



**DETERMINANT OF PEOPLE’S ATTITUDE TOWARDS POPULATION CONTROL IN  
CALABAR MUNICIPALITY, CROSS RIVER STATE, NIGERIA**

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**Abstract**

The main objective of this study was to investigate the determinant of people's attitude towards population control in Calabar Municipality, Cross River State. To achieve the aim of this study, four research questions and four null hypotheses were generated to guide the study. The survey research design was adopted for the study. A total sample of two hundred and ten (210) people residing in the study area were randomly selected for the study. The selection was done through the stratified random sampling technique. The “Determinants of People’s Attitude towards Population Control Questionnaire (DPATPCQ)” was constructed as a tool for the data collection by the researcher. The data collected were subjected to hypothesis-by-hypothesis analysis, with each hypothesis tested at 0.05 level of significance, using independent t-test analysis and Pearson product moment correlation analysis. The findings of the study showed that marital status, knowledge of contraceptives, age and gender are of significant relationship with the attitude of people towards population control in the study area. Based on the findings, the study recommended that Proper awareness and enlightenment programmes should be carried out on the use of different contraceptives, and birth measures through a channel and medium accessible to all in the study area.

*Keywords: Population, control, questionnaire, attitude determinants*

## **1. Introduction**

One of the greatest challenges of the 20<sup>th</sup> century has been the rapid rate of human population growth. As we entered the 21<sup>st</sup> century, the population of the world continued to increase at a dramatic rate, thus adding to the pressure on the environment and its resources. Rapid population growth is considered a global problem which needs to be controlled because it brings undue pressure on scarce resources and adversely affects human life, the environment and well-being of the society (Brown, 2011). One major indicator and determinant of demographic change is fertility which demographers refers to as the total fertility rate, the number of births that can be expected to occur to a typical woman's fecundity (her physiological ability to conceive and bear children and social, cultural, economic and health factors that influence reproductive choices in the country). The most important non-physical factors influencing a country's total fertility rate include relationship status (the fraction of women who are married or in a relationship that exposes them to the possibility of becoming pregnant), use of contraception, the fraction of women who are fertile. For example, because they are breast-feeding a child, and prevalence of indeed abortion (Ushie, 2009).

Fertility levels are lower in developed countries than in developing nations because more women in developed countries work outside of the home and tend to marry later and to use contraception and abortion to delay or prevent childbearing. Most of the exceptions are in central and Western Africa (Ushie, 2009). Fertility patterns can vary widely within countries, state and ethnicity. Ethnic minorities may have a higher fertility rate than the majority and families with low income or low level of education typically have more children than those that are affluent or well educated. Women who work outside the home generally have fewer children than those who stay at home, and rural families have more children than city dwellers (Yang, 2003).

Population growth varies in various ecological contexts. Primarily, the basic factors that determine the attitude of people towards controlling the increase and decrease of human population as discussed in this research work are marital status, gender, knowledge of contraception and age. How marital status relates to human population control is an important public policy issue given debates over programmes to directly encourage healthy marriages. Population increases rapidly in areas with culture and tradition that encourage polygamous families. Thus, if the number of wives married by a man is more than one, they are likeliness of generating a rise in human population is an important side effect (Barrett, 2001). Gender as a

determinant of population control affects the increase and decrease of the human population. A population with high ratio of female to male (i.e. more women than men) has a high tendency to be over-populated in the nearest future (Grimes, 2006). Also, the use of contraception (family planning) has attracted attentions all over the world due to its relevance in decision making, human population growth and development. (Samuel, 2010). Brown (2004) argued that most traditional societies welcome family planning practices because they are linked to the world communication and transportation network which carry ideas and message on contraceptive use. On the other hand, some societies do not accept family planning due to their cultural practices. Women education results in women empowerment and it enable them to use contraceptive services more effectively. The World Health Organization (2001) found out that women's education is in line with lower fertility which constitutes management of reproductive resources. Women's education has once been linked with reduction of child mortality among rural dwellers. Women's education enhances capability and their reproductive right to decide freely and responsibly the number spacing and timing of their children and to have other necessary information regarding reproductive rights. Studies have shown that education is a determinant of awareness of the use of contraceptives (Family Planning Practices) in Nigeria. This study therefore intends to examine the determinants of people's attitude towards population control.

### *1.1 Objectives of the study*

Generally, the main purpose of this study is to find out the determinants of people's attitude towards population control in Calabar Municipality of Cross River State, Nigeria. Specifically, the study shall:

1. Examine how marital status influences the attitude of people towards population control.
2. Ascertain how knowledge of contraceptive relates with attitude of people towards population control.
3. Investigate how age influences the attitude of people towards population control.
4. Examine the influence of gender on the attitude of people towards population control.

