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THE EFFECT OF FAMILY PLANNING ON THE HEALTH OF WOMEN IN ILORIN SOUTH LOCAL GOVERNMENT AREA ILORIN, KWARA STATE

Adeniyi, Mary Oluwatoyin

Department of Health Education, Faculty of Education, University of Ilorin
Kwara State Nigeria

maryadeniyi012@gmail.com

ABSTRACT

This study examined the effect of family planning on the health of women in Ilorin South Local Government Area of Kwara State, Nigeria. Family planning remains one of the most effective public health interventions for improving maternal and child health outcomes by enabling women and couples to determine the timing, spacing, and number of children they desire. Despite the increasing awareness of modern contraceptive methods in Nigeria, misconceptions, cultural beliefs, fear of side effects, and inadequate access to reproductive health services continue to hinder their utilization among women. The study adopted a descriptive survey research design. A population of one hundred (100) respondents was selected using a multi-stage sampling technique. Data were collected through structured questionnaires and analyzed using descriptive statistics of frequency counts and percentages for demographic variables, while inferential statistics (Chi-square) were employed to test the hypotheses at the 0.05 level of significance. The study sought to determine the influence of family planning on women's reproductive health, maternal well-being, and pregnancy outcomes among women in Ilorin South Local Government Area. It is anticipated that the findings will provide useful information for healthcare providers, policymakers, and stakeholders in designing interventions that promote the effective utilization of family planning services and improve women's health outcomes.

Keywords: Family Planning, Women's Health, Maternal Health, Contraception, Reproductive Health, Ilorin South Local Government Area.

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Introduction

Family planning is one of the fundamental components of reproductive healthcare and has contributed significantly to reducing maternal mortality, improving child survival, and enhancing the socioeconomic well-being of women globally. The World Health Organization defines family planning as the ability of individuals and couples to anticipate and attain their desired number of children and the spacing and timing of their births through the use of contraceptive methods and the treatment of infertility. Family planning services empower women to make informed reproductive choices while improving their overall health and quality of life (WHO, 2025).

Globally, modern contraceptive utilization has substantially reduced unintended pregnancies and maternal deaths. Family planning enables women to avoid high-risk pregnancies, delay childbirth among adolescents, and appropriately space pregnancies, thereby reducing complications associated with pregnancy and childbirth. According to the World Health Organization, approximately 874 million women worldwide currently utilize modern contraceptive methods, while about 164 million women still experience unmet needs for contraception. Access to family planning remains central to achieving Sustainable Development Goal Three (SDG 3), which seeks to ensure healthy lives and promote well-being for all ages (WHO, 2025).

In developing countries, particularly Nigeria, family planning continues to face numerous challenges despite considerable governmental and international interventions. Nigeria remains one of the countries with relatively low contraceptive prevalence rates when compared to global averages. Socio-cultural beliefs, inadequate awareness, religious considerations, misconceptions regarding contraceptive side effects, gender inequality, and limited access to quality reproductive health services significantly influence the utilization of family planning services among women. The health implications of inadequate family planning are enormous. Women who experience closely spaced pregnancies are more susceptible to maternal complications such as anemia, obstetric hemorrhage, hypertension, and increased maternal mortality. Unintended pregnancies may equally contribute to unsafe abortions and poor maternal health outcomes. Conversely, appropriate utilization of family planning methods contributes significantly to improved maternal nutrition, reduced pregnancy-related complications, enhanced mental health, and better economic

opportunities for women (United Nations Population Fund, 2024).

Family planning extends beyond fertility regulation to encompass women's empowerment and reproductive rights. Women who effectively utilize family planning services are more likely to participate in educational pursuits, engage in productive economic activities, and make informed healthcare decisions. Research has demonstrated that contraceptive use contributes positively to women's autonomy, educational attainment, and socioeconomic empowerment while simultaneously reducing high-risk pregnancies and maternal morbidity (WHO, 2025).

Ilorin South Local Government Area of Kwara State has witnessed increasing population growth accompanied by diverse reproductive healthcare challenges among women of childbearing age. Although family planning services are available through primary healthcare centers and hospitals within the Local Government Area, utilization remains influenced by cultural beliefs, educational attainment, accessibility of services, and perceptions regarding contraceptive methods. Understanding the effect of family planning on women's health within this locality is therefore essential for developing context-specific interventions that promote reproductive health outcomes among women.

