

Knowledge of Married Men about Family Planning - Khartoum State: Alkalakla Algoba North -2014

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Abstract

Background: Family planning allows individuals and couples to anticipate and attain their desired number of children as well as 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 knowledge, attitude and participation of family planning.

Methodology: Community -based descriptive cross sectional study conducted from April 2012 to April 2014 at Alklakla Algoba North in Jabal Awlia Locality- Khartoum State. The estimated sample size is three hundred seventy two participants. The single-stage cluster sampling was selected and all household in the cluster were included using simple random 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 (V. poor- V. good) and six points Likert type scale were used. The collected data were analyzed using SPSS version 16 and presented as tables, pies and pillars coupled with narrative description.

Results: One third of participants (35%) were in age group (30-39). The results showed that the vast majority (98%)of participants had ever heard about family planning from mass media source. 78% of the participants recognized the contraceptive pill as a method of family planning;

followed by the natural methods (53%) and 44% of participants identified Injection methods; followed by the IUD (5%), then the barrier methods (28%). The implant was identified by 19% of them. 56% of the participants thought that the advantages of FP were health reasons followed by children spacing (44%). 12% of them stated that it was practiced when they had enough children while 10% of them pointed that it was good for financial reasons.

In addition the vast majority (94%) of participant knew that family planning methods can be obtained from health related facilities. 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 ever heard about family planning from mass media source. Good knowledge about types of the methods and from where they obtained the methods. Dissemination of the correct knowledge about the benefits of family planning is highly recommended.

Introduction

Family planning (FP) allows individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births. It is achieved through use of contraceptive methods and the treatment of involuntary infertility.^(1,2) 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, as well as culturally, politically and legally, non-medically justified abortion which is totally unacceptable, therefore effective contraceptive programming should be the current and future approach to reduce the risk of unwanted pregnancies^(3,4). The success of family planning stands on the participation of each member of the couple. Abandonment of any of them may nullify such a success. The issue of family planning has been addressed globally as one of the important areas in preventing mortality and morbidity and increasing family welfare. Commonly women utilize family planning methods but men comparatively are reluctant to take similar trend. To what extent are males aware of various family planning methods?

Methodology:

Community -based descriptive cross-sectional study was conducted in Alklakla Algoba North in Jabal Awlia Locality. 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 Jabal Awlia , the study was conducted during the period first of April 2013 to 30th of April 2014. A total of 372 married men were enrolled in the study, the inclusion criteria were that: Age equal or more than 20 years, their wife’s 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 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 Institutional Review Board at Alneelain University and endorsed by the Popular Committee in Alklakla Algoba and an informed consent was obtained from each participant prior to the interview.

Results:

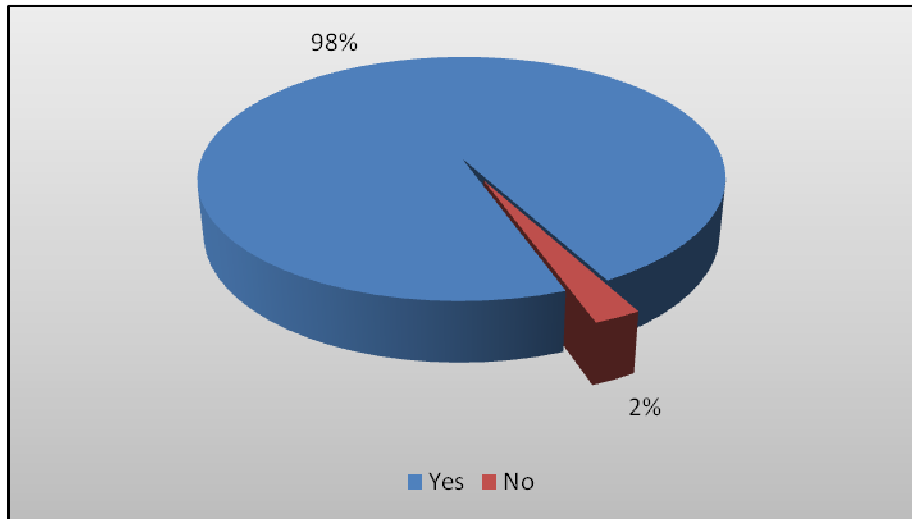


Figure (1): distribution of study population by hearing about family planning (n=372).

Table (1): Distribution of men according to their level of education and the meaning of family planning to them (n=375)

The highest level of education you have attained	The meaning of family planning					Total
	Preventing people from delivering children	Avoiding un wanted births	Regulating intervals between pregnancies	Help in health of family	I Don't know	
Illiterate	0 0.0%	3 0.8%	1 0.3%	0 0%	2 0.5%	6 1.6%
No formal education but can read and write	1 0.3%	4 1.1%	4 1.1%	7 1.9%	1 0.3%	17 4.7%
Primary education	4 1.1%	3 0.8%	22 6.0%	6 1.6%	0 0%	35 9.6%
Secondary/high school	2 0.5%	18 4.9%	72 19.7%	54 14.8%	1 0.3%	147 40.3%
University	2 0.5%	10 2.7%	55 15.1%	73 20.0%	0 0%	140 38.4%
Postgraduate	1 0.3%	3 0.8%	9 2.5%	7 1.9%	0 0%	20 5.5%
Total	10 2.7%	41 11.2%	163 44.7%	147 40.3%	4 1.1%	365 100.0%

P value = 0.00

Table (۳): Distribution of study population by the sources of information about family planning (n=372).

