

Assessing The Influence Of Family Planning On Population Growth In Communities In Uganda A Case Study Of Nakawa West, Kampala

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Abstract

This study was carried out to examine the influence of family planning on population management in communities in Uganda a case study of Nakawa West, Kampala. The study was guided by the following research objectives; to assess the effectiveness of family planning on population management in Nakawa West, Kampala Uganda, to identify the different family methods used by women in Nakawa West, Kampala Uganda, to establish the challenge faced with the use of family planning in Nakawa West, Kampala Uganda and to find more feasible ways of enhancing family planning strategies. A total of 30 respondents including; parents, adolescent, health workers, Boda- Boda riders were selected. The study applied both qualitative and quantitative research designs where interviews, questionnaires and observation methods of data collection were used. Data was collected from both primary and secondary sources. Key findings indicated that majority of the respondents (22, 73.3%) strongly agreed that Family Planning services are more cost effective than conventional methods and majority of the respondents (10, 33.3%) as well strongly agreed that family planning helps prevent unwanted pregnancies. Finally, the findings from the correlation matrix indicated a statistically significant positive relationship ($r = 0.467$, $p = 0.000$) between family planning and service quality. The researcher therefore concluded that family planning influences population structure and recommends that the overall low rate of contraceptive prevalence and high unmet need for family planning suggests the need for the national government and population policy makers to rethink access to family planning.

Key words: Family planning, Communities and population growth.

Background of the study

Globally, Family planning refers to practices that help couples to avoid unwanted birth to regulate the intervals between pregnancies and to determine the number of children in the family. It is also the process of controlling the number of children you have by using contraception. According to (Jac & Kazaara, 2023) the role of contraception is to help women and men reconcile their sexual lives and their desire for children. Tiakina (2007) believes family planning works to promote a positive view of sexuality and to enable people to make informed choices about their sexual and reproductive health and

well-being.

Also, the World Health Organisation according to National Training Manual (2005) views family planning 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 health and welfare of the family group and this contribute effectively to the social development of the country in a way of controlling the over population growth in communities which limit them in terms of services (Richard, 2022). A major contributor to

Received: 16.12.2023

Accepted: 24.12.2023

Published on: 30.12.2023

population theory is Thomas Malthus, as an English scholar, he revealed that an Essay on the Principle of Population (Rashid et al., 2023). Malthus theorized that human populations could increase more rapidly than what can be accommodated by arable land (Goldewijk, 2005). Malthus noted that population increases geometrically while food supply can only increase arithmetically, thus population will always outstrip food supply. In an era of European Enlightenment, it was difficult to accept the idea that humanity as a whole was inevitably on a trajectory to overtax the environment, and would experience hunger, poverty, and malnutrition (Godfrey et al., 2023).

Contrary to Malthusian theory, yet categorized in the same general theoretical framework is Ester Boserup's theory on population growth. Both of these theories address the issue of increased demand for food with increasing populations, but have different answers as to how to build a sustainable population that will survive on resources. Rather than positing that food supply determines population (Ramadhan et al., 2023), Boserup argues that population determines agricultural methods. With a more optimistic outlook on human nature and the power in numbers and ingenuity, this theory suggests that humans will respond to population growth by creating new agricultural methods to support higher numbers, thus aiding rather than limiting expansion therefore, a researcher went ahead to criticize the Malthusian theories however much food could be the factors that can foster the population growth but family planning current is seen as the best way the world has

adopted in the control of population today compared to other theories (Collins et al., 2023).

In the conceptual way, Uganda just like other developing countries, Family planning programs, which offer a range of contraceptive choices to couples, have led to sharp increases in the use of contraceptives. Controlling for economic growth, which tends to reduce fertility in and of itself, it has been estimated that family planning programs have been responsible for approximately 43 percent of the decline in world fertility during the period 1965–1990 (Jac & Kazaara, 2023). Moreover, effective family planning and economic growth together have a synergistic effect in helping to raise contraceptive prevalence and reduce fertility which in return decrease the level of birth rate and result low population within the state.

In a contextual way, according to Sarah Bernstein, (2017), Uganda has one of the highest fertility rates and population growth rates in the world putting the health of mothers and children at serious risk. It's estimated that the simple act of birth spacing and access to family planning methods can reduce maternal mortality by 30 percent and child mortality by 20 percent Uganda demographic health survey (UDHS). With less than 40 percent of women at reproductive age using modern contraceptives in Uganda, there's tremendous opportunity for Community Health Workers (CHWs) to provide family planning education and services to their communities (Cand et al., 2022).