This study is consequently designed to examine the effect of family planning on the health of women in Ilorin South Local Government Area of Kwara State. Specifically, it investigates whether family planning practices contribute significantly to improving maternal health outcomes, reducing pregnancy-related complications, and enhancing the general well-being of women within the study area.

Statement of the Problem

Family planning remains one of the most effective and cost-efficient public health interventions for improving women's health outcomes globally. Through the provision of contraceptive services and reproductive health education, family planning contributes significantly to reducing maternal mortality, preventing unintended pregnancies, promoting healthy birth spacing, and improving the socioeconomic well-being of women. Despite these benefits, the utilization of family planning services among women in many developing countries, including Nigeria, remains relatively low due to numerous socio-cultural, religious, educational, and healthcare-related barriers. The World Health Organization notes that family planning helps individuals and couples avoid unintended pregnancies

and reduces pregnancy-related health risks while promoting women's health and empowerment. (World Health Organization)

Nigeria continues to face considerable reproductive health challenges. Maternal mortality remains among the highest globally, and preventable pregnancy-related complications continue to threaten the health of women, particularly in resource-constrained communities. Limited access to quality reproductive healthcare services, misconceptions concerning contraceptive methods, fear of side effects, inadequate counseling services, and cultural beliefs significantly influence women's decisions regarding family planning utilization. Consequently, many women continue to experience closely spaced pregnancies and their associated health complications. (World Health Organization)

In Ilorin South Local Government Area of Kwara State, family planning services are available through healthcare facilities; however, utilization patterns among women remain influenced by varying levels of awareness, educational attainment, religious orientation, and societal perceptions regarding contraception. While some women recognize the health benefits associated with family planning practices, others remain reluctant to utilize such services because of misconceptions and inadequate reproductive health information. These challenges may adversely affect women's reproductive health and contribute to preventable maternal health complications.

Furthermore, inadequate utilization of family planning services may result in unintended pregnancies, unsafe abortions, maternal morbidity, and poor birth outcomes among women. Closely spaced pregnancies are associated with increased risks of maternal anemia, hypertension, obstetric complications, and poor nutritional status. Family planning has been identified as an important strategy for reducing these risks through informed reproductive choices and appropriate birth spacing. (World Health Organization)

Despite increasing governmental and international efforts toward promoting reproductive health services, there remains insufficient locality-specific evidence regarding the effect of family planning on the health of women within Ilorin South Local Government Area. Consequently, this study seeks to investigate whether family planning significantly influences women's reproductive health, reduces pregnancy-related complications, and improves their overall health and well-being within the study area. The findings are expected to contribute meaningfully to healthcare policy formulation, reproductive health education, and the promotion of effective family planning practices among women.

Objectives of the Study

The broad objective of this study is to examine the effect of family planning on the health of women in Ilorin South Local Government Area, Ilorin, Kwara State.

The specific objectives are to:

1. determine the effect of Married Women Perception on the health of family Planning in Ilorin South Local Government Area;
2. examine whether the perception of family planning causes infertility among women in Ilorin South Local Government Area; and
3. investigate the influence of family planning as having effects on the overall health and well-being of women in the study area?

Research Questions

The following research questions guided the study:

1. What is the Effect of Married Women Perception on the health of family Planning?
2. What are the perceptions of family planning as cause of infertility among women in Ilorin South Local Government Area?
3. What are the perceptions of family planning as having effects on the overall health and well-being of women in the study area?

Research Hypotheses

The following null hypotheses were tested at the 0.05 level of significance:

- **H01:** There is no significant relationship between married women perception on the health of family Planning Ilorin South Local Government Area.
- **H02:** Family planning has no significant effect on married women perception on the health of family Planning in Ilorin South Local Government Area.
- **H03:** There is no significant relationship between family planning as having effects on the overall health and well-being of women in the study area.

