PREFERENCES AND USE OF CONTRACEPTIVE METHODS AMONG WOMEN OF REPRODUCTIVE AGE ATTENDING REPRODUCTIVE AND CHILD HEALTH CLINIC AT SINZA HOSPITAL, DARES SALAAM.

KAVUGHA, HAIKA MATHIAS. (2017)

ABSTRACT

Background: Tanzania has a fast growing population with 54.2 million. Increase in population growth has influenced adoption and use of modern contraceptive methods. Contraceptive users in Tanzania seem to be using contraceptive methods out of their willingness, however what is available may not be what they prefer.

Objectives: To assess the preferences and use of contraceptive methods among women of reproductive age attending reproductive and child health services (RCH) at Sinza Hospital, Dar es Salaam, Tanzania. Material and Methods: A cross-sectional study was conducted; quantitative data were collected from a sample of consenting women attending RCH clinic at Sinza Hospital Dar es Salaam. Simple random sampling technique was used to select study participants.

Results: A total of 384 women were recruited, findings indicated that 89.9% were using any contraceptive method. Contraceptive use increases with age, employment and marriage. Contraceptive use decreases with education 84.6% never attended school 91.7% attended university. The most commonly preferred contraceptive methods were natural 75 (19.5%), Implants 64 (16.7%), injectable (Depo-Provera) 57 (14.8%), and male condom 45 (11.7%). The least contraceptive method preferred was a female condom 1(0.3%).

Conclusion and recommendations: In this study the majority of women were using contraceptive methods. The most preferred contraceptive method were natural method, Implants and Injectables in both married and unmarried women More family planning education should be promoted among women at RCH clinics on the use of all methods especially long term family planning methods (Tubal ligation female sterilization) which had with low preference (2.1%).