

## **Abstract**

The United Nations Population Fund (UNFPA) estimates that the world's population will be 8 billion in 2050. This increase is attributed to the high population growth rate which is influenced by the world's total fertility rate. UNFPA has embarked on the drive to increase the modern family planning utilization particularly in developing nations with focus on modern family planning methods, with the hope that this will contribute to the reduction in the overall world population. With Uganda's annual population growth rate of 3.3% and total fertility rate of 6.7, the country needs to increase efforts towards the use of modern family planning methods. The purpose of this study was to determine the knowledge, attitude and practices of family planning among women in rural area of Kashari. Methodology: A cross-sectional study of 300 respondents between the ages 15-49(for the women) participated in the study. Residents who were mentally challenged and female residents who did not lie in the age range were excluded. Standardized pre-coded and structured questionnaires were used to obtain information from the respondents. The independent variable was use of modern family planning while the dependent variables were knowledge, attitudes and practices of modern family planning. Results: A total number of 300 women responded. Majority of the respondents were in the age bracket of 26-30 with a percentage 29.3%. Study findings revealed that 63.0% of the respondents were peasant farmers and 66.7% of them were married. 86.33% of the respondents had ever heard about modern family planning and 36.3% of the respondents had ever used modern family planning methods. 53.67% of the respondents had never used any modern family planning method. Nonetheless, 20.0% of the respondents were not using modern family planning because of the side effects. The most common methods used were pills and injections. Knowledge of methods was at 86.33%. At  $p < 0.05$ , knowledge, number of children age and job description were statistically significant. Side effects constituted 20.0% of perceived obstacles to use of modern contraception. Conclusion: Knowledge about modern family planning was high and the attitude towards modern FP was positive though the utilization of modern family planning was still low.

The major hindrances to family planning were side effects and spouse refusal. This calls for the government and stakeholders to do something to encourage men to embrace modern family planning. Health educating and sensitization on the side effects should be addressed so that women learn and know how these side effects can be minimized. Research study should be carried out to find out the role of men in FP utilization.