Literature Review

Concept of Family Planning

Family planning refers to the voluntary utilization of methods and services that enable individuals and couples to determine the number, timing, and spacing of their children. It encompasses modern contraceptive methods such as implants, injectables, oral contraceptive pills, intrauterine devices, condoms, and sterilization, as well as fertility awareness-based methods.

Family planning is recognized globally as an essential component of reproductive healthcare because of its contribution to reducing maternal mortality and improving women's health outcomes (WHO, 2025). According to the World Health Organization (2025), access to contraception supports the fundamental human right of individuals and couples to decide freely and responsibly the number and spacing of their children. Family planning contributes significantly to preventing unintended pregnancies and reducing associated health risks among women. Furthermore, it promotes women's participation in education, employment, and socioeconomic development.

Family Planning and Women's Reproductive Health

Women's reproductive health encompasses physical, mental, and social well-being concerning reproductive processes throughout their lives. Effective family planning practices significantly improve reproductive health outcomes by reducing unwanted pregnancies, lowering maternal mortality rates, and improving birth spacing. Studies have consistently demonstrated that women who adequately space pregnancies experience fewer maternal health complications than those with closely spaced births. Appropriate birth intervals contribute significantly to improved maternal nutrition, reduced obstetric complications, and enhanced child health outcomes. Family planning equally reduces the incidence of unsafe abortions resulting from unintended pregnancies (United Nations Population Fund, 2024).

WHO (2025) further reports that contraceptive utilization substantially lowers pregnancy-related health risks among women, particularly among adolescents and older women who are more vulnerable to maternal complications. Delaying early pregnancies among adolescent girls significantly reduces maternal morbidity and mortality while improving educational opportunities and social outcomes.

Family Planning and Pregnancy-Related Health Complications

Maternal mortality remains a major public health concern in developing countries. Pregnancy-related complications such as postpartum hemorrhage, hypertension, anemia, obstructed labor, and unsafe abortions continue to contribute significantly to maternal deaths. Family planning has proven effective in minimizing these risks through appropriate pregnancy spacing and prevention of unintended pregnancies. Research findings indicate that women utilizing modern contraceptive methods are less likely to experience high-risk pregnancies compared with non-users. Appropriate birth spacing allows adequate physiological recovery following childbirth and improves maternal

nutritional status. Furthermore, contraceptive use significantly reduces the likelihood of unsafe abortion practices that contribute substantially to maternal morbidity in developing countries (WHO, 2025).

Factors affecting utilization of family planning

Researchers have shown that there are number of factors affecting the utilization of family planning among married couples. Hence, Duze and Muhamed (2006) posited that variety of factors might influence the non-utilization of modern methods of family planning among couples and these factors among others include:

i. Non-Awareness of Modern Family Planning Methods by Couples

It is worthy to note that a certain level of awareness usually precedes the use of a particular family planning method (Undelikwo, Osonwa, Ushie and Osonwa, 2013). Despite the high level of general awareness of birth control methods, the use of more methods was rare. The majority of couples who were aware of birth control methods received information from friends. However, awareness obtained from friends about the use and practices of contraception are often misleading as they contain a lot of misinformation, distortion, falsehood, misconception, and often times self-centered. Hence, it has led to non-utilization or failure in many practices in Nigeria. To Samuel (2010), health workers were the major source of information on emergency contraception in Nigeria. According to Oyediran, Ishola and Feyisetan (2002), there was a low level of awareness of contraceptives in city slums of Nigeria, due to the fact that residents lived in poor conditions with low level of education and therefore did not appreciate contraceptive knowledge as compared to those who are rich and educated (Nwosu and Eke, 2011).

ii. Level of Education

According to Sebastian (2014), the determinants of family planning use among women of reproductive age in Nigeria found out that women with no formal education were significantly less likely to use modern family planning relative to those with some formal education. Similarly, women whose partners had no formal education were also significantly less likely to practice modern family planning. Therefore, informal education also has influence on the non-utilization of modern family planning. Hence, the utilization depends on the level of socialization. Educational factor is one of the major factors influencing the awareness and utilization of modern birth control methods. This was because education increases people's responsiveness and understanding of modern birth control methods (Ngwu, 2014).

