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Perception of Married Couples on the Use of Contraceptives in Family Planning: An Input to Family Health Education in Mabinay, Philippines

Maritess B. Elladora*, Apple Mae B. Anjao, Riza Mae A. Flores, Jena Mae A. Ramirez, Maria Fe M. cadayona,
Angel Mae J. Caloring, Rose Jane C. Cadalso, Ivie V. Solis, Rocelyn B. Tenencia, Jennifer B. Asentista, Rujonel F. Cariaga

[For affiliations and correspondence, see the last page.](#)

Abstract

Health concerns, such as family planning, substantially impact population management, economic advancement, and individual well-being. The research examined the impact of global and local factors via systematic literature reviews and indepth interviews on contraceptive use across different demographics. It suggested that cultural, societal, and economic variables impact the use of contraceptives. Healthcare practitioners provide women with information about contraception, but the impact they have on women's compliance with birth control is uncertain. It is essential to prioritize inclusive programming in order to effectively address the challenges that women with disabilities have while accessing family planning services. The findings suggest that younger couples, with higher educational attainment, have a greater propensity to use contraception. As a result, they become a demographic of great significance for family planning initiatives. Individuals with constrained financial means want cost-effective access to contraception as a result of financial constraints. Although oral contraceptive pills provide convenience, it is crucial to advocate for other options. Although contraception might decrease the occurrence of unwanted births, it is essential to give priority to the healthcare requirements of women with disabilities. The research illustrated the need to spread public awareness about contraceptive methods, health considerations, and universal availability to obtain more favorable results in family planning. Implementing focused and comprehensive family planning strategies is crucial for improving global reproductive health. These initiatives need to be customized to fit healthcare practitioners' demographic preferences. In order to enhance global reproductive health via family planning, it is crucial to prioritize targeted and comprehensive approaches that include demographic preferences.

Keywords: *Family Planning, Perception of Married Couples, Contraceptives, Family Health, Education*

INTRODUCTION

Family planning and contraception are crucial for global health and development; however, numerous obstacles still exist worldwide (Komasawa et al., 2020; Sinai et al., 2020). The worldwide problem of unmet contraceptive needs is underscored by the prevalence of contraceptive usage and the factors that influence its adoption among people (Siddiqui et al., 2020). Various barriers of a cultural, sociological, and economic nature often impede individuals' ability to get high-quality family planning services, leading to unwanted pregnancies and adverse health consequences (Girma Garo et al., 2021). This problem is worsened in areas with little healthcare infrastructure. Within that particular geographical area, the residents have little awareness of birth control and have incorrect beliefs regarding its use (Yadav et al., 2020). These barriers not only have adverse effects on the physical and mental health of women, but they also have wider societal and economic consequences, such as escalating healthcare expenses and hindering economic advancement. While developing family planning initiatives, various regions encounter distinct obstacles. Northern Saudis understand and implement different family planning technologies (Alenezi & Haridi, 2021). The same principle applies to the town of Bishoftu in eastern Ethiopia. Cultural and economic constraints hinder

women's ability to manage their health (Girma Garo et al., 2021). In Karachi, Pakistan, the utilization of contraceptives is influenced by socioeconomic status and education. Siddiqui et al. (2020) noted that low income and illiterate women less frequently use contemporary contraception. These issues serve as an illustration of the importance of customized solutions that cater to the unique challenges of each region.

The absence of local studies may affect people's understanding of the many aspects and variables that impact family planning and contraception despite significant studies abroad. Evidence indicates that healthcare providers have a significant impact on women's choices about their contraceptive methods. Additional study is required to fully comprehend how provider biases and systemic healthcare shortages impact women's ability to get birth control (Yirgu et al., 2020). Socioeconomic conditions impact the problem, yet the connection between conventional beliefs, disinformation, and modern contraception remains unclear (Schrumpf et al., 2020). Further investigation is required to comprehend these processes and develop culturally suitable and efficient solutions.

This study aimed to examine the many cultural, social, and biological factors that influence the use of

contraceptives in different geographical areas to fill the existing gaps in knowledge. The research analyzed qualitative data to comprehend the reasons and barriers to contraception. This could help make rules and carry out targeted activities. Birth control and family planning may benefit women's health, lower healthcare costs, and boost the economy. In order to ensure people's safety and achieve global health targets, these issues must be addressed. The study looked at personal data to get a complete picture of the things and problems that make people not want to use birth control. This could make it easier to develop rules and implement focused plans. Families and women may benefit from using birth control and family planning. It may also help the economy grow and lower costs for health care. Getting rid of these problems is necessary to protect people worldwide and reach global health goals.

