

Title of Abstract: Proximate Determinants of Women's Use of Birth Control Methods in Ota, Ogun State.

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Abstract:

Fertility regulation and pregnancy prevention are among the major health challenges of the 21st century in sub-Saharan Africa, especially in Nigeria. Contraception has been identified as an effective means of combating the problem of unwanted pregnancy and unsafe abortion and it is equally an effective means of family planning and fertility control and therefore very important in promoting maternal and child health. Women between ages 18 and 47 (n=143, mean=30.4 years) were sampled. A survey research questionnaire made up of four trajectories and consisting of sixteen (16) items was used in this study. The study made use of frequency counts, percentage, t-test analysis and regression analysis. The SPSS software was used to analyze the data. Results indicate a good knowledge of types of contraception with more than a third (83%) aware of condom as a contraceptive method. However, very few women were aware of modern contraceptive methods such as implants (9%) and spermicides (5%). The study indicates that knowledge of contraception ($\beta = 2.244$; $t = 2.356$; $p < .05$), employment status ($\beta = 1.955$; $t = 2.257$; $p < .05$) and age ($\beta = 1.530$; $t = 2.203$; $p < .05$) were good predictors of women's contraceptive use. There was also a significant difference in women's use of contraceptives based on contraceptive self-efficacy ($t = 3.387$, $p < .05$). Based on these findings, the study shows the need for strong advocacy, enlightenment and community mobilization for improved awareness and use of contraceptives in fertility control and preventing unwanted pregnancies.

Keyword: Women, contraceptive use, birth control, unwanted pregnancy