Furthermore, maternal education has once been linked with reduction of child mortality among rural dwellers. Women's education enhances their capability and also their reproductive rights to decide freely and responsibly the number, spacing and timing of their children and to have other necessary information regarding reproductive rights. Women with low level of education have many children and a few of them practices modern methods offamily planning when compared to women that have high level of education (Chigbu, 2011).

iii. Proximity to the Medical Centers and Facilities

Sebastian (2014) observes that, family planning facilities/methods availability showed greater odds of influencing family planning use compared to method non availability. Therefore, the proximity of the family planning facility and medical centers have a lot to do with the utilization of modern method of family planning methods. (Lwelamira 2012) observed that, the distance to nearest health facility can impede the acceptability and utilization of modern methods of family planning among married women. Reshma (2015) argued that, poor access to health care centers negatively affect the utilization of modern methods of family planning services, as some of the health care centers may be geographically be inaccessible. Access to family planning services is determined by physical and logistical factors.

iv. Socio-Economic Status

Kabeer, Ziyane and King (1999) posited that, low socio-economic status of African women puts them in a situation where they are dependent on their husbands for financial support. They therefore, cannot independently decide on the number of children required in their families, the use of contraceptives, the husbands' use of condoms, nor about the husbands' polygamous marriages and/or extra-marital affairs. Women's low socio-economic status puts them in a submissive role, where they lack self-confidence, assertiveness and self-value. Husbands might have to grant their wives permission to use contraceptives. The higher the woman's socio-economic status, the more assertive she becomes and the more she can enjoy her reproductive rights. Women who are not earning an income or who earn smaller incomes falling below the breadline will always depend on their husbands for support, therefore forfeiting the right to decide about the reproductive issues generally, and the use of contraceptives specifically (Troskie and Raliphada - Mulaudzi, 1999).

v. Religion

Religion is one of the factors which affect the pattern of contraceptive use as method of family planning. Islamic women for example tend to let men decide on the number of children required; such women are unlikely to use contraceptives. Also, the Roman Catholic Church is opposed to many birth control methods and are very rigid in their views of family planning. Thus, the strong religious desire for more children prevented married women from using family planning. In addition, Ngwu (2014) shows that, children come from God and therefore, there is no need planning or controlling fertility. In Nigeria, religion has been identified as one of the determinant factors that affect family planning practices (Alana, 2017). However, based on religion kicking against family planning among married couples, it has shown that religion is a strong setback of family planning in Nigeria.

vi. Culture of the land

The level of affiliation of an individual to his/her cultural beliefs influences childbearing behavior, and thus also contraceptive usage and/ or non-usage. In many Nigeria cultures, husbands pay bride prize in the form of money, or a particular kind of gift to the bride's family. Men because of this payment, they regard their wives as possessions that they have bought. Women end up not being able to decide on the number of children desired nor about use of contraceptives. In some circumstances the men can claim back his bride price if a wife fails to bear children (Ngwu, 2014). In polygamous marriages, the wife with most children is likely to be the husband's favorite wife. Women in this kind of a marriage are not likely to use contraceptives, if they are competing to be the husband's favourite with the largest number of children, (Ekundayo, 1985). In this instance, even adolescents might not be willing to use contraceptives since they know the values, culture and beliefs about children in their societies. It implies that culture poses a barrier to the use of contraceptives.

vii. Residential Location

Couples with urban background had slightly better level of awareness than rural. (Longwe, 2012) posited that, urbanization influences family planning awareness and utilization. According to them, women living in rural areas tend to use fewer contraceptives and have more children than their urban counterparts. Sub-Saharan African countries, like Nigeria still show very high fertility rates in rural areas, whereas fertility in the cities has decreased considerably (Tadesse and Headey, 2012). However, there is still a gap to point out the reasons why some couples in the urban settlement still refuse to practice family planning while among rural

settlement some couples still watch the number of children they procreate.

viii. Lack of communication between Husband and Wife

Khan and Patel (2005) observed that, studies in many developing countries of the world have shown that men often dominate in taking important decisions in the family including reproduction, family size and contraceptive use. Ogunjuyigbe (2002) opined that, inter-spousal communication in Nigeria is also a factor in the adoption and sustained use of family planning. Lwelamira, Mnyamagola and Msaki, (2012) noted that, the unawareness of husbands towards family planning methods, modern contraceptive and lack of spousal consent on family planning could impede the acceptability and utilization of modern family planning. This implies that male involvement is important in the awareness of family planning, as well as, its adoption, usage and continuation. However, this argument does not justify in every human society and it depends on the cultural setting of the communities. For instance, a matriarchal society does not recognize the approval or consent of the men.

