

**ATTITUDE OF POST-GRADUATE STUDENTS TOWARDS FAMILY PLANNING
IN ILORIN METROPOLIS, KWARA STATE**

Authors:

Florence Bosede, Famolu (PhD)¹
Osun State University, Osogbo (Nigeria)

Roseline Olufunke, Bukoye (PhD)²
Ibrahim Badamasi Babangida University, Lapai
(Nigeria)

Lectors:

Ferenc Mező (PhD)
Eszterházy Károly Catholic University, Eger
(Hungary)

Katalin Mező (PhD)
University of Debrecen (Hungary)

...and two other anonymous reviewers

Famolu, Florence Bosede & Bukoye, Roseline Olufunke (2024): Attitude of Post-Graduate Students towards Family Planning in Ilorin Metropolis, Kwara State. *Special Treatment Interdisciplinary Journal [Különleges Bánásmód Interdiszciplináris folyóirat]*, 10. (3), 7-18. DOI: <https://doi.org/10.18458/KB.2024.3.7>

Abstract

Family planning can be considered beneficial to an extent and it involves the use of contraceptives to stop unwanted pregnancies. Thus, this study investigated attitude of post-graduate students towards family planning in Ilorin metropolis, Kwara state. Descriptive research design of survey type was adopted for this study. The population for this study consisted of post graduates in Ilorin, Kwara state. The sample of two hundred were randomly selected. The sampling technique that was used in this study was purposive sampling technique. The instrument that was used for this study is a researcher-developed questionnaire tagged “Attitude of Post-graduate Students Towards Family Planning Question (APSTFPQ). In analyzing the data collected for this study, both descriptive and inferential statistical analyses were employed. The demographic data collected was analyzed using percentages and ranking order. In testing the hypotheses generated, t-test and Analysis of variance (ANOVA) statistics were used to analyze the hypotheses generated for the study at 0.05 level of significance. The study revealed that the attitude of post graduate students towards family planning in Ilorin metropolis was positive. There was no significant difference in the attitude of post graduate students towards family planning based on age, course of study and number of children while significant difference was observed on level of educational attainment. Based on the findings of this study, it was recommended that awareness should be created among post graduate students about family planning to improve the attitude of the students towards family planning,

¹ Florence Bosede Famolu, PhD. Department of Guidance and Counselling, Faculty of Education, Osun State University, Osogbo, Nigeria. E-mail address: florence.famolu@uniosun.edu.ng. ORCID ID: <https://orcid.org/0009-0005-5262-5445>

² Roseline Olufunke Bukoye, PhD. Department Of Counselling Psychology, Ibrahim Badamasi Babangida University, Lapai (Nigeria). E.mail address: doctorbukoye@gmail.com. ORCID ID: <https://orcid.org/0000-0001-8103-5587>

Counsellors in tertiary institutions should organize seminars and workshops on family planning and its importance, post graduate students irrespective of age, course of study and number of children should make it as a habit to engage in family planning.

Keywords: attitude; post-graduate students; family planning

Discipline: pedagogy, sociology

Absztrakt

POSZTGRADUÁLIS HALLGATÓK CSALÁDTERVEZÉSI ATTITÚDJEI A KWARA ÁLLAMBELI ILORINBAN

A családtervezés bizonyos mértékig hasznosnak tekinthető, mely magában foglalja a nem kívánt terhességek megállítására szolgáló fogamzásgátlók használatát is. Jelen tanulmány a posztgraduális hallgatók családtervezési attitűdjeit vizsgálta a Kwara állambeli Ilorinban. A populációt az Ilorini Egyetem posztgraduális képzésben részt vevő hallgatói (n=200) alkották, akiket véletlenszerűen választottak ki, célzott mintavételi eljárással. A vizsgálat eszköze a szerzők által kifejlesztett, „A posztgraduális hallgatók családtervezési attitűdjei kérdéssor (APSTFPQ)” elnevezésű kérdőív. Az adatelemzést leíró és következtető statisztikai elemzéssel végezték. Az összegyűjtött demográfiai adatokat százalékos arányok és rangsorolás segítségével elemezték. A felállított hipotézisek tesztelése során t-próbát és a variancia-analízist (ANOVA) használtak (0,05-ös szignifikancia-szinten). Az eredmények azt mutatták, hogy a posztgraduális hallgatók családtervezési attitűdjei pozitívak. A posztgraduális hallgatók családtervezési attitűdjei tekintetében nincs szignifikáns különbség az életkor, a tanulmányok és a gyermekek száma alapján, azonban az iskolai végzettség esetében szignifikáns eltérés tapasztalható. Javaslatok: a posztgraduális hallgatók körében tudatosságot kell kialakítani a családtervezéssel kapcsolatban, hogy javuljon a hallgatók családtervezéshez való hozzáállása. A felsőoktatási intézmények tanácsadóinak szemináriumokat és workshopokat kellene szervezniük a családtervezésről és annak fontosságáról. A posztgraduális hallgatóknak életkoruktól, tanulmányi irányuktól és gyermekeik számától függetlenül szokássá kellene tenniük a családtervezést.

