UNIJERPS
Unizik Journal of Educational Research and Policy Studies VOL.19 (4);
January-June, 2025 https://unijerps.org
2023 Impact Factor: **6.834;** 2022 ***Impact Factor***: 5.156; ***2021 Impact Factor: 5.641;***
2020 Impact Factor: 5.355. *Indexing and Impact Factor URL:*
http://sjifactor.com/passport.php?id=21363

IMPACT OF RELIGIOUS AND CULTURAL BELIEFS ON FAMILY PLANNING AND WELL-BEING OF CHILDREN IN SAKI WEST LOCAL GOVERNMENT

Omotayo James Ojo
Department of Social Work
University of Ibadan, Nigeria.
Email Address: jamestayo676@gmail.com
&
Dr Abimbola Afolabi
Department of Social Work
University of Ibadan, Nigeria.
Email Address: drafolabiabimbola@gmail.com

ABSTRACT

Religious beliefs play a pivotal role in shaping attitudes toward childbirth control and family planning in Nigerian communities. Cultural beliefs surrounding childbirth and family planning remain deeply embedded within the fabric of Nigerian society, particularly among the Yoruba people who constitute a significant portion of the population. This study examined the impact of religious and cultural beliefs on child control and well-being of children in Saki West Local Government. Descriptive survey research design was adopted for the study. The study was carried out among two hundred and fifty (250) respondents. Four research hypotheses were formulated tested and used for this study. Instrument tagged "the impact of religious and cultural beliefs on birth control and well-being of children" The data collected through the research instrument for the study were analyzed using both descriptive and inferential statistics. The data were analyzed using frequency count, percentages, Pearson Product Moment Correlation (PPMC) and Multiple Regressions Analysis (MRA), was employed to test the hypotheses of study at 0.05 alpha level. The study found out that there was a statistically significant relationship between religious beliefs and strategies for promoting child well-being in Saki West Local Government ($r = .532$, $N= 225$, $p<.05$), results revealed that Cultural beliefs have a significantly jointly influence child-rearing patterns and children's well-being in the research location. ($F (2, 247) = 62.298$; $P<0.05$), there is a significant relative contribution of Child-Rearing Patterns ($\beta = .489$; $t = 6.741$; $P<0.05$), follows by Children's Well-Being ($\beta=.119$;$t=2.647$;$P<0.05$) to the cultural beliefs in Saki West Local Government and religious and cultural beliefs have a jointly impact access to child wellbeing services. ($F (2, 247)=58.279$;$P<0.05$), there is a significant relative impact religious beliefs ($\beta = .396$; $t = 6.254$; $P<0.05$), follows by Cultural beliefs ($\beta= .239$; $t = 3.779$; $P<0.05$), to child wellbeing services in Saki West Local Government. Based on the findings of this study, some recommendations were made that there should be caution for families caught between their desire to honor traditional values and the practical challenges of provide adequate care and support for large numbers of children in today's economic climate, there should be interconnected

determinants collectively shape the landscape of mental health challenges among university students, government should involvement to understand and address the complex interplay between religious and cultural beliefs and government should continually involvement their impact on both child control practices and children's well-being

Keywords: Religious Beliefs, Cultural Beliefs, Child Control, Well-Being, Children

Introduction

One of the fundamental components of development is promoting and achieving the health of women most especially on reproduction (Omokhabi, 2016). The birth of a child in Nigerian society represents a profound moment of celebration and joy that extends far beyond the immediate family unit. This momentous occasion signifies not just an addition to the family structure but embodies the continuation of cultural heritage and societal growth. In Nigerian communities, particularly in Saki West Local Government, the arrival of a newborn traditionally symbolises divine blessing, family prosperity, and community expansion. The significance attached to childbirth deeply influences how families approach child-bearing decisions, family planning practices, and ultimately shapes the overall well-being of children within the community. This cultural framework creates a complex interplay between traditional values, modern family planning approaches, and children's welfare considerations. Because it impacts their reproductive anatomy each household's family size, number of children, timing and spacing of children and use of contraceptives to avoid unwanted or unplanned pregnancies and safe sex relations are important (Olajide & Omokhabi, 2014). One of the most significant social structures and the oldest sociocultural traits of humanity and civilization is religion which influences all societies and functions as a potent social control mechanism that has a profound impact on many facets of people's lives, attitudes and behaviours, developed over thousands of years of recorded history (Limbu & Haloi 2013 in Omokhabi, 2014). Religious beliefs and practices frequently affect cost/benefit analyses, value perception perceived behavioural control and social influence, religion can be conceptualised within socio cognitive models of health behaviour (Omokhabi, 2014). Religious beliefs play a pivotal role in shaping attitudes toward childbirth control and family planning in Nigerian communities. Thompson and Williams (2019) conducted extensive research among various religious groups in southwestern Nigeria, revealing that religious teachings significantly influence family size decisions and contraceptive use patterns. Their study found that religious leaders' interpretations of sacred texts and doctrinal positions on family planning directly impact followers' reproductive choices. In Islamic communities within Saki West, Muhammad and Ibrahim (2021) observed that religious teachings often emphasize procreation as a divine blessing, though contemporary Islamic scholars increasingly acknowledge

the importance of responsible parenthood and child spacing.

