ABSTRACT

This study was aimed at examining men’s participation in family planning in Chilanga, Kafue District of Lusaka Province of Zambia. What necessitated the study is the high maternal mortality rate in Zambia which is at 591 per 00,000 live births CSO et al. (2007). The study was motivated by concerns of reducing maternal mortality rate by 2015 as one of the yardsticks to meet the Millennium Development Goals (MDG’s) on Reproductive Health. In this regard, men’s participation in family planning in Chilanga was viewed in the context of safe motherhood. In this study, the researcher sought to find out the role that men play in family planning, to establish the patterns and extent of their involvement and gender differences in attitudes towards family planning and family size.

The type of study was a survey and the sample was randomly selected from the 4 Census Enumeration Areas of Chilanga Ward using Census Enumeration Frame developed for the 2000 Census of Population and Housing of the Republic of Zambia. In this study, simple random sampling was used and a sample of 200 people comprising both men and women was selected from Chilanga Ward. Primary data were collected by using semi-structured questionnaires and focus group discussions while secondary data were collected from various publications such as books, journals and reports.

The findings of the study revealed that there is some level of male participation in family planning. The participation was mainly seen from the care and support that the male respondents gave to their wives during pregnancy and after delivery. As regards contraceptive use, the majority of men did not participate as this was seen as a preserve for women. Further findings revealed that men play an important role in decisions pertaining to family size as they made final decisions in that respect. The study also revealed that women who had lower educational levels and low or no sources of income were more likely to be submissive to their husbands thereby allowing their husbands to make almost all decisions on both family size and contraceptive use without engaging in mutual discussions. Further findings also revealed that family planning programs have made little effort to consider men’s reproductive health needs or to reach out to them and
as a result men have few contacts with the reproductive health care system.
In loving memory of my beloved mother, Mrs. Koota Muyu yambango.

M.H.S.R.I.P
ACKNOWLEDGEMENTS

First of all, I am grateful to all my Lecturers in the Department of Gender and Development Studies for their support and encouragement during the I was engaged in my course work at the University of Zambia in the 2006 / 2007 academic year.

My sincere gratitude goes to my Supervisor, Dr. T. Kusanthan who devoted his time to supervise my work and offered guidance during the whole period of my research work, for without him this study would not have been completed.

I also wish to thank my Research Assistant, Ms. Mate Mwalusi who was constantly available during the field work. May I also extend my special gratitude to all respondents as without them the compilation of this document would not have been possible.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>CONTENT</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Title of the dissertation</td>
<td></td>
</tr>
<tr>
<td>Declaration</td>
<td></td>
</tr>
<tr>
<td>Copyright</td>
<td></td>
</tr>
<tr>
<td>Approval</td>
<td></td>
</tr>
<tr>
<td>Abstract</td>
<td></td>
</tr>
<tr>
<td>Dedication</td>
<td></td>
</tr>
<tr>
<td>Acknowledgements</td>
<td>v</td>
</tr>
<tr>
<td>Table of contents</td>
<td>vi</td>
</tr>
<tr>
<td>List of tables</td>
<td>vii</td>
</tr>
<tr>
<td>Acronyms</td>
<td>ix</td>
</tr>
</tbody>
</table>

## CHAPTER ONE: INTRODUCTION

1.0 Introduction ........................................... 1

1.1 Background of the problem ............................ 1

1.2 Statement of the problem ............................ 3

1.3 Study objectives ..................................... 3

1.3.1 General objective .................................. 3

1.3.2 Specific objectives ................................ 3

1.4 Significance of the study ........................... 4

1.5 Conceptual and operational definitions .......... 4

1.6 Structure of the thesis ........................... 6

## CHAPTER TWO: LITERATURE REVIEW

2.0 Introduction ........................................... 7

2.1 Family planning ....................................... 7

2.1.1 Benefits of family planning .................... 8

2.1.1.1 Family planning and maternal mortality ........ 9

2.1.1.2 Family planning and infant and maternal mortality .... 11

2.1.1.3 Family planning and women’s self determination .... 12

2.1.1.4 Family planning and family economics .......... 13
2.2 Involving men in family planning.................................................................15
2.2.1 Gender norms..........................................................................................20
2.2.2 Gender differences in attitudes towards family planning and family size.....22
2.2.3 Gender equity..........................................................................................24
2.2.4 Decision making.......................................................................................25
2.2.5 Couple communication.............................................................................27

