

Predictors for Contraceptive Use among Post Pregnant Women in select Local Government Areas of Lagos state

Ehinmidu Mercy, Roberts Adedoyin, Johnson Taiwo, Akiode Akinsewa, Afolabi Nathanael

INTRODUCTION

The contraceptive prevalence rate in Nigeria is presently 15%, with plans to achieve 27% by the end of 2020. About 90% of women that go for antenatal and immunisation services are not usually provided balanced counsel or information on family planning. In Lagos state, the private health sector caters for about 60% of its populace. This indicates that the sector presents an opportunity for an improved health outcome.

The Post pregnancy period provides an avenue to introduce women to family planning due to their frequent contact with health service providers. This paper aims to examine predictors for contraceptive use among women in the post pregnant period in Lagos state.

METHODOLOGY

A Cross-sectional survey was carried out using a multi-phased cluster sampling method. A representative sample of 1,242 women who were pregnant or gave birth to a child within the past year were randomly selected and interviewed. Descriptive, bivariate, and multivariate analyses were carried out for 799 women who were not currently pregnant. Data was analysed with STATA version 14

RESULTS

The mean age and parity of women was 29 years and 2 children respectively with majority currently married. Contraceptive awareness is less than half among the women, similar to having a high self efficacy (40%). Although there is a high support for FP (60%), the proportion of post pregnant women currently using FP is low (21%)

CONCLUSION

To improve contraceptive uptake among post pregnant women, interventions to initiate spousal communication prior to post-pregnancy period, and instituting FP information/education-based framework within communities are areas to be further explored

Variable	% , N=766
High Contraceptive Awareness	39.4
Could Recommended FP	26.4
Could highly Reject myths	40.8
Does not need permission to use FP	23.4
Have Perceived support for FP	61.3
Have High Self efficacy to use FP	40.4
Age group(years)	
18-24	18.5
25-34	60.6
35+	20.9
Currently Married	95.2
Has Post primary education	91.7
Current Urban resident	84.4
Discusses FP with spouse	41.7
Currently using Modern FP Method	20.8

VARIABLES	Model for OR	Contraceptive Use C.I.
Contraceptive awareness	1.19**	[1.07 - 1.32]
Recommended FP	0.02***	[0.01 - 0.06]
Rejection of myths	1.01	[0.95 - 1.07]
Need no permission	0.89	[0.56 - 1.43]
Perceived support	1.09	[0.73 - 1.64]
Self efficacy	1.13***	[1.07 - 1.18]
Age 25-34	1.26	[0.74 - 2.17]
Age 35+	0.87	[0.45 - 1.71]
Married	1.12	[0.44 - 2.86]
Age of child (<i>in months</i>)	1.06*	[1.01 - 1.12]
Post primary education	0.6	[0.31 - 1.16]
Urban residence	0.86	[0.51 - 1.45]
Discuss FP with spouse	2.16***	[1.46 - 3.21]
Constant	0.06***	[0.02 - 0.21]

*** p<0.001, ** p<0.01, * p<0.05

FINDINGS

Result shows that contraceptive awareness is 19% more likely among the post pregnant women to use contraceptive while the odds to recommend FP is protective. Also, perceived self efficacy and discussion of FP with spouse are 13% and twice more likely to use contraceptives respectively.

For both models tested on contraceptive use and ideation variables- contraceptive awareness, self efficacy, recommendation of FP to others and spousal discussion on FP were found to have significant associations with current use of contraceptives among post pregnant women.