

Assessing the utilization of contraceptives among men that are sexually active in Ojuelegba Motor Park, Lagos state, Nigeria

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Abstract

This study assessed the knowledge and utilization of contraceptives as well as possible factors impeding its utilization among sexually active men in Ojuelegba Lagos, Nigeria. More than half of the men (63.1 %)had a good knowledge of contraceptives. Overall attitude showed that only few (41.5%) had positive attitude towards the use of contraceptives, while 58.5% had negative attitude. The overall practice of contraception was 26.7%. Barriers to contraceptive utilization include; cost of buying contraceptives (21.7%), it causes pregnancy delay (11.5%), not easy to use. (12.9%), conflicts with religious belief (21.2%), family misconception (10.6%), search for a male child (5.1 %), wanted more babies (24.4%), weight gain (5.5%), permanent damage in the womb(1.8%), don't just like the idea (2.3%)and being unaware of contraceptives (0.5%).

The various contraceptive methods used by the respondents include; hormonal methods (pills, implant, inject able)(11.5%), non-hormonal methods (24%), sterilization method (8.3%), traditional methods(22.1 %), condoms (30.4%), while the remaining 13.4% mistook abortion as a family planning method.

This study showed some associated variables that influenced knowledge and practices of contraception while utilization rate was found to be very poor. A fairly good knowledge was seen, respondents' attitude was below average, while the practices of contraception was very poor. Political will and support should be made available to ensure mass enlightenment and adequate availability of various contraceptive methods in order to encourage attitudinal change towards family planning and contraceptive utilization.

Keywords: Contraception, sexually - active men, pregnancy, Nigeria.

Introduction

Unexpected or unplanned pregnancy poses a major public health challenge in women of reproductive age, especially in developing countries. It has been estimated that of the 210 million pregnancies that occur annually worldwide, about 80 million (38%) are unplanned, and 46 million (22%) end in abortion¹. Women with unwanted pregnancies usually settle for abortion and often in an unsafe environment, which consequences are grave and life threatening. This study was conducted to assess knowledge, attitude and practices of contraceptives, and possible factors impeding contraceptive utilization in order to contribute to this important goal for behavioral science research.

Methodology

A cross sectional descriptive study was carried out in Ojuelegba Motor Park. The study population comprised of all sexually active men that engage in commercial activities, such as drivers, conductors and traders, of age group 18-60. A pre tested interviewer administered questionnaire was used to collate information on the subject. The questionnaire comprises of major variables such as; knowledge, attitude and utilization of contraceptives, as well as other factors affecting the utilization of contraceptives. Participants 'selection was done using a simple random sampling technique until a sample size of 217(out of estimated sample size of 250)was obtained. All eligible consenting men, sampled were interviewed by 4 trained research assistants using the pre tested questionnaire. Each interviewer plus the main

researcher, interviewed approximately 22 respondents in a day, for 2 days. The data was analyzed, using IBM SPSS statistics 21.

Results

Table 1: Socio Demographic Characteristics of Respondents

SOCIO-ECONOMIC STATUS	FREQUENCY	PERCENTAGE (%)
AGE GROUP		
20-30	91	41.9
31 -40	62	28.5
41 -50	42	19.3
51 -72	22	10.2
TOTAL	217	100.0
MEAN AGE 35.60		
EDUCATIONAL STATUS		
Primary	43	19.8
Secondary	145	66.8
Tertiary	25	11.5
None	4	1.8
TOTAL	217	100.0
OCCUPATION		
Bus driver	163	75.1
Bus conductor	49	22.6
Trader	5	2.3
TOTAL	217	100
RELIGION		
Islam	80	36.9
Christianity	117	53.9
Traditional	20	9.2
TOTAL	217	100.0
Tribe		
Yoruba	140	64.5
Igbo	62	28.6
Hausa	0	0.0
Akwaibom	6	2.8
Calabar	3	1.4
Delta	2	0.9
Edo	2	0.9
Efik	2	0.9
Total	217	100.0
Marital status		
Single	78	35.9
Married	134	61.8
Separated	3	1.4
Divorced	2	0.9
Total	217	100.0
Number of wives		
0	81	37.3
1	116	53.5
2	16	7.4
3	4	1.8
Total	217	100.0
Number of children		
0	83	38.2

