

Deanship of Graduate Studies

Al-Quds University

**Impact of Family Planning Programs on the Quality of
Women's Life in the Gaza Strip**

Hassan Abdalla Juda

Master Thesis

Spring 2001- 2002

**Impact of Family Planning Programs on the Quality of
Women's Life in the Gaza Strip**

By

Hassan Abdalla Juda

B.Sc.: Nursing (Al-Quds university), Palestine

**Athesis Submitted in Partial Fulfillment of Requirements for
the Degree of Master of Health Sciences Department of
Nursing Mother Child Health**

Al-Quds University

Spring 2001 - 2002

MCH/ Nursing

Deanship of Graduate Studies

**Impact of Family Planning Programs on the Quality of
Women's Life in the Gaza Strip**

By

Student Name: Hassan Abdalla Juda

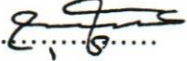


Registration NO.: 9910704

Supervisor: Dr. Yehia Abed

Co-Supervisor: Mahmoud Edda'ma

Master thesis submitted and accepted, date: 10/7/2002

The names and signatures of the examining committee members as follows:

- | | | | |
|----|----------------------|--------------------------|----------------------------------------------------------------------------------------------------|
| 1- | Dr. Yehia Abed | Head of Committee | Signature...  |
| 2- | Dr. Bassam Abu Hamad | Internal Examiner | Signature....  |
| 3- | Dr Mohammad Judeh | External Examiner | Signature..  |

AL-Quds university

Spring 2001 - 2002

DEDICATION

To my parents and my family for their support, to my daughters and my son who endured missing my care during my study, to my colleagues and my friends for their encouragement, to who are working in mother and child health centers.

I dedicated this job, to my wife, without her support, this work would not have been done.

Declaration:

I certify that this thesis submitted for degree of Master in the result of my own research, except where otherwise acknowledged, and that this thesis (or any part of the same) has not been submitted for a higher degree to any university or institution.

Signed.....

Hassan Abdalla Juda

Date : 20/4/2002

Acknowledgments

I wish to acknowledge and appreciate the following people who assisted me in my research:

Dr. Imad Tarawiah, Director General of the Ministry of Health (MoH) for his approval to conduct this research at the governmental clinics.

Dr. Yehia Abed, for his support and supervision of my study.

Mr. Mahmoud Edda'ma, my adviser for his support, guidance, and unlimited encouragement during my study.

Dr. Mohammed Abu Shahla, Director of European Gaza Hospital, for his support.

Dr. Bassam Abu Hamad, the coordinator of the MCH master program at Al-Quds University for his patience and support during my study.

Mr. Issa El-Nahal for his strong support.

European Commission, For funding this study through the European Project for Women Health and Family Planning National Program.

Also the efforts during the pilot study and data collection by my colleagues **Mohammed El-haj-Yousif**, **Wafa' Morad**, **Atemad Mogdad**, and **Iman Abu Se'da** as well as all clinic's staff .

Abstract

This case control study has been conducted to measure the impact of family planning programs on women's quality of life at reproductive age (15-49) years, in two family planning clinics own by MoH, one from Gaza City, and the second clinic from Rafah district. The sample size was 50 women from El-Remal Clinic and 25 women from Rafah Central Clinic as users, for each user their is a woman as a control (non-user). Standardized questionnaire is administered to collect the data by face to face interview. The mean age for starting family planning were 26.7 years, the mean number of children for users 5.14 child, for non-users the mean number of children 4.16%,. About 2.7% of the users started family planning when they have zero male, while 25.3% started family planning when they have zero female. The main reason for not practicing family planning for non-users was to have more children 60%. It is clear that family planning gives more time for women which may increases women's opportunities to participate in social activities, leisure, entertainment, education, opportunity to outside work, and help womens to avoid thje risk from frequent pregnancies and deliveries, which affect the living of the family, 44% of the users have desire to study, 75.8% of them have time for that, while 25.3% of non users have desire to study, all of them have no time for that. About 81.4% of the users have time to work, while 8% of the non-users have time to work, 73 (97.3%) of the users have time to participate in health awareness sessions, while 7 (9.3%) of the non-users have time, also 98.7% of the users have time to participate on social activities while 13.3% of the non users have time and 93.3% of the users have time for entertainment while 9.3% of the non-users have time. It is clear that our families started family planning

when they have satisfactory number of children mainly a male baby, and family planning gives more time for women which may increase women's opportunities to improve the quality of life for women.

الخلاصة

برنامج خدمات تنظيم الأسرة أحد البرامج التي تحظى بدعم من الدول المانحة ومن وزارة الصحة ونتيجة لهذا الدعم القوي تأتي أهمية تقييم هذه الخدمات. لذلك تأتي هذه الدراسة وهي الدراسة الأولى في غزة حول تقييم اثر خدمات تنظيم الأسرة على المجالات المختلفة من حياة الأم.

هدف الدراسة:

تهدف هذه الدراسة إلى تقييم برنامج خدمات تنظيم الأسرة على مختلف مجالات حياة الأم التي تستخدم وسائل تنظيم الأسرة .

لذلك تعتبر هذه الدراسة تقويمية وصفية تحليلية قد تساعد المهنيين وصانعي القرار على اتخاذ الخطوات اللازمة لتطوير هذه الخدمة وتحسينها في وزارة الصحة.

