Introduction

Family planning (FP) refers to practices that help couples to avoid unintended pregnancies, control the time at which birth occurs and determine the number of children in the family. Male involvement in family planning has been found to directly influence the partner’s reproductive health choices, decision-making and behaviors. Previous studies from low income countries have centered on women with only a few projects on male involvement have been implemented by Family Association of Kenya (FPAK) including Male as Partners project and Young Men as Equal Partners project.

Objective

To examine the determinants of male involvement in family planning in Kenya.

Methods

The study used data from 2014 Kenya Demographic and Health Survey (KDHS) of married men aged 15-54 years. The analysis was restricted to 6,693 (weighted) married men and those who were living together with partner. Data analysis was conducted using Statistical Package for Social Scientists (SPSS) version 22. Chi-square tests and binary logistic regression analysis were applied to determine the relationship between various variables and the probability of male involvement in family planning and reproductive health.

Results

Level of Male involvement in Family Planning in Kenya

Percentage level of Male involvement in FP

- 44% Low involvement
- 56% High involvement

Male involvement in family planning and reproductive health is important for maternal and neonatal care in Kenya, however findings from this analysis indicate that less than half (44%) of men in Kenya are highly involved in FP.

Conclusion

In Kenya, Husbands level, wife/partner’s age, religion, husband’s occupation, level of education, exposure to family planning messages, interaction with health provider, number of living children, and knowledge on contraception are associated with male involvement in FP and reproductive health actions.

References


Logistic regression analysis revealed that older couples, Educated men, and those with more than three children were more likely to be involved in Family planning and reproductive health.