

# **Perception of men on family planning: a Community based cross-sectional study**

## **ABSTRACT**

Family planning plays a key role in population growth, poverty reduction, and improving maternal health. Family planning advocates call for engaging men in contraceptive decision making, yet little is known about men's contraceptive and pregnancy attitudes and behaviors. The aim of this study was to examine knowledge, attitudes and practice towards family planning of men in Jere Local government area, Borno State. The study employed the survey method and questionnaires were administered to respondents, it was conducted in 2022. The study population comprised all the men who were aged older than 18 years. A combination of multi-stage and systematic sampling techniques was used to select a sample size of one hundred and fifty respondents used for the study. Related literatures were reviewed and primary data constituted and the inputs used for the analysis of data. Although 92.0% of the men had heard about family planning, only 26% practice it. Most men perceive that family planning make its users promiscuous (40%), their role in family planning conflict with their moral/ cultural/ religious beliefs (46%). Level of education, employment status, number of children and marital setting significantly affected family planning practice. While respondents aged >25years have higher negative perception toward FP than those aged between 18-25 years.  $X^2=13.253$ ,  $P<0.010$ . Also married respondents have higher negative perception on family planning (95.0%) than single respondents (5.0%).  $X^2=13.276$ ,  $P<0.010$ ; there is significant relationship between the marital setting of respondents  $X^2=87.780$ ;  $p<0.0001$  and their attitude toward family planning. Respondents age 18-25 years and unmarried seem to have positive perception on family planning. The study have shown that majority of the respondents are aware and had knowledge of family planning and less than half of them practice family planning and most of them had never been involved themselves in family planning; this may be attributed to negative perceptions recorded among them on family planning and health care system. There should be intensive and adequate education programme addressed at the men based on accurate and relevant information to deal with not only the benefits but also the unfounded misconceptions, religious and socio-cultural belief.

KEY WORDS: Family planning, men, perception, implication

## INTRODUCTION

Maternal mortality has remained a problem in most developing countries and Nigeria in particular<sup>1,2</sup>. Despite the efforts put in place to improved maternal health, maternal mortality remains high in Nigeria in general and Borno state in particular, while some women are dying from pregnancy related causes, some suffer serious, sometimes permanent pregnancy-related injuries<sup>3,4</sup>. “Nigeria’s estimated maternal mortality ratio was over 800 maternal deaths per 100 000 live births, as the region accounts for 14% of the whole maternal deaths, and Borno state recorded maternal mortality ratio (MMR) of 7,364/100,000 live births with 2015 having the highest MMR of 8,517/100,000”<sup>4,5</sup>.

“Much of these sufferings and deaths could be prevented through effective family planning engendered by modern contraception. Contraceptive use protects women from the health risk of unwanted pregnancies and gives women control over their lives”<sup>6</sup>.

Nigeria has the largest population in Africa and the seventh largest population in the world with approximately 200 million people in an area of 923,768 km<sup>2</sup> (356,669 sq mi)<sup>7</sup>, Population growth (annual %) in Nigeria was reported at 2.6 % in 2018<sup>8,9</sup>, this poses difficult economic, social and public health challenges. “One major reason for the persistent high fertility level and high maternal and child mortality rate across the country is the low level of contraceptive uptake. For example, modern contraceptive prevalence rate was estimated at 11 percent among Nigerian women”<sup>10</sup>

“One of the reasons why family planning programs in the past focused on women instead of men was the assumption by many providers that women have the greatest stake and interest in protecting their own reproductive health”<sup>11</sup>. “But growing number of family planning researches are finding challenge on the isolated focus to the woman and are focusing the influence of her male partner in protecting women reproductive health”<sup>12</sup>. “This is especially true in sub Saharan Africa where men influence on decision making in many way”<sup>13</sup>. “Men are important actors who influence the reproductive health outcomes of women. The role of men is even more important in some developing countries or patriarchal structures where husbands or other family members control women's health-related decisions”<sup>14</sup>. In those societies female's reproductive health is affected by male policy makers, male health-care administrators, and male service providers, who may perpetuate a dominant "male definition" of what is important and what is not for women's needs. Men also affect women's reproductive health as partners and fathers<sup>15,16</sup>.

Accordingly, understanding men's behavior and beliefs towards fertility and family planning becomes crucial for the design of successful reproductive health policy.

