THE ROLES AND PROBLEMS OF PLANNED PARENTHOOD FEDERATION OF NIGERIA KWARA STATE ASSOCIATION ON FAMILY PLANNING IN ILORIN.

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Planned Parenthood Federation of Nigeria, Kwara State Association, is one of the twenty eight associations in the nation. Her Head-Office in Ilorin is manned by eleven personnel. She operates twelve full-time clinic and three session clinics in the State. Each full-time clinic has two providers and one motivator. The association is faced with the problems of inadequate funding, material and transportation facilities and psychological problem in terms for cultural and religious factors. The Association is, however, actively providing and creating awareness amongst people of the State on the benefits of family planning responsible parenthood through series of planned activities.

INTRODUCTION.

Traditionally, family planning is as old as mankind because prolonged breast feeding and withdrawal from sexual activities for fear of an unwanted child have been common practices among human race. Similarly, Islam as a religion encourages child spacing through temporary separation of husband and wife as well as prolonged breast feeding. For instance, Islam stipulates at least three years of breast feeding as a gap between pregnancies. If this stipulated gap is observed, it would have been a good natural means of child spacing. This observation is made against the background definition of Family planning by the World Health Organization (WHO's Technical Serial No. 788) "as practices that help individuals or couples to attain certain objectives, to avoid unwanted babies, to bring about wanted babies, to regulate the intervals between pregnancies, to control the time at which births occur in relation to the ages of the parents, and to determine the number of children in the family". Family planning in the modern concept includes:

...... Medical consultation, examination prescription, necessary laboratory examinations, contraceptive supplies and follow-up supervision and care as well as educational supportive and enabling services such as the nurse and other staff members.(Raimi, 1994, p. 147).

This paper is centered on the modern concept of Family Planning as quoted above and the purpose is to examine the role and problems of the Planned Parenthood Federation Nigeria of Kwara State Association on Family Planning Headquarter in Ilorin (PPFN KWSA).

Historical development in Nigeria.

The origin of Planned Parenthood Federal of Nigeria, dates back to 1958 when Married Guidance Council operated the first ever Family Clinic at the Local Health Department in Lagos, through the then medical officer of health, Dr. O. Adeniyi to check the rampant septic abortion among married and unmarried women. The Married Guidance Council was later re-organized into a Family Planning Committee with the responsibilities of family planning activities and marriage
counseling. The success attained in these responsibilities motivated Universalist Service Committee in the United State and the International Planned Parenthood Federation to send field representatives to help in setting up local voluntary organizations to provide family planning advice and services to Nigerians. The advisory committee gradually led to the formation of Family Planning Council of Nigerians in 1964 and the International Planned Parenthood Federation being the main donors. In 1978, the Family Planning Council of Nigeria, was reorganized and renamed the Planned Parenthood Federation of Nigeria and affiliated to the International Planned Parenthood Federation, herself a federation of some one hundred and thirty family planning associations.

Planned Parenthood Federation of Nigeria has her Headquarters in Lagos and has offices in twenty seven states and the Federal capital territory Abuja. Planned Parenthood Federation of Nigeria is today Nigeria’s largest and oldest non-religious, non-political non-profit-making or sharing family planning organization. Planned Parenthood Federation of Nigeria, Kwara State Association (PPFNKWSA) is just one of the twenty eight branches in Nigeria.

Objectives

The objectives of Planned Parenthood Federation of Nigeria as contained in hr constiuations are to:

a. Encourage the building up of healthy and happy families and encourage the proper spacing of children within families with a view to protecting the health of mothers and children and reducing ill-health and death among them.

b. Help parents understand the values of having only those children for whom they can provide adequate care, nutrition, housing, clothing, and education.

c. Educate men and women about the dangers of unwanted pregnancies and thus encourage child-bearing by choice and not be chance.

d. Advise and help those who want children but have none and those who want to regulate their fertility.

e. Give women more time to take a more active part in the affairs of the community and to enjoy greater happiness in family and social relationships as a result of child spacing.

f. Make lives of women more economically productive.

g. Encourage and actively support researches into family planning techniques and Other studies bearing directly or indirectly on the improvement of family health and Family welfare in Nigeria.

h. Help youths, especially adolescents to understand their sexuality and to educate Them on their roles in society towards responsible parenthood.

The above aims and objectives are in consonance with the goals of the National population Policy (1981) which are to improve living standard among the citizens, promotes healths and welfare of the population, achieve lower population growth rates and improve the health and quality of life of the population, achieve distribution of population to avoid over-crowding and inconvenience.

Planned Strategies to achieving the Stated Objective.

Planned Parenthood Federation of Nigeria, Kwara State Association has the following planned strategies to achieving the stated objectives in Kwara State:

1. Static Agents
In an attempt to increase acceptance of family planning, static agents like hairdressers, barbers, tailors, and other trained recruited agents are deployed to serve in their localities with non-prescriptive contraceptives.

2 **Life Education and Counseling**

Family life education and counseling is synonymous with family planning behaviour for youth development. It is directed towards young persons, between ages 15-24 years out of school as well as vocational or tertiary institutions. The education is aimed at delaying child bearing through adoption of family planning culture.

3 **Information, Education and Counseling (I.E.C)**

These are planned activities that involve seminars, workshops, symposia, debates, quiz competitions and some are supported with film shows. The content is centered on being responsible loving parent, avoiding unwanted pregnancies, illegally induced abortion and sexually transmitted diseases (STDs).

4 **Collaborating with other Agencies**

Collaborating with mass media houses to inform the public on family planning programme, create supportive constituencies among youths and adults in clubs, associations, students, parents, teacher to complement government programme on family planning.

**Working Personnel.**

Planned Parenthood Federation of Nigeria Kwara State Association, has eleven pasonnel, made up of the Director of the programme, a female, holding a B.Sc. certificate in nursing, one Assistant Programme Director, one clinic officers, a clinic provider, (the two are graduate of Health Technology in Offa, Kwara State) one assistant accountant, one clerical typist, two office assistance and other guards.

There are two categories of officers; there are permanent staff employed and paid by PPFNKWSA, and those seconded. The association also runs twelve clinics and three sectional clinics in the State. Each full time clinic has two providers and one motivator of the eleven personnel in the Head office; five members are seconded by Kwara State Ministry of Health. Out of the twelve full time clinics there are nine in Ilorin being the capital of the State (See Appendix 1).

**Sources of Fund**

There are three sources of fund namely; Planned Parenthood Federation of Nigeria, Headquarters in Lagos, Annual subvention from Kwara State and Resource development, i.e. resources arising from training programme organized for both public and private organizations.

**Activities of PPFNKWSA on Family Planning.**

In an attempt to provide reproductive patterns and habits for better couples and children, PPFN, Kwara State Association has carried out several programme activities through the following ways:

a. Family Planning support advice
b. Comprehensive family planning services
c. Family planning behaviour promotions
d. Community based distribution services
e. New involvement in family planning
f. Family planning behaviour for youth development
g. Public service advertisement music project
h. Resource development.

In concrete terms, PPFN, KWSA at 1994 has done the followings:
a. She had seven hundred and ninety four new family planning acceptors out of all
   Four thousand, eight hundred and fifty all acceptor visits.
b. Contacted twenty seven thousand, one hundred and twenty men and women of the
   reproductive age group through interpersonal communication and about two
   hundred and fifty thousand people through print and electronic media, while about two million
   people have watched family planning messages on films and the popular musical activities by
   renowned Sunny Ade and Onyeka Onwenu. She has had six radio slots on average a year, and
   two television appearances on the benefits of family planning, maternal health care and family life
   education, and these are repeated on monthly basis.
c. Hosted public lectures, debates and quiz competitions organized amongst several
   post primary and tertiary institutions in the State.
d. Actively involved in prevention and control of sexually transmitted diseases
   (STDs).

   In an effort to bring about happy, health and manageable family setting to the rural
dwellers of the state, which constituted over 80% of Kwara State population, PPFN KWSA
has done the following.
A. Promotes awareness amongst the generality of the rural dwellers about population
   problems, and provides the people with the necessary information and education on the
   value of manageable family size both for individual happiness and achieving nation-self-
   reliance.
B. Educates the rural dwellers, on the benefits of postponing marriage and sexual
   involvement till a woman attains maturity, finishes schooling and is employed in some income
   generating activity so as to become responsible mother.
C. Makes family planning methods or devices easily accessible to rural dwellers and at na
   affordable cost to regulate fertility.
D. Provides voluntary family planning services to all persons within the rural
   community requiring priority attention to reducing high risk clients such as women under
   eighteen years or over thirty-five years, those with four or more children, those with
   previous complicated pregnancies or child-birth or those with chronic illness that increase the
   health risks of pregnancies.
E. Establishes Community Board Family Planning distribution services in Ira, Oyun local
   Government Area, directed towards rural women in the reproductive age groups.

Problem of PPFN Kwara State Association

Regardless of the above stated impressive successful implementation of family planning
programmes in Kwara State, the Association is faced with several problems some of which are
obscured.

   a. Obscured Location of the Head Office in Ilorin

      First and foremost, the State Head Office is located in a very remote area of the capital, far
      away from the densely populated areas of the city. This restricted people's awareness and
      accessibility to the association's services especially for many indigene of the

   b. shortage of Personnel
Closely related to the problems of non-centrally located Head Office in the State is lack of adequate personnel. There are only eleven working personnel in the Head Office. Also there is acute shortage of skilled personnel such as qualified councillor on marriage matters, research fellows and other skilled personnel to carry the programme to the desired end.

c. **Irregular Supply of Drug**

There is also the problem of irregular supply of fast moving contraceptive such as nicrogynon, and this has slowed down clinic services and the performances for the male motivators.

d. **Inadequate Family Planning Clinics**

There is the problem of inadequate family planning clinics and centers to handle efficient performances of duties to match the demand especially in the rural areas.

e. **Shortage of Transport Facilities**

Inadequate transport facilities, coupled with shortage of fuel and bad roads have hindered smooth and frequent visits to the rural population.

f. **Inadequate Fund**

There is acute shortage of funding to the association even when she is funded from three sources. The State subvention is very limited and the internally generated resource is nothing to go-bye. The PPFN source from Lagos Head quarters cannot adequately cover the needs of the State. With adequate funding, most of the above listed problems would have been overcome. It is therefore suggested that the main donor PPFN should consider of State relative to the amount given, vise, visa the richness of the State Government. Kwara State is know to be one of the very needy State and it is necessary to be consider this basis.

g. **Psychological Problems**

Most damaging, especially psychologically to both members of staff and clients, is the religious problems. The concept of modern family planning concept is yet to be accepted by some religious groups. On some occasions, the members of staff are shabbily treated by fanatics during the life Education lectures on the basis that family planning programme is both religiously and culturally unacceptable. The reason being on moral ground. This is still a fundamental problem amongst the rural dwellers of the State.

**Future Aspirations**

Regardless of the above stated limitations, PPFNKWSA is committed with dedication and vigor to pursue and achieve the objectives of the programme. She has zeal and determination to improve human resource development programme performance co-operate image and to ensure sustained ability in the years ahead. In this regard, following plans are the aspirations of the association:

1. Improve the service delivery system by relocating the present clinic and Head office in a centrally located environment and opening new clinic in at least 2/3 of the State Local Government Areas.
2. Increase accessibility and availability of quality family planning services including health maintenance services in both urban and rural areas of the State.
3. Provide skeletal services on weekends (i.e. Saturdays and Sundays between 9.00am to 1.00 pm) to meet the need and convenience of working clients.
4. Improve the funding, manpower, facilities, contraceptives and information, Education and Counseling (I.E.C) materials and reducing the transportation problems through public appeals, and other available sources.
5. Intensifying the information, education and communication component by:
a. Establishing reproductive Health centers in the State to increase family planning information, education communication and communication accessibility and availability of family planning services to the youths so as to postpone child-bearing avoid sexually transmitted diseases including AIDS.
b. Building a library and later a mini-material centre to provide up-to date reference materials on information, education and counseling and to keep the association up to with family planning issues in order to meet the request for research studies by students of tertiary institutions and members of staff.

CONCLUSION.

PPFNKWSA could be acclaimed, on the basis of this knowledge, to have actively involved in providing and creating awareness amongst people of Kwara State, on the benefits of family planning and being responsible parents. The Association has increased, through her series of planned activities family life knowledge amongst people in an effort to help them maintain parenthood. The Association has, therefore, made some measure of impact on family planning amongst the urban and rural people in the State through provision of voluntary, safe, affordable, and quality family planning services.

REFERENCES.

Planned Parenthood Federation of Nigeria (date n.a). Towards responsible parenthood. Lagos, Nigeria
PPFN (date n.a), Rumours and concerns about family planning. Lagos, Nigeria.
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APPENDIX 1

PPFN KWARA STATE ASSOCIATION'S CLINICS, ILORIN.
1. Red Cross Building Family Planning Centre, Off, Offa Road, GRA,Ilorin.
2. Taiwo Road Clinic, Taiwo Road, Ilorin.
3. Pake Clinic near Ipata Market, Ilorin (donation of Ilorin East LG.)
5. Pakata Dispensary and Maternity FP clinic, Ilorin West.
7. Adewole Community Health Centre, Ilorin West.
10. Offa General Hospital.
11. Offa Local Government Secretariat.
12. Lafiagi Town.

**SESSIONAL CLINICS**

13. (JITH Maternity Wing
15. Federal Polytechnic, Offa.

**STAFFING**

Each full time clinic has 2 providers and one motivator. All the staffs in L.G. donated clinics are staff seconded to us by the L.G.’s.

Apart from L.G seconded staff we also have 5 other seconded to us by the MOH. 11 PPFN kwara State Association staffing.