

Role of Civil Society Organizations on Promoting Family Planning Program in Baluchistan:

A Case Study of Quetta

By

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Abstract:

Civil society is the main hidden potential lying in the society to bring out the result according to the will of the citizens. The civil society organizations were playing fundamental role in promoting the family planning practices. The current study aimed at investigating the role of civil service workers in promoting the family planning practices among people of Quetta. To achieve the mentioned target, the focus group discussion had been conducted with the civil society worker to investigate the FP2020 program policies and progress up to now. The participants have been selected through convenient sampling technique, and the interview guide has been developed. The qualitative analysis technique has been used to interpret the results. The findings of the study provided the in-depth information about the current status of FP2020 plan and role of the civil organization in promoting family planning in the Quetta District of Baluchistan.

Keywords: Civil Society Organizations, Family Planning, Role of CSOs in promoting Family Planning, Family Planning Activities in Quetta (Balochistan).

Introduction: The current study aimed at investigating the role of civil service workers in promoting the family planning practices among people of Quetta. To achieve the mentioned target, the focus group discussion had been conducted with the civil society worker to investigate the FP2020 program policies and progress up to now. The participants have been selected through convenient sampling technique, and the interview guide has been developed. The qualitative analysis technique has been used to interpret the results. The findings of the study provided the in-depth information about the current status of FP2020 plan and role of the civil organization in promoting family planning in the Quetta District of Balochistan. Non-governmental organizations contributing their share and efforts in the field through all over the country. Rutgers WPF (World population Foundation Pakistan), The National Institute of Population

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Studies, Marie Stopes Society, PAP (Population association of Pakistan), Family welfare Cooperative Society, Pakistan Family Welfare Council, UNFPA (Pakistan-United Nations Population Fund), Youth Advocacy Network (YAN) and some others are civil society organizations concerning Family Planning in Pakistan. But none of their services are available in Quetta or Balochistan. Therefore, the only larger setup of FPAP (Family Planning Association of Pakistan) is visible, active and doing their best in the field in Quetta city and Balochistan.

Background of Study:

High population growth is one of the fundamental issues in the developing countries. Pakistan stands at sixth number among the most populous countries throughout the world with the population surpassing 184 million people. According to the world-o-meter (2018), the current population of Pakistan is 201,231,254, which is equivalent to 2.63% of the total world population. The 39.5 % (79,279,647) of the population comprised of urban people. In particular, the according to the 2018 census the population in Quetta is 733,675. The necessities of a big family are hard to fulfill for people to spend quality of life. The quality of health is in dangerous particularly for the children and the mothers as well.

Civil Societies and Their Role in Family Planning:

Civil society plays a crucial role in the provision of standard family planning programs. Civil society organizations (CSOs) regulates the functions such as in raising awareness, expanding services, spawning demand, and advocating for a high-quality environment to ensure couples have a full, free and informed choice to verify whether they are ready for having children or not. It does not include the government or the family, but the civil society with the collaboration of Government may control the rising population.

Problem Statement:

Many civil society organizations are working in Baluchistan for improving the living standards of the marginalized population and reducing the level of poverty. Similarly, with the theme of “family planning”, some well-known organizations such as UNFPA, FPAP, Mary Stops Society are also working in Baluchistan for promoting family planning program with different scope, nature and length. These organizations are supposed to work for supporting the public sector on achieving the objectives of the International Summit on family planning is called “FP2020” where Pakistan is already a signatory. Following Family Planning Evidence Briefs had been prepared for the Family Planning Summit held in London on July 11, 2017. The briefs highlight evidence and provide research and programme considerations for improving access to family planning.

Significance/Justification of Study:

With rising needs of family planning particularly in urban and rural regions, the population program tally not keep up an effective administration structure to give sufficient scope of family planning administrations to the general population. It could barely cover under 50 percent of urban 5 percent of country qualified population by mid 1980s as yet leaving a portion of qualified population with a neglected requirement for family planning administrations to abridge their propagation. Through the scholastic perspective it is imperative to comprehend the part of civil society organizations in such an immature territory of Pakistan. The degree and criticalness of the examination is additionally essential, that through such scholastic work the general population will comprehend the significance of social issue and to discover their answers as indicated by the cutting edge time. This examination work additionally gives introduction with respect to the help these common society organizations give in the urban and rustic group of Baluchistan. Further, the accurate significance of these civil society organizations will likewise be investigated that how viably and proficiently these organizations are supporting people in general part in accordance with global summits for Millennium Development Goals by 2020.