1 -3	74	34.1
4-7	51	23.5
8-10	9	4.2

Only less than half (41.9%)of the respondents fell within age group 20-30, which was followed by age group 31 -40 (28.5)% , with a mean age of 35.61 , and majority (66.8%)had only secondary education. Almost (75.1 %)all the respondents were bus drivers, while others were bus conductors (22.6%)and traders (2.3%). Majority (53.9%)were Christians while 36.9% were Muslims and 9.2% were Traditionalists. Of all the tribes, majority (64.5%)were Yoruba. Majority (61.8%)were married. Most (53.5%)had only one wife, 38.2% had no children, while 34.1 % had about one to three children, 23.5% had four to seven children and only 4.2% had eight to ten children.

Table 2: Sexual Practice of Respondents

	FREQUENCY	PERCENTAGE (%)
SEXUALLY ACTIVE		
Yes	212	97.7
No	5	2.3
TOTAL	217	100.0
THOSE THAT RESULTED INTO PREGNANCY		
Yes	156	71.9
No	56	25.8
Don't know	5	2.3
Total	217	100.0
WHY RESPONDENTS' SEXUAL INTER COURSE DID NOT LEAD TO PREGNANCY		
Condom use	96	44.2
Just didn't lead to pregnancy	1	0.5
Use of pills	10	4.6
Withdrawal method	6	2.8
Not given	104	47.9
TOTAL	217	100.0

Almost (97.7%)all of the respondents were sexually active, and 71.9% claimed that it led to pregnancy, and majority reported condom as their means of preventing pregnancy.

Table 3: Respondents' Knowledge of Contraceptives

	FREQUENCY	PERCENTAGE (%)
HEARD OF CONTRACEPTIVES		
Yes	131	39.6
No	86	60.4
Total	217	100.0
CONTRACEPTIVES ARE USED FOR FAMILY PLANNING		
Yes	158	72.8
No	40	18.4
Don't know	19	8.8
Total	217	100.0
USED PREVENT PREGNANCY		
Yes	124	57.1
No	75	34.6
Don't know	18	8.3

Total	217	100.0
USED TO TERMINATE PREGNANCY		
Yes	110	50.7
No	89	41.0
Don't know	18	8.3
Total	217	100.0
CAN CAUSE PERMANENT INFERTILITY		
Yes	127	58.5
No	71	32.7
Don't know	19	8.8
Total	217	100.0
ABORTION IS ANOTHER MEANS OF FAMILY PLANNING		
Yes	101	74.2
No	99	18.4
Don't know	17	7.4
Total	217	100.0

Only 60.4% of the respondents had heard of contraceptives, while 72.8% agreed that contraceptives are used for family planning. Half (57.1 %)of the respondents agreed that contraceptives are used to prevent pregnancy, while about average (50.7%)agreed it is used to terminate pregnancy, more than average (58.5%)claimed that it can cause permanent infertility if used by a woman and majority (74.2%)claimed that abortion is another means of family planning.

Table 4: Overall Level of Knowledge of Respondents on Contraceptives

	FREQUENCY	PERCENTAGE (%)
GOOD	137	63.1
POOR	80	36.9
TOTAL	217	100.0

More than half (63.1 %)of the respondents had good overall knowledge on contraceptives, while only 36.9% had poor overall knowledge on contraceptives.

Table 5: Respondents' Attitude towards Contraceptives

	FREQUENCY	PERCENTAGE (%)
CONTRACEPTIVES GENERALLY HAVE NEGATIVE SIDE EFFECTS		
Agree	132	60.8
Disagree	5	2.3
Indifferent	80	36.9
Total	217	100.0
CAUSES WEIGHT GAIN AND STOMACH BLOATING		
Agree	132	60.8
Disagree	24	11.1
Indifferent	61	28.1
Total	217	100.0
IT CAUSES INFERTILITY		
Agree	63	29.0
Disagree	62	28.6
Indifferent	92	42.4
Total	217	100.0

