

# Knowledge and practice of family planning among nursing mothers attending child welfare clinic in lagos university teaching hospital, lagos state

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## Abstract

This study assessed the knowledge and practice of family planning among nursing mothers attending child welfare clinic in Lagos university teaching hospital, Lagos state. The family planning has called for global attraction because of its usefulness and importance in decision making regarding population growth regulation. The objectives of the study is to assess the Knowledge of family planning among nursing mothers, to assess the practice of family planning, to identify factors influencing utilization of modern family planning methods among nursing mothers. The significant of the study is to provide quality nursing care and support on family planning programme to nursing mothers confronted with the challenges. The target population consists of nursing mothers attending child welfare clinic in in Lagos university teaching hospital. Descriptive design of correlation type was adopted for the study and population of the study for three month comprised 600 nursing mothers and 240 nursing mothers was conveniently selected. Knowledge and Practice of Family Planning Among Nursing Mothers Questionnaire (KFPANMQ) was used to collect data and same were analyzed descriptively and deferentially. The results showed that 60% of Nursing Mothers have good Knowledge of family planning, 53% of Nursing Mothers have not practice family planning. About 52% of respondent stated that myths, negative perceptions, false beliefs, weight gain, changes in the mood were factors influencing women from using modern family planning in their community. The study further indicated that sex education will lead to more sexual behavior. The hypothesis stated that there is no significant different between the educational backgrounds and knowledge of family planning in the study area was rejected ( $T\text{-Cal} = 136.98$ ,  $df = 239$  &  $p < 0.5$ ). The study concluded that the nursing mother have low practice of family planning despite the availability and accessibility of family planning method. It was recommended that Nurses should facilitate effective improvements on uses and practices of family planning among women during antenatal care.

## Keywords

Family planning• Health center• Knowledge• Nursing mother• Practice

## Introduction

Family planning has been in existence for many years in both developed and developing country even before the emerging of orthodox family planning, record showed that knowledge and practice of family planning has a numerous roles and benefits which called for global attraction because of its usefulness and importance in decision making regarding population growth regulation and issues of development control related in many countries. The use of contraceptives has become essential choice on reproduction regulation that could be taken by couples to control the number of

children the family determined to have and how they want to have it, family planning is the most cost efficient techniques to control and prevent maternal-child morbidity and mortality rate in both rural and urban area and also help to meet women's health needs in both developed and developing country including Nigeria. World Health Organization (WHO, 2020), defined family planning as " a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, Attitudes and responsible decisions by individuals and couples in order to promote the health and welfare of individual, family, group and communities, this contribute effectively to the social development of a country" [1].

Family planing can be seen as a public systematic approach to control rapid growth of population and excessive development of a country through the regulation of family which is the functional unit of the community, society and the nation. However, family planning can also be refer as is a scientific approach and systematic method of

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preventing unwanted and unintended pregnancy through having a child by choice rather than by chance. Family planning is a scientific approach in relation to the determination of when to give birth, how many children does the family want to give birth to and at which rate should the family give birth to that number of children. Also, family planning is scientific spacing technique being use by couples after been duly informed. Family planning is a scientific and systematic method of preventing unwanted child and having a child by a choice and not by chance. Family planning is a child spacing which gives the couple the chance of when, where and how, many children they want to have. Family Planning is a public or community health approach with essential benefits for maternal, child and family health. It is one of important element of the strategies adopted to combat rising maternal mortality and morbidity to the safe Motherhood Conference. Family planning is having children by choice rather than by chance [2].

## Method of Family Planning

**Generally family planning can be group into two**

Traditional method

Orthodox method

### Traditional Method

In a decade, family planning has been existing ,our forefathers have been practicing family planning on their own but this family planning have no scientific rationale, that is, there is no evidence of success or failure. Although, most of them are still used as a natural family planning. Some of those traditional family planning are: Withdrawal method; Uses of barrier method; Uses of local ring; Herbal preparation; incantation recitation; Charms; Jumping after sex and taking salt after coitus. However, this traditional method of family planning is associated with socioeconomic factors, cultural belief and cultural practice. [3].

### Modern Orthodox Method

**Orthodox:** These are the modern family planning which base on scientific method rational of having child by choice and planning, it is also regarded as child spacing [4].

**Types/methods of family planning Pills.**

Barrier.

Injectables.

Insertion.

Implantation.

Education based awareness method.

Lactating amenorrhea awareness method.

Double preventive method.

Natural prevention.

Emergency family planning. Spermicide.

Abstinence from sex.

Surgical method.

However family planning can be further classified into four major categories: short term, long term, permanent and natural family planning.

**Short family planning** This is reversible type of family planning that Lasts for a moment or days or months and some of them can be used by both men and women example are Spermicide, pills, injection, barrier method, emergency family planning and fertility awareness base method. This type of family planning is reversible [5].

