

CHANGING PATTERNS OF UNMET NEED FOR FAMILY PLANNING AMONG WOMEN OF REPRODUCTIVE AGE GROUP IN NIGERIA

ABSTRACT

Unexpected or unplanned pregnancy poses a major public health challenge to women of reproductive age in Nigeria like any other developing countries. Nigeria has a high total fertility rate and this has been facilitated by poor use of modern family planning methods. Thus, family planning needs of most of these women are unmet as they either rely on traditional or less effective methods of contraception or fail to use any method at all. The knowledge of the magnitude of unmet need for family planning and associated factors would inform intervention strategies to reduce the level. This present study is a comparative secondary data analysis of the fertility data collected during the National HIV/AIDs and Reproductive Health Survey in 2007 and 2012 to determine the unmet needs for family planning and the associated demographic factors in Nigerian women of reproductive age group.

The major objective of the National HIV/AIDs and Reproductive Health survey(NARHS) was to obtain accurate HIV prevalence estimates and current reproductive health behaviours along key programmes at the national, zonal and to some extent at state levels. The NARHS is a cross-sectional household survey of individuals covering all the 36 states of Nigeria and the Federal Capital Territory (FCT) among men 15 to 64 years and women of reproductive age (15-49 years). A nationally representative sample was selected using a four-level multi-stage stratified cluster sampling of households from an updated master sampling frame of localities developed by the National Population Commission (NPC, 2006). Data was collected from the respondents using a semi structured questionnaire by trained interviewers and supervisors who ensured

quality of data collected. Only women of reproductive age group who are married and fecund were extracted as database for this study because of the study objectives.

A total of 5,132 women within the reproductive age group (15-49yrs) with mean age of 26.9 ± 8.56 years were extracted from the 2007 survey while 15,634 women with a mean age of 29.0 ± 9.54 years from the 2012 survey. About a fifth of the women (22.2% and 19.6% respectively in 2007 and 2012) had ever used any form of contraception with over two thirds (60.6% and 65.1% respectively) currently using. The unmet need for family planning was 9.1% in 2007 and increased slightly to 11.9% in 2012. The significant risk factors identified were locality from the 2007 survey and geopolitical zone in both the 2007 and 2012 national surveys.

This study concluded that the level of contraceptive use is still very low and there is a rise in the unmet need for family planning among women of reproductive age group over the 5 year period. Exploration of predictors of this trend as well as provider-client discussion about family planning can be key to sustained use of modern contraceptive in Nigerian women.

REFERENCES

1. Monjok E, Smesny A, Ekabua JE et al: Contraceptive practices in Nigeria: Literature review and recommendation for future policy decisions: *Open Access Journal of Contraception* 2010;1:9-22
2. World Health Organization, May 2011: Fact Sheet: www.who.int/mediacenter/factsheets/fs348/en/index.htm. Accessed, June 2011.
3. Westoff Charles F. Unmet Need at the End of the Century: *DHS Comparative Reports No.1. Calverton, Maryland: ORC Macro; 2001*
4. Westoff, Charles F. 2006. *New Estimates of Unmet Need and the Demand for Family Planning*. DHS Comparative Reports No. 14. Calverton, Maryland, USA. Macro International Inc.
5. Nigerian Demography Health Survey Report. 2008.
6. National Population Commission (NPC) [Nigeria] and ORC Macro. 2004. *Nigeria Demographic and Health Survey 2003*. Calverton, Maryland: National Population Commission and ORC Macro.

Table 1: Pattern of use of contraceptive and unmet need for family planning among women of reproductive age group in Nigeria(2007-2012).

CHARACTERISTICS	YEAR	
	2007 n(%)	2012 n(%)
EVER USED		
CONTRACEPTIVES		
Yes	1139(22.2)	3066(19.6)
No	3993(77.8)	12568(80.4)
Total	5132(100.0)	15634(100.0)
CURRENT USE OF		
CONTRACEPTIVES		
Yes	690(60.6)	1996(65.1)
No	449(39.4)	1070(34.9)
Total	1139(100.0)	3066(100.0)
Main contraceptive		
method currently used		
Condoms	290(42.0)	906(45.4)
Natural Methods	180((26.1)	421(21.1)
Oral Contraceptive Pills	92(13.3)	195(9.8)
Injectables/ Implants	81(11.7)	351(17.6)
IUCD/Coil	27(3.9)	70(3.5)
Others	17(2.4)	38(1.9)
Female Sterilisation	3(0.4)	15(0.8)
Total	690(100.0)	1996(100.0)
NEED FOR FP		
Met	2954(90.9)	9187(88.6)
Unmet	295(9.1)	1179(11.4)
Total	3249(100.0)	10366(100.0)

Table 2: The relationship between demographic characteristics and need for family planning among women of reproductive age group in Nigeria (2007-2012)

	YEAR			
	2007 N=3249 n(%)		2012 N=10366 n(%)	
	MET NEED	UNMET NEED	MET NEED	UNMET NEED
AGE(YRS)				
15-24	845(91.0)	84(9.0)	1992(89.5)	233(10.5)
25-34	1222(91.4)	115(8.6)	3762(89.1)	459(10.9)
35-44	784(90.2)	85(9.8)	2442(87.7)	344(12.3)
45-49	103(90.4)	11(9.6)	991(87.4)	143(12.6)
	$\chi^2 = 0.935$; p-value=0.817		$\chi^2 = 7.181$; p-value=0.066	
EDUCATION				
No formal Education	1467(91.3)	140(8.7)	4306(88.8)	542(11.2)
Secondary and below	1305(90.2)	142(9.8)	4162(88.1)	560(11.9)
Higher	182(93.3)	13(6.7)	719(90.3)	77(9.7)
	$\chi^2 = 2.582$; p-value=0.275		$\chi^2 = 3.569$; p-value=0.168	
RELIGION				
Islam	1772(90.7)	182(9.3)	4687(89.2)	565(10.8)
Christianity	1162(91.3)	111(8.7)	4394(88.1)	596(11.9)
Others	20(90.9)	2(9.1)	106(85.5)	18(14.5)
	$\chi^2 = 0.330$; p-value=0.848		$\chi^2 = 4.801$; p-value=0.091	
LOCALITY				
Urban	885(89.3)	106(10.7)	2689(87.8)	374(12.2)
Rural	2069(91.6)	189(8.4)	6498(89.0)	805(11.0)
	$\chi^2 = 4.514$; p-value= 0.034		$\chi^2 = 3.018$; p-value=0.082	
ZONE				
North West	972(92.5)	79(7.5)	2268(88.6)	293(11.4)
North East	443(88.6)	57(11.4)	1564(86.6)	241(13.4)
North Central	548(91.9)	48(8.1)	1854(92.8)	143(7.2)
South West	415(87.9)	57(12.1)	1412(89.5)	166(10.5)
South South	322(89.0)	40(11.0)	1107(82.4)	236(17.6)
South East	254(94.8)	14(5.2)	982(90.8)	100(9.2)
	$\chi^2 = 18.794$; p-value= 0.002		$\chi^2 = 99.39$; p-value= 0.00	