

# Influence Factors Utilization of Family Planning Services among Reproductive Age Women's in Primary Health Care

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## Abstract

**Background:** Family planning services as an essential component of primary health care and reproductive health, contributes to reducing maternal and newborn mortality and morbidity and transmission of HIV. Attitudes and knowledge towards family planning services are role play and consider influence factors on family planning services, assess to the means of fertility regulation and communication between husband and wife about desired family size and timing of pregnancy are essential for family planning.

**Objective:** To determine the influence factors on family planning services of women in reproductive age. Also to determine the association between influence factors of family planning of women in reproductive age and their demographic characteristic.

**Materials of the Study:** The study design a quantitative research by descriptive study, the sampling it is non-Probability "purposive" sample was a conducted on 150 females which attended with requirement health care services attained in primary health care centers at AL-Najaf city for period from September 7, 2018 to February 16, 2018 November. A questionnaire it has used as a tool of data collection to fulfill the study. A descriptive and inferential statistics was used to analyze the data.

**Results:** The study results indicate that the majority of study responses are age (30\_37)years with 42.0%, duration marriage the most study sample (6\_11)years with 44.0%. Related to number of children more half study sample (3\_5) with 49.3%, Level of education most are higher secondary school with 28.0%, Occupation the majority study sample homemaker with 70.7% and live in urban. The study sample utilization of met family planning was oral contraceptive pills with 34.7%. In addition, the study sample are more than half their knowledge are poor and attitude negative about family planning.

**Conclusion:** The majority of the sample study used contraceptive pills and IUD due easy and do not need to procedures and knowledge. There is a significant relationship between knowledge, attitude and items of family planning. Some of demographic data effect upon knowledge and attitude because different in level of education and residence.

**Keywords:** Program of family planning services, types of contraceptive, Influence Factors utilization of Family Planning.

## Introduction

The influence factors on family planning have women's of reproductive age maybe know little or incorrect information about family planning services. Also when they know some names of contraceptives they don't know where to get them or how to use it these women have negative attitude about family planning while some have heard false or misleading information<sup>(1)</sup>.

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The poor correspondence between knowledge and attitude of family planning services has drawn attention to women's perception about the positive and negative aspect of modern contraception. So consider the factors effect for family planning are knowledge and attitude that use modern method stemmed from fear that uses might cause infertility, producing damaging side effect and forgetting to take contraceptives was a serious risk. Family planning is important and effective in improving the health of mothers and children<sup>(1)</sup>. WHO defined family planning programs as (a program that allows individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births<sup>(2)</sup>).

Family planning as an essential component of primary health care center and reproductive health, contributes to reducing maternal and newborn mortality and morbidity and transmission of HIV. Through increase awareness and attitudes towards family planning services that lead to fertility regulation and communication between husband and wife about desired family size and timing of pregnancy are essential for family planning. Its cognitive decisions and behavioral practices that enable women to conceive a wanted pregnancy and avoid unwanted or badly timed pregnancy<sup>(3)</sup>.

Although most people are aware of the benefits of family planning services, they complained that it was difficult to access family planning services as such services were provided by health facilities that were far from their homes<sup>(4)</sup>.

The increase in teenage pregnancies and unsafe abortions as well as the maternal mortalities that occurred could have been prevented if uptake of family planning services were improved. The factors that influence the uptake of family planning services is imperative as very little is known about the factors that influence the decision of people to go for family planning services.<sup>(5)</sup>

Family planning services can bring a wide range of benefit to women in Iraq. Before the Gulf war, Iraq underwent a rapid population growth therefore requested married women to limit their families to 4 offspring. And after the Gulf war Iraq insisted on maintaining a high population because of the total death caused by inflict and sanctions, since thus 1993 Iraq has a national policy on assuring access to family planning and contraceptives.

Consultative meetings and workshops were planned with the objective of strengthening and promoting family planning services in Iraq<sup>(6)</sup>.

<sup>(6)</sup>that found several factors play an important role in the use of contraceptives among women of childbearing age. The identification of these factors is crucial to the planning and implementation of suitable family planning programmers. Many factors inhibit the use of modern contraceptives among adolescents and considered as barriers include poor knowledge and negative about contraceptive, fears and rumors about side effect, and unsupportive or negative influences of partners and family members.

The utilization that influence family planning services for contraceptives use by teenagers has also been found to be a factors of socio-economic status, knowledge about contraceptives, attitudes about issues related to contraceptives, residential area, educational status, counseling received about contraceptives, attitudes of the contraceptive providers, and cultural values, beliefs and norms<sup>(7)</sup>.