**Long term family planning** This is reversible type of family planning which lasts for a long period time between three to twelve (3-12) years, example are Implantation such as Jade and insertion such as ICUD. This method of family planning is reversible and the side effect associated with it is much lesser compare to short term family planning. It seems to be more simple and adoptable by many people in the community [6].

**Permanent family planning** this is irreversible family planning which can be carried out through minor surgery or incision on either male or female reproductive organ, example are vasectomy, hysterectomy, tubal ligation

**Natural family planning** this type of family planning that associated with chemical messengers (reproductive hormone) in the body, most of them are usually last for either a moment or days or months, the practice of this type of family planning require critical observation, assessment and experience in reproductive based hormone related factors [7].

**This type of family planning further group into four categories as follow**

Ovulation heat or temperature period

ovulation calendar

Secretion

breastfeeding amenorrhea (lactation amenorrhea method). General advantages of family planning it enable the family to have children they can afford. It helps mother to focus on her means of living. Improve well being and care of child. Enhance provision of family needs. Relief husband from psychological stress. It control overpopulation and regulate society development. Help mother to focus on her health. It limit risk of pregnancy and relieve pregnancy stress or effect. It ensure adequate provision of health care service for family. However, specific advantage of family planning can be explained as follow [8].

### Mother

When the mother is on family planning it keeps the woman health/ maintain her health.

Help the mother to focus on her health.

Help the mother look younger

Help the woman to attend to personal things.

It relief pregnancy trauma or effect or

complications

**Child**

It help to meet up with the education of the child.

Provide adequate care for the child.

**Husband**

It gives the husband enough time to meet the family criteria such as provision of food, education for children, healthcare services for the family.

**Community**

Help to regulate and control community crime

Help to develop well educated community.

**Country**

It regulate the population of the country

It help to achieve socioeconomic development of the nation.

**Side Effect of Family Planning**

There are no such disadvantages of the family planning but however there are some side effects are Headache, Hypertension, Gaining weight, Breast tenderness, Dizziness, Mood changes, Libido changes and Irritation

**Statement of Problem**

Globally, there are many factors and problem preventing childbearing age woman from using family planning most especially nursing mother, these problem were differ from one continent to another, one nation to another even it is different from one community to another community in the same nation. These problem create a gap in variation of using family planning among childbearing age including nursing mother. These problem are more pronounced in under developing and developing country such as Nigeria, some of the problem are ineffective use of family planning resources and inadequate provision of family planning services. low acceptance of modern family planning techniques which may be due to ignorance or fear of complications, low level of knowledge, negative attitude toward family planning and poor practice of new contraception techniques.

Incomplete and inappropriate information about the use of new modern family planning and inaccessibility of this new contraceptive technique in local community were the main reason for low acceptance of family planning in developing country. Unintended and unplanned pregnancy poses a major economical, social, psychological, and religious challenge on women of childbearing age, especially in developing countries like Nigeria which has low prevalence rate of new contraceptive techniques and some reasons for the lack of motivation in family planning: lack of accessibility to contraceptive methods; fear of side effects and approbation based on social and religion sentiments and provider bias. However, based on these reasons, it becomes necessary to study the Knowledge and Practice of Family Planning Among Nursing Mothers Attending Child Welfare Clinic in Lagos University Teaching Hospital, Lagos State.

**Objective of the Study**

To assess the level of Knowledge of family planning among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State

To assess the level of practice of family planning among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State.

To identify factors influencing utilization of modern family planning methods among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State

**Research Question**

Does the level of education influence the Knowledge of family planning among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State?

What is the level of practice of family planning among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State?

What are the factors influencing utilization of modern family planning methods among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State?

**Research Hypothesis**

The research specifically tested the following

hypothesis:

There is no significant difference between educational backgrounds and knowledge of family planning among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State  
There is no significant difference between the knowledge of nursing mothers and practice of family planning among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State.

**Methodology**

This study adopted descriptive research design of correlation type and the population consisted of all total number of 600 Nursing Mother in Child welfare Clinic in Lagos University Teaching Hospital, Lagos State. The sample comprised 240 Nursing Mother using Taro Yamane's formula in determining the sample size used. Convenience sampling technique was used to select respondents from Child welfare Clinic in Lagos University Teaching Hospital, Lagos State during data collection. Assessing the Knowledge and Practice of Family Planning Among Nursing Mothers (KPFANM) questionnaire was designed and used to gather relevant information from the sampled nursing mother. The questionnaire comprises of four sections having 30 items altogether. Section A contains five (5) items on demographic data; section B contains twelve (12) items on knowledge of family planning, section C contains eighth (8) items on practice of family planning, while section D contains five (5) items on Factors influencing practice of family planning. Boxes were provided in front of each question where respondent will tick his or her choice out of the option and all the question were closed ended questions.

