

**INFLUENCERS OF LONG TERM AND PERMANENT METHODS OF  
FAMILY PLANNING UPTAKE AMONG WOMEN OF REPRODUCTIVE  
AGE IN BARINGO COUNTY, KENYA**

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**JUNE, 2023**

**DECLARATION**

This thesis is my original work and has not been presented for a degree in any other University

Signature..........

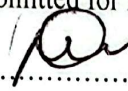
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**Supervisors**

This work was submitted for review with our approval as University Supervisors.

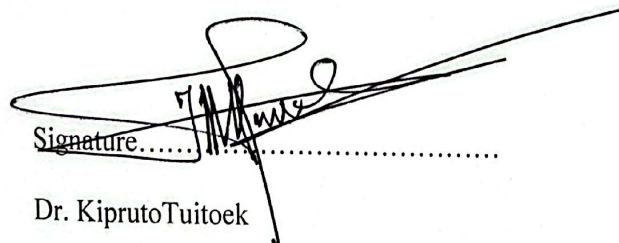
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**ABSTRACT**

Over than 200 million women in the developing world wish to avoid pregnancy but they are not on any methods of contraception. Misinformation about long term acting and permanent methods of family planning dominates though they are more effective, the occurrence of unexpected births and induced abortions could be drastically limited leading to achievement of the millennium goals. The main objective of this study is to assess the factors affecting uptake of LAPMS such myths and misconceptions and other socio-cultural and demographic factors that hinder the use of long term and permanent methods of family planning in Ossen location Baringo North sub-county. In this mixed study, both quantitative and qualitative research methods were utilized. Systematic random sampling adopted to select the respondents. Sample size of 421 women of the reproductive age in the sub county considered. The work was carried out in the community by visiting households with women of the reproductive age between 15-49 years and one respondent chosen in each household purposively because she had to be in reproductive age. The participants interviewed using structured questionnaires to collect data on socio-demographic and socio-cultural information. Focus group discussions and key informant interviews carried out. The data collected analyzed using (SPSS) software version 22. Descriptive statistics was adopted in summarizing and organizing the data. The utilization of short-term methods, LARCs and permanent methods were 40%, 26%, 0%, respectively, suggesting that the dominant FP methods in the area are short-term methods with LAPMs infrequently used. Variables were tested at 95% C.I, P value >0.05 significance level to test association between dependent and independent variables. There was a significance relationship between variables for example information on socio cultural factors  $p = 0.009$ ; husband approval  $p=0.03$ , method factors  $p=0.027$ , myths and misconceptions about LAPM  $p=0,0001 (< 0.05)$ . The findings from this study identified gaps to be addressed in order to promote uptake LAMPs. This will propel us to the achievement of millennium development goal number 3 by decreasing the rate of maternal mortality due to unplanned pregnancies.