Given the decision-making power of men in this community and the fact that they also control economic resources, it is important to consider their perception toward and willingness to use contraception to control family size.

It is against this backdrop that this study was carried out. The study investigated the knowledge, Attitude and Practice of family planning methods among men in Jere LGA. It also included the proportion of men who encourage and support their partners and their peers to use family planning.

### **Objectives of the Study**

The general objective of the study was to assess the implications of men's perception on family planning in Jere Local Government Area, Borno State

The specific objectives were to:

- i- To identify the proportion of men who have knowledge, attitude toward and willing to practice family planning
- ii- To identify the barriers that hinder men from participation in family planning services
- iii- To identify the social, economic and cultural factors associated with male involvement in family planning services

### **Research questions**

The study was guided by the following research questions

- i- What are the implications of men's perception on family planning?
- ii- What proportions of men have knowledge of family planning services?
- iii- What proportions of men are willing to practice family planning?
- iv- What are the barriers that hinder men from participating in family planning services?
- v- What are the social, economic and cultural factors associated with the male involvement in family planning services?

## Materials and Methods

**Study Design:** Community-based Cross-sectional study

**Study Area:** The study area was Jere Local Government Area, one of the twenty-seven Local Government Areas of Borno State. It shares boundaries with Mafa Local Government Area to the east, Maiduguri Metropolitan Council to the north and Konduga Local Government Area to the south. The districts and town in Jere LGA include: Addamari, Alaw, Dala-lawanti, Bale-Galtimari, Dasuman, Gamboru, Gongulong, Jere, Koshebe, Lawanti, Maimusari, Masu, Ngudda, Mashamari and Tuba.

**Sources of Data:** Primary sources which consisted of interviewer administered questionnaires to males in Jere LGA, who met the inclusion criteria. Secondary data were published articles on subjects related to the research.

**Inclusion criteria:** Males of 18 years of age and above who consented to participate in the study.

**Exclusion criterion:** Sick clients who were unable to sustain an interview.

**Population of the Study:** Male population in Jere Local Government Council. Jere Local Government Area has a projected population of 283,300 persons with annual growth rate of 2.8% , with male making up to 41% of the population<sup>17</sup>. Majority of the inhabitants are farmers, traders and civil servants. The major ethnic groups are Kanuri and Shuwa-Arab. Others include Hausa, Bura and Fulani and many immigrants' settlers from within and outside Nigeria. The religions in Jere LGA are Islam and Christianity.

**Sample Size:** Since the target population was greater than 10,000, Kish Leslie formula (1969) stated below will be used to calculate the sample size since all the population cannot be studied.

$$n = \frac{z^2 \times p \times q}{d^2} = \frac{(1.96)^2 \times (0.048) (1-0.048)}{(0.05)^2} = 70.22$$

$z = 1.96 = z$  value for 95% confidence limits

$p = 0.048 =$  expected proportion of men involved in family planning services

$$q = 1-p = 1-0.048 = 0.952$$

$d = 0.05$  is the acceptable error of the estimator at 95% confidence interval.

The calculated sample size was increased to 150 so as to make provision for nonresponse and promote generalization of findings.

**Sampling Technique:** A multistage sampling technique was used. The procedure is as follow:

1. Five (5) wards were purposively selected out of the twelve (12) wards in the area.
2. Two (2) villages were selected in each ward using simple random sampling.
3. Using systematic sampling procedure, 10 households were selected from each village.

Households served as the sampling frame from which the study unit (participants) who met the study criteria were interviewed.

**Method of Data Collection:** The survey comprised 3 parts. The first part was knowledge about family planning, in which men were asked to respond to questions such as methods of family planning and what they know about these methods, and the source of information. The second part was the practice of family planning and they were asked to respond to questions such as whether they were using any family planning methods and the method used. The third part was attitudes towards family planning, in which men responded to questions about their perceptions of contraceptive use. In addition, the survey collected data about the socio-demographic characteristics of the participants, man's status in the family, couple characteristics, communication, and male involvement outcome. Respondents were asked questions as documented on the questionnaire and the answers chosen by them were circled.

**Method of Data Analysis:** The completed copies of the questionnaire were serially numbered for control and recall purposes. The Statistical Package for Social Science (SPSS) version 25.0 was used for the analysis of the data. Descriptive statistics and Chi-square were used. Frequencies were generated and variable was cross-tabulated. The chi-squared test was used to test differences across the knowledge, attitudes and practice domains in relation to selected

demographic characteristics of the participants. Data were presented in frequency counts, descriptive and analytical tables, and graph.

