
The Influence of Religion and Career Development on the Perception of Family Planning in Kogi State, Nigeria

Attah Amana Philip

Department of Social Sciences and Humanities, Federal Polytechnic Idah, Kogi State Nigeria

ABSTRACT

The practice of family planning in developing countries has faced serious controversies; this obviously is occasioned by religious and multi-cultural nature of the societies especially in Africa. Consequently, this had posed social, economic and demographic challenges to Nigerian society. This paper titled “The Influence of Religion and Career Development on the perception of family planning in Kogi State, Nigeria” is written to explore how religion and career development influences family planning. The researchers obtained data from both primary and secondary sources while data was analyzed using simple percentages and chi-square statistical instrument. The paper concludes that large family sizes posed serious social and economic burdens on the citizens thus; recommend that counseling units should be created in schools and public places to carryout career counseling and development, the government should sensitize the general public and religious bodies on the spiritual, social and economic benefits of family planning. Finally, medical personnel’s and equipment should be adequately provided in the hospitals to encourage the citizens to be engaged in family planning program effectively.

Keywords: Religion, Career development, Family planning, Population.

INTRODUCTION

Our Career will determine to a very large extent, the types of education our children will get, and the type of life we live (Alabi; 2013). Career development is the life long process of managing learning work, leisure, and transactions in order to move towards a personally determined, well focused, admiring and evolving preferred future.

Though, Herr and Cramer (1996) noted that career is the sequence and variety of occupations (paid and unpaid) which one undertakes throughout a lifetime, it influences on the pattern of one’s social, economic, political and psychological life which greatly induces the fundamental principle and norms that govern the people’s perception both on the short and long term basis.

Richard (2006) noted that demography is the scientific study of population; this also draws on several components of the population including size, composition and territorial distribution, to understand the social consequences of population change. Moreso, Crenshaw, Mathew and Doyle (2000) observed that rapid population growth has been perhaps the dominant international social problem for the past five decades. This has raised some serious concern across the globe in addressing the challenges of population explosion and its attendant consequences of unemployment, increased crime-rate, over-stressed of basic infrastructure especially in the developing nations, government inability to meet the basic needs of the citizens etc.

Therefore, family planning is the practice of controlling the number of children in a family and the intervals between their births, particularly by means of artificial contraception or voluntary sterilization (Mischell 2007). The mechanism of family planning is principally targeted towards meeting the socio-economic responsibilities both at the family circle in particular society and national level in general. Though, the concept of family planning has raised some fundamental questions both across national and religious border which ranges from moral, social, legal and spiritual perspectives.

Consequently, the pivotal role of religion as a specific fundamental set of beliefs and practices generally agreed upon by a number of persons or sects influences their behavior and believe in the practice of family planning In Nigeria, specifically Kogi State. There are a large variety of positions towards the practice of Family planning as 90% of all religion in the State support procreation and disallowed artificial contraception. Culturally, Elders are often against family planning due to age old

tradition and superstition. Youngsters who want to go in for family planning risk the wrath of elders. Moreso, having many children is considered a benefit as it would mean more hands to help on the field. Safety net: Due to high child mortality rate, families tend to have more children as not all survive. Insurance for old age: People have faith that children will take care of parents in their old age and so they tend to have many children. Family status: Often the social status of a family is defined by the number of children they have, lack of sufficient education and career development regarding the importance of reproductive health, and lack of awareness of the harmful effects of neglecting family planning on women’s health and indirectly that of children.

Hence, these has lead to the population explosion that have dampen the nation’s socio-economic development considering the slow pace of its technological advancement, decaying infrastructure, abysmal state of industrialization, over dependence on oil as the main source of export commodity, high-rate of unemployment and lack of institutional framework to aggressively tackle these problems. Therefore, the increasing rate of population has posed far-reaching consequences on the living standard of the citizens since the population growth do not correspond with the rate of development hence, this work will specifically explore the influence of religion and career development on the perception of family planning in Kogi State. Moreso, the researchers shall also make recommendations that will create and strengthened the social network of influencing family planning through religion and career development in Kogi State. The work also will be of utmost significance to the general public across the three main religions as it will broaden their horizon on the concept of family planning in Kogi State.