Cultural beliefs surrounding childbirth and family planning remain deeply embedded within the fabric of Nigerian society, particularly among the Yoruba people who constitute a significant portion of the population. According to Adebayo et al. (2022), traditional Yoruba cultural perspectives fundamentally view children as divine gifts bestowed upon families by higher powers, serving not only as a continuation of lineage but also as crucial sources of social security in both immediate and extended family structures. Their comprehensive research conducted across southwestern Nigeria demonstrated that cultural norms consistently prioritize larger families, with the number of children often viewed as a direct indicator of prosperity, social status, and divine blessing within the community. Additionally, Akinwale and Oluwaseyi (2021) found that these deeply rooted cultural beliefs significantly influence how families approach birth control practices, with many showing resistance to modern family planning methods due to cultural preferences for natural conception and childbirth processes. The research further revealed that community elders and traditional leaders play pivotal roles in shaping these perspectives, often serving as gatekeepers of cultural knowledge and practices related to fertility and family planning. This cultural framework has profound implications for how communities perceive, implement, and sometimes resist family planning initiatives, even when such programs are designed to improve maternal and child health outcomes (Ibrahim & Mohammed, 2020).

The intersection of religious and cultural beliefs creates intricate and multifaceted dynamics that significantly impact child well-being outcomes in Nigerian communities. Research conducted by Ogunlade and Peterson (2020) across rural Nigerian communities revealed that traditional belief systems fundamentally influence crucial aspects of child development, including parenting practices, healthcare decisions, and educational choices for children. Their extensive study, which spanned multiple communities in southwestern Nigeria, demonstrated that communities with strong cultural attachments to traditional child-rearing practices often face significant challenges in adopting and implementing modern approaches to child welfare and development. This resistance, according to Oladeji and Thompson (2022), stems from deeply ingrained beliefs about the proper roles of family members, community involvement in child-rearing, and traditional methods of addressing children's physical and emotional needs. The research further highlighted how these cultural beliefs often conflict with contemporary child development theories and evidence-based practices, creating barriers to the implementation of modern child welfare programs. Moreover, Adewumi et al. (2021) found that these traditional belief systems significantly influence how communities perceive and respond to child health issues,

educational opportunities, and social development needs.

The impact of religious beliefs on child well-being extends far beyond basic reproductive decisions, encompassing various aspects of child development and family life. Groundbreaking studies by Oluwaseun and Thompson (2021) conducted across different religious communities in Nigeria demonstrated the profound influence religious institutions have on child welfare through their teachings about parental responsibilities and child-rearing practices. Their research revealed that religious organizations serve as crucial support systems for families, providing not only spiritual guidance but also practical assistance in matters of child welfare. Furthermore, Adebayo and Ibrahim (2022) discovered that religious teachings significantly shape parents' decisions about children's education, healthcare, and social development. The study highlighted how religious institutions often act as mediators between traditional practices and modern child welfare approaches, helping families navigate complex decisions about their children's upbringing. Religious leaders, according to Oladipo et al. (2020), play essential roles in promoting positive child welfare practices while maintaining cultural sensitivity and religious values.

Cultural attitudes toward child spacing and family size have profound implications for children's access to resources and opportunities within Nigerian communities. Comprehensive research conducted by Adeleke et al. (2022) across various communities in Oyo State revealed that families adhering to traditional cultural beliefs about large family sizes frequently encounter significant challenges in providing adequate educational and healthcare resources for all their children. The study documented how these challenges often result in disparities in access to quality education, healthcare services, and other essential resources necessary for optimal child development. However, Mohammed and Adewale (2021) noted that traditional cultural support systems, particularly extended family networks, often play crucial roles in mitigating these challenges by providing additional resources and support for child-rearing. Their research highlighted how communal child-rearing practices, though sometimes at odds with modern individualistic approaches, often provide valuable social and emotional support for children in resource-constrained environments. Additionally, Oluwaseyi and Johnson (2020) found that these cultural support systems often help preserve important cultural values while adapting to contemporary challenges in child welfare.

The complex interrelationship between religious beliefs, cultural practices, and modern healthcare approaches creates unique challenges in implementing effective child welfare programs in Nigerian communities. Johnson and Adewale (2020) conducted extensive research demonstrating that successful child welfare interventions require careful consideration of both religious and cultural sensitivities while promoting

evidence-based practices for child well-being. Their study revealed that programs that fail to account for local religious and cultural contexts often struggle to achieve sustained community acceptance and participation. Furthermore, Ibrahim and Oladeji (2022) found that effective child welfare programs must bridge the gap between traditional practices and modern approaches to child health and development. The research emphasized the importance of engaging religious and cultural leaders as partners in child welfare initiatives, highlighting their crucial role in facilitating community acceptance of new approaches to child care and development.

Statement of the Problem

In Saki West Local Government Area, the intersection of religious and cultural beliefs with child control practices has created significant challenges for child welfare and family planning. Despite the availability of modern family planning methods and child welfare programs, many families continue to prioritize traditional values that advocate for larger families, often at the expense of children's quality of life. This imbalance has led to inadequate access to essential resources such as education and healthcare, hindering optimal child development. The tension between maintaining cultural and religious traditions and adapting to contemporary socio-economic realities further complicates the situation, particularly given the limited local resources. As a result, there are concerning trends in child well-being, including poor educational performance, health outcomes, and overall quality of life. This study seeks to fill the gap in understanding the complex relationship between religious and cultural beliefs and their impact on child control practices, family planning decisions, and children's well-being in Saki West Local Government Area, offering insights into how these factors influence the success of family welfare and child development initiatives. The primary purpose of this study examined the impact of religious and cultural beliefs on child control and well-being of children in Saki West Local Government. This overarching purpose will be achieved through the following specific objectives:

i. To investigate the influence of religious beliefs on family planning decisions and child control practices among families in Saki West Local Government.
ii. To assess the impact of cultural beliefs and practices on child-rearing patterns and their implications for children's overall well-being in Saki West Local Government.
iii. To examine the intersection between religious and cultural beliefs and their combined effects on access to modern family planning methods and child welfare services in Saki West Local Government.