**Materials of the study:** The study design was quantitative research through descriptive study, the sampling it is non-Probability "purposive" sample was a conducted on 150 females which requirement health care services attained in primary health care centers at AL-Najaf city for period from September 7, 2018 to February 16, 2018 November. A questionnaire it has used as a tool of data collection to fulfill the study, which consist of three parts, include demographic characteristics, types of contraceptive method or family planning method, and influence factors utilization of family planning services. A content validity, which is carried out through 13 panel of experts, while reliability use split half. A descriptive and inferential statistics are used to analyze the data through program spss version 21.

**Ethical Consideration:** The ethical clearance of the present protocol was obtained from the Health Ethics Committee of the university of AL-Ameed and health directorate in Karbala governorate. The individuals were included in this study were not undergone any invasive medical procedure or surgery. In addition, informed verbal consent was taken from all females client before study inclusion that attained to primary health care center.

## Results

**Table (1): Statistical distribution of the sample studied sample according to their demographic data.**

Demographic data	Rating	Frequency	Percent
Age/years	<= 20	12	8.0%
	21 - 29	54	36.0%
	30 - 37	63	42.0%
	38 and more	21	14.0%
Duration of marriage	<= 5 years	35	23.3%
	6 – 11years	66	44.0%
	12 – 18 years	29	19.3%
	19 and more years	20	13.3%
Number of children	<= 2	55	36.7%
	3 - 5	74	49.3%
	6 and more	21	14.0%
Level of education	unable to read and write	12	8.0%
	Primary	39	26.0%
	Secondary	35	23.3%
	Higher secondary	42	28.0%
	Graduate	22	14.7%
Occupation	Employment	44	29.3%
	Housewife	106	70.7%
Resident	Urban	129	86.0%
	Rural	21	14.0%
Total		150	

This table shows that the most of the study samples are age (30\_37)years within age groups and duration marriage the most study sample (6\_11) years. Related to number of children are more half study sample (3\_5) with 49.3%, Level of education most of the study

sample higher secondary level with 28.0%,occupation the majority study sample are housewife with 70.7%. Regarding the resident, the most of study sample urban with result 86.0%.

**Table (2): Statistical distribution of the sample studied sample according to Method of family planning.**

Demographic data		Frequency	Percent
Method of family Planning services	Oral contraceptive pills	52	34.7%
	IUD	30	20.0%
	Withdrawal	27	18.0%
	Male condom	19	12.7%
	Injection	12	8.0%
	Female sterilization	2	1.3%
	Calendar method	4	2.7%
	Lactation amenorrhea	4	2.7%

This Table depict the results among the method of family planning and the majority method are use of study sample oral contraceptive pills with 34.7%.

**Table (3): Factors that influence the utilization of family planning services frequency distribution**

Factors	Rating	Frequency	Percent	M.S	Assessment
Knowledge factors	Poor	97	64.7%	1.34	Poor
	Good	53	35.3%		
Attitude factors	Negative	101	67.3%	1.49	Negative
	Positive	49	32.7%		

Cutoff: 1.5 (mean of score <= 1.5 Poor, Mean of score > 1.5 Good);  
 Cutoff: 1.5 (mean of score <= 1.5 Negative, Mean of score > 1.5 Positive)

This table shows the influence factors about utilization of family planning services that indicate the study results regarding knowledge of study sample about family planning more half of study sample is poor knowledge about family planning with 64.7%. also regarding attitude about study sample among family planning services are most for study sample is negative response 63.3%.

**Table (4): Correlation among Knowledge, and Attitude, Items about family planning.**

		Knowledge	Attitude
Knowledge	Pearson Correlation		.551**
	Sig. (2-tailed)		0.0001
	N		150
Attitude	Pearson Correlation	0.558**	
	Sig. (2-tailed)	0.0001	
	N	150	

\*\* . Correlation is significant at the 0.01 level (2-tailed).

This table shows correlation between knowledge, attitude that the indicate there is high significance within influence factors for family planning services at p. value (0.0001) within confidence interval 95% and p. Value less than or equal 0.05.

