



HUMAN CAPITAL INITIATIVE



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Kumvetsetsa zokonda za azimayi pa kagwiritsidwe ntchito ka njira zakulera m'madera a mu mzinda ku Malawi

MAHESH KARRA AND KEXIN ZHANG

ZOTSATIRA ZAZIKULU

- Chiwerengero cha mlingo wakulera (kupewa kutenga pakati) nchokwera mmadera a mtawuni ku Malawi - 87.4 pa azimayi 100 ali onse mu dera lathu losankhidwa anali akugwiritsa kale njira zakulera pa nthawi yomwe timayamba kuunika.
- Njira ya jakisoni ndi njira imene imagwiritsidwa ntchito kwambiri ndi (44.7%) motsatilana ndi yoika pa mkono (30.2%) komanso ma pilisi olera (7.2%).
- Zifukwa zomwe azimayi amafotokoza pogwiritsa ntchito njira zakulera zimenezi ndi: “njira yogwira bwino ntchito (yodalilika)” (48.3%), “yopanda zotsatira zosowetsa mtendere” (31.5%), “yokhalitsa” (20.3%), “yopanda chiopsezo pa umoyo” (13.1%), and “yosasokoneza nsambo” (10.8%).
- Mmadera a mtawuni ku Malawi, zisankho za azimayi pa njira zakulera nthawi zambiri sizimagwirizana ndi njira zomwe akugwiritsa ntchito, monga 36.7% ya azimayi njira yomwe akugwiritsa ntchito nthawi imeneyo amafuna atasintha nkutenga njira ina atapatsidwa mwayi.

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- Pa azimayi omwe amafuna kusintha, ambiri amatenga chapamkono ngati njira yodalilika (57.4%), motsogozana ndi jakisoni (16.9%) komanso mapilisi (8.8%). Pa azimayi omwe amafuna kusintha njira, ambiri mwa iwo amatenga chapamkono ngati njira yodalilika yoti atha kusintha nkutenga (57.4%) motsogozana ndi njira ya jakisoni (16.9%) kenako mapilisi (8.8%). Cholinga chenicheni chofuna kusinthira nkutenga njira yatsopanoyi ndi chakuti ndiyokhalitsa (34.1%), yodalilika popewa kutenga pakati (28.1%), ilibe mavuto obwera chifukwa chakulera osowetsa mtendere (25.3%), komanso simafunika kupita kuchipatala kapena kukaonjezera (23.7%)
- Zifukwa zomwe zimatchulidwa ndi omwe anali ndikuthekera kosintha koma sanasinthebe ndi: “sakudziwa zambiri zokhudza njirayi” (32.5%), “ndiyodula kwambiri” (10%), “kuopa zotsatira zobwera chifukwa chakulera” (9.6%), komanso “kusapezeka kwa njira yomwe akufuna” (9.2%).

KUFOTOKOZERA KWA VUTO/MFUNDO ZAPANO ZAMAVUTOWA

Pali kusiyana kwambiri mmadera azaumoyo, popeleka utumiki wazakulera wapamwamba kwambiri sizimangotengera kukwaniritsa zotsatira za umoyo wauchembere wabwino koma kuganizira zolinga zothandiza azimayi ndi mabanja kukulitsa zofuna zawo paubeleki wawo wamtsogolo ndi umoyo wabwino. Pankhani zakulera, ntchito ya mzimayi yemwe ndi amene ali mwini wake olandira chisamaliro cha zakulera (monga ngati pachisankho chake cha njira yakulera) ndi zosiyana ndi nkhanu yopanga chiganizo cha zaumoyo pomwe opeleka chithandizo amatenga gawo lalikulu pofuna kudziwa mtundu wachithandizo choyenera kwa munthu odwala. Pulogalamu ya utumiki wazakulera wapamwamba uthandiza kupititsa patsogolo azimayi ndi mabanja kukhala ndikuthekera mu, “zonse, ufulu, ndi kudziwa chisankho chawo” pa njira zakulera. Pachifukwa ichi, ma pulogalamu azakulera amapeleka gwero lodziwika pakupeleka zofunika zonse komanso mauthenga ofunika kwambiri ndi cholinga chakuti azimayi athe kudziwitsidwa pachisankho chanjira zosiyanasiyani zakulera zomwe zili zopezeka kwaiwo. Ngati zotsatira, azimayi ambiri samalandira njira zamakono zakulera asanalandireko gawo la uphungu kuchokera kwa aphungu, panthawi imeneyi amadziwitsidwa zokhudza njira zomwe zikupezeka.

Ngakhale kuti uphungu wakhala ukutengedwa ngati gawo lofunikira popeleka utumiki wapamwamba kwambiri. Pali zinthu zochepa zomwe zimadziwika zokhudza mmene mauthenga ndi njira zakulera, zimafotokozeredwa panthawi ya gawo lauphungu, uphungu umapangitsa mwayi oti azimayi athe kudziwitsidwa bwino njira yakulera yomwe angakonde. Kafukufuku waonetsa kuti khumbo la mzimayi paubeleki, zomwe zimakhudza chisankho chake panjira zakulera, zimathanso kusintha malinga ndi ubeleki mmoyo wake onse. Pamenepo mzimayi akhonza kusintha maganizo ake pafupipafupi mukanthawi kochepa chabe moti mpaka njira yakulera yomwe anasankha (zomwe ananena kuti azapanga) zitha kusiyana kwambiri ndi njira yeniyeni yomwe akugwiritsa ntchito (ndi chenicheni chomwe amapanga). Zititi zolinga za pulogalamu zomwe zapekedwa zikutha kukwaniritsa zofuna za mzimayi paumoyo waubeleki, polumikizitsa zomwe wanena mzimayi pachisankho cha njira yakulera pa zomwe iye akufuna kotero pamapeto a zonse zitha kukhala ndikuthekera kopeleka tanthauzo lalikulu pokupeleka utumiki wazakulera.

