

ABSTRACT

Family Planning is the ability of individuals and couples to anticipate and attain their desired number of children and spacing their births (WHO, 2007). According to Lance's Maternal Survival and Women Deliver Series, (2006/2007), Reported that access to Family Planning empowers women, reduces poverty and enhances good health. Researchers estimated that, the lives of 150,000 women could be saved each year with access to sufficient Family Planning. In addition, by increasing birth intervals to at least 24 months, the deaths of one million or more children under the age of 5 could be averted (WHO, 2006).

The general objective of the study was to find out the factors influencing the utilization of family planning by women, in order to improve the service delivery in Mbale Regional Referral Hospital. The specific objectives were to establish the socio demographic characteristics, assess the level of Knowledge and attitude and, identify economic factors that hinder women of child bearing age in Mbale Regional Referral Hospital from using Family Planning methods. The research was conducted in Mbale Regional Referral Hospital in Antenatal clinic. The study was mainly descriptive in form of survey and cross sectional design.

Study findings indicated that the majority of the respondents fall within the age group 26-35 years 97.5% of them were married. 70% has attained formal education, housewives were 53.3%. The respondents were found knowledgeable; they gave benefits, types of family planning and, 70% of them have used contraceptives. They have positive attitude towards family planning though 30% reported they could not use family planning because of the influence of their husbands, rumors that it can cause cancer, permanent infertility. Study finding implied that respondents, knowledgeable; they have positive attitude towards family planning factors that hinder family planning were cultural influence of having more children, husband who were sole decision makers and misconceptions. The study to Clinical practice implies that another research should be conducted on attitude and male involvement in family planning in Mbale district, to find the ground for establishing male involvement