

REVIEW

KNOWLEDGE, ATTITUDE AND PRACTICE OF FAMILY PLANNING IN EAST AFRICAN COUNTRIES

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Özet

Bu derleme, yayınlanmış makaleler aracılığıyla Doğu Afrika ülkelerindeki aile planlaması ile ilgili bilgi, tutum ve uygulamalarını araştırmayı amaçlamaktadır. Son 10 yılda bu konuya odaklanan yayınlanmış araştırmalar kullanılarak Doğu Afrika ülkelerinde aile planlaması ile ilgili bilgi, tutum ve uygulamaları üzerine bir inceleme yapılmıştır. İnceleme ve analiz için dahil edilme kriterlerini karşılayan toplam 10 çalışma, insanların aile planlaması hakkında biraz bilgi sahibi olduğunu ve aile planlamasına karşı olumlu bir tutuma sahip olduğunu, ancak doğu afrika'da aile planlaması uygulamasının nispeten düşük olduğunu ortaya koydu. İnsanlar aile planlaması konusunda iyi bilgiye sahiptir ve aile planlamasına karşı olumlu bir tutuma sahiptir ancak doğu afrika'da aile planlaması uygulama oranı nispeten düşüktür. Bununla birlikte, yayınlanan makalelere dayanarak doğu Afrika ülkelerinde aile planlamasının KAP'ını ölçmek için çok sınırlı çalışmalar yapılmıştır.

Anahtar kelimeler: Aile planlaması, doğum kontrol yöntemleri, KAP.

Abstract

This review is aimed to investigate family planning knowledge, attitudes, and practices in east African countries through published papers. A review was conducted on knowledge, attitude and practice of family planning in east africa countries using published researches focusing this topic in the last 10 years. A total of 10 studies met with the inclusion criteria for review and analysis revealed that people have some knowledge about family planning and possess a positive attitude towards family planning, yet family planning practice in east africa is relatively low. People have good knowledge about family planning and possess a positive attitude towards family planning yet rate of family planning practice in east africa is relatively low. Nevertheless, very limited studies were conducted to measure KAP of family planning in east african countries based on the published papers.

Keywords: Family planning, contraceptives, KAP.

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INTRODUCTION

Uncontrolled population growth has been a international challenging issue,(1)Continued high fertility levels, along with lowering mortality rates, have resulted in a large disparity between birth and death rates in Sub-Saharan Africa, particularly East Africa, and a high annual population growth rate. The resulting population explosion has prompted many countries to implement population insurance plans aimed at reducing the current high birth rate.(2)

Family planning is defined by the WHO as “ a way of thinking and living that is adopted voluntarily, upon the basis of knowledge, attitudes and responsible decisions by individuals and couples, in order to promote the health and welfare of family groups and thus contribute effectively to the social development of a country”(3)

The acceptance of family planning services is hampered by a lack of knowledge about contraceptive methods, as well as worries about health, side effects, and effectiveness.(4)

The majority of reproductive-age women in Africa have little or erroneous knowledge of family planning options. Besides Furthermore, according to a study conducted in Ethiopia's Jimma zone, women who completed elementary and secondary school were more likely to practice family planning than those who were illiterate (77.1% and 20.6 %, respectively) than those who were uneducated, This could be because women who can read and write are more likely to consider whether FP activities are beneficial to their economic well-being, self-sufficiency, and personal autonomy in marital relationships, such as discussing family size and contraceptive use.(5)

The majority of family planning initiatives target women, and interventions have aimed to address and alleviate barriers to family

planning use. According to Cleland et al. (2011), attitudinal resistance continues to be a barrier to contraception access.Many research and initiatives have been performed to improve women's use of modern family planning methods, but progress has been slow.(6)

The phrase attitude refers to a person's mental state or thinking. Attitude is a predisposition to react to situations in certain ways and approach or avoid occurrences that reinforce or challenge personal values depending on one's beliefs and experiences. (Segen's Medical Dictionary2012) It is essential for effective family planning regarding the attitudes of couples towards fertility regulation.(7)