Pofuna kumvetsetsa zinthu izi, akafukufuku a ku Boston University ndi Innovations for Poverty Action anapanga kafukufuku pa kagulu ka azimayi omwe ali pabanja mu Lilongwe, Malawi. Cholinga chenicheni cha kafukufuku chinali kufuna kutsimikizira zomwe azimayi amakonda panjira zakulera komanso kugwiritsa ntchito, pamapeto pake zitha kusintha mu mayankhidwe tikagwiritsa ntchito njira yopeleka uphungu wazakulera.

CONTEXT: MALAWI

Kuchuluka kwa mlingo wakulera (CPR) ku Malawi kwakhala kukukwera pakupita kwa nthawi; malinga ndi kafukufuku wa zachiwerengero ndi zaumoyo (Malawi Demographic and Health Survey DHS), 32.6% ya azimayi amsinkhu obeleka (a zaka zapakati pa 15-49) ndi 46.1% ya amayi omwe ali pabanja a msinkhu obeleka amagwiritsa ntchito njira zakulera mu chaka cha 2010. Mu chaka cha 2016,¹ mlingo wakulera unakwera ndi 45.2% ndi 59.2% paokhapaokha pa magulu awiri amenewa. Njira ya kulera ya jakisoni ndi imene inali yotchuka kwambiri ku Malawi mu chaka cha 2010 ndipo imagwiritsidwa ntchito ndi 22.5 % ya azimayi, yomwe imatsatiridwa ndi lupu (IUD) (9%) komanso kutseka kwa amayi (8%). Kusakanizika kwa njira zakulera kwa amayi sikunasinthe kwambiri pakupita kwa nthawi pakati pa amayi okwatiwa ku Malawi, kugwiritsa ntchito jakisoni, lupu ndi kutseka kwa amayi kuli pa 30%, 11.5%, ndi 10.9%, motero pachokha pachokha mu kafukufuku wa zachiwerengero ndi zaumoyo (DHS) wa 2015 mpaka 2016.

Ngakhale kuti kugwiritsa ntchito njira zakulera kwachuluka, palinso kuchuluka kosiya kugwiritsa ntchito njira zakulera ku Malawi- pafupifupi 37% ya azimayi aku Malawi omwe amagwiritsa ntchito njira zakulera amasiya njirazi mkatimkati mwa miyezi khumi ndi iwiri (12) kuyambira nthawi yomwe anayamba kugwiritsa ntchito njira (2015-16 DHS). Pamenepa mbali ya kusiya kulera kutha kusonyeza kuchepa kwa kufunika kwa njira yakulera, kuchuluka kwa kusiya mukanthawi kochepe choncho kukusonyeza kuti patha kukhala zoletsa zina zomwe zimalepheretsa amayi kuzindikira njira yakulera yabwino. Kusanthula kwa kafukufuku wa DHS kuchokera ku maiko ena kukusonyeza kuti pafupifupi theka la amayi aku Egypt, Indonesia, ndi Zimbabwe komanso pafupifupi magawo awiri mwa atatu azimayi ku Bangladesh, Colombia, ndi ku Peru amasiyira panjira njira yakulera mu zaka ziwiri.²

KUWUNIKA

Mu chaka cha 2019, akafukufuku anapanga ngwirizano ndi Innovationms for Poverty Ation Malawi komanso a Good Health Kauma Clinic pofuna kutsimikizira momwe kugwiritsa ntchito gawo la uphungu wazakulera kungakhuzire zisankho zanjira zakulera kwa azimayi komanso mmene angazindikilire zisankhozo pakupita kwa nthawi.

Azimayi okwana 785 anasankhidwa mukafukufukuyu potengera zowayeneretsa zotsatirazi:

- Anali okwatiwa,
- Anali a zaka zapakati pa 18 ndi 35 zakubadwa,
- Amakhala mu mzinda wa Lilongwe, komanso,
- Analibe pakati komanso sanabeleke mu miyezi isanu ndi umodzi (6) panthawi yomwe amalembedwa kupita mmbuyomu.

Pambuyo pounikira bwino ndi kucheza nawo, azimayi analandira gawo la uphungu wazakulera pakhomo pawo operekedwa ndi phungu ophunzitsidwa bwino. Akamaliza gawo la uphungu, azimayi amapatsidwa mwayi wa mayendedwe aulere (utumiki wa taxi yapadera) kupita kuchipatala cha Good Health Kauma Clinic, kumene atha kukalandira njira yakulera iliyonse ndi mautumiki ena okhudzana ndi kulera kwa mwezi umodzi. Pamene mzimayi wafuna kupita kuchipatalaku, amayenera kulumizana ndi otsogolera kafukufuku (Field Manager) kuti apange ndondomeko ya nthawi yopitira kuchipatala. Patsiku lopita kuchipatala, otsogolera kafukufuku wa ku IPA amapanga ulendo

¹ The 2015-16 Malawi Demographic and Health Survey (MDHS)

² Ali, Mohamed M, and John Cleland. "Contraceptive Switching after Method-Related Discontinuation: Levels and Differentials." *Studies in Family Planning* 41, no. 2 (June 7, 2010): 129-33.

