

Family Planning and Population Growth in Kisoro District: A Case Study of Kisoro Municipality**Kadoola Regina¹, Kaziro Nickolas²****1,2 Metropolitan International University.****ABSTRACT**

The major objective of this study lied in finding out whether there was a relationship between Family Planning and Population Growth in Kisoro Municipality, Kisoro District. Questionnaires and interview guides were used to collect data from respondents about the relationship between Family Planning and Population Growth in Kisoro Municipality, Kisoro District, and the researcher considered 40 community members, 38 farmers, LC1 chairperson and a Chief Administrative Officer (CAO) of Kisoro District. Data was analyzed by use of Microsoft excel and presented in form of frequency distribution tables and pie chart. SPSS Software was used to analyze data in the study. The researcher found out that there is a very strong positive relationship between family planning and population growth at $r = 0.994$ and since the sig. value (.000) was far less than 0.01, which is the maximum level of significance required declaring a significant relationship between family planning and population growth, this implies family planning greatly affects the population growth of an area. This is because in areas/countries where people use family planning methods, there is always enough child spacing and proper planning for the family/country and this in a long run makes the population of that area to grow slowly due to low birth rates unlike in areas where people don't use proper family planning methods and produce a lot of children by not even putting into consideration of the limited resources available in the country, this results into a high increase in the population. It was also found out that among the factors influencing population growth in Kisoro Municipality includes political stability, availability of good health facilities like Kisoro Health Centre IV, good education and transport services, high birth rates than death rates, presence of market for produced goods, poverty and favorable government policies like low taxation.

Key words: Family Planning and Population Growth**Background of the study**

According to (Annor & Oudshoorn, 2019), family planning is the ability of individuals and couples to anticipate and achieve the desired number of children and the interval and timing of their births (A. Of et al., 2023). Family planning refers to the use of modern contraception and other birth control methods to regulate the number, timing, and spacing of human births (Gudmunson & Danes, 2011). In 2008, the world passed a milestone when, for the first time in human history, more than half of the world's population lived in cities (Ahn & Back, 2018). However, growth has not slowed down and predictions suggest that by 2050, 67% of the world's population

will live in cities (Musiimenta, 2023). Most growth will take place in the Global South, where environmental and governance challenges are most pressing (Irumba et al., 2023). This thematic guide explores the issues urban planners and donors must address. Managing urban growth has become one of the most important challenges of the 21st century (Ninsiima et al., 2023). In cities with transparent governance and effective legislation, urban planning can be a creative tool to promote regeneration or manage urban growth (Wegulo et al., 2023). However, some of the most pressing challenges to rapid growth – poverty, environmental pollution and risk – are found

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in the poorest and most vulnerable states, particularly in sub-Saharan Africa and South Asia, where innovative solutions are needed. The philosophy of sustainable and inclusive city planning integrates the principles of sustainable development (e.g. saving resources and energy and improving the environment) with the principles of social inclusion (e.g. reducing poverty and improving access to housing and urban services) (Christopher & Micheal, 2022). Urban planning interventions must be fit for purpose, based on a good understanding of the local environment, politics and economy, with recognition of contextual and capacity constraints and the degree of political willingness to intervene (Kevin et al., n.d.). A central problem is that in many countries, planning legislation is inherited or outdated and no longer suitable for addressing 21st century challenges of growth (The Impact of Women Empowerment on Poverty Reduction, 2023), poverty or climate change (Elifaazi et al., n.d.). The origins of state-sponsored family planning programs can be traced back to the massive increase in life expectancy, and especially child survival, that occurred in the last century. In 1900, global life expectancy was about 25 years (Oromo et al., 2023). A pair usually had five or six births, but only two lived to adulthood on average, which is enough to maintain a stable population size, but no