In locations where fertility is high but contraception use is low, attitudes can reveal how the community views family planning. Attitudes provide additional information regarding the reproductive health of people who intend to start a family in the foreseeable future. (Those who, according to an unmet need study, have no demand for family planning.). In this case, attitude indicate that many people will embrace family planning methods, which will result in lower fertility if the desired family size is reduced. Approval for family planning as a precondition to use is especially important in Sub-Saharan Africa, where many nations still have high fertility or have seen their fertility rate fall and then halt.(8)

In the latter case, where most people have minimal need for contraception due to high fertility desires, an examination of attitudes can provide insight. Their attitudes, on the other hand, suggest what may happen if their reproduction drives waned. Of course, contraceptives must be available and inexpensive in order to be used to delay or prevent births, but acceptability of their use in general is the first step toward actual contraception use. (8)

Women's attitudes toward family planning are likely to differ since they learn about it

from various sources. According to studies, there is a substantial link between a woman's mindset and her actions. Furthermore, their attitude have a considerable impact on family planning behavior, concept, comprehension, and acceptance.(1)

East Africa, and Sub-Saharan Africa (SSA) as a whole, are on the verge of a demographic change, with a window of opportunity to profit from it. Family planning (FP) is critical to supporting and sustaining the sub-nascent region's fertility transition by aiding people and couples in taking control of their fertility and increasing the well-being of their families and communities.(7)

A little is known about a woman's fertile period in the sub-regions which has fluctuated throughout time. According to new evidence, Kenya and Rwanda are clearly in the lead in terms of contraceptive prevalence and use, whereas Uganda has the lowest rates. Only in Kenya does one out of every two women who utilize contraception use modern techniques. In the area, Uganda and Tanzania have the highest desired total fertility rates in the area, while Kenya and Rwanda have the lowest. In the sub-region, the most often used contraceptives are short-term techniques that provide only minimal protection against unplanned pregnancy.(7)

East Africa's FP position is a bit of a mixed bag. Despite growing ages at first birth and gains in contraceptive prevalence, long-acting FP methods have a low adoption, leading to high rates of teenage pregnancy, unmet contraceptive need, and unintended pregnancy. Access to and use of FP services is marked by discrepancies according on a woman's age, residence, wealth status, and literacy status. Furthermore, among the women of the sub-region, significant contraceptive discontinuation rates and a lack of knowledge about conception and the fertile period prevail.(7)

This review is aimed to focus and assess the knowledge, attitude and practice of family planning practices in east african countries and how the knowledge and attitude of people effects the rate of practicing family planning methods in east african countries.

METHOD

In this paper, articles which has been published in the last 10 years with a purpose of assessing knowledge, attitude and practice of family planning in east african countries has been reviewed. Literature searches have been carried out by way of the usage of PubMed and Google Scholar. The research was focusing all the 20 countries in east africa (burundi, djibouti, ethiopia, madagascar, mauritius, rwanda, somalia, southsudan, tanzania, mayotte, comoros, eritrea, kenya, malawi, reunion, seychelles, somaliland, uganda, zambia, and mozambique) the latest researches and articles which incorporate up to date records which associated to the title and from the target countries were preferable and chosen and if there was more than two article in each country the studies with the later date was reviewed.

Only articles and research papers written in English were considered for the study. We began with looking at the abstracts of the publications posted between the year 2010 and 2020 to discover out which of the researches met with our inclusion standards and. Then we only reviewed at full-length articles that met our inclusion criteria. We included only published researches and articles that assessed the knowledge, attitude and practice of family planning methods in east African countries. We excluded articles which has been published before 2010 and we also excluded case reports.

At the beginning the search method yielded 38 articles and 15 out of this 38 articles did not match the requirements for inclusion and was not included in the study. Focusing on only the studies which fulfilled all the

inclusion criteria information gathered from 10 articles has been displayed in this paper.