## Results

Majority of respondents (93.3 %) are above 25 years of age while those aged 18-25 years constituted 6.7 %. Fifty-five point seven per cent of them were civil servants, 26.7 % self-employed and only 20.7 % were unemployed. Some (72.7%) of the respondents had tertiary level of education, followed by secondary education (17.3 %), and no formal education (8.7 %). Only 1.3 % of them had primary education. Almost all (96.7%) of the respondents were currently married; only 3.3% of them were single. Most of them (51.3 %) were in monogamous family setting while 48.7 % were married in polygamous family setting. The majority (50.0%) of the respondents had 5 and more children and 45.3% had 2-4 children. Majority of them (74.0 %) were of Islam faith while 24.7 % were of Christianity faith. Only 1.3 % practiced traditional religion

**Table 1: Distributions of respondents by Awareness of family planning, knowledge of FP methods and sources of information**

| Variable               | Frequency | Percentage |
|------------------------|-----------|------------|
| <b>Awareness of FP</b> |           |            |
| Yes                    | 138       | 92.0       |
| No                     | 12        | 8.0        |
| Total                  | 150       | 100        |
| <b>Sources</b>         |           |            |

|  |     |       |
|--|-----|-------|
| Radio/television                             | 95  | 63.4  |
| News peppers/magazine                        | 21  | 14.0  |
| Friend/relatives                             | 28  | 18.6  |
| Family planning clinics                      | 6   | 4.0   |
| Total  | 150 | 100   |
| <b>FP methods</b>                            |     |       |
| Modern method                                | 85  | 61.6  |
| Traditional method                           | 30  | 21.74 |
| Combination of traditional and modern method | 23  | 16.66 |
| Total  | 138 | 100   |

As shown in Table 1; most respondents were aware of family planning 138 (92.0%), only 12(8.0%) were not aware of FP. This reveals that family planning is not a new thing to the respondents as they have heard about it in one way or another. The next question explored the sources from which the respondents heard about family planning and its method. This reveals that majority of them 95 (63.4%) in the area got the information on family planning from Radio/Television, 28 (18.6%) agreed to having heard of family planning through friends/relatives, 21(14.0%) agreed that they got the information on family planning from Newspapers/magazine, whereas 6 (4.0%) concurred to being informed by health workers on the use of family planning. The respondents were asked about their knowledge of family planning that is in the forms of family planning they were aware of. A large percentage of the respondents 85 (61.6%) reported that they know only the modern methods. Also 30 (21.74%) of respondents

know the traditional methods only, while 23(16.66%) know a combination of both the traditional and the modern family planning methods.

**Table 2: Distributions of respondents by use of family planning and methods used**

| <b>Variable</b>     | <b>Frequency</b> | <b>Percentage</b> |
|---------------------|------------------|-------------------|
| <b>Use</b>          |                  |                   |
| Yes                 | 23               | 26.0              |
| No                  | 127              | 74.0              |
| Total               | 150              | 100               |
| <b>Method</b>       |                  |                   |
| Periodic abstinence | 10               | 38.4              |
| Condom              | 9                | 34.6              |
| Withdrawal          | 7                | 27.0              |
| Total               | 26               | 100               |

Use of family planning in this study refers to the present use of family planning. Respondents were asked to provide response to current use of family planning and the particular method they are using. Table 2 presents the percentage of men presently using family planning and the method they are using. Majority 127 (74.0%) of the respondents are not using family planning, only 23(26.0%) are presently using FP. Also majority 10(38.4%) of respondents using family planning prefer periodic abstinence, while minorities use the male condom 9(34.6%) and 7 (27.0%) withdrawal methods.