For KPFANM, 5-point Likert scale of Strongly Agree (SA)=5, Agree (A)=4, Disagree (D)=3, Strongly Disagree=2, and Indifference (I)=1 was used to rate section B, C and D. Face and content validity of the instrument were established through experts' review, and test

re-test method of reliability was adopted to achieve the Pearson Product Moment Correlation Statistics with reliability co-efficient of 0.89 and 0.87 respectively. The data collected was analysed descriptively, using Frequent count, percentage scores, mean and Standard Deviation (SD) to answer the research questions and inferentially, using correlation statistics to analyse hypothesis. The hypothesis was tested using inferential statistic (Chi-square) at 0.05 level of significant. The cut-off point considered as agree for the responses was 2.50. In section D, the basis for arriving at 2.50 was by adding  $5+4+3+2+1=15/5=3$ . Thus, the interpretation of the mean scores was based on cut-off point of 3. Any mean scores that was 3 and above was considered accepted while a mean score that was below 3 was considered rejected.

## Results

### Socio demographic data among nursing mothers attending child welfare clinic in LUTH

Variable	Frequency (n= 240)	Percent (%)
Age as at last birthday		
Below 20 years		
21 to 30years	48	20
31 to 40years	74	30.8
Above 41 years	73	30.4
Means 2.48+1.01	45	18.8
Marital status		
Single	44	18.3
Married	182	75.8
Window	14	5.8
Occupation		
Trading	87	36.3
Civil Servant	90	37.5
Housewife	29	12.1
Unemployed	34	14.2
No. of children		
1 to 3 Childs	175	72.9
4 to 6 Childs	53	22.1
7 to 9 Childs	6	2.5
No Childs	6	2.5
Educational qualification		
Primary		
Secondary	37	15.4
Tertiary	86	35.8
None	112	46.7
	5	2.1

**Table 4.1.** showing the demographic data among nursing mothers attending child welfare clinic in LUTH.

Table 4.1 the mean age of the respondent was 2.48+1.01years. 20.2 % of the nursing mothers were in age 20 years below, 30.8% of the respondents were between 21 to 30y years, 30.4% of nursing mothers were in the range of 31 to 40year, 18.8% of the respondents were Above 41 years. This affirms that majority of the respondents sampled belong to age category of 20 to 40 years. According to the table, out of the total respondents, 18.3% of nursing mothers were single, 75.8% of respondents were married, 5.8% of respondents were widower, this means that majority of the nurses were married. On the occupation, 36.3% of the nursing mothers were trading, 37.5% of the nursing mothers were civil servant. 12.1% of the nursing mothers were housewife while 14.2% of the respondents were unemployed. The table shown that 72.9% of the nursing mothers have 1 to 3 Childs , 22.1% of respondent have delivered 4 to 6 Childs , 2.5% have up to 7 to 9 Childs , 2.5% claimed to have no Childs before the present child. The table depicted that 15.4% claimed to have Primary education qualification only, 35.8% of nursing mothers had graduated from secondary school, 46.7% of the respondents had obtained post secondary school education qualification.

### Percentage scores of Knowledge of family planning

For analysis purpose, Strongly Agree (SA), and Agree (A) were added together as Agree likewise, Strongly Disagree (SD), and Disagree (D) were added together as Disagree in interpretation of the Table below while indifferent (I) is counted as Natural. For instance, if the addition of strongly agree, and agree above 50%, it means the respondents support the items but if otherwise, it means the respondents disagree with the items.

Variables	Frequency N = 240; Percentage (%); Highest Mean = 3.15						Mean +SD	Rank
	SA	A	SD	D	I			
I have received enough information on family planning	83(34.6)	81(33.8)	36(15.0)	24(10)	16(6.7)	2.20+1.21	6th	
Health education is important for women who want to use contraception	128(53.3)	102(42.5)	5(2.1)	5(2.1)	0(0)	1.53+0.65	11th	
It is necessary for nursing	167(69.6)	63(26.3)	5(2.1)	5(2.1)	0(0)	1.41+0.79	12th	

mother to have family planning knowledge								
I have heard of lactating Amenorrhea method of family planning	84(35.0)	65(27.1)	29(12.1)	49(20.4)	13(5.4)	2.34+1.29	4th	
Oral contraceptive Pills do not guarantee 100% protection.	88(36.7)	94(39.2)	20(8.3)	28(11.7)	10(4.2)	2.08+1.14	8th	
Female sterilization is one way to avoid pregnancy.	101(42.1)	80(33.3)	13(5.4)	24(10.0)	22(9.2)	2.11+1.30	7th	
Condoms prevent STIs.	81(33.8)	111(46.3)	16(6.7)	26(10.8)	6(2.5)	2.27+2.35	5th	
It is possible for a woman to become pregnant before her menses returns after delivery	115(47.9)	104(43.3)	5(2.1)	16(6.7)	0(0)	1.68+0.82	10th	
Using both a condom and the pill is considered to be a very effective contraceptive.	65(27.1)	84(35.0)	34(14.2)	39(16.3)	18(7.5)	2.42+1.25	3rd	
Birth Control Pills are effective even if a woman misses	30(12.5)	29(12.1)	101(42.1)	36(15.0)	44(18.3)	3.15+1.22	1st	

