

ABSTRACT

Background- Family planning involves the use of all techniques, practice, and medical devices that help a couple plan their family. However, it becomes disastrous when its services are not utilized by the women of reproductive age.

The Main Objective- This study was carried out to determine the factors that affect the utilization of modern family planning services among women of reproductive age (15-49 years) in Koboko District.

Methods- Quantified, Descriptive cross-sectional study was used to establish the maternal, health, socio-demographic, and other related factors affecting utilizing of modern family planning services. In this study 324 women of reproductive age from Dranya, and Midia subcounties in Koboko District were sampled. And 25-item questionnaires were used, and the data analyzed using SPSS soft ware Version 16.0 at descriptive levels.

The Result- 46.5% of women utilized the services, 56.2% Husbands rejection, 75.9% myths and misconceptions, 21.8% no formal educational, 95.9% low knowledge on modern family planning methods.

Conclusion- Maternal factors such as myths and misconceptions, low knowledge on family planning methods, Socio-demographic factors such as low educational level, and other related factors like husbands' rejection to utilize the services in Koboko District.

Recommendation- The government, NGOs, CBOs at this point to recruit more health workers, maintain regular modern family planning supply, involves males in modern family planning services, training more health workers on maternal and child health, and organizing out reach for health education on modern family planning issues to demystify myths and misconceptions.