IT CAUSES PAINS		
Agree	88	40.6
Disagree	28	12.9
Indifferent	101	46.5
Total	217	100.0
EFFECTIVE FOR FAMILY PLANNING		
Agree	91	41.9
Disagree	57	26.3
Indifferent	69	31.8
Total	217	100.0
IT'S A BETTER PREVENTION AGAINST UNWANTED PREGNANCY		
Agree	78	35.9
Disagree	64	29.5
Indifferent	75	34.6
Total	217	100.0
REDUCES MATERNAL AND INFANT MORTALITY		
Agree	96	44.2
Disagree	33	15.2
Indifferent	88	40.6
Total	217	100.0
WILLING TO USE CONTRACEPTIVES		
Agree	90	41.5
Disagree	44	20.3
Indifferent	83	38.2
Total	217	100.0
CONTRACEPTIVES ARE EXPENSIVE TO USE		
Agree	101	46.5
Disagree	52	24.0
Indifferent	64	29.5
Total	217	100.0
WOMEN SHOULD BE ENCOURAGED TO USE IT		
Agree	91	41.9
Disagree	73	33.6
Indifferent	53	24.4
Total	217	100.0

Majority (60.8%)agreed that contraceptives generally have negative side effects while 60.8% claimed that it causes general weight gain as well as bloating of the stomach. Few (29.0%) agreed that it causes infertility, while majority (42.4%)were indifferent about that. 40.6% agreed that it causes pains, while almost half (46.5%)were indifferent about it as well. Most (41.9%)agreed that it is effective for family planning. Only 35.9% agreed that it is a better prevention means against unwanted pregnancy while 29.5% disagreed and 34.6% were indifferent about it. Not up to average (44.2%)agreed that contraceptive use reduces maternal and infant mortality, but only 15.2% disagreed and 40.6% were indifferent about it. Most (41.5%)were willing to use contraceptives, while few (20.3%)disagreed. Many (46.5%)agreed that contraceptives are expensive to use while few (24.0%)disagreed. 41.9% agreed that women should be encouraged to use it for family planning, while 33.6% disagreed, and 24.4% were indifferent about it.

Table 6: Overall Attitude of Respondents towards Contraceptives

	FREQUENCY	PERCENTAGE (%)
NEGATIVE	127	58.5
POSITIVE	90	41.5
TOTAL	217	100.0

Majority (58.5%)had negative attitude towards contraceptives, while only 41.5% had positive attitude towards contraceptives.

Table 7: Reasons why Respondents did not support Contraceptive Use

	FREQUENCY	PERCENTAGE (%)
Cost of buying it		
Yes	47	21.7
No	147	67.7
Don't know	23	10.6
Total	217	100.0
It causes pregnancy delay		
Yes	25	11.5
No	42	19.4
Don't know	150	69.1
Total	217	100.0
Not easy to get		
Yes	28	12.9
No	168	77.4
Don't know	21	9.7
Total	217	100.0
CONFLICTS WITH RELIGIOUS BELIEF		
Yes	46	21.2
No	167	77.0
Don't know	4	1.8
Total	217	100.0
Due to family misconception		
Yes	23	10.6
No	190	87.6
Don't know	4	1.8
Total	217	100.0
Due to male child search		
Yes	11	5.1
No	202	93.1
Don't know	4	1.8
Total	217	100.0
Still want more babies		
Yes	53	24.4
No	161	74.2
Don't know	3	1.4
Total	217	100.0
It causes weight gain		
Yes	12	5.5
No	197	90.8
Don't know	8	3.7
Total	217	100.0
OTHER REASONS FOR NOT USING		

CONTRACEPTIVES		
Can cause a permanent damage in the womb of women due to persistent use of pills	4	1.8
Don't just like the idea of using it	5	2.3
Never heard of it	1	0.5
Not given	207	95.4
Total	217	100.0

Table 8: Practices of Contraceptives amongst Respondents

	FREQUENCY	PERCENTAGE (%)
IF THEY USE CONTRACEPTIVES		
Yes	58	26.7
No	159	73.3
Total	217	100.0
How often they use it		
Always	32	14.3
Sometimes	26	12.4
Never	159	73.3
Total	217	100.0

Only few (26.7%) reported to use contraceptives, while majority claimed not to use it. Out of the 26.7% that use contraceptives, 14.3% claimed to use it always, while 12.4% reported to use it sometimes, while 73.3% reported to have never used it.

