Factors that hinder the utilization of family planning services among men in Mugumoini location, Nairobi City County

Family planning remains gendered and is mostly a role relegated to women. Since the introduction of family planning programmes in Kenya in the 1970’s, the uptake of family planning services by men has remained low. The aim of this study was to establish the factors that hinder the utilization of family planning services among men in Mugumoini location, Nairobi City County. A descriptive cross-sectional research design was used. Convenience sampling technique was used to recruit the study participants. Data was collected using a survey questionnaire and supplemented with key informant interviews. Quantitative data was analyzed statistically while qualitative data was analyzed thematically. The study results indicate that men have a high level of knowledge about the existence of family planning. However, their knowledge on the male contraceptive methods is limited to the use of male condoms. The study also revealed that utilization of family planning services among men was low. Barriers that emerged in this study as hindering the utilization of family planning services include fear of vasectomy, gender norms, lack of male friendly services, substance abuse and lack of time. The study concluded that men recognize that they have a role to play in family planning but admit that there are barriers to the utilization of family planning services. The study therefore recommends the implementation of transformative family planning programmes that will actively engage men in the family planning agenda. Gender mainstreaming into family planning programmes will also be crucial to address the gender norms that make men shy away from family planning issues.

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