more (Ronald et al., 2023; Ronald & Julius, 2023). By 1950, life expectancy had increased slightly to 30 years, but after that the pace of change accelerated dramatically. By 1960, life expectancy had jumped to 48 years and continued to improve to reach 69 years in 2005-10 (UN DESA, 2013). Globally, it is projected to reach 76 years in 2045–2050 and 82 years in 2095–2100. By the end of the century, people in developed countries could live an average of around 89 years, compared to about 81 years in developing regions. In September 2017, Uganda hosted the 2nd National Conference on Family Planning, where the Minister of Health highlighted the main goals of Uganda's Family Planning Implementation Plan (2015-2020) to reduce the unmet need for family planning to 10% by 2020 and increase contraceptive rates. use by married women at 50% (Patrick et al., 2023; Shamim et al., 2023). One of the approaches presented at the conference to reduce unmet needs was to promote the involvement of men in family planning (Sub & Bugiri, 2023). Data from the latest Uganda Demographic and Health Survey (UDHS) show that men are involved: 62% of married Ugandan women say they make contraception decisions together with their male partners, and 7% say the decision is made solely by their male partners.

Statement of the problem

The problem lied in finding out whether there was a relationship between Family Planning and Population Growth in Kisoro Municipality, Kisoro District.

Major objective

The major objective of the study was to find out the relationship between Family Planning and Population Growth in Kisoro Municipality, Kisoro District

Specific Objectives

1. To find out the extent at which Family Planning methods are used in Kisoro Municipality.
2. To find out the level of Population Growth in Kisoro Municipality

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3. To find out the relationship between Family Planning and Population Growth in Kisoro Municipality, Kisoro District.

Research questions

1. What is the extent at which Family Planning methods are used in Kisoro Municipality?
2. What is the level of Population Growth in Kisoro Municipality?
3. What is the relationship between Family Planning and Population Growth in Kisoro Municipality Kisoro District?

Methodology.

The study adopted a triangulation of a case study design and a cross-sectional survey design, also deploying both qualitative and quantitative techniques to analyze data. The study used both quantitative and qualitative data collection and analysis techniques. The researcher considered Kisoro Municipality as a case study to find out the relationship between Family planning and population growth in this area. The target population for the study were 100 residents of Kisoro Municipality. This was correlated with Slovenes formula of sample size determination to obtain a sample population of 80 respondents for this study. The study population included community members, LC1 chairperson and a Chief Administrative Officer (CAO) of Kisoro District. Under this, the researcher also conducted a pre-survey. The procedures included simple random sampling and purposive sampling and they will be used to select respondents in the study. The researcher considered a target population of 100 residents from which a sample size of 80 respondents will be administered and will be derived by using the Solven's formula, where 40 respondents were community members, 38 were farmers, LC1 chairperson and a Chief Administrative Officer (CAO) of Kisoro District. Both the use of secondary and primary data methods was used by the researcher to collect qualitative and quantitative data information. Thus, different two methods were used to collect data which included questionnaire and interview method. These were used to collect data from all farmers and community members in Kisoro Municipality, Kisoro district. The validity of the instruments was established under the guidance of the supervisor (Dr. Arinaitwe Julius). To establish the reliability of the research instruments, the researcher carried out a pilot test of the instruments using another similar group with the same characteristics as the one targeted in the study. The researcher analyzed and interpreted quantitative data by using statistical package for social science (SPSS) program to compute the percentages, frequency and tabulation of responses and both use of quantitative and qualitative types of data (Nelson et al., 2022). Data was edited to identify and eliminate errors made by respondents. Coding was then be done to translate question responses into specific categories. Descriptive statistics such as frequency distribution and percentages were used to analyze the data. Correlation and regression analysis was used for further analysis.

Results.

The extent at which family planning methods are used in Kisoro municipality

This Section describes the independent variable (Family Planning). The independent variable was addressed in Section B of the questionnaire for respondents.

Table 1: The extent at which family planning methods are used in Kisoro municipality

EXTENT OF FAMILY PLANNING USAGE

Valid	56
N	
Missing	0
Mean	4.5667

The extent at which family planning methods are used in Kisoro Municipality was analyzed and interpreted basing on the mean percentage which was 45%. The mean percentage is low hence indicating the low extent at which family planning methods are used in Kisoro Municipality. The low extent is attributed to low sensitization of the people about the importance of family planning and child spacing, also the poor health facilities in the area leaves the natives ignorant about family planning methods and some cultural beliefs where most people especially women think that family planning can make them infertile to produce children.