### *1.2 Research Questions*

1. How does marital status influence the attitude of people toward population control?
2. To what extent does knowledge of contraceptive relate with the attitude of people towards population control?
3. How does age influence the attitude of people towards population control?
4. To what extent does gender influence the attitude of people toward population control?

## 2. Theoretical Framework

Scholars over the years have employed various theories to explain social problems. Those theories provide a framework around which their ideas and knowledge about the study are organized and through which facts are brought to time light.

Donald Bogue's (2011) in his theory of demographic regulation maintains that all societies can regulate their population and that such regulation is a result of certain social norms and economic conditions. According to him, every society tends to keep its vital parses in a state of balance use that the population will replenish. Losses from death and growth to an extent deemed desirable by collective norms. The norms are flexible and first prompt change in the ability of the economy to support population. This is because without regulating, there will be crises, resource depletion and high level of crime in society. This theory is relevant to the study in the sense that, one of the focal point of the study is to regulate human population control to the level that will be beneficial to the environment and human race because according to him, there must be a state of balance in population in every society by so doing, the economics of every nation will be able to sustain its own population. The implications of Bogues theory of demographic regulation to this work are that: To strengthen and extend the use of economic instruments in the implementation of environmental policy, in a more environmentally effective and economically efficient ways, there is need to increase economic analysis of environmental policy measures, with the aim of achieving environmental objectives more cost- effectively. It also ensures that voluntary agreement becomes more transparent, effective, and efficient, to assure appropriate enforcement of regulatory measures and to extend environmental legislation and policy to cover all types of contaminated sites.

In their Attitude theory, Fishmein and Ajzen's (1975), proposed that a person's attitude towards any object is a function of his or her beliefs. Ajzen (1989) explains that this theory is based on reasoned action prediction upon behavioral goals and attitude, can be examined by studying the various attitudes that influence it or by its relationships to a specific behavioral goal. Using the "balance system concepts" to explain attitude, Kelvin (1970) suggests three components of attitude, namely, cognitive, affective, and behavioral components. According to Ukpong (2000). These are explained as follows:

- Cognitive component: The ideas and proposition that expresses the relation between situation and attitudinal objects (e.g., hard water wastes too much soap).
- Affective or emotional component: emotional or feelings water that accompany the idea (e.g., dislike for hard water)
- Behavior component: The predisposition or readiness for action (e.g., refusal to use hard water for washing).

The bond between the three components of attitude is quite logical and is positively interconnected to produce a positive attitude of the individual. The opposite experience understandably produces a negative attitude. Based on the theory of reasoned action, one's attitude is in relation to his/her behavior. The relevance of this theory to the present study is that attitude, like interest and value is central to the behavior of any person, depending on whether they are positively or negatively directed towards promoting or inhibiting population control. Attitudes are expected to influence choice, value, participation, and commitment towards population control.

### **3. Empirical Framework**

#### *3.1 Marital Status and Attitude of People towards Population*

The relationship between marital status and population control, knowledge of contraceptive and population control has been quite an area of research. Over the last few decades, numerous studies have shown advantage of been married on the health of an individual (Zick and Smith, 2001) and it is found that marriage have lower rates of mortality, morbidity, and mental disorders in comparison to singles (Goldman, Korenthan, & Weinstein, 2000). This implies that the marital status of a geographical location determines population increase in the area. Also, divorce has the highest rate of poor self-reported health status followed by the widowed (Hughes, 2007). Furthermore, married people experience less psychological distress than those who are single and report greater life satisfaction (Barrett 2007).

Recent literature found that household composition and living arrangement associated with marriage may partially explain the differences in population status among various marital status groups (Huges, 2007). However, two theories studies suggested are theory of marriage protection and theory of marriage selection. These theories explain a possible mechanism through which the relationship between marital status and population increase works (Land, 2002). In one hand, former theory asserts that marriage may have protective effect on human population through social integration and social regulation increase in economy resources

(Cherlin, 2000), reduction in risk behaviors like smoking, heavy drinking, and substance abuse, by providing social and psychological support are also of instrumental support for tasks like household work (Umberson, 2005) etc. On the other hand, the theory of marriage selection suggests that healthier people are more likely to get married, whereas less healthy people either do not marry or are more likely to be thrown out of the marriage system via separation, divorce, or widowhood.

Marriage positively affects health of both men and women by determining the human population, several studies suggest for marital status differential in its relationship with human population increase and generally its advantages have been found greater for newly-married than older marriages (Umberson, 2005; Cherlin, 2000). Most of the studies opine that quality of marital life follows a curvilinear (curved line) pattern in which marital quality is found highest in younger adulthood and old age and lowest during middle age (Umberson, 2005; Lawson, 2001).

