FACTORS AFFECTING USE OF MODERN FAMILY PLANNING METHODS AMONG WOMEN IN HOIMA TOWN COUNCIL

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Abstract

Family planning is a global public health problem with serious implications on women's reproductive health. A number of studies have been carried out to demonstrate significant association between various variables and use of modern family planning. The general objective of the study was to find out the factors that affect use of modern family planning among women in Hoima town council. A sample of 110 women was selected from Hoima Town council for interviews. Frequency distributions and Chi-square tests were used. From the analysis, half (51%) of the women currently used modern family planning. From bivariate analysis, marital status had a strong significant relationship with use of modern family planning. Married women should be encouraged to use modern FP. This will help reduce total fertility rate and thus improve quality of lives of the women and their children.

Key Words: Family Planning, Reproductive health, Hoima District, Uganda

1.0 Introduction

Family planning refers to the deliberate effort of a couple or an individual to regulate fertility by delaying, spacing births and limiting the number of their children (UBOS and Macro International, 2000).It is a voluntary decision on the number of children couple would like to have and when they are to have them. Family planning activities in Uganda started in 1957 by family planning association of Uganda (FPAU) present day Reproductive health Uganda (RHU) and the main purpose was to bring knowledge and use of family planning methods to the population so that they could enjoy healthier lives. Modern methods of family planning include pills, intra uterine device, condoms, injections, sterilization, implants among others. Globally, the use of family planning method seems to be high (62%) but this is not the case with Uganda (24%).for instance the contraceptive prevalence rate (CPR) in more developed countries is 69%,Africa 28%,East Africa 26%.This has posed a challenge as to why there are variations in different regions as regards use of family planning. Although the CPR has increased over the past basing on previous surveys (5% in 1995, 15% in 1998, and 23% in 2001), the use is still low and some of the factors affecting use are levels of employment, religion, education levels and accessibility of the methods.

Rahul Singh (1994) noted that factors responsible for the use of family planning methods among women include levels of education, employment and good health. If the above factors were addressed, the use of the methods is bound to increase. The study therefore sought to find out the factors affecting use of modern family planning methods among women in Hoima town council.

2.0 Methodology

This presents a systematic and procedural outlay of the study. It therefore covers the research design, describes area of study, the study population, sample size selection, data collection, data analysis The study was conducted among a sample of 110 women (15-49 years) in Hoima town council. Primary data using Questionnaires were used to collect data from the target population. Epidata computer package was used to capture data (coded responses) from questionnaires into the computer. Data analysis was done

using SPSS where frequency distributions and cross tabulations were done. Univar ate analysis involved making frequency distribution of the respondents according to independent variables (background characteristics). Bivariate analysis involved making cross tabulations to describe the relationship between the use of modern FP and independent variables (education, religion, employment). Chi-square tests were used to show the association between use of modern FP and selected background characteristics of women.

3.0 Findings

This presents findings of data analysis at univariate and bivariate levels. It describes the background characteristics of women and current use of modern FP. It also presents the associations of these variables with current use of modern FP.

Background characteristics of respondents.

Table 4.1 shows the frequency distribution of background characteristics of the respondents. From the Table, the majority (44%) of the respondents was aged 25-34, 29% were aged 15-24 and 27% were above 35years. Most (53%) of the women were married, 32% had never been married while the rest of the distribution was 15%. Most (52%) of the women had secondary education compared to tertiary (32%) and primary (16%). Majority (42%) of the respondents was Protestants by religion, 32% were catholic, 14.5% were Pentecostals and 11% were Muslims. In terms of occupation, majority (39%) were unemployed whereas 34% were in informal employment and only 27% were formally employed.

Table 4.1: Percent distribution of respondents by background characteristics

Characteristics	Frequency	Percentage(%)
Age group		
15-24	32	29.1
25-34	48	43.6
35+	30	27.3
Marital status		
Never married	42	38.2
Married	58	52.7
Divorced	6	5.5
Widowed	2	1.8
Cohabiting	2	1.8
Education		
No education	1	0.9
Primary	17	15.5
Secondary	57	51.8
Tertiary	35	31.8

Knowledge and practice of modern FP.