Problem Statement

According to the world meter 2021, the current population has been estimated to be increasing to 47 million compared to

Received: 16.12.2023**Accepted: 24.12.2023****Published on: 30.12.2023**

the 2020 which was 45 million and Uganda population is equivalent to 0.59% of the total world population as well as 31 ranking in the list of countries by population in the world basing on the data provided by the world meter which processes data collected by the United Nations Population Division (UNPD, 2019). According to Mayra Vega over population is often one of major causes of poverty. A lack of education resources along with high death rates often go hand in hand with high birth rates resulting in large booms in population growth.

Uganda is one poorest developing countries in the world associated with over population with the highest fertility rate that consume most the resources leaving the list possible resources for sexual education only 20% Uganda's women access to contraception. As much as 78% of the population in Uganda are under the age of 30 expert say such big population will be burden to economy unless it's transformed into a working course. Currently, 80% of young people have no formal employment. This is partly due to low economic growth, slow labour market, high population growth rates, the rigid education system, rural urban migration and limited access to capital.

According to the borgenproject.org experts highlight the need for the long term plan that focuses on the role of the family, government, the private sector and society in helping the population to become productive. By reducing the problems with overpopulation in Uganda the economy will benefit through taxes and more sustain production of goods and services. Family planning would reduce fertility levels and increase proportion of employed adults to young dependents. Further, promoting by educating men and women about contraception with play a key role in reducing fertility rates hence better economic benefits.

Purpose of the Study

The study focused on examining the influence of family planning on population management in communities in Uganda a case study of Nakawa West, Kampala.

Objective of the Study

1. To assess the effectiveness of family planning on population management in Nakawa West, Kampala Uganda.
2. To identify the different family methods used by women in Nakawa West, Kampala Uganda.
3. To find out the status quo of family planning in Nakawa West, Kampala Uganda.

Research Questions

The study focused on answering the following questions;

1. What is the effect of family planning on population management on communities of Nakawa West, Kampala?
2. What is the status Qiu of family planning in Nakawa West, Kampala?

Received: 16.12.2023

Accepted: 24.12.2023

Published on: 30.12.2023

3. What is the influence of family planning towards population management in Nakawa West, Kampala?

Methodology.

The targeted population is estimated to be 700,886 people according to Uganda_HH_Survey_Report_F2014 statistics in Nakawa, Kampala as a case study area, the study accessible population was comprising of 30 respondents who are to be approached by the researcher to represent the rest of the population. These included parents, adolescent, health workers, Boda-Boda riders these were selected because they are expected to have valid information about family planning and the population growth in Nakawa Division Kampala. The size of the study population was drawn using stratified random and purposive sampling technique because there is a need to represent all groups of the target population in the sample. In determining the sample size, both probability and non-probability technique which were used in probability method, the study was adopted a simple random sampling because it avoids biasness as recommended by (Amin, 2005). Data collection method involved both primary and secondary data collection method. The study used the data collection methods of key informant interview, questionnaires survey and documentary review. Validity and reliability were obtained and assessed the questionnaire items during their construction. There were pre- tested of all the above-mentioned instruments by first administering the questionnaires to students and supervisor to ensure that questions are clear and understood by the respondents which ensured validity. The researcher repeated the procedures of data collection with appropriate instruments to discover reliability. There were pre- test and the result got used to verify the reliability of the data. The researcher used quantitative techniques for data analysis. Quantitative analysis which used in interpreting numerical data through frequencies and percentages, correlations and regressions. All the analysis was performed under SPSS (Nelson et al., 2022).

Results.**Table 1: Shows Family Planning services are more cost effective than conventional methods**

Category	Frequency	Percentage (%)
Strongly Agree	22	73.3
Agree	5	16.7
No specific view	1	3.3
Disagree	1	3.3
Strongly Disagree	1	3.3
Total	30	100

Source: Primary data, 2022

Received: 16.12.2023

Accepted: 24.12.2023

Published on: 30.12.2023

From the above table 6, it was noted that 22(73.3%) of the respondents strongly agreed to Family Planning methods as more cost effective than conventional methods, while 5(16.7%) of the respondents agree with the view, 1(3.3%) respondent were no specific view about the idea, 1(6.6%) of the respondents were in Disagree with the view and whereby 1(3.3%) were in disagreement. These results show that the majority of the clients find family planning methods more affordable than conventional methods.

Table 2: Shows Family Planning use easily control unwanted pregnancies

Category	Frequency	Percentage (%)
Strongly Agree	10	33.3
Agree	8	26.7
No specific view	5	16.7
Disagree	5	16.7
Strongly Disagree	2	6.7
Total	30	100

Source: Primary data, 2022

From the results above it be seen that 10(33.3%) of the respondents were in agreement that Family Planning use easily controls unwanted pregnancies, 8(26.7%) agreed with the view while 5(16.7%) had no specific view with Family Planning use to eliminate unwanted pregnancies however, 5(16.7%) respondents disagreed with the view as well as 2(6.7%) strongly disagreed with the point. This therefore implies that the Family Planning use is capable of controlling unwanted pregnancies hence effectiveness of Family planning in influence of population development in communities in Nakawa West, Kampala.

