Determinants of modern contraceptive use among women of reproductive age in Tanzania: Evidence from Tanzania demographic and health survey data

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Introduction: Tanzania is among the African countries with high maternal and child mortality rates and fast growing population. It also has high fertility rate and huge unmet need for family planning. Contraceptive use reported to avert more than 1 million maternal deaths in sub-Saharan Africa due decline in fertility rate thereby help achieving MDG 4 and 5. Therefore, this study aimed to determine factors influencing modern contraceptive use among women aged 15–49 years in Tanzania.

Methods: This was a secondary analysis of Tanzania Demographic Health Survey (TDHS), 2010. A total of 475 clusters (urban and rural) composed of 9,663 households were selected. During the survey, a total of 10,139 women aged 15–49 years were interviewed about sexual and reproductive matters using a standardised questionnaire. We restricted our analysis to married/cohabiting women (n=6,412 responded for in individual records and domestic violence=4,471). Univariate and multiple logistic regression analysis were performed using Stata version 12.0. Odds ratios with 95% confidence intervals for determinants of modern contraceptive use were estimated. A P value of 5% (2 tails) was considered statistically significant.

Results: Women empowerment (OR=1.4; 95%CI: 1.13–1.63), male-female age difference of less or equal to nine (OR=1.6; 95%CI:1.01–2.66), and advised at health care facilities on family planning (OR=1.6; 95%CI:1.37–1.96) were predictors of modern contraceptive use. Child desire especially when husband wants more children and woman sexual violence were not associated with modern contraceptive use.

Conclusions: The predictors of modern contraceptive use in our study correspond with previous studies in low and middle income countries. Modern contraceptive prevalence among currently/cohabiting was 27%. Multiple logistic regression models revealed that women empowerment, male-female age difference, child desire were important predictors for use of modern contraceptives. This highlights the need to promote contraceptive use among women of reproductive age.