**Table (5): Relationship between Knowledge Influence factors for family planning services and demographic data.**

Demographic data	Chi-square (X <sup>2</sup> )	df	P-value (Sig.)
<b>Knowledge and demographic data</b>			
Age (Years)	10.951	3	0.012 (S)
Duration married	9.605	3	0.022 (S)
Number	17.677	2	0.0001 (HS)
Education	24.898	4	0.0001 (HS)
Occupation	10.282	1	0.001 (HS)
Residence	17.840	1	0.0001 (HS)
Method	26.713	7	0.0001 (HS)
<b>Attitude and demographic data</b>			
age (Years)	15.521	3	0.001 (HS)
Duration of marriage	5.783	3	0.123 (NS)
Education	38.117	4	0.0001 (HS)
Occupation	7.949	1	0.005 (HS)

This table show the relationship between knowledge and their demographic data the result show high significant relationship between knowledge and (number of children, education level, occupation, resident and method of family planning) with p.value 0.001 and significant relationship between knowledge and (age, duration marriage) with p. value (0.12, 0.22). Also attitude and their demographic data the result indicate is high significant.

## Discussion

The findings of the study indicate demographic data of study participant was the mean age (30\_37) years within age groups and all of the study sample were married who utilization of family planning they are period (6\_11) year. These result support by<sup>(8)</sup> was the most percent 44.0% others result were ( $\geq 5$  with percent 23.3%, 12\_18 with 19.3%, and 19 and more with 13.3%. these result about 19.5% respondents had good knowledge of contraception, 76.4% respondents had average knowledge about contraception and 4% had poor knowledge about contraception.

The study finding indicate regarding have children for study sample were (3\_5) children. There are authors<sup>(8)</sup> that found with 56% have 2 children with 36.7% and 6 and more with 14.0% and same of the study most of the study sample were marriage or couples (31.9%) had 3 children, 25.9% had 4 children, 17.1% had 5 children, 7.5% had 6 children, 10.3% had 2 children, and 2.5 had 1 child.

The women were asked about their level of education of the most 28.0% high secondary other results is unable to read and right was 8.0%, primary 26.0%, secondary 23.3%, and Graduate and housewife and employment most of them living in the city and the others lived in rural areas.

The majority of study sample use oral contraceptive pills with 34.3% other method were IUD 20.0%, withdrawal 18.0%, male condom 12.0%, injection 8.0%, female sterilization 1.3%, calendar method and lactation amenorrhea were 2.7%. These results are disagree with<sup>(9)</sup> that found the total number of condoms provided by international donors has been relatively low. between 2000 and 2005, the average number of condoms distributed in Nigeria by donors was (5.9%) man, per year, and in 2002, 75 per cent of health services facilities visited in a survey did not have any condom or contraceptive supplies this in turn does not encourage

the utilisation of family planning services due to lack of needed contraceptive method.

The study finding also supported by<sup>(10)</sup>, oral contraceptive were the most predominantly recognized modern method (85.9%; 116/135). However, only 28.1% (38/135) heard of implant and injections as modern contraceptive method.

Others studies are related to utilization for family planning is prevalence of contraceptive use in approaching 60% worldwide and In the less developing countries almost 53% of couples are using some form of contraception<sup>(11)</sup>.

Studies done in many countries showed that the most commonly used method of contraception among women in southern Jordan were oral contraceptives, IUD, withdrawal and female sterilization was only used by 4.2% of women. Another study found that Jordan Muslims preferred IUD as contraceptive method and that the believed that the IUD had fewer side effect than oral contraceptive<sup>(12)</sup>.

World health organization which showed that women in many underdeveloped countries don't have enough knowledge about contraception<sup>(2)</sup>.

The majority of women in this study were unfamiliar with the idea of family planning half of the study sample were poor knowledge about influence factors on utilization on family planning 64.7% percent. These study finding of our study is concerned with study done in Jordan about knowledge of women with 91.4% never heard about types and utilization of family planning services<sup>(13)</sup>. Others study results is inconsistency with or study that indicate women has good knowledge about<sup>(14)</sup> in duhaks showed that 82.4% of women know about family planning.

The sample of the study show negative attitude toward family planning method. Others studies done by researchers who found positive knowledge and attitude about family planning and family planning services in the district were; spacing of children and the desire of some women to prevent pregnancy and Sexual Transmitted Infections (STIs) due to increase their awareness and attitude about family planning services by<sup>(5)</sup>.

The finding of the study that there is a relationship between influence factors utilization for family planning services and demographic data that indicate

high significant between knowledge and demographic data. These findings were agree with our study by <sup>(16)</sup>, educational attainment and level of knowledge about family planning method were statistical significant to family use. the findings of the current study echoed in many other studies. Found that well educated women are more willing to engage in innovative behaviour than less educated women and in many developing countries, the use of family planning method remains innovative. Another researchers support for our study by<sup>(17)</sup>. also reported a positive association between educational level of both women and their spouses and use of contraceptive method.

**Ethical Clearance:** The Research Ethical Committee at scientific research by ethical approval of both MOH and MOHSER in Iraq.

**Conflict of Interest:** Non

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