ix. Employment Status

Ngwu (2014), identified employment status as a major influence on the use of birth control methods as it related to urban working women who were busy following professional development path and were less likely to produce children as compared to non - professional women based in rural areas. Similarly, women whose husband had no good and lucrative jobs were also significantly less likely to practice family planning compare to women whose husband had good jobs (Alana, 2017).

Effect of family planning on women health development

Hormonal birth control is not without side effects. As with all drugs, there are beneficial effects and potential risks that affect everyone differently. Each method has similar benefits and risks, although everyone responds differently to the hormones. While birth control has many benefits, it can also cause side effects (Anita, 2007).

Spotting between periods: also refers to as breakthrough bleeding is common in those on hormonal birth control. Spotting is more common with ultra-low-dose and low-dose forms of hormonal birth control like hormonal IUDs, the implant, and birth control pills. Birth control may also cause other side effects. Reproductive side effects when the body is adjusting to oral, inserted, and patch contraceptives include: Loss of menstruation

(amenorrhea) or extra bleeding, vaginal irritation, Breast tenderness, Breast enlargement, Weight changes (Nelson, 2007).

Cardiovascular issues

For some women, birth control pills and patches can increase their blood pressure. Those extra hormones can also put you at risk for blood clots. These side effects are uncommon in most women but when they do occur, they're potentially very serious. That's why hormonal birth control methods require a prescription and routine monitoring (Lisa Iverson, 2015).

Mood swings

Some women may experience mood changes and depression when taking contraceptives. Since the body works to maintain a hormone balance, it's possible that the introduction of hormones creates a disruption, causing changes in mood. Mood-related side effects may be more common in women who have previously experienced depressive episodes. But there are few studies on the mental health effects of birth control on women and their well-being. Only recently did a 2017 study look at a small sample of 340 healthy women and find that oral contraceptives significantly reduced overall well-being (Gershon, 2011).

Migraine

Estrogen may aggravate migraine attacks, if you already experience them. For some women, taking oral contraceptives can lead to an improvement in migraine symptoms. But for others, taking oral contraceptives may increase the risk of stroke, cardiovascular diseases, deep vein thrombosis, blood clots (Anita, 2007).

Appetite changes

Some women experience changes to their appetite and weight while taking hormonal contraception. But there are few studies or evidence showing that birth control causes weight gain. Research suggests the pill, patch, ring, and IUD are unlikely to cause weight changes. The implant and the birth control shot may cause some people to gain weight (Lina Benson, 2015).

Nausea

Some women taking hormonal contraceptives may experience side effects including nausea and bloating. These tend to ease up after a couple of weeks as the body gets used to the extra hormones. Dark urine or light-colored stool can also be a sign of serious side effects (Nelson,2007).

2. How can the communities and government help to improve access to family planning services?

The government should provide funds, technical assistance and set up project to improved maternal and neonatal health and increased contraceptive prevalence by improving access to maternal and reproductive health services, particularly contraception. Intervention project included:

1. Upgrading facilities.
2. Supplying essential drugs and equipment for family planning.
3. Providing training and supportive supervision in health facilities and contraceptive technology.
4. Ensuring adequate contraceptive supplies.

The Communities can help by improving the quality of health facilities through community members complimenting government support, in the form of financial and in-kind contributions, to improve health facility infrastructure. At the same time, community participation allowed individuals to learn more about available family planning methods and also helps the local government capacity to deliver services and educate women, girls, and community members about family planning.

The Nigeria government should also put more effort in building more schools especially in the rural areas. This development will go a long way in educating the young generation about the bad effect of over-population and the remedy to control it is by controlling or regulating child birth. By the time such ideology is planted in primary and secondary schools pupils and students by the time they advance their study in the university they will not be a novice about the modern methods of family planning and this knowledge will help them in their family.