Table 9: Over all Practice of Contraceptive Utilization

	FREQUENCY	PERCENTAGE (%)
GOOD	58	26.7
POOR	159	73.3
TOTAL	217	100.0

Majority (73.3%) had poor practices of contraceptives utilization, while only few (26.7%) had good practices of contraceptive utilization.

Table 10: Barriers to Contraceptive Utilization

	FREQUENCY	PERCENTAGE (%)
Cost of buying contraceptives		
Yes	47	21.7
No	147	67.7
Don't know	23	10.6
Total	217	100.0
It causes pregnancy delay		
Yes	25	11.5
No	42	19.4
Don't know	150	69.1
Total	217	100.0
Not easy to get		
Yes	28	12.9
No	168	77.4
Don't know	21	9.7
Total	217	100.0
Conflicts with religious belief		
Yes	46	21.2
No	167	77.0

Don't know	4	1.8
Total	217	100.0
Family misconception		
Yes	23	10.6
No	190	87.6
Don't know	4	1.8
Total	217	100.0
Searching for male child		
Yes	11	5.1
No	202	93.1
Don't know	4	1.8
Total	217	100.0
Still want more babies		
Yes	53	24.4
No	161	74.2
Don't know	3	1.4
Total	217	100.0
It causes weight gain		
Yes	12	5.5
No	197	90.8
Don't know	8	3.7
Total	217	100.0
Other reasons		
Can cause a permanent damage in women's womb due to persistent use of pills	4	1.8
Don't just like the idea of using it	5	2.3
Never heard of it	1	0.5
Not applicable	207	95.4
Total	217	100.0

21.7% of the respondents claimed that the cost of buying contraceptives was one of the barriers of contraceptive utilization, while 11.5% agreed that it causes pregnancy delay, few (12.9%) reported it not being easy to get, 21.2% agreed that it conflicts with their religious belief, while only 10.6% supported due to family misconception as their major barrier. Just 5.1 % reported search of a male child as their barrier, while 24.4% still wanted more babies. Only 5.5% agreed that it is because it causes weight gain. Other reasons mentioned by respondents as their barriers to contraceptive utilization included; it causing permanent damage in their womb, due to persistent use of the pills, (1.8%), while 2.3% said they don't just like the idea of using it, and 0.5% said it was because they were unaware of it.

Table 11: Family Planning Methods Used by Respondents

	FREQUENCY	PERCENTAGE
Hormonal methods		
Yes	25	11.5
No	192	88.5
Total	217	100.0
Non Hormonal		
Yes	53	24.4
No	164	75.6
Total	217	100.0
Sterilization method		
Yes	18	8.3
No	199	91.7
Total	217	100.0

Traditional methods		
Yes	48	22.1
No	169	77.9
Total	217	100.0
Condom		
Yes	66	30.4
No	151	69.6
Total	217	100.0
Those that used abortion as their family planning method		
Yes	29	13.4
No	188	86.6
Total	217	100.0

Very few (11.5%), respondents used hormonal methods, 24% used non hormonal methods, only 8.3% reported to use sterilization, few (22.1 %)used the traditional methods, about 30.4% used condom, while 13.4% believed and used abortion as their own family planning.

Table 12: Associations between Socio-Demographic Characteristics And Level of Knowledge, Attitude and Practices.

SOCIO-DEMOGRAPHIC CHARACTERISTICS	KNOWLEDGE X² value (P value)	ATTITUDE X² value (P value)	PRACTICES X² value (P value)
AGE	35.06 0.325	21.37 0.923	28.67 0.636
EDUCATIONAL STATUS	0.261 0.967	11.27 0.010*	2.245 0.523
OCCUPATION	2.497 0.645	8.521 0.074*	1.742 0.783
RELIGION	0.790 0.674	0.166 0.920	6.332 0.042*
TRIBE	8.170 0.226	2.163 0.904	3.686 0.719
MARITAL STATUS	3.505 0.320	3.003 0.390	1.225 0.747
NUMBER OF WIVES	7.700 0.053*	3.014 0.390	2.008 0.571
NUMBER OF CHILDREN	5.910 0.823	8.926 0.539	7.260 0.701
SEXUALLY ACTIVE	0.626 0.429	0.972 0.324	0.118 0.731

Only the number of wives of the respondents was associated with the level of knowledge of the respondents (**X²=7.700, P-value = 0.053**), while the respondents 'education (**X²=11.27, Pvalue= 0.010**) and occupation (**X²=8.521, P-value=0.074**) were associated with attitude and only respondents 'religion (**X²=6.332, P-value=0.042**) was associated with their practices of contraceptives.

