

**HUSBAND'S INVOLVEMENT IN
FAMILY PLANNING PRACTICE IN
SAGAING TOWNSHIP**

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ABSTRACT

A community based cross-sectional descriptive study was carried out in Sagaing Township in 2017 aiming to identify husband's involvement in family planning practice and its associated factors. A total of 270 husbands of reproductive aged women were recruited by multistage sampling method and interviewed by using pre-tested semi-structured questionnaire. Most of the respondents (70.4%) were from rural area. Most husbands had primary (33.7%) and middle school level education (32.2%). About 95% of respondents were aware of at least one contraceptive method, however, 90% showed low knowledge level. Only 17.4% of respondents disagree on statement that contraception is against nature. About 94% of the respondents had positive attitude towards family planning. About 65% of the respondents received family planning information within 12 months. Approximately 76% of the couples were currently using contraceptives and 75.2% of the husbands were highly involved in family planning practice. Husband's knowledge on family planning was found to be significantly associated with residence, monthly family income, type of family ($p<0.05$), education level and status of receiving family planning information ($p<0.001$). Education level, marriage duration, status of husband as main contributor of family income and status of receiving family planning information showed statistically significant association with husband's attitude towards family planning. Husband's involvement in family planning practice was significantly associated with residence, monthly family income, family type, marriage duration, husbands as head of household or not ($p<0.05$), occupation, number of children ($p<0.01$), education level and status of receiving family planning information ($p<0.001$). Moreover, husband's knowledge and attitude on family planning had significant relationship with involvement in family planning practice ($p<0.01$). Effective health education and service delivery programs should be targeted not only to married women but also to their husbands to promote husbands' knowledge and their attitude which consequently increases their involvement in family planning practice.