Thus, from the above literature, it is evident that marital status and human population increase are inter-linked, and the relationship may vary from newly married to old marriages. Also, in August 1999, India became the 2nd country to have its population reach one billion mark (Brown & Brian, 2008), meaning nearly 180 million persons when added to the national population (Bhasin, 2005). Realizing the consequences, India has been implementing official family planning programs to curb population growth since 1950. But despite the availability of a wide range of contraceptive and mass media campaign programs, the population control remained a distant dream to achieve (Rajni, 2010). This was possibly because over the years, emphasis was laid on the adoption of drastic measures; thereby neglecting its acceptance at a grassroots level (Hansen, 2007). However, the acceptance of family planning is influenced by man socio-cultural and demographic factors at levels of individual, family, and society (Bhyan, 2006). Among these different factors, education is considered to exert the most profound effects on family planning acceptance on fertility. It is usually maintained that education not only provide opportunities for personal advancement and awareness of social mobility, but it also provides a new outlook, freedom from tradition, the willingness to analyses institution, values and patterns of behavior and the growth rationalism (Chukia, 2006). In other words, education is the most dynamic and influential tool for inducing positive attitudes among couples towards the methods and measures of family planning (Shukla, 2006). In the absence of adequate and accurate information

regarding different contraceptive measures as well as the benefits of family planning measures to the rural masses, added to the over-increase population burden (Manju, 2005).

Again, Rajni (2010) revealed that married women are always against the use of family planning which is a means of controlling childbearing as well as the population. This is because of a misconception or belief that when a married woman involved herself in the use of family planning, she is giving herself to prostitution, consequently, her husband is expected to divorce her on the ground that she is committing adultery in the matrimonial home.

### *3.2 Knowledge of Contraceptives and Attitude of People towards Population Control*

Sources of information on contraceptive include parents or family members, school programs, doctors, clinics, friends, books, and the internet. Women are less likely to experience an unplanned pregnancy if they received sex education. Singh and Darroch (2008) found that most young people who prefer not to get information about sex education, with focus on their abstinence or contraceptive has been highlighted by critics. More especially, the questions arise what type of education system can help prevent unplanned pregnancy and abortion? Women, who received less or no education concerning abstinence or birth control from parent and school were the most likely to be at risk of an unplanned pregnancy or abortion (Singh & Darroch, 2008).

Knowledge and use of contraceptives play a vital role in preventing various consequences of failure to contraceptive. When young people move out of their parents' home, direct parental control ceases and identification peer group increases. Parental advice is quickly forgotten, and peer pressure takes over. In such conditions, sexual intercourse is practiced with the resultant pregnancy. Sexual education and talk about sex are one of the topics that are not usually discussed by member of the family (Gama, 2008). Teenagers who experience physiological and other challenges often find it very complicated to discuss these experiences with their parents and their parents are not open to talk sex with their children because children often construe sex talk as an indication that children are ready for sex. In need for information therefore, teenagers often seek information from friends consequently, wrong information is passed around. Past studies showed that moderating factors that could influence women's non-utilization of contraception include demographic factors such as age, gender and cultural/traditional beliefs and practice. Women may not use contraceptive because they are lacking enough information or they are not educated about the utilization of contraceptive, their benefits, and effects. Similarly, Eggestion (2009) reported that attitude

and behaviour among adolescent have revealed that sexual attitude and behavior among adolescent have been significantly shaped by socio-psychological factor and consequently affect their knowledge of contraceptive.

According to Ugoji (2008), the knowledge, use and conceived problems in the use of contraceptive in predicated upon young people social and demographic characteristics. Most importantly, the study showed that gender and age are significant variables in understanding knowledge and use of contraceptives among people. Past studies showed that the level of awareness on the use of contraceptive was significant different for men compared to women and for respondents of different age groups. He reported that there is a significant relationship between people's attitude towards contraceptive use and their knowledge of contraceptives. This corroborates the findings of the present study by Ngul (2014) which revealed that the attitude of young adults and adolescents affect their knowledge of reproduction. In other studies, the relationship between young adult's attitudes and their knowledge of contraceptive has been well established. Eggestion (2006), concluded that sexual attitude and behavior among adolescents have been significantly sharpened by socio-psychological factors and consequently, affect their knowledge of contraception. Therefore, young adults need better sex education and greater access to family planning service. The study has found that there are several factors that inhibit the use of contraceptives among young people. For example, parental level of education and income, and people's access to enough funds to buy contraceptives that are not provided for free determine levels of use of contraceptive. It has been noted that women of high socio-economic status are likely to engage in family planning practices than women of low socio-economic status in (Ngwu, 2014).

Also, Ngwu (2014) reviewed most of the women with high socio-economic status are linked to the knowledge/awareness and acceptance of family planning practice because they can foot the bills associated with family planning. The findings from the present study by Ngwu (2014), reviewed that religious beliefs and cultural sensitivities are contributory factors to Nigeria's population increase which have become great concern to economic planners and demographers. The research also noted that the major constraints to family planning include culture practices, religious and ignorance. However, there is a need for stakeholder to work toward changing these trends associated with population explosion and cultural practices of people which have continue to contribute to maternal mortality in Nigeria.

