

DIVERSE PERSPECTIVES ON CREATING A FAIRER SOCIETY



FAMILY PLANNING AND SUSTAINABLE DEVELOPMENT IN BANGLADESH

*Empowering Marginalized
Communities in Asian Contexts*

M. REZAUL ISLAM

Family Planning and Sustainable Development in Bangladesh

DIVERSE PERSPECTIVES ON CREATING A FAIRER SOCIETY

A fair society is one that is just, inclusive, and embracing of all without any barriers to participation based on sex, sexual orientation, religion or belief, ethnicity, age, class, ability, or any other social difference. One where there is access to healthcare and education, technology, justice, strong institutions, peace and security, social protection, decent work, and housing. But how can research truly contribute to creating global equity and diversity without showcasing diverse voices that are underrepresented in academia or paying specific attention to the Global South?

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Family Planning and Sustainable Development in Bangladesh: Empowering Marginalized Communities in Asian Contexts

BY

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INVESTOR IN PEOPLE

This book is dedicated to the memory of Late Mahatab Uddin Shekh, my beloved uncle. His unwavering commitment to the cause of family planning and population management for the vulnerable marginalized communities in Bangladesh remains an enduring source of inspiration. He dedicated his life to improving the well-being of those who needed it most, and his legacy continues to shine brightly as we strive to empower and uplift these communities through knowledge, compassion, and sustainable development. May his passion for positive change serve as a guiding light for all those who work tirelessly to make a difference in the lives of the marginalized.

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About the Author

Dr M. Rezaul Islam, a Distinguished Academic and currently a Professor of Social Work at the Institute of Social Welfare and Research, University of Dhaka, Bangladesh, possesses over 27 years of extensive experience in teaching, research, and global collaborative initiatives. Holding a Master of Social Work (MSW) and a PhD from the University of Nottingham, UK, his expertise transcends disciplinary boundaries, enabling him to decipher complex socio-political dynamics. He has made significant contributions to various universities worldwide and has been affiliated with esteemed institutions such as the University of Malaya, the University of Johannesburg, Universiti Sains Malaysia, and the BRAC Institute of Governance and Development (BIGD). His consultancy work with prestigious organizations, editorial roles, and high-impact scholarly contributions have earned him acclaim. His dedication extends to community engagement, capacity building, and driving positive change, all fueled by a fervent commitment to advancing knowledge and societal well-being.

His expansive scholarship covers social work, community development, climate change and disasters, child and community well-being, poverty and inequality, and migration studies. He has authored 15 meticulously written and edited books, 45 enlightening book chapters, and an impressive 120 impactful journal articles. His research spans topics like climate change, migration, and social inequality, with a focus on South Asia and the Arab world. Central to his work is a resolute commitment to social justice and empowerment, addressing the challenges faced by marginalized communities and advocating for research-informed solutions. In his role as a doctoral supervisor, he has guided impactful research endeavors, leaving an enduring mark on the advancement of knowledge. His mentorship has led to insightful explorations in areas such as the empowerment initiatives of faith-based non-governmental organizations (NGOs), smartphone addiction's effects on social capital, gender norms among garment workers, and the socioeconomic well-being of international migrant workers.

His contributions extend to consultancy, research, and partnership endeavors, covering diverse topics from father-child influence on child development in Abu Dhabi to child rights advocacy and climate resilience enhancement in Bangladesh. His active editorial roles within esteemed journals and involvement in professional associations underline his dedication to advancing knowledge in the social sciences. His illustrious career is further highlighted by prestigious awards, including the University Grants Commission (UGC) Gold Medal Award and a Full Scholarship for his PhD studies at the University of Nottingham, UK. These accolades solidify his reputation as a respected scholar and leader in the field, embodying a commitment to enriching societal well-being through rigorous research and scholarly engagement.

