

ABSTRACT

In Uganda, the fertility rate is currently 6.9%, and it is one of the highest in the world, and the 3rd highest overall in Africa, yet only an estimated 31% of reproductive age women used family planning (Nakiboneka and Maniple, 2008). The effective use of modern contraceptive methods by women of reproductive age in Uganda was affected by many factors including prevalent negative attitudes and perceptions about some methods, inadequate knowledge about the various methods, unavailability, accessibility and complexity as well as strong cultural and religious opposition to modern contraceptive methods (Mbabazi, 2008).

A cross-sectional descriptive design applying both qualitative and quantitative data collection technique was utilized among women of reproductive age at Naguru Hospital. A total of 200 respondents were selected using simple random sampling technique. Data was analyzed using SPSS version 20.2 and data was presented in frequency tables, graphs and pie charts.

The results showed that 200 (100%) had ever used family planning and most 120 (60%) had used family planning for more than 4 months, 150 (75%) reported that non availability of family planning always affected its utilization, 160 (80%) agreed that someone's earning affected family planning practices among women, 150 (75%) agreed that lack of employment hindered the practice of family planning, 120 (60%) were discouraged by their friends from using the family planning methods they were using, 160 (80%) reported experiencing side effects of the methods they were using, 150 (75%) lack of formal education, 140 (70%) respondents reported that their partners did not know about their current use of family planning, 180 (90%) reported that their culture did not promote the use of family planning among women, 170 (85%) reported that their religion did not support the use of family planning.

In conclusion, the study revealed that although most respondents were knowledgeable about family planning and had utilized family planning for some time, they faced various factors which affected their use of family planning and this required interventions to improve its uptake and utilization.