

Sociological Study of Socio-Cultural Constrains in Family Planning Practices: A Case Study of District Shikarpur

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Abstract: Family planning practices have become the dire need of the hour especially in those areas which are hardly hit by the over population. And socio-cultural constrains are the main stumbling bloc in frequent practices of family planning. Socio-cultural constrains have significant relationship with family planning practices. This research paper tries to explore the influence of socio-cultural constrains in family family planning practices and its ultimate effect on the growing population. The universe of the study is the district Shikarpur. The data was collected through purposive sampling selecting 384 respondents for the research work. The SPSS was applied to analyze the statistical data. The obtained results showed that calculated chi-square value greater than the tabulated values with p-value of 0.000 which shows that the socio-cultural constrains greatly affect the family planning practices in rural areas of Pakistan due to which people in these areas avoid to use the modern methods of the family planning.

Key words: Family planning practices, Socio-cultural constrains, over-population and rural areas.

INTRODUCTION

Family planning is nothing but Planned Parenthood i.e. the reproduction of children with suitable gap between the first and second baby with feasible total number of children in commensurate with their resources to meet their basic requirements of life without affecting the health of mother and socio-economic stability of family unit (Bhatti, 1991).

In the light of the above definition, it is concluded that family planning is Planned Parenthood which is maintained and controlled by the family planning practices but unfortunately in rural areas socio-cultural constrains are so strong that peoples' psyche has been affected greatly which hinder the people to use the family planning practices.

Moreover, people in 21st century are still under the superstitious ideas that more children are blessings irrespective of scarce resources to maintain the family requirements. People in rural areas misrepresent the family planning practices as unislamic, unlawful and against the social laws. And anyone who uses the family planning is looked down as the breaker of natural laws because people consider the production of the children as natural blessings and one is not supposed to interfere in God's work.

This socio-cultural constrain on the part of people in rural areas of district Shikarpur has added fuel to the fire and people have greatly been affected that's why population in general Sindh and particular in district Shikarpur is

day be day increased which has created vicious circle of the social problems especially poverty which has reached to the peak. People having low income with many children are deprived from the basic necessities of lives due to their ignorant attitude to control their family. This whole dilemma in family planning is due to socio cultural constrains in the rural areas of district Shikarpur.

1.2. Problem Statement:

People in this scientific age are still obsessed with the wrong philosophies regarding the reproduction of the children due to low literacy and lack of the awareness. Moreover; people have been trapped in to superstitious ideas. They feel guilty if they use family planning. They consider family planning as the interference in God's work and these people label it as a sin.

1.3. Significance of the Study:

This study occupies paramount importance because people are suffering from the abject poverty and unemployment because of having many children which are beyond the responsibilities of the people as the result people have been entangled in the vicious circle of the social problems. This study will provide awareness to the ignorant masses regarding the family planning practices.

1.4. Research Objective:

- To examine the socio-cultural constrains in family planning practices

- To detect the ignorant attitude of people towards the family planning practices.
- To detect the wrong philosophies of people for family planning practices.
- To explore the barriers in family planning practices.

1.5. Research Methodology:

1.5.1. Research Design:

In this research, we have applied both techniques i.e. qualitative and quantitative. The primary data was collected from district Shikarpur, Sindh where as secondary data was accumulated from newspapers, research journals and internet.

1.5.2 Population:

The population of the research is married couples of the District Shikarpur containing four talukas 1.Shikarpur city 2.Garhi Yasin 3.Lakhi 4.Khanpur.Total married couples in the District Shikarpur are 159337 which is as per 1998 census of District Shikarpur.

1.5.3 Sample Size:

The sample size was calculated in scientific way by applying the statistical formula for sample size calculation which as as under:

$$N = \frac{t^2 \times p(1-p)}{m^2}$$

Description:

n=Required sample size.

t=Confidence level at 95% (stander value is 1.96).

p=Approximated prevalence rate of family planning.

m =Margin of error at 5 %(standard value is 0.05).

The sample size through this formula comes to 384.

1.5.4. Sampling Technique:

Purposive sampling in this research was used because for family planning we have to only contact with the married couples who use family planning methods where as unmarried couples were ignored in the research.

1.5.5. Tools for Analysis:

In order to analyze the data quantitatively (SPSS 17 version and Microsoft Excel) was used.Chai-square test, likilehood ration and p-value were detected through these software.

2.0. Literature Review:

Durri-e-Nayab (1999) informed that high fertility rate and less practice of family planning is not the result of peoples' personal choices but as the matter of social, cultural, religious beliefs and demographic factors. The people are greatly affected by the rigid philosophies of family planning as unIslamic and anti-social practices as the result people go on producing more and more children.

Robinson (1996) reported that religious beliefs, family system and family size also affect the family planning practices. In some part of the world, theses philosophies are so rigid that the departure from social man made rules leads people astray from the society.

Mahmood (1977) intimated that the speed in fertility can be greatly decreased in Pakistan by inculcating in the minds of people the better understanding of Islamic teachings and family planning education.Pople are in desperate deed of the family planning awareness and clear interpretation of religious philosophies need to be fused in the minds of people regarding the concept of the family planning.

Manzoor (1991) reported that adoption of the family planning was wrongly influenced by cultural obligations and religious misinterpretations. In the light of the above discussion, it will be fruitful if massed are handled in such a manner that they do not misinterpret the religious philosophies and people should be broad minded enough to use the family planning practices frequently.