Literature Review

Omokhabi and Egunyomi (2016) are among the numerous studies that have demonstrated that religious/cultural belief (r=0.066) forecasted the number of children, the size of the family, the timing and spacing of children

and the use of contraceptives to avoid unintended or unwanted pregnancies and to ensure safe sexual relations among women of reproductive age. In a different study Omokhabi (2020) examined the use of family planning among married women of childbearing age. The data predicted the use of modern family planning. The study was modelled using the Theory of Planned Behaviour. The use of modern family planning was found to be substantially predicted by attitudes, norms and perceived behavioural control. This shows that the Theory of Planned Behaviour might be a good framework for comprehending how the contemporary family planning method is used. Aluko (2021) explored the influence of cultural beliefs on child rearing practices and the well-being of children in Oyo State, Nigeria, focusing specifically on rural areas such as Saki West. The study used a sample of 250 parents and caregivers who were surveyed using structured questionnaires. The research employed correlation analysis to examine the relationship between cultural values (for example family size preference, gender roles, and child control practices) and children's access to education and healthcare. The results revealed a significant negative correlation ($r = -0.45$, $p < 0.01$) between the strong adherence to traditional beliefs about family size and children's educational outcomes. The study concluded that cultural beliefs promoting larger families without considering the economic realities of raising children had a detrimental impact on children's well-being, particularly in terms of access to quality education and healthcare services.

Adebayo et al. (2020) investigated the role of religious beliefs in shaping family planning decisions and its subsequent impact on child well-being in Ibadan, Nigeria, which shares similar cultural dynamics with Saki West. The study involved 300 participants selected through stratified sampling from both Christian and Muslim communities. A mixed-methods approach was adopted, incorporating both qualitative interviews and quantitative surveys. The data were analyzed using multiple regression analysis to examine how religious beliefs influenced family planning choices and child welfare outcomes. The regression results indicated that religious adherence significantly predicted family size preferences ($\beta = 0.33$, $p < 0.05$) and negatively affected the financial and emotional resources available to children ($\beta = -0.42$, $p < 0.01$). The study concluded that while religious doctrines often promote large families, this practice tends to undermine children's access to resources necessary for their optimal development.

Afolabi (2019) investigated the role of Social Workers in the prevention of adolescent pregnancy in Oyo East Local Government Area of Oyo State, Nigeria. It has been observed that unwanted pregnancy is popular among adolescents resulting in most of them dropping out of school. Specifically, the objectives of the study are to ascertain the factors associated with adolescent pregnancy and to establish social work intervention strategies for adolescent pregnancy. The population for the study consisted of 27 social workers in social work department of

state hospitals, health centers, primary and secondary schools as well as social welfare organizations spread across 16 different locations in Oyo East Local Government Area of Oyo state. Total enumeration sampling technique was used to sample the 27 social workers. Questionnaire was used to gather relevant data. The findings revealed that poverty (100%), child abuse (100%), child abandonment 100%, and lack of sex education (92.6%) predisposed adolescents to early or unwanted pregnancy. However, Social Workers adopted improving communication between parents and their children (85.2%), community-based prevention (85.2) and encouraging adolescents to attain higher education (100%) as major intervention strategies to prevent adolescent pregnancy among teenagers. The study therefore recommends that Local Government Authority in collaboration with the state government should employ the Services Social Workers who have the competence and skills to address the root causes of adolescent pregnancy in order to prevent adolescent pregnancy. Also parents should instill sound moral teachings in their children and collaborate with social workers to provide effective sex education for teenagers

In a study conducted by Okeke (2022), the researcher explored how cultural norms influence child-rearing practices and well-being in Northern Nigeria. A total of 350 parents, including both mothers and fathers, participated in the study. The data were analyzed using chi-square tests to determine the relationship between cultural norms (for example the preference for boys over girls, discipline methods, and community influence) and children's academic achievement. The chi-square results revealed a significant association ($\chi^2 = 45.67$, $p < 0.05$) between cultural preferences for male children and poorer educational outcomes for female children. The study concluded that deeply ingrained cultural beliefs about gender and discipline significantly hinder the overall well-being of children, particularly girls in the region.

Another study conducted by Afolabi and Hendricks (2025) investigated how socio-cultural influences affect reproductive health among adolescent girls, particularly focusing on the impact of cultural traditions, religious beliefs, and family interactions. Through detailed interviews with teenage girls from various cultural settings, the study uncovers that cultural restrictions, religious doctrines, and social expectations frequently obstruct open conversations about sexual health. This leads to misinformation and restricted access to appropriate resources. The study finds that these influences negatively impact adolescents' knowledge and management of reproductive health, increasing the risks of unintended pregnancies, sexually transmitted infections, and unsafe abortions. Recommendations include enhancing inclusive reproductive health education and improving access to confidential health services.

Olamide (2019) examined how religious beliefs influenced family size and its impact on children's well-being in Southwest Nigeria, particularly focusing on

communities like Saki West. The study sampled 200 married couples, with 100 from Christian backgrounds and 100 from Islamic backgrounds. Using ANOVA to analyze the data, the study found a statistically significant difference ($F = 5.32$, $p < 0.01$) in family size preferences between religious groups, with Muslim families generally preferring larger families. The study concluded that the emphasis on large families in religious doctrines contributed to economic strain and limited the availability of resources for children's education and healthcare.

Again, a study examined knowledge and attitude as determinants of practice of family planning among married men in Aleshinloye Market, Ibadan. Descriptive survey design method was used for the study. Purposive sampling method was used to select participants for the study while a single questionnaire tagged "Knowledge and Attitude as determinants of Practice of Family Planning among Married Men Questionnaire (KAPFPMMQ)" was used to collect relevant data. Two null hypotheses were tested at 0.05 level of significance, using Pearson Moment Correlation. Afolabi (2019) established that there was a significant relationship between knowledge and family planning practice among married men ($r = .891$, $n= 150$, $P < .05$). Also, it was also revealed that there was a significant relationship between attitude and family planning practice among married men at Aleshinloye market ($r = .867$, $n= 150$, $P < .05$). Based on the above findings the study recommends that government should create more awareness to educate the general populace as knowledge about the subject matter is important in it acceptance and change in attitude.