### ***3.3 Gender and Attitude of People towards Population Control***



Several studies suggest for gender differential in its association with human population and generally its advantages have been found greater for men because women are bound to experience uncontrolled increase in human population. Also, it has been widely reported that even among women young women have higher propensity to give birth more frequently than the advance women (Cherlin, 2008). This also implies that the higher the younger women in a population, the higher the chances of having challenges in human population control. It is now recognized that women alone cannot adequately control their sexual and reproductive potential in the extent of power imbalances with their male partners. Male-female collaboration is essential to the development of more caring, responsible sexual relationship and to address gender power imbalance (Sigh, 2009).

Many population initiatives are beginning to focus on male preventing unwanted pregnancy, promoting male responsibility for protecting their own and their partner sexual and productive health, sharing household and childbearing responsibilities, and helping eliminate harmful practices, coercion, and sexual violence which in turn help in human population control. The fact that we are only now emphasizing the issue is proof of the devisal-to-date of many women's rights in human population planning, most researchers are of the view that the way females and males respond to the issues of population control differs. Ngwu (2014) contend in his study that women had lower perception of competence on the essence and importance to population control to a nation. Essentially females see themselves as a weaker vessel compared to males when it comes to decision making and will always want to satisfy their husband by bearing as many children as require by them to avoid being divorced thereby, causing population exploitation. National Gender Policy (2006) states that, despite a general commitment to the principal of non-discrimination as in section 2 of the 1999 Constitution of the Federal Republic of Nigeria, Nigeria falls short of the desired result derived from offering males and females equal to advance socially, physically, educationally, political and economically, thereby given them a level playground to work toward population control. The policy further pointed out that, a major factor limiting women effectiveness in the implementation of population control policy is the stereotype role that is associated with women, the inculcation of beliefs in both boys and girls in the formative years that there are definite and separate roles for both boys and girls. Every culture in Cross River State and Nigeria as a whole, determines the relatives' roles of women and men, and it has become necessary to break out of the barriers. This misconception had planted and all thought in the

minds of tourism practitioners thereby affecting gender and population control relations, which adverse effects are on population.

### *3.4 Age and Attitude of People towards Population Control*

Today, the world has the largest generation of young people in history, with 3.6 billion people under the age of 30 worldwide (Ngwu, 2014). According to him, the human population's age structure (the relative size of each age group) deeply affects development opportunities and plays a major role in human population control, security, and governance challenges. In 2007, Population Action International (PAI) published the shape of thing to come: why age structure matters to a safer, more equitable world. Here, PAI updates and extends the analysis. All countries' human population can be classified into one of four major age structure types based on their followed challenges in human population control. It is now recognized that women alone cannot adequately control their sexual and reproductive potential in the extent of power imbalances with their male partners. Male-female collaboration is essential to the development of more caring, responsible sexual relationship and to address gender power imbalance (Sigh, 2009).

Cherlin (2008) asserts that the four-age structure type relates the state of human population comprising children and young adults under the age of 30 to the share of older adults above age 60. Countries with a very young age structure are those in which two-thirds or more of the population are younger than age 30. Those with a youthful structure have begun the demographic transition but still have more than 60 percent of the population younger than age 30. A transitional age structure occurs when between 45 and 60 percent of the population comprises young people under age 30. According to Cherlin (2008), this population with a higher number of people at youthful age have high to give birth and have response to the quest for population control. In the work of Yang (2003), the economic significance of such shifts is found in their implication the dependency ratio, defined the ratio of non-working to employed persons. As a first approximation, one can define an elderly dependency ratio as the number of potential non-working elder persons to potentially workers. Using the admittedly very arbitrary destruction that person at 65 and over are totally inactive while those 15 to 64 are completely equally productive, the ratio of the former to the latter yields an estimate of the impact population aging on the old-age dependency burden. Population projection, especially those extending to the long run, are subject to considerable uncertainty. He further explained that fertility is particularly volatile, and mortality, while more stable over the medium term, can also be difficult to project. Eight of impossibility of anticipating

significant medical breakthrough: moreover, since changes in lifestyle and healthcare at early age may affect longevity in uncertain ways, life expectancy may differ significantly from the levels assumed in these projections. One of the intriguing issues in management is the relationship between age and population control, the attitude of the respective age group to the issue of population control. It is important to recognize the same age group is very fertile and open for childbearing. Sporting the view, Itorok (2002) viewed the age group in terms of population increase population aging is an inevitable outcome of the demographic transition. In recent years, the issues of population have received renewed attention in many countries. Especially those in the developed regions, owing to the continuance of fertility below the replacement level and outgoing trend towards lower mortality (Itorok, 2002). While these is great variation among them in terms of the level and pace of population aging, demographic process is expected to increase further in those countries, an eventually their population are projected to level off and decline in the foreseeable future. Those changes have profound consequences and far-reaching implications, especially for person schemes, healthcare system education programmes and house plans, as well as for the economic vitality and growth of the country (Cherlin, 2008).