Discussion and Conclusion

Proper understanding of the factors associated with contraceptive method choice has been recognized as an important tool for evaluating and improving the quality of reproductive health care.² This study assessed the knowledge, attitude and practices of contraception amongst men that engage in commercial activities in Ojuelegba motor park, Lagos. Out of the 250 estimated sample size, 217 participated in the study. The modal age was 20-30, while

mean age was 35.60. Of all the tribes, majority (64.5%)were Yoruba. Majority (66.8%)had only secondary education, while only 11.5% had tertiary education. Majority (75.1 %)were bus drivers, 53.9% of the respondents were Christians, while 36.9% were Muslims and 9.2% were Traditionalists. Majority (61.8%)were married, which is far less than the study carried out in Ilorin³, where almost all (94.8%)the respondents were married. Most (53.5%)had only one wife, 38.2% had no children, while 34.1 % had about one to three children, 23.5% had four to seven children and only 4.2% had eight to ten children.

Respondents' knowledge of contraceptives

Only 39.6% had heard of contraceptives, which is less than that of North Africa and Asia (90%), as well as that of Pakistan, Tanzania and Ghana, with 79% , 86% and 90% respectively.⁴ In this study, 72.8% believed it is used for family planning, about average (57.1 %)agreed it is used to prevent pregnancy, which is higher than that of Ile Ife, with 4.2% of respondents that agreed that it is used to avoid unwanted pregnancy. 50.7% says it is used to terminate pregnancy. Most (58.5%)believed it can cause permanent infertility this study, unlike that carried out in Ile Ife, with 30.5% , while 74.2% believed abortion is another means of family planning.⁵

Attitude of Respondents towards Contraceptives

Respondents' attitude towards contraceptive was assessed, using a 3 points likert scale, and majority Most (58.5%)had negative attitude towards contraceptives, while only 41.5% had positive attitude towards contraceptives in this study, which is a bit higher than that of Ile Ife, which was 30.5%.⁵In this study, 60.8% of the respondents agreed that contraceptive generally have negative side effects, far higher than the 30.5% of Ife. 60.8% supported that it causes weight gain and stomach bloating in women, 29.0% agreed that it can cause infertility, while 40.6% agreed it causes pains. Most (41.9%)agreed that it is effective for family planning, while 35.9% reported that it is the best option against unwanted pregnancy. Many (44.2%)supported that it reduces maternal and infant mortality, while less than half (41.5%)agreed being willing to use it. 46.5% claimed that it is expensive to use, and less than half (41.9%)agreed that women should be encouraged to use it. Only 21.7% claimed that it is due to the cost of buying it, while few (11.5%)reported that it causes pregnancy delay. Very few (12.9%)reported that it is not easy to get, while 21.2% claimed that it conflicts with their religious belief, which is not as much as agreed in Ife, with 44.1 % . In this study, 10.6% agreed that it is due to family misconception, and 5.1 % reported that it was due to their search for male child, which was equally supported in the Tanzanian study. 24.4% still wanted more babies, which is so close to the 25% of the study in Tanzania. 5.5% says because it causes weight gain. (1.8%)of the respondents mentioned that it can cause a permanent damage in the womb of women that persistently use the pills. Few (2.3%)just don't like the idea of using it and 0.5% of them had never heard of It.⁴

Practices of Contraceptives amongst Respondents

This was determined by asking respondents if they use contraceptives and often they use it. Only 26.7% had ever used contraceptives, which is lower than 30% of the study carried out in Ilorin,⁶ but just a little higher than the 18% of the study of Tanzania,⁷ while 14.3% claimed that they used it always. Majority claimed to never use it, while only few (12.4%)reported to use it sometimes.

