

## EFFECTS OF RADIO DRAMA ON WOMEN'S USAGE OF MODERN FAMILY PLANNING METHODS IN ONDO STATE

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### ABSTRACT

The study examined the effect of a radio drama programme on the use of family planning methods by women in Ondo state. A ratio 2:1 was used to select three local governments in the state on rural: urban basis respectively. Using a well structured interview schedule, data were gathered from a total of 90 women who were randomly selected. Descriptive statistics were used to present the findings of the study while the spearman rho rank correlation and the chi square analysis were used to test the hypotheses of the study. Data revealed majority (95.6%) were married in monogamous way (87.8%) with a mean of 37.4 years of age, educated beyond primary school level (83.4%) with trading as major occupation (67.8%). There was a high level of awareness of family planning methods in the study area (>60% for all methods) with condom being the method mostly used (34.4%). Frequency of listenership of radio-drama significantly increased level of awareness of respondents on family planning methods ( $p=0.22$ ,  $p<0.05$ ) and use of family planning methods ( $X^2=57.49$ ,  $p<0.05$ ). Level of education, marital status and type of marriage were significantly related to the use of family planning methods.

**Key words:** Listenership, Awareness, Family planning methods, Personal characteristics.

### INTRODUCTION

Rapid rate of population growth is one of the major problems facing humanity in the last quarter of the twentieth century. In the developed countries, population growth rate has nevertheless diminished to a range of 0.9 – 1.3% as couples have chosen to have fewer children by adequate spacing of children through use of birth control methods (Llewellyn-Jones, 1998). Most developing nations, however, still have high birth rates (above 3.0%) and mortality rate is almost constant or reducing as a result of gradually improving medical services. This according to Adeyeye (2000) is because of the social and economic values placed on

children as they are seen as insurance against economic crises during parent's old age. Children also demonstrate the extent of masculinity of the man and fecundity of the woman. Children are thus desired to increase family labour needed for agricultural purpose and act as social safety nets for themselves when they grow up (Adeyeye, 2000). Furthermore, according to Llewellyn-Jones (1998), in the quest to have a male child, which is highly esteemed over female children, many children are produced.

In 1988, Nigeria adopted a National Population Policy, which seeks to reduce population growth rate though voluntary fertility

regulation and promote health and welfare of mothers and children to improve the quality of life of all Nigerian. The main thrust of the policy is the recommendation to young couple not to have more than four children per family (or per woman) and to attain a reduction of the population of woman bearing more than four children by 80 percent by the year 2000 (NPC, 1991).

Recent surveys in Nigeria have shown that some of the reproductive health indices have worsened or have not shown any heart-warming improvement. For example, the total fertility rate has declined from 6.0 per woman in 1990 to only 5.2 per woman in 1999 while maternal mortality rate (MMR) of 8.0 per thousand life births in 1993 has only reduced to 7.0 in 1999 (United Nations, 2005). Despite the fact that the percentage of women with knowledge of any contraceptive method was as high as 46% in 1990, contraceptive prevalence had only risen from 6.0% in 1990 to 7.4% in 1999. About 50% of MMR rate are still due to abortion which results in frail health and prevents the women victim from involving in any strenuous job within the period of recuperation from abortion. The incidence of adolescence pregnancy is still very high as 40% of girls aged 16 or less are becoming mothers (United Nations, 2005). Thus, sexually transmitted diseases (STDs), malnutrition and uncontrolled fertility (all that tend to affect women more) are the dominant features of Nigeria's epidemiological pattern.

Family planning however, enables a couple to choose if and when as well as how many children they want to have. This reduces the health risk to women and ensures stronger and healthy children. An incontrovertible fact is that pregnancy reduces the

productivity of women and frequent pregnancies drains their energy and leads to frail health which reduces their stamina for economic activities. Her health status triggers a chain effect on the children's nutrition and education, husband's nutrition and productivity, family income and the community at large. More children increase the hours of labour expended on household issues and child welfare. This according to Llewellyn-Jones (1998) increases their unpaid working hours to 56 hours per week per added child. These issues will not have been a cause for concern if men readily give the necessary support to the ascribed gender roles placed on women. Marriage doubles the household chores of a woman and reduces the unpaid work of a man by a quarter. Women undertake 70% of unpaid work such as household chores and child chores while men do less than 18 hours of unpaid work per week. These are figures from developed countries and we therefore obviously but not certainly expect to find a more worrisome level of burden placed on women in the developing world (Llewellyn-Jones, 1998).