Introduction

In the year 2010, it was estimated that the population of the world was growing by about 78 million per year at the rate of 1.4%, and was projected to rise to over 8 billion in 2025 (Kazi & Sathat in Olalekan, 2011). Additionally, a survey carried out in 2010 among the developing countries revealed that total fertility rate was highest in the Sub-Saharan Africa at an average of 5.3 children per woman (Olalekan, 2011). A robust and noticeable trend of increment in the population of the world.

In Nigeria today, according to World Population Bureau (2014), population explosion with the resultant effect of food production not being sufficient for the growing population is already being experienced. In Nigeria, the more children a woman is able to procreate, the matrimonially fulfilled the culture considers her, an attitude is the bane of Nigeria's economic growth and development, as confirmed by Caldwell and Caldwell (2015) confirmed this assertion with an opinion that less developed countries like Nigeria could only grow economically if population growth is held in check.

The aforementioned can be tailored towards the traditional practices in the ancient time as in the olden days, world over, it was hard for women to decide when next to have a child, the actual number of children and when to stop childbearing, except for women who were highly educated career women (Olalekan, 2011) due to limited exposure to population control. He further concluded that the number of children a woman bore reflected the desired fertility of her husband and his relatives. However, in the modern society, women's status is gradually changing. Women's traditional household activities are changing due to the influence of various socio-economic and demographic conditions, especially with more women engaging in income generating activities, higher educational status and high decision power in the household especially as it relates to her reproductive health (Olalekan, 2011).

Family planning has thus been deplored when one considers the previously mentioned excesses and results of over-population in the country. Another alarming consequence is that in developing countries like Nigeria, unplanned pregnancies abound and this usually results in abortions by untrained persons with resultant cases of diseases and death. In the world nearly 350,000 women die annually while another 50 million suffer from illness and disability from complications as a result of pregnancy related issues and child birth and Nigeria is among the first six countries that contribute to about 50% of maternal death annually (Obasahon, 2016).

Family planning can be considered beneficial to an extent and it involves the use of contraceptives to stop unwanted pregnancies. It is considered as a tool that can be deployed for population control bearing in mind that Nigeria's contraceptive prevalence rate is still quite low even at 15% though it is an increment of about 2% from 2003 NDHS report, (National Population Census, 2009). In industrialized countries, virtually all married wo-

men resort to contraceptives at sometime in their reproductive period (Olugbenga, 2011).

Family planning practices help individuals or couples to avoid unwanted pregnancies, regulate the intervals between pregnancies, control the time of birth in relation to the age of the parents and determine the number of children in the family (Mutuh, 2005; Isah, 2009). Report from the National AIDS and Reproductive Health Survey in Nigeria indicated that while awareness of contraceptive was high, the proportion of females using any method and a modern method of contraception was 13% and 10% respectively (NARHS, 2012). The methods of modern contraceptives available at the regional and national levels include: pills, intrauterine contraceptive device, injectables, implants, male condom, female condom, male and female sterilization, diaphragm, foam/jelly and emergency contraception (NARHS, 2012).