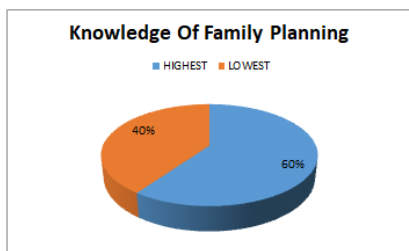
taking them for two days in a row.								
I obtained modern family planning information and knowledge from health personnel	105(43.8)	73(30.4)	21(8.8)	30(12.5)	11(4.6)	2.04+1.20	9th	
I obtained modern family planning information and knowledge from social media	73(30.4)	73(30.4)	18(7.5)	64(26.7)	12(5.0)	2.45+1.30	2nd	

**Table 4.2.** Percentage scores of Knowledge of family planning among nursing.

Table 4.2 depicts Knowledge of family planning among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State. As shown in the table, 68.4% of nursing mother have received enough information on family planning. Equally 95.8% of the respondent claimed that Health Education is important for women who want to use contraception. Also 95.9% of nursing mother stated that it is necessary for nursing mother to have family planning knowledge. Likewise 62.1% of nursing mother have heard of lactating Amenorrhea method of family planning. About 75.9% of the respondents claimed that oral contraceptive Pills do not guarantee 100% protection. Also 75.4% of the respondent proved that Female sterilization is one way to avoid pregnancy. However, 80.1% of the respondents strongly agreed that condoms prevent STIs. About 91.2% of nursing mother claimed that it is possible for a woman to become pregnant before her menses returns after delivery. More also 62.1% of respondents understand that using both a condom and the pill is considered to be a very effective contraceptive. However, 42.1% of the nursing mother remained indifferent on Birth Control Pills is effective even if a woman misses taking them for two days in a row, while 33.3% of the nursing mother disagreed that Birth.

Control Pills are not effective especially if the woman missed the pill for two days in a row. 74.2% of the respondent obtained modern family planning information and knowledge from health personnel. More so, 60.8% of nursing mother obtained modern family planning information and knowledge from social media. It therefore concluded that nursing mother have good knowledge and understanding on family planning by receiving enough information, Health Education, family planning knowledge, understanding of Amenorrhea Lactating Method, Female sterilization and other method of family planning, the

study also showed that nursing mother obtained modern family planning information and knowledge from health personnel and social medial which give them basic understanding of possibility for a woman to become pregnant before her menses returns after delivery, prevention of STI with uses of condom and oral contraceptive Pills do not guarantee 100% protection but using both condom and pill is considered to be very effective contraceptive in Lagos University Teaching Hospital, Lagos State. However, nursing mothers have low knowledge and understanding on Birth Control Pills especially when a woman missed more than one dose of the pill in a row for more than one day in Lagos University Teaching Hospital, Lagos.



Figures 4.1. Knowledge of family planning among nursing mothers.

As shown in Figure 4.1 above, more than half (60%) of Nursing Mothers have Knowledge of family planning while 40% had low understand of Knowledge of family planning in Lagos University Teaching Hospital, Lagos.

**Percentage scores practice of family planning**

In interpretation of the table 4.3 bellow, Strongly Agree (SA), and Agree (A) were added together as Agree likewise, Strongly Disagree (SD), and Disagree (D) were added together as Disagree for analysis purpose, below while indifferent (I) is counted as Natural. For instance, if the addition of strongly agree, and agree above 50%, it means the respondents support the items but if otherwise, it means the respondents disagree with the items.

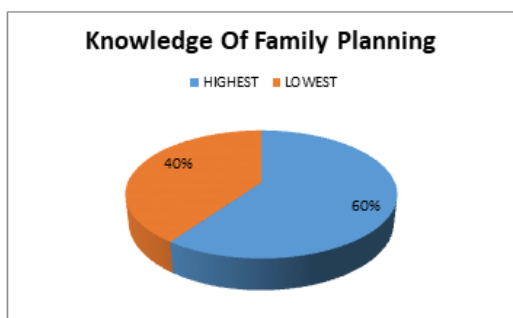
Variabl es Frequency N = 240; Percentage (%); Highest Mean = 1.53							
Variabl es	SA	A	SD	D	I	Mean +SD	Rank
18 have used injectable type of family plannin g	68(28.)	12(5.0)	49(20.)	94(39.2)	17(7.1)	2.92+1.36	5th
19 have used inserted type of family plannin g such as cupper T	25(10.)	25(10.)	68(28.)	110(45.)	12(5.0)	3.25+1.06	3rd
20 have used	22(9.2)	25(10.4)	71(29.6)	116(48.3)	6(2.5)	3.27+1.00	2nd

