

ABSTRACT

Family planning is an important strategy towards achieving Sustainable Development Goal (SDG) three (3) which has been proven to reduce maternal mortality. Despite the expansive benefits of family planning services, its uptake of these services among men still remains low in Kuresoi North Sub-county. The study aim was to investigate how the perception of men in low income households affect the choice of contraceptives they use in Kuresoi North Sub-County in Nakuru County. The study was carried out in Kamara and Sirikwa wards in Kuresoi North Sub County. The study used planned behaviour theory. It employed cross-sectional survey research design. Sample size of 143 respondents was obtained using simple random sampling procedure. Questionnaires and interview schedules were used to collect data. The data was analyzed qualitatively and quantitatively. Findings of the study were presented using quotes, narratives, pie-charts, bar graphs and frequency tables. Most of respondents regarded use of male condoms as a safer method of contraception in prevention of HIV infection and unwanted pregnancies, while some preferred to know their HIV status thus determining their non-use or use of a condom. The finding indicates that although men were perceived to have an upper hand in negotiation of safer sex than women, there were views from the respondents that sexual partners plays a role in influencing contraceptive use. This study recommends that policy makers should deal with the attitudes and perception on the use of contraceptives based on gender differences. Thus improving its use in low income households.

Keywords: Perception; low income households; contraceptives, maternal mortality