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Foreword

It is with immense pride and pleasure that I introduce this exceptional volume, *Family Planning and Sustainable Development in Bangladesh: Empowering Marginalized Communities in Asian Contexts*, authored by my former brilliant student and now esteemed colleague, Professor M. Rezaul Islam. Having witnessed his academic journey from its inception, I can attest to his unwavering commitment and expertise in the field of social work and family planning.

In an era where the world faces multifaceted challenges, this book assumes great significance by highlighting the pivotal role of family planning in achieving sustainable development goals. Professor Rezaul Islam's meticulous exploration of the intricate relationship between family planning and sustainable development is a testament to his deep understanding of the subject matter. This comprehensive work examines aspects, from understanding population dynamics and cultural influences on family planning to assessing knowledge gaps and formulating effective communication strategies for marginalized communities. What sets this book apart is its unwavering focus on empowering marginalized communities, particularly within the unique context of Bangladesh.

It is heartening to see Professor Islam's dedication to the welfare of these communities, recognizing their unique needs and potential for empowerment. His insights and strategies, presented throughout this book, are invaluable not only for Bangladesh but also for the broader Asian context. The comparative analysis of family planning approaches across diverse Asian regions offers a broader perspective, allowing readers to comprehend the complexities of varying sociocultural contexts and religious influences.

As a former mentor, I have always taken great pride in Professor M. Rezaul Islam's academic journey, and this book is a testament to his continued dedication and exemplary work in the field of social work and family planning. I am unequivocally confident that this book will emerge as an invaluable and indispensable resource, deeply resonating with academics, practitioners, policymakers, and all those fervently dedicated to propelling forward the crucial causes of family planning and sustainable development within the intricate tapestry of Asian contexts.

A. S. M. Atiqur Rahman, PhD

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Preface

Book Summary

Family Planning and Sustainable Development in Bangladesh: Empowering Marginalized Communities in Asian Contexts is a comprehensive exploration of pressing themes that encompass various disciplines, including social work, community development, public health, community well-being, poverty, and inequality. This book distills decades of research, scholarly inquiry, and practical experiences into a cohesive narrative aimed at addressing critical challenges facing marginalized communities, with a particular focus on the context of Bangladesh.

At its core, this book explores the dynamic relationship between family planning and sustainable development and underscores the pivotal role of empowerment in this context. The introductory chapters set the stage by highlighting the imperative of inclusivity and the significance of marginalized communities in Bangladesh, framing a holistic approach that integrates family planning and sustainable development to drive empowerment.

Throughout this book, readers will find an in-depth analysis of critical subject matters, including:

Population Dynamics: This book provides a comprehensive understanding of global population trends and the challenges they pose. It explores demographic shifts in Asian countries and offers insights into the demographic landscape of Bangladesh. This knowledge forms the foundation for addressing issues related to family planning and sustainable development.

Family Planning Strategies: This book thoroughly examines family planning initiatives on a global scale, considering cultural factors that influence family planning choices. It also provides an overview of family planning programs in diverse Asian contexts. By analyzing these strategies, this book offers insights into effective approaches that empower communities through informed family planning decisions.

Empowering Marginalized Communities: A central theme in this book revolves around empowering marginalized communities. It provides a comprehensive perspective on understanding these communities, discusses the empowerment paradigm, and offers strategies to uplift them through family planning initiatives. This includes tailored approaches that consider the unique challenges faced by marginalized groups.

Knowledge, Attitudes, and Practices: Understanding the levels of knowledge, attitudes, and practices related to family planning among marginalized communities in Bangladesh is a key focus. This book explores barriers and provides recommendations for bridging knowledge gaps, transforming attitudes, and enhancing practices to ensure the well-being of these communities.

Communication Strategies: Effective communication plays a crucial role in reproductive health and family planning. This book examines communication strategies within the context of marginalized communities in Bangladesh. It considers the use of information, education, and communication (IEC) and social and behavior change communication (SBCC) to empower these communities through informed decision-making.

Sustainable Development Goals (SDGs): In the final chapters, this book connects the dots between family planning and the SDGs. It discusses how family planning contributes to achieving sustainability and explores the challenges related to SDGs concerning family planning among marginalized communities. This book closes with actionable recommendations to address these challenges and make progress toward the SDGs.