The resources of the information	Frequency	Percent
Friends	36	10%
Wife	48	13%
Different Mass media	229	62%
Health workers	51	14%
Total	364	98%

Table (۴): Distribution of study population by knowledge about the types of family planning methods (n=372).

Family planning methods	Yes		No	
	No. of men	Percentage	No. of men	Percentage
Pill	288	78%	82	22%
Injection	164	44%	206	56%
IUD	131	35%	239	65%
Natural methods	195	53%	175	47%
Barriers methods	103	28%	267	72%
Implant	71	19%	299	81%

Table (4): Distribution of study population by their opinions about the advantages of family planning (n=372).

The advantages of FP	Yes		No	
	No. of men	Percentage	Frequency	Percentage
Health reasons	208	56%	162	44%
Because they had enough children	45	12%	325	88%
Economic/financial reasons	37	10%	333	90%
Children spacing	163	44%	207	56%

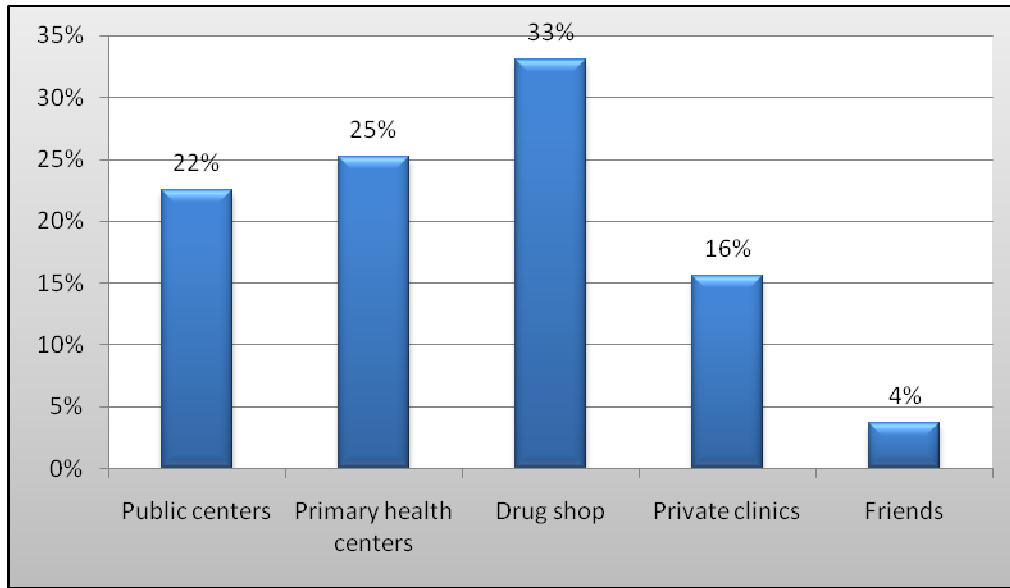


Fig.(11): distribution of study population by their knowledge about the place that can obtain family planning methods(n=732)

Discussion

In this study, the vast majority of married men had heard of family planning. It is most probably due to different factors because the study area is a part of Khartoum State and there are accessible health facilities with different health personnel who disseminate the health knowledge between people. Most (94%) of the men in the sample knew that family planning methods could be obtained from health-related facilities. More than a half (56%) of the married men described the benefits of family planning as due to health reasons.

The knowledge of the married men about family planning in this study was significantly associated with the level of education ($P= 0.04$). Ali and Akud in eastern Sudan reported that the awareness about family planning among men increased starting from secondary education upwards⁽⁵⁾. That report is in accordance with the finding of this study and also with other studies in Africa and Europe^(6,7,8).

About 62% of the participants received their information about family planning from the mass media. This information goes without saying, because the mass media are tools that can be directed to address a large sector in the community and also can be focused on certain issues. Evidence from different studies stated that interrelation between mass media and family planning in developing countries continues to mount in support to the claim that the media do influence knowledge and behavior^(9,10,11).

About 78% of the study participants knew even the types of family planning methods. The pill as a method ranked first because it is the most advertized, available and affordable product and the surest one for them in family planning. Familiarity with two specific modern methods of contraception and where to obtain them captures the two most fundamental components of access. Natural methods such as breast feeding, coitus interrupts and safety periods were adopted by some of the participants in their families.

Conclusion

The correct knowledge about family planning is significantly associated with the level of education. Most of men knew some of the modern methods of family planning and the female

pills were the commonly known method. Most of the men endorsed the usage of their wives of family planning methods but did not utilize the service themselves.

Just less than half of the men said that they did not know that their wives were using family planning methods. The knowledge of men about family planning is still lagging behind and needs to be improved through dissemination of the correct relevant knowledge mainly via mass media and interpersonal communication. It was found that most men gained their knowledge about family planning through mass media. Other methods of communication can be utilized to boost the effect of mass media.

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