

# Situation analysis of Participation of Married Men in Family planning - AlkalaklaAlgoba North-Jebel Aulia Locality-Khartoum State (2014)

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## **Abstract**

**Background:** Family planning allows individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births.

**Objectives:** The overall objective was to study the situation of the married men in Alklakla Algoba North regarding their attitude and participation of family planning.

**Methods:** A community-based descriptive cross sectional study conducted from April 2012 to April 201<sup>o</sup> at Alklakla Algoba North in Jabal Awlia Locality -Khartoum State. The estimated sample size mounted to three hundred and seventy two participants .By simple random sample clusters are selected and all house hold in the cluster were included(single-stage cluster sampling).A standardized administered questionnaire was developed, pre –tested and used to generate information on personal –demographic characteristics, general knowledge, attitude and participation about family planning methods .A modified scale (Very poor –Very good) and six point Likert type scale was used. The collected data were analyzed by the computer programme SPSS version 16 and presented as tables, pies and pillars coupled with narrative description. Regarding test of significance, p-value was accepted as 0.05.

**Results:** Third of participant (35%) were fall in age group (30-39). The results showed that the vast (98% of participants had heard about family planning from mass media source, In addition

94% of participants knew that family planning methods could be obtained from health related facilities. 52% of the participant did not use to help their wives in the choice of the family planning methods. Most participant (56%) did not use FP methods because they did not have enough information, (28%) of them did not participate for religious reasons and (18%) for cultural reasons. Moreover the knowledge of the respondents was statistically significant with the level of education (p-value =0.04) and opinion of men (p-value=0.021).

**Conclusion:** Most of the interviewed men had heard about family planning from mass media source and their knowledge about types of the methods , In addition they had negative attitude towards helping their wives in choice of the family planning methods. The dispute on the religious beliefs and cultural taboos that cast a grey shadow for many people on the use of family planning has to be clearly resolved.

## Introduction

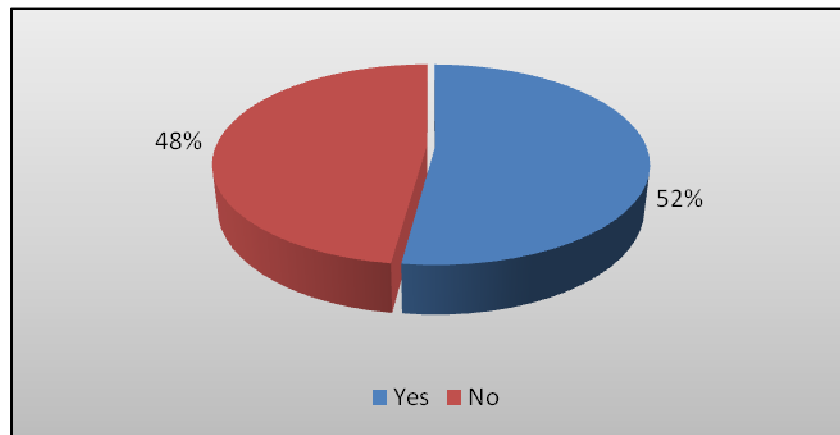
The ability of the couples to space and limit their pregnancies has a direct impact on the health and well-being as well as on the outcome of each pregnancy. It empowers men and women to have control over their fertility. In Sudan, there is high maternal and child morbidity and mortality and culturally, politically and legally, non-medically justified abortion is totally unacceptable, therefore effective contraceptive programming should be the current and future approach to reduce the risk of unwanted pregnancies<sup>(1,2)</sup>.

Men can use family planning methods as well as encourage their partners and peers to use family planning. They can be more aware of their partners' needs and concerns for their family and better plan for their children's future. As community leaders, men can influence attitudes towards family planning. Many men play important roles in fertility and family control decisions, hence the need for their participation in Family Planning services <sup>(3)</sup> Male participation in family planning is indispensable and without it the family planning programme may collapse. If the husband is not convinced with the notion of family planning, he may not participate and may even ban his wife from participation in the programme. What are the barriers that hinder males from participation in the process of family planning?

