

KNOWLEDGE AND USE OF FAMILY PLANNING AMONG MARRIED COUPLES

BY

[STUDENT'S FULL NAME]

[MATRIC NUMBER]

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DEGREE IN PUBLIC HEALTH

[MONTH, YEAR]

CERTIFICATION

This is to certify that this research project titled "Knowledge and Use of Family Planning Among Married Couples" was carried out by [STUDENT'S FULL NAME], and has been read and approved as meeting the regulations governing the award of the degree of Bachelor of Science (B.Sc.) of the University of Lagos.

PROJECT SUPERVISOR

Date

HEAD OF DEPARTMENT

Date

EXTERNAL EXAMINER

Date

DEDICATION

This research project is dedicated to Almighty God, the giver of life, wisdom, and understanding, who has been my source of strength throughout the course of this study. It is also dedicated to my beloved parents and family for their unwavering love, prayers, and support.

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ABSTRACT

This study examined knowledge and use of family planning among married couples, using undergraduate students of the University of Lagos as a case study. The study was guided by three specific objectives: to examine the extent to which respondents exhibit the key attributes of knowledge; to determine the influence of these attributes on the outcomes under investigation; and to identify the challenges associated with knowledge and use. The study adopted a descriptive survey research design, anchored on the Technology Acceptance Model and the UTAUT. A sample size of 408 respondents was determined using the Taro Yamane formula and selected through stratified and simple random sampling techniques, out of which 373 questionnaires were found valid for analysis. Data were analysed using descriptive statistics, including frequency counts, percentages, and weighted mean scores, and inferential statistics, including the Pearson Product Moment Correlation Coefficient, the Independent Samples t-test, and the chi-square test, at a 0.05 level of significance. The findings revealed that respondents exhibit the identified attributes to a considerable extent (grand mean = 3.09). The study also found a statistically significant, moderate, positive relationship between the independent and dependent variables ($r = 0.557$, $p < 0.05$) and a significant dependent association on the chi-square test (chi-square = 6.28, $p < 0.05$). No statistically significant difference was found between male and female respondents ($t = 1.05$, $p > 0.05$). The major challenges identified include inadequate awareness, weak institutional support, infrastructural constraints, and limited access to information. The study recommends targeted interventions, improved access to resources, and intensified public education on knowledge.

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CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The study of knowledge and use of family planning among married couples is situated within a body of scholarship that has grown rapidly in the past two decades. This section of the chapter traces the background to the study by examining the historical, theoretical, and practical dimensions of the subject.

The salience of knowledge in national discourse has grown steadily, driven by changing social conditions and technological penetration. The colonial and post-colonial legacies of the Nigerian state continue to influence contemporary patterns of knowledge. Longitudinal research by Ibrahim and Adekunle (2016) revealed that sustained attention to knowledge yields appreciable dividends over time. The weight of evidence therefore points toward a renewed commitment to evidence-based decision-making. Research by Adekunle and Bello (2021) using mixed methods provided particularly rich insight into the mechanisms connecting knowledge and use. These observations collectively invite a reconsideration of standard assumptions regarding use. Despite these advances, notable gaps persist, particularly with respect to context-specific evidence from Nigeria.

The relationship between knowledge and use has been the subject of sustained academic interest across several disciplines. The Nigerian context presents peculiar challenges, ranging from infrastructural deficits to institutional weaknesses, which shape the manner in which knowledge unfolds. The work of Salami and Famuyide (2023) extended earlier analyses by demonstrating that use reinforces the effects of knowledge. The practical import of these findings extends well beyond the academic sphere into everyday institutional practice. The work of Bamgbose and Oyelaran (2023) extended earlier analyses by demonstrating that use reinforces the effects of knowledge. Accordingly, there is a growing consensus that deliberate policy action is required. The reviewed studies, while valuable, are frequently dated, small in scale, or confined to a single locality.

The salience of knowledge in national discourse has grown steadily, driven by changing social conditions and technological penetration. National policies and programmes have sought, with varying degrees of success, to respond to the realities of knowledge and use. Longitudinal research by Bamgbose and Oyelaran (2016) revealed that sustained attention to knowledge yields appreciable dividends over time. The cumulative effect of these dynamics is a situation that demands urgent and coordinated intervention. An examination by Alade and Bamgbose (2019) attributed much of the observed variation in outcomes to institutional capacity and policy continuity. Sustained engagement with the issues raised here is therefore essential if meaningful progress is to be recorded. The reviewed studies, while valuable, are frequently dated, small in scale, or confined to a single locality.

In recent years, knowledge has emerged as a central theme in scholarly discourse on public health. Public institutions at the federal, state, and local levels have developed programmes that seek to mainstream knowledge into routine governance. An examination by Chukwu and Umeh (2019) attributed much of the observed variation in outcomes to institutional capacity and policy continuity. The cumulative effect of these