

## **Family planning practices, factor affecting contraceptive use among men and women in West Bank. A Cross–Sectional Study**

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### **Abstract :**

**Introduction:** All women and men can have control family planning, if they become parents. Making choices about birth control, or contraception isn't easy. There are many things to think about it.

**Aims:** The main goal of this study is to describe family planning practices among men and women in West Bank.

**Method:** Descriptive non-experimental quantitative study, a cross-sectional design, was conducted with a questionnaire in Government Clinics in North of West Bank with the sample size 200 subject.

**Results:** Showed that nearly about half of the study sample (52.0%) declared that their married women used contraceptives. Also, (34.5%) of these married women use IUD as a kind of contraceptives. The time of use ranged between 2-9 years as the majority of the study sample (79.0%) responded. 29.0% of the study sample discussed the use of contraceptives with their husbands. The rejection from the other side was highly for religious and social reasons (22.5%). Finally, 39.0% of the study sample expects that their husbands would use the contraceptives when they have healthy problems. P value < 0.05.

**Conclusion:** Involving males in reproductive health issues including family planning is important to attain optimal reproductive health status for both couples. Among Palestinian couples many cultural, social and religious factors interfere with family planning decision. Efforts are needed to properly convince male partner to give due importance to involving men as well as women in reproductive matters to overcome the problem of high rate of unintended pregnancies in the study area of West Bank. A wider range of methods including male methods and those without side effects should be advanced for improvement in the availability and development of family planning services.

**Key words:** Family planning, contraceptive, Infertility, Male involvement, Reproductive health.

