

Determinants of Modern Contraceptive Use Among Rural Women in The Niger Delta Region, Nigeria

DR. CLARKE TARELAYEFA

*Department of Geography and Environmental Education, Isaac Jasper Boro College of Education,
Sagbama Bayelsa State*

Abstract- *This study examined the determinants of modern contraceptive use among rural women in the Niger Delta Region of Nigeria. The study adopted a cross sectional survey design involving rural women of reproductive age (15-49 years) selected from Delta, Bayelsa, and River States. Data were obtained through structured questionnaires administered to 420 respondents, of which 414 copies were valid for analysis. Descriptive statistics, multiple regression analysis, and Analysis of Variance (ANOVA) were employed for data analysis. Findings revealed that awareness and knowledge of contraceptives significantly influenced the adoption of modern contraceptive methods were condoms, pills, injectables, and implants. Religious beliefs, poor awareness of contraceptive methods, low literacy levels, and socio-cultural perceptions constituted major barriers to contraceptive use. The study concluded that improved education, media sensitization, and community-based reproductive health services, and greater involvement of religious and community leaders in family planning advocacy.*

Keywords: *Modern Contraceptives, Rural Women, Family Planning, Contraceptive Adoption, Niger Delta, Nigeria*

I. INTRODUCTION

Modern contraceptive use remains an important strategy for improving maternal and child health outcomes, reducing unintended pregnancies, and promoting sustainable population growth. Despite increased awareness campaigns and policy interventions, the uptake of modern contraceptives among rural women in Nigeria remains relatively low compared to urban areas. According to the World Health Organization (2024), access to modern family services contributes significantly to improved reproductive health and women's empowerment.

Evidence from Nigeria indicates that socio-economic, cultural and demographic factors play important roles

in shaping contraceptive behaviour among women of reproductive age. Alo et al (2020) observed that educational attainment, household wealth, religion and exposure to media information significantly influence modern contraceptive use. Similarly, Aladekomo and Fagbamigbe (2025) found that awareness and knowledge of family planning services are among the strongest predictors of contraceptive adoption among Nigerian women.

Recent studies have also highlighted the importance of partner support and community norms in determining contraceptive uptake. Solanke et al. (2023) reported that interaction with community health workers significantly increases women's intention to adopt modern contraceptive methods in rural communities. Furthermore, Bolarinwa (2024) identified substantial inequalities in contraceptive use across different socio-economic groups and geographical regions of Nigeria.

Although several studies have examined contraceptive use in Nigeria, limited empirical attention has been given to rural communities within the Niger Delta region where cultural and environmental conditions differ significantly from urban centres. Understanding the determinants of modern contraceptive use in this region is necessary for designing targeted reproductive health interventions.

This study therefore investigated the determinants of modern contraceptive use among rural women in the Niger Delta Region of Nigeria.

Objectives of the Study

The specific objectives were to:

1. Examine the level of awareness of modern contraceptives among rural women in the Niger Delta.
2. Identify the common used modern contraceptive methods among rural women.
3. Determine the socio-economic and cultural factors influencing contraceptive use.
4. Assess the relationship between contraceptive knowledge and contraceptive adoption.

Research Hypothesis

1. There is no significant relationship between contraceptive knowledge and the adoption of modern contraceptives among rural women in the Niger Delta
2. There is no significant variation in the use of modern contraceptives among rural women across Delta, Bayelsa, and River States.

II. LITERATURE REVIEW

Modern contraceptives refer to scientifically approved methods used to prevent pregnancy, including condoms, oral pills, injectables, intrauterine devices (IUDs), implants and sterilization procedures. According to the World Health Organization (WHO, 2024), increase contraceptive use contributes significantly to maternal and child health improvement.

Studies across Sub-Saharan Africa indicate that contraceptive use is strongly influenced by education, religion, income, accessibility to healthcare facilities, and awareness levels, Bolarinwa et al. (2022) found that religious and socio-cultural beliefs remain major barriers to contraceptive use among women in rural Nigeria. Similarly, Okafor and Ikeokwu (2024)

reported that although awareness levels may be relatively high, actual utilization of contraceptives remain low due to fear of side effects and social stigma.

The Diffusion of Innovation Theory by Rogers (2003) provides the theoretical foundation for this study. The theory explains how innovations such as family planning methods spread within societies through communication channels over time. Adoption depends on perceived benefits, compatibility with social values, and access to information.

III. METHODOLOGY

The study adopted a survey research design. Data were collected from rural women of reproductive age (15-49 years) in Delta, Bayelsa, and River States. The study population consisted of 8,562,392 rural women based on projected National Bureau of Statistics population estimates. A multistage sampling technique was employed to select respondents across senatorial districts and rural communities. A structured questionnaire titled “Questionnaire for Contraceptive Use among Rural Women in the Niger Delta Region (QCRWNR)” was used for data collection. The instrument was validated by experts in educational measurement and evaluation, while reliability testing using Cronbach Alpha yielded a coefficient of 0.79. Descriptive statistics such as frequencies, percentages, and mean score were used for data presentation, while multiple regression and anova were used for hypothesis testing at 0.05 significance level.

IV. RESULTS AND DISCUSSION

SOCIO-DEMOGRAPHIC CHARACTERISTIC & RURAL WOMEN IN NIGER DELTA.