**Table 3: Attitude toward FP**

| <b>Attitude toward FP</b> | <b>Frequency</b> | <b>Percentage</b> |
|---------------------------|------------------|-------------------|
| Does family planning make | 60               | 40.0              |

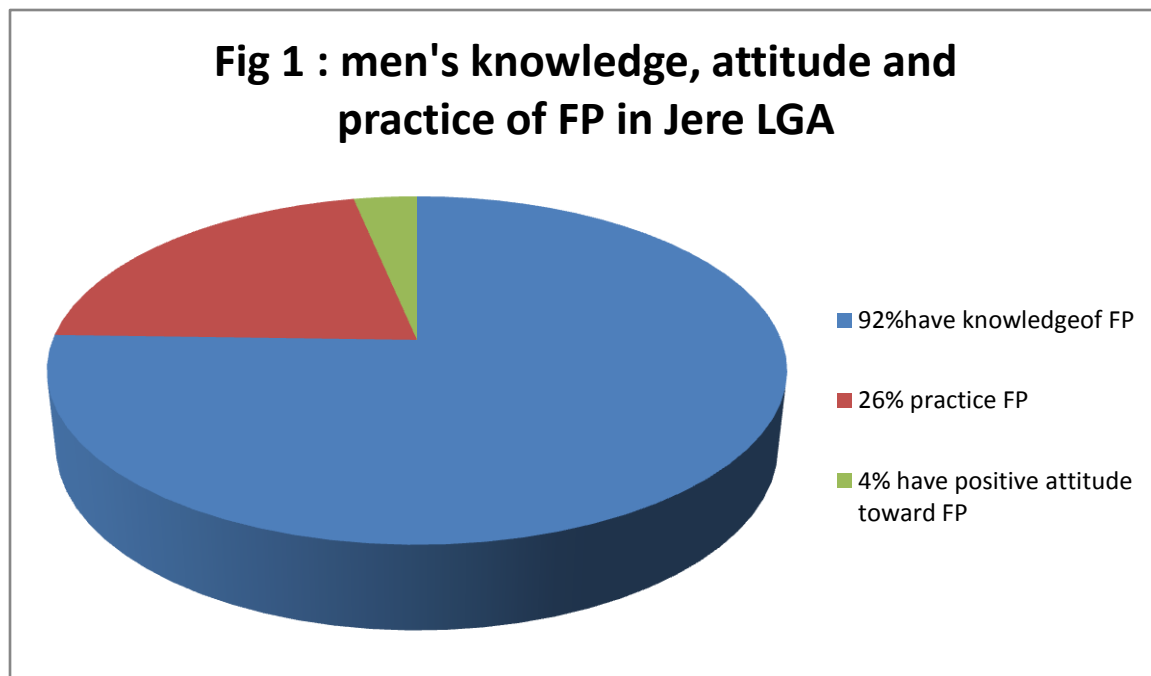
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|  |     |      |
|--|-----|------|
| its users promiscuous?   |     |      |
| Are contraceptives harmful because of their side effects?                                | 9   | 6.0  |
| Are the family planning services somewhat expensive?                                     | 6   | 4.0  |
| Does your role in family planning conflict with your moral/ cultural/ religious beliefs? | 69  | 46.0 |
| Are contraceptives actually effective in planning families?                              | 6   | 4.0  |
| TOTAL  | 150 | 100  |

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In Table 3, 60 (40.0%) of respondents perceive that family planning makes users promiscuous. while 69(46.0%) of them stated that their role in family planning conflict with their moral/ cultural/ religious beliefs, 9(6.0%) perceive that FP are harmful because of their side effects, and 6(4.0%) of them agree that family planning services are expensive. Only 6(4.0%) affirmed that contraceptives are actually effective in planning families.

**Fig 1 : men's knowledge, attitude and practice of FP in Jere LGA**



As depicted in figure 1, majority of respondents have knowledge of FP (92.0 %), and 26.0% practice FP, only (4.0%) have positive attitude toward FP.

**Table 4: factors associated with knowledge of FP**

| Variable         | Knowledge of family planning |    | Total | Chi-square | P-value |
|------------------|------------------------------|----|-------|------------|---------|
|                  | Frequency (%)                |    |       |            |         |
|                  | Yes                          | No |       |            |         |
| <b>EDUCATION</b> |                              |    |       |            |         |

|                        |            |          |     |        |         |
|------------------------|------------|----------|-----|--------|---------|
| No Formal Education    | 4 (3.0)    | 9 (56.2) | 13  | 51.347 | <0.0001 |
| Primary                | 2 (1.5)    | 0 (0.0)  | 2   |        |         |
| Secondary              | 25 (18.7)  | 1(6.2)   | 26  |        |         |
| Tertiary               | 103 (76.9) | 6 (37.5) | 109 |        |         |
| <b>RELIGION</b>        |            |          |     |        |         |
| Islam                  | 100(74.6)  | 11(68.8) | 111 | 17.071 | <0.0001 |
| Christianity           | 34(25.4)   | 3(18.8)  | 37  |        |         |
| Traditional            | 0(0.0)     | 2(12.5)  | 2   |        |         |
| <b>No. OF CHILDREN</b> |            |          |     |        |         |
| 1                      | 7(5.2)     | 0(0.0)   | 7   | 7.126  | <0.021  |
| 2-4                    | 65(48.5)   | 3(18.8)  | 68  |        |         |
| 5>                     | 68(81.82)  | 7(46.3)  | 75  |        |         |

