

**UPTAKE OF MODERN FAMILY PLANNING METHODS AMONG WOMEN
RECEIVING SPONTANEOUS POST ABORTION CARE AT KUAJOK
HOSPITAL, SOUTH SUDAN**

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DECLARATION

This research thesis is my original work and has not been presented for award of a degree in any other university.

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ABSTRACT

Improving women's health and reducing complications related to unwanted pregnancies is crucial, and one effective strategy is promoting modern family planning in the context of spontaneous post-abortion care. In 2019, global estimates indicated that there were 295,000 maternal deaths worldwide, with Sub-Saharan Africa and Southern Asia accounting for approximately 86% of these deaths, and Eastern Africa alone accounting for approximately 542 maternal deaths per 100,000 births. Each year, more than 44 million women experience complications from spontaneous or induced abortions, with around 20 million of these cases being unsafe abortions. South Sudan has the lowest rate of modern family planning uptake at 2.6%, likely due to the volatile humanitarian situation and weak healthcare system in the country, which leaves women and children particularly vulnerable in conflict areas. The main objective of this study was to assess the rate of spontaneous post-abortion care (SPAC) and the uptake of modern family planning methods among women at Kuajok Hospital in South Sudan. Specific objectives included determining the uptake of modern family planning methods among women who experienced spontaneous post-abortion, assessing women's knowledge of modern family planning methods, examining women's attitudes towards family planning, and investigating the factors influencing the uptake of family planning among women at Kuajok Hospital. The study followed a cross-sectional descriptive design and involved spontaneous post-abortion women at Kuajok Hospital. The sample size consisted of 276 women, determined using Fisher's formula for sample size calculation. Data was collected through interviewer-administered questionnaires that included both closed and open-ended questions. Simple random sampling was used to select the spontaneous post-abortion women, while purposive sampling was used to recruit healthcare providers as key informants. Data was analyzed using SPSS software (version 23), including Fisher's exact tests to establish relationships between dependent and independent variables. Qualitative data was analyzed thematically. The study found that women in urban and rural areas had different preferences for modern family planning methods. Among the spontaneous post-abortion women, 38.4% preferred modern family planning methods and had sought care at the hospital within the past year. Pills were the most utilized method, chosen by 17.9% of women to manage their family sizes and conception periods, followed by injectable at 8.6%. Male condoms were equally popular, preferred by 11.9% of the population. Female condoms, cervical diaphragms, spermicides, and loop methods were not popular choices among the participants, and none of the patients had used them. The study also revealed that the uptake of modern family planning among women of reproductive age was low. Factors such as age, education level, marital status, and occupation influenced the uptake of modern family planning methods. The study recommends that policymakers and healthcare providers increase awareness about modern family planning methods and implement health education programs to change traditional attitudes towards these methods. Encouraging spousal discussions can empower women to make informed decisions about family planning. The relationship between patients' level of education and their knowledge of family planning methods was found to be statistically significant ($\chi^2 = 108.002$, $p = .091$, $df = 4$).