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Research Article

## A RESEARCH STUDY ON EDUCATION EFFECT ON FAMILY PLANNING AMONG MARRIED COUPLES

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**Abstract:**

**Introduction:** Family size is an important population, socio-economic and reproductive health issue. Number of children preferred in a society generally influences the population of society and population growth rate. Education of both the parents play a significant role in determining the family size. The study aims towards finding the effect of education of parents on the family size, so that using local data, attention can be drawn on this major demographic determinant to improve the quality of life of people.

The study was conducted in Khyber Teaching Hospital MTI Peshawar. The duration of our study was from July 2020 to August 2020. Our sample was of 100 married couples.

**Methodology:** After taking informed consent from the respondents, data was collected through a preformed questionnaire having two separate sections. Section 1 included the demographic details of the respondents while section 2 was based on a total of 14 close ended questions regarding the number of children, educational status, family values and their personal awareness about contraceptives and education.

**Results:** According to our research study conducted on a 100 people, in which age distribution of male respondents showed that 29% of them are in the age of 40-49 years (period of reproductive potential). 63% of them were qualified up to graduate and post-graduate level. Age distribution of female respondents showed that most of them were between ages of 30-39 years (period of high reproductive potential). 66% of them were qualified up to graduate and post graduate level. Chi-square valued showed that association between the education level of parents and number of children with the p-value of <0.001 for males and <0.005 for females. 63% of highly educated families have less children while less educated have more children showing a negative relation between parent education and family size.

**Conclusions:** Level of education has direct relationship with the use of contraceptives and inverse relationship with the number of children. Education process helps parents by raising awareness and decision making about the use of contraceptives and ultimately family size.

**Keywords:** Parent Education, Contraceptives, Family size.

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**INTRODUCTION:**

Family is the basic unit in society traditionally consisting of two or more people related by birth, marriage or adoption. The continuing growth of the world population has become an urgent global problem because decline in total fertility rate is slow. Family size depends on numerous factors [1]. The relationship between education and fertility has been a recurrent theme in the demographic literature. The association between education and fertility is not static over the course of demographic transition. The influence of education on fertility is assumed to driven from various dimensions of the education experience. Schooling provides literacy skills and education opens up economic opportunities and provides vehicle for social mobility [2]. Increase in education have often been cited as one of the major avenues through which reduction in fertility can be achieved. Though cross sectional studies have consistently found negative correlation between fertility and education. Some studies found a positive correlation between education fertility while some studies found no significant correlations. In some studies, mixed results are found. Several investigations have pointed out a complex relationship between them. First, by widening a woman's horizons, education affects her preference for children. Second, by increasing the productivity of her time in the home, it creates incentives to spend more time working and less for childcare [3]. A significant relationship ( $P < 0.001$ ) was found between number of children and female's level of education. Researches have long been interested in the influence of married couple education on family size. As no such research has been done in the guided area so this study was conducted to determine the influencing effect of education on family size among married men and women. There is therefore the need to obtain detailed information about the structure and education of ideal family size desires and to emphasize the voluntary acceptance of family planning methods and it will also help the policymakers to better understand the situation and plan the educational facilities accordingly [4]. It has been noted that the family remains the corner stone of society. Family size is an important population, socio-economic and reproductive health issue globally. Number of children preferred in a society generally influenced the population of society and population growth rate. Where there are many socioeconomic determinants of family size, education of both partners plays an important rather significant role.

In 2013, a cross-sectional study was conducted in Gujranwala city, municipality area. Out of 4884

households, 733 eligible women (married women of reproductive age group living with their husbands and having at least one alive child of 2 yrs. or more age) were included in the study by simple random sampling. Data was collected by using pretested structured questionnaire. Study found out that out of total of 733 eligible women in the study only 53.4% were literate and among these literate women 74.7% were user of contraceptive methods compared with 51.3% illiterate women [5]. It was observed that 51.2% of low, 71.1% of medium and 75.6% of high educational level women were using contraceptives which demonstrates a very strong association between education level and use of contraceptives. The study concluded that education impacts fertility by raising awareness about contraceptives, decision making about the use of contraceptives and ultimately the family size. 4 In 2014, a study was carried out at King Saud University, Riyadh, by taking a random sample of ever married people, to find out impact of education on fertility.

**METHODOLOGY:**

It was a descriptive cross sectional epidemiological study. The study was conducted in Khyber Teaching Hospital MTI Peshawar. The duration of our study was from July 2020 to August 2020. The study was conducted on the married couples of Peshawar. According to the availability of time and resources it was decided to take sample of 100 married couples. After taking informed consent from the respondents' data was collected through a performed questionnaire having two separate sections. Section 1 included the demographic details of the respondents whilst section 2 was based on a total number of 14 closed ended questions regarding number of children, educational status, family values, and their personal awareness about education. The data was encoded and entered into SPSS version 20 all the interpreted results have been presented in the figured tabulated form.

**RESULTS:**

Age distribution of male respondents ( $n=100$ ) showed that most of them were between the ages of 40-49 years (29%). This showed that most of the males were in a period of high reproductive potential (table 1). Age distribution of female respondents ( $n=100$ ) showed that most of them were between the ages of 30-39 years (28%). This showed that most of the women were also in a period of high reproductive potential (table 6). The educational level of male respondents showed that 63% of them were qualified up to graduate and postgraduate level (table 3). Most of the females (66%) had education up to graduate and post graduate level (table 8). On the basis of

education, respondents were divided into low, medium and high categories and on these grounds 3% of males belonged to low, 33% to medium and 64% to high level category (table 4). 5% of females belonged to the low, 30% medium and 65% to high level category (table 9). Chi square value showed a very strong association between the educational level of parents and no of children with a P value of <0.001 for males and <0.005 for females. Highly educated families had fewer no of children than the

less educated ones showing a negative relation between parent's education and family size. 63% of highly educated people used contraceptive methods while 35% of people having medium level of education and 33% of people having low level of education used contraceptive methods (table 11). This showed usage of contraceptives increased with educational status. 56.6 % of the people used condoms only, 11.3% used pills only while 15.1 % used both condoms and pill (figure 6).

**Table 1: AGE DISTRIBUTION (MALE)**

AGE RANGE	Frequency
20-29	16
30-39	23
40-49	28
50-59	23
60-69	08
70-79	02
TOTAL	100

**Table 2: Educational status and fertility among males:**

No. of children	Low(zero)	Medium (1-3)	High (4-6)	Total No.
2 or less than 2	0	10	25	35
3-4	0	11	31	42
5&More	3	12	8	23
Total	3	33	64	100

$$\chi^2 = 17.40 \text{ df} = 4$$

$$P = 0.001$$

**Table 3: Age distribution Female:**

AGE RANGE	Frequency
20-29	23
30-39	28
40-49	21
50-59	21
60-69	06
70-79	01
TOTAL	100

**Table 4 Education status and fertility among females:**

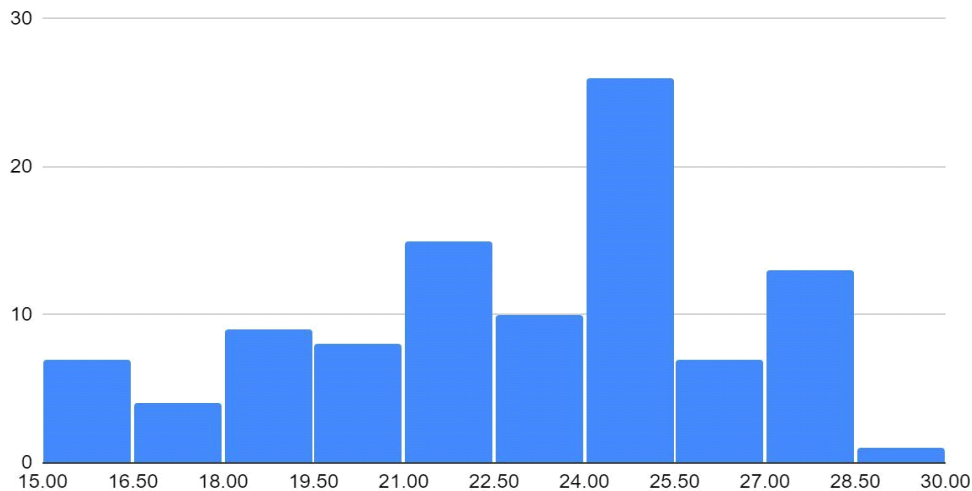
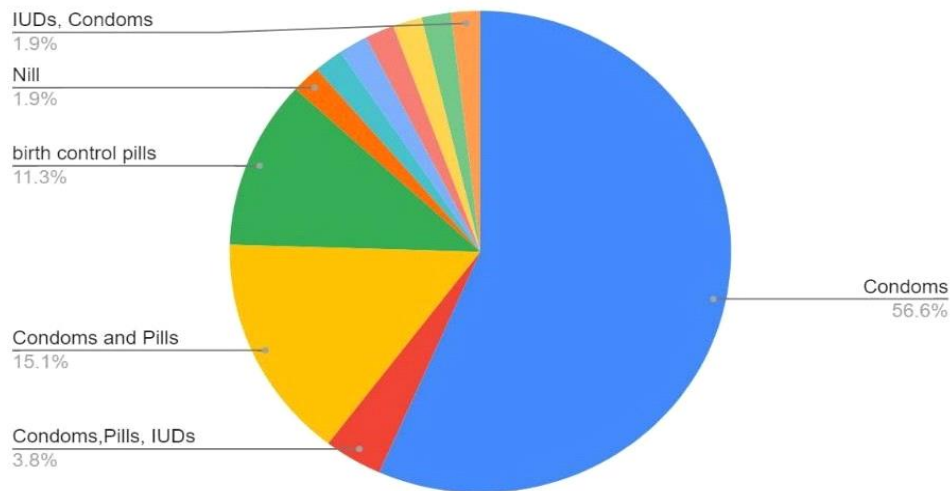
No. of children	Low(zero)	Medium (2-4)	High (5-6)	Total No.
2 or less than 2	1	4	30	35
3-4	1	9	32	42
5&More	3	17	3	23
Total	5	30	65	100

$$\chi^2 = 14.7 \text{ df} = 4$$

$$P = 0.005$$

**Table 5: Usage of contraceptive among married couples:**

Contraceptive users	Low(zero)	Medium (2-3)	High (5-6)
User	1	11	40
Non users	2	20	23
Percentage of users	33%	35%	63%

**Figure 1: Educational status among females:****Figure. The education level of females (According to category)****Figure: 2 Use of Contraceptive****DISCUSSION:**

The results of our study indicated a very strong association between the literacy rate and fertility rate in an observed society. It shows the number of children with a P value of <0.001 for males and <0.005 for females. Thus, highly educated families

show fewer number of children than that of low educated families indicating a negative relationship between educational status of parents and number of children. 63% of well-educated families preferred to use effective contraception techniques, 35% of medium- educated families use contraception and

33% of low educated families also use contraception techniques. Moreover, 56.6% people used condoms only, 11.3% used pills only while 15.1% used both condoms and pills. It has been indicated by cross sectional studies that a negative relationship exists between educational status and number of children in families but there are studies which show a positive correlation as well as no significant correlation between educational status and number of children in families. Hence a complex relationship has been found between these two aspects by several investigators [6].

In 2014, research was conducted by King Saud University Riyadh showing the influence of education on fertility including marital age, desire for children and number of children in a way that it declines the fertility rate remarkably but indirectly. This study has correlation with our study that education influence fertility in such a way that it declines fertility by affecting age at marriage and desire and number of children. A study conducted in 2015, at Kogi State University Nigeria, showed the highly economic status influence the family size but education has rather a categorical impact on family size. This study says that high economic status affects number of children in a positive way, this is in contrast with our results. It also shows that education has more powerful influence on fertility, which we found out in the research we conducted. Similarly, in 2013, a study was also conducted in Gujranwala City showing the higher rate of contraception usage with increase in awareness and exposure for contraception usage among families [7-8]. The result of this study is in consistent with our study that the increase in awareness and exposure for contraception resulted in higher rate of contraceptive usage among families.

A community based research conducted in Assela Town, Ethiopia, between March 25th and April 4th 2013, showed preferred family size for women attained higher education was smaller as compared to that of men. This study results contrast with our study results, which shows high education rate of women affects more on their fertility level than that of men. In 2007, a study conducted in Pakistan showed household income, psychological factors and maternal health also influence the family size. This research conducted in Pakistan has relation with our research in such a way that it shows family income, psychic health and marriage life also effects family size [10-11]. Similarly, a research from Nigeria and many other countries showed another factor, responsible for increase in family size, which is preference for specific gender i.e. male babies. Contrastingly, our research does not show any correlation between increased fertility and desire of

male babies [12]. Another study indicated women living in low socioeconomic conditions had smaller family size. Further, fertility level is significantly higher in women living in monogamous unions as compared to polygamous ones. High literacy rate and low usage of contraceptives were also found. Thus this study revealed that women's educational attainment is the most important explanatory variable of fertility as well as it also includes age at first marriage, type of marriage, son preference and child death. This study shows correlation with our study that educational status of women have a negative relation with fertility level. There is a significant role of education on fertility. Education impacts direct influence on fertility and an indirect impact of education on marital age, desire for children and contraceptive usage. An economic model explains the decrease infertility with the enhanced contraceptive techniques and abortion accessibility due to progressing technology raise education and induce a reduction in no. of children and more focus towards each child's education and better supervision. Contrastingly, individuals with high occupation have slightly low fertility, while those with high income have about the same fertility as those less well off. Such influences point out education is an increasingly important determinant of status.

It is observed that women with high reproductive potential and graduate or postgraduate education level (high) have 3-4 children mostly, which indicates low fertility level among them due to increased awareness of contraceptive methods. While low education couples often have more than 4 children which indicates high fertility level, because referring to analytics, only 33% of them use contraceptive measures. The generalizability of the results is limited by number of individuals taken under the study, only 100 responses were collected. Further researches are needed on a large sample size from different administrative areas to validate the fertility declining effect of education in general population. Education, the distinct social indicator that plays a vital role on fertility. It operates differently in various groups and subgroups of population. In highly economic levels, age at first marriage, age of husband, time period with husband and intended number of children also influence fertility yet education puts an indirect impact too. Contraceptive usage, among women in high economic levels, determined by education is associated with age of users. A distinct pattern of number of children along educational levels among contraceptive users is also promising.

## CONCLUSIONS:

Level of education has direct relationship with the use of contraceptives and inverse relationship with the number of children. Education process helps parents by raising awareness and decision making about the use of contraceptives and ultimately family size. After taking informed consent from the respondents, data was collected through a preformed questionnaire having two separate sections. Section 1 included the demographic details of the respondents while section 2 was based on a total of 14 close ended questions regarding the number of children, educational status, family values and their personal awareness about contraceptives and education. According to our research study conducted on a 100 people, in which age distribution of male respondents showed that 29% of them are in the age of 40-49 years (period of reproductive potential).63% of them were qualified up to graduate and post-graduate level. Age distribution of female respondents showed that most of them were between ages of 30-39 years (period of high reproductive potential).66% of them were qualified up to graduate and post graduate level. Chi-square valued showed that association between the education level of parents and number of children with the p-value of <0.001 for males and <0.005 for females.63% of highly educated families have less children while less educated have more children showing a negative relation between parent education and family size.

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