Concerns about an aging society often arise not only from the growing number and proportion of elderly, but also from the rapidly changing ratio of the working age population to the retired population. In particular, the sharp drop of the ratio may directly affect the viability of social security systems. In the study cited earlier, Lesthaeghe and other (2009) compute the ratio of adult women (20-59 years) to elderly women (60 years e older) for the total population of the twelve European countries under five different scenarios.

If the countries kept their current below replacement fertility, the ratio would decline from 2.4 in 1985 to 1.5 in 2060. Immigration of 400,000 women per year from 1985 onwards would be of some help to alleviate the decline but would still yield a ratio of 1.8 in 2060. In his study cited earlier, Wanner (2011) showed that in Switzerland, the ratio of the population aged 65 years or older would be 1.5 in 2050 in the absence of migration, as compared to 21, which is currently projected. While the foregoing studies unanimously point out the limited effect of international migration on population aging, Ryder (2003) noted that the outcomes of these population projections could be sensitive to the assume age distribution of not international migrants. As the age at entry of migrants increases, the expectation of life after migration declines, and so does the reproductive value of a migrants. Using the data for Canada, Ryder demonstrated that the increase in mean age of migrants at entry result in an

increase in the age, given a projection period of a century. Instead of assuming migration to occur with a fixed number or at constant rate and examining the consequences of this immigration on the age structure of a population, some researcher estimated the level migration necessary to maintain the age structure of population. A study by Blanchet (2009) on France as well as one by Watterlar and Roumans (2010) on Austria, Belgium, Canada, Spain questioned whether immigration can be an instrument to maintain the equilibrium the foregoing studies unanimously point out the limited effect of international migration on population aging, Ryder (2003) noted that the outcomes of these population projections could be sensitive to the assume age distribution of not international migrants. As the age at entry of migrants increase, the expectation of life after migration declines, and so does the reproductive value of a migrants using the data for Canada, Ryder demonstrated that the increase in mean age of migrants at entry result in an increase in the age, given a projection period of a century. Instead of assuming migration to occur with a fixed number or at constant rate and examining the consequences of this immigration on the age structure of a population, some researcher estimated the level migration necessary to maintain the age structure of population. A study by Blanchet (2009) on France as well as one by Watterlar and Roumans (2010) on Austria, Belgium, Canada, and Spain questioned whether immigration can be an instrument to maintain the equilibrium between the working and the dependent population under the regime of fertility. Eventually, these studies demonstrated the difference between the working and the dependent population under the regime of fertility. Eventually, these studies demonstrated the inadequacy of regulating of age structure in the short run, but migration cycles of a large amplitude may be inevitable in the long run (Blanchet, 2009). These author's simulations illustrated clearly that initial structural irregularities in the population would cause sudden change in future pyramids For this reason, the scenario that aims to keep constant the ratio of adults to elderly may lead to enormous immigration peaks to make up for the shortfalls of population.

Finally, the review of related literature carried out in this study is to explore both theoretical and empirical studies related to the determinant of the attitude of people towards population control in Calabar Municipality. From all the literature works reviewed, marital status, knowledge of contraceptive, age and gender are of significant relationship with population control of the people. However, it is observed that none of the studies reviewed was done using people's attitude and none was done in Calabar Municipality, consequently the finding of this study is a contribution to knowledge and fills the gap in information regarding the variable analyzed. The

review also provided the rationale for this study methodology particularly the analytical techniques which will be employed.

#### **4. Research Methodology**

This chapter is aimed at presenting the methodology used in obtaining and analyzing information on the determinants of people's attitude towards population control. The design adopted for this study is a survey research design. It was considered appropriate because it helps in the collection of data from a larger population and allows for in-depth study and the generalization of such study on the entire population. This research is conducted in Calabar Municipality Local Government Area of Cross River State. The area is one of the eighteen (18) Local Government Areas of the state and located in the Southern Senatorial District of the state with its headquarters in the city of Calabar. It has a population of about 224,300 (National Population Commission, 2018 projection). Calabar Municipality is located between latitude  $5^{\circ} 32'$  and  $4^{\circ} 27'$  North of the Equator and longitude  $7^{\circ} 5'$  and  $9^{\circ} 28'$  East of the Greenwich Meridian. It is bounded to Odukpani Local Government