Adedeji (2023) investigated the effects of cultural and religious beliefs on child well-being in Lagos State, focusing on the accessibility of health services and educational opportunities. The sample included 400 parents from both urban and rural areas. The study employed a T-test to compare the well-being outcomes between children from families that adhered strictly to traditional or religious beliefs and those who adopted modern child-rearing practices. The results indicated a significant difference ($t = 3.45$, $p < 0.05$) in educational outcomes, with children from families that incorporated modern practices performing better academically. The study concluded that while cultural and religious beliefs were deeply ingrained, there was a need for awareness programs to balance traditional values with contemporary child-rearing practices for improved child well-being.

Alabi and Yusuf (2020) explored the relationship between cultural practices and children's healthcare access in Ogun State, Nigeria. The study surveyed 250 households, focusing on the influence of traditional healers and cultural beliefs on parents' decision-making regarding children's healthcare. The research method included correlation analysis, which revealed a significant positive relationship ($r = 0.51$, $p < 0.01$) between reliance on traditional healing practices and delayed healthcare access for children. The study concluded that cultural practices that prioritize traditional medicine

over modern healthcare systems often lead to poor health outcomes for children.

A study investigated influence of culture and religion on domestic violence among couples in Ibadan. The study sought to know if there was any significant influence of culture and religion on domestic violence. The study adopted the descriptive survey research design and a total of 200 respondents who were randomly selected participated in the study. Data collected using questionnaire was analysed using Pearson Product Moment Correlation. Afolabi (2020) established that there was significant influence of culture on domestic violence among couples in Egbeda, Ibadan, Nigeria (r=.368, N= 200, P = <.0.5. Based on the above findings, it was recommended that religious leaders should organise educative programmes on dangers of domestic violence. Also, the community leaders should strive to prevent erosion of cultural values in the society by organising counselling sessions for intending couples in order to expose them to the right values in marriage. Furthermore, the government should set up counselling centres on family matters where counselling experts will be available to mediate between couples.

Olumide (2021) investigated the impact of family planning methods influenced by cultural and religious beliefs on the welfare of children in Ekiti State, Nigeria. A total of 280 respondents participated in the study, and data were collected using structured interviews. The study used regression analysis to examine the relationship between family planning practices and children's access to education, healthcare, and nutrition. The regression analysis indicated that cultural and religious beliefs were significant predictors of family planning decisions ($\beta = 0.38$, $p < 0.01$), with higher family sizes correlating with poorer child welfare outcomes. The study concluded that the preference for large families among certain religious and cultural groups led to inadequate resources for children's proper upbringing.

Ogunyemi (2020) focused on how religious doctrines regarding family size and discipline affected children's mental health in Osun State. The sample included 200 children from families adhering to various religious beliefs, and data were collected through questionnaires and interviews. The data were analyzed using chi-square tests to examine the association between religious teachings on discipline and children's mental health indicators. The chi-square results ($\chi^2 = 42.89$, $p < 0.05$) showed that stricter religious views on discipline correlated with higher incidences of mental health issues in children, such as anxiety and depression. The study concluded that overly strict religious discipline practices might negatively affect children's psychological well-being.

Oyewole (2022) examined the impact of cultural norms on parenting styles and their effect on child well-being in South West Nigeria, with a focus on rural areas like Saki West. Using a sample of 350 parents, the study analyzed how cultural expectations influenced child discipline, gender roles, and family dynamics. The study used ANOVA to

assess differences in child outcomes based on varying parenting styles influenced by cultural norms. The results showed that children from families practicing more authoritarian parenting based on cultural beliefs had lower social and academic performance ($F = 4.67$, $p < 0.01$). The study concluded that cultural norms emphasizing strict discipline and gender-specific roles were detrimental to children's overall well-being.

Akinwale (2021) explored the role of religious teachings in shaping children's educational outcomes in rural Nigerian communities, including Saki West. The sample comprised 300 respondents, and data were analyzed using multiple regression analysis to explore the impact of religious teachings on educational aspirations and achievement. The regression results ($\beta = 0.29$, $p < 0.05$) indicated that religious teachings emphasizing humility and submission over academic achievement were associated with lower educational aspirations among children. The study concluded that religious doctrines that downplay education in favor of spiritual teachings might limit children's educational success and well-being.

Methodology

Research Design

The study employed a descriptive survey research design to explore the relationships between religious and cultural beliefs, child control practices, and the well-being of children. This design was selected because it enables a systematic and empirical investigation of the variables in their natural settings without manipulating the environment. By employing a descriptive survey, the study collected quantitative data from a representative sample of parents and caregivers, focusing on their religious and cultural orientations and their perceived impact on children's welfare. The design is suitable for identifying patterns, associations, and potential influences within the context of Saki West Local Government, facilitating the testing of hypotheses in a statistically robust manner.

Population of the Study

The target population for this study consists of parents, caregivers, and guardians residing in Saki West Local Government Area, with children aged between 6 and 15 years. This population includes individuals from diverse religious backgrounds, such as Christianity, Islam, and traditional African beliefs, as well as varied cultural settings. According to demographic data from the National Population Commission (NPC), Saki West Local Government comprises over 200,000 residents, with an estimated 40,000 households. The study focused on caregivers who directly influence child-rearing practices, making them critical respondents in understanding the interplay between religious and cultural beliefs and child control mechanisms.

