

# Family Planning and its Effect on Household in Pakistan: A Case Study of Peshawar

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## Abstract

Family planning plays an important role to control population growth, and poverty reduction, human development. In all over the world population is increases day by day especially in underdeveloped countries and it creates serious problem. In Pakistan the ratio of population is also increase and if control it well cannot be harmful for its development. So we should control birth ratio by family planning and we should support, and government arrange some workshop which creates awareness in people to do family planning.

**Keywords:** Family planning, Population Growth, Child spacing, Size of the family.

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## Introduction

Pakistan is one of these countries whose government also start family planning program. Pakistan is the fifth or sixth largest country of the world in number of people. Family Planning meaning to control the number of children. According to WHO (2015), family planning meaning to reduce the number of children in pregnancy. Because more population create problems for the economy, environment and regional development. Page (2013) he said that controlling children is good for the family and health of the household. According to Osakinle (2010) Family planning helps to prevent untreated pregnancy, and they limit the number of children which is sometime good for family members. Alade (2004) he said if family want to enjoy sexual satisfaction, they should follow the family planning. Because more children create problems for father and mother and also create problems for the economy. Ikulayo (2003) if the child has a space between two or three years, then the mother health would be good and the children health will be

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healthy. According to Smith, Ashford, Clifton (2009) argue that domestic planning improves the sustainability of life, and also promote the health of millions of people. According to Aina (2008) high rate of fertility increase the population growth of the family and also create the serious problems of poverty. According to Achem (2015) it is important for man that he first decided that how many children they can support, after that they born children.

## Research Questions

What is the behavior of married and unmarried people towards family planning?

## Purpose of the Study

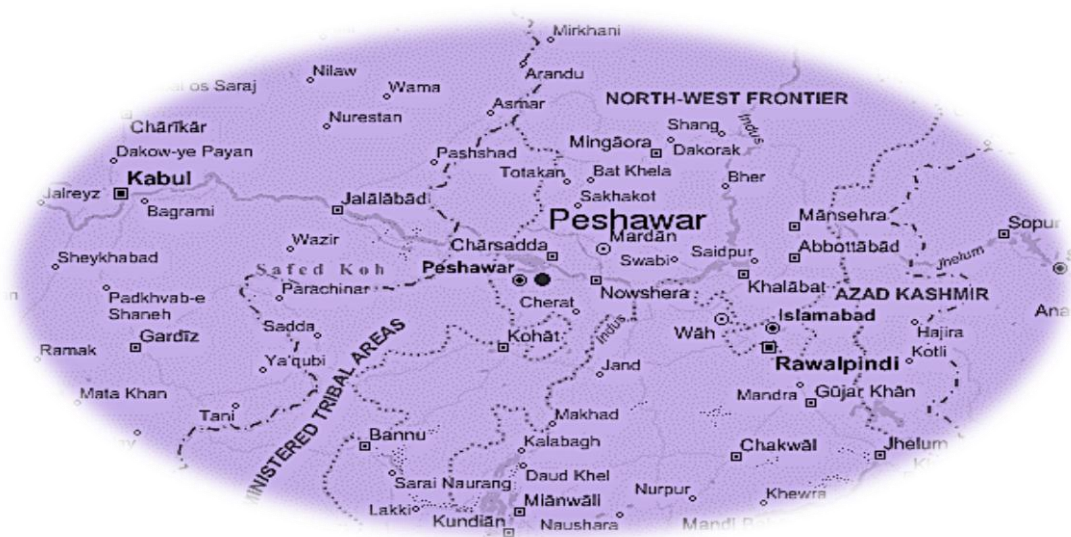
The purpose of the study is that population is increase day by day and in future it will create problems serious problems for the country, so we should only one solution of this problems and it is only family planning.

## Methodology

Primary data were collected through a questionnaire from 200 respondent, in which majority were married. The data was presented in a frequency and percent form is shown in the table 1.1.this is necessary because it observes and report state of affairs as they occurs

## Descriptions of the study areas

This study was conducted in district Peshawar, capital of KPK province Pakistan during December 2017. The city lies between  $34^{\circ}01' N$  and  $71^{\circ}35' E$ . The total area of Peshawar is 1,257 km<sup>2</sup>. The total population of district Peshawar is 2,019,118 (KPBOS, 2016). Peshawar is a growing city and economic hub for all surrounding areas. It is the largest city with respect to population in whole KPK.



## Data collection

A structured questionnaire was administered through face to face interview. The total numbers of respondents cover were 200. This survey collected quantitative data relating to socio-economic, demographic, awareness about family planning, role of family planning in health sector, facilitation condition for family planning adoption and suggestions on how to implement family planning in health sector.