Hypothesis Tested

Ho: Religion and career development does not significantly influences the rate of family planning in Kogi State.

Hi: Religion and career development significantly influences the rate of family planning in Kogi State.

CONCEPTUAL EXPLORATION

Banjoko; (2002) defined Career Development as the ongoing process from infancy through adulthood, through which individuals integrate their personal, family, schools, work and community learning experiences to facilitate life role choices. Career Development is also how individuals manage their careers within and between organizations and how organizations structure the career progress of their members, it can also be tied into succession planning within most of the organizations (Pope; 2009). Similarly, Alabi, (2013) sees Career Development as the total constellation of psychological, social, educational, physical, economic and chance factors that integrate to influence the nature and significance of work in the total lifespan of any individual.

The National Career Development Association Board of Directors (2013) sees Career Development as the lifelong psychological and behavioral process as well as contextual influences shaping one’s career over the lifespan. Therefore, career development is the combination of structured planning and the active management choice of one’s own professional career.

Religion according to Richard (2006) is a unified system of beliefs and practices relative to sacred things. Religion is also seen as a set of beliefs concerning the cause, nature, and purpose of the universe, especially when considered as the creation of a superhuman agency or agencies, usually involving devotional and ritual observances, and often containing the moral principles guiding the affairs of human conduct (David 2006). Moreso, Religion can be viewed as the body of persons adhering to a particular set of beliefs and practices, norms, values in a society.

Family planning on the other hand is the practice of controlling the number of children in a family and the intervals between their births, particularly by means of an artificial contraception or voluntary sterilization (Mischell 2007). Moreso, sunfield, Alrich and Gold (2008) sees family planning as the voluntary planning and action taken by individuals to prevent, delay, or achieve a pregnancy and also include all family planning services such as counseling, education, preconception care, screening and laboratory tests. Family planning is sometimes used as a synonym for the use of birth control; meanwhile, it sometimes includes a wide variety of techniques and practices that are not birth control.

FAMILY PLANNING: RELIGIOUS PERSPECTIVE

Family planning is usually applied to male or female who may wish to limit the number of children and or control the timing of pregnancy. The question is “does religion support this method”?. To provide an answer to this question, Wensinck (1960) noted that Qur’an is the highest and most authoritative source of normative Islam, this was supported by Khalid (2013) when he observed that, a Muslim has three sources of knowledge to obtain answers to the question pertaining to various aspects of human life. The sources are; the Holy Qur’an, the Hadith and the views of leaders of juristic schools qualified to interpret the teachings of Islam.

Gupte (1984) posits that Qur’an is not a legal code; it does not address every subject specifically or directly, rather it is a book of divine wisdom meant to guide human beings who have been made in the best of moulds (Surah 95:4) to realize their potential to the fullest. There are several evidences from the holy Qur’an which prohibits killing of human being. Qur’an 11:6; there is no creature on earth but its sustenance depends entirely upon Allah. Moreso, Qur’an 17:31 said, do not kill your children for fear of want, we shall provide for them as well as for you, surely, killing them is a great sin. Moreso, Surah 12 verse 85 said life is a decree of my Lord. However, several sections of Hadith never condemned the principle of contraception as these were some sayings of the prophet (pbuh) which allowed some of his followers to practice ‘azl’ or coitus interruptus. These Hadith embodied the earliest legal reasoning of Muslims on contraception and were essential instruments of argument in later Islamic thought on contraception (Wensinck 1960 and Goldman 1980).

In the same vein, there are also several verses of the Holy Bible that encourages giving birth to children. There are also several evidences in the Holy Bible that children are gift from God, genesis 1:28, Genesis 21:1-2, Psalm 127:3-5. However, in genesis 1:28 God commanded us to be fruitful and multiply, God did not say have at least two children, his command was open-ended. For example, the bible describes wife as gift from God just the way children were described but that does not mean that we should have as many wives as possible. Moreso, just because something is a gift from the Lord does not mean that it is wrong to be a steward of it, neither does it mean that it is wrong to remain single (Corinthias 7:3). It is worthy to note that the command in Genesis 1:28 to multiply also goes along with to sub-due the earth, and that does not mean that a farmer for example should cultivate more than what he believes he can reasonably handle, hence the farmer does not take this command to mean that he needs to make his farm as large as is naturally possible. Likewise, then it is right for couple to seek to have the number of children that they believe they can reasonably nurture. Luke 14:28 teaches effective and efficient planning of any given project in line with one’s economic power which could be likened to one’s creating family that he can reasonably handle. Finally, I Timothy 5:8 “say if anyone does not provide for his own, and especially for his household, he has denied the faith, and is worse than an unbeliever”. Therefore, birth control is a gift from God that maybe used for the wise regulation of the size of one’s family as well as a means of seeking to have children at the time which seems to be wisest.