Table 3: Family Planning facilitates desired number of children

Category	Frequency	Percentage (%)
Strongly Agree	24	80
Agree	5	16.7
No specific view	1	3.3
Disagree	0	0
Strongly Disagree	0	0
Total	30	100

Source: Primary data, 2022

From table 8 above, 24(80%) of the respondents strongly agreed that Family Planning facilitates the desired number of

Received: 16.12.2023

Accepted: 24.12.2023

Published on: 30.12.2023

children as compared to 1(3.3%) of the respondents who had no specific view. It can therefore be noted that Family Planning facilitate desired number of children.

Influence of Family Service Quality on family planning uptake.

Table 4: Correlation between family planning uptake and service quality.

		Family planning	Service quality
Family planning	Pearson Correlation	1	.467**
	Sig. (2-tailed)		.000
	N	30	30
Service quality.	Pearson Correlation	.467**	1
	Sig. (2-tailed)	.000	
	N	30	30

** . Correlation is significant at the 0.01 level (2-tailed).

The findings from the correlation matrix indicated a statistically significant positive relationship ($r = .467$, $p = 0.000$) between family planning and service quality. The association is statistically significant since the associated p value (0.000) was less than the threshold p value (0.01) at 99% level of significance. The implied that startup service quality influenced family planning.

Table 5: Shows the regression model for service quality and family planning uptake.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.352 ^a	.425	.424	0.6543

Findings from the regression model indicated that 42.5% of the variations in the family planning were explained by service quality. The adjusted r square was less than the r square value because it put degrees of freedom into consideration. The model further identified from the coefficient (0.352) that a unit increase in the service quality resulted into 0.352 units increase in the family planning uptake. This therefore provided sufficient evidence of existence of an influence of service quality on family planning uptake.

Summary of the Findings

It was found that the majority of respondents who participated in this study were of certificate of the education level compared to those of other levels like secondary level, primary level, tertiary education, diploma level, Master's among others. It was found that the majority of respondent of about 45.3% respondents agreed that the distribution of family planning services have led to the effectiveness of family planning. Therefore, according to the findings effective use of contraception, improving Stability and Cooperation all have influence the family services to the family planning and in return it have influence the reduction and population growth control as indicated by the 45.3% respondents. It was found that the majority of family planning is the convenient methods of controlling population growth in community, based on

Received: 16.12.2023

Accepted: 24.12.2023

Published on: 30.12.2023

the findings it 33.3% of the respondents who agreed with the point. This implied that female should practice family planning in the way of controlling un-wanted pregnancies among the young people as well as entire female in Nakawa west, Kampala Uganda. It was found that there still challenges faced with family planning despite that the government have tried to solve them whereby 43.3% respondents agreed that the place to access the family planning services are near and other disagreed with the view.

Health and quality-of-life benefits, reduced Risk of Maternal Mortality; Family planning can reduce the risk of mortality associated with childbirth. Death in childbirth is almost 20 times as likely for each birth in developing countries as in developed countries. Health concerns/ psychological and social risk; From the study, it was revealed that some family planning clients opt out using FP due to health concerns while some because of the psychological and social risk involved in its usage.

Conclusions

From this study, we conclude that Family Planning awareness in FCs is high with a wide range of methods known. However, good knowledge about specific methods is variable and tends to be low. Some of the clients still believe in ineffective methods that are not scientifically proven FP methods. Misconceptions about effectiveness of some methods and side effects still exist. The ideal family size is generally less than 4 children while the ideal birth spacing interval is generally more than 2 years. To improve knowledge of FP in communities, continuous comprehensive education on Family Planning methods and their effects is needed.

Recommendations

The overall low rate of contraceptive prevalence and high unmet need for family planning suggests the need for the national government and population policy makers to rethink access to family planning. For fertility to fall to low levels, many factors are key. These include a significant increase in the use of family planning; family planning programs that have delivery points throughout the country; a wide range of contraceptive methods; easy availability of contraceptives; adoption of a reproductive health approach that can reach adolescents, men, and unmarried people.

A stable population can be maintained in communities in Uganda given that populations have a wide range of family planning services to help them attain the exact number of children they want. Until full access to reproductive health becomes part of national government priorities, Uganda and the world will continue to suffer disproportionately from population growth. Therefore, total government commitment should be put in the promotion of reproductive rights through making

family planning services accessible for all in need and offering more choices including sterilization.

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Received: 16.12.2023

Accepted: 24.12.2023

Published on: 30.12.2023

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