

**Factors influencing the choice and use of modern family planning methods in Dar es
Salaam region: the case of study of Kinondoni Municipality**
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In many sub-Saharan African countries, including Tanzania, there is low utilization of modern family planning (FP) methods. This study assessed factors that influence the choice and use of modern family planning methods among women in Kinondoni Municipality. The specific objectives of this study were; to examine the current status of use of modern family planning methods in Kinondoni Municipality, to assess factors that influence the choice and use of modern family planning methods among women receiving maternal and child healthcare services. The study also sought to explore effective strategies to be used in rising up the use of modern family planning methods. The study employed purposive sampling technique to recruit women of reproductive age of from two hospitals. In total 74 women and 20 nurses were recruited from the two hospitals. The findings of this study revealed that majority of women were using family planning methods. However, there were still a large number of women of reproductive age who were not using any family planning method. The vast majority of these women claimed that they are afraid of side effects associated with using contraceptives. The findings further revealed the need to strengthen efforts on public campaigns and advocacy in order to increase awareness among women and the general population on the importance of family planning. Since this study only involved women of reproductive age recruited at the antenatal clinics, there is a need for other studies which may involve women from other settings such as schools, colleges as well as homes.