Families having considered the consequential danger in the continuous increase in population have resorted to family planning procedures. Fertility decline is a means of achieving demographic dividend, with the consequent potential of reducing poverty, boosting economic growth and contributing to the overall well-being of families and societies (Clelland, 2009). It has been estimated that in Nigeria, a reduction in fertility by one child per woman would lead to 13% increase in GDP per capital within 20 years and it is important to note that while family planning impacts all the Millenium Development Goals, it is most directly associated with MDG 5, improving maternal health (United Nations Funds for Population, 2008)

Currently, family planning services are provided by both the public and private sectors, with the commodities provided free in public sectors facilities. In spite of the various investments in family planning programs in the country, it is saddening to know that contraceptives prevalence has not shown any sign of increasing. According to the United Nations Funds for Population (2008), while

knowledge of contraceptives is generally high, uptake is low; only 15% of married women of reproductive age are using any contraceptives method, only 10% are using modern family planning method, while unmet need for contraception is 16%. Therefore, the promotion of family planning in countries with high birth rates has the potential to reduce poverty and hunger and avert 32% of all maternal deaths and nearly 10% of childhood deaths. In light of the following, this study seeks to investigate the attitude of post graduates students towards family planning in Ilorin metropolis, Kwara state.

Statement of the Problem

The continuous quest for satisfaction amidst population increase and prevalence of scarce resources remains a disturbing matter to the mind and concerns have been raised on the need to examine couples attitude towards birth and population control. Several studies in the past for example had been conducted on attitude towards family planning.

Taiwo (2012) in his study for instance examine the attitude of women from selected rural areas in Ibadan towards family planning using the Health Belief Model and Social Action as frameworks for explanation. The findings of the study revealed that the socio-economic status of mothers significantly influenced their attitude towards family planning. The study also revealed that women perceived benefits of family planning as measures: to control population, reduce infant and maternal mortality and also make mothers healthy and strong after child birth. The findings of Taiwo however failed to address the differences in other variables such as age, but only emphasized on the influence of socio-economic status on the attitude of women towards family in Ibadan

Abdulrazak, Malik and Hassan (2016) in their own study investigated the aim of interventional study in Family planning involving 963 married

women, and also to determine the impact of health education on family planning knowledge, attitudes, and practices among married barrack women. The study revealed that health education is an effective intervention for improving knowledge about and attitudes towards contraceptives and their use among married women in military barracks in Nigeria. Analysis of the aforementioned studies disclosed on several limitations such as location and variables.

To the best knowledge of this researcher, there is little attention paid to Attitude of Post Graduate Students towards Family Planning in Ilorin metropolis, Kwara state, having identified the gap in literature, this study will seek to close the gap.

Research Questions

This research question is raised based on the problem of this study

- What is the attitude of postgraduate students towards family planning in Ilorin metropolis, Kwara state?

Research Hypotheses

The following null hypotheses are postulated for this study

1. There is no significant difference in the attitude of Post graduate students towards family planning based on age.
2. There is no significant difference in the attitude of post graduate students towards family planning based on highest educational attainment.
3. There is no significant difference in the attitude of post graduate students towards family planning based on course of study.
4. There is no significant difference in the attitude of post graduate students towards family planning based on number of children.

Methods

The research design that was adopted for this research work is the descriptive survey method. The population consists of all Post Graduate students in Ilorin metropolis, Kwara state. To obtain the sample for this study, 200 respondents were randomly selected for the Study. This number is arrived at as it is considered representative enough of the whole population. Random sampling technique allows a pick where every respondent have a chance of being selected by chance. This technique was employed to select to select 200 post graduate students in Ilorin metropolis, Kwara state.

The instrument that was used in collecting data for this study was researcher designed questionnaire. The Questionnaire consists of two sections A and B. Section A requires the respondents to give some background information such as gender and marital status while section B elicit information from the respondents as guided by the research question on a close-format technique.

The psychometric property of the researcher-designed questionnaire tagged “Attitude of Post graduate Students Towards Family Planning Question (APSTFPQ)” was used to gather the required data for the study (Appendix1).

Validity: The validity of any instrument is the degree to which the instrument measures what it purports to measure. Therefore, in order to ascertain the validity of the instrument, the researcher gave the instrument to experts in Counselling field, University of Ilorin for vetting/analysis of content validity. The suggestions given was used to modify the items, after which they adjudged the instrument as being valid for the study.

