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Perceived the Utilization and Frequency of Hormonal Contraceptives among Women (15-45) Years in Abia State, Nigeria

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ABSTRACT

Hormonal contraceptives are synthetic oestrogen and/or progesterone administered orally, parenterally or by implants. they suppresses ovulation, thickening cervical mucus thereby preventing sperm penetration, reducing sperm transport along the genital tract and making the endometrium unsuitable for implantation and are highly effective (0.1-0.8 pregnancies/100 women during the first year of use) within 12 hours of administration. The researcher worked on Perceive the Utilization and Frequency Hormonal Contraceptives Among Women (15-45) Years in Abia State.

Objectives: To access holistic frequency and usage of hormonal contraceptives among women (15-45) years in Abia State.

Methodology: The researcher adopted a cross sectional descriptive study for this research. Six Local Government Area out of 17 LGAs of the state were chosen using simple random sampling and also adopted balloting method to select the women who participated in the chosen communities of the selected six LGAs.

Result: 225(42.9%) used oral contraceptives, injectable, 155(29.5%), implant while 58(11%), other types of hormonal contraceptives. 134(25.5%) have used hormonal contraceptives for 2 months to 1 year. 140(26.7%) for 2 years to 5 years, 65(12.4%) for 6 years to 10 years, 79(15%) indicated 'Others' while 107(20.4%) did not supply the information.

Conclusion: Hormonal contraceptives intake by women and young girls is on increase. Some ladies started taking hormonal contraceptives as early as thirteen years till the middle age or the go into menopause. All the hormonal methods are consumed but in oral method is more acceptable by the women.

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Introduction

Hormonal contraceptives are type of modern methods of family planning that is used by teenagers and women to prevent pregnancy by inhibiting ovulation and also by preventing sperm from penetrating through the cervix. At least 600 million women use effective contraceptives now and of different types eg, injectable, pills, (tablets), nor plants etc. the hormonal contraceptives contain either estrogen or progesterone or both. Pills are hormonal active contraceptives taken by women on a daily basis. They contain either two hormones.

Combined (progestogen and estrogen) (COC) or a single hormone (progestogen) (POC). Injectable contraceptives contain one or two contraceptive hormones that prevent pregnancy for one, two, or three months (depending on the type) and about 61 percent of all

women in Nigeria use modern contraceptive method like injectable contraceptives. The current prevalence of contraceptive use is thus approaching 60% worldwide, and in the less developed countries, almost 53% of couples are using some form of contraception. Results from the present study conducted in a typical rural setting, reveal a 65.3% prevalence of contraception practice, highly superior to the 24% reported by the 2011 Cameroon, and nearly two times the specific prevalence in the West Region of the country (33.7 %). According to Beaber, et al, between 2015 and 2018, the number of women using modern contraceptive methods in these countries grew by 1.4 million. Another 817,000 women must elect to take up modern methods to reach the target of 2.2 million additional users by 2020 [1].

Research Design

The researcher adopted a descriptive survey Perceived the Utilization and Frequency of Hormonal Contraceptives Among Women (15-45) Years in Abia State. It Was Concern With the

collection of data for the purpose of describing and interpreting existing conditions on practice, belief and attitude The methods of data collection of this research were through questionnaire administration from the six (6) Local Government Areas (LGA) which includes: Isikwuato, Umuahia South, Aba South, Obingwa, Ukwa east and Umunneochi . The study was carried out in the Six Local Government Areas of Abia state, located in the South East Nigeria, the state has common boundary with six states and has three (3) senatorial zones. Abia State has 17 local government Areas (LGAs). Namely: Aba North, Aba South, Arochukwu, Bende, Ikwuano, Isiala Ngwa North, Isiala Ngwa South, Isiukwuato, Obi Ngwa, Ohafia, Osisioma Ngwa, Ugwunagbo, Ukwa East, Ukwa West, Umuahia North, Umuahia South and Umunneochi. Abia State was created in 1991 by the Military administration of Gen. Ibrahim B. Babangida and has Umuahia as its capital. Abia state has two major cities namely: Aba and Umuahia. Aba the commercial and economical center of the south east consist more of business men both literate and illiterate. Umuahia, is manly civil servant town though the indigenous too leave within the town. The women in Abia state uses hormonal contraceptives as a permanent or temporary family planning method. The researcher’s interest to study this topic was based on the increase acceptance of hormonal contraceptives. The researcher adopted parallels or alternative methods of reliability whereby a pilot study was conducted using 100 women representing 10% of the questionnaire of the age bracket.