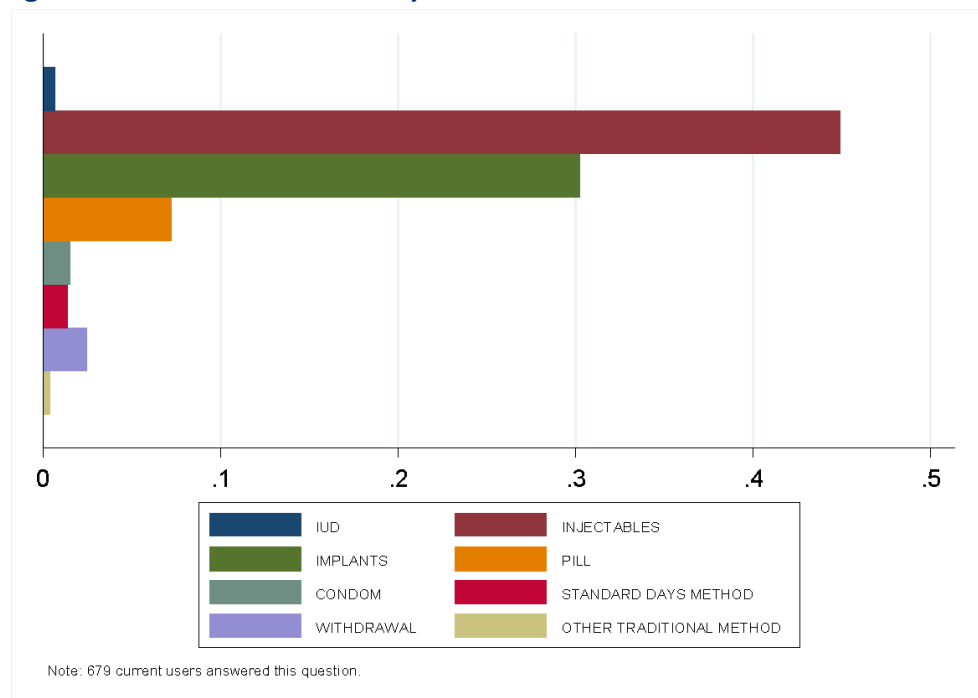
opita kunyumba kwa mzimayi kukamutenga pa taxi yapadera ndikupita naye limodzi ku chipatala. Akabwerako ku chipatala mzimayi amakatulidwa pakhomo pake.

Azimayi omwe amapita kuchipatala amafunsidwa mafunso okhudzana ndi momwe zayendera, njira zakulera zomwe angakonde, komanso njira yomwe angakonde (ngati sanasankhe kutenga njira yakulera) pambuyo paulendo wawo. Pakutha kwa mwezi umodzi, azimayi omwe sanapite kuchipatala amafunsidwa mafunso kudzera pa telefoni kapena kuwayendera kunyumba kwawo. Pocheza nawo, azimayi amafunsidwa mafunso okhudzana ndi njira yakulera yomwe akugwiritsa ntchito nthawi imeneyo, njira yakulera yomwe angasankhe (kapena yatsopano), ndipo makamaka zifukwa zomwe sanapitire kuchipatala kukalandira mautumiki pomwe pamayambiro anali ndi cholinga chopita.

ZOTSATIRA

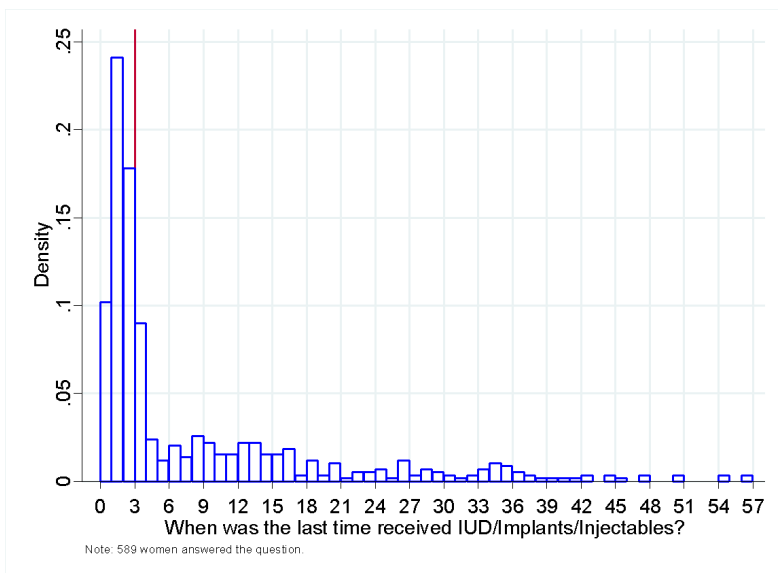
Kugwiritsa ntchito zakulera pa azimayi amukafukufuku wathuyi kunali kokwera; 87.4% ya azimayi anali akugwiritsa kale imodzi mwa njira zakulera panthawi yomwe amalembedwa. Njira ya jakisoni ndi imene inali njira yowanda (44.7%) motsatana ndi njira yapamkono (30.2%) ndiponso mapilisi akulera (7.2%) (Figure 1). 60% ya azimayi omwe amagwiritsa ntchito njira ya jakisoni, chapamkono kapena lupu panthawi imeneyo amakalandira kapena kuonjezera njirayo (amene anali pakulera wa jakisoni) mkati mwa miyezi itatu kafukufuku asanafike kumapeto (Figure A1).

Figure 1: Baseline: Current Contraceptive Method



Source: Boston University Global Development Policy Center, 2021.