Reliability: Reliability has to do with consistency and stability of an instrument. Abiri (2007) described reliability as the consistency, accuracy, stability and trustworthiness of a measuring instrument or score obtained there from, that is, how far the same instrument would give the same score on different occasions or with different sets

of equivalent items under the same condition. In order to ascertain the reliability of the instrument, the test-retest method was carried out on the same set of respondents from Ilorin Metropolis, Kwara state were not part of the envisaged population. The two sets of scores obtained from the two administrations were then correlated using Pearson’s Product Moment Correlation. The correlation coefficient obtained was 0.76 which make the instrument reliable for usage for the study.

The data generated were analyzed using appropriate statistical analysis, thus percentages, mean score and standard deviation were used to analyze the data obtained from the demographic section and the main research question. The t-test and Analysis of Variance (ANOVA) were used to test the research hypotheses. All hypotheses were tested at 0.05 alpha level.

Results

Demographic Data

The distribution of respondents by the demographic variables of the study are presented Table1.

Table 1. Distribution of the Respondents by Age. Source: Author.

Variable/years	Frequency	Percentage(%)
20-24	25	12.5
25-29	58	29.0
30-34	96	48.0
35 ≤	21	10.5
Total	200	100

Table 1 represents the distribution of the respondents by age. It was observed that 25(12.5%) of the respondents were within the age range of 10-15, 58 representing (29.0%) of the respondents were within the age range of 21-25 years, 21 representing (10.5%) were within the age range of 26 years and above. Apparently, most of the respondents were within the age range of 21-25 years.

Table 2. Distribution of the Respondents by Highest Educational Attainment. Source: Author.

Variables	Frequency	Percentage(%)
Masters	61	30.5
First degree	139	69.5
Total	200	100

Table 2 shows the distribution of the respondents based on Highest Educational Qualification. It was observed that 61 representing (30.5%) of the respondents possess masters while 139 representing (69.5%) possess first degree. Apparently, most of the respondents possess first degree.

Table 3. Distribution of the Respondents by Course of study. Source: Author.

Variables	Frequency	Percentage(%)
Education	18	9.0
Agriculture	15	7.5
Physical Sciences	16	8.0
Life sciences	17	8.5
Environmental sciences	18	9.0
Law		
Engineering	22	11.0
Social Sciences	24	12.0
Management sciences	13	6.5
Arts	28	14.0
	29	14.5
Total	200	100

Table 3 shows the distribution of the respondents based on course of study. It was observed that 18 representing (9.0%) of the respondents were in education, 15 representing (7.5%) of the respondents were in Agriculture, 16 representing (8.0%) of the respondents were in physical science, 17 representing (8.5%) of the respondents were in life science, 18 representing (9.0%) of the respondents were in environmental science, 22 representing (11.0%) of the respondents were in law, 24 representing (12.0%) of the respondents were in engineering, 13 representing (6.5%) of the respon-

dents were in social science, 28 representing (14.0%) of the respondents were in management science and 29 representing (14.5%) of the respondents were in Arts.

Table 4. Distribution of the Respondents by Number of Children. Source: Author.

Variables	Frequency	Percentage
1-2	70	35.0
3-5	98	49.0
6 and above	32	16.0
Total	200	100

Table 4 shows the distribution of the respondents based on number of children. 70 representing 35.0% of the respondents have 1-2 children. 98 representing 49% of the respondents have 3-5 children while 32 representing 16.0% of the respondents have 6 and above children.

Answering the Research Question

Research Question: What is the attitude of postgraduate students towards family planning in Ilorin metropolis, Kwara state?

Table 5 used a four point Likert-type format of 4 = Strongly Agree; 3 = Agree; 2 = Disagree; and 1 = Strongly Disagree. The Table 5 shows the attitude of postgraduate students towards family planning in Ilorin metropolis, Kwara state. As shown on the table, ranked 1st, 2nd and 3rd were items 8, 5 and 3 with mean scores of 3.48, 3.35 and 3.21 respectively and state that; will resist from the act as it is against my religion, will never engage in family planning as my knowledge about the concept is limited and will have as many kids as we want. On the other end, items 15, 10 and 12 with mean scores of 2.82, 2.73 and 2.61 and state that; believe that family planning limits social expansion, hence

Table 5. Mean and Rank Order on Attitude of Postgraduate Students towards Family Planning. Source: Author.