Table 4 shows the relationship between the knowledge of FP and education, religion and number of children of respondents. The results show that respondents knowledge of FP ( $X^2= 51.347$ ;  $p< 0.001$ ) is significantly influenced by their educational level. Among respondents with no formal education, only 3.0% have knowledge of FP. However, among respondents with secondary level of education, 18.7% knew of FP, while majority (76.9%) of respondents with high level of education has knowledge of FP.

Concerning religion, majority of the respondents (74.6%) of Islamic religion have knowledge of FP more than their Christian counterpart (25.4%);  $X^2=17.071$ ,  $P=0.0001$ .

There is significant relationship between respondents' number of children and the knowledge of family planning;  $X^2=7.126$ ,  $P=0.021$ ; as shown in table 4. Knowledge of FP significantly increased with increased number of children. Among those having 1 child, 5.2% knew of FP, while 48.5% of those having 2-4 children, and 81.82% of those having more than five children also have knowledge of FP.

**Table 5: factors associated with practice of family planning**

| Variable               | Practice of family planning |           |       |            |         |
|------------------------|-----------------------------|-----------|-------|------------|---------|
|                        | Frequency (%)               |           | Total | Chi-square | P-value |
|                        | Yes                         | No        |       |            |         |
| <b>EDUCATION</b>       |                             |           |       |            |         |
| No Formal Education    | 1(1.1)                      | 1 (1.6)   | 2     | 11.6660    | <0.001  |
| Primary                | 2 (2.3)                     | 11 (17.5) | 13    |            |         |
| Secondary              | 14 (16.1)                   | 12 (19.0) | 26    |            |         |
| Tertiary               | 70 (80.5)                   | 39 (61.9) | 109   |            |         |
| <b>RELIGION</b>        |                             |           |       |            |         |
| Islam                  | 58(66.7)                    | 53 (84.1) | 111   | 6.303      | <0.043  |
| Christianity           | 28(32.2)                    | 9 (14.3)  | 37    |            |         |
| Traditional            | 1(1.1)                      | 1 (1.6)   | 2     |            |         |
| <b>EMPLOYEMENT</b>     |                             |           |       |            |         |
| Civil servant          | 63 (72.4)                   | 16 (25.4) | 79    | 33.896     | <0.0001 |
| Self employed          | 11 (12.6)                   | 29 (46.0) | 40    |            |         |
| unemployed             | 13 (14.9)                   | 18 (28.6) | 31    |            |         |
| <b>No. OF CHILDREN</b> |                             |           |       |            |         |
| 1                      | 5(5.7)                      | 2(3.2)    | 7     | 37.866     | <0.0001 |
| 2-4                    | 57(65.5)                    | 11(17.5)  | 68    |            |         |
| 5>                     | 25(28.7)                    | 50(79.4)  | 75    |            |         |
| <b>MARITAL SETTING</b> |                             |           |       |            |         |
| Monogamous             | 66(75.9)                    | 8(12.7)   | 74    | 58.365     | <0.0001 |
| polygamous             | 21(24.1)                    | 55(87.9)  | 76    |            |         |

Table 5 examines the practice of FP in relation to demographic characteristics of respondents. The analysis showed that the man's level of education, employment status, religion background, number of children in the family and marital setting were significant factors affecting the practice of FP. Those who had tertiary level of education had a significantly higher rate of FP use(80.5%) than those who had primary education (2.3%) or no formal education(1.1%); ( $\chi^2 = 11.66$ ,  $P = 0.001$ ). Respondents who are civil servant had higher rates of practicing FP (72.4%) than those who are unemployed (14.9%); ( $\chi^2 = 33.89$ ,  $P = 0.001$ ). Moreover, those who had

many children had lower rates of FP practice: 28.7% of those who had 5> children versus 65.5% of those with 2-4 children ( $\chi^2 = 37.866$ ,  $P = 0.0001$ ), participants in monogamous marital setting (75.9%) had a significant higher rate of practice FP than polygamous setting (24.1%). No significant differences were found in the respondents' practicing FP in relation to age and marital status.