Problem Statements:

Modern methods of birth control cannot be used freely in developing countries:

- Even though world health has improved, sociocultural, economic, and educational barriers still make it hard for many people to use birth control. Making it easier for women in poor countries to get and use effective birth control is quite complex. A lot of things, like cultural beliefs, financial constraints, a lack of knowledge, and lousy healthcare facilities, make it harder for people to use birth control.
- It is possible that people in Northern Saudi Arabia, Eastern Ethiopia, and Karachi do not use birth control because they know too much about it. The problem comes from the attitudes of healthcare workers and flaws in the way healthcare is delivered as a whole. Women are also told not to use modern birth control because they are afraid of the health and side effects that might happen.
- People still cannot get family planning services, which can show that study and practice are seriously lacking.
- To improve understanding and eliminate the problems that make it hard to use birth control effectively, it is necessary to carry out all-encompassing actions specifically designed for each case.

Literature Review

Inclusion of males in family planning programs

Despite the availability of modern birth control methods, family planning remains a global health issue. The utilization of contraception is hindered by social,

cultural, and economic issues, as well as misperceptions (Komasawa, 2020; Sinai et al., 2020). Family planning programs in Eastern Nepal and Southeast Nigeria are plagued by stigma, a lack of information, and insufficient assistance for young and economically disadvantaged women. Contraceptive usage is also contingent upon effective spouse communication (Akamike, 2020; Bhatt et al., 2021; Zelalem, 2021). Men's perspectives are inadequately comprehended, regardless of the considerable research conducted on family planning. It has been demonstrated that the involvement of men can enhance family planning programs. Men's knowledge and attitudes regarding contraceptives are inadequately investigated (Asif, 2021; Pigome & Wahyuni, 2024; Samit et al., 2021). In order to become more successful and inclusive, family planning discussions and activities must include men. Men's engagement may enhance marital communication, eradicate cultural and social barriers, and increase contraceptive utilization. Improving global health may be achieved by addressing the needs and perspectives of men in family planning, which could benefit families and communities.

Promoting Women's Autonomy and Male Involvement

Family planning, crucial for global health, affects individual well-being, economic development, and population expansion. Economics, society, and culture affect contraceptive use worldwide (Ewerling et al., 2021). In rural Eastern Ethiopia and Tanzania's Temeke District, where family planning is complex, traditional beliefs, low understanding, and cultural pressures affect contraceptive usage (Mulatu et al., 2020; Mushy, 2020). Although there is a lot of study on women's family planning decision-making, especially in rural regions, more is needed about men's viewpoints and their impact. Addressing the research gap by studying men's family planning views and engagement may increase program efficacy and inclusivity. This understanding might increase male involvement in family planning talks and empower women to make contraceptive choices. This strategy may improve reproductive health and communal wellbeing. Family planning initiatives must address men's and women's perspectives to succeed. Despite studies showing that women's contraceptive autonomy is vital, men's support of these choices needs to be studied more. Examining men's viewpoints may reveal hurdles in family planning conversations and facilitators. This information may influence equitable family planning strategies and actions to improve reproductive health for both genders. Inclusive family planning strengthens communities and families worldwide.

Healthcare Engagement and Inclusivity to Enhance Family Planning

Family planning is paramount for worldwide public health, as it significantly affects population control, economic progress, and personal welfare. The global use of contemporary birth control techniques is impeded by cultural, sociological, and economic reasons globally, as noted by Siddiqui et al. (2020), Alenezi and Haridi (2021), and Sila et al. (2020). Localized challenges in family planning are observed in specific regions, including Bishoftu town in Eastern Ethiopia and urban slums in India. These challenges are influenced by factors such as education, healthcare accessibility, societal norms, and misconceptions, which impede the availability of family planning services (Girma Garo et al., 2021; Siddiqui et al., 2020; Yadav et al., 2020). Although there is substantial research on obstacles to family planning, there are still areas where our understanding is lacking, particularly regarding the impact of healthcare professionals on contraceptive decisions and the specific difficulties encountered by women with disabilities when trying to access these services (Yirgu et al., 2020; Alhusen et al., 2021). By doing research on the influence of healthcare professionals on contraceptive decision-making and addressing the unique requirements of women with disabilities in family planning services, this may improve the efficacy and inclusiveness of these programs. This strategy will enhance reproductive health results and promote fairer availability of family planning services worldwide.