CHAPTER THREE: METHODOLOGY ............................................................28
3.0 Introduction...................................................................................................28
3.1 Research design...........................................................................................28
3.1.1 Type of research.......................................................................................28
3.1.2 Research paradigm..................................................................................29
3.1.3 Target population....................................................................................29
3.1.4 The sample...............................................................................................30
3.2 The questionnaire.........................................................................................31
3.2.1 Questionnaire items...............................................................................31
3.2.2 Administration of questionnaires............................................................31
3.2.3 Focus Group Discussions.........................................................................32
3.3 Pilot testing...................................................................................................32
3.4 Data gathering..............................................................................................33
3.5 Data analysis.................................................................................................33
3.6 Validity and Reliability................................................................................34
3.6.1 Validity....................................................................................................34
3.6.2 Reliability................................................................................................34
3.7 Limitations of the study...............................................................................35
3.8 Ethical issues.................................................................................................35

CHAPTER FOUR: FINDINGS AND DISCUSSION ........................................37
4.0 Introduction...................................................................................................37
4.1 Socio-economic and demographic characteristics......................................37
4.1.1 Sex and age.............................................................................................38
4.1.2 Level of education...................................................................................39
4.1.3 Monthly income.......................................................................................41
4.2 Study objectives ..............................................................................................................42
4.3 The role that men play in family planning .................................................................42
4.4 Patterns and extent of men’s participation in family planning .................................47
4.5 Gender differences in attitudes towards family size and birth spacing ...................50
4.6 Existing family planning systems and obstacles to men’s participation .................55
4.7 Problems faced by women in family planning discussions ......................................60
4.8 Conclusion ..................................................................................................................63

CHAPTER FIVE: SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATIONS
5.0 Introduction ..................................................................................................................65
5.1 The role that men play in family planning .................................................................65
5.2 Patterns and extent of men’s participation in family planning .................................65
5.3 Gender differences in attitudes towards family size and birth spacing ...................66
5.4 Existing family planning systems and obstacles to men’s participation .................67
5.5 Problems faced by women in family planning discussions ......................................67
5.6 Conclusion ..................................................................................................................68
5.7 Recommendations ......................................................................................................69

BIBLIOGRAPHY .................................................................................................................73

APPENDICES ......................................................................................................................79
Appendix I: ..........................................................................................................................79
Appendix II: ..........................................................................................................................87
Appendix II: ..........................................................................................................................90
LIST OF TABLES

Table 1: Number of respondents’ religion by sex
Table 2: Number of respondents by sex and age
Table 3: Number of respondents by level of education
Table 4: Number of respondents by monthly income
Table 5: Male respondents’ knowledge of family planning
Table 6: Distribution of respondents’ approval of family planning
Table 7: Distribution of respondents’ decision making on contraceptive use
Table 8: Distribution of respondents’ care and support during wife’s pregnancy
Table 9: Distribution of respondents’ care and support after wife’s delivery
Table 10: Decision making on family size and birth spacing
Table 11: Distribution of respondents’ preference on family size by sex
Table 12: Distribution of respondents’ family size by sex
Table 13: Distribution of male respondents on access of information on family planning
Table 14: Distribution of male respondents on preference on access of information and family planning methods
<table>
<thead>
<tr>
<th>Acronym</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>CPH</td>
<td>Census of Population and Housing</td>
</tr>
<tr>
<td>CSO</td>
<td>Central Statistical Office</td>
</tr>
<tr>
<td>ICPD</td>
<td>International Conference on Population and Development</td>
</tr>
<tr>
<td>IPSRH</td>
<td>International Perspectives on Sexual and Reproductive Health</td>
</tr>
<tr>
<td>MDG's</td>
<td>Millennium Development Goals</td>
</tr>
<tr>
<td>SEA</td>
<td>Standard Enumeration Area</td>
</tr>
<tr>
<td>SDA</td>
<td>Seventh Day Adventist</td>
</tr>
<tr>
<td>USAID</td>
<td>United States Agency for International Development</td>
</tr>
<tr>
<td>UNFPA</td>
<td>United Nations Population Fund</td>
</tr>
<tr>
<td>WHO</td>
<td>World Health Organization</td>
</tr>
<tr>
<td>WSP</td>
<td>Women’s Studies Project</td>
</tr>
<tr>
<td>ZDHS</td>
<td>Zambia Demographic and Health Survey</td>
</tr>
</tbody>
</table>