Barriers to Contraceptive Utilization

Few (21.7%)reported that their major barrier to contraceptive usage was cost of buying contraceptives, while 11.5% agreed that it causes pregnancy delay, just as reported in the Focus Group Discussion(FGD)done by International Conference on Population Development (ICPD). Few (12.9%)reported it not being easy to get, 21.2% agreed that it conflicts with their religious belief, just as reported by the ICPD research (FGD)on African countries, where

they felt it is biblically wrong to use the modern methods, but rather prefer natural, which has severally proven to fail, 6 while only 10.6% supported due to family misconception as their major barrier, which was as well stated in a study done in rural central India, where the mother in law disapprove contraceptives use by the son and the daughter in law.⁹ Just 5.1 % reported search for a male child as their barrier, while 24.4% still wanted more babies, just as stated by 62% of the respondents in the same rural central India study as reported in the FGD done by ICPD, where they belief that children can easily die, and there might be replacement to take care of the parents.⁶ And only 5.5% agreed that it is because it causes weight gain. Other reasons mentioned by respondents as their barriers to contraceptive utilization included; it causing permanent damage in their womb, due to persistent use of the pills, (1.8%), while 2.3% said they don't just like the idea of using it, and 0.5% said it was because they were unaware of it.

Contraceptive methods used by the respondents

Very few (11.5%), respondents used hormonal methods, such as (pills, implant, injectible, etc), while about 13% reported using pills in the Indian study, 24% used non hormonal methods, only 8.3% reported to use sterilization, few (22.1 %)used the traditional methods, which is a bit lower than the 30% of the same Indian study.¹⁰ About 30.4% used condom in this study, which is lower than the 55% of the study done in India,¹⁰ while 13.4% in this study believed and used abortion as their own family planning.

Associations between socio demographic characteristics and knowledge, Attitude and practices.

Regarding the factors that predict contraceptive use, Only the number of wives of the respondents was associated with the level of knowledge of the respondents (**X²=7.700, P-value = 0.053**), meaning, those that were polygamous had more knowledge on contraceptives, which could be as a result of their experience with respect to having wives and already having enough children, as well as the advice they get from the health facilities upon child delivery, while the respondents 'education (**X²=11.27, P-value=0.010**) and occupation (**X²=8.521, P-value=0.074**) were associated with attitude, which could be due to their level of knowledge. Only respondents' religion (**X²=6.332, P-value=0.042**) was associated with their practices of contraceptives.

More than half (63.1 %)had a good knowledge of contraceptives. Overall attitude showed that only few (41.5%)of the respondents had positive attitude towards the use of contraceptives, while 58.5% had negative attitude. The overall practice of contraception was 26.7%. This study revealed some barriers to contraceptive utilization, which include; cost of buying contraceptives (21.7%), it causing pregnancy delay (11.5%), it not being easy to use. (12.9%), conflicts with religious belief (21.2%), family misconception (10.6%), search for a male child (5.1 %), wanted more babies (24.4%), weight gain (5.5%), permanent damage in the womb due to persistent use of pills (1.8%), don't just like the idea of using contraceptives (2.3%)and being unaware of contraceptives (0.5%).

However, this study showed that some factors affect respondents 'knowledge, attitude and practice of contraceptive utilization. Number of wives of the respondents was associated with the level of knowledge of the respondents (**X²=7.700, P-value = 0.053**), meaning, those that were polygamous had more knowledge on contraceptives, which could be as a result of their experience with respect to having wives and already having enough children, as well as the advice they get from the health facilities upon child delivery, The respondents 'education (**X²=11.27, P-value=0.010**) and occupation (**X²=8.521, P-value=0.074**) were associated with attitude, which could be due to their level of knowledge. Only respondents 'religion (**X²=6.332, P-value=0.042**) was associated with their practices of contraceptives. This could be as a result health tips inculcated into the sermons given during church service. However, age, tribe, marital status, number of children and being sexually active, in this study did not have any association with knowledge, attitude and practices of contraceptives method for

family planning. Based on the findings of this study, the following recommendations are made, in order to improve the health indices of the nation;

- There is a need for more male targeted information in the mass media, in order to improve their awareness on the need for male involvement and participation.
- Policies and provisions should be made to create an improved social marketing of family planning commodities and make contraceptives easily affordable and accessible to people.

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