



## Preference of contraceptive method among Nigerian Women

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### Abstract

There are various methods of contraception, and choosing the right one is a significant decision. It is essential to initiate appropriate contraception before the first menstrual cycle following an abortion. As part of post-abortion care, it is generally important to provide individuals and couples with information on available treatments, potential complications, and counseling related to HIV and other sexually transmitted infections (STIs). This observational study was conducted in a hospital located in the city of Abuja, Nigeria, involving a sample of 136 patients. The findings indicate that illiterate women, along with those who have more than one living son or four or more children, tend to prefer permanent contraceptive methods. The study also revealed that the choice of contraception is influenced by various demographic factors, such as the gender of living children and education level. Additionally, the desire to have a male child also impacts family planning decisions. The findings have implications for public health policy makers.

**Keywords:** Abortion, Post-abortion Contraception, Contraception, Nigeria, Illiteracy, Rural Areas.

### INTRODUCTION

In modern society, women need to have the ability to decide whether and when to have children. It is estimated that each year, approximately 250 million women in developing regions become pregnant (World Health Organization, 2020). Further estimates suggest that about 20% of these pregnancies result in abortion due to either induced or spontaneous reasons. Spontaneous causes often include miscarriages resulting from health complications. It is also significant to note that induced abortion is legal in some countries while being illegal in others mainly due to religious and cultural reasons (World Health Organization, 2020). Many women face social pressure or legal consequences when seeking abortion, which increases the desire to delay or avoid childbirth (Georgeanne, Nematalla, & Vermie, 1995). Women who undergo unsafe abortion procedures face severe health risks, including complications, injuries, and even death. As a result, ensuring access to appropriate contraceptive options and safe abortion services is essential (Malhotra, Nyblade, Parasuraman,

MacQuarrie, Kashyap, & Walia, 2003). Post-abortion care (PAC) is a comprehensive service that includes emergency treatment for complications, counseling and provision of contraceptives, STI/HIV services, training for healthcare providers, and community engagement through awareness programs and social mobilization. In the present study, we investigate the contraceptive method usage among the women who experienced abortion and related issues. The aim is to better understand the issue from public health and policy perspective.

### MATERIALS AND METHODS

The study employed an observational research methodology and was conducted in a public hospital located in the city of Abuja, Nigeria. A total of 136 women who had undergone abortion during their first trimester participated in the study. Data was collected on various factors, including family background, previous pregnancies, menstrual history, and relevant medical information. Certain individuals were excluded from the study, including women with pelvic infections, varicose veins, kidney or liver disease, substance abuse, those who tested reactive for HIV or HBSAG, and those with undiagnosed breast masses or vaginal bleeding. Additional exclusion criteria included psychiatric illness or epilepsy, ischemic heart disease, active tuberculosis or those undergoing treatment for it, hypertension, diabetes, and other serious medical conditions. All participants were fully informed about the study's objectives, and their consent was obtained prior to inclusion. Clinical information such as edema, icterus, pallor, vital signs, weight, and height was documented. Physical examinations, including per vaginam, per speculum, and per abdomen assessments, were conducted. After applying the exclusion criteria, 136 participants remained in the study. These individuals received counseling on the available contraceptive options for limiting future pregnancies. The selected contraceptive methods were provided to the participants after ruling out any medical contraindications.

### RESULTS

Table 1  
*Age Profile of Study*

| Age (in years) | Patients | Percentage |
|----------------|----------|------------|
| 15-19          | 10       | 6.67%      |
| 20-24          | 22       | 30%        |
| 25-29          | 29       | 33.33%     |
| 30-34          | 31       | 20%        |
| 35-39          | 37       | 6.67%      |
| 40+            | 7        | 3.33%      |
| Total          | 136      | 100%       |

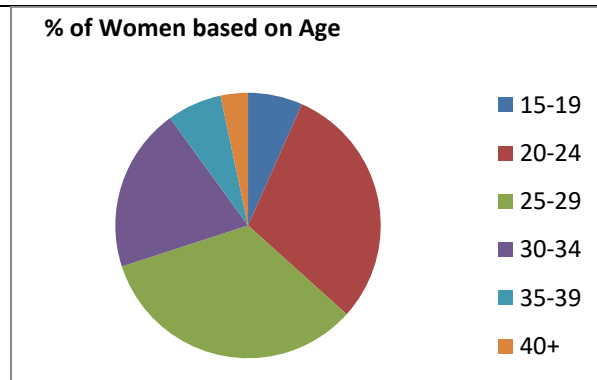


Figure 1: Women Age

The result shows that 10 women (6.67%) in the age category of 15 to 19; 22 women (30%) in the age category of 20 to 24; 29 women (33.33%) in the age category of 25 to 29; 31 women (20%) in age category of 30 to 34; 37 women (6.67%) in the age category of 35 to 39; and 7 women (3.33%) were in age category of 40 and above. The result indicate that women in higher age were more likely to be undergoing abortion.

