



# Impacts Of Family Planning On Women In Musoma Municipal

37. Mara

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## Introduction:

The project dealt with the impact of modern scientific methods of family planning to the women health in Musoma Municipal.

The family planning refers to the plan of individual concerning when to have children and the maximum number of children to have by the use of birth control (contraception) and other techniques to implement such plan .

The family planning involved the use of both nature and modern methods such that natural methods include abstinence methods ( refraining from sexual intercourse's), rhythmic method include bonier methods (pill, Norplant's) Depo-Provera administered by injections spermicidal methods (forms, cream and jells) to kill sperms. Surgical method that is surgical sterilization and preventing implants (intrauterine devices).

The project aimed at finding out the impacts associated with modern scientific family planning methods to women health and suggesting the control measure of adverse impact of those methods realized and hence advising women to use modern scientific family planning methods more while referring to the suggested measures.

## Methods:

Questionnaires, interviews and literature review were used as the methods of collecting data. 30 copies of questions, were sent to different health and hospitals such as Musoma Government hospital, Buhare clinical centre and Kamunyonge dispensary. Among those only 15 copies were brought back with positive and negative response. All the questionnaires sent to Musoma Government hospital were not allowed and 10 copies from Buhare were allowed together with 5 copies from Kamunyonge Dispensary.

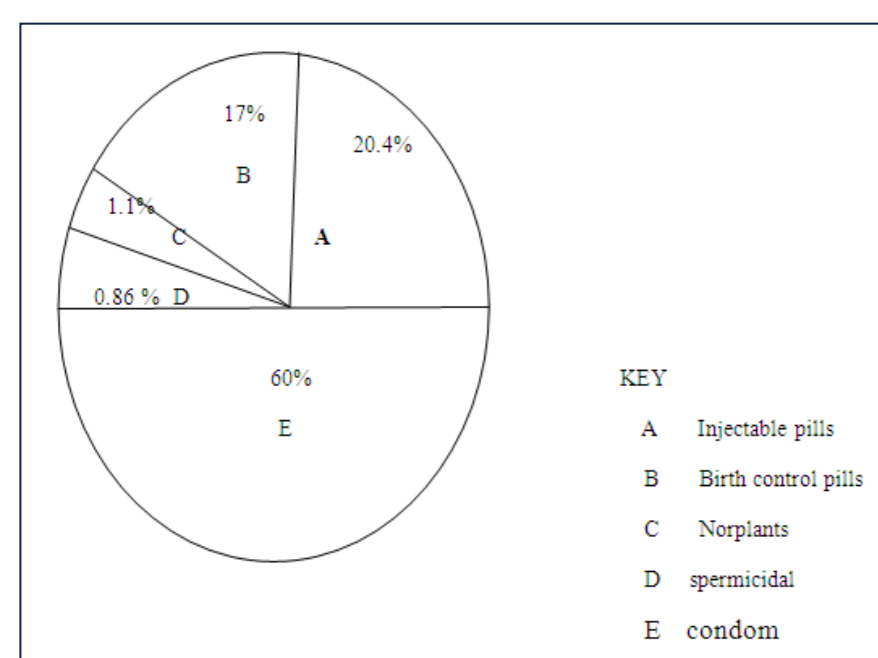
Also the women found to the health institution were interviewed were 5 women from Buhare clinic centre responded positively and 3 nurses also responded positively to both, interviews and questionnaires gives to them. Women at Kamunyonge Dispensary also showed positive responses to the questionnaires and interviews imposed on them.

Literature review was also referred, where various sources which were planning about family planning methods were read. Such that hormonal methods (pills, Norplant and Depo-Provera). Spermicidal and bonnier methods, surgical sterilization and preventing implants were suggested as the major

## Results:

The project found out that few number of women were using modern scientific family planning method in Musoma Municipal out of 100 population of women only 40 women used modern methods. This is actually 40% of total women population interviewed 60 women did not use, equal to 60% of total population of women interviewed the study found out that most of women did not use.

Modern scientific method to plan their family due to fear of their side effects such as cancer in servix and breasts, risk of heart disease thrombo-embolism, weight saint and breast tenderness, and deficiency in menstruation cycle.



Birth control methods (contraception)	Effectiveness	Risks
i. Vasectomy	Almost 100%	Invisible sterility
i. Tube ligation	Almost 100%	Invisible sterility
i. Birth control	Almost 100%	Trumbo – embolism especially smokers
i. Depo-Provera	Almost 99%	Cancer (osteoposis)
i. Ultra-urine device	Almost 90%	Pelvic inflammatory disease (PID)
i. Diaphragm	-	Are not presently know
i. Cervical cup	Almost 85%	Cancer of cervix
i. Condoms	Almost 85%	It may burst

## Conclusions:

the study discovered some of the major problems encountered by women due to the use of the modern scientific planning methods. The results of the study are very rationale since are very closely related to finding of other chief researchers such as encyclopedia volume 2 output (Britannia Encyclopedia volume 2). However family planning method were locally. Know to disturb interfere the women body norm and yet the study has come out with the resembling formation.

The researchers were concerned to ask question systematically during interview, making question clear to the respondents and recording the information delivered by the respondents. After then the researchers made clarification and analyzed the information got from the field in relation to the major concern of the study and wrote the report.

However women are advised to encourage more, the use of modern methods of family planning while abiding the requirements of each and once aches and abnormality are fallen, the victim has to contact for advice from health experts (doctor) immediately: also the use of calendar methods must be insisted.

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