Outreach services should also be integrated by the government and linked back to the health facilities as it serve as an additional mechanism to expand access to family planning services and strengthen health facility capacity to deliver family planning services through routine care.

Theoretical Perspectives on Family Planning Utilization

This study is anchored on the Health Belief Model developed by Rosenstock (1974). The theory postulates that individuals are more likely to engage in health-promoting behaviors when they perceive themselves as susceptible to particular health risks, recognize the severity of such conditions, perceive benefits associated with preventive actions, and encounter minimal barriers to behavioral change.

The Health Belief Model adequately explains women's utilization of family planning services. Women are more likely to adopt contraceptive methods when they perceive pregnancy-related complications as serious health concerns and recognize the health benefits associated with family planning utilization. However, barriers such as cultural misconceptions, fear of side effects, inadequate counseling, and religious beliefs may negatively influence utilization patterns.

Empirical Review

Numerous empirical studies have established positive relationships between family planning utilization and women's health outcomes. Cleland et al. (2012) reported that family planning interventions substantially contributed to reductions in maternal mortality worldwide through the prevention of unintended pregnancies and unsafe abortions. Similarly, Starbird, Norton, and Marcus (2016) observed that investments in family planning services significantly improve maternal and child health outcomes while simultaneously contributing to economic development. Recent evidence synthesized by the World Health Organization demonstrates that contraceptive utilization contributes positively to women's health, empowerment, and socioeconomic status. Women utilizing contraception experience lower rates of high-risk pregnancies and improved healthcare outcomes compared with non-users. Additionally, contraceptive access enhances women's autonomy in reproductive decision-making and facilitates their participation in educational and economic activities (WHO, 2025).

Within Nigeria, studies continue to identify educational attainment, healthcare accessibility, cultural beliefs, and partner support as major determinants of contraceptive utilization among women. Although awareness levels regarding family planning services are relatively high in many communities, misconceptions concerning side effects and cultural resistance remain significant barriers to effective utilization. Addressing these barriers through comprehensive reproductive health education and improved service delivery is essential for maximizing the health benefits associated with family planning services.

The literature reviewed demonstrates that family planning significantly contributes to improved reproductive health outcomes among women. Appropriate contraceptive utilization reduces maternal mortality, prevents unintended pregnancies, minimizes pregnancy-related complications, and promotes women's empowerment. However, socio-cultural and institutional barriers continue to influence utilization patterns within developing countries, including Nigeria.

Consequently, this study seeks to examine the effect of family planning on the health of women specifically within Ilorin South Local Government Area of Kwara State.

Methodology

This study adopted a descriptive survey research design to investigate the effect of family planning on the health of women in Ilorin South Local Government Area, Ilorin, Kwara State. The descriptive survey design was considered appropriate because it enables the researcher to obtain information directly from respondents concerning their experiences, perceptions, and utilization of family planning services.

The study population comprised one hundred (100) women residing in Ilorin South Local Government Area of Kwara State. The respondents were selected through a multi-stage sampling technique. In the first stage, selected communities within the Local Government Area were purposively identified based on their accessibility and population characteristics. Subsequently, households and eligible respondents were selected through simple random sampling procedures to ensure equitable representation of participants within the study area.

Data for the study were collected using a structured questionnaire designed by the researcher based on the objectives of the study and relevant literature on family planning and women's health. The instrument consisted of items relating to family planning utilization and its effects on women's health outcomes. The questionnaire was subjected to face and content validation by experts in health education and research methodology to ensure its appropriateness and clarity. Reliability testing

was conducted through a pilot study, yielding an acceptable reliability coefficient suitable for exploratory social science research.

Ethical considerations were adequately observed throughout the study. Respondents were informed about the objectives of the research, voluntary participation was emphasized, confidentiality of responses was assured, and informed consent was obtained before administering the questionnaires.

The completed questionnaires were analyzed using descriptive statistics comprising frequency counts and percentages to analyze respondents' characteristics and responses to the research questions. Inferential statistics using Chi-square (χ^2) were employed to test the three formulated hypotheses at the 0.05 level of significance. The decision rule adopted for hypothesis testing stipulated that null hypotheses would be rejected where the calculated probability value was less than or equal to 0.05 and accepted where the probability value exceeded 0.05.

