Attitudes and Family Planning Practices of Men in Uganda

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Background and Study Rationale

- Men’s real or perceived attitudes influence both theirs and women’s adoption of family planning.
- Involvement of men in family planning has shown increases in women’s adoption of a method.
- Influence of perceptions of the benefits and side effects of family planning on method use among men in Uganda not very well established.
Research Questions

• This study assessed attitudes and family planning practices of men in Uganda

• Research questions
  – What are the attitudes towards family planning among men in Uganda?
  – What factors influence discussion of family planning with a spouse/partner among men in Uganda?
  – Do perceptions of the benefits and side effects of family planning influence use of a modern method?
Study Design and Methodology

- Cross sectional survey
- Multi-stage sampling
- Study population:
  - Individuals 15-54 years
  - 31 districts in Uganda
  - 360 parishes
  - Analysis includes 1,379 men aged 15 to 54 years
Data Collection

- November - December, 2010
- A pen and pencil interviewer questionnaire
- Questionnaires translated in 10 languages
- One person was selected in each household
- 4 young people interviewed per school
- Gender matching of interviewer and interviewee
Respondent Characteristics (n=1,379)

- Single: 51%
- Married/cohabiting: 46%
- Divorced/separated: 3%
- Primary or less: 52%
- At least a secondary: 48%
- Ever had sex: 75%
- Never had sex: 25%
- 15-24: 53%
- 25-34: 21%
- 35-44: 15%

Making a difference in people's lives.
Knowledge and Practices Related to Family Planning

- Knows one fp method: 89%
- Knows modern method: 88%
- Talked to partner abt fp in 6 months: 49%
- Knows a place to get fp method: 79%
- Exposed to fp message in past 12 months: 96%
- Currently using a modern method: 25%

MAKING A DIFFERENCE IN PEOPLE'S LIVES
Attitudes towards Family Planning

• 69% believed that a large family reduces quality of life
• 76% believed family planning improves a woman’s health
• 43% thought that side effects associated with family planning outweighed any benefits resulting from its use.
• 42% believed that peers would lose respect for them if they decided to have a small family
Proportion of Men Who Discussed FP with a Partner by Selected Characteristics

- Single: 28%
- Married/cohabiting: 60%
- Primary or less education: 54%
- At least a secondary education: 44%
- 15-24 years: 34%
- 25-34 years: 54%
- 35-44 years: 64%
- 45-54 years: 53%
- Knows modern method: 50%
- Doesn’t know modern method: 21%

*p < 0.05
# Adjusted Odds of using a Modern Method of Family Planning

<table>
<thead>
<tr>
<th>Variable</th>
<th>Odds Ratio</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Believe most residents in their community want to have less than 5 children</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No(ref)</td>
<td>1.0</td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>2.0</td>
<td>0.018</td>
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<tr>
<td><strong>Education</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary or Less(ref)</td>
<td>1.0</td>
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<tr>
<td>At least a secondary</td>
<td>1.9</td>
<td>0.028</td>
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<tr>
<td><strong>Marital Status</strong></td>
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<tr>
<td>Single/Divorced/Widowed(ref)</td>
<td>1.0</td>
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</tr>
<tr>
<td>Married/cohabiting</td>
<td>0.38</td>
<td>0.003</td>
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<tr>
<td><strong>Believe that family planning improves women’s health</strong></td>
<td></td>
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<tr>
<td>No(ref)</td>
<td>1.0</td>
<td></td>
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<tr>
<td>Yes</td>
<td>0.50</td>
<td>0.065</td>
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## Adjusted Odds of using a Modern Method of Family Planning - Cont

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<th>Variable</th>
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<tr>
<td><strong>Believe that having a small family improves overall quality of life</strong></td>
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<td>Yes(ref)</td>
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<td><strong>Knowledge of a place to obtain a method</strong></td>
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<td>Yes</td>
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<td><strong>Believe FP side effects outweigh benefits</strong></td>
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<td>No(ref)</td>
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<td>Yes</td>
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<td><strong>Talked to partner about FP in past 6 months</strong></td>
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<tr>
<td>No(ref)</td>
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<tr>
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</table>
Conclusions and Recommendations

• Men’s understanding of the benefits of family planning for women may not increase adoption of a method.

• Discussing FP with their partners increase men’s uptake of FP.

• Men’s perceived community norms and knowledge of location of FP services played a big role in adoption of a method.

• Study underscores the need to develop communication programs targeting networks of married men and changing norms around family size.
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