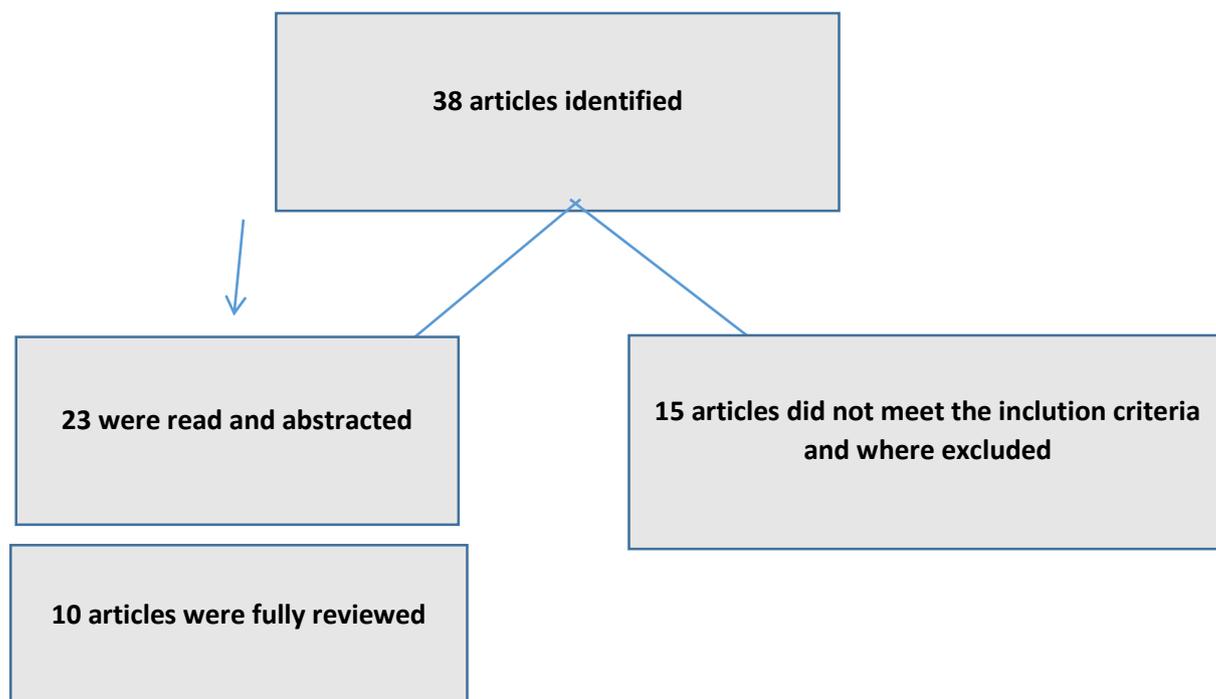


Figure 1 A flow chart depicting the process of conducting a literature

Results

Table 1 shows a selection of articles from seven east African countries. The study did not find out any published research articles which fulfilled all the inclusion criteria from 13 out of the 20 countries in east africa. The review was focusing studies that are giving information from both genders (male and female)'s knowledge, attitude and practice towards family planning, and among those 10 articles presented in this review 6 articles were focusing on womens knowledge, attitude and practice towards family planning while 3 articles represented a data from both genders from the selected area and the other 1 research articles were focusing on mens knowledge, attitude and practice of family planning. most of the researches used cross-sectional study design 7 of the researches, two of the researches used mutli stage sampling design while only one reseach used explorative research design. Majority of this researches were conducted in a rural area.

Most of the studies reported that people have good knowledge about family planning as everyone atleast heard about one method of family planning and people showed positive attitude towards family planning practices. Tanzania is the highest among the people's awareness and knowledge of family planning (98.8%) and Kenya is where people least know about family planning (40%). most of the studies presented that people's attitude towards family planning is above (50%) (table 2)however Family planning methods are not being highly utilized in the community. Place of residence, cultural and religious beliefs, educational level, occupation, age, knowledge, attitude, family size, and monthly average income all play a role in whether or not family planning methods are used.