Material and Method

Population Size

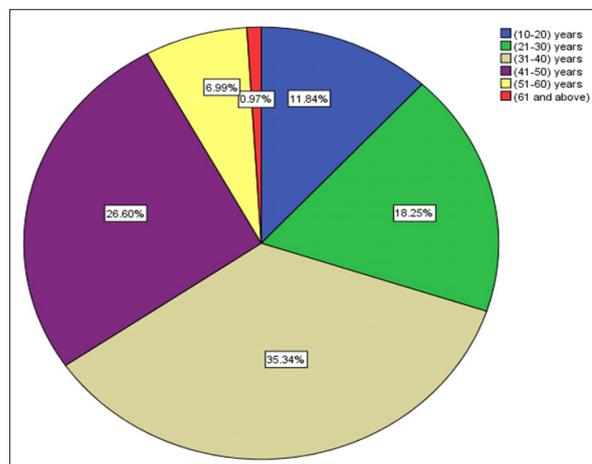
The target population for the study were adolescents and women (15-65years) with the total number of about 1,415,082 population (source: National Population Commission of Nigeria 2006), National Bureau of statistics. Projected 2,833,999 women in 2020. Out of this number, 515 respondents’ were selected from the 6 LGAs in Abia State who leaved in the rural and urban areas. The sample size was derived using Taro Yamane statistical method that simplify Formula for Proportion to calculate sample sizes. A 95% confidence level and P = .5 are assumed. Where n is the sample size, N is the population size, and e is the level of precision. The participants were selected women in the communities and only adolescent girls and women, between the ages (15-45) were involved in the research study.

Analysis

The questionnaire was distributed to the community women both in the rural and urban areas. The questionnaire has three, Sections A and B. A was designed to obtain the demographic data of the respondents. Section B was design to collect data on the; Use,

type and duration of hormonal contraceptives, life style before and during the use of hormonal. The data collected for this study was through the research –made instruments. All statistical analysis is done using the Statistical Package for Social Scientists (SPSS) version 23. The statistical tools employed were mainly descriptive statistics made of frequencies and percentages as well as charts for easier insight into the nature of the datasets. Results are presented in narrative format, tables and figures.

Bar Chart 1: Shows the Age Range of The Participants



were aged between 10 – 20 years, 94(17.9%) were between 21 and 30, 182(34.7%) between 31 and 40, 137(26.1%) between 41 and 50, 5(1%) were above 60 years while 10(1.9%) did not indicate their age range.

Table 1: Showed the Types of Hormonal Contraceptives Used

Of the 525 participants, 81(15.4%) and 123(23.4%) were from Abia North, 113(215%) were from Abia Central 58 (11.0%) and 116(22.1%) were Aba South were 34(6.5%).

Types of Hormonal Contraceptives Used	
Type	Number (Percentage)
Oral Pills	288(54.9%)
Injectable	225(42.9%)
Implant	155(29.5%)
Others	58(11%)

288(54.9%) of participants in the survey use oral pills, 225(42.9%) use injectable, 155(29.5%) use implant while 58(11%) use other types of hormonal contraceptives.

Table 2: Showed Participants Involvement in Using Hormonal Contraceptives

Variables	Frequency	Percentage
Types of Hormonal Contraceptive		
Oral Pills	288	54.9
Injectable	225	42.9
Implant	155	29.5
Others Specify	58	11.0
No sure of type	107	20.4
Duration of Usage of hormonal (Age Range)		
2 Months – 1 Year	134	25.5
2 Years – 5 Years	140	26.7
6 Years – 10 Years	65	12.4
Other types of family planning	79	15.0
No sure	107	20.4
I Will be Involve in Hormonal Contraceptives When		
I started having a boyfriend	32	6.1
I taught what it is	72	13.7
When I get married	87	16.6
Started having Children	91	17.3
Others Specify types of family planing	33	6.3
Not sure	210	40.0
I will continue to use hormonal contraceptive		
2 Months – 4 Years	49	9.3
5 – 10 Years	156	29.7
10 – 20 Years	54	10.3
Others Specify	64	12.2
Not sure	202	38.5
I Started Having Sexual Intercourse		
1 – 5 Years Ago	64	12.2
5 – 10 Years Ago	65	12.4
11 – 30 Years Ago	183	34.9
30 Years and Above	32	6.1
Missing	181	34.5

