

Table 2: Relationship between family planning and marital satisfaction among married people in Lagos State.

Variable	N	mean	rc	rt
Family planning	519	99.11	0.741*	0.195
Marital satisfaction	519	30.55		

*Significant, $P > 0.05$

The result in table 2 shows a significant relationship in the perception of family planning and marital satisfaction among married people because the calculated value which is 0.747 is greater than the table value of 0.195. Therefore, the null hypothesis that says there is no significant relationship between family planning and marital satisfaction is rejected.

6. Discussion of Findings

The result of the descriptive analysis on the research question raised in this study revealed that majority of the respondents had a favourable opinion towards family planning. This could be due to positive value some researchers place on family planning. The finding is in line with that of Ringheim and Gribble who noted that contraception helps individual to choose when to have children, prevents unintended pregnancies averts maternal and child deaths and also prevent abortions [8]. It also corroborates that of Osakinle who believed family planning helps women to prevent unwanted pregnancies, limit the number of children which will bring healthy reproductive living and healthy sexual relationships among couples [6].

The finding of the hypothesis generated also established a significant relationship between family planning and marital satisfaction. This could be due to fact that lack of sexual intimacy could cause tension and problems within the family which can lead to serious marital disharmony, hence, the need for family planning. Carroll shed more light on this [2]. She sees marital satisfaction for men to be related to the frequency of pleasurable activities in a relationship, while for women, it was related to pleasurable activities that focus on emotional closeness. This could be in form of sexual relationship no wonder Adesanya observed that when marital partners fail to satisfy each other in a sexual encounter over a long period, problems ensue [1].

7. Conclusion

Based on the findings of this study, it could be deduced that majority of married people in Lagos State had favourable perception towards family planning. There is also a relationship between family planning and marital satisfaction. One could therefore conclude

that family planning is a booster to sexual intimacy which could lead to marital satisfaction among couples.

8. Recommendations

Based on the findings of this study, it was recommended that family planning services should be provided in all walks of life, especially for married people. This will encourage people with unfavourable perception the more. Also, since there is a relationship between family planning and marital satisfaction, it is recommended that married people should have access to safe and voluntary family planning counselling and services which could expose them to importance of family planning.

9. References

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