Table 1 Socio-Economics Characteristics of the respondents

Variables	Frequency	Percent
Gender		
Male	143	71.5
Female	57	28.5
Total	<b>200</b>	<b>100.0</b>
Age Category		
18-20	47	23.5
21-30	63	31.5
31-40	27	13.5
41-50	37	18.5
51 and Above	26	13.0
Total	<b>200</b>	<b>100.0</b>
Household Size		
1-2	18	9.0
3-5	54	27.0
6-10	64	32.0
More then 10	64	32.0
Total	<b>200</b>	<b>100.0</b>
Education Level		
Primary	53	26.5
Middle	62	31.0
SSc	9	4.5
F.A/F.Sc	8	4.0
Illiterates	68	34.0
Total	<b>200</b>	<b>100</b>
Total Monthly income of the respondent in Pakistani rupees		.
3,000	72	36.0
5,000	66	33.0
10,000	62	31.0
Total	<b>200</b>	<b>100</b>
Living Status of the respondents		
Joint family	148	74.0
Nuclear family	52	26.0
Total	<b>200</b>	<b>100</b>

Ratio of providing education to children		
Yes	165	82.5
No	35	17.5
Total	<b>200</b>	<b>100</b>
Total Children of the respondent		
No Children	17	8.5
Two Children	1	.5
Three Children	18	9.0
Four Children	32	16.0
Five Children	14	7.0
Six Children	24	12.0
Seven Children	23	11.5
Eight Children	24	12.0
Nine Children	47	23.5
Total	<b>200</b>	<b>100</b>
Family Planning is Good or Bad		
Good	200	100
Total	<b>200</b>	<b>100</b>
Family Planning solving poverty related problem		
Yes	173	86.5
No	27	13.5
Total	<b>200</b>	<b>100</b>
Family planning his Positive effect on respondent health		
Yes	147	73.5
No	53	26.5
Total	<b>200</b>	<b>100</b>
Respondent receiving enforcement from the Govt		
No	200	100
Total	<b>200</b>	<b>100</b>
Marital Status		
Married	181	90.5
Single	19	9.5
Total	200	100

## Results

Socio-economic characteristics of the respondents are shown in table 1. and figure a, b, c) Most of the respondent were male and married. It Was due to the ethical consideration because in the study area it is not allowed for a female to be interviewed by a male. The majority of the respondent were young 21-30. the household size is 6-10 of the respondent. Majority are illiterate. Income of the majority are 3,000 Pakistani rupees per month and majority are live jointly. Majority of the respondent want that has/her

children be educated. Most of the respondent have 9 children. When ask from the respondent that family planning is good or bad majority answer is good because majority have problem in children take carrying etc. Respondent says that we should control family because it creates poverty in future. And majority said that family planning have positive effect on women health. When ask from the respondent that there is any Govt enforcement to control children majority answer is no.

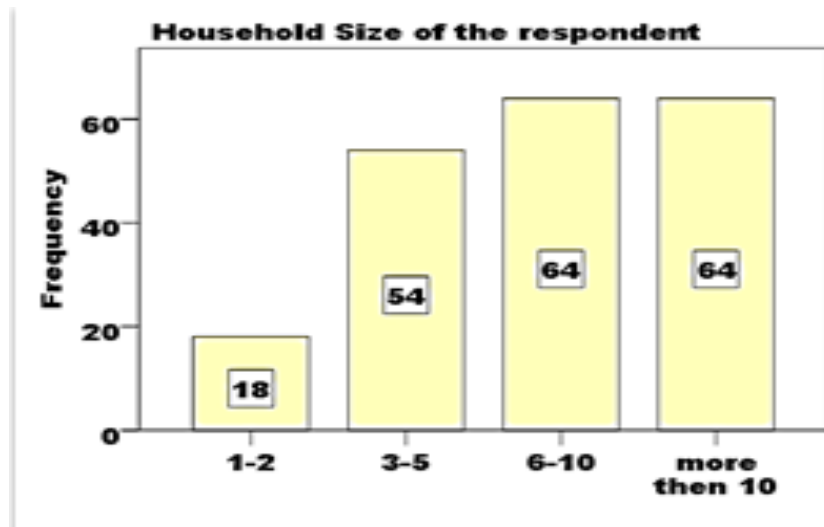


Figure (a)

