

Knowledge, Attitude, and Practices on Family Planning Methods among Married Residents of Ugac Sur, Tuguegarao City, Cagayan

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Abstract: This study sought the knowledge, attitude, and practices of the married residents of Ugac Sur Tuguegarao City, Cagayan toward family planning methods. It used a method of research that involved a simple convenience process of gathering, classifying and analysing data about the family planning methods and made an adequate and accurate interpretation of the data gathered throughout the study. One hundred forty married residents with ages 18-45 from Ugac Sur Tuguegarao City served as the respondents. Based on the findings of the study, it may be concluded that married residents of Barangay Ugac Sur are aware of the different family planning methods and percentage of users is also high. Knowledge plays a very important role for the people to adopt family planning methods. Programs and counselling by Barangay Health Personnel influenced the choice of family planning methods of the people. And as time passes, a positive change towards family planning methods is making its place in a traditional rural society.

Keywords: Demographic Profile, Socio-Economic Profile, Socio-Cultural Profile, Family Planning Method.

INTRODUCTION

Reproductive life planning includes all the decisions an individual or couple make about having children. These decisions usually include if and when to have children, how many children to have, and how they are spaced. Couples often need counselling about how to avoid conception. Others need information on increasing fertility. Some couples need counselling because contraception has failed [1]. Family planning saves lives. It is one of the most cost effective public health interventions that can significantly improve the health of women and their families [2].

The Reproductive Health Law (Republic Act No. 10354) guarantees universal access to methods of contraception, fertility control, sexual education, and maternal care. This law became very controversial in the Philippines because it was against the tradition and the religious beliefs of many. Philippines was ranked number fifty one (51) with a forty six percent (46%) prevalence rate of contraception among married women aged 15-49 [3]. According to a World Health Organization (WHO) study, one third of teen pregnancies worldwide result in abortion. A World Bank study revealed that the Philippines is among the top ten (10) countries with an escalating population of teenage mothers. As of 2010, there are at least four (4) million young mothers in the Philippines and at least ten (10) mothers die during childbirth everyday based on statistics by the United Nations Family Planning

Association (UNFPA). Seven (7) out of ten (10) Filipino mothers are adolescents ages nineteen (19) years old and below. In 2011, forty nine (49) in every one hundred (100) women or forty eight point nine percent (48.9%) of childbearing age were using a family planning method [4].

Family planning has a lot of benefits for the medical, economical, and social aspects of the world. People need family planning methods for marital adjustment reasons, for community and national welfare reason, for promoting self-respect socially and contentment in life, for socio-economic and health reason, and family welfare.

This study is very helpful to the people to understand the different family planning methods especially in areas where healthcare providers are least accessible and improper uses of contraceptives occur.

MATERIALS AND METHODS

Research Design

This study made use of method of research with the questioner as the main instrument in collecting the needed data. This study was supplemented through books and interview to verify some of the responses to the items in the questioner to gather additional information

The study sought the knowledge, attitude, and practices of the married residents of Ugac Sur Tuguegarao City, Cagayan toward family planning methods. It used a method of research that involved a simple convenience process of gathering, classifying and analysing data about the family planning methods and made an adequate and accurate interpretation of the data gathered throughout the study.

Respondents and Sampling Procedures

In a simple convenience method, the researcher picked 140 married residents with ages 18-45 from Ugac Sur Tuguegarao City. Questioner was prepared by the researcher which were floated and answered by the respondents. The information gathered were then interpreted and analysed.

Research Instrument

The researcher used an interview-questionnaire as the primary source of data gathering. The researcher also read professional books, conducted interviews and conferences/dialogues to counter balance opinions and responses of respondents.

Collection of Data

The researcher sought permission from the Barangay Captain of Ugac Sur Tuguegarao City to float the questioner to the respondents. Informal interviews were also conducted to obtain more reliable information. The questionnaire were personally retrieved after each interview.

