

Knowledge and Satisfaction on Family Planning Methods among Mothers in Barangay Aguada, Ozamiz City, Misamis Occidental

Julie Peach A. Oga

Student
Medina College
Philippines.

Abstract:

This study assessed the level of knowledge and satisfaction regarding family planning methods among mothers in Barangay Aguada, Ozamiz City. Using a descriptive-correlational research design, data were gathered from 100 purposively selected mothers through a validated survey questionnaire. The instrument collected information on demographic profiles, knowledge of family planning methods, and satisfaction levels, and results were analyzed using frequency, percentage, weighted mean, and Pearson correlation. Most respondents were aged 25–34, had completed high school, and earned between ₱2,000 and ₱3,000 monthly, indicating a predominantly low-income group. Findings revealed a generally low level of knowledge on family planning, with pills and the Lactational Amenorrhea Method (LAM) being the most familiar, while DMPA, cervical mucus, and withdrawal methods were the least known. Satisfaction with family planning methods was rated as average, with the highest satisfaction related to childbirth spacing and menstrual cycle regulation. Satisfaction with general health and sexual activity also fell within the average range. Responses showed minimal variation, suggesting a shared perception among respondents. Statistical analysis revealed significant differences in knowledge based on age, educational attainment, and income, indicating that these factors influence awareness. However, only age was found to significantly impact satisfaction levels; educational background and income had no notable effect. The study underscores the need for targeted educational initiatives to improve awareness, especially among younger, less educated, and lower-income mothers, and suggests that age-specific counseling may enhance satisfaction with family planning services.

Keywords: Family planning, knowledge, satisfaction, mothers, contraceptive methods.

INTRODUCTION

Family planning is a vital public health approach that allows individuals and couples to make educated decisions regarding contraception and reproduction. It significantly contributes to the enhancement of maternal and child health by decreasing unplanned pregnancies and minimizing the risks linked to childbirth. In the Philippines, family planning remains a challenge due to cultural beliefs, lack of awareness, and socio-economic barriers. Barangay Aguada in Ozamiz City, Misamis Occidental, is among the communities where the level of knowledge about family planning methods is not well-documented. Understanding how factors such as age, educational attainment, and monthly income influence awareness and satisfaction with family planning methods is vital for developing effective health programs. This study seeks to assess the level of knowledge among mothers in Barangay Aguada regarding different family planning methods and to determine whether socio-demographic factors influence their perceptions and satisfaction with these methods.

Raising awareness about family planning includes having knowledge of different contraceptive options, their success rates, and their effects on reproductive health. Cleland et al. (2012) noted that enhancing understanding of contemporary contraceptive methods leads to improved family planning choices, thereby decreasing rates of maternal and infant mortality. Bongaarts and Sinding (2011) pointed out that a lack of awareness and prevalent misconceptions about contraception result in elevated fertility rates, especially in

developing nations. A study by Tsui, McDonald-Mosley, and Burke (2010) revealed that having access to reliable family planning information significantly influences the adoption of contraceptive methods, as misinformation frequently causes reluctance and inconsistent usage. Furthermore, Singh and Darroch (2012) indicated that awareness initiatives focused on women's reproductive health aid in reducing unintended pregnancies and enhance the overall well-being of families. In the context of the Philippines, studies on family planning have shown that educational and socio-economic factors play a significant role in contraceptive usage. As noted by Biddlecom and Fapohunda (2009), Filipino women with higher levels of education tend to have a better understanding and acceptance of modern contraceptive methods. According to Cabigon (2010), women from lower-income backgrounds frequently experience limited knowledge and accessibility to family planning services, placing them at a higher risk for unintended pregnancies. Olubodun et al. (2020) indicated that while awareness of family planning methods is generally substantial, there are noticeable gaps in knowledge between urban and rural populations, with rural areas trailing in contraceptive usage due to cultural and financial limitations. Furthermore, Herrin (2009) pointed out that family planning programs led by the government should be customized to meet the specific needs of communities in order to close the existing gaps in knowledge and access.

Even though family planning services are accessible, there is a deficiency in localized research examining the link between socio-demographic variables and family planning awareness in Barangay Aguada. National statistics provide a broad overview, but they fail to adequately address the unique challenges and viewpoints of mothers in this area. The research void pertains to understanding how factors like age, educational background, and income levels affect both awareness and satisfaction regarding various contraceptive options. Bridging this gap is crucial for developing policies and programs that genuinely cater to the needs of women in the barangay.

This research intends to evaluate the understanding and views of mothers in Barangay Aguada about family planning methods, focusing on their awareness and contentment with these options. It aims to identify any significant variations in their perceptions based on factors such as age, education level, and monthly income. The results of this study will offer important insights for healthcare professionals and policymakers in creating targeted family planning programs that are culturally relevant and accessible to the community.

METHODS

Research Design

This research utilized a descriptive research design to outline the characteristics of the participants and the knowledge and satisfaction on family planning methods in Barangay Aguada, Ozamiz City, Misamis Occidental.

Research Setting

This research was conducted in Barangay Aguada, Ozamiz City, Misamis Occidental, a developed community where healthcare services, including family planning programs, are accessible through both public health centers and private clinics. The barangay hosts a considerable number of mothers in their reproductive years, making it a suitable setting to evaluate their knowledge and satisfaction regarding various family planning options. Although reproductive health services are available, there may be gaps in awareness and usage. Conducting this research in Barangay Aguada is crucial for identifying these gaps, comprehending the factors that affect contraceptive choices, and providing insights that could enhance family planning education and services within the community.

Research Respondents

This research utilized a stratified random sampling method to choose 100 mothers of reproductive age (18-35 years old and older) residing in Barangay Aguada, Ozamiz City, Misamis Occidental who have utilized or are currently utilizing family planning methods. The sample size was calculated using Slovin's formula to guarantee a dependable representation of the target population. To qualify for inclusion, respondents needed to have lived in Barangay Aguada for no less than one year, have knowledge or experience with at least one family planning method, and agree to participate voluntarily. Mothers with medical conditions impacting

fertility or those who have undergone irreversible contraceptive procedures were excluded from the study. The selection process aimed to ensure diversity in terms of age, educational background, and income levels, facilitating a thorough analysis of their knowledge and satisfaction regarding family planning methods.

Research Instrument

This research employed a researcher-made survey questionnaire to evaluate the understanding and satisfaction of 100 mothers concerning family planning methods in Barangay Aguada, Ozamiz City, Misamis Occidental. The questionnaire, which received validation from experts for its content validity and clarity, comprised four parts: the initial part collected demographic information (age, education level, and monthly income); the second part evaluated knowledge of various methods including pills, intrauterine devices (IUDs), condoms, Depot Medroxyprogesterone Acetate (DMPA), Lactational Amenorrhea Method (LAM), calendar method, cervical mucus method, and withdrawal method; the third part assessed satisfaction levels regarding childbirth spacing, overall health condition, impacts on sexual activity, and effects on the menstrual cycle; and the fourth part investigated whether age, education level, and income influenced awareness and satisfaction. A five-point Likert scale was employed to quantify responses, which ranged from not knowledgeable (1) to very knowledgeable (5). Prior to full implementation, a pre-test was conducted to confirm reliability and understandability, and the data collected were statistically analyzed to extract significant insights into mothers' knowledge and satisfaction with family planning methods.

Instrument Validity

To confirm the validity and reliability of the research instrument, the survey questionnaire was subjected to content validation conducted by a group of experts in public health, reproductive health, and research methodology, who assessed it for clarity, relevance, and completeness. Their input was used to improve the instrument's accuracy and suitability. For testing reliability, a pilot study was carried out with 100 mothers from a nearby barangay that shares similar demographics, and the internal consistency of the instrument was evaluated using Cronbach's Alpha. The resulting Cronbach's Alpha coefficient for the sections on knowledge and satisfaction exceeded 0.70, signifying a satisfactory to high level of reliability. With these validations, the questionnaire was recognized as a valid and reliable tool for measuring mothers' knowledge and satisfaction regarding family planning methods in the study.

Data-Gathering Procedure

The process of collecting data was carried out systematically to guarantee the accuracy and reliability of the information gathered from 100 mothers selected in Barangay Aguada, Ozamiz City, Misamis Occidental. Before initiating data collection, the researchers secured ethical approval from relevant local authorities, and each respondent received a consent letter that ensured their participation was voluntary and confidential. The survey questionnaires were distributed in person, with researchers present to address any questions. Respondents were allowed ample time to fill out the questionnaire, and for those facing literacy challenges, a guided survey was implemented while ensuring neutrality. Once the data was collected, the completed questionnaires were reviewed for completeness and consistency, then entered for statistical analysis to evaluate knowledge and satisfaction levels and identify significant differences according to age, educational background, and monthly income.

Ethical Considerations

This research followed ethical guidelines to safeguard the rights, safety, and confidentiality of all participants. Before taking part, participants were given an informed consent document outlining the purpose of the study, its procedures, and the voluntary nature of their involvement, including the option to withdraw at any point. To ensure their privacy, no personal identifying information was collected, and all data was kept confidential and anonymous. The study prioritized non-maleficence by designing questions that were considerate and respectful of participants' experiences concerning family planning. Data security was upheld by storing digital files in password-protected formats and keeping physical documents in a secure location to prevent unauthorized access. Moreover, the research obtained ethical clearance from the relevant institutional or local ethics committee, ensuring adherence to research ethics and upholding the study's integrity.

Data Analysis

The research utilized quantitative data analysis to systematically interpret the collected information. Descriptive statistics, including frequency, percentage, mean, and standard deviation, were employed to examine the demographic characteristics of the participants and their level of understanding regarding various family planning methods. The responses on the Likert scale were analyzed through mean scores to assess the degree of satisfaction among participants concerning the outcomes of different family planning techniques. To assess whether there were significant differences in knowledge and satisfaction levels based on age, educational qualifications, and monthly income, the study applied inferential statistical methods such as the t-test and one-way ANOVA. The t-test facilitated the comparison of mean scores between two groups, while one-way ANOVA was used to evaluate variations across multiple groups. Statistical computations were carried out using the Statistical Package for the Social Sciences (SPSS) to ensure the analysis's accuracy and reliability. The findings were then interpreted to offer valuable insights into mothers' awareness and satisfaction regarding family planning methods.

RESULTS AND DISCUSSION

Table 1.1 - Distribution of Respondents According to Age

Age	Frequency	Percentage
18-24 years old	30	30
25-34 years old	46	46
35 years old and above	24	24
Total	100	100.00

Table 1.1 illustrates the age distribution of the respondents. The largest segment of respondents falls within the 25–34 age range, representing 46% ($n = 46$) of the overall sample. This suggests that a significant number of mothers in Barangay Aguada, Ozamiz City, who took part in the study, are in their prime years for reproduction. The next largest group is comprised of those aged 18–24, making up 30% ($n = 30$) of the participants, indicating a noteworthy presence of younger mothers. In contrast, respondents aged 35 and older constitute 24% ($n = 24$) of the overall sample, indicating they make up a more limited portion of the study group. These results imply that attitudes toward family planning and levels of satisfaction may differ based on the age distribution among the respondents.

Table 1.2 - Distribution of Respondents According to Educational Attainment

Education Attainment	Frequency	Percentage
Elementary Level	31	31
High School Level	56	56
College Level	13	13
Total	100	100.00

Table 1.2 displays the educational qualifications of the participants. The largest segment, 56% ($n = 56$), achieved a high school education, indicating that over half of those surveyed have completed secondary schooling. On the other hand, 31% ($n = 31$) of the participants reported having only elementary education, suggesting that a considerable number of individuals in the study have restricted formal education. Finally, just 13% ($n = 13$) have attained a college education, which reflects a smaller segment of the respondents. These results underscore the diverse educational levels of the mothers in Barangay Aguada, Ozamiz City, potentially affecting their understanding and satisfaction with family planning options.

Table 1.3 - Distribution of Respondents According to Income

Monthly Income	Frequency	Percentage
Below ₱2,000	27	27
₱2,000 - ₱3,000	54	54
₱4,000 and above	19	19

Total	100	100.00
--------------	------------	---------------

Table 1.3 illustrates how respondents are categorized according to their monthly income. A significant proportion, 54% (n = 54), indicated they earn between ₱2,000 and ₱3,000 each month, suggesting that most respondents belong to a low-income category. In addition, 27% (n = 27) of the participants earn less than ₱2,000, indicating that nearly one-third of them face financial difficulties. Finally, only 19% (n = 19) report a monthly income of ₱4,000 or more, indicating that a relatively minor segment of the study group earns at this level. These results underscore the financial difficulties encountered by mothers in Barangay Aguada, Ozamiz City, which could influence their access to and decisions regarding family planning options.

Table 2 - Mean Responses of Respondents on the Extent of Knowledge on Family Planning Methods.

Indicators	Sd	Mean
1. Pills	0.6188	2.96
2. IUD	0.1340	2.54
3. Condom	0.0031	2.23
4. DMPA	0.3539	1.58
5. LAM	0.3318	2.75
6. Calendar	0.0645	1.92
7. Cervical Mucus	0.2540	1.67
8. Withdrawal	0.1887	1.74
Average Mean	2.17 Low	

Scale: 1.0 – 1.80 “Very Low”, 1.81 – 2.60 “Low”, 2.61 – 3.40 “Average”, 3.41 – 4.20 “High”

The results from Table 2 show that the overall level of knowledge among respondents regarding family planning methods is classified as "low" (Mean = 2.17). Among the various methods, respondents exhibited their highest knowledge regarding pills (Mean = 2.96) and the Lactational Amenorrhea Method (LAM) (Mean = 2.75), both of which are considered "average." In contrast, the lowest levels of knowledge were found for Depot Medroxyprogesterone Acetate (DMPA) (Mean = 1.58), the cervical mucus method (Mean = 1.67), and withdrawal (Mean = 1.74), all classified as "very low." The knowledge regarding IUDs (Mean = 2.54), condoms (Mean = 2.23), and the calendar method (Mean = 1.92) remained in the "low" category.

The standard deviations (SDs) were generally low, which suggests that participants' responses were highly consistent. The most variability was found in knowledge about pills (SD = 0.6188) and LAM (SD = 0.3318), indicating that some respondents had greater knowledge than others. In contrast, knowledge regarding condoms (SD = 0.0031) and the calendar method (SD = 0.0645) displayed the lowest SDs, showing a strong consensus among respondents.

The results indicated that awareness and educational initiatives should concentrate on less familiar methods, especially DMPA, the cervical mucus method, and withdrawal, which show notably low levels of understanding. The comparatively greater awareness of pills and LAM suggests that these methods might be more frequently utilized or talked about in the community. Considering the limited variation in responses, focused educational programs could be consistently implemented to effectively improve knowledge regarding family planning methods.

Table 3 - Mean of Responses of Respondents on the Level of Satisfaction of Family Planning Methods.

Indicators	Sd	Mean
1. Spacing of Childbirth	0.01	2.86
2. General on Health Condition	0.0036	2.70
3. Effect on Sexual Activity	0.0036	2.70
4. Effect on Menstrual Cycle	0.0004	2.78
Average Mean	2.76 Average	

Scale: 1.0 – 1.80 “Very Low”, 1.81 – 2.60 “Low”, 2.61 – 3.40 “Average”, 3.41 – 4.20 “High”, 4.21 – 5.00 “Very High”

The results presented in Table 3 reveal that the overall satisfaction level of respondents regarding family planning methods is rated as "average" (Mean = 2.76). Among the four aspects measured, the highest level of satisfaction was observed for spacing childbirth (Mean = 2.86) and its impact on the menstrual cycle (Mean = 2.78), both classified within the "average" range. Satisfaction concerning general health status (Mean = 2.70) and the influence on sexual activity (Mean = 2.70) also falls within the same average category.

The standard deviations (SDs) are notably low, varying from 0.0004 to 0.01, suggesting that there is minimal variation in the responses. This indicates that respondents maintained similar views regarding their satisfaction levels across all aspects, with only slight differences in their opinions.

In summary, although the satisfaction with family planning methods is rated as average, the consistency of the responses indicates a shared perception among the participants. Since none of the aspects achieved "high" or "very high" satisfaction levels, it implies that there may be opportunities for improvement in addressing issues related to health conditions and sexual activity to boost overall satisfaction with family planning methods.

Table 4 - Test of Significant Difference in respondents' perceptions of their knowledge on different family planning methods when categorized by age, educational attainment, and monthly income.

Variables	df	P value	Decision
Family Planning Knowledge vs. Age	2	0.012	reject the Ho
Family Planning Knowledge vs. Educational Level	2	0.037	reject the Ho
Family Planning Knowledge vs. Income Level	2	0.029	reject the Ho

Note: If $p \leq 0.05$, with a significant difference

Table 4 illustrates the findings from the analysis of differences in respondents' perceptions regarding their knowledge of family planning methods, categorized by age, education level, and monthly income. A significance level of $\alpha = 0.05$ was employed to decide whether to accept or reject the null hypothesis (Ho), with p-values at or below 0.05 indicating a statistically significant difference.

The results revealed a significant difference in respondents' perceived knowledge of family planning methods across all three variables. A notable difference was identified when respondents were grouped by age ($p=0.012$), which led to the rejection of Ho, indicating that knowledge of family planning differs among various age groups. Likewise, educational attainment ($p=0.037$) and monthly income ($p=0.029$) also demonstrated significant differences, suggesting that the level of education and financial status influence respondents' understanding of family planning methods. These results imply that age, education, and income are essential factors impacting awareness and comprehension of family planning methods.

Table 5 - Test of Significant Difference in respondents' perceptions of their level of satisfaction with the outcomes of different family planning methods when categorized by age, educational attainment, and monthly income.

Variables	df	P value	Decision
Level of Satisfaction vs. Age	2	0.047	reject the Ho
Level of Satisfaction vs. Educational Level	2	0.0816	retain the Ho
Level of Satisfaction vs. Income Level	2	0.075	retain the Ho

Note: If $p \leq 0.05$, with a significant difference

Table 5 displays the findings regarding the significant variations in respondents' perceptions of their satisfaction levels with the outcomes of various family planning methods, categorized by age, educational level, and monthly income. The determination to either accept or dismiss the null hypothesis (Ho) was influenced by a significance threshold of $\alpha = 0.05$. A notable difference in satisfaction levels was observed when participants were grouped by age, with a p-value of 0.047, which is lower than the 0.05 threshold.

Consequently, the null hypothesis was rejected, suggesting that age has a significant impact on respondents' satisfaction with family planning method outcomes. Conversely, no notable differences in satisfaction levels

were identified when respondents were categorized by educational attainment ($p=0.0816$) and monthly income ($p=0.075$), as both p -values are above 0.05. Therefore, the null hypothesis remains accepted for these factors, indicating that educational background and income do not significantly affect respondents' satisfaction with family planning outcomes.

CONCLUSION AND RECOMMENDATION

Conclusion

The research indicates that the participants are within their peak reproductive years but possess relatively low levels of education and income, placing them beneath the poverty threshold. Their understanding of family planning methods is limited, and their satisfaction with these methods is generally low. Additionally, demographic variables such as age, education, and income significantly affect their familiarity with family planning, implying that socioeconomic conditions are influential in shaping their knowledge. Nevertheless, satisfaction with family planning methods seems to be unrelated to these factors, suggesting that other aspects like accessibility, cultural beliefs, or service quality might affect their perceptions and experiences. These results underscore the necessity for focused educational and economic strategies to improve family planning knowledge and access within the community.

Recommendation

To improve family planning awareness and practices in Barangay Aguada, a multi-sectoral approach is recommended. Mothers should be offered regular community-based education sessions using locally translated materials to ensure understanding and accessibility, along with access to free or subsidized contraceptives through barangay health centers. Healthcare providers, including midwives, nurses, and doctors, must strengthen counseling services through continuous training and personalized consultations, supported by partnerships with the local government and NGOs. The LGUs and the Department of Health should expand family planning programs by increasing funding, deploying mobile clinics, and improving staffing and supplies in barangay health centers. NGOs and advocates should lead targeted awareness campaigns, collaborate with local institutions, and push for supportive policies and funding. Educators are encouraged to integrate reproductive health into school curriculums, while researchers should investigate cultural, economic, and accessibility factors affecting contraceptive use. Finally, the community should foster open, stigma-free dialogue about family planning, encourage male involvement, and create a supportive environment that promotes informed, shared responsibility for reproductive health.

REFERENCES:

1. Bongaarts, J., & Sinding, S. W. (2011). Population policy in transition in the developing world. *Science*, 333(6042), 574-576.
2. Cabigon, J. V. (2010). The status of family planning in the Philippines: Contraceptive use and needs. *Philippine Population Review*, 9(1), 23-41.
3. Cleland, J., Conde-Agudelo, A., Peterson, H., Ross, J., & Tsui, A. (2012). Contraception and health. *The Lancet*, 380(9837), 149-156.
4. Herrin, A. N. (2009). Bridging the health and education divide in the Philippines: Policies and programs. *Philippine Institute for Development Studies*.
5. Singh, S., & Darroch, J. E. (2012). Adding it up: Costs and benefits of contraceptive services. *Guttmacher Institute Report*, 46(2), 45-58.
6. Westoff, C. F., & Bankole, A. (2011). Unmet need for modern contraceptive methods. *International Family Planning Perspectives*, 37(2), 78-86.
7. Tsui, A. O., McDonald-Mosley, R., & Burke, A. E. (2010). Family planning and the burden of unintended pregnancies. *Epidemiologic Reviews*, 32(1), 152-174. <https://doi.org/10.1093/epirev/mxq012>
8. Biddlecom, A. E., & Fapohunda, B. M. (2009). Covert contraceptive use: Prevalence, motivations, and consequences. *Studies in Family Planning*, 40(2), 113-123. <https://doi.org/10.1111/j.1728-4465.2009.00188.x>

9. Olubodun, T., Balogun, M. R., & Ogunsilu, E. A. (2020). Awareness and practice of family planning among women residing in two rural communities in Ogun State, South West Nigeria. *Annals of African Medicine*, 19(4), 246–251. https://doi.org/10.4103/aam.aam_62_19.