# HOUSEHOLD COMPOSITION/ FAMILY SIZE AND THE UTILIZATION OF FAMILY PLANNING

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**Abstract**: *Family planning is a health measure which is regarded as effective in the developing world. Looking at so many works available, there is a lack of empirical work showing the utilization of family planning on household composition/family size. As a result of that, this study was conducted with the aim/objective of investigating the effect of family planning use on the household composition in Awka south. A quantitative means of data collection was employed among a sample of 100 participants. A random sampling technique was used to select the respondents. A pre-tested interviewer administered structured questionnaire and an interview guide was used to collect data on the effect of family planning use on composition. Data were analyzed using Statistical Package for Social Sciences (SPSS). Findings from the research shows that using the opinion of the respondents, there is a high level of neglect towards family planning as a result of low level of formal education in Awka South. This research recommends that there is need for increase in the level of education among married couples so as to avoid the ignorance of family planning method among them. It is also recommended that there should be an increase in the income rate of households to encourage family planning.*

## Keywords

*Household, family size, composition, planning, development, children, marriage*

## 1. Introduction

A household is one or more people usually resident in the same dwelling space living facilities. A household can contain one or more families living together or contain no families at all but a group of persons from diverse places living together. A household that does not contain a nucleus family could contain unrelated people, related people, or could simply be a person living alone. The household is one of the most important human socioeconomic institutions, with functions that vary both across regions and over time. In many historical populations all over the world, a household was not only known to be a residence group but also a socioeconomic unit within which production, consumption, reproduction, early childhood socialization, and many other activities took place. A lot of these functions are still important in contemporary households. It is this multifaceted character that makes the household an appealing and interesting subject of study for many social scientists.

Household composition is an obtained variable that classifies all types of households according to the relationships between the people in them, and whether there is a family nucleus present or not. Nigeria is the most populous country in Sub-Saharan Africa, with more than 120million people. This annual population growth stands at 3.5% and the total fertility rate is 6.0 lifetime births for woman (ottong, 2010). This has created a major health and economic challenge to the nation at large. Households with many children are more likely

overtime to become poor and less likely to recover from poverty than families with only a few children (Ajakaiye and Adeyeye, 2001; Orbeta, 2005).

Family planning is immediately relevant to development because it influences the birth rate and population growth rate of a country, and therefore has far reaching impacts on economic, social, and environmental well-being in society (Fabic et al., 2015; WHO, 2015a). Family planning goes a long way in helping the problems being faced in households and family composition. Family planning has been identified as a productive health right (Asgar et al, 2010). Family planning is a system which has self-sufficiency and social development as its ultimate goals. It operates through the regulation of fertility by the provision of birth control service. There are so many important reasons why family planning should be taken seriously and practiced by every society. It is a program aimed at the reduction of population growth rates to a level compatible with the social economic aspiration of a society. In the writings of Tsui et al (2010), research from various studies finds family planning interventions to be highly cost-effective as they reduce the future health care costs associated with unintended pregnancies and the transmission of sexually transmitted infections (STIs) and HIV/AIDS. The challenges of households in carrying out family planning in Awka and how this problem can be tackled is the reason behind this study "household composition/ family size and the utilization of family planning in Awka south".

## 2. LITERATURE REVIEW

This article present a review of research literature regarding the association between family planning and household composition. So many authors have been looked up to in the cause of understanding previous researches and better understanding of researches so far with regards to the topic at hand. Household and family composition is traditionally measured relative to the number of households or families in the population. Thus, under the Census Bureau approach, one might measure the percentage of family households containing related subfamilies. Similarly, if one employed the widely used Laslett-Hammel classification scheme, one might measure the percentage of households containing multiple "conjugal family units" (Laslett in Steven and Susan, 2003). In a research carried out by Ranjan and Meenaksi 2000, there is a basic effort to understand household size, family composition and its effect on poverty experienced by family members. In summarizing the result of their findings, Ranjan and Meenaksi suggest that the household size economies parameter cannot be relied upon to satisfactorily pick up household composition effects. The head count poverty rates fall, quite sharply in many cases, with the introduction of the State specific consumption economies of household size and of adult/child relativities in the equivalence scale used as the expenditure deflator. Amsale Tekle Ergano et al (2016) carried out a research on the topic "the effect of family planning use on the household's economy". At the end of the research, it was discovered that the proportion of women who observed and reported the overall increase on household income attributed to the use of F/P was only 41.8%. The type of family planning method, the total number of children, the frequency of hospitalization and the reason for using family planning were some of the potential predictors of household income. They recommended that a strategy has to be designed to reach women who had less awareness about the effect of family planning in improving household economy. In a study carried out by Ellen in 2010, it was found that the family planning program in Colombia reduced women's completed lifetime fertility by approximately one-half of a child and explained a relatively low 6% to 7% of the fertility decline between 1964 and 1993. Despite the main aim of this research is reducing lifetime fertility, the study concluded that, "The

ability of family planning to fight poverty cannot be easily dismissed." The study found that women with access to family planning as teenagers gained 0.05 more years of schooling, were 7% more likely to work in the formal sector, and were 2% less likely to cohabit with male partners (Ellen Starbird et al 2016).

## 3. METHODOLOGY

### 3.1 AREA OF STUDY

The total land area of 180square kilometers, Awka south is made up of nine (9) towns namely; Ezinato, Isiagu, Mbaukwu, Nibo, Nise, Awka, Amawbia, Umuawulu and Okpuno. In previous years, Awka was the administrative headquarters of Awka south local government area, but later was divided into Awka north and Awka south local government area respectively. According to national population census figure (2006) Awka South local government area has a total population of (189,049), the males are (97,815) (national population commission, 2006). The targeted population are those aged 20 and above. (Males and females). The scope of this research work is limited to investigating the household composition/size and utilization of family planning in Awka south local government area of Anambra state.