RESULTS AND DISCUSSION
I. PERSONAL PROFILE

Table 1: Age distribution of respondents

AGE	Frequency	Percentage
18-23	16	11.43
24-29	23	16.43
30-35	33	23.57
36-41	31	22.14
42-45	37	26.43
Total	140	100

Data revealed that there are 16 respondents who are 18-23 years old, 23 who are 24-29 years old, 33 who are 30-35 years old, 31 who are 36-41 years old, and 37 respondents who are 42-45 years old.

It can be gleaned from the table that there are more respondents who are ages 42-45. It can be inferred that the population of married residents in Ugac Sur is dominated by couples who are 42-45 years old.

Table 2: Distribution of married residents according to religion

Religion	Frequency	Percentage
Roman Catholic	126	90
Iglesianicristo	-	-
Jehova's witness	-	-
Evangelical	-	-
Born again	14	10
Protestant	-	-
Aglipayan	-	-
Presbitarian	-	-
Bible believer	-	-
Total	140	100

Data revealed that there are 63 couples who are Roman Catholics and 7 who are born again. It can

be gleaned from the table that there are more couples who are Roman Catholic.

Table 3: Distribution of respondents according to Highest Educational attainment

Highest Educational Attainment	Frequency	Percentage
Elementary	15	10.71
Elementary undergraduate	18	12.86
High school	20	14.29
High school undergraduate	27	19.29
College	39	27.86
College undergraduate	21	15
Vocational technical	-	-
Master's degree holder	-	-
Total	140	100

Data revealed that there are 15 respondents who are elementary graduates, 18 who are elementary undergraduates, 20 who are high school graduates, 27 who are high school undergraduates, 39 who are college graduates and 21 respondents who are college undergraduates.

It can be observed from the table that there are more respondents who graduated from college. It can be inferred that married residents in Ugac Sur are Literate.

Table 4: Distribution of respondents according to ethnicity

Ethnicity	Frequency	Percentage
Kapampangan	-	-
Mangyan	-	-
Igorots	-	-
Ibanag	62	44.29
Bicolano	2	1.43
Ilocano	18	12.86
Itawes	58	41.43
Visayan	-	-
Total	140	100

Data revealed that there are 62 respondents who are ibanags, 2 who are bicolanos, 18 who are ilocanos, and 58 respondents who are itawes.

the respondents are ibanags. The ratio is understandable because in Ugac Sur, the population is dominated by ibanags.

It can be learned from the table that majority of

Table 5: Distribution of respondents according to Size of family

Size of family	Frequency	Percentage
1-3	16	11.43
4-6	112	80
7-9	8	5.71
10-12	4	2.86
13+	-	-
Total	140	100

Data revealed that there are 16 respondents who have 1-3 members at home, 112 who have 4-6 members at home, 8 who have 7-9 members, and 4 respondents who have 10-12 members at home.

It can be gleaned from the table that majority of the respondents have 4-6 members at home.

Table 6: Distribution of respondents by number of children born

Number of children	Frequency	Percentage
None		
1-2	50	35.71
3-4	78	55.71
5-6	6	4.29
7-8	6	4.29
9+		
Total	140	100

The table reveals that there are 50 respondents who have 1-2 born children, 78 respondents have 3-4 born children, 6 respondents have 5-6 born children, and 6 respondents have 7-8 born children.

It can be observed from the table that most of the respondents have 3-5 born children.

Table 7: Distribution of respondents by number of children alive

Number of children alive	Frequency	Percentage
None		
1-2	48	34.29%
3-4	78	55.71%
5-6	6	4.29%
7-8	6	4.28%
9+		
Total	140	100%

Data revealed that 48 respondents have 1-2 children alive, 78 respondents have 3-4 children alive, 6 respondents have 5-6 children alive, and 6 respondents have 7-8 children alive.

It can be gleaned from the table that majority of the families in Ugac Sur have 3-4 children alive.

