Factors Influencing Family Planning Practice among Reproductive Age Married Women in Hlaing Township, Myanmar

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Abstract

Objective: To study the factors that influence the family planning practice among married, reproductive age women in Hlaing Township, Myanmar.

Material and Method: Cross-sectional survey research was conducted among 284 married, reproductive age women using stratified random sampling. The data were collected through questionnaire interviews during February and March 2012 and analyzed by frequency, percentage, Chi square test, and multiple logistic regression.

Results: The proportion of families practicing family planning was 74.7%, contraceptive injection being the most commonly used method. The factors influencing family planning practice were attitude towards family planning, 24-hour availability of family planning services, health worker support, and partner and friends support. The women with a positive attitude toward family planning practiced family planning 3.7 times more than women who had a negative attitude. If family planning services were available for 24 hours, then women would practice 3.4 times more than if they were not available for 24 hours. When women got fair to good support from health workers, they practiced 15.0 times more on family planning and 4.3 times more who got fair to good support from partners and friends than women who got low support.

Conclusion: The factors influencing family planning practice of married, reproductive age women were attitude toward family planning, 24-hour availability of family planning services, health worker support, and partner and friends support. The findings suggest that empowerment of health workers, training of volunteers, pharmacists and contraceptive drug providers, encouraging intra-spousal communication, and peer support, as well as an integrated approach to primary health care in order to target different populations to change women’s attitudes on family planning, could increase family planning practice among Myanmar women.

Keywords: Family planning practice, Reproductive age, Attitude toward family planning, Married women, Myanmar