

Knowledge, Notions and Practice of Family Planning Among Rural Women in Akwa Ibom State, Nigeria

by

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Abstract

This study examined the knowledge, notions and practice of family planning among child bearing women in rural Akwa Ibom State. A total of 550 respondents were selected randomly from 55 rural communities where primary health care services are provided for pregnant women. Data on the socio-demographic and economic status of respondents as well as their knowledge, notions and utilization of family planning were collected through a well-structured questionnaire. Frequency counts of responses and their corresponding percentages were calculated and presented in tables. Sixty- nine percent of respondents expressed fair knowledge of family planning and a moderate utilization level tilted towards the natural methods. The majority of respondents appear to hold misconstrued notions on family planning shaped by cultural, economic and religion biases. Re-orientation, re-sensitization and mental re-construction should form the main package of future family planning campaign in rural areas.

Keywords: Family Planning; Knowledge; Notions; Rural Women; Utilization, Akwa Ibom State.