21 I am currentl y on family plannin g method	9(3.8)	35(14.6)	47(19.6)	127(52.9)	22(9.2)	3.49+0.98	1st
22 My husban d agree to use family plannin g method s	41(17.1)	86(35.8)	11(4.6)	76(31.7)	26(10.)	2.83+1.33	7th
23 I have practice tradition al method s of contrac eptive includin g withdra wal, infertilit y period, herbal and breast feeding if I am not using any of modern contrac eptives	51(21.3)	39(16.3)	41(17.1)	79(32.9)	30(12.)	2.99+1.36	4th
24 I have discuss ed family plannin g and ideal family size with my husban d	110(45.)	63(26.3)	21(8.8)	41(17.1)	5(2.1)	2.03+1.19	8th
25 I used contrac eption during my first sexual intercou rses	50(20.8)	30(12.5)	68(28.3)	92(38.3)	0(0)	2.84+1.15	6th

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especially if the woman missed the pill for two days in a row. 74.2% of the respondent obtained modern family planning information and knowledge from health personnel. More so, 60.8% of nursing mother obtained modern family planning information and knowledge from social media. It therefore concluded that nursing mother have good knowledge and understanding on family planning by receiving enough information, Health Education, family planning knowledge, understanding of Amenorrhea Lactating Method, Female sterilization and other method of family planning, the study also showed that nursing mother obtained modern family planning information and knowledge from health personnel and social medial which give them basic understanding of possibility for a woman to become pregnant before her menses returns after delivery, prevention of STI with uses of condom and oral contraceptive Pills do not guarantee 100% protection but using both condom and pill is considered to be very effective contraceptive in Lagos University Teaching Hospital, Lagos State. However, nursing mothers have low knowledge and understanding on Birth Control Pills especially when a woman missed more than one dose of the pill in a row for more than one day in Lagos University Teaching Hospital, Lagos.



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**Percentage scores practice of family planning**

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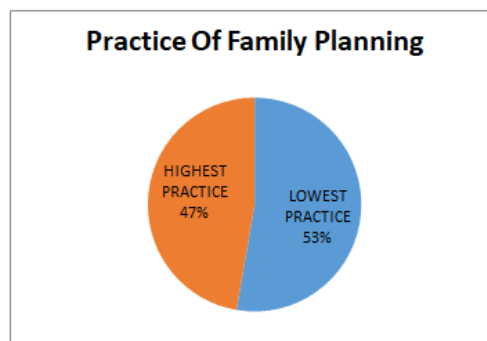
Variabl es	Frequency N=240; Percentage (%); Highest Mean=1.53					Mean +SD	Rank
	SA	A	SD	D	I		
18 I have used injectable type of family planning	68(28.3)	12(5.0)	49(20.4)	94(39.2)	17(7.1)	2.92+1.36	5th
19 I have used inserted type of family planning such as copper T	25(10.4)	25(10.4)	68(28.3)	110(45.8)	12(5.0)	3.25+1.06	3rd
20 I have used implantation type of family planning at my upper hand	22(9.2)	25(10.4)	71(29.6)	116(48.3)	6(2.5)	3.27+1.00	2nd
21 I am currently on family planning method	9(3.8)	35(14.6)	47(19.6)	127(52.9)	22(9.2)	3.49+0.98	1st
22 My husband agree to use family planning methods	41(17.1)	86(35.8)	11(4.6)	76(31.7)	26(10.8)	2.83+1.33	7th
23 I have practiced traditional methods of contrac	51(21.3)	39(16.3)	41(17.1)	79(32.9)	30(12.5)	2.99+1.36	4th

24	I	110(45.8)	63(26.3)	21(8.8)	41(17.1)	5(2.1)	2.03+ 1.19	8th
25	I	50(20.8)	30(12.5)	68(28.3)	92(38.3)	0(0)	2.84+ 1.15	6th

Table 4.3 depicts the level of practice of family planning among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State. 33.3% of nursing mother have used injectable type of family planning while 59.6% of respondents have not used injectable type of family planning. About 20.8% of the respondents agreed with uses of inserted type of family planning such as copper T while 74.1% have not used inserted type of family planning such as copper T. Also 77.9% did not accept uses of implantation type of family planning at their upper hand while 19.6% preferred implantation type of family planning at their upper hand. About 18.4% of nursing mother claimed that they were currently on family planning method while 72.5% of respondent were not currently on family planning method. Also 52.9% of respondents concurred that their husband agreed to use family planning methods. More so 37.6% of respondents.

