

The Relevance of Family Planning in the 21st Century

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ABSTRACT

The study adopted explanatory research design, the research strategy used was cross-sectional survey, the research approach used was qualitative research approach, the population of the study was 10 authors, the sampling design were surveyed of the papers published by academic journals and papers published at the various websites, the source of collecting data for the study was primary source, the method of data collection was research. The problem statement of the study was "The relevance of family planning in the 21st century". The objectives of the study were achieved and the background of the study was brief introduction of family planning. The study found out that family planning had contributed to the well-being of mankind. The study recommended that pastors of the various churches should educate their church members to practice family planning methods, medical doctors and nurses ought to educate patients to practice family and governments of the various countries must create platform to educate the general public to understand the need to practice family planning.

BACKGROUND OF THE STUDY

Introduction

Family planning is act of using modern contraceptive methods by couples and individuals to space birth, to avoid unwanted pregnancy and to give birth to the required number of children at the right time. Family planning is the application of modern contraception and the other methods of birth control to space birth and to give birth to the desired children. Family planning is vital to individuals, families, communities and societies. It is done through using contraceptive methods. It involves the decision not to give birth at a certain time and to determine the age to have children.

Family planning is a factor to reduce poverty rate but in developing regions about 218 million women are not using effective family planning methods due to lack of education. Using family planning methods is part of human right and family planning is among the 10 great public health achievements in the 20th century. From the 16th century Djenne people in the West Africa had been using family planning methods. Medical Doctors advised the women to space their birth by three years intervals and should not give birth to many children. Family planning services include sex education, prevention, control of sexually transmitted diseases infections, pre-

conception counseling and infertility management. According to UN and WHO family planning starts from services through conception but abortion is not part of family planning.

OBJECTIVES OF THE STUDY

To find out the importance of family planning to mankind

To find out reasons to educate people about family planning

To find out the reasons why women are not practicing family planning methods

To find out the effects of family planning on developing countries and donor countries contribution towards family planning.

To find out how to prevent unwanted pregnancies.

To find out the empirical evidence of family planning in Africa

IMPORTANCE OF FAMILY PLANNING TO MANKIND

Pregnancy complications

Family planning guides women from any health risks that may happen before, during or after birth. These are high blood pressure, gestational diabetes, infections, miscarriage and stillbirth. Studies show that women who give birth to more than 4 children experience maternal mortality. Women who give birth after 35 years are prone to health risks. Through reduction in unwanted pregnancy, family planning radicate safe abortion.

Adolescent pregnancies

Girls who are between 10-19years are more likely to give birth to preterm baby. A teenage mother will have high rate of neonatal mortality. Family planning specially contraception protects teenagers from emotional and financial problems.

Unwanted pregnancy

When a woman's pregnancy intervals is too close, it affects the health of the mother and her unborn child.

Sexually transmitted infections

The use of condoms prevent sexually transmitted diseases like HIV, gonorrhea etc.

Educated and empowered

If an individual knows her or his right from left, decision making becomes easily. Family planning assist an individual or couples to make the best choice for their sexual and reproductive health. Through spacing pregnancies, we build fanicial security which enables us to cater for our family well. A well catered family is a healthy life.

THESIS STATEMENT: The problem statement of the study was "the relevance of family planning in the 21st century". The study found out the Importance of family planning to mankind, the reasons to promote family planning, the reasons why women are not practicing family planning, myths about family planning, the effects of family planning on developing countries, donor countries contribution towards family planning, how to prevent unwanted pregnancies and the empirical evidence of family planning in Africa.

REASONS TO PROMOTE FAMILY PLANNING EDUCATION

Information: Those are young lack basic education about their bodies and sex and do not know the negative effects of them. Problems related to pregnancy and childbirth are among of the causes of the girls who died at the age of 15-19 years.

Opportunity: Girls and women should have accessed to quality, accessible and age-appropriate services. Family planning does not fit all but girls and women ought to have range of services to meet their needs at different points in their lives.

Control: It is estimated that one out of three women experience sexual violence and one out of three girls marry before the age of 18 years to old men.

Support: In many countries girls and women do not have access to sexual and reproductive health services and lack access to family planning unless they have married.