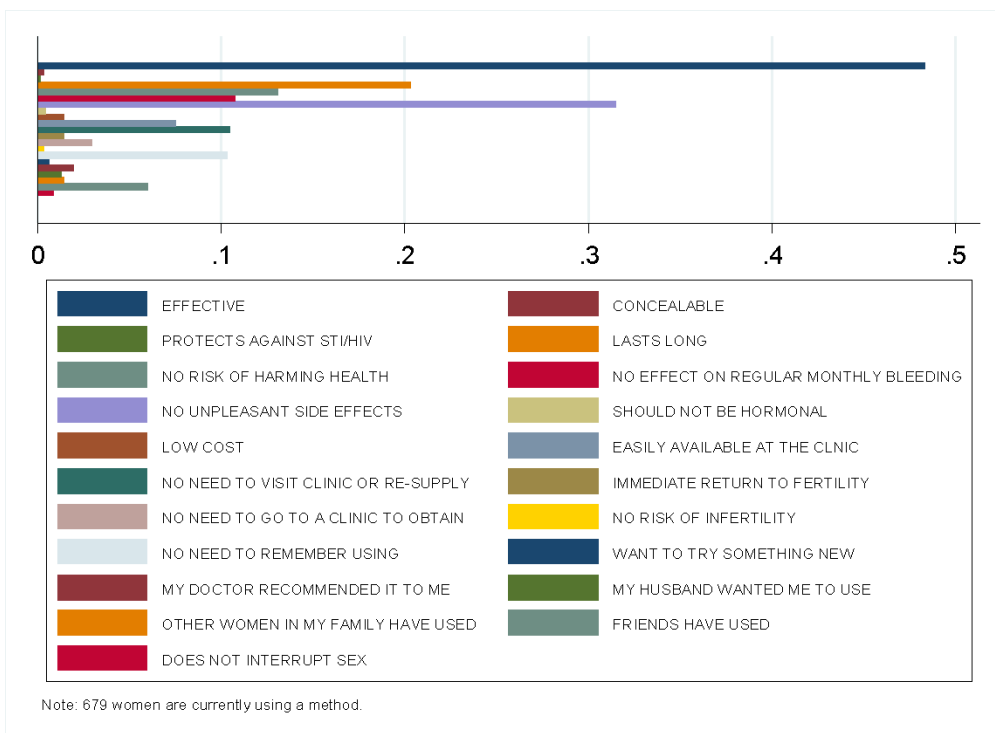
Figure A1: Number of Months Since Receiving IUD/Implants/Injectables Last Time



Source: Boston University Global Development Policy Center, 2021.

Akafunsidwa chifukwa chomwe anasankhira njira yowem akugwiritsa ntchito nthawi imeneyo, azi-mayi ambiri amafotokoza kuti “ndi njira yodalilika” (48.3%), motsatizana ndi “ilibe mavuto osowetsa mtendere” (31.5%), “ndi yokhalitsa” (20.3%), ilibe chiopsezo pa umoyo” (13.1%), ndi “yosasokoneza msambo wa pa mwezi” (10.8%). Ena amafotokoza zifukwa zina zomwe anasankhira njira yomwe akugwiritsa ntchito zomwe zimakhudzana ndi kupezeka kwa njirayo, kuphatikizapo “ndi njira yosafunika kupitapita kuchipatala kukaonjezera” (10.46%), komanso “njira yosafunika kumakumbukira kugwiritsa ntchito” (10.31%) (Figure 2).

Figure 2: Reasons for Using the Current Method

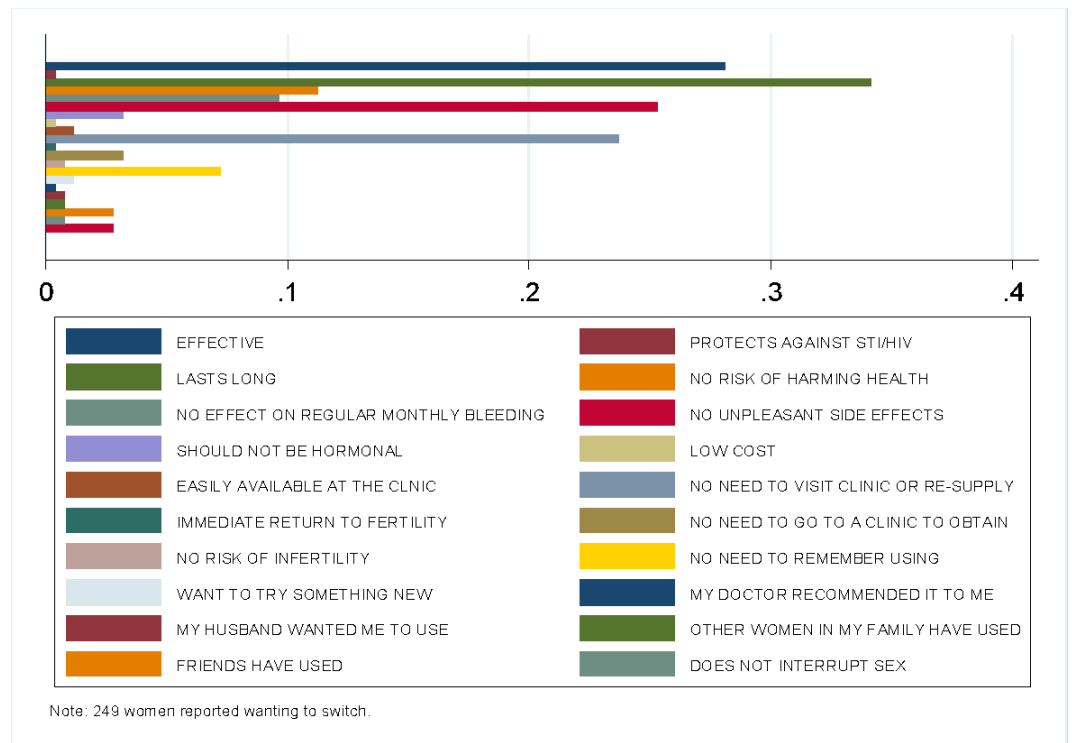


Source: Boston University Global Development Policy Center, 2021.

ZOTCHINGA POGWIRITSA NTCHITO KULERA ZOMWE ZIMAKHALAPO KUCHOKERA KUMBALI YA OFUNA

Pofuna kumvetsetsa ngati azimayi anali panjira yakulera yabwino kwa iwowo, omwe akugwiritsa ntchito njira pa nthawi imeneyo amafunsidwa ngati angakonde kusintha njira yomwe akugwiritsayo ngati atakhala ndi mwayi osintha. Pa azimayi 679 omwe akugwiritsa ntchito njirazo, 249 (36.7%) anafotokoza kuti amafuna atasintha. Atafunsidwa kuti ndi njira iti yomwe angakonde kusintha, ambiri mwa azimayiwa, omwe ambiri mwa iwo amagwiritsa njira ya jakisoni, anasankha njira yapamkono ngati njira yabwino, pofotokoza kuti ndiyokhalitsa kusiyana ndi njira yomwe akugwiritsa nthawi imeneyo (34.1%), ndiyodalilika popewa kutenga pakati (28.1%), ilibe mavuto osowetsa mtendere (25.3%), simafunika kupitapita kuchipatala kapena kuonjezera (23.7%) (Figure 3).