Table 1 – List of the 7 selected articles and data of publication.

No	Title of selected article	Year of publication	Reference num
1	Knowledge, attitude and practice towards family planning among reproductive age women in a resource limited settings of Northwest Ethiopia	2018	(5)
2	Knowledge, attitude and practices of family planning among women attending kabutare district hospital,	2021	(9)
3	Knowledge, attitude and practices on family planning services among adolescents in secondary schools in Hai District, northern Tanzania	2013	(10)
4	Knowledge, Attitude and Practice (KAP) Towards Modern Contraceptives Among Married Women of Reproductive Age in Mpwapwa District, Central Tanzania	2012	(11)
5	A STUDY of Knowledge, Attitude & Practice On Family Planning among Women in Reproductive Age (15-49) at hospitals and clinic centers, in northern Somalia (Somaliland).	2020	(12)
6	Perceptions, attitude and use of family planning services in post conflict Gulu district, northern Uganda	2015	(13)
7	Attitude and willingness of men towards the use of modern family planning methods in Budondo Sub-County, Jinja, Uganda	2013	(6)
8	“If I have only two children and they die... who will take care of me?” –a qualitative study exploring knowledge, attitudes and practices about family planning among Mozambican female and male adults	2017	(14)
9	Benefits of family planning: an assessment of women’s knowledge in rural Western Kenya	2014	(15)
10	Knowledge, Attitude and Practice of Family Planning Methods Among Laboring Mothers in Adama Hospital, Oromia Region, Ethiopia	2015	(3)

Table 2 summary of knowledge, attitude and practice of family planning among 7 east african countries

Country	Study design	Study period	Study location	Study population	Age sample	Knowledge of family planning (%)	Positive attitude toward FP (%)	Practice of family planning (%)
Somaliland	Cross-Sectional Study	2017	Urban	10,000	15-49	61%	64.8%	26%
Ethiopia	Cross-Sectional Study	2017	Both	4431	15-49	42.3%	58.8%	75.3%
Ethiopia	Multi-Stage Sampling Design	2013	Rural	854	15-49	94% women and 98% men	91%	64%
Tanzania	Cross-Sectional Survey	2010	Rural	160	15-49	98.8%	50%	31.6%
Tanzania	Cross-Sectional Study	2011	Rural	316	15-17	67.4%	50%	5.6%
Uganda	Explorative Research Design	2013 - 2014	Rural	384	18-35	98.4%	-	84.3%
Uganda	Cross Sectional Study	2013 - 2014	Rural		Women 18-49 and men 18-60	-	-	72.6%
Rwanda	Cross-Sectional Study	2021	Rural	13,497	15-49	78.43%	75.29%	74.51%
Kenya	Multi Sampling Design	2010	Rural	923	15-49 years).	38%, 39%, 35%, 35%	-	-
Mozambique	Cross-Sectional Study Design	2011	Urban	13,718	15-49	-	44.7%	-

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Knowledge, attitude, and practice of family planning among men

Many males are aware of the benefits of family planning for themselves and their families, according to the study. Men, on the other hand, had little knowledge of the various family planning methods and their

risks.(6) Due to the perceived dangers of adopting current family planning procedures, males are unwilling to allow their women to use them. Men had erroneous beliefs about the risks of family planning, blaming norplants and intrauterine contraceptive devices(IUCDs) for cancer and abnormal uterine bleeding. Religious and cultural attitudes also have a

negative impact on the acceptance of family planning methods. Men would insist that their wives stop using current family planning methods if they were utilized without their agreement, according to the findings of the study.(6)

Knowledge, attitude, and practice of family planning among woman

The majority of child bearing age women have little or erroneous knowledge of family planning options. Even if they are aware of the names of contraceptives, they have no idea where to obtain them or how to use them These women have a skewed perspective on family planning.., and some have been misled by erroneous information.(5)