The significance of understanding the patterns of contraceptive usage is critical to formulating efficient public health efforts and policies. Accessing contraception, particularly for low-income persons, is heavily dependent on financial resources. The emphasis is placed on the desire for oral contraceptive pills while simultaneously acknowledging the need for other contraceptive methods such as IUDs and contraceptive injection. The efficacy of contraception in avoiding unintended births and teenage pregnancies is recognized. However, it is essential to highlight health concerns, especially among women with disabilities or medical conditions, in order to promote increased use of contraceptives. Public education plays a crucial role in enhancing awareness and understanding of contraceptive methods while eliminating misconceptions. An extensive education may significantly improve family planning by offering precise and dependable information. The intricate nature and many elements of contraceptive use highlighted the need for customized approaches that take into account demographic preferences, financial

accessibility, awareness of contraceptive methods, perceived efficacy, and health factors. In order to enhance public health outcomes and ensure equitable availability of family planning services on a global scale, it is imperative to implement well-informed policies and programs.

Methodology

This study used a systematic literature review and in-depth interviews to investigate the impact of socioeconomic variables on contraceptive utilization, preferences, patterns, perceived advantages, and challenges associated with various techniques. Qualitative data were collected and analyzed to provide a comprehensive understanding of the research issue.

Population and Sample Selection for the Study

The research examined the demographic of married couples aged 19 to 40 residing in Barangay Dagbasan, Mabinay, Negros Oriental. The participants were selected via purposive sampling, ensuring representation across all age groups, educational levels, and socioeconomic backgrounds. Eleven married couples participated in the study.

Data Collection Techniques

Data were collected via structured questionnaires and in-depth interviews to obtain detailed information on the participants' personal experiences, challenges, and obstacles related to the use of birth control methods. This provided the researchers with a more comprehensive comprehension of these matters. The interviews were meticulously transcribed verbatim when the participants allowed themselves to be interviewed.

Analyzing the data

Thematic analysis was used to examine qualitative data obtained from interviews. The transcriptions were systematically encoded, and recurring themes were identified and categorized. Key concerns were the responsibilities of healthcare practitioners, disparities across regions, budgetary constraints, and health anxieties. The software NVivo was used to arrange and analyze qualitative data systematically.

Ethical Considerations

The research received ethical approval from the school and the barangay. Prior to data collection, all participants provided their informed consent. They were informed that their responses would remain confidential

and would not be associated with their identities. The participants were also informed that they had the option to withdraw from the research at any point without encountering any complications.

Limitation

The research encountered several limitations, such as potential response bias among participants and challenges in generalizing the findings to other cultural contexts. The study's cross-sectional design posed challenges in determining the causal relationship between variables.

RESULTS AND DISCUSSION

Participants' Characteristics

The age and education demographics of the study participants reveal significant patterns in using birth control. The majority of participants fall between the age range of 28 and 32 in terms of the intended 19 to 40, indicating that younger couples are more receptive to discussing and using contraception for family planning purposes. Furthermore, the predominant educational attainments among the respondents were high school graduates. Only a few of them have college degrees and stable work. This demonstrates that financial concerns may impact the use of contraceptives. Financial constraints may restrict individuals' access to contraception and healthcare, influencing family planning decisions (Alenezi & Haridi, 2021; Girma Garo et al., 2021; Siddiqui et al., 2020).

Preferences and Trends

They used a diverse range of birth control techniques, with tablets being the predominant option utilized. Individuals are drawn to pills due to their convenience and user-friendly nature (Alenezi & Haridi, 2021). Less frequently used methods, such as IUDs and Depo-Provera, align with the findings of Yadav et al. (2020) in other regions. The duration of birth control use among individuals varies. Nevertheless, a considerable proportion has only utilized it for one to two years, indicating that several couples need to be more experienced, agreeing Siddiqui et al. (2020).

Impact of Health Care Professionals

Healthcare professionals have a significant influence on individuals' choices about contraception. Research has shown that the viewpoints and recommendations of healthcare professionals significantly influence women's capacity to use their desired family planning

strategies (Yirgu et al., 2020). This demonstrates the need to obtain impartial and patient-focused guidance about contraception.

Preventing Unplanned Pregnancies

The majority of participants believed that the use of birth control is an effective method for family planning. The authors, Girma Garo et al. (2021), assert that it has a significant potential to effectively prevent unintended births and reduce the incidence of adolescent pregnancies. This perspective aligns with the consensus of global academics on the advantages of using contraception (Siddiqui et al., 2020). Certain contraceptives are recognized for their positive impact on well-being. For instance, they may contribute to maintaining the health of both the mother and the baby while also reducing the likelihood of developing ovarian cancer, according to Yirgu et al. (2020). These advantages increase birth control's acceptability and motivate people to use it.

