

Conclusion

In this study, it was observed while majority were using contraception, significant number of women of child bearing age is ambivalent about using contraception, reasons not far-fetched from fear of side effect and spouse opposition. Therefore, the need to further intensify efforts to create awareness on benefits of family planning and reaching out to the society by the health care providers in achieving the millennium development goals should be redressed.

Implications for nursing practice

The findings from this study implicate the need for nurses and family planning providers to include information that would educate couples on their family planning choices, reproductive behavior, relationship, and decision-making.

Secondly, family planning provider and nurses need to consider those variables tested when designing intervention programs for modifying couples attitudes towards family planning choices.

Finally, all those in the helping professions should design programs for couples on the social and economic benefit on couple's decision-making on family planning choices.

Recommendations

Having studied the factors influencing the utilization of family planning among women in selected health centers in Ile-Ife, Osun State, Nigeria, the following recommendations were made:

1. Health care providers especially nurses should educate women based on isolated factors affecting contraceptive use, such as side effects, preference, and spousal opposition.
2. Societies and communities should give a couple of advice to their neighbors on the importance of family planning in order to promote healthy living.
3. Religious leaders should encourage their followers on the needs for family planning choice as related to their holy book. Information from such people aids wider acceptance.
4. Community leaders should discourage the habit of not having family planning choice in their cultural norms because person's cultural and social environment influence decisions on family planning.
5. Federal Government should build Reproductive Health Centers, where family planning education would be given to couples on the choice of family planning for both educated and non-educated couples.
6. Family planning service providers should educate the couples on the effectiveness of family planning choice and benefits as these ensure acceptance and utilization.
7. Every couple should be discouraged about the thought of health risk of family planning choice.

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