Area, in the North to the south by Calabar South Local Government Area to the West by Calabar River and East by Akpabuyo Local Government Area. Under koppen's climate classification. Calabar Municipality features a tropical monsoon climate with a lengthy wet season running for almost ten months and a short dry season covering the two months. The harmattan which significantly influences weather in West Africa is noticeably less pronounced in the city. Temperature is relatively constant throughout the course of the year with average high temperature usually ranging from  $25^{\circ}$  to  $28^{\circ}$ . There is also little variance between daytime and night-time temperatures. Efik, Ejagham and English languages are regarded as the languages in the study area. This study area is a civil service Local Government Area, most of the inhabitants are involved in fishing and trade as a source of livelihood sustainability. The population of the study consists of all adult residents of Calabar Municipal Local Government Area of Cross River State. They comprise both males and females drawn from various occupations in the study area. The projected population of the study is 224,300 (National population commission, 2008). This study utilized the Stratified random sampling technique since the Local Government Area is stratified into ten (10) wards and each ward has streets. In selecting the wards, the researcher used the hat and draw method to select six wards, by writing the names of the ten wards on sheets of paper rolled into balls into bag. The researcher, after mixing the contents of the bag dipped her hand and picked out one, opened the paper and recorded the ward name. This procedure was followed until the 6 wards were picked out of the 10 wards. This procedure

ensured that every ward was given an opportunity to be selected for the study. Out of the six wards, one street was also picked from each ward to form the six streets used for the study. On selecting the respondents, 0.5% of the population of each of the streets was used for the study. The sample for this study comprised two hundred ten (210) respondents selected from six (6) streets in Calabar Municipal Local Government Area. They consisted of both males and female. The sample distribution for the study is presented In Table 1.

**Table 1.** Sample distribution for the study

<b>Name of Street</b>	<b>Total Population</b>	<b>No. of Respondents @ 0.5% of Total Population</b>
Big Qua Town	1,910	10
Ikot Ishie	5,825	29
Essien town	6,421	32
Ikot Ene-obong	1,717	8
Ikot Omin	7,872	39
Marian	18,400	92
<b>TOTAL</b>	<b>42145</b>	<b>210</b>

Source: National Population Commission, 2018 Projection

### 5.1 Instrumentation

The instrument used for data collection is a structured questionnaire. It is titled “Determinant of People’s Attitude towards Population Control Questionnaire (DPAPCQ)”. The questionnaires is constructed in two sections A and B. Section “A” sought information on demographic data of the respondents such as age, gender and marital status, section B was designed using four point likert scale of strongly agree (SA) Agree (A) Disagree (D) and Strongly disagree (SD). It contains 23 items measuring the variables of the study items 1- 3 personal data of the respondents, 4-13 is on knowledge of contraception, and 14-24 measured attitudes towards population control.

### 5.2 Validity of the Instrument

To ensure that the items selected for inclusion in the questionnaire were capable of eliciting relevant responses from respondents, the researcher presented the designed questionnaires to the supervisor of the project and two (2) lecturers in test and measurement. Thereafter, the researcher

presented the same instrument for scrutiny, and to ascertain face validity, constructive criticism and useful recommendations were made by the experts. This helped to validate the items in the questionnaire before it was administered to the respondents.

### *5.3 Reliability of the Instrument*

An instrument is said to be reliable if it measures what it is supposed to measure consistently. For this work, internal consistency of the instrument was established. To determine the reliability of the research instrument, a questionnaire was administered to 30 people randomly selected from two streets in Calabar South that are not part of the sample. The Instruments distributed were collected, scored, and analyzed using Cronbach's alpha reliability method to obtain and estimate the reliability coefficient. The reliability coefficient which ranged from 0.69 to 0.73 was considered high enough to justify the instrument for data collection for the study.

### *5.4 Procedure for data collection*

The researcher went to the six (6) selected areas to administer the instrument. The researcher therefore took time to explain the purpose of the exercise and asked the respondents to respond objectively. The researcher also assured the target population that whatever information generated will be used strictly for this research purpose. The researcher administered two hundred and ten copies of the questionnaire and retrieved them. The exercise lasted for four (4) days to enable the researcher to administer and retrieve all the questionnaires.

### *5.5 Procedure for data preparation and scoring*

Scoring was done with the help of the scoring key as presented below.

Response.	Scores
Strongly agree (SA).	4
Agree (A).	3
Disagree (D).	2
Strongly disagree (SD).	1

The reverse scoring was used for negative worded items.

## **6 Procedure For Data Analysis**

### *6.1 Hypothesis one*

There is no significant influence of marital status on the attitude of people towards population control.

Independent variable: Marital status

Dependent variable: Attitude towards Population control

Statistical tool: Anova

### *6.2 Hypothesis two*

There is no significant Influence of age on attitude of people towards

Independent variable: Age

Dependent variable: Attitude towards Population control

Statistical tool: independent t-test

### *6.3 Hypothesis three*

There is a significant relationship between knowledge of contraceptives and attitude of people towards population control.

Independent variable: Knowledge of contraceptives

Dependent variable: Attitude towards Population control  
Statistical tool: Pearson Moment Correlation analysis.

### *6.4 Hypothesis four*

There is no significant influence of gender on the attitude of people towards population control.

Independent variable: Gender

Dependent variable: Attitude towards Population control

Statistical tool: Independent t-test

## **7. Results and Discussion**

This chapter is concerned with the statistical analysis of the data collected for this study. The chapter is also focused on the presentation, interpretation and discussion of the results that were obtained from the analysis of the data collected for this study. This was done hypothesis by hypothesis with each hypothesis tested at 0.05 level of significance using independent t-test analysis and Pearson product moment correlation analysis with the aid of SPSS (Special package of social science), followed by discussion of the results.

- General description of variables
- Presentation of results
- Discussion of findings



*General description of variables*

The main purpose of this study is to examine the determinants attitudes of people towards population control in Calabar Municipality, Cross River State, Nigeria. Four hypotheses formulated for this study were tested at 0.05 level of significance. The dependent variable is people’s attitudes towards population control while the independent variable which is determinants of people’s attitude is broken down into four, namely: marital status, age, knowledge of contraceptives and gender. Independent t-test analysis and Pearson Product Moment Correlation analysis methods were used to analyze data obtained for the study. The results are presented hypothesis by hypothesis.

*Presentation of results*

Hypothesis one

There is no significant influence of marital status on the attitude of people towards population control. The result of this analysis is presented in Table 2.

**Table 2.** Independent t-test analysis of the influence of marital status on the attitude of people towards Population control.

Variables (Gender)	N	Mean	SD	t-value	Sign
Married	134	32.7910	2.19046		
				-0.243	0.962
Unmarried	76	32.8684	2.27650		

Significant  $P < 0.05$ ;  $df = 210$ ; critical  $t = 1.972$

*Hypothesis Two*

There is no significant Influence of age on attitude of people towards population control. The result of this analysis is presented in Table 3

**Table 3.** Independent t-test analysis of the influence of age on the attitude of people towards population control.

Variables (Age)	N	Mean	SD	t-value	F-Value	Sign
Young	127	32.8583	2.33919			
				0.316	1.121	0.291

Matured	83	32.7590	2.02780			
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Significant  $P < 0.05$ ;  $df = 210$ ; critical  $t = 1.972$

The result obtained from analysis of data presented in Table 3 shows that the calculated t-value of 316 is lower than the critical t- value of 1.972 at 0.05 level of significance with 208 degrees of freedom. The result is not significant, and the null hypothesis retained. This implies that there is no significant influence of age on the attitudes of people towards population control.

*Hypothesis three*

There is no significant relationship between knowledge of contraceptives and the attitude of people towards population control. The result of this analysis is presented in Table 4

**Table 4.** Pearson product correlation coefficient of the relationship between knowledge of contraceptives and attitude towards Population control.

Variables	Mean	SD	Cal-r
Knowledge of contraceptives	30.3048	1.74512	
			0.339**
Attitude towards population control	32.8190	2.21686	

\*\* $P < 0.05$ ;  $df = 208$ ; critical  $r = 0.138$ ,  $N = 210$

The result obtained from analysis of data presented in Table 4 shows that the calculated r -value of 339 is greater than the critical r- value of 138 at 0.05 level of significance with 208 degrees of freedom. The result is significant, and the null hypothesis is rejected. This implies that there is a significant relationship between knowledge of contraceptives and attitudes of people towards population control.

*Hypothesis four*

There is no significant influence of gender on the attitude of people towards population control.

The result of the analysis is presented on able 5.

**Table 5.** Independent t-test analysis of the influence of gender on the attitude of people towards population control.

Variables (Gender)	N	Mean	SD	t- value	F- Value	Sign
Male	134	32.7910	2.19046			
				- 1.984	.043	.837
Female	76	32.8684	2.27650			

Significant  $P < 0.05$ ;  $df = 210$ ; critical  $t = 1.972$

The result analysis presented in Table 5 shows that the calculated t-value of -1.984 is greater than the critical t- value of 1.972 at 0.05 level of significance with 208 degrees of freedom. The result is significant, and the null hypothesis is rejected. This implies there is a significant negative influence of gender on attitudes of people towards population control.

## 8. Discussion of Findings

### *Hypothesis one*

The influence of marital status on the attitude of people towards population control was analyzed and it resulted that the calculated t- value from the analysis of data was found to be statistically lower than the critical t-value. This connotes that the null hypothesis was rejected. The implication of this result is that there is a significant negative influence of marital status on attitudes of people towards population control.

