

Factors Influencing Family Planning Services Utilization Among Men in Kerugoya Ward; Kerugoya County.

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Abstract

Family planning is one of the components of reproductive health services and its understanding is key to family health. Changes in both men's and women's knowledge, attitude and behavior are necessary to achieving the harmonious partnership of men and women. It is essential to improve communication between men and women on issues of sexuality and reproductive health and the understanding of their joint responsibility as equal partners in public and private life. Thus involving males in family planning could lead to better family outcomes since men are the main decision makers in the family even in issues of sexuality. Studies conducted elsewhere suggests Family Planning services are traditionally presented within the context of maternal and child health clinics, thereby negates male participation. Male involvement would potentially help not only in accepting contraceptives but also in its use and continuity. In Kenya there is low utilization of Family Planning services by men, thus in 2017 only about 2% of contraceptive users in Kenya were men. The same applies to Kirinyaga County where about 3% of contraceptive users were men. This study investigated factors that affect utilization of family planning services by men in Kerugoya Ward of Kirinyaga County, Kenya. This is a descriptive cross-sectional study using a quantitative approach, the study population were men whose wives were within child bearing age and resided in Kerugoya ward in Kirinyaga county. Simple random sampling method was employed and sample size was determined by Fischer's method. Data was collected using questionnaire. Descriptive statistics were analyzed whereby measures of central tendency like means, modes and medians were calculated. Inferential statistics involved seeking associations with family planning utilization. Permission to carry out the research was sought from the ethical and research committees to ensure the study participants were safeguarded. Results showed that men preferred condoms as a family planning method over other available methods and the key barriers to utilization of family planning services by men in Kerugoya town were mainly negative perceptions towards FP by men, a belief that male family planning methods were ineffective and the belief that FP as a woman's affair.

Keywords: Family Planning