Table 2  
*Education and Contraceptive Choice*

|                         | Permanent | Modern<br>Temporary | Natural | None | Total |
|-------------------------|-----------|---------------------|---------|------|-------|
| <b>Illiterate</b>       | 7         | 10                  | 6       | 3    | 26    |
| <b>Lower Primary</b>    | 10        | 13                  | 8       | 1    | 32    |
| <b>Middle School</b>    | 9         | 10                  | 12      | 0    | 31    |
| <b>&gt;=High School</b> | 13        | 22                  | 10      | 4    | 49    |
| <b>Total</b>            | 39        | 55                  | 36      | 8    | 138   |

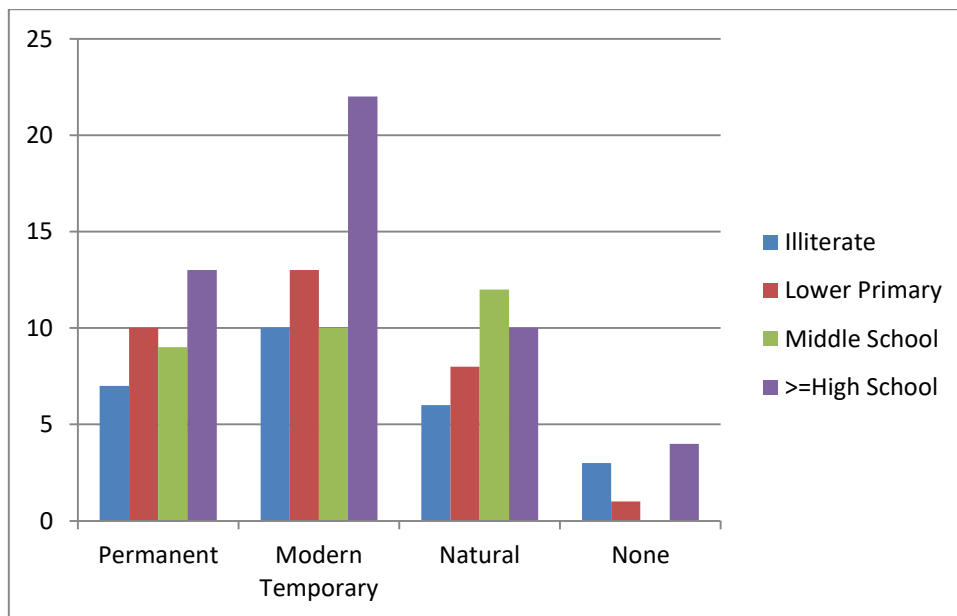


Figure 2: Education-Contraceptive Choice

The results in Table 2 indicate that modern temporary was the most common method contraception method among the illiterate (10), lower primary education group (13), and high school education group (22) making it the most used method in overall (55). The second common method was permanent (39) which was most common among the high school educated group (13). The natural was found to be more common among the middle school education group (12); and high school group (10). Overall, result shows that most common method among all education groups is modern temporary followed by permanent which is more common among educated group.

Table 3  
*Number of Children and Contraception*

|              | Permanent | Modern Temporary | Natural | None  | Total | %     |
|--------------|-----------|------------------|---------|-------|-------|-------|
| 0            | 0         | 0                | 3       | 3     | 6     | 4.35  |
| 1            | 0         | 6                | 3       | 2     | 11    | 7.97  |
| 2            | 1         | 7                | 4       | 2     | 14    | 10.14 |
| 3            | 2         | 10               | 7       | 1     | 20    | 14.49 |
| 4            | 16        | 18               | 9       | 0     | 43    | 31.16 |
| 5 or >       | 20        | 14               | 10      | 0     | 44    | 31.88 |
| <b>Total</b> | 39        | 55               | 36      | 8     | 138   | 100%  |
| <b>%</b>     | 28.26%    | 39.86%           | 26.09%  | 5.80% | 100%  |       |

