of information, partner involvement, history of family planning methods, and healthcare facility of respondents.
- II. To determine the level of knowledge, level of attitude, and ever practice family planning among the respondents.
- III. To determine the association between level of knowledge, level of attitude, and practice of family and planning the socio-demographic characteristic, partner involvement, history of family planning, healthcare facility, and sources of information among the teachers.
- IV. To identify the determinant of good knowledge, positive attitude, and ever practiced family planning among the respondents.

1.6 Research Hypothesis

- i. There is a significant association between level of knowledge, level of attitude, and practice of family planning and the socio-demographic characteristic, partner involvement, history of family planning, healthcare facility, and sources of information among the teachers.



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LIST OF PUBLICATIONS

Okafor Onyinye C., Zulkefli Nor Afiah M., Muthiah Sri Ganesh. Predictors of Knowledge, Attitudes and Ever Practice Family planning among Public Secondary School Teachers in Enugu East Senatorial District, Nigeria. Nigerian Journal of Clinical Practice (Under Review).

Charles O. Okafor, Nor Afiah M. Zulkefli, Sri Ganesh Muthiah. Current practice of family planning among teachers in public secondary school in Enugu East Senatorial District, Nigeria. African Health Science, accepted for publication.

Mohd Zulkefli, Okafor Charles, Sri Ganesh Muthiah. Association between socio-demographic characteristics and knowledge, attitude, and practice of family planning among public secondary school teachers in Enugu East Senatorial District, Nigeria. Ethiopian Journal of Health Development (Under Review).



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