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Abstract:  This descriptive study determined the family planning of the Bacarra residents as basis of an enhanced Family Planning Program. Specifically, it investigated the profile of the respondents, their level of awareness on the benefits of complying the provisions of the Family Planning Program, the extent of practicing family planning methods and the extent of subscribing family the planning services. Moreover, it formulated a proposed plan to enhance the Family Planning Program in Bacarra, Ilocos Norte.

Respondents of the study were mothers who are in their reproductive age, that is between 15-44 years old taken randomly from the eight barangays of Bacarra, Ilocos Norte.

A research-made questionnaire was used in gathering the needed data. Data gathered were tabulated and statistically analyzed using frequency expressed in percentages and the weighted mean. The study was conducted from April 2005 to January 2006.

Findings of the study showed that majority of the respondents are 21-26 years old (96 or 29.69%), finished high school (116 or 35.94%) are Roman Catholics (186 or 57.81%) belong to the poverty line (140 or 43.75%) and have more than three children (171 or 53.12%).

As to the level of awareness of the respondents on the benefits of complying the provisions of the family planning program, the study found out that the respondents are not aware that family planning improves family stability and harmony as evidenced by the weighted mean of 1.38. The same thing holds true for gaining freedom to enjoy various activities with a weighted mean of 1.27. On the other hand, they are very aware that better spacing of pregnancies can help improve family conditions as shown by the weighted mean of 2.55.
Results of the study revealed that all respondents use the artificial method of family planning particularly on the use of contraceptive pills.

In terms of subscription to family planning services, majority of the respondents often subscribed to both counseling and dispensing contraceptives.

Findings of the study showed that the respondent’s male partners often encourage and support them to use family planning methods. However, male partners were found not involved in encouraging his wife friends to use family planning methods. More so, they don’t attend seminars, symposia and the like and disseminate information on family planning methods.

Based on the findings of the study, the following conclusions were deduced: The respondents are not fully knowledgeable on the family planning program and are generally poor, the respondents families are living comfortably, the respondents prefer to use oral contraceptive (pills) for preventing or spacing pregnancy, the respondents are very much concerned to their physical well-being as well as to their children, and ineffective information dissemination as to the involvement of male partners in family planning.

Based on the findings and conclusions of the investigation, the following recommendations are deemed necessary: 1. The government should intensify education of the people on family planning. Government officials should carry out nationwide campaign using all possible media like television, print and seminars. They should also render additional family planning and related services to the population like distribution of more condoms, pills and the like. Likewise, free check-ups or consultation of couple should be rendered; 2. Couples should decide freely and responsibly the number of spacing of their children and the number per se; 3. Males should participate in the family planning program so as to avoid having unwanted pregnancies and other complications of having a large family they cannot maintain; 4. Health workers should do their part in carrying out the programs of the government by constantly monitoring every barangay's population growth. They should also be instrumental in encouraging males to participate actively in family planning programs; 5. There should be follow-up studies on this area because the country’s population changes drastically over short period of time; 6. Other variables not included in the research like health conditions of the mother and child should be included in future research; and 7. This research could be used as reference by future researchers to strengthen, support or negate the study’s findings, and it is
highly recommended that the proposed plan be utilized by the concerned agencies/institutions to enhance the implementation of the Family Planning Program.