Claimed that they have practiced traditional methods of contraceptive including withdrawal, infertility period, herbal and breast feeding if I am not using any of modern contraceptives while 50% of nursing mother were not involved in any practiced of traditional method of family planning. About 72.1% of nursing mother affirmed that they have discussed family planning and ideal family size with their husband. Also only 33.3% of nursing mother claimed that they have often used contraception during their first sexual intercourses. It concluded that the nursing mother have low practice of family planning despite the availability and accessibility of family planning method such as injectable, inserted, implantation and pills, likewise, the study showed that there is low practice of natural and traditional

method of family planning and majority of nursing mother were not currently on any family planning although some of the nursing mother have discussed family planning and ideal family size with their husband and most of the husband agreed to use family planning methods in Lagos University Teaching Hospital, Lagos.



Figures 4.2. practice of family planning among nursing mothers.

As shown in Figure 4.2 above, more than half (53%) of Nursing Mothers have not practice family planning while 47% had practiced family planning in Lagos University Teaching Hospital, Lagos

### Percentage scores of factors influencing utilization of modern family planning methods

In interpretation of the table 4.4 bellow, Strongly Agree (SA), and Agree (A) were added together as Agree likewise, Strongly Disagree (SD), and Disagree (D) were added together as Disagree for analysis purpose, below while indifferent (I) is counted as Natural. For instance, if the addition of strongly agree, and agree above 50%, it means the respondents support the items but if otherwise, it means the respondents disagree with the items.

Variables	Frequency N = 240; Percentage (%); Highest Mean = 1.53					Mean +SD	Rank
	SA	A	SD	D	I		
26 There are common myths, perceptions or beliefs around family planning that may affect whether women in this community use family planning methods	68(28.3)	68(28.3)	29(12.1)	60(25.0)	15(6.3)	1.30+ 1.30	3rd
27 Since my last baby	43(17.9)	59(24.6)	56(23.3)	76(31.7)	6(2.5)	2.76+ 1.15	1st

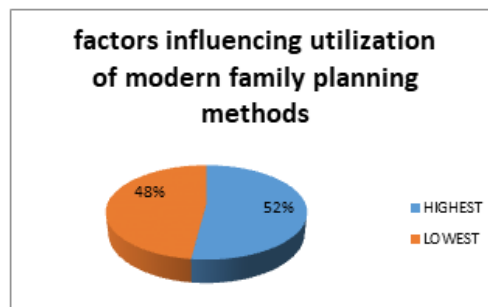


was born, have discontinued or switched to family planning methods	28	36(15)	66(27.5)	41(17.1)	89(37.1)	8(3.3)	2.56+1.17	2nd
have had unplanned pregnancy due to lack of family planning use	29	68(28.3)	85(35.4)	25(10.4)	52(21.7)	10(4.2)	2.38+1.22	4th
History of contraceptive pills side effects including bleeding, weight gain, changes in the mood prevent people from using modern family planning	30	71(29.6)	103(42.9)	35(14.6)	26(10.8)	5(2.1)	2.13+1.03	5th
Sex education will lead to more sexual behavior								

**Table 4.4.** depicts factors influencing utilization of modern family planning methods.

Among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State, 64.6% of nursing mother have knowledge on STI. About 56.6% of the respondents stated that there are common myths, perceptions or beliefs around family planning that may affect whether women in this community use family planning methods. About, 42.5% of the nursing mothers have switched to family planning methods since their last baby was born. About 42.5% of respondent claimed that they had unplanned pregnancy due to lack of family planning use while 54.2% did not had unplanned pregnancy due to lack of family planning use. Also 63.7% of respondents concurred that they had history of contraceptive pills side effects such as bleeding, weight gain, changes in the mood prevent women from using modern family planning. More so 72.5% of

the nursing mother stated that sex education will lead to more sexual behavior. It concluded that the factors influencing utilization of modern family planning methods among nursing mothers attending child welfare clinic include common myths, negative perceptions, false beliefs, unplanned pregnancy, side effects such as bleeding, weight gain, changes in the mood prevent women from using modern family planning in their community however the study further showed that sex education will lead to more sexual behavior in Lagos University Teaching Hospital, Lagos State.



**Figures 4.3.** Factors influencing utilization of modern family planning methods.

As shown in Figure 4.3 above, more than half (52%) stated some factors influencing utilization of modern family planning methods among nursing mothers while 48% showed low factors influencing utilization of modern family planning methods in Lagos University Teaching Hospital, Lagos.

**Testing of Hypothesis**

**Hypothesis One: Ho1** There is no significant difference between educational backgrounds and knowledge of family planning among nursing mothers attending child welfare clinic in Lagos University Teaching Hospital, Lagos State.

Source of Variation	N	Mean	Standard Deviation	DF	T-Cal	TCritical	Decision
Educational background	240	2.38	0.819	239	136.98	> 0.5	Reject1
knowledge of family planning	240	2.14	0.423				

**Table 4.5.** T-Test analysis on significant different between the attitude of antenatal clients and their Educational background.