Literature Review:

The role of civil societies in controlling the alarming population size to enhance the quality of life among peoples. Initially, the background of the study covers the how the civil societies emerge and what significant role it has played so to control the ratio of high population (Anjum, 2012)

Family planning is a considerable and efficient loom to achieve the Millennium Development Goals (MDGs). Despite the enormous advantage of FP, a number of governments in LMICs (Low- and Middle-Income Countries) have invested a limited amount in these programs due to the priority of donors' interest (Shekhar, 2017).

Methodology:

The methods of the research design, sampling technique, instruments, data collection, data analysis, ethical consideration, and procedure has been refined extensively. As the work is related with the social work subject, all the research work has been based on primary and secondary data. Therefore, has been adopted mixed method in this research work by using Questioner and FDG format.

Research Design:

The research has been taken as an exploratory research, because no any research has been taken on this topic yet in Pakistan, but in the global perspective similar research has been made in Nipal. Mostly qualitative data has been obtained, through its reports and on ground practice of these civil society organizations.

Data Collection & Variables of Study:

For the data collection the tools of Questioner for individual interview of the service-recipients has been gained along with some key officials. Focused group discussions were also conducted and primary data was collected. Whereas, for the purpose of secondary data, the Annual Reports and their evaluation report were used so that to grab out the facts.

Sampling:

All organizations working in the field of family planning in Quetta were the sample size of the research.

Research Analysis:

All the research work based on primary and secondary data. Therefore, a mixed analytical and empirical method has been used in this research work. Whereas most of the data were qualitative, consequently Consensual Qualitative Research (CQR) has been used for analysis, but for some of the quantitative data, the "SPSS" software has been used.

Results:

The Frequencies and percentages of the demographical characteristic are as following (n= 110)

Variable	Male	Female	Total
	F(%)	F(%)	F(%)
Gender	55(45)	65(55)	110(100)
Age			
35 or below	25(22.7)	8(7.2)	33(29.9)
36-50	35(31.8)	20(18.1)	55(49.9)
50 or above	10(9.09)	12(10.9)	22(19.99)
Education			
Intermediate	13 (11.81)	4(3.63)	17 (15.45)
Bachelors	45 (40.90)	30 (27.27)	75 (68.18)
Masters (MBBS)	12(10.9)	6(5.45)	18 (16.36)

Designation

Counselor	8(13.13)	10 (18.81)	18 (15)
Doctor	5 (7.69)	9(16.36)	14(11.66)
Regional Director	4 (6.15)	4 (7.27)	8 (6.66)
Regional programmer	2(3.07)	2 (3.63)	4 (3.33)
Monitor Officer	9(13.84)	10 (18.81)	19(15.83)
Medical Officer	2 (3.07)	9 (16.36)	11(9.16)
Programmer Manager	9(13.84)	6(10.19)	15(12.5)
Youth Officer	4 (6.15)	4 (7.27)	8(6.66)
Programmer Associates	6(9.23)	6(10.19)	12(10)
Admin Officer	2 (3.07)	3 (5.45)	5(4.16)
LHV's	2 (3.07)	2 (3.63)	4(3.33)
Staff Nurses	2(3.07)	1 (1.81)	3(2.5)

Years of Service

5 years or below	25 (22.7)	35(63.63)	37 (30.83)
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8- 10 years	30 (46.15)	10(18.81)	50 (41.66)
11 years or above	4 (6.15)	10(18.81)	23 (27.5)
Salary in Pak. Rs			
40 or below	25 (38.46)	20(36.36)	45 (37.7)
41000-90,000	17 (26.15)	20(36.36)	27 (22.5)
91 or above	22 (33.84)	15(27.27)	37 (30.83)

The above table indicates that 45% of Civil Service Recipient belongs to the male gender while the female percentage was 55% respectively. The age group of male or female were 36-50 years on average (49%) as compared to any other age group. The education of the participant was the bachelor on average with the percentage of (68.18) as compared to masters or intermediate. As far as the designation is concerned the 15% participants were the counselor, 11.66% belongs to or doctor field, 6.66% were found to be the regional director, 3.3% were the regional programmer, and 15.83% of participants were monitor officers. The 9.16% were medical officers, 12.5% were Programmer Manager, and 2.5% were staff nurses. The years of service were 8-10 years among a majority of the population only a few were having five years or below. The salary of the participants was 40 or above and 91000 or above on average.