Sample and Sampling Technique

A multistage sampling technique was employed to ensure adequate representation across the diverse religious and cultural groups in Saki West Local Government. The study utilised stratified random sampling to categorise the population based on religious

affiliation (Christianity, Islam, and traditional beliefs) and cultural backgrounds. From these strata, a sample size of 250 respondents was selected using systematic random sampling, ensuring proportional representation from each stratum. The sample included parents and caregivers from urban, semi-urban, and rural communities within the local government area. The sampling process ensured that participants were selected from various wards, including Sepeteri, Ogboro, and Saki town, representing the geographical spread of the local government. Within each community, households were randomly selected, and eligible respondents were identified based on their willingness to participate and their role in child-rearing. This approach ensured a comprehensive and representative sample, capturing the heterogeneity of religious and cultural practices in the area.

Research Instruments

The primary instrument for data collection was a structured questionnaire designed to measure the impact of religious and cultural beliefs on child control and well-being. The questionnaire was divided into four sections to comprehensively address the research objectives. Section A collected demographic information, including respondents' age, gender, educational background, religious affiliation, and cultural orientation. Section B assessed the religious beliefs and practices influencing child control, using items related to religious teachings, doctrines, and their application in parenting. Section C focused on cultural beliefs, including traditional norms, values, and rituals associated with child-rearing. Section D examined child well-being through indicators such as physical health, emotional stability, academic performance, and social interactions. The questionnaire utilised a four-point Likert scale (Strongly Agree, Agree, Disagree, Strongly Disagree) to capture respondents' perceptions and practices. The instrument was designed to ensure clarity, relevance, and alignment with the study's objectives, facilitating the collection of reliable and valid data.

Validity of Research Instrument

The validity of the research instrument was established through expert review and pilot testing. The content validity of the questionnaire was evaluated by three experts in educational psychology, sociology, and child development, who assessed the relevance and clarity of the items in relation to the research objectives. Suggestions from the experts were incorporated to refine the instrument and enhance its accuracy. Face validity was ensured by pre-testing the questionnaire among a small group of caregivers in a neighbouring local government area, similar in demographics to Saki West. This exercise confirmed the appropriateness and comprehensibility of the questions for the target respondents. Construct validity was further enhanced by aligning the instrument with established theoretical frameworks and previous research on religious and cultural influences on child-rearing practices.

Reliability of Research Instrument

The reliability of the questionnaire was determined through a pilot study conducted with 40 respondents from Saki East Local Government, who were excluded from the

main study. The instrument was administered twice within a two-week interval to establish test-retest reliability. Cronbach's alpha coefficient was calculated to assess internal consistency, yielding reliability coefficients as follows: Religious Beliefs Scale (0.84), Cultural Beliefs Scale (0.81), Child Control Scale (0.86), and Child Well-being Scale (0.89). The overall reliability coefficient of 0.88 indicates a high level of internal consistency, ensuring the instrument's suitability for data collection in the main study.

Data Analysis

The collected data were analysed quantitatively using the Statistical Package for Social Sciences (SPSS) version 25.0. Descriptive statistics, including frequencies, percentages, means, and standard deviations, were used to summarise demographic data and general response patterns. Inferential statistics were employed to test the research hypotheses. Pearson Product-Moment Correlation was used to assess the relationships between religious beliefs, cultural practices, and child control measures. Multiple regression analysis was conducted to examine the combined effects of religious and cultural beliefs on child well-being. These analytical techniques provided insights into the extent to which religious and cultural beliefs influence parenting practices and child outcomes. The statistical methods ensured that the research findings were robust, reliable, and applicable to the broader population of Saki West Local Government.

Results

H_o1: There is no statistically significant relationship between religious beliefs and strategies for promoting child well-being in Saki West Local Government.

Table 1: Result of PPMC showing the Significant Relationship between Religious Beliefs and Strategies for Promoting Child Well-Being in Saki West Local Government.

Variable	Mean	Std. Dev.	N	r	P	Remark
Religious beliefs	15.56	4.12				
			250	.532**	.000	Sig.
Strategies Promoting Child Well-Being	15.43	3.74				

**Correlation is significant at the 0.05 level (2-tailed).

Table 1 showed that there was a statistically significant relationship between religious beliefs and strategies for promoting child well-being in Saki West Local Government ($r = .532$, $N= 225$, $p<.05$). The mean for reliefs beliefs were obtained as 15.56 and Standard deviation 4.12. Further, the mean and standard deviation for Strategies Promoting Child Well-Being were obtained as 15.43 and 3.74 respectively. Although, the result confirms that a positive relationship exists between them, such a relationship is significant one. This implies that there was a statistically significant relationship between religious beliefs and strategies for promoting child well-being in Saki West Local Government.

Ho2: Cultural beliefs do not significantly jointly influence child-rearing patterns and children's well-being in the research location.

Table 2: Summary of Regression Analysis Showing the Cultural Beliefs significantly Jointly influence Child-Rearing Patterns and Children's Well-being

R	R-Square	Adjusted R^2	Std. Error of the Estimate		
.579[a]	.335	.330	3.270		
		ANOVA			
Model	**Sum of squares**	**Df**	**Means Square**	**F**	**Sig.**
Regression	1332.338	2	666.169	62.298	.000[b]
Residual	2641.218	247	10.693		
Total	3973.556	249			

Source: Field survey, 2025

*Denotes significant relationship at 0.05 significance level.