Table 4.5 showed t-test analysis of the significant difference between educational backgrounds and knowledge of family planning among nursing mothers attending child welfare clinic. The table showed that calculated t-value was less than the critical t-value at the degree of freedom at 0.05 level of significance. Hence the hypothesis stated that there is no significant different between the educational backgrounds and knowledge of family planning in the study area was rejected. This indicated that there is significant different between the

educational backgrounds and knowledge of family planning in the study area.

## Discussion

This section gives detailed explanation of the various findings from the research questions as indicated from the study area. The findings of the study showed that nursing mother have good knowledge and understanding on family planning by receiving enough information, Health Education, family planning knowledge, understanding of Amenorrhea Lactating Method, Female sterilization and other method of family planning, the study also showed that nursing mother obtained modern family planning information and knowledge from health personnel and social medial which give them basic understanding of possibility to become pregnant before her menses returns after delivery, prevention of STI with uses of condom and oral contraceptive Pills do not guarantee 100% protection but using both condom and pill is considered to be very effective contraceptive ethics in Lagos University Teaching Hospital, Lagos. However, the study also proved that nursing mothers have low knowledge and understanding on Birth Control Pills especially when a woman missed more than one dose of the pill in a row for more than one day in Lagos University Teaching Hospital, Lagos.

The study concurred with the Studies of investigated the knowledge level and use of birth control methods by married people for family planning in Nsukka Education Zone of Enugu state, the population of this study comprised 4450 married people who registered for marriage from 2010 to 2017 in Nsukka Education Zone of Enugu State. The sample was 445 respondents. The study was guided by four research questions and four hypotheses. The (KUBCM) research questions were answered using mean and standard deviation while t-test statistics was used to test the hypotheses at 0.05 level of significance. The results obtained showed that married people in Nsukka Education zone have knowledge of birth control methods; that they make use of birth control methods to a great extent; and that there is a significant difference in the mean responses of male and female married people on the extent to which married people make use of birth control methods for family planning. It was concluded that both male and female married people have knowledge of common birth control methods of family planning, therefore, couples should discuss together which birth control method of family planning they want to adopt. It should not be a one-man affair. The study also reinforced the finding of earlier studies by investigated the contraceptive utilization and associated factors among women of reproductive age group in Southern Nations Nationalities and Peoples' Region Ethiopia. According to methods used to measure knowledge and attitude, 2666 (83.2%) and 2146 (67.0%), of respondents had good knowledge and positive attitude respectively. Also found that 351 (10.9%) had discontinued using contraceptive methods. Need for more children was the leading reason for discontinuation, 189 (53.8%) while 17.1% and 13.7% add medical problem and fear of side effect as the reason for discontinuation respect. It was further indicated that among women who never used contraceptive method, 292 (25.5%) mentioned being single as main reason for non-use. Need for more children (10.1%), lack of knowledge (11.7%) and fear of side effect (7.2%) were the other reasons given for non-use.

The findings of this study indicated that nursing mother have low practice of family planning despite the availability and accessibility of family planning method such as injectable, inserted, implantation and pills, likewise, the study showed that there is low practice of natural and traditional method of family planning and majority of nursing mother were not currently on any family planning although some of the nursing mother have discussed family planning and ideal family size with their husband and most of the husband agreed to use family planning methods in Lagos University Teaching Hospital, Lagos. Study corroborates with the study of which examined Knowledge, Attitude and practice of family planning among married women living in Jalingo, Northern Nigeria. The research examined some of family planning methods such as the use of injections, pills, condoms among others. 200 randomly selected married women formed the sample size of the study. Questionnaire was used as the instrument for data collection. Copies of questionnaire were administered to 200 married women in Jalingo. Findings revealed that married women in Jalingo metropolis are aware of family planning but do not practice it.

Findings further revealed that religion and cultural beliefs dissuade women from practicing family planning. This study was also in support with work of Guttmacher institute report fact sheet stated that some 6.2 million (14% of all women of reproductive age) use modern contraceptives. The largest share of modern method users rely on male condoms (43%), followed by injectables (21%) and oral contraceptive pills (16%), the proportion with an unmet need for modern contraception is much higher among women living in households in the poorest wealth quintile than among women living in households in the richest quintile (92% versus 45%). Of the estimated 10.3 million pregnancies in Nigeria, 24% were unintended (unwanted or not wanted in the next two years). Women with an unmet need for modern contraception accounted for 90% of all unintended pregnancies.

The large majority of women living in households in the poorest wealth quintile did not receive a minimum of four antenatal care visits (84%) and did not deliver at a health facility (94%). If all unmet need for modern contraception in Nigeria were satisfied, unintended pregnancies would drop by 77%, from 2.5 million to 555,000 per year. As a result, the annual number of unplanned births would decrease from 885,000 to 200,000 and the number of abortions would drop from 1.3 million to 287,000. If full provision of modern contraception were combined with adequate care for all pregnant women and their newborns, maternal deaths would drop by 68% (from 61,000 to 19,000 per year) and newborn deaths would drop by 85% (from 255,000 to 38,000 per year). The study confirmed the finding of that Teaching Hospital's ante-natal clinics were interviewed about their knowledge, attitude and practise of family planning. About 90% of them were literate.