The level of population growth in Kisoro municipality, Kisoro District

This Section describes the dependent variable (Population Growth). The dependent variable was addressed in Section C of the questionnaire for respondents. Information regarding the level of population growth in Kisoro municipality, Kisoro District was presented basing on the **mean** and was tabulated in table 4.4

Table 2: The level of Population Growth in Kisoro Municipality

LEVEL OF POPULATION GROWTH

Vaid N	56
Missing	0
Mean	2.4768

The level of population growth in Kisoro Municipality was analyzed and interpreted basing on the mean percentage which was 24%. The mean percentage is low hence indicating the low level of population growth in Kisoro Municipality, Kisoro District. The area is sparsely populated and this is witnessed by the unoccupied land in the mountainous areas of Kisoro District, these areas are used purposely for agriculture where people mainly grow crops like Irish potatoes, beans, maize and sorghum.

The relationship between family planning and population growth**Table 3: Showing Pearson Correlation between family planning and population growth**

Correlation

		Family planning	Population growth
Family planning	Pearson Correlation	1.00	.994
			.000
	Sig. (2-tailed)	.56	.56
	N Pearson Correlation	.994	1.00
Population growth		.000	
	Sig. (2-tailed)	.56	.56

Table 4.5 indicates that there is a very strong positive relationship between family planning and population growth at $r = 0.994$ and since the sig. value (.000) was far less than 0.01, which is the maximum level of significance required declaring a statistically significant relationship between family planning and population growth, this implies family planning greatly affects the population growth of an area (Nelson et al., 2023).

Summary of Findings

The extent at which family planning methods are used in Kisoro Municipality was analyzed and interpreted basing on the mean which was 4.5667. The mean is low hence indicating the low extent at which family planning methods are used in Kisoro Municipality. The low extent is attributed to low sensitization of the people about the importance of family planning and child spacing, also the poor health facilities in the area leaves the natives ignorant about family planning methods and some cultural beliefs where most people especially women think that family planning can make them infertile to produce children. The level of population growth in Kisoro Municipality was analyzed and interpreted basing on the mean which was 2.4768. The mean is low hence indicating the low level of population growth in Kisoro Municipality, Kisoro District. The area is sparsely populated and this is witnessed by the unoccupied land in the mountainous areas of Kisoro District, these areas are used purposely for agriculture where people mainly grow crops like Irish potatoes, beans, maize and sorghum. There is a very strong positive relationship between family planning and population growth at $r = 0.994$ and since the sig. value (.000) was far less than 0.01, which is the maximum level of significance required declaring a significant relationship between family planning and population growth, this implies family planning greatly affects the population growth of an area.

Conclusion of the findings

Objective one aimed at finding out the extent at which family planning methods are used in Kisoro district. The researcher concluded from the findings that the extent is small because most residents in Kisoro district are ignorant about the various family planning methods. Objective two aimed at finding out the level of population growth in Kisoro municipality. The researcher concluded on this objective from the findings that the population growth of an area grows depending on a number of factors which include favorable climatic conditions, market for goods, security of the area and favorable government policies. The third objective aimed at looking at the relationship between family planning and population growth in Kisoro district. The researcher concluded that there is a very strong positive

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relationship 33 between family planning and population growth at $r = 0.994$ and since the sig. value (.000) was far less than 0.01, which is the maximum level of significance required declaring a significant relationship between family planning and population growth, this implies family planning greatly affects the population growth of an area.

Recommendations of the study

The government should set up health centers in various parts of Kisoro district with family planning services in order to sensitize the masses about the uses of family planning.

The parents in the family have a role to play by producing their young ones in proper spacing and time. This will enable them to meet the basic needs of their children and family.

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