طريقة البحث:

لقد تم اختيار نظام الحالة الضابطة (Case Control) وذلك من اجل الحصول على نتائج اكثر دقة واكثر واقعية. الدراسة شملت الأمهات اللاتي يستخدمن وسائل تنظيم الأسرة لفترة متواصلة

ولمدة عام فاكثر

(Users) في عيادتين من العيادات الحكومية (عيادة الرمال في مدينة غزة والأخرى عيادة رفح

المركزية) ولقد تم اختيار 150 حالة من العيادتين 75 أم تستخدم وسائل تنظيم الأسرة ولمدة عام

فأكثر و 75 حالة لا تستخدم وسائل تنظيم الأسرة ولم تستخدمه من قبل.

ولقد تم جمع المعلومات بواسطة مقابلة شخصية وتعبئة الاستبيانات المعدة لذلك.

تم استخدام برنامج إحصائي خاص بالعلوم الإنسانية SPSS لإدخال البيانات ومعالجتها إحصائياً

وكذلك تم استخدام اختبارات إحصائية مثل Chi Square and P value لتوضيح العلاقات الإحصائية

بين المتغيرات.

عكست نتائج الدراسة أن برامج تنظيم الأسرة هي برامج نافعة ومفيدة للام حيث أنها توفر

الفرصة للام للعمل والدراسة والمشاركات الاجتماعية ورعاية الزوج والأبناء كما إنها تحمي

الأم من مخاطر الحمل والولادة المتتابة والتي بدورها تؤثر بشكل عام على وضع الأسرة ككل

وعلى الأم بشكل خاص.

التوصيات:

1- زيادة العمل على توعية الجمهور عن مخاطر الزواج المبكر والفوائد الصحية للمباعدة بين

الأحمال من خلال البرامج الصحية في المراكز الصحية والمجتمع.

2- تأمين خدمات تنظيم الأسرة وذلك من خلال المحافظة على استمرارية تقديم خدمات تنظيم

الأسرة.

3- العمل على إدخال خدمة (Counseling) من خلال خدمات تنظيم الأسرة للفتيات في السن

المبكرة.

ABBREVIATIONS

CBR	Crude Birth Rate
EC	European Commission
FP	Family Planning
HMIS	Health Management Information System
GS	Gaza Strip
ICPD	International Conference on Population and Development
MCH	Mother /Child Health
MoH	Ministry of Health
NGOs	Non Governmental Organizations
NHP	National Health Plan
IPPF	International Planned Parenthood Federation
PCBS	Palestine Central Bureau of statistic
PHC	Primary Health Care
PNA	Palestine National Authority
RH	Reproductive Health
SPSS	Statistical Package for Social Sciences
TFR	Total Fertility Rate
UN	United Nation
UNFPA	United Nation Fund for Population Activities
UNRWA	United Nation Relief and Works Agency
US	United States
WB	West Bank
WHDD	Women's Health and Development Directorate
WHFPP	Women's Health and Family Planning Project
WHO	World Health Organization

TABLE OF CONTENTS

Declaration	I
Acknowledgment	II
Abstract	III
Arabic Summary	V
Abbreviations	VIII
Table of contents	IX
List of tables	XII
List of annexes	XIII

Chapter One

Introduction 1

1.1 Focus of the study	2
1.2 Study objectives	3
1.2.1 Overall aim	3
1.2.2 Specific objectives	3
1.3 Feasibility of the study	3
1.4 Justification of the study	4
1.5 Constrains to contraceptive benefits	4
1.6 Defintion of terms	5
1.61 Reproductive Health (RH)	5

1.6.2	Family Planning	5
1.6.3	Case (user)	5
1.6.4	Control (non-user)	5
1.7	Context of the study	5
1.8	Demographic Context	6
1.8.1	Geographic Location	6
1.8.2	Population	6
1.9	Family Planning Services in the Gaza Strip	8

Chapter Two

Literature Review 12

2.1	Historical Overview	12
2.2	The meaning of family Planning Practice for women	15
2.3	Importance of Family Planning	18
2.4	Islam and Family Planning	19

Chapter Three

Methodology 26

3.1	Study design	26
3.2	Place of the study	26
3.3	Time table	27
3.4	Target population	27
3.5	Sampling	27
3.6	Sample size	27

3.7 Pilot study	28
3.8 Research methodology	28
3.9 Questionnaire design	28
3.10 Ethical consideration	29
3.11 Data collection	29
3.12 Data entry and analysis	29
3.13 Study limitations	30
3.14 Eligibility criteria	30
3.14.1 Inclusion criteria	30
3.14.2 Exclusion criteria	30

Chapter Four

Results	31
4.1 Sociodemographic Characteristics	31
4.1.4 Distribution of Participants by Their Age Groups	32
4.1.5 Distribution of Participants by Education of the Subjects	32
4.1.6 Distribution of Participants by Education of the Husband	32
4.1.7 Distribution of Participants by Their Desire to Complete their Education	33
4.1.8 Distribution of Participants by Reasons for Desire not to Complete Education	33
4.1.9 Distribution of Participants by Having Time to Work	34
4.1.10 Distribution of Participants by Having Job Outside Home	34
4.1.11 Distribution of Participants by the Job of Their Husbands	35