II. SOCIO-ECONOMIC PROFILE

Table 8: Distribution of respondents by occupation

Occupation	Frequency	Percentage
Janitress		
Lawyer		
Tailor	7	5
Ofw	1	0.71
Farmer	29	20.71
Police		
Marine	1	0.71
Tricycle driver	19	13.57
Vendor	14	10
Teacher	2	1.43
Housekeeper	13	9.29
Construction worker	5	3.57
Unemployed	49	35
Total	140	100

Data revealed that there are 7 tailor respondents, 1 OFW respondent, 19 vendor respondents, 2 teacher respondents, 13 housekeeper respondents, 5 construction worker respondents and 49 unemployed respondents.

It can be derived from the table that majority of the respondents were unemployed.

Table 9: Distribution of respondents by monthly income

Monthly income	Frequency	Percentage
No income		
Below 10,000	112	80%
10,000-20,000	22	15.71%
20,000+	6	4.29%
Total	140	140%

Data revealed that there are 112 respondents who have an income of below 10,000 a month, 22 with an income of 10,000-20,000 a month, and 6 respondents who have an income of 20,000 a month.

It can be gleaned from the table that most of the respondents have a monthly income of below 10,000. It can be inferred that majority of the population of families in Ugac Sur have low monthly income.

Table 10: Distribution of respondents by degree of satisfaction with present economic condition of the family

Degree of satisfaction	Frequency	Percentage
Satisfied	128	91.43
Not satisfied	12	8.57
Total	140	100

Data revealed that there are 128 respondents who are satisfied with their present economic condition while 12 respondents are not satisfied with their present economic condition.

It can be gleaned from the table that there are more respondents who are satisfied with their present economic condition.

III. SOCIO-CULTURAL PROFILE

Table 11: Distribution of respondents by desire to have more children

	Frequency	Percentage
Want to have more children	28	20%
Do not want to have more children	112	80%
Total	140	100%

Data revealed that there are 28 respondents who desire for more children while 112 of them do not want to have more children.

It can be gleaned from the table that majority of the respondents do not want to have more children.

Table 12: Distribution of respondents by main reason in rejecting to have more children

Causes of rejection	Frequency	Percentage
Financial problem	58	51.79
Health condition	5	3.57
Husband's/wife's pressure	-	-
For proper care of children	49	35
Total	112	100

(NOTE: there were 112 respondents who rejected to have more children. So, the percentage will be calculated based on 112).

Data revealed that there are 58 respondents whose reason is financial problem, 5 because of health condition reason, and 49 because of proper care of children reason.

It can be gleaned that financial problem is the top reason of respondents in rejecting to have more children. It can be inferred that the economic status of families in UgacSur is the primordial reason why families cannot afford to have a bigger family.

Table 13: Distribution of respondents by desired number of children

Number of desired children	Frequency	Percentage
1-2	50	35.71
3-4	54	38.57
As many	36	25.71
Don't want any	-	-
Total	140	

Data revealed that there are 50 respondents who wants to have 1-2 children, 54 wants to have 3-4 children, and 36 wants to have as many children as

possible.

It can be inferred that couples of Ugac Sur are planning to have 3-4 children.

Table 14: Distribution of respondents by freedom in personal matters

Freedom in personal matters	Frequency	Percentage
Yes	134	
No	6	
Total	140	

Data revealed that 134 respondents have freedom in personal matters at home and 6 respondents do not.

almost all of the married couples in Ugac Sur have good communication.

IV. KNOWLEDGE

It can be gleaned that most of the respondents exercise their freedom at home. It can be inferred that

Table-15: Assessment of awareness of respondents on family planning methods

Awareness in family planning methods	Frequency	Percentage
Yes	140	100
No	-	-
Total	140	100

Data revealed that there are 140 respondents who are aware of family planning methods.

It can be gleaned from the table that all respondents are aware of family planning methods. It can be inferred that family planning methods are known among married residents of Ugac Sur.