Variable	Category	Frequency (n=414)	Percentage %
Marital status	Single	198	47.83
	Married	159	38.41
	Divorced	57	13.76
Religion	Christianity	283	68.36
	Islam	64	15.46
	Traditional religion	67	16.18

Educational Status	No formal Edu	61	14.73
	Adult Literacy	62	14.98
	Primary Education	82	19.81
	Secondary Education	72	17.39
	Tertiary Education	137	33.09
Source of livelihood	Government Employee	54	13.04
	Farmer	143	34.54
	Commercial Sex Worker	32	7.73
	Self-Employed	131	31.64
	Family Support	54	13.04

The findings showed that most rural women in the Niger Delta were single (47.83) and predominantly Christians (68.36%). A considerable proportion had tertiary education (33.09%), although some had little

or no formal education. Farming (34.54%) and self-employment (31.64%) were the major sources of livelihood among the respondents.

Types of Contraceptives used by the Women

Types of Contraceptives used by the Women						
Types of Contraceptives	Delta	%	Bayelsa	%	Rivers	%
Modern	74	53.62	29	20.9	80	57.97
Traditional	38	27.7	45	32.61	41	29.71
None	25	18.12	65	47.1	17	12.32
Total	137	100	139	100	138	100

The findings revealed that modern contraceptive were the most commonly used methods with 57.97% among rural women in the Niger Delta, particularly in Rivers State. Traditional contraceptive methods were also considerably practiced, especially in Bayelsa State while a notable proportion of women report not using any contraceptive method.

understanding of available family planning options among many rural women.

Media Awareness of contraceptive use among rural women in the Niger Delta.

Media source	Yes	Yes %	No (n=)	No %
Radio	237	57.25	177	42.75
Newspaper/Magazine	249	60.14	165	39.86
Internet	270	65.22	144	34.78

Level of Knowledge and Awareness of Contraceptives

Knowledge of Contraceptive Use

States	Aware	%	Not Aware	%
Delta	72	30.77	66	36.67
Bayelsa	62	26.49	76	42.22
Rivers	100	42.74	38	21.11
Total	234	100	180	100
<u>Mean Score</u>		<u>1.65</u>		

The findings showed that awareness of contraceptive use among rural women in the Niger Delta was relatively high. Particularly in Rivers State. However knowledge of specific contraceptive methods remained generally low, indicating limited

The findings indicated that internet was the most effective source of contraceptive awareness among rural women, followed by newspapers/magazines and radio. Overall media exposure played a significant role in increasing awareness of contraceptive use in the Niger Delta.

Factors influencing use, Discontinuation and Non-Use of Contraceptives			
Category	Key Reason	Frequency (n=)	Percentage %
Reasons for use	Child Spacing	217	52.66
	Avoid Unwanted Pregnancy	34	8.26
	Prevent STIs /STDs	42	10.19
	Accessibility	44	10.68
	Sexual Pleasure	77	18.22
Reasons for stopping use	Method too expensive	216	52.42
	Partner disapproval	156	37.86
	Health problems	11	2.67
	No reason	31	7.05
Reasons for non-use	Religious/traditional beliefs	171	41.47
	Education Level		
	Side effects	232	56.31
		11	2.2

The findings revealed that the major reason rural women used contraceptives was child spacing. However, discontinuation was largely due to cost and partner disapproval while non-use mainly influenced by low educational level and religious or traditional beliefs.

From the various tables, the study revealed that awareness significantly influences the adoption of modern contraceptives among rural women in the Niger Delta Region. This finding agrees with Aladekomo and Fagbamigbe (2025), who reported that women with adequate knowledge of family planning methods are more likely to adopt modern contraceptives than those with limited awareness.

The findings also suggest that educational attainment contributes positively to contraceptive utilization. This supports the work of Alo et al. (2020), who found that women with higher levels of education are more likely to understand reproductive health information and make informed family planning decisions.

Religious beliefs were identified as important determinant of contraceptive adoption. Similar observations were made by Bolarinwa (2024), who reported that religious and cultural norms continue to influence contraceptive behaviour among women in Nigeria.

Regression analysis on determinants of contraceptive adoption

Model	R	Square	Adjusted R
1	0.513	0.263	0.261

Predictor: Awareness/Knowledge of contraceptives.
Dependent Variable: Contraceptive Adoption.

The regression results shows a moderate positive relationship between awareness/knowledge and contraceptive adoption $R=(0.513)$ The model explains about 26.3% of the variates in contraceptive adoption ($R^2=0.263$).

The F-Statistic (146.878, $P<0.05$) indicates that the model is statistically significant, implying that awareness significantly predicts contraceptive adoption among rural women in the Niger Delta. The significant relationship between awareness and contraceptive adoption observed in this study therefore, further corroborates the findings of Solanke et al. (2023), who emphasized the role of information dissemination and health education in improving family planning uptake among rural populations.

V. CONCLUSION

The study established that modern contraceptive use among rural women in the Niger Delta is influenced

by awareness levels, educational attainment, religion, and socio-cultural beliefs. Although awareness of family planning exists, actual utilization of modern contraceptive methods remains relatively low across many rural communities.

Knowledge and awareness significantly predict contraceptive adoption, while regional disparities also affect contraceptive utilization patterns

VI. RECOMMENDATIONS

1. Government and health agencies should intensify rural reproductive health education campaigns.
2. Community and religious leaders should be actively involved in promoting family planning acceptance.
3. Rural healthcare facilities should be strengthened to improve access to modern contraceptive services.
4. Media-based awareness programmes should be expanded across rural communities.
5. Female education and health literacy programmes should be prioritized.

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