SN	Attitude of Post graduate students towards family planning. As far as I know, I ...	Mean	Rank
8.	will resist from the act as it is against my religion	3.48	1 st
5.	will never engage in family planning as my knowledge about the concept is limited	3.35	2 nd
3.	will have as many kids as I want	3.21	3 rd
15.	believe family planning will help unite the family	2.82	13 th
10	am never motivated about engaging in family planning as the process is financially demanding	2.73	14 th
12	believe family planning is positive as it ensures the equitable distribution of resources	2.61	15 th

We develop a negative attitude towards it, believe that family planning is against the norms and unethical and believe family planning will help unite the family were ranked 13th, 14th and 15th respectively. Since all the items have mean scores above the 2.50 benchmark, it can be concluded that the respondents attested positively to the statements on the attitude of post graduate students towards family planning.

Hypotheses Testing

Four null hypotheses were formulated for the purpose of this study. The hypotheses were tested using t-test and Analysis of Variance (ANOVA) statistical tools at 0.05 alpha level.

Hypothesis One: There is no significant difference in the attitude of Post graduate students towards family planning based on age.

Table 6 indicates that calculated F-ratio of 0.25 is less than the critical F-ratio of 2.60 with a corresponding p-value of .058 which is greater than 0.05 level of significance. Since the calculated F-ratio is less than the critical F-ratio, the null hypothesis is therefore not rejected; there was no significant difference in the attitude of Post graduate students towards family planning based on age.

Hypothesis Two: There is no significant difference in the attitude of post graduate students towards family planning based on highest educational attainment.

Table 6. Analysis of Variance (ANOVA) showing the Respondents' Expression on the Attitude of Post Graduate Students towards Family Planning based on Age. Source: Author.

Source	Sum of Squares	df	Mean Square	Calc. F-ratio	Crit. F-ratio	p-value
Between Groups	59.147	3	19.715			
Within Groups	15460.670	196	78.881	0.25	2.60	.058
Total	15519.817	199				

Table 7 indicates that the calculated t-value of 2.89 is greater than the critical t-value of 1.96. Since the calculated t-value is greater than the critical t-value, the hypothesis which states that there was no significant difference in the attitude of post graduate students towards family planning based on highest educational attainment is therefore rejected, although the result may be influenced by the significant difference in the number of master (n=61) and first degree (n=139).

Hypothesis Three: There is no significant difference in the attitude of post graduate students towards family planning based on course of study.

Table 8 indicates that calculated F-ratio of 1.88 is less than the critical F-ratio of 2.11 with a corresponding p-value of .641 which is greater than 0.05 level of significance. Since the calculated F-ratio is

less than the critical F-ratio, the null hypothesis is therefore not rejected; there was no significant difference in the attitude of Post graduate students towards family planning based on course of study.

Hypothesis Four: There is no significant difference in the attitude of post graduate students towards family planning based on number of children.

Table 9 indicates that calculated F-ratio of 0.38 is less than the critical F-ratio of 3.00 with a corresponding p-value of .057 which is greater than 0.05 level of significance. Since the calculated F-ratio is less than the critical F-ratio, the null hypothesis is therefore not rejected; there was no significant difference in the attitude of Post graduate students towards family planning based on number of children.

Table 7. Mean, Standard Deviation and t-value on the Respondents' Expression on Attitude of Post Graduate Students towards Family Planning based on Highest Educational Attainment. Source: Author.

Variable	N	Mean	Std. Deviation	df	Cal. t-value	Crit. t-value	p-value
Masters	61	41.35	4.367	198	2.89	1.96	.001
First degree	139	56.75	9.578				

Table 8. Analysis of Variance (ANOVA) showing the Respondents' Expression on the Attitude of Post Graduate Students towards Family Planning based on Course of Study. Source: Author.

Source	Sum of Squares	df	Mean square	Calc.F-ratio	Crit. F-ratio	p-value
Between Groups	431.998	9	48.000	0.60	2.11	.641
Within Groups	15187.816	190	79.936			
Total	15519.817	199				

Table 9. Analysis of Variance (ANOVA) showing the Respondents' Expression on the Attitude of Post Graduate Students towards Family Planning based on Number of Children. Source: Author.