Table 16: Assessment of knowledge of respondents on the use of family planning methods

Family planning methods	Frequency	Percentage	Total
Celibacy	15	10.71	140
Calendar Method	45	32.14	140
Basal body temperature method	20	14.29	140
Cervical mucus method	14	10	140
Lactation amenorrhea method	22	15.71	140
Oral contraceptives	65	46.3	140
Intramuscular injection	34	24.29	140
Diaphragm	11	7.86	140
Tubal ligation	35	25	140
Vaginal sponge	6	4.29	140
Contraceptive path	11	7.86	140
Symptothermal method	8	5.71	140
Coitus interruptus	33	23.57	140
Subcutaneous implants	14	10	140
Intrauterine device	31	22.14	140
Cervical caps	11	7.86	140
Vaginal rings	10	7.14	140
Female condoms	26	18.57	140
Male condoms	50	35.71	140
Vasectomy	20	14.29	140
Total	140	100	140

Data revealed that 15 respondents know celibacy, 45 respondents know calendar method, 20 respondents know basal body temperature method, 14 respondents know cervical mucus method, 22 respondents know lactation amenorrhea method, 65 respondents know oral contraceptives, 34 respondents

know intramuscular injection, 11 respondents know diaphragm method, 35 respondents know tubal ligation method, 6 respondents know vaginal sponge method, 11 respondents know contraceptive patch method, 8 respondents know symptothermal method, 33 respondents know coitus interruptus method, 14

respondents know subcutaneous implant method, 31 respondents know intrauterine device method, 11 respondents know cervical caps method, 10 respondents know vaginal rings method, 26 respondents know female condom method, 50 respondents know male condom method, and 20 respondents know vasectomy

method.

It can be gleaned that most of the respondents are familiar with oral contraceptives (pills). It can be inferred that couples in UgacSur prefer artificial contraceptives than natural family planning methods.

Table 17: Assessment on the access of respondents in family planning center

Access in family planning center	Frequency	Percentage
Yes	132	94.29
No	8	5.71
Total	140	100

Data revealed that there are 132 respondents who have an access in family planning center while 8 of them do not.

It can be gleaned that majority of the respondents have an access in family planning center.

Table 18: Assessment of the main source of knowledge of respondents about family Planning methods

Source of knowledge	Frequency	Percentage
Radio/TV	-	-
Husband/wife	12	7.57
Friends	3	2.14
Barangay Healthworker	45	32.14
Doctor	9	6.43
Newspaper	1	0.71
Total	140	100

Data revealed that there are 12 respondents whose main source of family planning methods is the husband/wife, 3 from his friends, 45 says from the Barangay Health worker, 9 from the doctor, and 1 respondent says from the newspaper.

It can be gleaned from the table that most respondents' source of knowledge of family planning methods is the Barangay health worker. It can be inferred that Barangay Health worker play an important role in informing the residents of UgacSur regarding family planning methods.

Table 19: Assessment of the satisfaction of respondents in barangay programs about family planning methods

	Frequency	Percentages
Satisfied	126	90
Not satisfied	14	10
Total	140	100

Data revealed that 126 respondents are satisfied with barangay programs about family planning methods while 14 of them are not.

It can be gleaned from the table that most of the respondents are satisfied in programs conducted by the barangay regarding family planning methods.

Table 20: Assessment on the desire of respondents for a family planning program

Desire for family planning program	Frequency	Percentage
Yes	14	100
No		
Total	14	100

(NOTE: There were 14 respondents who were not satisfied in family planning programs of the Barangay. Therefore, 14 respondents were used in this table)

Data revealed that 14 respondents will be happy if family planning program will be conducted.

It can be gleaned that all of the respondents, who were not satisfied in the family programs by the barangay would be happy if a family planning program

will be conducted. It can be inferred that married couples are willing to have a proper knowledge about family planning methods.

