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An Assessment of Factors Affecting Utilisation of Family Planning Services among Women in Tororo District: A Case Study of Paya Sub-county.

This study was carried out on family planning services utilisation among the populace of Paya Sub-county in Tororo District, Eastern Uganda. The research sought to analyse the nature of family planning services used the sub-county; the extent to which women utilise family planning services; the factors that affect utilisation of family planning services and suggestions for ways through which access and effective utilisation of the services can be improved. The research adopted the case study exploration design and utilised focus group discussion, interview, observation and documentary analysis data collection methods to gather data. The study established that the traditional methods of family planning were the most used within Paya sub-county followed by natural means. A number of women were not using any family planning methods while others simply abstained. Among the modern family planning methods used in the sub-county, condom use took the biggest share followed by pills, injectable, Norplant and Tube ligation respectively. The major factors affecting utilisation of family planning were mainly the need for more children and the general lack of information, fear for side effects, religious beliefs, myths and rumours.

It was, however, suggested that provision of free family planning services, involving men in family planning activities and sensitisation of the communities could improve utilisation of the services in Paya sub-county. From the study, factors affecting the utilisation of family planning services are a combination of historical, social, economic, and religious factors. A number of approaches are needed to enable access and effective utilisation of family planning services. Further studies are suggested in the areas of the quality of family planning services rendered, the best practices in providing family planning services to rural people, and the extent to which health services are accessible to people in rural areas.

Key Words: Family Planning Services, Women, Tororo District