LITERATURE REVIEW

There are countless articles written concerning family planning and these articles educate people about the need to practice family planning. Notwithstanding the contents of the articles, the study investigated into the relevance of practicing family planning. Inference to (doh,n.d) an article written entitled "What are the benefits using family planning". This article states the Importance of family planning to mothers, fathers and children. The following are the importance family planning to mothers:

- Family planning assist mothers to regained their health after delivery.

- It enables them to have time to love and give attention to their husbands and children

- It creates room for them to improve in life.

- If they are ill, it will give them enough time to treat themselves. The Importance of family planning to fathers are:

- Problems and responsibilities of fathers are minimalized.

- They are able to provide for the basic needs of their children such as food, shelter, education and better future.

- It helps them to have time for the family and pave way for them to progress in life. These are the significance of family planning to children:

- It helps the children to become healthy.

- It enables the children to feel protected, cared and loved by their parents. In 25th July, 2018 Natalia Kanem wrote an article entitled "The economic benefits of family planning". In her article she said the capacity to determine when or whether to have children was not the basic human rights but the means to economic empowerment. She identified the economic benefits of family planning as follows:

- It helps to reduce maternal deaths by three quarters and reduce infants deaths by fifth especially to women who have access to family planning information and services.

- It saves money and at the same time saves life.

- The more a woman delays in delivering children it gives her strength to involve in the paid labor force hence improving the economic health and prosperity of poor communities. With respect to the views of the above mentioned

authors, the study investigated into the Importance of family planning to mankind, the reasons why women are not practicing family planning, the reasons to promote family planning education, myths about family planning, the effects of family planning on developing countries, donor countries contribution towards family planning, how to prevent unwanted pregnancies and the empirical evidence of family planning in Africa.

REASONS WHY WOMEN ARE NOT PRACTICING FAMILY PLANNING

Lack of education: The first time a lot of women acquire knowledge in reproductive health is when they want to give birth to their first born. They need in-depth knowledge about sexual and reproductive health in order to make the best choice, to keep themselves, their partners and children healthy.

Geographic challenges: All over the world there is lack healthcare workers including family planning workers. Sometimes it is time consuming for women to get access to healthcare services.

Social stigma: Throughout the world, beliefs, attitudes have created stigma around family planning. These beliefs include youths should abstain from sex until marriage and educating the adolescent about family planning encourages early sex behavior.

Partners: Women often the burden of family planning on their shoulders. When a woman plans to give birth, she will put her education aside and concentrate on the birth.

Resources: Some medical distribution system are not digitized but still on papers. This causes

stocking delay and makes it hard to know how many contraceptive will be needed in a certain region.

MYTHS ABOUT FAMILY PLANNING

Myth: Taking pill makes one to put on weight.

Fact: Birth control pill never make someone to put on weight.

Myth: Fertility becomes a burden when one stop taking hormonal contraceptives.

Fact: Fertility is not birth control side effect.

Myth.: Never take birth control pills daily

Fact: If a woman stop taking for sometime, she will become pregnant.

Myth: Taking pill causes breast cancer.

Fact: A woman who have stopped using pill for than more than 10years will experience such problem.

Myth: A woman can become pregnant if she have sex during the period.

Fact: The body can release an egg.

Myth: Breastfeeding hinders pregnancy.

Fact: Breastfeeding is not accepted birth control method.

Myth: Douching after sex prevent pregnancy.

Fact: Douching removes good and bacteria from the vagina.

HOW TO PREVENT UNWANTED PREGNANCY

Male condoms: According to Center For Disease Control and Prevention male condoms are 90 percent effective. They prevent unwanted pregnancies and sexually transmitted infections.

Female condoms: Female condoms are used instead of male condoms and CDC proofs that female condoms are 79 percent effective for contraception.

Diaphragm: This is a barrier method of contraception. It is placed inside the vagina

Cervical cap: That is, soft silicone cap put inside the vagina to prevent sperm from reaching an egg.

Sponge: This is contraceptive sponge made up of polyurethane foam and contain spermicide which is placed deep inside the vagina.

Spermicide: That means, a chemical which kills the germ in the sperm.

Hormonal method: This hinders pregnancy by stopping ovulation.