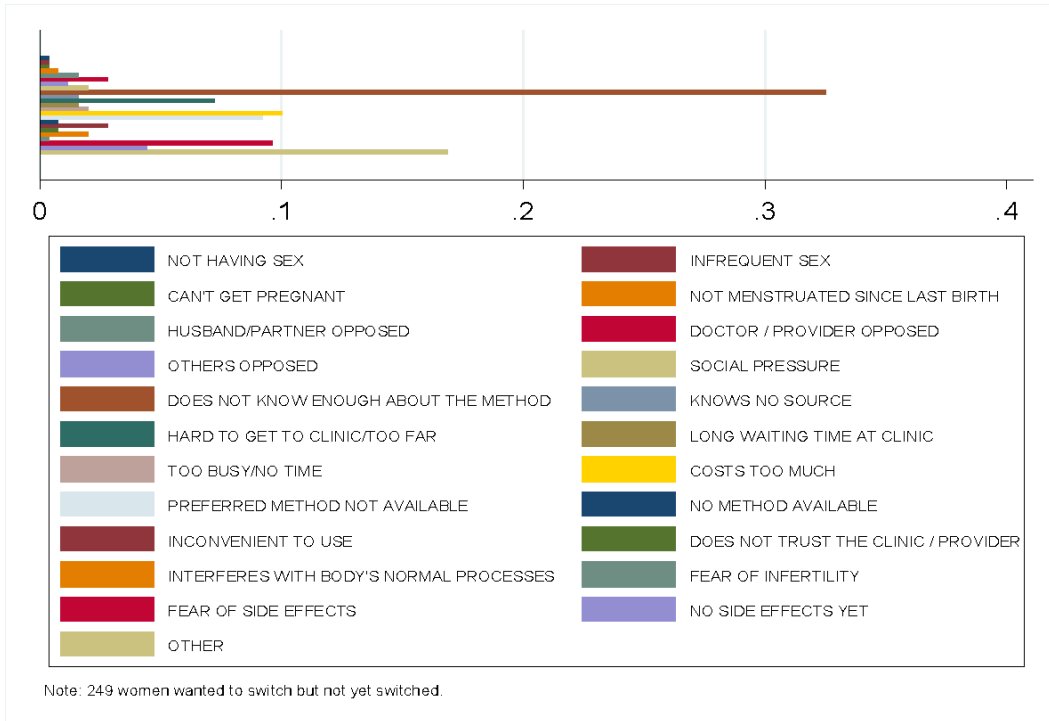
Figure 3: Reasons for Wanting to Switch to the New Method



Source: Boston University Global Development Policy Center, 2021.

Atafunsidwa chifukwa chomwe sanasinthebe nkutenga njira yakusankha kwawo (Figure 4), azimayi ambiri anafotokoza kuti samadziwa zambiri zokhudza njirayo (32.5%), ena amati njirayi ndiyokwera mtendo (10%), ena amati amaopa kuthekera kwa mavuto obwera chifukwa cha njirayi (9.6%), komanso kuti njira yomwe amafuna sinapezeke (9.2%). Zopezekazi zikusonyeza kuti zotchinga kwa azimayi zikupezekabe ndipo zikuletsa gawo lalikulu la omwe ali ndi kuthekera kusintha njira kuti asinthe nkutenga njira yakulera yakukonda kwawo.

Figure 4: Reasons for Not Yet Switching to the New Method

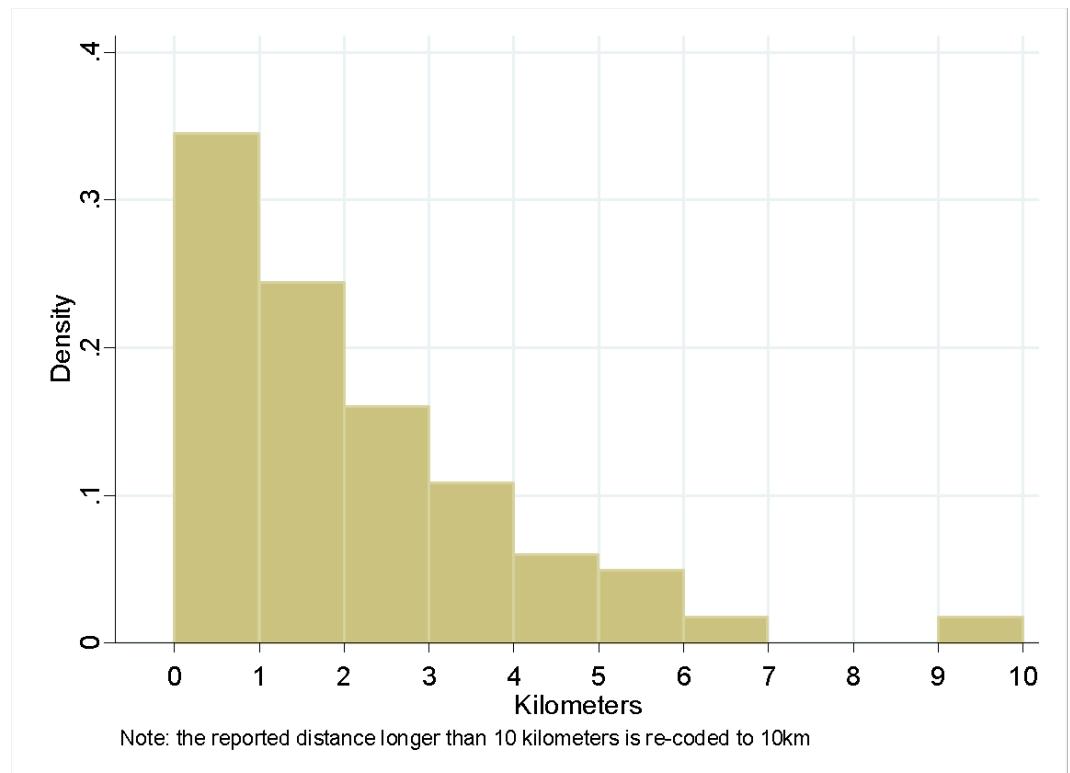


Source: Boston University Global Development Policy Center, 2021.