V. ATTITUDE

Table 21: Assessment on the attitude of respondents toward family planning methods

Attitude	Frequency	Percentage
Favor	140	100
Not favor	-	-
Total	140	100

Data revealed that there are 140 respondents who are in favour of family planning methods.

It can be gleaned that all of the respondents are in favour of family planning methods.

Table 22: Assessment on the acceptance of respondents of family planning methods

Family planning methods	Frequency	Percentage	Total
Celibacy	138	98.57	140
Calendar Method	124	88.57	140
Basal body temperature method	137	97.86	140
Cervical mucus method	135	96.43	140
Lactation amenorrhea method	134	95.71	140
Oral contraceptives	133	95	140
Intramuscular injection	133	95	140
Diaphragm	136	97.14	140
Tubal ligation	137	97.86	140
Vaginal sponge	136	97.14	140
Contraceptive patch	137	97.86	140
Symptothermal method	136	97.14	140
Coitus interruptus	131	93.57	140
Subcutaneous implants	135	96.43	140
Intrauterine device	132	94.29	140
Cervical caps	135	96.43	140
Vaginal rings	134	95.71	140
Female condoms	131	93.57	140
Male condoms	134	95.71	140

Data revealed that there are 138 respondents who are in favour of Celibacy, 124 in calendar method, 137 in Basal body temperature method 135 in cervical mucus method, 134 in Lactation amenorrhea method. 133 in Oral contraceptives, 133 in Intramuscular injection, 136 in diaphragm, 137 in Tubal ligation, 136 in Vaginal sponge, 137 in Contraceptive patch, 136 in Symptothermal method, 131 in Coitus interruptus, 135 in Subcutaneous implants, 132 in Intrauterine device,

135 in Cervical caps, 134 in Vaginal rings, 131 in Female condoms, 134 in Male condoms, and 133 are in favor of vasectomy.

It can be gleaned that celibacy was the most accepted method by the respondents.

VI. PRACTICES

Table 23: Assessment of practices of respondents on family planning methods

Practice of family planning methods	Frequency	Percentage
Yes	132	94.29
No	8	5.71
Total	140	100

Data revealed that there are 132 respondents who are using family planning methods and 8 who are not using any family planning method.

It can be gleaned that most of the respondents are using family planning methods.

Table 24: Assessment of practices of respondents on present family planning method

Family planning methods	Frequency	Percentage
Celibacy	6	4.55
Calendar Method	12	9.09
Basal body temperature method	-	-
Cervical mucus method	-	-
Lactation amenorrhea method	-	-
Oral contraceptives	37	28.03
Intramuscular injection	10	7.58
Diaphragm	-	-
Tubal ligation	2	1.52
Vaginal sponge	-	-
Contraceptive patch	-	-
Symptothermal method	-	-
Coitus interruptus	4	3.03
Subcutaneous implants	-	-
Intrauterine device	32	24.24
Cervical caps	-	-
Vaginal rings	-	-
Female condoms	1	0.76
Male condoms	-	-
Vasectomy	28	21.21
Total	132	100

(NOTE: There are 140 respondents but there are only 132 of them who apply family planning methods. Therefore, there are 132 respondents for table 24)

Data revealed that there are 6 respondents using Celibacy, 12 using Calendar method, 37 using Oral contraceptives, 10 using Intramuscular injection, 2 using Tubal ligation, 4 using Coitus interruptus, 1 using Female condom, and 28 using vasectomy.

It can be gleaned that oral contraceptive method is the most widely used family planning method by the respondents.

Table 25: Assessment of time duration on the use of current family planning method by the respondents

Years	Frequency	Percentage
1-5	55	41.67
6-10	38	27.14
11-15	39	27.86
Total	132	100

(NOTE: There are 140 respondents but there are only 132 of them who apply family planning methods. Therefore, there are 132 respondents for table 25)

Data revealed that 55 respondents have been using their current family planning method for 1-5 years, 38 respondents have been using their current family planning method for 6-10 years, and 39 respondents have been using their current family planning method for 11-15 years.