THE EFFECTS OF FAMILY PLANNING ON DEVELOPING COUNTRIES

Commentators in many prominent U.S. publications declared that high population growth was a thing of the past and generalized that population growth was no more serious issue. According to statistics the fertility rate had fallen gobally and had fallen from six in 1950 to three in 1998. In developing countries the fertility rates had fallen from 6.1-3.3 between the early 1960 and 1998. The fastest declines happened in East Asia from 5.9-1.8 and Latin America 6.0-3.0 . United Nations had predicted that the world's population would fall in the next 50 years. The results of the World Population Day proved that 5000 million women in developing countries used

some of the family planning had helped to prevent 187 million unwanted pregnancies, 60 million unplanned births, 105 million induced abortion, 2.7 million infants death, 215,000 maternal deaths and 685,000 children from losing the lives their mothers. About 200 million women in developing countries would like to limit their births but they lacked access to contraceptives. Helping these women to have access to family planning methods had hindered 52 million unwanted pregnancies and 23 million unplanned births each year. Family planning programs provide a range of contraceptives' choices to couples which has led to an increase in the use of contraceptives' in the developing countries. This record has had effects on the fertility rates since the mid-1960. To control economic growth has caused reduction in fertility and family planning programs has approximately reduced world fertility by 43 percent around 1965-1990.

DONOR COUNTRIES CONTRIBUTION TOWARDS FAMILY PLANNING

Donor countries provide the fourth of all funding for family planning programs throughout the world. They have employed professionals in all skills for successful family planning programs such as medicine, public health, communications, management, demography and social services. The main donor countries are United States, Germany, United Kingdom, Japan and nine other members of the organization for economic co-operation and development. The United States is leading in terms of contributing to population programs and providing technical assistance.

EMPIRICAL EVIDENCE OF FAMILY PLANNING PRACTICES IN AFRICA

The use of contraceptives are lower in Sub-Sharan Africa than the rest of the world. Analysis

proofs that fertility rates in 23 countries of Sub-Saharan Africa in 1980-1995 states that two-thirds of the countries has declined in fertility especially fast decline in Kenya and Zimbabwe. Around 1990 the use of contraceptives in all Africa Countries were less than 15 percent except in Zimbabwe, Botswana and Kenya. Net increase were recorded in a few countries such as Chad and Uganda which called for family planning. It was estimated that 35 million women in Africa experienced an unmet need for family planning in 2009. Records in modern CPR and unmet need show that countries such as Zambia, Madagascar, Malawi and Kenya the unmet need goes with increase in family planning. Other countries like Sengal, Mali, Ghana and Eritrea the interval is wide and continuous. Today about 24.8 percent of women like to practice family planning but they lack access to family planning. This has created unwanted pregnancies. The analysis of fertility centered on Demography Health Survey data indicated that fertility rates in Africa were the highest in the world. The fertility rates shew that there was high population growth which was around 3 percent each year. Due to this, a policy was made by the then government called Tanazania National Population Policy which caused reduction in fertility. Presently married women from 15-49 years who were using contraceptives methods between 1986-1995. South Africa had the highest record of using contraceptives which was 50 percent followed by Zimbabwe 48 percent but Tanzania recorded the lowest(Msacky,2012).

METHODOLOGY

This chapter covers whabemresearch design, research approach, research strategy, population of the study, the sampling design, the source of data collection and the method of data collection.

The research design used for the study was explanatory research design. With explanatory research design, the objectives of the study were achieved. The study used qualitative research approach because the study investigated into Importance of family planning to mankind.The research strategy used was cross-sectional survey where the study considered what other authors had concerning the subject under study. The sampling design, population of the study, the source of data and the method of data collection were thoroughly examined.

THE SAMPLING DESIGN

The study considered papers published by academic journals and papers published at the various websites.

POPULATION OF THE STUDY

The study investigated into papers written by 10 authors as a case study.

THE SOURCE OF DATA COLLECTION AND THE METHOD OF DATA COLLECTION

The source of data collection was primary source and the method of data collection was research.

SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION

SUMMARY OF FINDINGS

The study found out the importance of family planning to mankind, the reasons why women were not practicing family planning methods, the reasons to promote family planning education, the effects of family planning on developing countries, donor countries contribution to family

planning, how to prevent unwanted pregnancies and the empirical evidence of family planning.

CONCLUSION

The study discovered that family planning had contributed to the well-being of mankind.

RECOMMENDATION

Churches

The pastor's of the various churches should educate their church members to practice family planning methods.

Doctors and Nurses

Medical Doctors and Nurses should advice their patients to practice family planning methods.

Education

Governments of the various countries ought to create a platform to educate the general public to understand the need to practice family planning methods.

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