ZOTCHINGA POGWIRITSA NTCHITO KULERA ZOMWE ZIMAKHALAPO KUCHOKERA KUMBALI YA OPEREKA

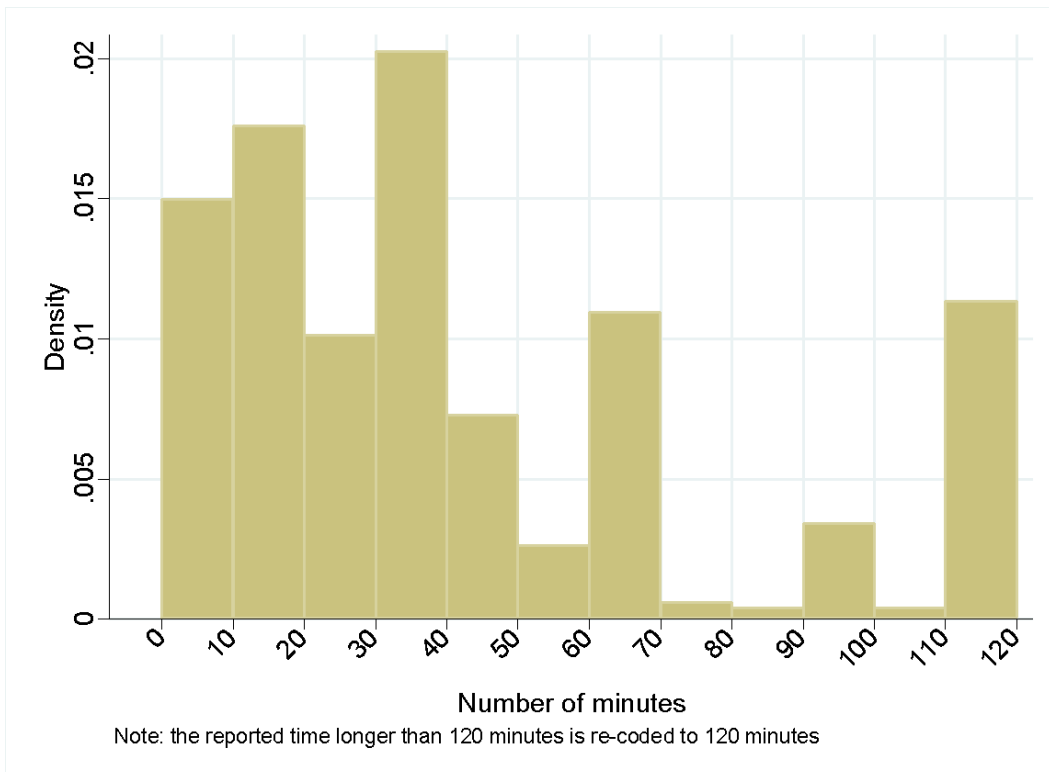
Zotchinga kumbali ya kupezeka kwa zinthu zikupitilira kuletsa azimayi ofunafuna njira. Gawo lalikulu zedi la omwe akugwiritsa njira panopa mukafukufuku wathuyi analandira komaliza njira yakulera kuzipatala za boma (36.3%) ndipo kuzipatala za private anali (27.7%). Komabe, azimayi amayenera kuyenda pafupifupi 1.71km kupita komwe amapeleka utumika wazakulera pafupi kukalandira njira njira yakulera (Figure5) ndipo amayenda pafupifupi mphindi makumi anayi ndi imodzi kupita kuti akalandire njira yakulera (Figure 6). Azimayi pafupifupi 45% anafotokoza kuti analandirako uphungu wazakulera mu miyezi itatu yapita. Azimayi anafotokoza kuti analandira uphungu wazakulera kuchokera kwa opeleka mautumiki osiyanasiyana, kuphatikiza zipatala zaboma zazikulu (36.2%) ndi zipatala zaboma zazing'ono (23.85); komabe gawo lochepa la azimayi (22.2%) anafotokozanso kuti analandira uphungu wazakulera kwenikweni kuchokera kwa anzawo komanso achibale - zopezekazi, mugawo lina, zikuonetsa zotchinga zomwe zilipo kwa ofuna chithandizo. Popatsidwa nthawi ndi kuyesetsa kuti azimayi angatenge pofuna chithandizo, kuphatikiza ndi nthawi komanso kuyesetsa kwa omwe amapeleka chithandizo angatenge popeleka uphungu wokwanira bwino ndi chisamaliro chokwanira kwa mayi aliyense, zimaonetsa pompompo kuti kuthandiza azimayi kuzindikira bwino zolinga zawo pa zakulera ndi ntchito yovuta kuikwaniritsa.

Figure 5: Distance to Obtain a Family Planning Method



Source: Boston University Global Development Policy Center, 2021.

