

Psycho-Social Factors Influencing the Acceptance of Family Planning Methods

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This study explored psycho-social factors influencing the acceptance of family planning methods among the young adults in a tertiary institution in Kwara State. 150 students within the age of 18 and 25 years were randomly selected for the study. A self-reporting instrument was used for needed information. Findings from the study showed that religion, culture, abstinence/fidelity, exposure to knowledge of reproductive health services, multiple sexual partners, knowledge about sexually transmitted infection and HIV/AIDS, dangers of abortion, negative effects of pre-marital sex, accessibility to family planning facilities are some of the psycho-social factors identified as influencing the acceptance of family planning methods. It is therefore recommended that family health education should be properly taught in schools at different levels of education especially now that it has been built into the school curricula. Also, various programs should be sponsored by both public and private organizations on mass media on family health as this is necessary to sustain any gain from national development.

Key words: Abortion, Abstinence, Contraceptives, Fidelity.

Young adults are a group of individuals who are sexually active, within the childbearing age group and naturally very fertile except for few ones who may be infertile for various reasons like biological, sociological and psychological factors. Child bearing in the family places a lot of demands on the couples, but the most felt is the economic demand especially in a family where there are many children. Family planning program helps to reduce or eliminate the chances of unwanted pregnancies and enable the couples to have children by choice and not by chance, and determine the intervals between their children or intentionally staying childless. Some other couples who desire to have children but have problems with fertility can use certain drugs prescribed by their physicians to improve or restore fertility. However, such choices are influenced by certain psychosocial factors that determine the acceptance or non – acceptance of one method of family planning or the other.

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