

**FERTILITY DESIRE AND PRACTICE ON
FAMILY PLANNING METHODS AMONG
18-49 YEARS OLD URBAN MARRIED WOMEN
IN PYINMANA TOWNSHIP,
NAYPYITAW UNION TERRITORY**

**EI KYAR PHYU TOE
M.B.,B.S**

**Master of Public Health (MPH)
University of Public Health, Yangon
2019**

ABSTRACT

A cross-sectional descriptive study was carried out among married women of aged 18-49 years in urban area of Pynmana township, Naypyitaw Union Territory to determine the fertility desire and practice on family planning methods in 2019. Total 210 women were recruited by systematic random sampling method from 3 wards and interviewed by face to face interview using structured questionnaire. It was found that 35.8% of respondents had desire to have another child (95% CI:0.29,0.42). Among them, 53 (85%) preferred to wait for two or more years. There were not too many differences in sex preferences for another child. Age, religion, education, number of living children and having attained desired number of children were significantly associated with fertility desire (p value <0.05). Regarding practice on family planning methods, 79% had currently practiced (95% CI: 0.73,0.85). Among them, 45.2% were using injections, 25.7% were using contraceptive pills, 6.6% were using long acting reversible contraceptives (LARC). The percentage of women using traditional methods accounted for 1.5%. Among the current users, 83.1% had decided together with their husbands for type of methods used. The two main reasons for not using or stopping family planning methods were health concerns or fear of side effects (38.6%), followed by having desire to become pregnant soon (36.4%). The main sources of family planning methods were public sector (54.2%) and friends/relatives (47.3%). Having two living children and had ever received information on family planning methods were significantly associated with use of family planning methods (p value <0.05). Long acting contraceptives should be promoted widely among the community, not only for birth limiters but also for birth spacers who want to space more than 2 years. Quality Health services should be promoted for wider use of long acting reversible contraceptives and effective counselling for choosing the tailored family planning methods and customized to individual needs to reduce fear of side effects.