

## ABSTRACT

Approximately about 24% of married women in Sub-Saharan Africa have an unmet need for Natural family planning, defined as the desire to avoid pregnancy for the next two or more years and not utilizing a modern method of contraception. The main aim was to assess knowledge, attitudes and practices of mothers aged 15-45 years towards natural family planning in Karambi Sub-county. The study design was a descriptive cross sectional survey which employed both qualitative and quantitative methods of data collection. The study was conducted in Karambi Sub-county, Kabarole district. Study population was all married women aged 15-45 years. A sample size of 394 respondents was interviewed. A purposive sampling technique and stratified proportionate sampling techniques were conducted to obtain a sample size of 394 respondents. An interviewer administered questionnaire and a health worker interview guide were used in data collection. Data was using analyzed using Epi info version 7, computer Microsoft excel and word 2007 were used to draw in charts, graph and frequency tables, and meanings were attached on each table and chart. The study involved individuals with the age ranging from 15-45 years. Less than half 194 (49.2%) of them were in the age range of 26-35 years. More than half 231 (58.6%) of them were married and at least 198 (50.3%) of them had reached primary school. Majority 85% of the respondents were unable to define natural family accurately therefore were less knowledgeable about the method. 38.8% of the total respondents knew Lactational amenorrhea as the most prominent methods of family planning. 31.2% of the respondents agreed that natural family planning is best method of family planning but majority 248 (62.9%) of them disagreed. Only 14% of the respondents noted that they had ever used natural family planning and majority 86% had never used natural family planning. The study concluded that majority mothers had less knowledge, negative attitudes and were unable to take up any method of natural family planning. This study recommended that district health teams and corporate bodies should make information on natural family planning available to their communities so as to increase the awareness on the natural family planning.