Domain and Category forms the cross analysis of Focus Group:

Domains and responses	Categories of frequencies
Introduction	
What is the Family Planning FP2020?	
A programme to control high birth rate for the benefit of the society	General
P2020 is a way to make money	

Rare

What is the purpose of this programme?

To control the socio-economic and health-related problems

To implement the western tradition in Pakistan and

eradicate the Islam

General

Rare

Who are the targeted population?

The married couple particularly females of Quetta

The Muslim society

General

Rare

What are the expected outcomes?

To control the high fertility rate and promote the healthy living standards to meet all the necessities of life

To implement the western traditions

General

Rare

What are the key important areas of this Programme?

To make a balance between socioeconomic resources and population needs

To promote the family planning practices among female participants

To make females independent to make informed choices regarding the spacing of birth according to their health status.

To literate people about the family planning and contraceptive methods

General

Rare

Immediate Contribution of civil society

Through the family planning centers in Quetta, the awareness has been intended to enhance. The centers that have been included in the project for immediate action are listed below.

FHH (Family Health Hospital), SRH, MCS (Mobile Clinic Center), YRCs, FHCs and FPAP (Family planning Association of Pakistan)

No significant contribution has been made on an initial level

General

Rare

What kind of strategic plan would be implemented to achieve the desired target?

Positive Reinforcement would be associated with the practices of family planning; the awareness programs would be designed according to the psychology of people, the older adults would be educated about the effectiveness of

the FP

To play with the minds of people-oriented strategy would be used

General

Rare

What are the primary goals?

All people of Pakistan are empowered to make choices about their SRH (Sexual and Reproductive Health) and well being in a world without discrimination

General

To play with the minds of the people understanding their psychology

Rare

What are the secondary goals?

To lead the movement of SRHR and FP as a fundamental human right in Pakistan and to provide and enable sustainable and quality SRH including FP information and services to all particularly vulnerable and underserved in partnership with government and all other stakeholders.

General

To control all the activities in Pakistan.

Rare

What is the contribution of civil service member Family Planning Organization's towards this FP2020 Summit Plan?

Advocacy, capacity building of the service providers in the area of SRHR, to have the policy change with the policymaker to include LSBE (Life Based Skill Education) the part of the national curriculum from 8th to 10 class.

General

To support the public sector, the make easy access to all kinds of FP (Family Planning) Methods to all the people with the age of fertility.

Rare

Spread awareness and convince people to use family planning services

Progress

What short terms goal has been achieved until now?

CYP, SRHR, Counseling

Striving

General

Rare

What key hindrance and barriers have interrupted until now?

Religion inclination of peoples, as they think the use of family planning is forbidden in Islam, low socioeconomic status, Illiteracy, untrained staff
Belief system of the peoples

General

Rare

What expected barrier would inhibit the desired outcome in future?

Lack of awareness among people.
Family system and schemas.

General

Rare

What is the response of people towards this program until now?

Older age people disallow the family planning practices, and therefore their reaction towards family planning is negative, newly married couple consult family planning services with the positive attitude
The majority of educated and high socioeconomic status practices such services

General

Rare

Does the reactions of people is positive towards this program?

Yes, the majority of people indicating the positive responses
People have the right attitude; it may take a long time to get positive responses from the people

General

Rare

Who are manifesting negative attitude towards family planning 2020 program?

Parents
Husbands

General

Rare

Satisfaction Level

Being a member of this FB2020 program are you satisfied with the long and short term goals?

Satisfied
Not Satisfied

General

Rare

What is the response of service-recipients towards this program until now?