Their knowledge (80%), their approval (87%) of family planning was high, but the practise of modern family planning was low (25%) with most women involved in billings/safe period, condom, withdrawal and the Intra-Uterine Device (IUCD). This shows that, traditionally, Nigerian women prefer the use of natural family planning methods so it should be encouraged. The most common source of family planning information was the mass media, closely followed by health workers, while the most common single reason for non practise of family planning was rejection by husbands. The conclusion of the study was that in spite of the high education/literacy with the attendant and high

knowledge and approval rate of family planning in that part of Nigeria, the practice of family planning is still low, especially due to partner rejection. Male involvement in family planning programmes and a more vigorous awareness campaign can bring about motivation for couples to practice family planning.

This study further proved that the influencing utilization of modern family planning methods among nursing mothers attending child welfare clinic include common myths, negative perceptions, false beliefs, unplanned pregnancy, side effects such as bleeding, weight gain, changes in the mood prevent women from using modern family planning in their community however the study further showed that sex education will lead to more sexual behavior in Lagos University Teaching Hospital, Lagos State. This study corroborates with the study of Ochakoetal. Revealed that most of the respondents are aware of contraceptives and generally knowledge of modern contraceptives was high. It was also indicated that myths about contraceptives, fear of side effects, association with promiscuity and straying, hearing about health-related problems from the use of contraceptives including, total or temporary infertility birth defects and abnormalities.

Disruption of their normal body processes or inability to menstruate. Social networks also influence contraceptive use by exaggerating side effects and spreading myths. This study was in support with work carried out a study on family planning practices among rural community women in towns across the three senatorial districts of two South-Western states of Ondo and Ekiti in Nigeria. The population for the study was women of reproductive age group of the study districts. A multi-stage sampling technique was used to select the respondent in the study. The result of the study showed that the main reason given for choice of family planning was reliability and main source of information in the study was through government-owned hospital and health personnel. The result of the study further disclosed that male condom is the most widely used current family planning method and heavy menstrual period is the commonly known side effect. The study concluded that educational status, religious factor and economic status influence family planning and choices made.

## Conclusion

The study showed that nursing mother have good knowledge and understanding on family planning by receiving enough information, Health Education, family planning knowledge, understanding of Amenorrhea Lactating Method, Female sterilization and other method of family planning, the study also showed that nursing mother obtained modern family planning information and knowledge from health personnel and social medial which give them basic understanding of possibility for a woman to become pregnant before her menses returns after delivery, prevention of STI with uses of condom and oral contraceptive Pills do not guarantee 100%protection but using both condom and pill is considered to be very effective contraceptive in Lagos University Teaching Hospital, Lagos State. However, nursing mothers have low knowledge and understanding on Birth Control Pills especially when a woman missed more than one dose of the pill in a row for more than one day in Lagos.

University Teaching Hospital, Lagos State. However, it concluded that the nursing mother have low practice of family planning despite the availability and accessibility of family planning method such as injectable, inserted, implantation and pills, likewise, the study showed that there is low practice of natural and traditional method of family planning and majority of nursing mother were not currently on any family planning although some of the nursing mother have discussed family planning and ideal family size with their husband and most of the husband agreed to use family planning methods in Lagos University Teaching Hospital, Lagos State. More so, it concluded that the factors influencing utilization of modern family planning methods among nursing mothers attending child welfare clinic include common myths, negative perceptions, false beliefs, unplanned pregnancy, side effects such as bleeding, weight gain, changes in the mood prevent women from using modern family planning in their community.

However the study further showed that sex education will lead to more sexual behavior in Lagos University Teaching Hospital, Lagos State Based on the outcomes of the findings analyzed, the following points are hereby recommended: Nurses need to ensure that high level of family planning are practiced while working with nursing mothers and women in general, Nurses should encouraging and facilitating cooperation and collaboration between professionals and agencies of effective improvements on uses and practices of family planning among women in general; Family planning providers should provide constructive influence on psychological support on all issues and challenges that arises at all levels of family planning; There should be a constructive influence on psychological support to women who developed severe sides effect and complications aroused from family planning.

Urgent intervention and treatment should be made available for all complications that arise from family planning; There should be public enlightenment programs and campaign on modern family planning methods, importance, choices and benefit of family planning; There should be adequate information to improve the use of modern contraceptive methods; There should be adequate knowledge about the natural family planning methods among nursing mother; There should be more men involvement to encourage motivation of modern family planning practice; Contraceptives should be made available and assessable to all women in both rural and urban areas; Health care providers should promote practice of family planning in both rural and urban areas; More Nongovernmental organization should be encouraged to promote practice of modern family planning among nursing women; Government should employ family life educators to promote practice of family planning in both rural and urban areas.

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