

Myths & Misinformation, Factual Information, Discussion About Family Planning & Contraceptive Use In Nigeria

By

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Introduction (1):

- **Trends in Current Use of Modern Methods (all women)**
 - Slow pace of use among women
 - Survey results
 - ✓ NDHS: 1990 = 3.5%, 1999 = 8.9%, 2003 = 8.2%, 2008 = 9.7% (preliminary result, currently married women)
 - ✓ NARHS: 2003 = 9.3%, 2005 = 11.6%, and 2007 = 9.7%



Introduction (2):

- **Barriers to Contraception:**
 - Innumeracy, a condition fostering high fertility rates
 - Health-based myths and misinformation (fear of side effects, long-term infertility)
 - Religious and cultural beliefs



Methods (1):

- **Source of Data:**
 - National AIDS/HIV & Reproductive Health Survey (NARHS Combined– 2003, 2005, 2007)
 - Survey implementation and coordination by Federal Ministry of Health, Nigeria



Methods (2):

- **Sampling Design:**
 - Multi-stage sampling design
 - Probability proportional to size (PPS)
 - Sampling stages: urban vs. rural localities, census supervisory and enumeration areas, and households



Methods (3):

- **Sample Size**

- Total = 31,692 (both men and women)
- 2003 = 10,090, 2005 = 10,081, and 2007 = 11,521
- Respondents: women aged 15 to 49, and men aged 15 to 64



Results (1):

- **Background Characteristics**

-Geopolitical zones, education, religion, and socio economic status (SES) have direct positive effects on men's and women's contraceptive use

-Residence and age had indirect effects on women's contraceptive behaviour, while marital status had indirect effect on men's behaviour



Results (2):

- **Sexual Behaviour**

- Number of sexual partners had significant positive effect on men's and women's contraceptive behaviour.
- The higher the number of partners, the more the likelihood that the person used a modern FP method.
- Age at first sex had direct positive effect for men's contraceptive behaviour.



Results (3):

- **Discussion about FP**

- Discussion with spouse had positive effect on both men and women's contraceptive behaviour.
- Multiple discussion with people of diverse background had positive effects on use.
- Discussion with health workers had positive effect on women's use while discussion with school teachers had negative effect on men's use.



Results (4):

- **Myths and Misinformation about FP (1)**
 - Modern contraceptives use can lead to infertility in women (both men and women).
 - Men had multiple myths and misinformation compared to women in the study population.



Results (5):

- **Myths and Misinformation about FP (2)**
- Men agreed that FP:
 - Makes unmarried people promiscuous
 - Is expensive to practice
 - Is only for women, not for men



Conclusions (1):

- **Programming Focus (1):**
 - Change perceptions about infertility and contraceptive use through innovative programming.
 - Change men's specific myths and misinformation as this is likely to improve FP use especially in patriarchal societies.



Conclusions (2):

- **Programming Focus (2):**
 - Encourage more discussion about FP among stakeholders.
 - FP activities should take into consideration background characteristics of target population.
 - Programmers will need to consider target groups specific myths when designing interventions.



Thank You

