



ASSESSMENT OF ADOPTION OF FAMILY PLANNING METHODS AMONG RURAL WOMEN IN KADUNA STATE OF NORTHERN NIGERIA

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ABSTRACT

The study was carried out to assess the adoption of family planning methods among rural women in Kaduna State. The study revealed that over 85% of the respondents were in the productive age of between 15 - 44 years with about 60.28% in a polygamous home. The main sources of information used by the respondents were health officials (21.08%), radio (20.48%) and friends (12.65%). The results further disclosed low use of modern family planning methods (38.28%); mainly preferred use of traditional methods of family planning (61.72%) and preferred use of modern methods of family planning (38.28%). Prolonged lactation (28.70%), abstinence (21.29%) and withdrawal method (18.06%) ranked first, second and third, respectively, among traditional family planning method mainly used by the respondents. Of those using modern methods, 35.07% used oral contraceptives while 26.12% of the respondents used the condom. Majority (22.00%) of the respondents reported the perceived religious prohibition against family planning, lack of approval by husband (19.14%) and fear of side effects associated as the main constraints faced in the adoption of family planning in the study area. The study recommended raising the level of both spouses in the understanding of positive aspects of family planning methods by the public health workers through use of trusted scholars via governmental and non-governmental agencies.

Keywords: Adoption, family planning, Kaduna, Methods, Rural.