



THE UNIVERSITY OF ZAMBIA
SCHOOL OF MEDICINE

**FAMILY PLANNING KNOWLEDGE, ATTITUDES
AND PRACTICES OF MARRIED MEN: A CROSS-
SECTIONAL STUDY IN LUSAKA DISTRICT,
ZAMBIA**

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DEDICATION

This work is dedicated to my lovely wife Annie, and my wonderful children, Beenzu and Luwi, for their patience and tolerance. It is also dedicated to my late parents, Nicholas and Elizabeth Hansingo.

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First and foremost, I would like to thank the Almighty God for my life and career, and for giving me the strength and time to carry out the study. I would also like to thank the following people for their contribution towards this work.

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Lastly, but not the least, I would like to thank all of the other people who assisted in one way or another. May the blessings of the Almighty God be upon them.

STATEMENT

I HEREBY STATE THAT THIS DISSERTATION IS ENTIRELY THE RESULT OF MY OWN PERSONAL EFFORT. THE VARIOUS SOURCES TO WHICH I AM INDEBTED HAVE BEEN CLEARLY INDICATED IN THE BIBLIOGRAPHY AND ACKNOWLEDGMENTS.

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I HEREBY DECLARE THAT THIS DISSERTATION HEREIN PRESENTED FOR THE DEGREE OF MASTER OF MEDICINE IN OBSTETRICS AND GYNAECOLOGY HAS NOT BEEN PREVIOUSLY SUBMITTED EITHER WHOLLY OR IN PART FOR ANY OTHER DEGREE AT THIS OR ANY OTHER UNIVERSITY NOR IS IT BEING CURRENTLY SUBMITTED FOR ANY OTHER DEGREE.

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APPROVAL

THIS DISSERTATION OF DR. ISAIAH HANSINGO IS APPROVED AS FULFILLING PART OF THE REQUIREMENTS FOR THE AWARD OF THE DEGREE OF MASTER OF MEDICINE IN OBSTETRICS AND GYNAECOLOGY BY THE UNIVERSITY OF ZAMBIA.

SIGNATURE

DATE

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ABBREVIATIONS

DHS	Demographic and Health Survey(s)
FGD	Focus Group Discussion(s)
FP	Family Planning
ICPD	International Conference on Population and Development
IDI	In-Depth Interview(s)
IUD	Intra-Uterine Device
LAM	Lactational Amenorrhoea Method
LBW	Low Birth Weight
MMR	Maternal Mortality Ratio
PPAZ	Planned Parenthood Association of Zambia

RHS	Reproductive Health Survey(s)
SPSS	Statistical Package for the Social Sciences
TFR	Total Fertility Rate
UNFPA	United Nations Population Fund
WHO	World Health Organization
ZDHS	Zambia Demographic and Health Survey

DEFINITION OF TERMS AND VARIABLES

Age: Age at last birthday

Attitude towards family planning: Approval or disapproval of family planning.

Bemba: All tribes the Copperbelt, Luapula and Northern Provinces, and the northern region of Central Province.

Contraceptive use: Use by either respondent or his/her spouse.

Educational Level: Type of educational institution last attended.

Family Size: Number of Children

Fertility: Number of children during respondent's reproductive life.

Income: Personal Income

Knowledge of family planning method: Recalling hearing of a method, either spontaneously (without interviewer mentioning the method) or prompted (after interviewer mentions the method).

Lozi: All tribes from the Western Province.

Lunda/ Luvale/ Kaonde: All tribes from North-Western Province.

Nyanja: All tribes from Eastern Province.

Occupation: Work actually performed.

Tonga: All tribes from Southern and Lusaka Provinces, and the southern region of Central Province.

Unmet need of family planning: Wishing to avoid pregnancy, but not using any family planning method.

ABSTRACT

Background: Family planning is a key component of reproductive health and is one of the effective interventions in reducing maternal and infant mortality. Despite family planning activities having started in the 1960s in Zambia, the contraceptive utilization rate is only 34.2%. One of the reasons for the non-usage of family planning methods by married women is opposition from husbands.

Objectives: To assess the knowledge, attitude and practice regarding family planning among married men, to compare in which ways and to what extent they differ from their wives, and its implications for future family planning programmes.

Design: The study was a cross-sectional descriptive study. A questionnaire involving both closed-and-open-ended questions was used to collect both quantitative and qualitative data

Setting: Low, medium and high density residential areas of Lusaka district, Zambia

Subjects: The study included 280 married couples who were interviewed using a structured questionnaire.

Results: About 97.9% of married men and 97.5% of their wives knew about family planning. Most of the men (82.4%) approved of family planning whilst only 7.0% disapproved. These findings were comparable to those of their wives (83.4% and 8.9% respectively). Men's desire for more children (50.4%) was greater than that of their wives (14.3%), but their ideal family size was the same, at 3.9 children. About 64.5% of married men were using a method of family planning at the time of the study. Education was strongly associated with attitude and practice of contraception ($p= 0.002$ and $p< 0.0001$ respectively). Socio-economic status was also strongly associated with contraceptive use ($p= 0.004$).

Conclusion: Family planning awareness and approval rates among married men are high. Their contraception use is, however, lower than expected though it is higher than the national level. Men are more interested in family planning than often assumed, but they need more information and education regarding family planning in order to further increase the contraceptive utilization rate.