Mumtaz (1990) informed that socio-cultural conditions, religious beliefs and cultural values are the main factors in adopting any idea or innovation. Before introduction of any intervention, thorough investigation of socio-economic set up and cultural values should be made to remove any misconception from the minds of people regarding the family planning. In the past, efforts were made to introduce any new reforms in the society without taking into consideration the socio-cultural values but they have drastically failed because socio-cultural conditions play a very vital role in introducing any new concept in the society.Hence,socio-cultural constrains and religious misinterpretation affect the family planning practices. People have to be acquainted

with awareness that excessive children with scarce resources will lead to the every sort of social problems in the society.

2.1. Quantitative Analysis:

2.1.1. Verification of Hypothesis:

HO= There is no relation in socio-cultural constraints and family planning.

H1=Socio-cultural constraints are likely related with the family planning.

Case Processing Summary:

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
People in your locality talk about family planning practices as unislamic practices * Family Planning Practices	384	100.0%	0	.0%	384	100.0%

Family planning as unislamic practices * Family planning practices Cross tabulation:

Count

		Family Planning Practices			Total
		Frequently	Sometime	Not at all	
People in your locality talk about family planning practices as unislamic practices	Agree	41	103	34	178
	Disagree	56	36	24	116
	Do not know	14	42	34	90
Total		111	181	92	384

Chi-Square Tests:

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	320.938	4	.000
Likelihood Ratio	379.290	4	.000
Linear-by-Linear Association	216.708	1	.000
N of Valid Cases	384		

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 8.25.

Symmetric Measures:

		Value	Asymp. Std. Error(a)	Approx. T(b)	Approx. Sig.
Nominal by Nominal	Contingency Coefficient	.675			.000
Interval by Interval	Pearson's R	.752	.009	22.312	.000
Ordinal by Ordinal	Spearman Correlation	.797	.018	25.798	.000
N of Valid Cases		384			

a. Not assuming the null hypothesis.

b. Using the asymptotic standard error assuming the null hypothesis.

c. Based on normal approximation.

Pearson Chi-Square Value 320.938

Degree of Freedom 04

p- Value .000

Tabulated Chi-Square value 9.49

2.1.2. Interpretation of Chi-Square Test for Verification of Hypothesis:

As calculated value of chi-square test is obtained as 390.938 and tabulated value of chi-square is 9.49, it means calculated value is greater than tabulated hence our working hypothesis i.e. H1 is correct. From the above values, we come to conclusion that socio-cultural constraints greatly affect the family planning practices. Greater the socio-cultural constraints; the lesser will be the family planning practices where as lesser is the socio-cultural constraints, the greater will be the family planning practices. Linear by linear relationship is 216.708 which shows that there is strong relationship in socio-cultural constrain and family planning practices. And there is inverse relationship in socio-cultural constraints and family planning practices. Here the degree of freedom is 04 with p-value 0.000 which shows that there is strong relationship between the variables and there is significance attachment among the different variables. The value of significance which we took in the research is 0.05 which indicates that the margin of error is 5% not more than that but we have received the ($p < 0.05$) it means there is no chances of error and our working hypothesis hence is 100% correct.

2.1.3. Interpretation of the Contingency table i.e. Bi-Variate Tabulation:

In contingency table, we have bi-variate tabulation which means dependency of one variable on the other variable. This shows what is the influence of socio cultural constrain on the family planning practices. In the questionnaire, it is asked that people talk about family planning practices as unislamic in your locality and family. Those respondents who have agreed with this statement, they do not use the family planning frequently and the frequency of respondents of this category is i.e. frequently= 44, sometime =103 and not at all= 34 respectively. Those who do not agree with this statement, these people use the family planning frequently and the frequency of this category of people is i.e. frequently=56.sometime =36 and not at all =24.Those people who are unaware of this statement, they are also not using the family planning practices more frequently and the frequency of such people are frequently=14, Sometime=42 and not at all=34.

2.2. Conclusion:

1. From the above interpretation of statistical analysis, it is concluded that those people who are influenced by the socio-cultural constraints, they do not use the family planning practices more frequently where as they sometime use the family planning practices whenever they want. Where as those people who are not influenced by the socio-cultural constraints regarding the family planning, they use family planning more frequently.
2. Chi-square value shows that there is relationship between socio-cultural constraints and family planning practices.
3. p-value has shown that people are more inclined towards the socio-cultural constraints who less use the family planning practices.
4. Those people who are unaware regarding the use of family planning, they also face hindrances in family planning practices.

2.3 Recommendation:

1. Government of Pakistan should launch the awareness programmes especially in rural areas regarding the use of family planning practices so that people may not have any kind of misinterpretations about family planning.
2. Government as well as NGOs Should try to educate the people so that people in the rural areas may be mentally empowered to not come under the superstitious ideas regarding the family planning.
3. Religious scholars and ulemas should be taken into confidence by the NGOs to aware the masses that more children with scarce resources is also equivalent to sin because not to satiate the basic need of children is also counted as the violation of human rights.
4. Private as well as Government institutes try to impose ban on more children as it was done in China so that people may realize the gravity of the matter that less children are beneficial for the family unit as well as for the nation as a whole.
5. Media should be encouraged by the Governments and NGOs to launch the positive advertisements regarding the use of the family planning.
6. People who are using the family planning methods should be provided with little bit incentives by the Governments so as to encourage the masses in the rural areas.

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