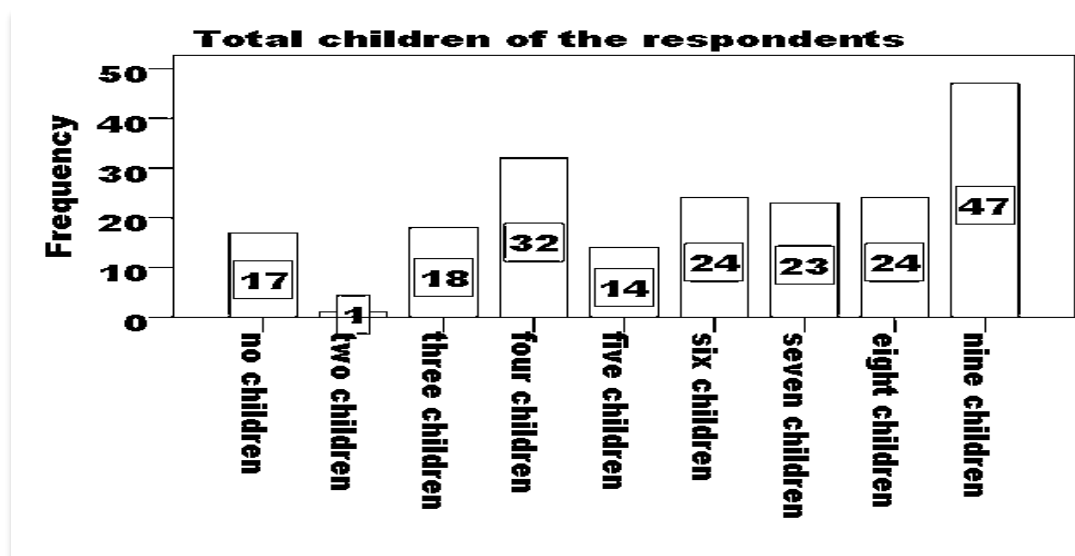


Figure (b)

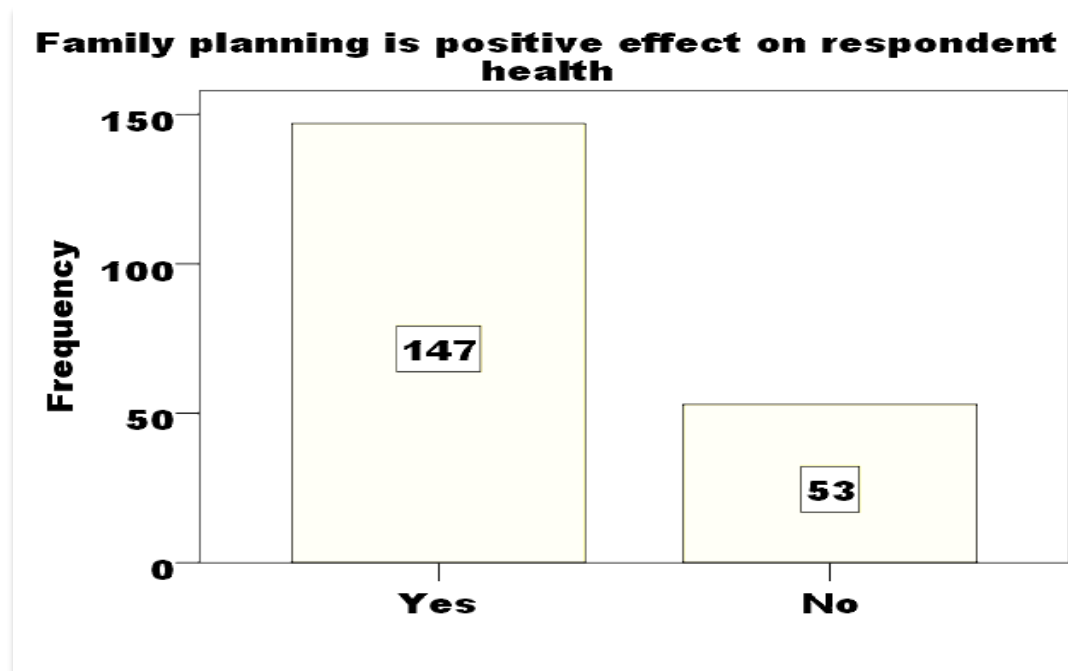


Figure (c)

## Discussion

From the descriptive analysis, it shows many married people in Peshawar had positive attitude to family planning. This could be due to the level of awareness that people have about family planning in recent years and the advantage it portends for their families. WHO (2015) affirmed that family planning allows people to attain their desired number of children and determine the spacing of pregnancies. Also Osakinle (2010) in her own opinion believes that family planning helps women to prevent unwanted pregnancies, limit the number of children which will bring healthy reproductive living and healthy sexual relationship among them without fear of unwanted pregnancies and sexually transmitted infections. Ikulayo (2003) remarks that if children are spaced between two and three years, the health and welfare of each child as well as that of the mother could be well catered for managed effectively.

## Recommendation

According to the survey, more married people are advised to choose their family plan ways to control infant birth rates as a tool to reduce population growth. In addition, the government should also develop other programs to control the population and enhance better development of the population.

## Conclusion

From the findings, it was revealed that the attitude of married people in Peshawar was positive and they are in favor of family planning. And majority are in favor that child

spacing is important for a two to three years during birth because its effect is positive on female health and child health and also play in important role in reduction of poverty from household.

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