Health Risks and Concerns

Despite the advantages, several individuals expressed apprehension over the potential health hazards associated with the use of birth control, including its impact on menstrual cycles and susceptibility to illness. A significant concern arises from the potential inability of individuals with health conditions to use birth control methods correctly, and there exists a lack of consensus on this matter (Alhusen et al., 2021). Some individuals may choose to abstain from using birth control due to concerns about potential health complications. Social and cultural barriers might pose challenges to the use of birth control methods. Widespread misconceptions and erroneous attitudes toward birth control persist in many regions, hence impeding its use among individuals (Schrumpf et al., 2020). The exacerbation of these issues can be compounded by obstacles such as exorbitant costs and restricted availability of contraception (Siddiqui et al., 2020).

Education and Awareness

A more significant number of individuals believed that they do not have explicit knowledge and consciousness about the many forms of contraception that are accessible. To effectively promote the use of birth control methods, it is essential to provide comprehensive information about their advantages and disadvantages while addressing health concerns (Yadav et al., 2020). Ensuring affordable access to birth control is a crucial component of enhancing family planning initiatives. Financial assistance and economic aid for

contraception may facilitate access to birth control for those with low incomes, alleviating concerns about affordability (Girma Garo et al., 2021). Educating healthcare providers on delivering impartial and patient-focused guidance on contraception is crucial. According to Young et al. (2020), healthcare personnel must possess the necessary knowledge and expertise to address the concerns and preferences of their patients effectively.

When conducting public health initiatives, it is beneficial to consider the many socioeconomic variables that influence contraceptive use, as well as individuals' decision-making processes, habits, and perceptions of the advantages and disadvantages of contraceptive use. The findings demonstrate the significance of education, economic variables, and healthcare provider perspectives in determining the use of contraception. In order to enhance the outcomes of family planning, it is crucial to tackle health concerns, provide affordable access to contraception, and enhance the training of healthcare workers. By prioritizing these specific areas, targeted modifications may be implemented to address the distinct challenges encountered by various populations and enhance the effectiveness of family planning services globally.

Participants' Overall Views

Regarding the effects of the distribution of participants, husbands let their partners decide. Females would choose the pills as their contraceptive as it is effective in their planning for their family. Most of them did not obtain a high school or college degree, primarily housewives and farmers who use it. Regarding the uses of contraceptives in family planning, majority of the participants agreed that using contraceptives for family planning helps prevent unintended pregnancies. Regarding the effects on health uses of contraceptives in family planning, participants mostly agreed that contraceptives help reduce the occurrence of pregnancies but they were not sure about the effects when they get older, causing them worries. The viewpoints of a large number of individuals about contraceptives have had a significant impact on the many different methods of birth control that are used in the process of family planning. The extent of the effect on health, on the other hand, may be considerably influenced by a variety of characteristics, including age, educational attainment, profession, monthly earnings, and the number of people living in a family. The key characteristics that had a significant influence on the selection of pills were their portability and convenience of use. Pills can be readily transported and used at any time and location, making them an appropriate choice.

This was in addition to the fact that they indicated a large level of contentment with the contraceptives that they had chosen.

During the course of the conversation, it became clear how essential it is for family planning programs to use strategies that are not just specific but also all-encompassing. There is a possibility that public health initiatives may increase the use of contraceptives and the results of reproductive health on a local scale. Taking into consideration the preferences of different demographic groups, making certain that financial resources are freely available, articulating the roles of healthcare professionals, and addressing the specific issues that disadvantaged populations confront are all ways in which this may be done.

CONCLUSION

Views on contraceptives have had a significant impact on the use and range of contraception in family planning. Nevertheless, the extent of impact on health can be markedly influenced by variables such as age, educational attainment, profession, and monthly earnings. Their selection was mostly driven by the portability and convenience of pills, which may be conveniently transported and consumed at any location and time. Furthermore, they conveyed a notable degree of contentment with the contraceptives they have chosen. The conversation emphasizes the significance of executing targeted and all-encompassing methods in family planning programs. By taking into account demographic preferences, ensuring financial accessibility, outlining healthcare professionals' responsibilities, and addressing the special challenges faced by marginalized populations, public health programs have the potential to improve local contraceptive usage and reproductive health outcomes.

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Affiliations and Corresponding Information

Corresponding: Maritess B. Elladora
Email: beriniomaritess@gmail.com



Maritess B. Elladora:
Benedicto P. Tirambulo Memorial National High School



Apple Mae B. Anjao:
Benedicto P. Tirambulo Memorial National High School



Riza Mae A. Flores:
BPTMNHS



Jena Mae A. Ramirez:
BPTMNHS



Maria Fe M. Cadayona:
BPTMNHS



Angel Mae J. Caloring:
BPTMNHS



Rose Jane C. Cadalso:
BPTMNHS



Ivie V. Solis:
BPTMNHS



Rocelyn B. Tenencia:
BPTMNHS



Jennifer B. Asentista:
Benedicto P. Tirambulo Memorial National High School



Rujonel F. Cariaga: