

**Knowledge, Perception and Practice of Lactational Amenorrhea Method as Contraception
among Lactating Mothers in Ibadan, Oyo State, Nigeria**

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Certification

This is to certify that Ayotomiwa Teniola OGIDIOLU with matriculation number LCU/PG/003136 carried out this research work titled: Knowledge, Perception and Practice of Lactational Amenorrhea Method as Contraception among Lactating Mothers in Ibadan in the Department of Sociology, Faculty of Management and Social Sciences, Lead City University, Ibadan, Oyo State, for the award of Master Degree (MSc) in Sociology and that this has not been previously submitted.

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Date

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Dedication

This research work is dedicated to God Almighty.

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Acknowledgement

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Abstract

High fertility rates and population growth in developing countries, including Nigeria, have highlighted the importance of contraceptive use for family planning. Contraception is essential to prevent unintended pregnancies, which can affect a woman's physical, social, and economic well-being. Despite widespread knowledge of contraceptives, their use remains low in Nigeria, particularly the Lactational Amenorrhea Method (LAM), which the Nigerian Demographic and Health Survey reports as being used by only 5% of women. Additionally, male involvement in family planning in Nigeria is limited. This study explored the knowledge, practice, and perception of LAM as contraception among lactating mothers in Ibadan, Oyo State, Nigeria. It aimed to illuminate the awareness and effectiveness of LAM as a contraceptive method. The study was grounded in several theoretical frameworks: Kristin Luker's Theory of Contraceptive Risk-Taking, the Health Belief Model, the Theory of Planned Behaviour, and Social Cognitive Theory. A cross-sectional research survey employing mixed methods (both quantitative and qualitative data) was conducted. The sample size was determined using a purposive sampling technique and the Slovin formula, resulting in 316 participants. Ultimately, 260 women were surveyed regarding their knowledge and practice of exclusive breastfeeding and their attitudes toward infant feeding, using structured interviews and questionnaires. Data analysis involved descriptive and inferential statistics. The findings revealed that over 76% of respondents had adequate knowledge of exclusive breastfeeding, with 90.2% breastfeeding frequently. However, only 51.5% practiced LAM as contraception. The high rate of exclusive breastfeeding did not correspond to a high use of LAM, attributed to insufficient motivation from partners. Despite universal breastfeeding practices in the study area, there is a need for interventions to promote early breastfeeding initiation and improve knowledge and practice of LAM to achieve optimal health outcomes in low-resource communities.

Keywords: Breastfeeding, Contraceptive, LAM

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List of Acronyms

Abbreviation	Meaning
EBF-	Exclusive Breastfeeding
LAM	Lactational Amenorrhea Method
FP	Family Planning
W.H.O	World Health Organization
SCT	Social Cognitive Theory
HBM	Health Belief Model
TPB	Theory of Planned Behaviour
SDGs	Sustainable Development Goals
MDGs	Millennium Development Goals
USAID	United States Agency for International Development
UNFPA	United Nations Population Fund
IPPF	International Planned Parenthood Federation
SES	Social Economic Status
SPSS	Statistical Package for Social Sciences
IUCD	Intra Uterine Contraceptive Device
ICPD	International Conference on Population and Development