Source	Sum of Squares	df	Mean Square	Calc. F-ratio	Crit. F-ratio	p-value
Between Groups	59.147	2	29.574	0.38	3.00	.057
Within Groups	15460.670	197	78.481			
Total	15519.817	199				

Discussion

The study revealed that the attitude of post graduate students towards family planning in Ilorin metropolis was positive. This was supported by Olalekan (2011) who found that women's traditional household activities are changing due to the positive influence of various socio- economic and demographic conditions, especially with more women engaging in income generating activities, higher educational status and high decision power in the household especially as it relates to her reproductive health and family planning.

Another finding revealed that there was no significant difference in the attitude of post graduate students towards family planning based on Age. This implies that age does not intervene in the attitude of the respondents on family planning. This finding is in line with that of Okeke (2016) whose study investigated awareness about family planning among the almajiri students and found positive attitude among the students irrespective of age grade.

Finding also revealed that there was significant difference in the attitude of post graduate students towards family planning based on level of educational attainment. This implies that educational attainment has influence in the attitude of post graduate students towards family planning in the University of Ilorin. This finding corroborates that of Olaitan (2019) whose study focused on Family planning and its influence on societal development and found educational qualification as a yardstick for human involvement in family planning.

Another finding revealed that there was no significant difference in the attitude of post graduate students towards family planning based on course of study. This implies that course of study does not influence the perception of the respondents. This finding was supported by James (2018) who found educational discipline as a factor for awareness on family planning. Finding also revealed that there was no significant difference in

the perception of the respondents on the psycho-social impacts of sexual abuse on the basis of family type. This implies that number of children does not influence the perception of the respondents. This finding negates Madariaga, Arribillaga and Zulaika (2014) whose study was on Components of family planning and found that the number of children determines couples' involvement in family planning.

Conclusion

The study revealed that the attitude of post graduate students towards family planning in Ilorin metropolis was positive. There was no significant difference in the attitude of post graduate students towards family planning based on age, course of study and number of children while significant difference was observed on level of educational attainment.

Recommendations

Based on the findings of the study, the following recommendations were made;

1. Awareness should be created among post graduate students about family planning to improve the attitude of the students towards family planning.
2. Counsellors in tertiary institutions should organize seminars and workshops on family planning and its importance.
3. Post graduate students irrespective of age, course of study and number of children should make it as a habit to engage in family planning.

References

Abdulrazak, E. et al. (2016). Awareness and use of contraceptives among Saudi Women attending primary care centers in Al-Qassim, Saudi

