

**Factors Influencing Modern Contraceptive Uptake among Military Personnel in
Southwest, Nigeria**

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Certification

This is to certify that **Adekemi Omolola ADEGOKE** with matriculation number LCU/PG/003101 carried out this research work titled **Factors Influencing Modern Contraceptive Uptake among Military Personnel in Southwest, Nigeria** in the Department of Public Health, Faculty of Basic Medical and Health Sciences, Lead City University, Ibadan, Oyo State, for the award of Doctor of Philosophy (PhD) Degree in Public Health and that this has not been previously submitted.

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Dedication

This work is dedicated to Almighty God, the source of my strength and wisdom; to my beloved husband for his unwavering support; and to my late mother — may her soul rest in perfect peace. Amen.

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I give all glory and honour to Almighty God for His grace, strength, protection and wisdom throughout the course of this programme and for the successful completion of this research work.

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Abstract

Modern contraceptive use (MCU) remains a critical public health priority; however, its utilisation among military personnel is relatively low. Military populations are particularly vulnerable to unintended pregnancy and sexually transmitted infections, including HIV, due to factors such as high mobility, regimented living arrangements, occupational stress, and engagement in risky sexual behaviours, including multiple sexual partnerships and inconsistent condom use. Despite these risks, contraceptive behaviour among military personnel in Nigeria remains inadequately explored, as most previous studies have focused on civilian populations. This study therefore examined the factors influencing modern contraceptive uptake among military personnel in South-West, Nigeria. A mixed-methods approach was adopted, combining quantitative and qualitative methods. The quantitative component employed a cross-sectional survey design. Using stratified cluster and simple random sampling techniques, 1,000 military personnel were selected across South-West formations. Data were collected using a researcher-developed instrument titled Factors Influencing Modern Contraceptive Uptake Questionnaire (FIMCUQ), which demonstrated acceptable reliability (Cronbach's $\alpha = 0.738$). Descriptive statistics (frequencies, percentages, and means) were used to summarise respondents' characteristics, while chi-square tests examined associations between background characteristics, knowledge, perceptions, and modern contraceptive use. Multivariate logistic regression was conducted to identify predictors of MCU, with statistical significance set at $\alpha = 0.05$. The majority of respondents were aged 25–29 years (34.9%), never married (67.1%), and identified as Christians (78.6%). Yoruba ethnicity constituted the largest proportion (31.3%). Most respondents resided in urban areas (75.9%), earned above the national minimum wage (79.4%), and were in the soldier rank category (94.4%). Nearly half (47.4%) reported having no children. Overall, the prevalence of modern contraceptive use was moderate (46.8%). About half of the respondents (48.8%) demonstrated good knowledge of modern contraceptives, while a large majority (85.6%) expressed positive perceptions toward contraceptive use. Modern contraceptive use was significantly higher among respondents with good knowledge (64.2%) compared with those with poor knowledge (43.3%). Uptake was highest among personnel aged 25–29 years (54.9%) and lowest among those aged 40 years and above (45.1%). Soldiers reported higher contraceptive use (55.1%) than officers (39.3%). Multivariate analysis showed that personnel aged 25–29 years (AOR = 3.84; 95% CI: 1.83–8.07), those with two children (AOR = 2.29; 95% CI: 1.39–3.78), and those with good contraceptive knowledge (AOR = 2.59; 95% CI: 1.94–3.46) were more likely to use modern contraceptives. Conversely, personnel with less than five years of service (AOR = 0.16; 95% CI: 0.07–0.35), those residing in rural areas (AOR = 0.53; 95% CI: 0.37–0.75), and those whose partners had only primary education (AOR = 0.44; 95% CI: 0.26–0.74) were significantly less likely to use modern contraceptives. The findings indicate that although awareness of family planning is relatively high, modern contraceptive utilisation among military personnel is shaped by a complex interplay of socio-demographic, service-related, and contextual factors. Targeted, military-specific reproductive health interventions led by military health authorities and partner organisations are essential to improve modern contraceptive uptake and address the unique needs of this population.

Keywords: Factors influencing, Modern, Contraceptive uptake and Military personnel.

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List of Acronyms

Abbreviation	Meaning
STIs	Sexually Transmitted Diseases
STIs	Sexually transmitted infections
UN	United Nations
IUDs	Intrauterine devices
NFP	Natural Family Planning Methods
BBT	Basal Body Temperature
CMM	Cervical Mucus Method
LAM	Lactation Amenorrhoea Method
IUDs	Intrauterine Devices
SDG	Sustainable Development Goal
NDHS	Nigeria Demographic and Health Surveys
BTL	Bilateral tubal ligation
HBM	Health Belief Model