**Table 6 : factors associated with attitude toward FP**

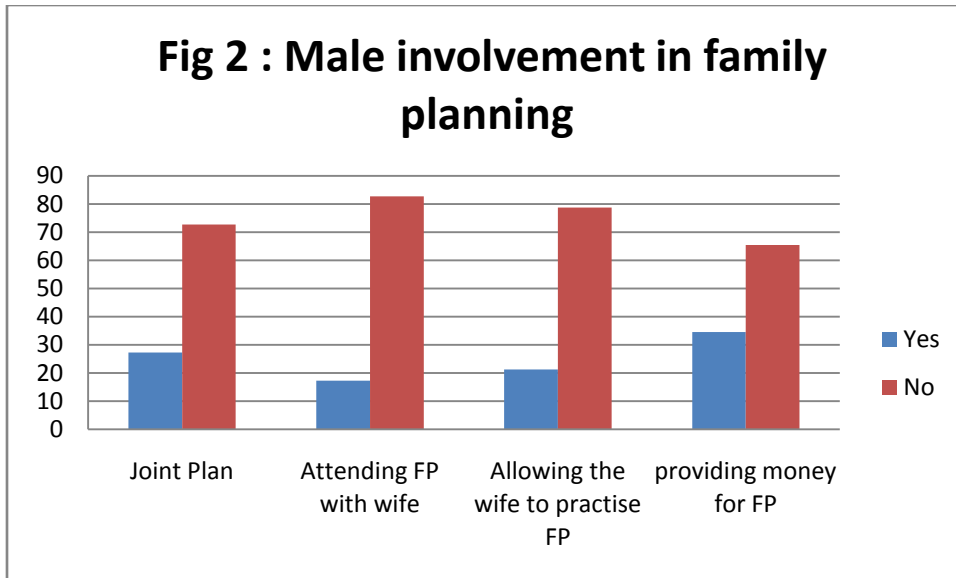
| Variable | Does FP make<br>Its users | Are contraception<br>harmful because | Are FP services<br>expensive | Does your role<br>in FP conflict | Are contra-<br>ception | chi-square. | P-Value |
|----------|---------------------------|--------------------------------------|------------------------------|----------------------------------|------------------------|-------------|---------|
|          | Promiscuous               | of side effect                       |                              | with your morale                 | effective in           |             |         |

|                           | Cultural/religious FP |         |         |          |         |                         |
|---------------------------|-----------------------|---------|---------|----------|---------|-------------------------|
|                           | believes              |         |         |          |         |                         |
| <b>AGE</b>                |                       |         |         |          |         |                         |
| 18-25years                | 4(6.7)                | 3(33.3) | 0(0.0)  | 2(2.9)   | 5(83.3) | $X^2=13.253$ $P<0.01$   |
| Above 25years             | 56(93.3)              | 6(66.7) | 6(100)  | 67(97.1) | 1(16.7) |                         |
| <b>MARITAL STATUS</b>     |                       |         |         |          |         |                         |
| Married                   | 57(95.0)              | 7(77.8) | 6(100)  | 69(100)  | 0(0.0)  | $X^2=13.276$ $P<0.010$  |
| Not married               | 3(5.0)                | 2(22.2) | 0(0.0)  | 0(0.0)   | 6(100)  |                         |
| <b>MARRIAGE SETTING</b>   |                       |         |         |          |         |                         |
| polygamous                | 50(83.3)              | 7(77.8) | 3(50.0) | 61(88.4) | 0(0.0)  | $X^2=87.780$ $P<0.0001$ |
| Monogamous                | 10(16.6)              | 2(22.2) | 3(50.0) | 8(11.6)  | 6(100)  |                         |
| <b>NUMBER OF CHILDREN</b> |                       |         |         |          |         |                         |
| 1                         | 5(8.3)                | 2(22.2) | 0(0.0)  | 0(0.0)   | 0(0.0)  | $X^2=81.350$ $P<0.0001$ |
| 2-4                       | 9(15.0)               | 3(33.3) | 3(50.0) | 9(13.0)  | 6(100)  |                         |
| 5 and above               | 46(76.7)              | 4(44.4) | 3(50.0) | 60(87.0) | 0(0.0)  |                         |