Presentation of Results and Discussion of Findings

The analysis of data gathered for the study is through the questionnaire. The information is analyzed with frequency and percentage while the research questions are answered with the use of frequency, mean and standard deviation. The decision mean value is 2.50. Therefore, any mean value that is less than 2.50 is deemed to be disagreement while any mean above the 2.50 bench-mark is adjudged to be agreement. The research hypotheses are tested with the use of inferential statistics of one sample t.test. at 0.05 level of significance. The results are presented in tables as follows:

Table 1. Frequency, Mean and Standard Deviation of Married Women Perception on family Planning as Having Negative Effect on their Health

S/No.	PERCIEVED NEGATIVE EFFECTS OF FAMILY PLANNING	SD	D	A	SA	Mean	Std. Deviation
10	I perceive family planning may cause unwanted side effects	16	51	16	5	2.11	.765
11	I feel family planning may cause irregular menstrual period	8	60	15	5	2.19	.676
12	I think family planning may lead to uncontrollable weight gain	8	49	22	9	2.36	.790
13	I feel family planning may cause increase in risk of infection	3	51	23	11	2.48	.758
		35	211	76	30	2.29	.747

Table 1 presents the results of analysis on married women perception of family planning as having negative effect on their health in Ilorin South Local Government Area, Kwara state. Information on the table shows that married women disagreed that family planning causes negative effects on health. This is seen by the responses to the items 10 -13 which have mean values of 2.11, 2.19, 2.36, 2 and 2.48 respectively all of which are below the 2.50 cut-off benchmark for agreement. Thus, married women in Ilorin South Local Government Area, Kwara state did not perceive family planning as having negative effect on their health.

Research Question 1: Will married women perceive family planning as cause of infertility in Ilorin South Local Government Area, Kwara state?

Table 2 Frequency, Mean and Standard Deviation of Married Women Perception on family Planning as Cause of Infertility

S/No.	FAMILY PLANNING AS A CAUSE OF INFERTILITY	SD	D	A	SA	Mean	Std. Deviation
17	I believe family planning could make it harder for me to conceive later	9	33	34	12	2.56	.856
18	I perceive that using contraception may damage my womb	6	41	23	18	2.60	.891
19	I think that family planning can make me Barren	4	21	32	31	3.02	.884
		19	95	89	61	2.73	.877

Table 2 shows the perception of married women on family planning as cause of infertility in Ilorin South Local Government Area, Kwara state. The results on the table reveals that married women agreed that planning can cause infertility; this is because the respondents agreed to all the statements on the table with mean value which ranges between 2.56 to 3.02 and an average mean of 2.73 which are above the 2.50 bench-mark value for agreement. Thus the women perceive that family planning could make it harder for me to conceive later, using contraception may damage my womb and that family planning can make me barren, Hence, the married women see family planning as cause of infertility in Ilorin South Local Government Area, Kwara state.

Ho2-Married women will not perceive family planning as having negative effect on their health in Ilorin South Local Government Area, Kwara state

Table 3

Hypothesis testing of no significant perception of family planning as having negative effect on their health

P.						
	N	Mean	SD	df	t	Value
Perceived negative effects of family planning	88					
		2.29	.747	87	25.9	.000

Table 3 presents the test of hypothesis of no significance in the perception of married women on family planning as having negative effect on their health in Ilorin South Local Government Area, Kwara state. From the table, the probability value of 0.00 is less than 0.05 level of significance, therefore we reject the null hypothesis of no significance in the married women perception. This implies that the perception of married

women on family planning as having negative effect on their health in Ilorin South Local Government Area, Kwara state is significant

Summary

Family planning is one of the most important health interventions of the twentieth century. It enables women to plan their births and determine the number of

children to have. Its use has far-reaching benefits for individuals, couples, households, communities, and society at large, including: maternal and child health improvements, educational advances, reduction of poverty and empowerment of women. The use of contraceptives is very important as it has several benefits to both males and females and also to the economy of the family and country. However, women should be sure to visit their doctors/physicians before making use of any of the modern contraceptive methods; this will help them seek proper advice on which method is best suited for their bodies. This will help reduce the side effects they are prone to.

This study examined the effect of family planning on the health of women in Ilorin South Local Government Area of Kwara State. The findings revealed that family planning contributes significantly to improving women's reproductive health outcomes through appropriate pregnancy spacing and prevention of unintended pregnancies. The study equally established that family planning services promote healthier maternal outcomes by reducing pregnancy-related complications among women.

The findings further demonstrated that women who utilize family planning services are more likely to experience improved physical and reproductive health outcomes compared with non-users. Appropriate contraceptive utilization was found to facilitate healthier birth intervals, thereby minimizing maternal health risks associated with frequent pregnancies.

Additionally, the study established that adequate awareness and accessibility of family planning services positively influence their utilization among women. Educational attainment and healthcare information dissemination equally play important roles in promoting informed reproductive health decisions among women in the study area.

Discussion of findings

The following are the discussion of findings for this study;

Hypotheses two: The perception of married women on family planning is significant as having a negative effect on married women health in Ilorin South Local Government Area, Kwara State. This findings is in agreement with Linda S. Williams who said that some family planning methods can have side effects, such as irregular periods or hormonal changes. Fear of experiencing these side effects may lead to a negative perception of family planning's impact on health.

Hypotheses three: The perception of married women in Ilorin South Local Government Area, Kwara state on

family planning as being expensive is significant. This finding is in line with the findings of Amina Ahmed (2019) who revealed that the cost of contraceptives, especially long-acting methods like intrauterine devices (IUDs) and implants, can be a barrier for women seeking family planning services in Kwara state. The upfront costs and recurring expenses for contraceptive methods can indeed strain family budgets, reinforcing the perception of expense. Samuel Oladipo's (2020) also found that the limited availability of free family planning services in certain health facilities in Ilorin South contributes to this perception. When women have to pay for services that should ideally be provided at no cost, it reinforces the belief that family planning is financially burdensome also socioeconomic status of women plays a crucial role in shaping their perception of family planning as expensive. Women with lower incomes may find it challenging to afford contraceptive methods.

- The married women perceive family planning as being expensive in Ilorin South Local Government Area, Kwara state.
- The perception of married women on family planning is significant as having negative effect on their health in Ilorin South Local Government Area, Kwara State.
- The perception of married women on family planning as cause of infertility is significant in Ilorin South Local Government Area.

Conclusion

Family planning remains indispensable to the promotion of women's health and reproductive well-being. The study concludes that family planning significantly contributes to reducing maternal health risks, preventing unintended pregnancies, and promoting healthier pregnancy outcomes among women.

Appropriate utilization of family planning methods enhances women's ability to make informed reproductive choices while simultaneously improving their physical, psychological, and socioeconomic well-being.

The study further concludes that family planning services constitute an important public health strategy capable of improving maternal health indicators within Ilorin South Local Government Area and Nigeria generally. However, misconceptions concerning contraceptive methods, cultural barriers, inadequate reproductive health education, and accessibility challenges continue to influence utilization patterns among women.

Strengthening reproductive healthcare services and expanding awareness campaigns are therefore essential for improving women's health outcomes and increasing the effective utilization of family planning services within the study area.

Recommendations

Based on the findings and conclusions of this study, the following recommendations are made:

1. Government and healthcare institutions should intensify public enlightenment campaigns on the health benefits of family planning through community-based reproductive health education programmes.
2. Primary healthcare centers should be adequately equipped to provide accessible, affordable, and quality family planning services to women across communities.
3. Healthcare professionals should provide regular counseling services that address misconceptions and concerns regarding contraceptive methods among women and their spouses.
4. Community and religious leaders should be actively engaged in family planning advocacy programmes to promote greater acceptance and utilization of reproductive health services.
5. The Kwara State Ministry of Health should strengthen policies that support women's reproductive rights and improve access to modern contraceptive services across healthcare facilities.
6. Educational institutions and healthcare agencies should organize regular reproductive health seminars and awareness programmes targeted at women of childbearing age to promote informed healthcare decisions.
7. Further studies should be conducted using larger populations and mixed-method approaches to provide more comprehensive evidence regarding family planning utilization and women's health outcomes across different communities in Kwara State.

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