Positive
Negative

	General
	Rare
What is your contribution as an individual being a part of this project?	
Positive	General
Negative	Rare

The following tables indicate the frequency and percentages of the staff member (N=120):

S. No	Items	Females		Males	
		F(%)		M (%)	
		Yes	No	Yes	No
1	Are you Satisfied with the Family planning Organization's services in Quetta?	50(76.72)	15(23.07)	45(81.18)	10(18.81)
2	Has the short term goals been achieved through Organization services	55(84.61)	10(15.38)	51(92.72)	4(7.27)
3	Is the feedback of the service recipient's positive towards Family planning Organization's services?	61(93.84)	4(6.15)	33(66)	2(3.63)
4	Are the workers of Civil society performing best performances to provide awareness and services regarding Family planning Organization's plans?	59(90.76)	6(9.23)	48(87.27)	7(12.72)
5	Do you think so the barriers would be control within upcoming years?	63(96.92)	2(3.07)	50(90.90)	5(9.09)

The above table indicates that the staff of Civil services indicates a positive attitude towards the Family Planning Organization's services as

(76.72%) females and (81.18%) stated that they are satisfied with the Family Planning Organization's services. Similarly, a majority of staff members responded that they are satisfied regarding the short-term goals to have been achieved, and services recipients are giving positive feedback. Furthermore, (90.76) females and (87.21%) males stated that the Family Planning Organization's services are providing the best awareness and services to peoples. The (96.92%) females and (90.90%) males reported that they have a positive attitude that all the Barrier would be root out in the upcoming years.

Table indicates the frequency and percentages of the Service recipients (N=120):

Variable	Male	Female	Total
	M(%)	F(%)	T(%)
Gender	55(45%)	65(55%)	120(100)
Age			
35 or below	42(64.61%)	30 (54.54%)	72(60%)
36-50	13(20%)	12(21.81%)	25(20.83)
50 or above	10(15.38%)	13(23.63%)	23(19.16%)

The above table indicates that 45% percents of service reception were males and 55% were females. The majority of participants 42(64.61%) males and 30 (54.54%) females were from 35 or below age range while 13 (20%) males and 12 (21.81%) females belong to the age range between 36 to 50. A few participants were from 50 or above range.

Conclusion:

The overall interpretation indicated that FP2020 is working for the betterment of social, economic and health-related issues by controlling the fertility rates. The accurate implementation of the process is vital therefore the civil services members have a major role in the implementation of the policies and promoting the family planning services in the Quetta district of Baluchistan. The results of the FGD indicates that majority of participants have a positive approach and contribution towards FP2020 with adequate knowledge. The short-term and long-term goals that have been achieved or expected to accomplish in the future were reported as satisfactory. Although to increase the practice likeliness the time is required, but the initial steps are outcomes found to be encouraging for the wellbeing of the society.

Implication of study:

In the introductory discussion, the 70% participants defined the Fp2020 as a project of controlling the rising population from the society. The Participants working or high rank (Regional director, regional officer, Lady Doctor, Doctor, and counselor) have sufficient knowledge about the effectiveness of family planning. Therefore, the workers, working on a high rank reported the FP2020 as an effective program as compared to low ranked workers in family planning.

The Contribution of civil service members towards the Fp2020 program is the Advocacy, to promote female rights to decide to have sexual intercourse and babies concerning the favor of capacity building of the service, LSBE (Life Based Skill Education), an age of fertility. The above aspects that have been narrated in favor of FP2020 plan were highly imperative in quiet culture.

According to Focus group discussion, a variety in the responses of the population has been noticed as older adults of family disallow the married couple for availing the family planning services. The older adults indicted a negative attitude towards FP2020 services.

The quantitative data has also been collected from 120 staff member of civil societies. The results of the quantitative data were similar to FGDs as (76.72%) females and (81.18%) male staff member stated that they are satisfied with the FPAP services.

According to Statistical data the use of contraceptive method enhances during the 2017- 2018 as compared to previous years, it is suggested that the use of the condom during the years of 2015-2016 was 1,373.01- 1,458.82 which enhanced dramatically during 2017-2019 with the ratio of 927.58- 1,040.74. The ration for other methods was also increased similarly from 2015-2018 except for male sterilization and Norigest. The literature suggested that the targets of FPAP will be achieved within the few years and the gradual progress was indicating the positive results.

Limitation of study:

The participants of the Civil Service were found reluctant to share the factual information and take a long time to answer a question. Despite high rank and literacy level of the civil service worker, they were not showing the positive attitude towards research findings and reference was required to take an interview.

Recommendations:

The participants of civil service FP2020 summit plan were reluctant to share their information might be due to face to face interview or Focus group discussion. To obtain the actual information their confidentiality must be intact, and in focus group discussion they were not telling the weak points openly due to the presence of other civil services member. The telephonic contact might be helpful to get the variety of themes.

The issue of the reference may eradicate through the awareness regarding the implication of the research.

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