This book serves as a valuable resource for a diverse audience, including students, researchers, policymakers, practitioners, and individuals interested in understanding and addressing the multifaceted challenges that marginalized communities face within the Asian context, particularly in Bangladesh. It offers not only insights but also practical guidance for those committed to making a positive impact in these vital areas of social and community development.

Readers of This Book

This book *Family Planning and Sustainable Development in Bangladesh: Empowering Marginalized Communities in Asian Contexts* is intended for a diverse audience, including the following:

Students: Undergraduate and graduate students studying fields such as social work, sociology, public health, international development, development studies, health economics, gender studies, and related disciplines will find this book valuable for academic coursework, research, and gaining a comprehensive understanding of critical issues in family planning and sustainable development.

Researchers and Academics: Scholars and researchers interested in social work, community development, reproductive health, sustainable development, and related fields can benefit from this book's in-depth analysis, comprehensive coverage of topics, and potential for inspiration and direction for further research.

Policymakers and Practitioners: Policymakers, government officials, and practitioners working in the fields of public health, community development, and family planning will find this book's insights useful for shaping policies, programs, and interventions that address the needs of marginalized communities.

International Organizations: Professionals working in international organizations such as the United Nations, World Health Organization, and non-governmental organizations (NGOs) focused on reproductive health, poverty reduction, and sustainable development can gain valuable perspectives and evidence-based strategies from this book.

Community Leaders and Activists: Leaders and activists involved in grassroots movements, community development, and advocacy for marginalized communities will find this book's content relevant for guiding their efforts in empowerment, education, and sustainable development.

Educators and Trainers: Educators and trainers in the field of social work and public health can use this book as a resource for curriculum development and training programs focused on family planning, community empowerment, and sustainable development.

General Readers: Individuals with a general interest in global issues, social justice, and community well-being can benefit from this book's accessible explanations and real-world examples that shed light on critical challenges and potential solutions in Asian contexts.

Overall, this book's comprehensive coverage and practical insights make it a valuable resource for a wide range of readers who are passionate about addressing the complex challenges faced by marginalized communities and advancing sustainable development in Asia and beyond.

Importance of This Book

This book *Family Planning and Sustainable Development in Bangladesh: Empowering Marginalized Communities in Asian Contexts* by Professor M. Rezaul Islam holds significant importance in several keyways:

Addressing Critical Issues: This book tackles critical issues such as family planning, sustainable development, and the empowerment of marginalized communities. These topics are central to improving the well-being of societies, especially in developing regions like Asia, and this book provides valuable insights into addressing these challenges.

Empowering Marginalized Communities: This book places a strong emphasis on empowering marginalized communities. By highlighting strategies and approaches to uplift these communities, it contributes to more inclusive and equitable development, which is crucial for reducing poverty and social inequality.

Evidence-based Guidance: Through research and analysis, this book offers evidence-based guidance for policymakers, practitioners, and organizations involved in family planning and sustainable development. It helps inform decision-making and program development to achieve tangible, positive outcomes.

Academic and Research Contribution: This book contributes to academic scholarship by providing a comprehensive resource on various aspects of family

planning, sustainable development, and community empowerment. It can serve as a foundational text for researchers and students seeking to deepen their understanding of these topics.

Global Relevance: While this book focuses on Bangladesh, its themes have global relevance. Many countries face similar challenges related to population growth, reproductive health, and sustainable development. Lessons and insights from this book can be applied in various international contexts.

Policy Development: Policymakers, both in Bangladesh and other countries, can use this book's recommendations and findings to develop policies that support family planning, gender equality, and community development. This can lead to more effective governance and improved public health.

Advocacy and Awareness: This book can also serve as a tool for advocacy and raising awareness about the importance of family planning and sustainable development. It provides a resource for individuals and organizations advocating for positive change in their communities.

