



WINGS

BARRIER ANALYSIS

Carried out by
Ashley Gamble, Volunteer

WINGS

OBJECTIVE

To identify the behavioral determinants associated with the use of contraceptives among the men and women of Comalapa and Zaragoza, Guatemala

i.e. examine barriers that men and women face in accessing family planning methods

BARRIER ANALYSIS

- Our model based on that developed by Food for the Hungry
- Participants asked a series of questions to identify eight potential determinants (most of which are “barriers”) that can block people from taking action that will improve their own or their children’s lives.
- Designed using scientific literature on behavior change. People used to think that knowledge was enough to change behavior, but scientists and program managers realized that many people know what they should do, but they still do not do it. Two of the main theories that underpin the method are the Health Belief Model and the Theory of Reasoned Action.

HEALTH BELIEF MODEL

- ✓ The Health Belief Model is a well-known health education model developed in the 1950s to increase the use of preventive services.
- ✓ It focuses on six determinants:
 - ✓ Perceived susceptibility (am I at risk?)
 - ✓ Perceived severity (is this problem really severe?)
 - ✓ Perceived benefits (is it effective? Will it help?)
 - ✓ Perceived barriers (religion, machismo, etc.)
 - ✓ Cues for action (forgot to go to clinic, to take pills)
 - ✓ Perceived self-efficacy (will I be able to do what I need to do to make this work?)

TARGET GROUPS

'Doers'

Sexually active woman and men of Comalapa and Zaragoza, who use contraceptives and are not planning a pregnancy within the next six months.

'Non-Doers'

Sexually active woman and men of Comalapa and Zaragoza, who *do not* use contraceptives and are not planning a pregnancy within the next six months

METHODOLOGY

- ✓ Creation of questionnaire for both men and women (15 questions).
- ✓ Individual interviews (carried out by local male and female workers paid by WINGS) with 100 females (50 doers and 50 non-doers) and 100 males (50 doers and 50 non-doers).
- ✓ Focus groups – 4 with women (both doers and non-doers) and 4 with men (both doers and non-doers).

DEMOGRAPHICS OF INTERVIEWEES

- ✓ Aged between 17 and 59
- ✓ Good spread of educational backgrounds
- ✓ 40% Catholic, 31% Evangelical
- ✓ Majority had between 1 and 7 children, with the most common being 2-4

RESULTS

- ✓ Vast majority of both men and women recognized unplanned/unwanted pregnancies as the main 'problem' when not using contraceptives.
- ✓ Interestingly, 43% of women and 59% of men identified illness as a problem associated with contraceptive use, thus this belief is a large barrier. 6% of women wrote in Cancer as a problem associated with contraceptive use, a common myth.

RESULTS CON'T.

- ✓ Just over 10% of women identified problems with their partners as a problem with contraceptive use.
- ✓ Nearly 50% of women stated that 3 children was the minimum number of children they wanted, while 36% of men state their minimum is 2 children.
- ✓ Most women say that the maximum number of children they want is between 3 and 6, while most men say their maximum is between 2 and 5.

RESULTS CON'T.

- ✓ Women tended to answer that they wanted more children than the men did and their maximum threshold was higher.
- ✓ 90% of women believed that contraceptives always prevented pregnancy compared to just 74% of men. So men had less faith in their efficacy.
- ✓ 63% of women stated that their partners would agree to their use of contraceptives, but only 43% of men said the same for their partners.

RESULTS CON'T.

✓ Yet, 25% of women say their partners would disapprove, 30% say the church would disapprove and 34% say their families would disapprove.

✓ For men, 40% say the church would disapprove, 22% mention their families and 15% mention their partners.

RESULTS CON'T.

When asked what makes contraceptives hard to use, women stated:

Cost	21%
Fear of Illness	27%
Lack of Info	23%
Geographic Isolation	10%
Lack of Partner Approval	19%

RESULTS CON'T.

When asked what makes contraceptives hard to use, men stated:

Cost	15%
Fear of Illness	24%
Lack of Info	29%
Geographic Isolation	10%
Don't Agree with it	33%

RESULTS CON'T.

- ✓ Women stated that contraceptives would be easier to use if they were cheaper (31%), if they had more info (23%), if there were no health problems associated (9%), if there was a closer clinic (10%) and if their partner approved (23%).
- ✓ Men stated that contraceptives would be easier to use if they were cheaper (27%), if they had more info (38%), and if their partners approved (17%).

RESULTS CON'T.

- ✓ 71% of females and just 48% of males say that contraceptives are easy to remember to use.
- ✓ The vast majority of both men and women state family planning as a benefit of using contraceptives. Only women (10%) mentioned that the use of contraceptives could give a better life to their children.

RESULTS CON'T.

- ✓ Women who used contraceptives, used:
 - ✓ Tubal (10%)
 - ✓ Cyclofem (21%)
 - ✓ Condoms (2%)
 - ✓ Pills (10%)
 - ✓ IUD (12%)
 - ✓ Depo (44%)

RESULTS CON'T.

- ✓ Men who used contraceptives with their partners, used:
 - ✓ Vasectomy (14%)
 - ✓ Condoms (34%)
 - ✓ Pills (14%)
 - ✓ IUD (7%)
 - ✓ Depo (31%)

WINNINGS

RESULTS CON'T.

- ✓ When asked why they use contraceptives, the majority of women said 'to have no more children', while only 15% mentioned household economics and 9% mentioned the health of the children.
- ✓ When asked the same question, the majority of men also cited family planning, while only 7% cited health of living children.

RESULTS CON'T.

- ✓ Non-doers state that their reasons for not using methods include:
 - ✓ Church Disapproval (stronger for men)
 - ✓ Health fears (much stronger for women)
 - ✓ Lack of info (similar for both men and women)
 - ✓ No money (only women)
 - ✓ Partner disapproval (only women)
 - ✓ Personal disapproval (only men)

CORRELATIONS

- ✓ Men cited twice as often that church disapproval was problematic in their use of contraceptives. Also, Catholics made up the majority of those saying that their church would disapprove of the use of contraceptives.
- ✓ Men believe that contraceptives cause illness more than women. Also, men do not consider 'problems with their partner' to be a factor in using or not using contraceptives.
- ✓ There is a very strong correlation between those that use contraceptives and their impression that contraceptives are easy to remember to use and those that do not use and their impression that they are difficult to remember to use.

SUMMARY

- ✓ The study confirms some of WINGS' already held beliefs – that the church, machismo, lack of knowledge and cost are major barriers to accessing family planning methods.
- ✓ It also reminds us that we need to focus on real concerns – myths of health problems and that men and women are working from two different frameworks. (Need to adjust educational talks and create men's project specifically targeted).