Table.2 showed the Cultural beliefs significantly jointly influence child-rearing patterns and children's well-being in the research location. The results yield a coefficient of multiple regressions R = .579; R^2 = .335, and adjusted R-square = 0.330. This suggests that these two factors combined account for 33.0% (Adj. R^2 = .330) of the variance. This implies that there is a significant joint effect of child-rearing patterns and children's well-being on the cultural beliefs in Saki West Local Government. The other factors accounting for the remaining variance are beyond the scope of this study. The ANOVA result from the regression analysis shows that there is a significant joint effect of child-rearing patterns and children's well-being on the cultural beliefs in Saki West Local Government (F (2, 247) = 62.298; P<0.05). Hypothesis was rejected. This implies that cultural beliefs has a significantly jointly influence child-rearing patterns and children's well-being in Saki West Local Government.

Table 3: Summary of Regression Analysis showing Cultural Beliefs has a Significantly Relative influence Child-Rearing Patterns and Children's Well-Being in the research location

	Unstandardized Coefficients		Standardized Coefficients		
Model	B	Std. Error	Beta	t	Sig.
(Constant)	4.718	.998		4.726	.000
Child-Rearing Patterns	.522	.077	.489	6.741	.000
Children's Well-Being	.137	.083	.119	2.647	.009

*Dependent Variable: Cultural beliefs *Denotes significant at P<0.05.*

Table.3 reveals the cultural beliefs significantly relative influence child-rearing patterns and children's well-being in the research location. These independent variables constitute the significant predictors of cultural beliefs in Saki West Local Government. The results show that there is a significant relative contribution of Child-Rearing Patterns (β = .489; t = 6.741; P<0.05), follows by Children's Well-Being (β

= .119; t = 2.647; P<0.05) to the cultural beliefs in Saki West Local Government. As the results reveal, the most potent predictor is child-rearing patterns followed by children's well-being respectively. Thus, cultural beliefs significantly relative influence child-rearing patterns and children's well-being in Saki West Local Government.

Ho3: Religious and cultural beliefs do not jointly impact access to child wellbeing services.

Table 4: Summary of Regression Analysis Showing the Religious and Cultural Beliefs Jointly Impact access to Child Wellbeing Services.

R	R-Square	Adjusted R^2	Std. Error of the Estimate		
.566[a]	.321	.315	2.889		
		ANOVA			
Model	**Sum of squares**	**Df**	**Means Square**	**F**	**Sig.**
Regression	972.581	2	486.291	58.279	.000[b]
Residual	2061.019	247	8.344		
Total	3033.600	249			

Table 4 showed the religious and cultural beliefs have a jointly impact access to child wellbeing services. The results yield a coefficient of multiple regressions R = .566; R^2 = .321, and adjusted R-square = 0.315. This suggests that these two factors combined account for 31.5% (Adj. R^2 = .315) of the variance. This implies that there is a significant joint effect of religious and cultural beliefs on access to child wellbeing services in Saki West Local Government. The other factors accounting for the remaining variance are beyond the scope of this study. The ANOVA result from the regression analysis shows that there is a significant joint effect of religious and cultural beliefs on access to child wellbeing services in Saki West Local Government (F (2, 247) = 58.279; P<0.05). Hypothesis was rejected. This implies that religious and cultural beliefs have a jointly impact access to child wellbeing services in Saki West Local Government.

Table 5: Summary of Regression Analysis showing Religious and Cultural Beliefs have a Relative Impact access to Child Wellbeing service

	Unstandardized Coefficients		Standardized Coefficients		
Model	B	Std. Error	Beta	t	Sig.
(Constant)	7.421	.799	-	9.285	.000
Religious Beliefs	.335	.054	.396	6.254	.000
Cultural Beliefs	.209	.055	.239	3.779	.000

Table 5 reveals the religious and cultural beliefs have a relative impact access to child wellbeing services in Saki West Local Government. These independent variables constitute the significant predictors of child wellbeing services in Saki West Local Government. The results show that there is a significant relative impact religious beliefs (β = .396; t = 6.254; P<0.05), follows by Cultural beliefs (β = .239; t = 3.779; P<0.05), to child wellbeing services in Saki West Local Government. As the results reveal, the most potent predictor is religious beliefs followed by cultural beliefs respectively. Thus, religious and cultural beliefs have a relative impact access to child wellbeing services in Saki West Local Government.

Discussion of Findings

The results from research hypothesis one revealed that there was a statistically significant relationship between religious beliefs and strategies for promoting child well-being in Saki West Local Government result support the finding of Bamidele (2018), religious and cultural beliefs in Nigeria play a central role in shaping children's moral and social development. Result was in line with finding of Ajayi and Adebayo (2021), who examined the relationship between cultural norms and child well-being in southwestern Nigeria. The authors argue that cultural practices such as *Omoluwabi* (a Yoruba concept of virtue and good character) influence children's upbringing by emphasizing respect, duty, and obedience. While this can contribute to a child's socialization into adult society, it may also have negative effects on mental health. Children raised under these strict cultural norms are often pressured to meet expectations of obedience and conformity, which may lead to internalized feelings of inadequacy or low self-worth when they fail to meet these standards (Ajayi & Adebayo, 2021). Such findings are consistent with the work of Baumrind (1991), who categorised authoritarian parenting as a style that prioritises control over emotional warmth, which is detrimental to children's psychological health

The results from research hypothesis two showed that Cultural beliefs have a significantly jointly influence child-rearing patterns and children's well-being in Saki West Local Government. The findings of this study is related to that of Sulaimon and Olanrewaju (2020) who highlight that in Muslim communities in Nigeria, including areas like Saki West, religious doctrines inform not only moral teachings but also parenting practices. Result also support the finding of Adamu (2020) who investigates how Islamic religious teachings influence child-rearing practices in northern Nigeria and their implications for children's well-being. Adamu (2020) suggests that Islamic parenting practices, which emphasise respect for elders, obedience, and adherence to religious tenets, can lead to the suppression of children's individuality. Although these values encourage moral development, they may also result in psychological challenges for children, especially those who struggle to reconcile religious teachings with their personal desires and modern influences. This perspective echoes Piko and Balazs's (2012) assertion that while religious beliefs can

promote socialisation and moral guidance, they can also create conflicts within children as they navigate between cultural traditions and contemporary values.