The study also investigated the relationship between the socio-demographic characteristics of respondents and their attitude toward FP. The results show in Table 6 that respondents aged >25years have higher perception that FP make its users promiscuous (93.3%), conflict with their morale/cultural/religious beliefs (97.1), harmful because of their side effects (66.7%) than those aged between 18-25 years.  $X^2=13.253$ ,  $P=0.010$ . Also married respondents have higher negative

perception on FP (95.0%) than single respondents (5.0%).  $X^2 = 13.276$ ,  $P = 0.010$ . There is significant relationship between the marital setting of respondents  $X^2 = 87.780$ ;  $p < 0.0001$  and their attitude toward FP. In polygamous setting, 83.3% of respondents perceive that FP make it users promiscuous, contraception harmful because of side effects (77.8%), while only 16.6% and 22.2% of monogamous set of marriage have these perceptions respectively; also 88.4% of polygamous set of marriage perceive that their role in family planning conflicts with their morale/cultural/religious beliefs. Men having 2-4 children and more than 5 children have higher rate of negative perception on FP (76.7%) than those who have one child (8.3%);  $X^2 = 81.350$ ,  $P = 0.0001$ .

Only 12.0% of respondents reported to had ever been involved in family planning with their wives (Figure 2). The reported involvement among these respondents were provision of money for FP (34.6%), accompanied wife to FP clinic (17.3%), joint plant discussion about FP with wife (27.3%) and allowing their wife from practicing FP (21.3%). Majority of the respondents (75%) gave the reason not allowing their wife from practicing FP because of religion implication, 18.4 % said because of desire for more children; while 2.6 % and 2.0% because of social stigma and cultural taboo respectively. Other barriers reported by respondents were long waiting times at FP clinic (52%), FP clinic is not male-friendly (50.0%), attitude of health workers (70.3%).



## Discussion

In this study, more males are aware of family planning and its method, and most of them got the information on family planning from Radio/Television. Study also discovered that less than half of them practice FP and majority has negative perception toward FP. Factors that were found to be associated with men knowledge and practice of FP included higher education status, employed husband, religion, number of children, and marriage setting. The study also found that majority of the respondents had never been involved in family planning services.

This study reveals that majority of men in Jere Local Government Area are aware of family planning and its methods such as modern method, traditional method, use of condoms among others. Findings reveal that although men in that community are aware of family planning, most of them do not practice it. This is in agreement with previous studies in other part of the country<sup>19-22</sup>. The finding in this study shows that less than half of respondents used one of these methods; this suggests that they have not invested their knowledge about the benefits of family planning towards actual use of contraception. The discrepancy between the rates of knowledge and the rates of transfer into practice prompts attention to the reasons for not using family planning methods. One explanation is that even though male in that area have heard about family

planning, they may not have sufficient accurate information about methods of family planning in order to use them.

“The main source of information about Family Planning in this study was the Mass Media, with the Radio/television as the primary medium of information; family planning clinic is the least source of information of FP. This result is similar to that presented on airmen in Ikeja Lagos that the radio is the most frequent source of family planning message for both men and women”<sup>20</sup>.

“This result shows that the mass media plays a important role in providing information on family planning; Information from sources that highlights positive aspects of contraception may encourage its adoption and use”<sup>23,24</sup>. “A number of some studies have demonstrated positive influences towards the use of contraception following FP education by health personnel”<sup>25,26,27</sup>.

“The analysis of employment status of respondents indicates that employed men are more likely to use FP compared to those who are unemployed. Some studies have shown that spouses of male partners with formal employment or engaged in businesses are more likely to use FP than those whose partners who are unemployed because of economic power”<sup>28,29</sup>. This is particularly true in our environment where husband is considered the head of the family. Furthermore, employment is directly linked to formal education which provides the man with an opportunity to get employed in the first instance. This in addition therefore makes him to practice contraception and to be aware of the need to be part of his wife’s contraceptive practice. Also men who had no formal education are less likely to use contraception. It is through education that knowledge is imparted and acquired. Thus husbands who are not educated are less likely to understand the need for them and their wives to practice FP.