Capacity Building: By discussing communication strategies and educational approaches, this book contributes to capacity-building efforts. It equips professionals and organizations with knowledge and strategies to effectively engage with communities and drive positive change.

In summary, this book plays a vital role in addressing pressing global challenges related to family planning, sustainable development, and marginalized communities. Its importance lies in its potential to inform policies, inspire action, and empower individuals and organizations to work toward more equitable and sustainable societies.

Chapter Outlines

Chapter 1: In this Introductory chapter, this book outlines its scope, emphasizing the imperative of empowerment and inclusivity. It unveils the concept of marginalized communities, explores the interplay between family planning and sustainable development, highlights their significance in Bangladesh, and advocates for a holistic approach to empower these communities.

Chapter 2: This chapter delves into global population trends and challenges, examining demographic shifts in Asian countries and providing insights into the demographic landscape of Bangladesh. It also explores the socio-economic impacts of population growth, setting the stage for discussions on family planning.

Chapter 3: "Exploring Family Planning Strategies," this chapter reviews family planning initiatives worldwide, considers cultural factors influencing family planning, and provides an overview of family planning programs in various Asian contexts, including Bangladesh.

Chapter 4: Offering Comparative Insights, this chapter compares family planning approaches in different Asian regions, providing an overview of family planning programs in South Asia and delving into case studies that examine religious, legal, and sociocultural factors impacting family planning practices.

- Chapter 5:* Focusing on Empowering Marginalized Communities from a Bangladesh Perspective, this chapter introduces marginalized communities, explores the empowerment paradigm, discusses strategies to empower these communities, and highlights how family planning can catalyze empowerment.
- Chapter 6:* “Knowledge About Family Planning Among Marginalized Communities in Bangladesh” is the subject of this chapter. It defines the significance of knowledge about family planning, explores the relationship between knowledge and family planning, unveils knowledge levels among marginalized communities, and discusses strategies to bridge knowledge gaps.
- Chapter 7:* Turning to “Attitudes Toward Family Planning Among Marginalized Communities in Bangladesh,” this chapter defines the importance of attitudes, explores their relationship with family planning, unveils attitudes among marginalized communities, addresses attitudinal barriers, and discusses strategies for attitude transformation.
- Chapter 8:* This chapter examines the “Practices of Family Planning Methods and Commodities Among Marginalized Communities.” It emphasizes the importance of family planning practices, explores their link with reproductive health, uncovers practices among marginalized communities in Bangladesh, and discusses tailored programs for effective practice adoption.
- Chapter 9:* Focusing on “Communication Strategies for Empowering Marginalized Communities,” this chapter explores the significance and scope of communication strategies in reproductive health. It discusses the role of mass media, tailors’ communication strategies for marginalized communities, and examines the use of IEC and SBCC among marginalized communities.
- Chapter 10:* Turning to “Family Planning and Sustainable Development Goals,” this chapter explores the achievement of sustainability through family planning and development programs. It links family planning to the targets and indicators of SDGs, offers lessons from global approaches, highlights challenges in achieving SDGs related to family planning among marginalized communities, and provides recommendations to overcome these challenges.
- Chapter 11:* In a Comparative Analysis, this chapter draws insights from different Asian contexts, facilitating a cross-Asian comparison that incorporates lessons learned from various regions and religious contexts.
- Chapter 12:* This book concludes with “Conclusions and Future Directions Toward Family Planning, Empowering Marginalized Communities and Sustainable Development,” summarizing key findings and offering guidance for future research and action in the fields of family planning, community empowerment, and sustainable development.

Warm Regards,
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My appreciation also extends to my colleagues, mentors, and peers whose insightful discussions and valuable feedback enriched the content and quality of this work. Their collective contributions have undoubtedly left an indelible mark on the pages of this book. Finally, I acknowledge all those whose names may not appear here but whose support, encouragement, and positive energy have played an integral role in the realization of this project. Your contributions have been instrumental, and for that, I am sincerely thankful.

Warm Regards,
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