

Communication and Decision-Making Factors Influencing Couples Interest in Family Planning and Reproductive Health Behaviours in Nigeria

David Oladeji

*Department of Home and Hotel Management, (Child Development and Family Studies Unit),
Olabisi Onabanjo University, Ago-Iwoye, Nigeria
Telephone: +2348055066757, E-mail: dijideji@yahoo.co.uk*

KEYWORDS Communication. Decision-Making. Couples. Family Planning. Reproductive Health Behaviour

ABSTRACT This study examined the influence of communication and decision-making factors on family planning and reproductive health behaviour among couples. A total of five hundred couples from Ibadan metropolis constituted the sample for the study. Their ages ranged from 32 years to 45 years with a mean age of 38.5 years and standard deviation of 11.2. The two instruments used were author-constructed questionnaires with 0.68 and 0.63 reliability coefficient respectively. The data obtained were analysed using frequency counts, percentages and multiple regression analysis. The results indicated that significant relationship existed between each of the variables, and family planning and reproductive health behaviour among the couples involved in the study. The results further indicated that a combination of the independent variables significantly predicted family planning and reproductive health behaviours. The results therefore, indicate the need counselling psychologists to take cognizance of those variables that have been found to influence family planning and reproductive health behaviour among couples. The results further recommend counselling psychologists to mount intervention strategies to help couples achieve effective family planning and reproductive health behaviour.