

## **Barriers and drivers to the use of modern contraceptives in Nigeria**

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### **Abstract**

#### Introduction:

There is a significant unmet need for family planning among Nigerian women. This need has been calculated to be over twenty-seven percent of the population, with some regions seeing even higher rates. Family Empowerment Media (FEM) is an organisation which produces and disseminates radio shows providing information on family planning, in order to encourage usage and ultimately reduce maternal deaths.

As such, this project collaborated with FEM to further evaluate family planning in Nigeria. Within each of the six geopolitical zones of Nigeria, the aim was to determine the current status of contraception use and identify barriers and drivers regarding the use of family planning methods.

#### Methodology:

A literature search of the following databases: Google Scholar, PubMed and African Journal OnLine was performed, reviewing published articles from 2005 through August 2021. Barriers and drivers identified were allocated a strength based on the frequency of appearance and quantitative/qualitative data found across studies and publications. Barriers identified across several zones were also ranked higher than barriers noted within a single area.

#### Results:

Findings showed that barriers and drivers vary between individual geopolitical zones, as well as between urban and rural environments within zones. Barriers which were consistently important was pressure from partners, societal stigma and a lack of in-depth knowledge regarding contraception and family planning. Evidence regarding drivers was much more scarce, however, available data suggests that improvements in health and financial freedom are important aspects in encouraging the use of family planning and contraception. Limitations of the research include a lack of consideration of unmarried women and a general scarcity of quantitative evidence.

#### Conclusion:

This scoping review has helped establish a baseline understanding for family planning in Nigerian geopolitical zones. Future campaigns by FEM should provide information regarding contraception and family planning, in order to dispel barriers, and highlight the resulting benefits on health and financial freedom, in order to drive usage. Further research should also be conducted given the limitations identified, focussing on the development of quantitative evidence through the consideration of a diverse population of married and unmarried as well as rural and urban women and men.