The results from research hypothesis three revealed that religious and cultural beliefs have a jointly impact access to child wellbeing services in Saki West Local Government. Findings from the study aligned with the findings of Adepoju (2018) who highlights the tension between traditional healing practices and modern medical care in rural Nigeria, particularly in relation to child health and well-being. In many parts of Nigeria, traditional healers play a central role in child health, with remedies based on religious and cultural beliefs. However, Adepoju (2018) noted that such practices often conflict with modern healthcare, leading to potential risks for children's physical well-being, especially in cases where traditional remedies fail to address serious health conditions.

Additionally, the interplay between religious and cultural beliefs and child education is crucial in understanding the overall impact on children's development. Olumide (2019) explores the influence of religious education on children's cognitive development in Nigerian families. According to Olumide (2019), religious education often plays a pivotal role in shaping children's values, ethical reasoning, and cognitive processes. However, the overemphasis on religious education at the expense of other forms of learning, such as scientific inquiry and critical thinking, can limit children's intellectual development. Olumide (2019) suggests that children raised in environments where religious and cultural education takes precedence over secular education may face challenges in adapting to modern educational systems that emphasize critical thinking, creativity, and inquiry. This supports Nwoye's (2016) study, which examines the limitations of religious education in rural Nigerian communities, noting that while religious teachings help in moral development, they may not adequately prepare children for contemporary global challenges

Conclusion

The study concluded that there was a statistically significant relationship between religious beliefs and strategies for promoting child well-being in Saki West Local Government, Cultural beliefs have a significantly jointly influence child-rearing patterns and children's well-being in the research location, religious and cultural beliefs have a jointly impact access to child wellbeing services and there is a strategies for promoting child well-being while respecting jointly local religious beliefs and cultural values in Saki West Local Government. The study also concluded that the religious beliefs play a pivotal role in shaping attitudes toward childbirth control and family planning in Nigerian communities and Cultural beliefs surrounding childbirth and family planning remain deeply embedded within the fabric of Nigerian society, particularly among the Yoruba people who constitute a significant portion of the population

Recommendations

Base on the findings of the study, the following recommendations were made

1. Social workers should discourage persistence of certain religious and cultural beliefs that created barriers to effective implementation of child welfare programs and family planning initiatives
2. Social workers should create awareness that caution should be exercised among families caught between their desire to honor traditional values and the practical challenges of providing adequate care and support for large numbers of children in today's economic climate
3. Government should be involved in understanding and address the complex interplay between religious and cultural beliefs

REFERENCES

Adamu, B. (2020). The influence of Islamic religious teachings on child-rearing practices in northern Nigeria. *Journal of Religious and Cultural Studies*, 12(1), 50-65.

Adebayo, A., (2022). Traditional Yoruba cultural perspectives on family planning and child-rearing practices in southwestern Nigeria. *African Journal of Social Sciences*, 15(1), 23-38.

Adebayo, T. O., Olusola, M., & Adejumo, O. F. (2020). Religious beliefs and family planning: Implications for child welfare in Ibadan, Nigeria. *Journal of African Social Research*, 13(1), 57-70.

Adedeji, A. O. (2023). Cultural and religious beliefs in child rearing and child well-being: A study of Lagos State, Nigeria. *African Journal of Child Health and Well-being*, 7(3), 132-145.

Adeleke, A., et al. (2022). Traditional cultural beliefs and family size: Implications for child welfare in Oyo State, Nigeria. *Journal of Family Welfare Studies*, 8(3), 150-164.

Adepoju, A. (2018). Traditional healing practices and their impact on child well-being in rural Nigeria. *International Journal of Health and Social Care*, 4(3), 120-134.

Adewumi, J. (2021). The influence of traditional belief systems on child development in rural Nigerian communities. *Child Development and Social Welfare Journal*, 9(4), 76-91.

Afolabi A, (2020). Influence of Religious and Cultural Dispositions on Domestic Violence among Couples in Egbeda Local Government Area, Ibadan, Nigeria. The Journal of positive psychology and counselling. 6: 219-228

Afolabi A, (2019). Knowledge and Attitude as determinants of Practice of Family Planning among Married Men in Aleshinloye Market, Ibadan. Ibadan Journal of educational studies. 16(2): 58-63

Afolabi A, (2019). The Role of Social Workers in the Prevention of Adolescent Pregnancy in Oyo East Local Government Area, Oyo state. Jos Journal of social issues 12(1): 113-127

Afolabi A and Hendricks Eleanor, (2023). Impact of sociocultural factors on reproductive health among teenagers in Nigeria. African Journal for the psychological studies of social issues, 28, 1, 337 - 348

Ajayi, O., & Adebayo, A. (2021). Examining the relationship between cultural norms and child well-being in southwestern Nigeria. *Journal of Child Development and Family Studies*, 10(2), 89-104.

Akinwale, O., & Oluwaseyi, A. (2021). Cultural beliefs and resistance to modern family planning methods in southwestern Nigeria. *International Journal of Family Planning*, 10(2), 125-139.

Akinwale, S. O. (2021). The impact of religion on children's educational outcomes in rural Nigeria. *African Journal of Religious Education*, 6(2), 54-67.

Alabi, M. T., & Yusuf, A. L. (2020). The influence of cultural practices on children's healthcare access in Ogun State, Nigeria. *Journal of Nigerian Health Policy*, 12(4), 56-69.