“The number of children given birth to in a population may be an indication of the success or otherwise of FP. This study shows that respondents who have two to four children are more likely to use of FP than those with more than 5 children. This is in contrast with previous study which started that the use of FP significantly increased with increase in the number of children”<sup>21</sup>.

Furthermore, respondents aged 25years and above are more likely to be influenced by socio-cultural and religious belief on FP than those aged between 18-25years, also married men and married in a polygamous setting are more likely to be influenced by socio-cultural and religious

belief than single men and marriage in monogamous setting respectively. Analysis of the respondent' number of children indicates that those who had more than five children are more likely to be influence by sociocultural belief than those who had less than four children. These indicate that older men and married men did not acquired adequate knowledge of FP; this result is similar to that presented in the previous study<sup>30-33</sup>, that young people seem to be more favorable dispose to family planning method. These can help reduce high rates of non-marital pregnancy among teenagers and young adult.

Health facility factors such as attitude of health workers and clinic waiting time of less than 30 minutes are more likely to lead to the man attending FP clinic<sup>34,35,36</sup>. This implies that if health workers can have friendly attitude to clients' husbands, and facilitate consultation so that time spent by clients waiting to see the doctors is reduced, the likelihood of men accompanying their wives for FP services will be increased. This is not the case in this study; majority of respondents perceived that health workers are unfriendly and there is long waiting time at the health center before seeing the Doctor. This can probably discourage men from attending FP services

“This study also found that many participants seem to be obstacles to women's utilization of family planning, and largely uninvolved despite the fact that men are often responsible for decisions which affect the household. This was attributed to men's reluctance to support use of modern FP methods for their spouses or themselves based on fears of harmful side effects and spousal infidelity, as well as religious, cultural and moral beliefs<sup>37,38,39</sup>. “Some men in this study perceive that FP makes its users promiscuous and somewhat expensive. There was a common impression that such barriers hindered men's positive and constructive participation such as discussing the couple's fertility preferences, accompanying partners to seek reproductive health services, or providing other forms of support<sup>40,41,42</sup>. Previous studies reported that some socio-cultural factors such Islamic religion, the importance of having many children and perceived side effect influence males' decision to use family planning methods<sup>43,44,45</sup>; this is in agreement with our study. However, the results of our study contradict previous study in Jordan about men's attitudes to family planning<sup>46</sup>; this showed that both husbands and wives were agree about using contraceptive, which indicates that husband nor wives hindered contraceptive use. Reproductive health decision-making is the shared responsibility of men and women<sup>47</sup>. Growing evidence suggests that involving men in family planning can increase women's contraceptive uptake. Yet,

in many sub-Saharan African settings, few men are involved in issues relating to reproductive health<sup>48,49</sup>, and there is a dearth of evidence on barriers to men's constructive engagement.

## **Conclusion**

The conclusion that might be drawn from the study is that more males are aware of family planning and its method, and most of them got the information on family planning from Radio/Television, family planning clinic is the least source of information, study also discovered that less than half of them used one of these methods suggests that they have not invested their knowledge about the benefits of family planning towards actual use of contraception. Factors that were found to be associated with men 'knowledge and practice of FP included higher education status of the husband, employed husband, number of children, and marriage setting. The study also found that majority of the respondents had never been involved in family planning services this may be as a result of negative perceptions men have on family planning in the society.

## **Ethical Approval**

Ethical clearance for the study was obtained from Borno State Health Research Ethics

## **Consent**

As per international standard or university standard, Participants' written consent has been collected and preserved by the author(s).

## **Recommendation**

1. Measures identified for effective participation of men in family planning include intensive and adequate education in both print and electronic media based on accurate and relevant information to deal with not only the benefits but also the unfounded misconceptions, religious and socio-cultural belief. Accordingly the focus should be on religious, traditional and other opinion leaders who constitute the reservoir of these religious and cultural belief systems

2. To increase male involvement in FP services, the health workers have to improve their attitude towards men who accompany their partners for FP services. In addition health worker must remain friendly so as to motivate men to attend or accompany their wives.

### **Limitations and strengths of study**

The study had some limitations: The sample size is small so the study cannot be generalized to either the whole community or other comparable settings. We did not conduct focus group discussion (FGD) till data saturation. Rather, the results can be used to support existing literature or add new perspectives on the topic. The study also highlights the characteristics of men perception and involvement in FP in an area where fertility and maternal mortality is high and the utilization of these methods has remained consistently low.

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