Of the close to 120 million Nigerian populations, approximately 58% are females (World Bank, 1981 and Ogunbameru and Pandey, 1992). Globally, women are an important resource all over the world and they constitute more than 50% of the world's population. By virtue of their physiology women are the givers and nurturers of life and thus the very beginning of the development process. The social responsibilities associated with this biological function make women a peculiar force in the overall national growth and development of the nation.

In Africa and particularly in Nigeria, current estimates show that women account for 60 – 80% of the agricultural labour force. They produce up to four-fifths of essential food-stuffs which they process and sell in large

quantities (ECA, 1996). They also dominate informal sector activities as well as the service sectors in both rural and urban settings and thus contribute substantially to development projects.

At the home front, women bear more than 90% of the domestic production tasks to ensure the well-being of the family and that of the society. In particular, Nigerian women play indispensable role in solving many problems that constitute bottlenecks in smallholder farming systems especially weeding, harvesting, processing and storage (Awoyemi, 1989). From the above, it is clear that income generated by women come from both agricultural and off-farm activities.

The indispensable role of women in household, community and national development necessitates that their welfare ought to be paramount to governments of developing countries (United Nations, 1999, United Nations 2000, United Nations' Development Fund for Women, 2005 ). This is made more evident by the fact that if their unpaid work in and outside the home is included in the Gross Domestic Product (GDP); it would increase by about 25% (UN, 1991). The importance of women in nation development has led government and non-governmental organizations to commit themselves to programmes to enhance their welfare (Better Life Programme 1990, National Women's Council of Ireland and New Opportunities for Women 1998).

The society for family health; a non-governmental organisation established in 1997 is nevertheless, blazing the trail in motivating and empowering the poor and the vulnerable in Nigeria to adopt healthy behaviours. In conjunction with DFID, a

Yoruba radio drama programme (Abule Olokemerin) is being used to disseminate information to effect positive behavioural change, knowledge, attitude and practice (KAP) into the people towards the adoption of family planning method (FPM) and other related health issue such as sexually transmitted infections and HIV/AIDS.

Family planning methods are gender specific and depends on the duration of time sterility is desired i.e temporary or permanent. The choice of which to use depends on knowledge of method operation, personal convenience, physiological compatibility, religious-cultural inclinations, duration of sterility desired and extent of cooperation between couples.

Men's FPM's includes the use of a condom, coitus interruptus and vasectomy. The condom is a light rubber sheath worn over the penis to prevent ejaculated spermatozoa from being deposited into the female vagina during coitus. Coitus interruptus is the withdrawal of the penis from the woman's vagina before ejaculation. The first two are temporary methods while vasectomy is a permanent method, which involves a simple surgery to remove small portions of the vas deferens to prevent transportation of spermatozoa from the testicles to the prostate gland. Women FPM's includes the temporary methods like periodic abstinence, contraceptives and a permanent method; tubal ligation. Periodic abstinence involves avoidance of intercourse during the female fertile period. This is done by the calendar method, temperature method and mucus method. Contraceptives involve the use of physical materials to bar spermatozoa from being deposited into the woman's vagina (diaphragms, intrauterine devices) or kill the sperms (spermaticidal creams). Hormones which

could be tablets i.e. pills or injectables are also used which disrupts the normal occurrence of the ovulation period. The tubal ligation involves a simple surgery to cut parts of the fallopian tubes that transports eggs from the ovary to the uterus for fertilization and consequent implantation.

### ***Objectives of the study***

This study was designed to assess the effect of the Yoruba radio drama programme (Abule Olokemerin) on the usage of family planning methods by women in Ondo state. The study specifically

1. examined the personal characteristics of the respondents,
2. determined respondents level of awareness of family planning methods,
3. determined respondents listenership of the radio programme,
4. identified the present use of family planning methods by the respondents.

### ***Hypotheses of the study***

The following hypotheses stated in the null form were tested in the study at the 0.05 level of significance.

1. Ho There is no significant relationship between listenership of the radio programme and the level of awareness of family planning methods.
2. Ho There is no significant relationship between the listenership of the radio programme and the use of family planning methods
3. Ho There is no significant relationship between personal characteristics and the use of family planning methods.

## **METHODOLOGY**

### ***Sampling Technique and Sampling Size***

The study was carried out in Ondo state. Based on a ratio of 1:2 for urban-rural

population in Nigeria, three Local Government Areas (LGA's) were purposively selected: Akure South, Akure North and Ifedore. Akure South Local Government area was purposively selected to represent the urban area as it hosts the state capital, which due to infrastructural development and low proportion of those involved primarily in agriculture, makes it metropolitan than any other LGA. The other two Local Government areas represented the rural areas based on the low level of infrastructure and the high percentage of those involved in agriculture and primary occupations. The major health centers in each local government area were selected from which 30 women were randomly sampled on antenatal clinic days. Ninety women were used in the study.

### ***Data Collection***

Primary data were collected for the study with the aid of a well-structured interview schedule administered by the author and student nurses. Student nurses were used to ensure genuine responses to the survey as the women will be more familiar and open to them. Questions in the schedule bothered on socio economic characteristics like age, marital status, educational level, occupation e.t.c. awareness, knowledge and use of FPM's as well as frequency of listenership of the radio-drama programme.

### ***Analytical Techniques***

Frequency tables, percentages and bar charts were used to present and interpret the objectives of the study. Spearman rho rank correlation was used to test the significance of hypothesis one because listenership and level of awareness were measured at the ordinal level. The Chi-Square analysis was used to test hypotheses two and three because use of FPM's was measured at the nominal level i.e. "Yes" was labeled as 2 while "No" was

labeled as 1.

## RESULTS AND DISCUSSION

### *Personal Characteristic of Respondents*

Results shown on Table 1 revealed a larger percentage (67.8%) of the women are in the active reproductive ages (below 40) with a mean of 37.4 years and will likely be more interested in family planning. Majority (95.6%) were married, 1.1% single, 1.1% divorced, while 2.2% were widowed.

Over half (58.9%) of the respondents had a family size of 1 – 5 people with a mean of 5 persons which is close to the 1999 figure of 5.2 (PRB, 2001). The family size of between 6 and 10 followed (36.7%). Fifty percent of the respondents had between 1 and 3 children, followed by those with 4 – 6 children (43.3%). This indicate that majority (93.3%) of the respondents already have children with a mean of 3 children. Thus, they will likely need family planning aids going by government policy. Data analysis revealed a larger percentage (46.7%) has been married for between 10 – 20 years followed by those less than 10 years (34.4%). Majority (78.2%) had their first child within the age brackets of 20 – 30 years

Monogamous marriages (87.8%) were the most prevalent in the study area, which may be because most of the respondents were Christians (93.3%).

Table 1 also reveals majority (67.8%) were traders, while 15.6% were workers in the private sector and 13.3% were civil servants. Monthly income mean for the respondents was N 15,260. Majority (83.4%) had formal education going beyond primary school level. This shows that the respondents are literate because, they can read and write. Majority of the respondents are therefore

likely to be aware of different family planning method and understand programs on family planning.

### *Awareness of Family Planning Methods*

Figure 1, reveals that majority of the respondents were aware of different family planning method in use. The calendar method (90%) was the most common method known to the respondents followed by condom and pills with 82.2% respectively. Percentages for other methods are all above 60%, which indicate a high level of awareness of family planning methods. This is further buttressed with the categorization into level of awareness as shown on table 2 with majority (67.8%) in the high level of awareness category.

### *Listenership of Abule Olokemerin program*

Table 3 shows that 90% of the respondents do listen to the radio drama programme on family planning. Therefore they should be more exposed and knowledgeable about Family Planning Methods. It further reveals that majority (75.3%) of the respondent have been listening regularly to Abule Olokemerin programme for over a year, with 37% of these having listened for over two years. Majority (66.6%) as shown on table 3 listen to the programme weekly with 22.2% of these doing so twice weekly. This shows that majority must have being well informed over the years about family planning methods.

As shown on Table 4, majority (81.1%) were presently using one FPM or the other. This indicates a high response to the use of FPMs. Male Condom (34%) was however, the most common method of family planning. Though this is a male specific method, it shows the cooperation of the male spouses in the quest for family planning. Findings of

the United Nations also reveal that the male condom is the most commonly used method of family planning globally (United Nations, 2005). The use of women specific methods are however low as shown on ta-

ble 4 with the calendar method, injectables (hormones), and the IUCD recording 23.3, 5.6 and 5.6% respectively. Those not using any method presently account for (18.9%) of the respondents.

**Table 1: Personal Characteristic of Respondents**

Age (years)	Frequency	%	Cum % (N = 90)
< 30	13	14.4	14.4
30 – 40	48	54.4	67.8
41 -50	21	23.3	91.1
> 50	8	8.9	100.0
<b>Marital status</b>			
Single	1	1.1	1.1
Married	86	95.6	96.7
Divorced	1	1.1	97.8
Widowed	2	2.2	100.0
<b>Family Size</b>			
1-5	53	58.9	58.9
6-10	33	36.7	95.6
>10	4	4.4	100.0
<b>Number of children</b>			
None	6	6.7	6.7
1-3	45	50.0	56.7
4-6	39	43.3	100.0
<b>Type of marriage</b>			
Monogamy	79	87.8	87.8
Polygamy	9	10.0	97.8
Not applicable	2	2.2	100.0
<b>Years of marriage</b>			
<10	31	34.4	34.4
10 – 20	42	46.7	81.1
21-30	14	15.6	96.7
>30	3	3.3	100.0
<b>Occupation</b>			
Farming	3	3.3	3.3
Trading	61	67.8	71.1
Civil service	12	13.3	84.4
Private company workers	14	15.6	100.0
<b>Income (N)</b>			
< 10,000	29	32.2	32.2
10,000 – 20,000	26	28.9	61.1
21,000 – 30,000	11	12.3	73.4
31,000 – 40,000	5	5.5	78.9
41,000 – 50,000	8	8.9	87.8
None	11	12.2	100.0
<b>Level of education</b>			
No formal education	13	14.4	14.4
Adult education	1	1.1	15.5
Incomplete primary	1	1.1	16.6
Completed primary	12	13.3	29.9
Incomplete secondary	21	23.3	53.2
Completed secondary	25	27.8	81.0
Tertiary education	17	18.9	100.0

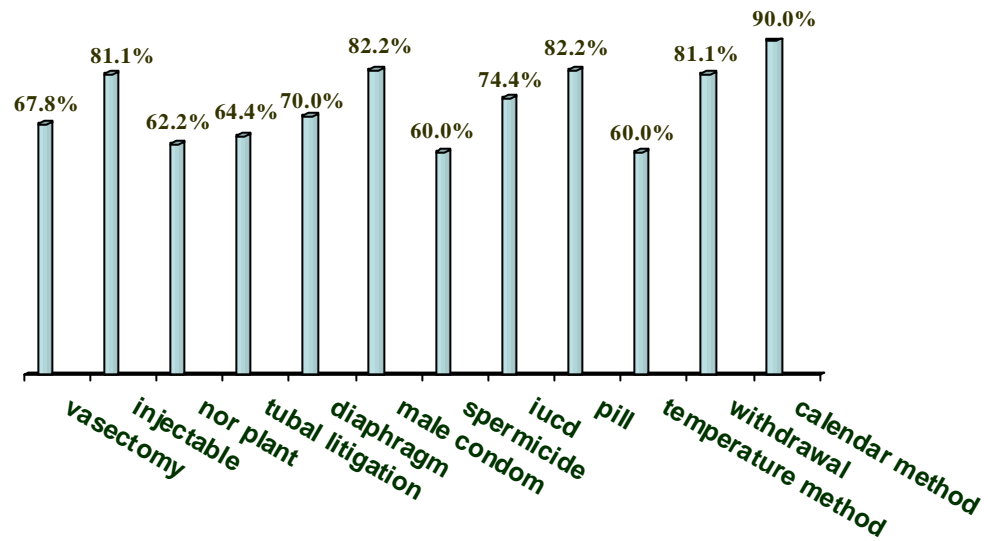


Fig 1: Awareness of family planning methods

Table 2: Categories of level of awareness

Number of methods aware of	Frequency	%
Low (0-3)	11	12.2
Moderate (4-7)	18	20.0
High (8-12)	61	67.8
Total	90	100.0

Table 3: Listenership of Abule Olokemerin program

	Frequency	%	Cum%
<b>A. Listenership</b>			
Yes	81	90	90
No	9	10	100
Total	90	100.0	
<b>B. Duration of Regular Listenership</b>			
>2 years	30	37.0	37.0
1-2 years	31	38.3	75.3
<1 year	20	24.7	100.0
Total	81	100	
<b>C. Frequency of Listenership</b>			
Sometimes misses both	27	33.4	
Once in a week	36	44.4	
Twice a week	18	22.2	
Total	81	100	

**Table 4: Type of Family Planning Method Presently Used by Respondents**

Method	Frequency	%
None	17	18.9
Injectable	5	5.6
Nor plant	1	1.1
Diaphragm	4	4.4
Male Condom	31	34.4
Spermicidal	2	2.2
IUCD	5	5.6
Pill	1	1.1
Withdrawal	3	3.3
Calendar period	21	23.3
Total	90	100

**Table 5: Relationship between selected personal characteristics and the use of Family Planning Method**

Characteristics	Calculated X <sup>2</sup> value	D .F	p value	Decision
Age	28.76	31	0.58	Accept ho
Marital status	13.49	3	0.00	Reject ho
Family size	7.67	10	0.66	Accept ho
Number of children	8.16	6	0.23	Accept ho
Type of Marriage	32.92	2	0.00	Reject ho
Years of marriage	28.12	28	0.46	Accept ho
Age at first birth	19.39	20	0.49	Accept ho
Occupation	6.98	4	0.14	Accept ho
Amount of income	19.48	28	0.88	Accept ho
Religion	1.49	1	0.22	Accept ho
Level of education	37.71	7	0.00	Reject ho

### HYPOTHESES TESTING

Spearman rho rank correlation was used to test the significance of the relationship between listenership of the radio programme and the level of awareness of family planning methods. The analysis gave a correlation coefficient ( $\rho$ ) of 0.22, which was significant at the 0.05 level of significance.

This means exposure to the programme increased the level of awareness of the respondents about family planning methods.

The relationship between the listenership of the radio programme and the use of family planning methods was tested using the chi-square analysis. Results showed the calcu-



lated chi-square value (57.49) was greater than the tabulated X value (7.78) at a degree of freedom of 4, which means a significant relationship. Therefore, listenership of the programme affected the use of family planning methods.

Chi-square analysis was also used to test the relationship between selected personal characteristics of the respondents and their use of family planning method. The results show that only marital status, type of marriage and level of education were significantly related to the use of family planning methods among the respondents at the 0.05 level of significance (Table 5). This signifies that whether a woman is married or not, she has influence on her use of family planning methods. This is in line with findings of the United Nations (United Nations, 2005). Type of marriage i.e. either polygamy or monogamy also has an influence on the use of family planning methods. Level of education was also found to be significantly related to the use of these methods ( $X^2=37.71$ ,  $p < 0.05$ ). This is because the more educated are likely to be more informed and knowledgeable to take advantage of family planning methods. This is also in line with United Nations findings (United Nations, 2005) which revealed better-educated women had a 27% usage of FPM's than the less educated (7%).

## CONCLUSION AND RECOMMENDATIONS

The study has established the fact that the listenership of the radio-drama programme positively increased the level of awareness of the respondents about family planning methods. The programme also positively influenced the use of family planning methods among them. Some personal characteristics of the respondents (marital status,

type of marriage, and level of education) were discovered to significantly influence the use of family planning methods among the respondents.

It is therefore recommended that such a programme should be intensified and replicated in other areas especially in the northern part of the country where polygamy is prevalent. Families and government should take education of the girl-child seriously, as level of education influenced the use of family planning methods. Frequency of airing educative programmes should go beyond once weekly as frequency of listenership proved to be significantly related to the use of family planning methods.

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