Contraceptive knowledge is a precondition for use of family planning services According to Bong arts and West off (2000), a lack of understanding of family planning procedures contributes to a negative attitude toward and practice of family planning. Women who have a good understanding of family planning are more likely to be supportive of contraception.(12) Despite the fact that a large majority of women in the studied populations have a good attitude toward family planning, contraceptive use can be hindered by the husband's negative attitude. (11)

A study conducted in Tanzania found that two-thirds of study participants (65.8%) said their husbands don't approve of contraceptive use, and only a small percentage (20%) said they frequently talk/discuss family planning with their husbands, a situation that could stymie contraceptive use by married women in the study population.(11)

Discussion

The study did not find out any published research articles which fulfilled all the inclusion criteria from 13 out of the 20 countries in east africa.

Most of the studies demonstrated that people have good knowledge about family planning as the findings of most of the studies shows in (table 2) stated that knowledge of people about family planning in 6 out of the 7 countries assessed in this paper is above 50% . some of the studies used very small sample size to study the knowledge, attitude and practice of the people like the studies done in Uganda, Tanzania and Kenya compared to other studies which has been done in Somaliland, Ethiopia, Rwanda and mozambique. Although the result can be effected by several other factors like the area which the study has been conducted wether it is (rural or urban), the sample size of the participants of the study and many other things, Studies showed that Tanzania and Uganda are the highest among the people's awareness and knowledge of family planning. it is only in Tanzania where 98.8% of the people who participated in the study have known about family planning and it is Kenya where people least know about family planning. knowledge level about family planning in western kenya in generally low as less then 40% of women in western kenya reported low level of impact of family planning.

Studies also showed that people have favorable attitude towards family planning practices. All the studies presented in this paper people posses a positive attitude toward family planning in a percentage which is above 50% , only one study which has been done in mozambique showed that people's attitude toward use of family planning is arround 45%.

However the rate of family planning practice is relatively low. Tanzania which is the only country in east africa which 98.8% of the people are aware of or have knowledge about family planning shows that people practice the least inspite of the knowledge they have about FP and several things may play a major role on the attitude and practice of family planning methods in the community like religion and cultural believes, the partners contributions also

play a very important role on the practice of family planning, some of the studies reported that women stop using of FP because lack of approval from their husband. Study conducted in tanzania showed that two- third (65.8%) of a study participants indicated that their husbands doesn't approve use of contraceptives. Furthermore the misunderstanding about the side effects of the contraceptive methods is another main challenge for the acceptance of contraceptions.

On the other hand, some of the countries which reported that high percentage of their community practice family planning are still some of the highest populated countries in east africa and africa as a whole like Ethiopia and Uganda, two studies which has been done in Ethiopia reported that 75% and 65% of the people who participated in that studies practice family planning yet Ethiopia is the highest populated country in east africa. Therefore further studies need to be done to asses what caused that gap as family planning is intended to control the high burden of the population of the countries.

Conclusion

Out of the 20 countries in east africa only 7 countries have got published papers about KAP of family planning and papers presented that people have good knowledge about family planning and posses a positive

attitude towards family planning yet rate of family planning practice in east africa is relatively low.

Recommendations

There is a need in educating people and raising their level of knowledge towards the use of family planning methods and the effect and effectiveness of all the types of family planning methods, educating people about the misunderstanding of the side effect of the contraceptive methods is also needed in order to enhance acceptability of these methods. Mens participation in use of family planning is also strongly recommended.

Furthermore the study recognized that there are limited researches which are focusing on the stated topic in east africa, as the twenty countries in East africa only seven have had a published articles focusing knowledge, attitude and practice of family planning in east africa, which definitively constrains the conclusion to be representative and proportionate In term of generalizing the idea and results presented in this review, therefore more studies are needed to be conducted in most of east african countries.

Some of the studies also need to increase the sample size which participated in the study to get more reliable data from those areas.

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