Table 4.2 shows the distribution of knowledge and practice of modern FP among respondents. Most (90%) of the respondents had ever heard of FP whereas only 10% had never heard of FP. Also, 89% had heard about modern FP while only 11% had never heard of modern family planning.

 Most (87%) of the women knew a source of modern FP methods of which majority (44%) knew a family planning clinic and 42% knew the hospital. Only 13% never knew any source of modern FP method. The Table also shows that, most (70%) had ever used modern family planning and half (51%) of the women were currently using modern family planning of which 36% used injections, 6% IUD coil while 9% used other methods.

Table 4.2: Knowledge and practice of modern family planning

Variables	Frequency		Percent (%)	
Ever heard of FP	Yes	No	Yes	No
	99	11	90	10
Ever heard of modern FP	98	12	89.1	10.9
Knows source of modern FP	96	14	87.3	12.7
Ever used modern FP	77	33	70	30
Currently using modern FP	56	54	50.9	49.1
Source				
Hospital	46		41.8	
Church	1		0.9	
FP clinic	48		43.6	
Shop	1		0.9	
Don't know	14		12.7	
Method used currently				
Injection	39		35.5	
IUD coil	6		5.5	
Female condoms	2		1.8	
Sterilization	3		2.7	
Implants	3		2.7	

Pills	3	2.7
Not using	54	49.1
Total	**110**	**100**

Percentage distribution of respondents currently using modern family planning

A bivariate analysis was done on the women's background characteristics and current use of modern family planning and results were presented in Table 4.3.

 A higher proportion (60%) of women aged 25-34 and 35+ each were currently using modern FP and only 22% of those aged 15-24 currently used modern FP. The association between age and current use of modern FP was not significant (p=0.09).

Most (67%) of the married women were currently using modern FP followed by 50% each for cohabiting and widowed, never married (33%) and only 17% for divorced. This could be attributed to the fact that married women may decide to regulate their fertility through using contraceptives. The association between marital status and current use of modern FP was statistically significant (p=0.01).

In terms of religion, most (75%) of the Muslims were currently using modern FP followed by Catholic's (54%), 48% protestants and only 36% of the Pentecostals. The association between religion and current use of modern FP was not significant (p=0.26). Current use of modern family planning was highest (57%) among women with formal employment compared to the unemployed and those with informal employment (49% each. However, the association between women occupation and current use of modern FP was not significant (p=0.76).

Table 4.3: Percentage distribution of respondents currently using modern family planning by background characteristics

Current use of modern FP

Variable	Yes(%)	No(%)	N	P-Value
Age group				
15-24	28.1	71.8	32	
25-34	60.4	39.6	48	0.09
35+	60	40	30	
Marital status				
Never married	33.3	66.7	42	
Married	67.2	32.8	58	
Divorced	16.7	83.3	6	0.01
Widowed	50.0	50.0	2	
cohabiting	50.0	50.0	2	

Education				
No-education	100	1	0	
Primary	47.1	52.9	17	0.12
Secondary	42.1	57.9	57	
Tertiary	65.3	34.3	35	
Religion				
Catholic	54.3	45.7	35	
Protestant	47.8	52.2	46	
Muslim	75.0	25.0	12	0.26
Pentecostal	37.5	62.5	16	
Others	100	1	0	
Occupation				
Formal-employment	56.7	43.3	30	
Informal	48.7	51.4	37	0.76
Unemployed	48.8	51.2	43	
Distance				
Less than 1km	57.4	42.6	54	
Between 1-5km	55.6	44.4	36	0.88
Beyond 5kms	66.7	33.3	6	

5. Introduction

Most (53%) of the respondents were married, had attained secondary education (52%) were protestants(42%), unemployed (39%) and were aged 25-34 years (44%). Half (51%) of the respondents were currently using modern FP and majority (36%) were using injections. At bivariate level, marital status was found to be significantly associated with current use of modern FP. There was no significant relationship amongst the rest of the variables (age, religion, education, occupation and distance) and current use of modern FP.

Conclusion

Marital status has a significant relationship with current use of modern family planning among women in Hoima town council.

Recommendations

Basing on the findings, the study recommends the following interventions: First, intensification of family planning programme in the area. This involves community sensitization on proper use of modern FP and training service provider's in family planning issues

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