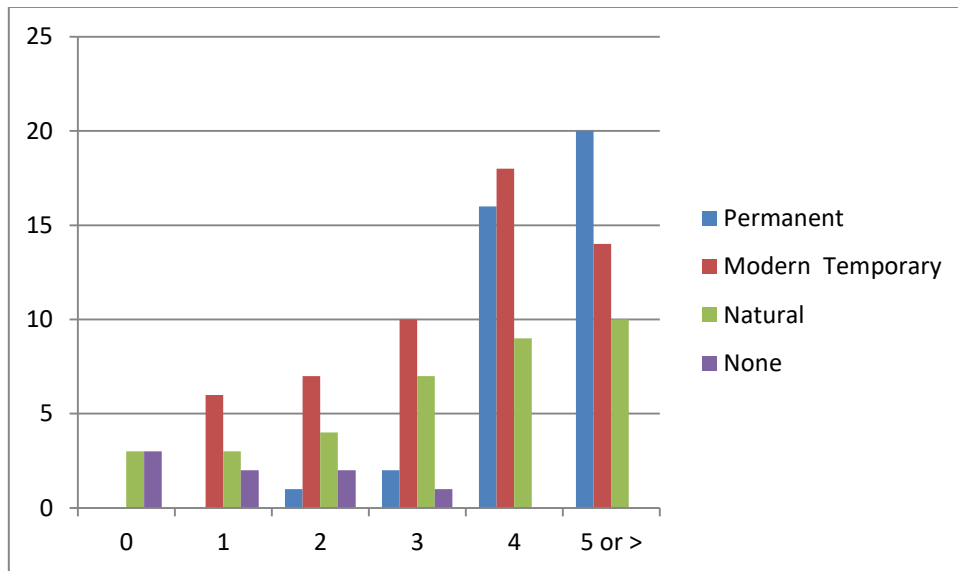


Figure 3: Number of Children-Contraceptive Choice

The result indicate the frequency as well as cross-percentage of women with the number of children and contraception type frequency. The result shows that women with less children such as 0, 1, 2 or 3 children have less choice of permanent method of contraception which is very logical as these women are most likely to have children in the future. On the other hand, women with higher number of children including 4 (16), and 5 or above (20) are likely to have permanent method of contraception. Furthermore, the women who chose modern temporary method of contraception are also in higher number of previous children category including 4 (18) and 5 or more (14). Whereas, the women who took no contraception include women with less or no children.

Table 4  
*Surviving Sons and Contraception*

| Surviving Sons | Permanent | Modern Temporary | Natural   | None     | Total      | %      |
|----------------|-----------|------------------|-----------|----------|------------|--------|
| 0              | 0         | 16               | 6         | 3        | 25         | 18.12% |
| 1              | 0         | 19               | 5         | 3        | 27         | 19.57% |
| 2              | 5         | 7                | 8         | 0        | 20         | 14.49% |
| 3              | 21        | 7                | 7         | 1        | 36         | 26.09% |
| >=4            | 13        | 6                | 10        | 1        | 30         | 21.74% |
| <b>Total</b>   | <b>39</b> | <b>55</b>        | <b>36</b> | <b>8</b> | <b>138</b> |        |
| <b>%</b>       | 28.26%    | 39.86%           | 26.09%    | 5.80%    |            |        |

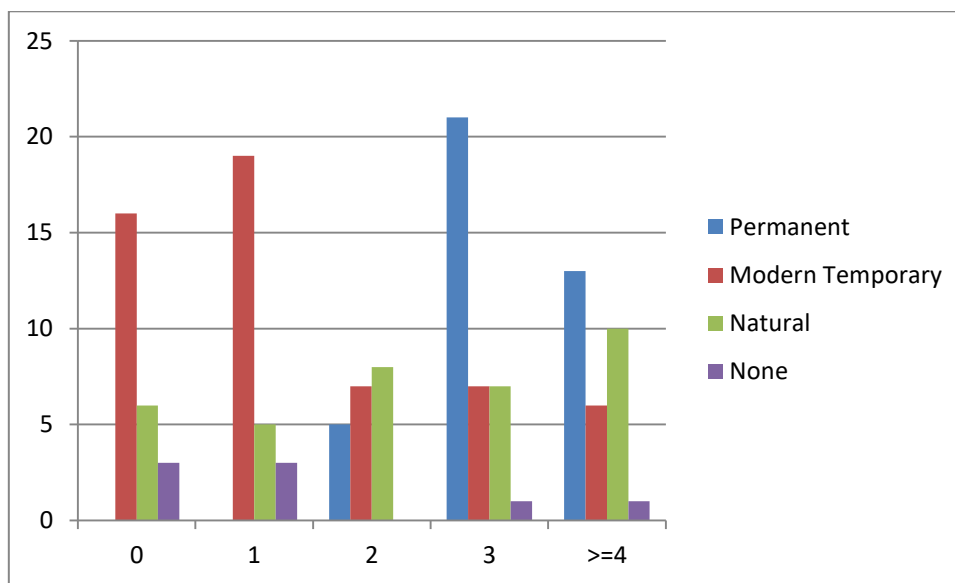


Table 4 illustrates the relationship between contraceptive methods and the number of surviving sons among the women who participated in the study. The data reveals that women with no surviving sons are less likely to chose permanent contraception (0), preferring modern or temporary methods instead (16).

Women with 1 surviving son were more likely to choose modern temporary (19) compared to permanent method (0). Similarly, those with 2 surviving sons showed a preference for modern temporary (7) over permanent method (5). Women with 3, 4, or more surviving sons predominantly selected permanent contraception. Based on these findings, it can be concluded that the choice of contraception is strongly influenced by the number of surviving sons. As the number of surviving sons increases, the preference shifts from temporary and natural method to permanent contraceptive methods.

### CONCLUSION

The study focused on post-abortion integrative care and the observation of contraceptive method choices afterward. It aimed to understand how various factors influence the selection of contraception among women in the Abuja, Nigeria. Based on the findings, we conclude that education, the number of children, and the number of surviving sons are key factors determining whether women opt for permanent or temporary methods of contraception.

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