Figure 6: Time Needed to Travel to the Place to Obtain a Family Planning Method

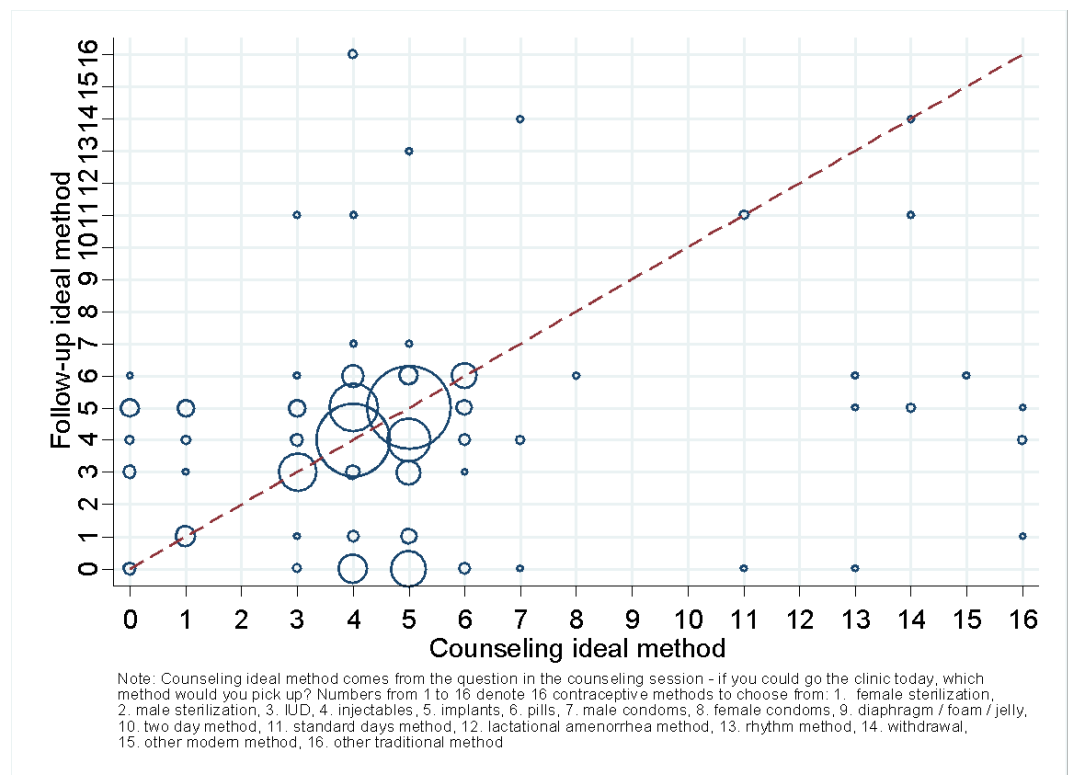


Source: Boston University Global Development Policy Center, 2021.

KUZINDIKIRA NJIRA YABWINO KUKUMASINTHA PAKUPITA KWA NTHAWI

Nthawi zambiri zimayerekezeredwa kuti zisankho za azimayi pa nkhani zakulera, makamaka njira yakulera yomwe wasankha, imakhala yokhazikika pakupita pa kwa nthawi. Komabe, zinapezeka kuti azimayi amasintha njira yakulera yakukonda kwawo pafupifupi mukanthawi kochepa kwambiri. Figure 1 ikuonetsa kusintha komwe azimayi anafokoza pa njira yako yodalilika kuyambira nthawi yomwe mzimayi anapatsidwa uphungu wakulera kufikira nthawi yomwe mzimayi anachezeredwa kachiwiri, pafupifupi masiku 59.3 pambuyo pa uphungu. Mzere wa x ukuimilira njira yabwino yakulera ya mzimayi pa nthawi ya uphungu,³ ndipo mzere Y ukuimilira njira yabwino ya mzimayi pa nthawi yomwe anachezeredwa kachiwiri. Timipira tomwe tikupezeka pa mzere ozondoka ofiira ukuimilira aziامي omwe anafotokoza njira yomweyo maulendo onse, ndipo mzere onse omwe wasiyana ndi mzere ozondoka ukusonyeza kusintha kwa njira yomwe amati ndiyabwino. Timipila tomwazika mowirikiza patali ndi ndi mzere ozondoka mu Figure 7 ikuthandauza kuti njira yabwino ya mzimayi yakhala ikusintha kwambiri pakupita kwanthawi - 43.6% ya njira yabwino yomwe azimayi anafotokoza yakhala ikusintha pakati pa nthawi yomwe analandira uphungu kufikira nthawi yomwe anachezeredwa kachiwiri komaliza. It is often presumed that women's preferences for contraception, and particularly her preferred choice of contraceptive method, are relatively stable over time.

Figure 7: End-of-Counseling Ideal Method and Follow-up Ideal Method



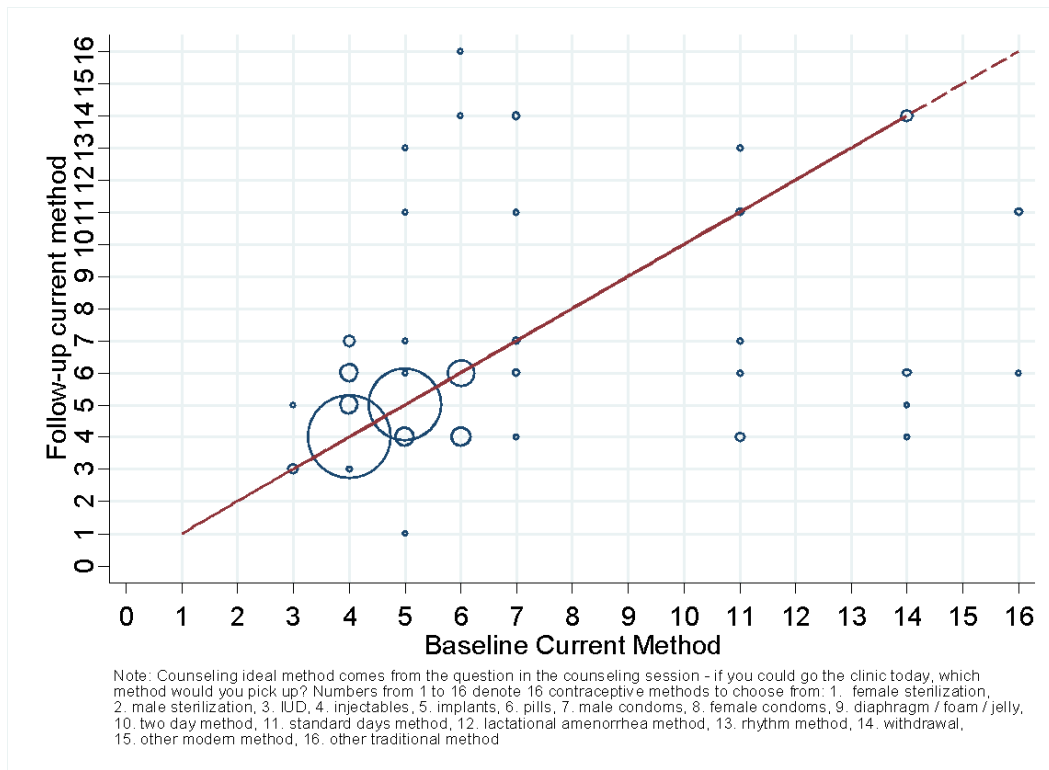
Source: Boston University Global Development Policy Center, 2021.

