



ORIGINAL RESEARCH

Family Planning Knowledge and Practices in Two Communities in Lagos State, Nigeria

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ABSTRACT

Background: Family planning (FP) refers to use of birth control methods that allow a couple to control their family size. Research shows that peoples' quality of life improves when they are able to decide the number and spacing of their children and there are various methods available to help people achieve this purpose.

Objectives: The aim of this study was to determine respondents' knowledge and practice about FP and their most utilized and best methods.

Methods: Pretested, semi-structured questionnaires were administered to 100 residents each in two communities (Mushin and Ojo) in Lagos after informed consent was obtained. The locations were conveniently selected. Data were analysed by descriptive and inferential statistics using Microsoft-Excel and Statistical Package for the Social Sciences (SPSS). Results obtained were presented as tables and charts.

Results: Demographic profiles show that majority were females (90.2%) and were 45 years and below (77.2%). About 72% of the respondents use contraceptive methods. The results show that the respondents have a good knowledge of FP and use is high. The most known methods are the male condom (100.0%) and calendar/rhythm (92.9%) while the most utilized methods are emergency contraception (45.9%) and male-condom (40.7%). The most preferred methods according to the respondents are the male condom (27.1%) and abstinence (26.9%).

Conclusion: Awareness of FP and contraceptive use rate was high in the two communities. Routine use of emergency contraception was recorded. The study recommends public enlightenment campaigns to further improve the knowledge and correct those misconceptions that exist.

Keywords: Family Planning, Contraception, Methods, Knowledge, Practice, Contraceptives