Career Development and Family Planning: Issues and Challenges

Raising a child requires significant amount of resources, time, social, financial and healthy environment (USDA, 2007). Moreso, Family Planning Program is the most cost-effective of all health interventions. The cost savings according to Mischell (2007) stem from a reduction in unintended pregnancy, as well as reducing the chances of contracting sexually transmitted infections.

Regional variations across the globe has posed serious challenges to most countries especially Africa with lowest rates of contraceptive use, highest maternal, infant and child mortality rates. This is due to unavailability of poor health care services, spousal disapproval, religious concerns and misconception about the effect of birth control. Moreso, forced sterilization which is a government programme which attempts to force people to undergo surgical sterilization without their freely given consent. This occurs in communities which are marginalized and faces the risks of forced sterilization such as Eastern Europe against Roman Women, Peru during the 1990s against indigenous women and the one child policy in China.

In under-developed nations, Career Development has been greatly slow hence affecting innovation, technological drive to compete globally. Furtherance to these, there is increase rate of intellectual and material poverty, low survival rate of industries, huge social and economic burden thereby threatening the intellectual advancement of the citizens. Finally, there is high level of divorce, serial monogamy,

and malnutrition. Nigeria for example ranked 40th position in 2013 global hungry index and this resultant effect are under nourishment, children underweight and child mortality. The International Food Policy Research Institute (2013) noted that there are still about 870 million hungry people globally. The failed state index ranked Nigeria 16th as against Ghana 110th, South Africa 113th and China 66th considering the indicators of monitoring demographic pressures, severe economic decline, deterioration of public services and rise of factionalized elites. Therefore, family planning is a pivotal tool in combating these challenges in Africa and other under-developed Countries (Thomas and Akus 2009).

Methods of Family Planning

The family planning council Inc (2013) gave the following methods of family planning.

1. Abstinence - Chances of NOT getting pregnant: 100%
Description: Refraining from vaginal, anal or oral intercourse.
2. Cervical cap - Chances of NOT pregnant 60% - 90%.
Description: It is a barrier contraceptive method for prolong and additional pregnancy prevention.
3. Condom – (male) – Chances of NOT getting pregnant 86% - 97%.
Description: Male condom is made out of latex rubber that is being used to prevent direct contact during sexual intercourse.
4. Depo – Provera (The shot) chances of NOT getting pregnant: 99%.
Description: It is an injection given every 3 months to stop ovulation and to thicken the cervical mucus to prevent easy passage of sperm.
5. Diaphragm – Chances of NOT getting pregnant: 80% - 94%:
Description: It is a barrier type birth control method prescribed by your family planning clinician.
6. Emergency Contraceptive Pills (ECP) – Chances of NOT getting pregnant: 74% - 89%
Description: It is an emergency contraceptive method used after sexual intercourse to prevent pregnancy and it is most effective when used within 12 hours of unprotected sexual intercourse.
7. Female Condom – Chances of NOT getting pregnant, 79% - 95%.
Description: It is an over the counter method of birth control, after the man ejaculates, you must twist the end and gently pull from the vaginal.
8. Female Sterilization – Chances of NOT getting pregnant: 99%.
Description: It is a surgical intervention that mechanically blocks the fallopian tube to prevent sperm and egg from uniting.
9. Intrauterine Device (IUD) - Chances of NOT getting pregnant: 98% – 99%.
Description: Small plastic device is placed in the uterus by a clinician, prevents sperm from fertilizing egg.
10. Norplant – Chances of NOT getting pregnant: 99%.
Description: Capsules containing synthetic hormones inserted under the skin of your upper arm.
11. Nuvaring (The Ring) – Chances of NOT getting pregnant: 99%.
Description: This is a flexible contraceptive ring that is about two inches in diameter and contains synthetic low dose hormones.
12. Ortho Evra (The Patchy) – Chances of NOT getting pregnant: 95% - 99%.
Description: The patch contains synthetic hormones which are similar to those produced by the women’s body.
13. Oral contraceptives (The Pills) – Chances of not getting pregnant: 95% -99%.
Description: Synthetic hormones like those produced by the body to regulate the menstrual cycle.

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14. Virginal Spermicides – Chances of NOT getting pregnant: 50% - 95%.

Description: A chemical birth control method that kills sperm and prevent pregnancy.

15. Vasectomy (Male Sterilization) – Chances of NOT getting pregnant: 99%.

Description: A surgical procedure that prevents pregnancy by blocking the passage of sperm into the ejaculated seminal fluid.

16. Withdrawal (Coitus Interruptus) - Chances of NOT getting pregnant: 81% - 96%.

Description: The method allows the male to withdraw his penis before ejaculating from the virginal to prevent contact between the sperm and egg.

NOTE:

No one is advised to practice any or all of these methods without consulting or obtaining permission or advice of a medical doctor.

METHODOLOGY

This study examined the influence of Religion and Career Development on the perception of family planning in Kogi State, Nigeria, between 2011-2015. This period is reasonable enough to measure the variables being discussed by the researchers.

The survey research design was adopted in this research. The design was applied because of its exploratory nature. The researchers however, employed both primary and secondary sources of data collection. Primary data were collected through the administration of questionnaire while secondary data include data from related literature such as textbook, journals, newspapers, magazines, and internet. The sample size is 400 out of the total population of 3314043 based on judgmental sampling and the method used in determining the sample size was the Yaro Yamani statistical formula. Finally, the data collected were analyzed using the chi-square statistical tool.

Table I. Personal Profile of Respondents, Variable

S/NO	AGE	FREQUENCY	PERCENTAGE (%)	CUMULATIVE PERCENTAGE (%)
a.	Less than 20 yrs	25	6.3	6.3
b.	21-30 yrs	159	39.8	46.1
c.	31-40yrs	84	21.0	67.1
d.	41-50yrs	77	19.3	86.4
e.	51yrs& above	55	13.8	100
	Total	400		100

Sex

a.	Male	217	54.3	54.3
b.	Female	183	45.8	100.0
	Total	400		100.0

Religion

a.	Christianity	202	50.5	50.5
b.	Muslim	174	43.5	94.0
c.	Others	24	06.0	100.0
	Total	400		100.0

Marital Status

a.	Single	12	03.0	03.0
b.	Married	364	91.0	94.0
c.	Divorced	14	03.5	97.5
d.	Widowed	10	02.5	100.0
	Total	400		100.0

Family Size

a.	1-3 persons	42	10.5	10.5
b.	4-6 persons	122	30.5	41.0
c.	7-12 persons	212	53.0	94.0
d.	Above 12 persons	24	06.0	100.0
	Total	400		100.0

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Occupation

a.	Skilled	218	54.5	54.5
b.	Unskilled	182	45.5	100.0
	Total	400		100.0

Educational Qualification

a.	No formal education	19	4.8	4.8
b.	Primary	33	8.3	13.1
c.	Secondary	144	36.0	49.1
d.	Tertiary	204	51.0	100.0
	Total	400	400	100.0

Source: Field Research (2016)

The result in the table above showed that majority of the respondents (80.1%) fall within the age range of 21-50 years. With regard to their sexes, whereas 54.3% were males, females constituted 45.8%. In terms of religion, 50.5% are Christians whereas Muslims and others religions constituted 43.5% and 6% respectively. As regards to marital status 91% of the respondents are married, while 9% of the respondents constituted those that are either not married, divorced or lost their spouse. As regard to family sizes, most of the respondents have between 7-12 persons per household which constituted 53% while, 47% of the respondents either have between 1-3 household or about 12 household respectively. In terms of their occupation, 54.5% of the respondents constituted skilled workers while 45.5% are unskilled workers. Finally, the literacy level showed that 51% attained tertiary education, 36% attained secondary education, 8.3% attained primary education and 4.8% are without formal education.

Test of Hypothesis

TableII. Perception on the Influences of Religion and Career Development on Family Planning

Variables/Year	2009	2010	2011	2012	2013	Total
Religion	20	15	15	12	10	72
Career Dev.	15	14	12	11	12	64
Economic Factor	31	32	25	33	36	157
Social factor	08	10	17	11	10	56
Demographic Factor	06	09	11	13	12	51
Total	80	80	80	80	80	400

Source: Field Research (2016)

$$F_e = \frac{n_i \times n_j}{n}$$

$$Df = (r-1)(c-1)$$

$$\therefore (5-1)(5-1) = 16$$

Level of significance is 5%

$$= 0.05$$

Where F_o = Observed Frequency

F_e = Expected Frequency

The level of significance is 5%, degree of freedom is 16 hence the table value from the statistical table = 26.296

TableIII. Computation

(fo)	(fe)	(fo-fe)	(fo-fe) ²	$\frac{(fo-fe)^2}{Fe}$
20	14.4	5.6	31.36	2.18
15	12.8	2.2	4.84	0.38
31	31.4	-0.4	0.16	0.01
08	11.2	-3.2	10.24	0.91
06	10.2	-4.2	17.64	1.73

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15	14.4	0.6	0.36	0.03
14	12.8	1.2	1.44	0.11
32	31.4	0.6	0.36	0.01
10	11.2	-1.2	1.44	0.13
09	10.2	-1.2	1.44	0.14
15	14.4	0.6	0.36	0.03
12	12.8	-0.8	0.64	0.05
25	31.4	-6.4	40.96	1.30
17	11.2	5.8	33.64	3.00
11	10.2	0.8	0.64	0.06
12	14.4	-2.4	5.76	0.40
11	12.8	-1.8	3.24	0.25
33	31.4	1.6	2.56	0.08
11	11.2	-0.2	0.04	0.00
13	10.2	2.8	7.84	0.77
10	14.4	-4.4	19.36	1.34
12	12.8	-0.8	0.64	0.05
36	31.4	4.6	21.16	0.67
10	11.2	-1.2	1.44	0.13
12	10.2	1.8	3.24	0.32

Source: *Field Research (2016)*

$$X^2 = \sum \frac{(fo-fe)^2}{fe}$$

Decision Rule

Accept (Ho) if the test statistics satisfies the equation $X^2 \leq 26.296$ otherwise reject (Ho) if $X^2 > 26.296$.

$$\sum \frac{(fo-fe)^2}{fe} = 14.08$$

Decision

The (Ho) is accepted since the computed test statistics shows a value of 14.08; this figure satisfies the equation of rejection of (Ho) which is $X^2 > 26.296$.

CONCLUSION

From the results of data analysis and subsequent findings, the paper concludes that family planning in Kogi state is still not widely practiced, however, this is occasioned by the influence of religion and Career Development. Even though, there are social-economic implications to high family sizes, the people perceptions lack the adequate sensitization to key into the reality associated with family planning.

RECOMMENDATION

In the light of the findings and conclusion on this research, the paper makes the following recommendations.

1. Counseling units should be created in schools and public places to be carrying out career counseling, career prospects and Career Development.
2. The government through the National Orientation Agency should be sensitizing the public on the need to be engaging in family planning.
3. There should be adequate provision of medical personnel's and equipment by health institutions to encourage citizens to engage in family planning programme effectively.
4. The National Population Census should be strengthened through capacity building to be able to conduct periodic survey of the nation's population.
5. The religious bodies should be properly sensitized on the spiritual, economic and social benefits of family planning.

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AUTHOR’S BIOGRAPHY



Mr. Attah Amana Philip, is a Lecturer in the Department of Social sciences and Humanities, Federal Polytechnic Idah, Kogi State Nigeria. He had his first degree in Sociology (Bsc) from Bayero University Kano Nigeria, and second degree Sociology (Msc.) from Nasarawa State University Keffi, Nigeria. He is currently an academic Board member in the School of Technology and a Head of Sociology Unit, coordinating all Sociology courses in the Federal Polytechnic Idah, Kogi State Nigeria.