### 3.2 Population of study

The sample size for this study is hundred (100) and the hundred (100) participants will be administered a questionnaire. The reason for his choice of sample size is to accommodate a quite segment of Awka south local government area inhabitants and also to give all the communities in this area equal chance of being represented. The sample technique that was used in this study is simple random sampling. Awka South consist of nine communities, out of this communities, two communities were selected using simple random sampling. Out of the two communities, four villages were selected. The households in the selected villages were numbered and out of it, 25 households were selected from each village, making it a total of 100. The researcher made use of questionnaire schedule which was fashioned out of the research questions. The questionnaire has two parts. Part A: is made up of the personal data of the respondent while Part B, deals with the substantive issues relating to the study.

### 3.3 Data collection

The researcher made use of questionnaire schedule which was fashioned out of the research questions. The questionnaire has two parts. Part A: is made up of the personal data of the respondent while Part B, deals with the substantive issues relating to the study. The questionnaire was administered individually to the respondents on a face to face basis by selected and trained research assistants (students of sociology department). The respondents were assured of the anonymity of their responses as requested by them. Some questionnaires was distributed, filled and collected at the spot while some respondents were allow some time to go through the questions at their free time with an agreed time of collection.

The data collected from the field were analyzed using SPSS (statistical package for social sciences).

## 4. DATA ANALYSIS AND INTERPRETATION

This chapter is a presentation, analysis and discussion of the finding on household composition/ family size and utilization of family planning in Awka South. Tables, frequencies and percentages have been used to present these findings. The discussions of these findings has been organized basically to answer the research questions.

**Demographic characteristics of respondents.**
The demographic characteristics of respondents in this section include genders, age, marital status, education qualification and occupation.

**TABLE 1: SHOWING RESPONDENT GENDER**

| GENDER | NUMBER | PERCENT |
|--------|--------|---------|
| Male | 58 | 59.2% |
| Female | 40 | 40.8 % |
| Total | **98** | **100%** |

*Source:* Field Survey

From table 1 above, it was indicated that 59.2% of the respondents were male while 40.8% were female. This implies that there are more male than female respondents.

**TABLE 2: SHOWING RESPONDENTS MARITAL STATUS**

| ITEMS | Number | Percent |
|-------|--------|---------|
| Single | 40 | 40.8% |
| Married | 49 | 50% |
| Divorced | 4 | 4.10% |
| Widow | 5 | 5.1% |
| **Total** | **98** | **100%** |

*Source:* Field Survey

From table 3 above it was indicated that the largest numbers of the respondents are married with proportionate of 50% follow by 40.8% that are single while 4.10% of the respondents are divorced and 5.1% are widow respectively.

**Table 3:** Educated families adopt family planning method than non-educated families

| RESPONSES | FREQUENCY | PERCENTAGE |
|-----------|-----------|------------|
| Yes | 71 | 72.4% |
| No | 17 | 17.3% |
| Don't Know | 10 | 10.3% |
| **TOTAL** | **98** | **100%** |

**SOURCE:** Field survey

From table 6 above shows that 72.4% of the respondent accepted that educated families usually adopt family planning method than non-educated while 17.3% did not accept this assertion but 10.3% could not say anything.

**Table 4:** problems facing household composition or family size

| RESPONSES | FREQUENCY | PERCENTAGE |
|-----------|-----------|------------|
| Level of Income | 24 | 24.9% |
| Religious believe | 14 | 14.2% |
| Educational background | 26 | 26.5 % |
| All of the Above | 32 | 32.6% |
| Others | 1 | 1.8% |
| **TOTAL** | **98** | **100%** |

**SOURCE:** Field survey

From table 9 above it was discovered that 24.9% admitted that level of income is one of the problems facing household composition or family size while 14.2% suggested that it is as a result of religious believe while 26.5% says it is educational background, 32.6% suggests all of the above option and 1.8% suggested some other factors.

**Table 5:** Possible solution to the challenges facing household in the management of family planning

| RESPONSES | FREQUENCY | PERCENTAGE |
|-----------|-----------|------------|

| Increased income | 11 | 11.2% |
|---|---|---|
| Increased Education Level | 19 | 19.4% |
| Educative Programs ' | 20 | 20.6% |
| Government Support | 14 | 14.2% |
| All of the above | 33 | 33.6% |
| Other | 1 | 1% |
| **TOTAL** | **98** | **100%** |

**SOURCE:** Field survey

From table 10 above it was discovered that 11.2% of our respondents says increased income is one of the possible solution to the challenges facing household in the management of family planning while 19.4% says increased education level and 20.6% says educative programs' could be possible solution and 14.2% suggest government support while 33.6% says all these method factors could be used in addressing this problem.

**CONCLUTION:** from the above analysis the researcher has come to the conclusion using the opinion of the respondents, that there is a high level of neglect towards family planning as a result of low level of formal education in Awka South. It is also noticed that low income rate is one of the biggest challenges facing households in the management of family planning. And the various ways by which this lingering issue can be solved or tackled is by increasing the educational level of the people, organizing educative programs and governmental support.

**RECOMMENDATION:**

Base on the findings in the above analysis for the research work "household composition/size and the utilization of family planning in Awka South" the below recommendations have been out listed:

1. There is need for increase in the level of education among married couples so as to avoid the ignorance of family planning method among them.
2. There should be an increase in the income rate of households to encourage family planning
3. Adoption or organization of educative programs and governmental interference or support will go a long way in controlling the challenges facing households in the management of family planning.

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