- Arabia. *International Journal of Health Sciences*, 4(1): 13-22.
- Ahmed, F.A., Moussa, K.M., Petterson, K.O. & Asamoah, B.O., (2012). *Assessing knowledge, attitude, and practice of emergency contraception: A cross sectional study among Ethiopian undergraduate female students*, *BMC Public Health*, 12, 110, Original DOI: <https://doi.org/10.4102/curationis.v38i2.1535>
- Alano, P. & Hanson, L., (2018). *Dealing with unplanned pregnancies and abortions amongst tertiary students*. Paper presented at the 6th African Conference on Psychotherapy in Canada, 14–16 <http://www.tut.ac.za/News/Pages/pregnancies.aspx>. [13.02.2019]
- Bankole, Y. & Onasote, A. A. (2013). *Adolescents in Africa: Revealing the problems of teenagers in contemporary African society*. Ibadan, Hadassah Publishing.
- Bosveld, E., (2013). Unintended pregnancy in sub-Saharan Africa: magnitude of the problem and potential role of contraceptive implants to alleviate it. *Contraception* 78, 73–78. DOI: <https://doi.org/10.1016/j.contraception.2008.03.002>
- Butler, K. & Clayton, A. (2011). Attitude of couples towards family planning. *Journal of Human Ecology*, 30(1):63-70.
- Caldwell, M. & Caldwell, B. (2015). The future of family planning programmes. *Studies in Family Planning*, 33(1): 1-9.
- Cleland, H. (2012). Contraception use and pregnancy among 15–24 year old south African women: a nationally representative cross-sectional survey, *BMC Med* 5, 31. DOI: <https://doi.org/10.1186/1741-17015/5/31>
- Clelland, R. (2009). Socio-economic correlates of high fertility among low contraceptive communities of Southern Ethiopia. *Journal of Human Ecology*, 21(3):203-213.
- Daramola, M. (2016). Role of religious leaders in promoting contraceptive use in Nigeria: evidence from the Nigerian Urban Reproductive Health Initiative. *Global Health*; 6(3):500–14.
- Dayal, N. & Barnhart H. (2002). Knowledge of and Attitudes towards family planning by male Teachers in the Islamic Republic of Iran. *Eastern Mediterranean Health Journal*; 9(5):103-107.
- Dixon-Muller, R.(2013). Factors affecting awareness of emergency contraception among college students in Kathmandu, Nepal', *BMC Women's Health* 9, 27. DOI: <https://doi.org/10.1186/1472-6874-9-27>
- Eniojukan, O. (2015). Factors associated with the knowledge, practice and perceptions of contraception in rural southern Nigeria. *Ghana Medical Journal*; 43(3):115–21.
- Fagbamigbe, E. (2011). Patterns of contraceptive use among female undergraduates in the University of Ibadan, Nigeria. *The Internet Journal of Health*; 10(2).
- Fayehun G.P. (2016). Messina LJ, Bertrand JT. Barriers to modern contraceptive use in rural areas in DRC. *Cult Health Sex*. 2016; 19(9):1011–23. DOI: <https://doi.org/10.1080/13691058.2017.1286690>.
- Goldstuck, J. & Kluge G. (2017). Attitude of unmarried girls towards family planning: a study in an Orissa City. *Nursing Journal of India*; 82(3):85-88.
- Gould, B. K. (2012) Attitude of women towards family planning methods and its use: Study from a slum of Delhi. *Kathmandu University Medical Journal*; 3(3):259-262.
- Inal, C. N. (2017). Male involvement in family planning decision making in sub-Saharan Africa- what the evidence suggests. *Pan Africa Medical Journal*. 19:349. DOI: <https://doi.org/10.11604/pamj.2014.19.349.5090>.
- Isah, V. (2009) Muslim/Non-Muslim differentials in fertility and family planning in India. *Population and Health Series*, no. 112, January (East West Center Working Papers).
- Jensen, P. & Speroff, Z. (2011) Experiences of a community based contraceptive programme.

- International Journal of Nursing Studies*; 46(3):302–9.
- Ladan, Z. (2013). Determinants of family planning use among married women in bale eco-region, Southeast Ethiopia: a community based study. *BMC Womens Health*. 18(1):50.
DOI: <https://doi.org/10.1186/s12905-018-0539-7>
- Mason, K. D., (2013): ‘Contraceptive use and attitudes among female college students’, *Journal of ABNF* 20(1), 12–16. PMID: 19278182.
- Monjok, D. (2011). Economic and Demographic interrelationships in Sub-saharan Africa. *Population and Development Review*;11(3):383-397.
- Moreland, P. & Talbird, H. (2006). Contraceptive Knowledge, Perceptions and use among adolescents *Journal of Sociology Resolution*. 3(2):170–180. 25–34.
- Mustapha, A. O. (2012) Maternal deaths averted by contraceptive use: an analysis of 172 countries. *Lancet*;380(9837):111–25.
- Mutuh, J. (2005) Knowledge, Attitude and Practice of family planning: A Study of Tezu Village, Manipur (India). *The Internet Journal of Biological Anthropology*; 1(1).
- Narzary, G. (2009). Encouraging contraceptive uptake by motivating men to communicate about family planning: the Malawi Male Motivator project. *American Journal of Public Health*; 101(6):1089–95.
DOI: <https://doi.org/10.2105/AJPH.2010.300091>.
- Obasahon, B. (2016) Sexual activity and contraceptive use among female students of tertiary educational institutions in Ilorin. *Nigeria Contraception*; 79(2):146–9.
- Ofonime, O. and Okong, A, (2015): Contraceptive knowledge and usage among female school students in Lagos, south-West Nigeria. *Journal of public health and epidemiology* January, 3 (1), 34–37.
- Okonofua, J. et al. (2016) “Every method seems to have its problems”-perspectives on side effects of hormonal contraceptives in Morogoro region, Tanzania. *BMC Women’s Health*. 15(1):1.
- Olugbenga, P. O., (2011): ‘Non-use of contraception: determinants among Nigerian postgraduate students’, *Glob Health Action* 5, 18599. DOI: <https://doi.org/10.3402/gha.v5i0.18599>
- Onasanya, M. O. (2014). Effect of sex education programme on at-risk sexual behaviour of school going adolescents in Ilorin, Nigeria. *Africa health science*. 8(2):120–5.
- Peterson, S. S. et al. (2006) Modern contraceptive utilization and associated factors among married pastoralist women in Bale eco-region. *BMC Health Serv Res*. 7:194.
- Powdhavee, S. L. (2018). Demographic study of Gujjars of Delhi: IV. KAP of family planning. *Journal of Human Ecology*; 16(4): 231- 237.
- Shukla, A. S. (2017). Knowledge and opinions of Turkish University students about contraceptive methods and emergency contraception. *Sex Disabil*. 30:77–87
DOI: <https://doi.org/10.1007/s11195-011-9227-3>.
- Sippert, I. and Wollert, S. (2011) Unmet need for family planning in developing countries and implications for population policy. *Population and Development Review*; 26(4): 691-723.
- Taiwo, A, (2012): Patterns of contraceptive use among female undergraduates in the University of Ibadan, Nigeria. *The Internet Journal of Health*; 10(2).
- Trieu, S.I., Shenoy, D.P., Bratton, S. & Marshak, H.H., (2011): ‘Provision of emergency contraception at student health centers in California community colleges’, *Womens Health Issues* 21(6), 431–437.
DOI: <https://doi.org/10.1016/j.whi.2011.04.011>.
- United Nations Funds for Population, (2008): Trends in the Age Composition of College and University Students and Graduates www.Statcan.gc.ca Accessed 1/4/14.
- United Nations. World Contraceptive Use (2007). Department of Economic and Social Affairs, Population Division, United Nations, 2008. Available at:

- <http://www.un.org/esa/population/publications/contraceptive2007/htm>. [15.01.2011]
- Wang, Y. & Cao, H. (2019). Evaluate use and barriers to accessing family planning services among reproductive age women in the White Nile, Rural Districts. *Sudan Health Sciences Journal*. 11(6):531.
- WHO (2012). Repositioning family planning: Guidelines for advocacy action. USAID, World Health Organization. <http://www.who.int/reproductive-health/publications/fpadvocacytool.pdf>. [5.12.2012]
- World Health Organization (WHO). (2015): Family planning fact sheet. The millennium development goals report. www.un.org/millenniumgoals/11_MDG%20Report_EN.pdf.
- World Health Organization, WHO (2011). Programming for adolescent health and development: report of a WHO/UNFPA/UNICEF study group on programming for adolescent health. Technical report. Geneva: WHO; 886.
- World Population Bureau (2014). Family planning. World Reproductive Health and Research. <http://www.who.int/topics/family-planning/en/> [5.12.2014].
- Wynes, S. and Nichollas, R. (2017) “Unintended pregnancy: worldwide levels, trends, and outcomes” *Studies in family planning* 41, (4):241–250.

Appendix 1.

Section A: Attitude of Post graduate students towards family planning

<i>S/N</i>	Attitude of Post graduate students towards family planning. As far as I know, I ;	<i>SA</i>	<i>A</i>	<i>D</i>	<i>SD</i>
1.	prefer to engage in family planning as it prevents overpopulation				
2.	prefer to engage in family planning as am aware of the low availability of scarce resources				
3.	will have as many kids as I want				
4.	believe that family planning endangers the health as it involves the usage of contraceptives and other complicating measures				
5.	will never engage in family planning as my knowledge about the concept is limited				
6.	believe that family planning was introduced by the government to exploit				
7.	will engage in family planning as it is of positive				
8.	will resist from the act as it is against my religion				
9.	believe that family planning limits social expansion, hence I develop a negative attitude towards it				
10.	am never motivated about engaging in family planning as the process is financially demanding				
11.	believe that family planning is against the norms and unethical				
12.	believe family planning is positive as it ensures the equitable distribution of resources				
13.	engage in Family planning as it will help reduce unemployment				
14.	engage to my perception will help prevent crime and social vices				
15.	believe family planning will help unite the family				