Aluko, I. A. (2021). Cultural beliefs and child well-being: A study of rural communities in Oyo State, Nigeria. *International Journal of Social Sciences and Humanities*, 8(3), 202-215.

Bamidele, A. (2018). The role of religious and cultural beliefs in shaping children's moral and social development in Nigeria. *African Journal of Social Sciences*, 11(1), 22-37.

Baumrind, D. (1991). The influence of parenting style on child development. *Developmental Psychology*, 27(6), 907-921.

Fisher, C. (2016). Authoritarian parenting and its effects on children in traditional African societies. *Psychology of Parenting*, 17(2), 45-59.

Haloi A. & Limbu D.K. (2013). Socio-economic factors influence the age at first marriage of Muslim women of a remote population from North-East India. Antrocom Online Journal of Anthropology, 9 (1) :75-79

Ibrahim, M., & Mohammed, I. (2020). The role of community elders in shaping fertility and family planning practices in southwestern Nigeria. *Journal of African Social Development*, 11(2), 47-59.

Ibrahim, M., & Oladeji, B. (2022). Bridging the gap: Integrating traditional and modern child welfare practices in Nigerian communities. *International Journal of Child Health and Development*, 9(3), 48-61.

Johnson, T., & Adewale, T. (2020). Integrating cultural and religious beliefs into child welfare programs: A Nigerian perspective. *Child Health*

and Social Care Review, 14(1), 102-117.

Mohammed, S., & Adewale, J. (2021). The role of extended family networks in mitigating child-rearing challenges in resource-constrained Nigerian communities. *Journal of Social and Cultural Studies*, 18(4), 56-70.

Muhammad, A., & Ibrahim, T. (2021). Religious beliefs and child-rearing practices in Islamic communities in southwestern Nigeria. *Religious and Cultural Studies Review*, 7(1), 92-106.

Nwoye, A. (2016). The limitations of religious education in rural Nigerian communities. *Education and Social Sciences Journal*, 6(4), 102-117.

Olajide, O. E. & Omokhabi, A. A. (2014). Perception, Knowledge level and Barriers to Reproductive Health Behaviour among Community Women in Selected Local Government Areas (LGAs) of Oyo State, Nigeria. African Journal of Sustainable Development, 4(2), 29-47.

Omokhabi, A. A. & Egunyomi, D. A. (2016). Predictors of Female Lecturers Reproductive Health Behaviour in Tertiary Institutions in Nigeria. African Journal of Educational Management, 17(1) 21-54.

Omokhabi, A. A. (2014). Determinants of reproductive health behaviour among female workers in tertiary institutions in Southwestern Nigeria. Unpublished Ph.D. Thesis, Department of Adult Education, Faculty of Education, University of Ibadan, Ibadan, Nigeria.

Omokhabi, A. A. (2016). Factors influencing reproductive health behaviour of female non-academic staff in the Nigerian Universities. Ibadan Journal of Educational Studies, 13(1), 89-102

Omokhabi, A. A. (2020). Testing theory of planned behaviour in predicting married women's use of modern family planning methods at Ibadan North Local Government. In K. O. Kester; P. B. Abu; I. A. Abiona and E. J. Oghenekohwo (Eds.) Human and Social Development Investment (pp. 364-390). Ibadan: Department of Adult Education, University of Ibadan

Ogunlade, A., & Peterson, B. (2020). The role of traditional child-rearing practices in rural Nigerian communities. *International Journal of Child Development*, 13(2), 54-67.

Ogunyemi, B. T. (2020). Religious doctrines and children's mental health in Osun State, Nigeria. *Journal of Nigerian Child Psychology*, 5(3), 112-125.

Okeke, V. O. (2022). Cultural norms and child well-being: The case of gender bias in northern Nigeria. *Nigerian Journal of Child Development Studies*, 6(2), 102-115.

Oladeji, O., & Thompson, E. (2022). Cultural beliefs and their impact on the adoption of modern child welfare practices in southwestern Nigeria. *Journal of African Child Welfare*, 11(3), 144-158.

Oladipo, A., et al. (2020). The role of religious leaders in promoting positive child welfare practices in Nigeria. *Journal of Social Work and Religious Studies*, 25(2), 201-216.

Olamide, A. (2019). Religious beliefs and family size preferences in Southwest Nigeria: Implications for child welfare. *Journal of Nigerian Sociology and Development*, 4(1), 78-89.

Olumide, J. A. (2021). Cultural and religious influences on family planning and child welfare in rural Nigeria. *Nigerian Journal of Family Health*, 9(1), 34-47.

Olumide, T. (2019). The role of religious education in children's cognitive development in Nigerian families. *Journal of Educational Psychology*, 23(3), 134-149.

Oluwaseun, O., & Thompson, P. (2021). The influence of religious institutions on child welfare in Nigeria. *Journal of Child Welfare and Development*, 6(4), 130-145.

Oyewole, F. A. (2022). The influence of cultural norms on parenting styles in Southwest Nigeria. *Journal of Parenting and Child Development*, 7(2), 88-101.

Peltzer, K., et al. (2013). The implications of traditional medicine on child health in sub-Saharan Africa. *African Health Research Journal*, 17(1), 65-75.

Piko, B. F., & Balazs, M. (2012). Religious beliefs and child-rearing: Their implications for emotional and psychological development. *Journal of Religious and Social Psychology*, 24(4), 234-248.

Repetti, R. L., Taylor, S. E., & Seeman, T. E. (2002). Risky social environments and child development: The implications of authoritarian parenting. *Psychological Science*, 13(3), 292-299.

Thompson, S., & Williams, R. (2019). Religious beliefs and family planning decisions in southwestern Nigeria. *Journal of Family Planning and Reproductive Health*, 15(1), 78-89.