### Methodology

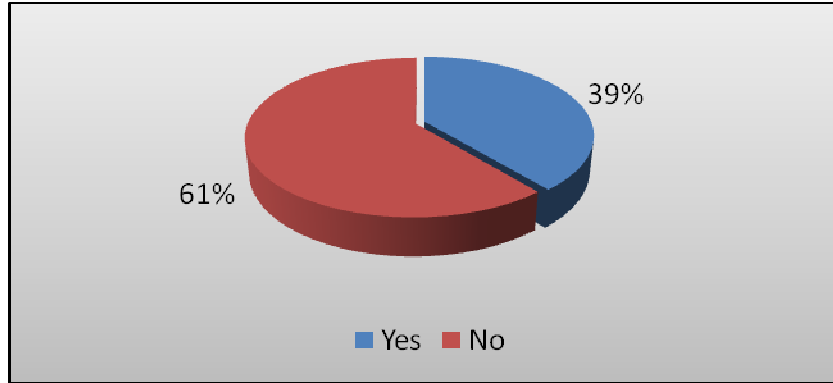
This is descriptive cross-sectional Community based study. The study was conducted in AlklaklaAlgoba North in JabalAwlia Locality, Khartoum State. The locality is located in southern part of Khartoum State. in north Alklcla Almonora, south Turkish hospital street, East White revere and in West Main street of JabalAwlia, the study was conducted during the period first of April 2013 to 30<sup>th</sup> of April 2014. A total of 372 married men were enrolled in the study, the inclusion criteria were that: Age 20 years and above, their wives in reproductive age(15-49)years while the exclusion criteria were that .age less than 20 years, wife above 49 years age. Data were collected using a standardized administered questionnaire were held to assess the participation of the married men in family planning. The collected data were analyzed using the Statistical Package of Social Sciences version 16. The study proposal was cleared by the research Board in Alneelain University and endorsed by the Popular Committee in AlklaklaAlgoba and an informed consent was taken from each participant.

### Results



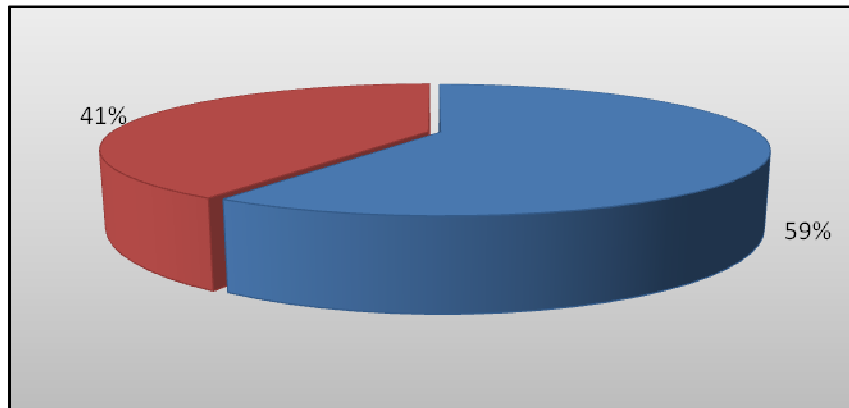
**Figure (1): Men helping their wives in the choice of the FP method.**

Most (52%) men did not help their wives in the choice of the FP method.



**Figure (11): Men using FP methods when their wives had contraindication to FP methods usage.**

(61%) of men did not use FP themselves methods when their wives had contraindication to FP methods.



**Fig. (111): Men's knowledge about their wives' usage of FP**

59% knew that their wives were using FP methods but 41% did not know that.

**Table (1): Barriers that prevented men from participating in family planning**

Barriers that prevents men from participating in FP	Yes		No	
	No. of men	Percent age	No. of men	Percent age
<b>They did not have enough information about family planning</b>	208	56%	162	44%
<b>They did not know the methods</b>	55	15%	315	85%
<b>They did not have time for family planning</b>	25	7%	345	93%

<b>They did not have access to where the modern contraceptives were supplied</b>	49	13%	321	87%
<b>Religious reasons</b>	103	28%	267	72%
<b>Cultural reasons</b>	67	18%	303	82%
<b>Economic/financial reasons</b>	28	8%	342	92%
<b>Psychological reasons</b>	30	8%	340	92%
<b>Social reasons</b>	47	13%	323	87%

(208=56%) men did not use FP methods because they did not have enough information, 103 (28%) of them did not participate for religious reasons and 67 (18%) for cultural reasons (vide supra).

