

**A CROSS SECTIONAL STUDY OF THE KNOWLEDGE, ATTITUDES, AND PRACTICES
REGARDING UTILIZATION OF MODERN CONTRACEPTION AMONG WOMEN AND
MEN OF NAMUWONGO**

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DECLARATION

I, Florence Nakaggwa, hereby declare that this work is purely original based on my knowledge and that it has never been published or submitted for any award of a degree or certificate at any other university or institution.

Signed.....

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Date.....

Supervisor

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Date.....

DEDICATION

I dedicate this work to my family especially my uncle and best friend John Kutesakwe, my father, Mr. Wasswa Lubyayi, my uncle Mr. John Kizza Ssali, my mother-Ms Sarah Kayongo, my sisters Nampeera Viola, Nakamyia Doreen, and Nantongo Jacqueline and my friends Tracy Kobukindo and Sharon Nakigudde, for their unending support and encouragement in my academics.

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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 and contraceptive prevalence rate (CPR). UNFPA has embarked on a drive to increase CPR particularly in developing nations with a focus on modern contraceptive methods, with the hope that this will contribute to a reduction in the overall world population. Uganda's theme for this year was "Uganda at 33 million; Time to Act". With an annual population growth rate of 3.3% and a total fertility rate of 6.1, the country needs to increase efforts towards use of modern contraception. This is because there is a high population of unproductive youth in the reproductive age group who are migrating into urban slums where health services and living conditions are inadequate.

The purpose of this study was to identify the knowledge, attitude and practices regarding the use of modern contraception among the men and women of Namuwongo slum.

Methodology: A cross-sectional study of 282 respondents between the age 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 contraception while the dependent variables were knowledge, attitude and practices regarding modern contraceptive use.

Results: 193 were females, while 89 were male. 51.1% were youth in the age range 15-24 years. 40.8% of the respondents were unemployed and 63.8% were married. 39.7% of respondents admitted to using contraception. 11.9% of those who said that they were not using contraception, however, they admitted to using condoms which implied that they did not recognize condom use as a method of contraception. This raises the CPR to 46.8%. Nonetheless, 13.5% were contemplating discontinuing use of modern FP because of side effects. The commonest methods were condoms and injections. Knowledge of methods was 78.7%. At $p < 0.05$, knowledge, spousal communication, and final decision making was statistically significant. 60.3% of respondents were not using a modern method of contraception. Side effects constituted 52.1% of perceived obstacles to use of modern contraception.

Conclusion: Knowledge of contraception was relatively high, however, CPR is low for a community that has such a high population of youth that are unemployed. The major hindrance which is side effects needs to be addressed to dispel myths surrounding modern FP use. The role of men in influencing modern FP use is important because they are the ones with limited knowledge on FP yet they take part in decision making about the matter.

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List of Acronyms and abbreviations

BBT	Basal Body Temperature
CMR	Child Mortality Rate
CPR	Contraceptive Prevalence Rate
EBF	Exclusive Breast Feeding
FP	Family Planning
HC	Health Centre
HIV	Human Immunodeficiency Virus
HSSP	Health Sector Strategic Plan
IMR	Infant Mortality Rate
IUD	Intrauterine Device
LAM	Lactation Amenoria Method
MIVU	Minnesota International Volunteers Uganda
MDGs	Millennium Development Goals
MLHUD	Ministry of Lands, Housing and Urban Development
MMR	Maternal Mortality Ratio
MoFPED	Ministry of Finance Planning and Economic Development
MOH	Ministry of Health
MSI	Marie Stopes International
NGO	Non Government Organization
RHU	Reproductive Health Uganda

SAP	Slum Aid Project
SDM	Standard Days Method
STIs	Sexually Transmitted Infections
TFR	Total Fertility Rate
UBOS	Uganda Bureau of Statistics
UDHS	Uganda Demographic and Health Survey
UHMG	Uganda Health Marketing Group
UNFPA	United Nations Population Fund
USAID	United States Agency for International Development
WHO	World Health Organization

Operational definition of variables

Variable	Definition
Current use of modern contraception	Women and men who are using modern family planning methods at the time of data collection.
Reproductive age	Women and men within the age range of 15-49 years. Actual current age in completed years.
Level of education	Highest level of education in completed years at the time of data collection.
Occupation	Source of income at the time of data collection
Disapproval of modern contraception	Reason for non use of modern contraception
Zone A	This shall take into account both Yoka Zone and the actual Zone A
Slum	A community with insufficient housing, inadequate access to safe drinking water, insecure tenure, small living area, and limited access to improved sanitation
Spending	The amount of money spent by users over a 3 months period
Spousal communication	Couple discussion about modern contraception
Ineffectiveness of FP method	The method does not serve the purpose for which it is intended
Separated	This will be taken to mean that the couple stopped living together but is not divorced
Slum	An unplanned informal settlement characterised by inadequate housing, overcrowding, and limited or no access to basic services.
P	P value that is level of significance