

## **Abstract**

In this study, the researcher undertook to investigate the influence of cultural factors on the choice of family planning methods. High population growth rate has become a global issue that needs to be addressed urgently. One way through which the issue should be addressed is by looking at culture in relation to contraceptive use among different populations and in this study, the researcher looks at Namuwongo Parish in Makindye Division, Kampala District.

The objectives of the study were; to identify the cultural factors surrounding Family Planning, to establish the determinants of choice of Family Planning methods, to find out the link between cultural factors and choice of Family Planning methods and to identify other determinants of choice of family planning methods.

A cross sectional study was conducted using questionnaires and interview guides to collect data between June 2012 and September 2012. Data from men and women aged between 18 to 45 years residing in Namuwongo Parish was collected. 246 study participants were interviewed using systematic sampling where one participant from every 3<sup>rd</sup> household was selected for the interview.

Data was analyzed according to each study objective using SPSS software. Frequency tables, bar graphs and pie charts were used to present the data. Bivariate analysis was used to assess the relationship between the dependent variable and independent variables. This also involved computation of Chi-square test for the significance of association. Findings from the study showed that despite modernization, culture has a significant influence on people's choice of family planning methods and is one of the contributing factors of the low contraceptive utilisation in Namuwongo Parish. The researcher put across several recommendations on how to increase utilisation of family planning services in Namuwongo Parish and also recommended further research to establish the level of significance of the other factors on contraceptive choice.