On the lifestyle choice of participants, 32(6.1%) started using hormonal contraceptives when they started having a boyfriend, 72(13.7%) began when they were taught what it was, 87(16.6%) when they got married, 91(17.3%) when they started having children, 33(6.3%) others. 210 did not supply information while 134(25.5%) have used hormonal contraceptives for 2 months to 1 year. 140(26.7%) for 2 years to 5 years, 65(12.4%) for 6 years to 10 years, 79(15%) indicated ‘Others’ while 107(20.4%) did not supply the information.

Table 3: Shows the Participants Continuity in the use of Hormonal Contraceptive

Shows the participants continuity in the use of hormonal contraceptive	
Duration	Frequency (Percentage)
10-20 years	54(10.3%)
5-10 years	156(29.7%)
2 months – 4 years	49(9.3%)
Others	64(12.2%)
Missing	202(38.5%)

Between 10 to 20 years (10.3%), 5-10years (29.7%), 2months-4years (9.3%), others (12.2%) missing (38.5%) said they will continue to use hormonal contraceptives.

Discussion

Aged between 10 – 20 years, 94(17.9%) were between 21 and 30, 182(34.7%) between 31 and 40, 137(26.1%) between 41 and 50, 5(1%) were above 60 years while 10(1.9%) did not indicate their age range. It showed that 288(54.9%) of participants in the survey use oral pills, 225(42.9%) use injectable, 155(29.5%) use implant while 58(11%) use other types of hormonal contraceptives. 134(25.5%) have used hormonal contraceptives for 2 months to 1 year. 140(26.7%) for 2 years to 5 years, 65(12.4%) for 6 years to 10 years, 79(15%) indicated ‘Others’ while 107(20.4%) did not supply the information. This is in line with Bhutta who

stated that hormonal contraceptives are synthetic oestrogen and/ or progestogen administered orally, parenterally or by implants. while Anthony (2011) said mostly oral contraceptives (OC) are hormone containing medications that are taken by mouth to prevent pregnancy which includes combined oral contraceptive pill (COC) and progesterone (progestin) only pill (PO) or mini pills. While Sirageldin, Norris, and Hardee, saidInjectables are long-acting hormonal contraceptives containing combined estrogen and progestin or progestin only, and are given by intramuscular injection consisting of progestin Only (PO) eg, Norethisterone Enanthate (Noristerat, NET-EN) Depot-medroxy-ProgesteroneAcetate (DMPA, Depo Provera) and Cyclofem. According to Kadir, Fikree, Khan, and Sajjan, Implant are progestin-Only (P 0) contraceptives inserted under the skin of a woman's upper arm through a minor surgical procedure .According

to Beaver, Buist and Barlow, there would be at least 17 million adolescent modern method users of hormonal contraceptives in 2020, increasing to 18.3 million in 2025 and to 19.8 million in 2030. In all, there would likely be 2.8 million more adolescent modern method users in developing regions in 2030 than in 2020. Denmark 2015 looked at 1.8 million women between the ages of 15 to 49 who had used hormonal contraception between 1995 and 2012. While on the lifestyle choices of participants, 32(6.1%) started using hormonal contraceptives when they started having a boyfriend, 72(13.7%) began when they were taught what it was, 87(16.6%) when they got married, 91(17.3%) when they started having children, 33(6.3%) others. 210 did not supply information [2-25].

Disclosure

No report of conflicts of interest in this research work.

Declarations

Ethics Approval and Consent to Participate

The research work was fully accepted and consent was sort from the participants from the different areas of the researched study. The ethical approval was gotten from a well organized ethical committee at Federal medical Center with reference number FMC/QEH/G.596/VOL.10/374.

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