

Exploring the Experiences of Women Regarding Poor Birth Spacing at Bulanao, Tabuk City, Kalinga

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Abstract : The City of Tabuk had the highest number of registered births in the province of Kalinga, indicating the need to study birth spacing trends in Tabuk City further. The study investigates women's experiences with poor birth spacing in Bulanao, Tabuk City, Kalinga, focusing on their views, practices, challenges, and strategies to cope with these issues. A qualitative research approach was used, specifically the Descriptive Phenomenological Research Design with eight (8) participants from Bulanao, Tabuk City, Kalinga. The study found that women's views on poor birth spacing, including intense desire, wanting to have more children, and their perception of children as blessings and helpers, are prevalent and including side effects of contraceptives. The challenges faced by women due to poor birth spacing include financial constraints, sickness, lack of support, and time constraints. These issues can lead to increased living costs for stay-at-home parents, including food, clothing, transportation, medical care, housing, childcare, and budget modifications. The participants also face difficulties in handling sick children and adjusting to uneven birth spacing. To cope, they focus on earning money, patience, and contraception, while seeking family support from in-laws and mothers.

Keywords : birth spacing, contraception, coping strategies, maternal health, women experiences

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