It can be gleaned that most of the respondents have been using their present method for 1-5 years already.

Table 26: Assessment on the experience of side effects of the current family planning method used by the respondents

Experience of side-effects	Frequency	Percentage
Often	40	30.30
Seldom	41	31.06
Never	51	38.64
Total	132	100

(NOTE: There are 140 respondents but there are only 132 of them who apply family planning methods. Therefore, there are 132 respondents for table 26)

Data revealed that there are 40 respondents who often experience side-effects on their chosen method, 41 who seldom experience side effects, and 51 said that they never experienced any side effects.

It can be gleaned that most of the respondents had never experienced side-effects on their current family planning method.

Table 27: Assessment of satisfaction of residents on current family planning method used

	Frequency	Percentage
Satisfied	128	96.97
Not Satisfied	4	3.03
Total	132	100

(NOTE: There are 140 respondents but there are only 132 of them who apply family planning methods. Therefore, there are 132 respondents for table 27)

Date revealed that 128 respondents were satisfied with their present method while 4 were not satisfied.

It can be gleaned that most of the respondents were satisfied with their present family planning method.

Table 28: Assessment on the desire of respondents to change their present family planning method

	Frequency	Percentage
I want to change the present family planning method	8	6.06
I don't want to change the present family planning method	124	93.94
Total	132	100

(NOTE: There are 140 respondents but there are only 132 of them who apply family planning methods. Therefore, there are 132 respondents for table 28)

Data revealed that there were 8 respondents who want to change the present family planning method while 124 respondents wouldn't.

It can be gleaned from the table that more respondents won't change their current method.

CONCLUSION

Based on the findings of the study, it may be concluded that married residents of Barangay Ugac Sur are aware of the different family planning methods and percentage of users is also high. Only a few of them do not apply contraceptive methods. Knowledge plays a very important role for the people to adopt family planning methods. Programs and counselling by Barangay Health Personnel influenced the choice of family planning methods of the people since Barangay Health Workers served as their primordial source of information. The obvious evidences of differences on the fertility rate between rural and urban proved the

phenomena wherein education, social and financial empowerment of couples were related to the practice of family planning methods. The researcher found out that majority of the respondents are literate and only a few of them had a minimum education up to elementary level. As per social empowerment was concerned, almost all of them were found empowered in making decisions in their personal life. A great percentage of them were already satisfied with their family income. The influences of these factors is noted on their attitude and behaviour toward family planning methods.

A slight change in the attitudes occurred, though not very remarkable, as majority of the respondents showed their lack of interest in having more children since they are in favour in having not more than four children. This was not the situation before in a traditional rural family. It is clear from the findings that both men and women have positive opinions on family planning methods.

While many were satisfied with their present family planning methods, there were still some who wanted to change into other forms of contraceptives. Others opted to continue with the use of contraceptives despite of the side-effects brought by these methods.

Finally, it was concluded that as time passes, a positive change towards family planning methods is making its place in a traditional rural society which is a good sign for the future of the country. To continue such changes, the government must collaborate with the NGO's in implementing effective programs to encourage and promote the use of family planning methods and its significant effects not only to their state of living but to their state of health as well.

RECOMMENDATIONS

On the basis of the findings of the study, the following are recommended;

1. The government specifically the Barangay Health Personnel should double their emphasis not only on plans and policies but more on implementation of the different Family Planning Methods since many studies prove that proper education on family planning methods among couples has direct influence in reducing fertility.
2. Since availability of contraceptives has a great effect on the practice of family planning methods, Barangay Health Centers must have an adequate supply of all the contraceptives so that couple residents may have the option to choose which method suits their lifestyle.
3. Barangay Health Workers must be given adequate training to improve their knowledge of the different contraceptives and not to limit their knowledge only with the most used contraceptives.
4. Further studies must be conducted with greater number of correspondents.

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