

Introduction: This study was to determine the factors that influence current use of family planning services by married men in Ngora District. The main objective of the study was to determine the level of uptake of modern family planning among men in Ngora District and establish factors that influence it. The specific objectives were to determine the extent of awareness of modern family planning by married men, to determine the proportion of married men currently using family planning, types of contraceptive methods currently being use by married men, assess the attitude of married towards use of modern family planning services and assess family planning services being provided in health facilities in Ngora District.

Methodology: A cross sectional study design employing quantitative and qualitative techniques was used. Primary data was collected from 384 respondents. Additional data on the availability of family planning services was collected from 5 health care providers in the 5 health centre in the District, 4 health centre IIIs, and 1 health centre IIs.

Results: Current use of modern family planning among married men was found to be at 31% in Ngora District. The modern method mainly being used by men in Ngora District was male condoms (98.3%) and only two men (1.7%) had done vasectomy. Awareness of family planning among men was very high. About 89.8% of the respondents were aware of family planning services. Awareness of family planning was significant in the use of family planning among men ($\chi^2= 34.375$, $df=1$ and $p=0.000$).

Current use of family planning by men was also significantly predicted by occupation of the wife ($\chi^2=16$, $df=2$ and $p=0.003$), previous use of family planning ($\chi^2=44.904$, $df=1$ and $p=0.000$), wife using family planning ($\chi^2=22.917$, $df=1$ and $p=0.000$) and having a positive opinion about use of modern family planning ($\chi^2= 9.279$, $df=1$ and $p=0.002$).

Family planning services are available in all government health facilities in Ngora. The health facilities in Ngora were providing modern methods of family planning services on daily basis.

Conclusion

Current use family planning among married men in Ngora is at 31%. The factors that affect use of family planning services among male partners are occupation of the wife, awareness of family planning services, previous use of family planning, the wife using family planning and having a positive opinion about use of modern family planning.

Recommendations

To maintain awareness and increase further use/up-take of family planning services among men, health education should be provided to men on the benefits of family planning and demystify misconceptions they hold about family planning. Train health workers and provide equipment for long term and permanent family planning methods at health centre III level. Involve VHTs in the provision of some family planning methods like male condoms at the community level. Integrate family planning services into other outreach service that are provided by health units to the community.