This finding is in line with the words of Rajni (2010) who revealed that married women are always against the use of family planning which is a means of controlling childbearing a well as the population. This is because of a misconception or belief that when a married woman involved herself in the use of family planning, she is giving herself to prostitution, consequently, her husband is expected to divorce her on the ground that she is committing adultery in the matrimonial home.

The study equally agrees with those of Zick and Smith, (2001) who found that married couples have lower rates of mortality, morbidity, and mental disorders in comparison to singles. In the same vein the study agrees with Goldman, Korenthan, and Weinstein, (2000) who noted that the marital status of a geographical location determines population increase in the area.

### *Hypothesis Two*

The influence of age on attitudes of people towards population control was analyzed and it shows that the calculated t-value of 316 is lower than the critical t-value of 1.972 this resulted to the null hypothesis being retained which implies that there is no significant Influence of age on attitude of people towards population control. This finding disagrees with the observation of Cherlin (2008) who posited that that a population with a higher number of people at youthful age have high tendency to give birth and have low response to the quest for population control. Meaning that age has an influence on population control. The findings of the study equally disagree with those of Singh (2009) who observed that an ageing population will not bother about population control measures especially if they have hit menopause.

### *Hypothesis three*

The relationship between knowledge of contraceptives and people's attitudes towards population control was correlated. The result shows that the calculated r -value of 339 is greater than the critical r -value of 138. The result is significant, and the null hypothesis is rejected. This implies that there is a significant relationship between knowledge of contraceptives and the attitude of people towards population control. The result of this finding goes on to show that when people are aware of the availability of contraceptives, there is the likelihood that they would utilize them for birth and population control.

This finding is in line with those of Watt (2001) who observed that Knowledge and use of contraceptive play a vital role in preventing various consequences that arise of failure due to lack of use of contraceptive. When young people move out of their parents' home direct parental control ceases and identification with peer group increases. Parental advice is quickly forgotten, and peer pressure takes over. In such condition, sexual intercourse and practiced with the resultant pregnancy. Sexual education and talk about sex are one of the topics that are not usually discussed by member of the family.

The finding Is also in line with Gama, (2008) who noted that Teenagers who experience physiological and other challenges often find it very complicated to discuss these experiences with their parents and their siblings. Parents are not open to talk sex with their children because children often construe sex talk as an indication that children are ready for sex. In need for information therefore, teenagers often seek information from friends consequently, wrong information is passed around,

### *Hypothesis four*

The influence of gender on people's attitudes towards population control was analyzed, the result obtained from analysis of data shows that the calculated t-value of -1984 is greater than the critical t-value of 1.972. The result is significant, and the data shows that the calculated t-value of -1984 is greater than the critical t-value of 1.972. The result is significant, and the null Hypothesis is rejected. This implies there is a significant negative influence of gender on attitudes of people towards population control.

This finding is clear because women are those who become pregnant from sexual intercourse and give birth to children that increase the population. Gender will influence population control. This finding is in line with those of Cherlin, (2008) who posited that the higher the younger women in a population, the higher the chances of having challenges in human population control. It is now recognized that women alone cannot adequately control their sexual and reproductive potential in the extent of power imbalances with their male partners. The finding also agrees with those of Singh, (2009) who argued that male-female collaboration is essential to the development of more caring, responsible sexual relationship and to address gender power imbalance. And that many population initiatives are beginning to focus on male preventing unwanted pregnancy, promoting male responsibility for protecting their own and their partner sexual and reproductive health sharing household and childbearing responsibilities and helping eliminate harmful practices coercion and sexual violence which in turn help in human population control.

## 9. CONCLUSION

Having considered the relationship between the independent variables and attitude of people towards population control in Calabar Municipality, Cross River State, Nigeria. This study found that marital status, knowledge of contraceptives, and gender have a relationship with the attitude of people towards population control in the study area. This outcome adds to the existing body of literature that has found a relationship between the attitude of people towards population control and such factors as inadequate infrastructure, socio-cultural and economic factors among others. Since population growth has been a major challenge especially in the case of Nigeria today, identifying the factors that influence population growth has become and will see further help in addressing the issue.

Based on the findings of the study, the following recommendations were made.

1. Proper awareness and enlightenment programmes should be carried out on the use of different contraceptives, through a channel and medium accessible to all in the study area.

2. Married couples should be properly guided and informed of the consequences of having many children.
3. Men should also be included in family planning programmes as this will further make population control a reality.

Based on the findings of the study, the following suggestions are made for further studies.

1. A replication of the study should be carried out again covering the institutions under study to ascertain the validity and reliability of the present study.
2. A similar study should be carried out on the variables that are not incorporated in the present study.
3. Larger sample size covering the entire Cross River State should be investigated for easy generalization of findings.

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