**Table (2): Participation of men in health education about FP according to their level of education**

Level of Education	Participation of men		Total
	Yes	No	
<b>Illiterate</b>	1	5	6
	0.3%	1.4%	1.6%
<b>No formal education but can read and write</b>	1	16	17
	0.3%	4.3%	4.6%
<b>Primary education</b>	8	29	37
	2.2%	7.8%	10.0%
<b>Secondary/high school</b>	28	121	149
	7.6%	32.7%	40.3%
<b>University</b>	34	107	141
	9.2%	28.9%	38.1%
<b>University and above</b>	10	10	20
	2.7%	2.7%	5.4%
<b>Total</b>	82	288	370
	22.2%	77.8%	100.0%

P-value = 0.023

Table (3): Men’s role with family planning methods currently used by their wives.

FP methods currently used by their wives	Men’s role in FP methods used by their wives				Total
	Support wives using FP method	Accompany wives to health centers	Participate with wives in choice of FP methods	Optimal uses of methods	
Pills	28 16.0%	23 13.1%	17 9.7%	17 9.7%	85 48.6%
Safety methods	8 4.6%	4 2.3%	10 5.7%	17 9.7%	39 22.3%
IUD	11 6.3%	4 2.3%	8 4.6%	3 1.7%	26 14.9%
Norplant	3 1.7%	3 1.7%	5 2.9%	1 .6%	12 6.9%
Diaphragm	0 0%	0 0%	0 0%	1 .6%	1 0.6%
Abstinence	2 1.1%	2 1.1%	1 0.6%	0 0%	5 2.9%
Female sterilization	0 0%	0 0%	1 .6%	2 1.1%	3 1.7%
Other	3 1.7%	0 0%	1 0.6%	0 0%	4 2.3%
Total	55 31.4%	36 20.6%	43 24.6%	41 23.4%	175 100.0%

P-value = 0.045

## Discussion

This is community based descriptive cross-sectional study; 372 married men were interviewed. More than half of them (52%) did not use to help their wives in the choice of the family planning methods. This attitude is most probably due to a believed notion that family planning is a woman affair. Moreover 61% of the respondents did not use family planning methods when their wives had contraindication to their use. The reason for this is that most of men might think that they are not concerned with family planning <sup>(4, 5)</sup>. Involvement of men in family planning programs will give them a better chance of success in the future <sup>(6, 7)</sup>.

More than half (59%) of the men in the study sample recognized that their wives were using family planning methods while 41% did not know about that. Since family planning in a family is a two partners' issue; the healthy way of tackling this issue is the mutual participation between the men and their wives so as to reach common consensus. In a male-dominated community, the practice of women using contraceptive methods without consent of their husband is a risk taking behavior. In case the husband knows such a concealed practice, catastrophic outcomes are quite possible for it may be considered as sort of dishonesty and infidelity from their wives <sup>(8, 9)</sup>. Therefore openness and mutual dialogue are cornerstones in the success of the family planning issue in their family <sup>(6, 10, 11)</sup>.

The prospect of men's opinion about family planning is optimistically promising in this study, because 74% of them said that the responsibility of reproductive health was shared between the couples <sup>(6,12)</sup>. 50% of them agreed to receive family planning methods themselves from the same centers shared with women. It is not more than a psychological barrier that prevents men from getting family planning services in centers shared with women <sup>(13,14,15)</sup>. 50% of men in this study agreed to have family planning methods from the same centers shared with women may rise up in the future by more focused and structured education. About 46% of men in this study said that they did not use family planning methods for cultural and religious reasons. It is most probable that misconceptions in cultural norms and misunderstanding in religious guidelines about family planning significantly hindered men from utilization of this service <sup>(16, 6)</sup>. The married men can consider the issue of utilization of family planning methods as a family issue concerning the husband, the wife and the children. They can actively participate by

allowing and encouraging their wives to utilize the family planning methods available according to their need. Moreover, they can utilize the family planning themselves when indicated.

### **Conclusion:**

The study concluded that the issue of family planning is still mainly shouldered by women; Men are rarely taking significant roles. Beliefs about their involvement are mainly shackled in the traditional era as taboo. Religious and cultural beliefs affected negatively the acceptance of family planning usage. Most men did not help their wives in the choice of family planning methods when needed. The majority of men did not use family planning methods themselves when their wives had contraindications.

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