Conclusions

In light of the findings of the study, the following conclusions and generalizations were formulated:

1. The issue on contraceptive use may be opened as an interesting topic to both the male and female sexes, although the female group would likely be more interested.

2. The issue on contraceptive use is of interest to both farmer and urban poor, especially if it relates to the socio-economic upliftment of their families.

3. The typical respondent to the study is a married man or woman with an average of three children, educated at least to the high school level, originating from the province not necessarily his or her present place of residence who migrated for economic reasons, working either as a farmer or resorting to some other forms of livelihood like employment.
4. Contraceptive use among the respondents is not a new thing, as they had been using contraceptives for sometime now, and that the contraceptives used were pills, ligation, IUD, condom, depo-provera, rhythm and NFP.

5. The respondents resorted to contraceptives due to economic and health reasons and for sex enjoyment without the fear of possible consequences that could result in an unwanted birth.

6. Contraceptive use has negative effects as perceived by the respondents, namely, dizziness, weight gain or weight loss, irritability, headache, sleepiness or sleeplessness, weak and irregular flow of menstruation, hardness of breathing, forgetfulness, nervousness, all of which are considered as health reasons. The other effects perceived by the respondents were: (a) husband is becoming strict and jealous; (b) user gets pregnant; (c) life did not improve because God is angry; (d) long time spent waiting for the infertile period in rhythm method; and (e) ovary got operated for using pills for a very long time.
7. Abortion as a family planning method is not favored.

Recommendations

In the light of the findings and conclusions derived from the investigation, the researcher recommends the following:

1. Contraceptive use among farmers and the urban should be implemented only after a series of training/seminars/orientation conferences. The "pros" and "cons" of contraceptive use should be carefully presented to married couples in both the urban and rural areas.

2. Medical health officers and practitioners should be encouraged to offer free services to the public on the proper ways or manner of using contraceptives to avoid the occurrence of possible side effects.

3. Married couples should be motivated and properly trained or oriented on the topic "contraceptive Use" in relation to socio-economic improvement and/or advancement.
4. The move to legalize abortion in the Philippines is still unacceptable considering the culture and lifestyle of Filipinos. A more in-depth study in this regard is recommended.

5. Even without contraceptives, the government must look after the welfare of the less fortunate ones, particularly those living in farms and in squatter areas e.g., encouraging them to engage in livelihood projects sponsored by both the government and the concerned non-government agencies/offices.

6. Make proper use of their leisure time by learning handicrafts, set up barangay reading centers and the government should send trainors for different home bases production to enhance their learning capacity to provide to their families.

7. Finally, a follow-up study on the motivations and psychological effects of the use of contraceptives should be further conducted covering other groups of users and/or other regions, provinces, cities and municipalities not only to verify the findings of the present study, but more importantly, to effect ways and means to improve the socio-economic status of the people in said areas.