³ Numbers from 1 to 16 denote 16 contraceptive methods to choose from: 1. female sterilization, 2. male sterilization, 3. IUD, 4. injectables, 5. implants, 6. pills, 7. male condoms, 8. female condoms, 9. diaphragm / foam / jelly, 10. two day method, 11. standard days method, 12. lactational amenorrhea method, 13. rhythm method, 14. withdrawal, 15. other modern method, 16. other traditional method

NJIRA YOMWE AKUGWIRITSA NTCHITO AZIMAYI NTHAWI IMENEYO IKUMA-SINTHASINTHA, KOMA OSATI MWANSANGA NGATI NJIRA YABWINO

Chimodzimidzi, njira yakulera yomwe mzimayi akugwiritsa ntchito yakhalanso ikusintha pakupita kwanthawi, mmene zikuonera mu Figure 8. Pafupifupi 14.8% ya azimayi anasintha njira yakulera yomwe amagwiritsa ntchito kuyambira kafukufuku oyamba kufikira ulendo omaliza kuwayendera. Tikafanizira Figure 7 ndi Figure 8, azimayi ochepa anasintha njira yawo yeniyeni yakulera kufanizira ndi nambala y azimayi omwe anasintha maganizo okhudza njira yawo yakulera yabwino. Izi ziku-sonyeza kuti chisankho ya njira yakulera ya mzimayi ndiyothekera kusintha kwambiri kusiyanana ndi njira yeniyeni yakulera yomwe akugwiritsa ntchito. (monga ngati njira yomwe akuti akufuna) imasintha pafupipafupi kusiyanana ndi njira yeniyeni yakulera yomwe akugwiritsa ntchito (monga ngati njira yomwe akugwiritsa ntchito kwenikweni).

Figure 8: Baseline and Endline Current Method



Source: Boston University Global Development Policy Center, 2021.

KUZINDIKIRA NJIRA YABWINO KWA AZIMAYI PAKUPITA KWA NTHAWI KWAKHALA KOKWANIRA

Popeza kuti njira yomwe amaitenga kuti yabwino yakulera kwa azimayi onse ndi njira yomwe akugwiritsa ntchito panopa zakhala zosiyanasiyana pakupita kwa nthawi, funso limodzi lachikhalire loti nkufunsa ndi lakuti kaya nzotheka kuti azimayi akhala nthawi zonse akukamana ndi zofuna zawo zanjira zakulera pokupita kwa nthawi - mukulankhula kwina, kodi azimayi akugwiritsadi ntchito njira zakulera zomwe kwa iwo amati ndi zabwino?

Kupeza kwathu kukuonetsa kuti palikusiyana kwakulu pakati pa njira zakulera zabwino zomwe azimayi ananena ndi njira zakulera zomwe kwenikweni akugwiritsa ntchito. Kusiyanana kumeneku kulipo pakupita kwanthawi, munthawi ya uphungu komanso panthawi yocheza nawo komaliza. Panthawi

yopeleka uphungu, 42%ya azimayi omwe amagwiritsa ntchito njira yakulera yomwe imasiyana ndi njira yomwe amaitenga kuti yabwino; ngakhale pakucheza nawo komaliza, 55% ya azimayiwa amagwiritsa ntchito njira yakulera yomwe inali yosiyana ndi njira yomwe anati ndiyabwino kwaiwo. Zonsezi zikusonyeza kuti azimayi sakugwiritsa kwenikweni njira yomwe amaitenga kuti ndiyabwino kwaiwowo, ndipo palinso kuthekera kwakukulu kwakusinthana pa chisankho chakuzindikira njira yakulera ya azimayi.

ZOPHUNZIRA KU MFUNDOZI

Zopeza kuchokera ku kafukufuku wathu zili ndi tanthauzo lalikulu kwambiri pa mfundo, mapulogalamu, komanso pa zolowelerapo zacholinga chofuna kupititsa patsogolo kulera ndi utumiki waumoyo wauchembere wabwino kwa amayi ku Malawi, komanso mu zambiri. Makamaka:

- **Kuzindikira zisankho za njira zakulera zomwe azimayi anena nzotheka ndipo zingakhudzidwe mu njira zosiyanasiyana.** Pozindikira kuti azimayi amakonda kusintha maganizo awo pafupipafupi komanso mukanthawi kochepe, opereka mautumiki akuyenera kukhala ndi kuthekera kozolowera mmene amayi amasinthirasinthira pofuna zisankho komanso kukwaniritsa zofuna za azimayi pa umoyo wauchembere wabwino, chomwe ndi cholinga chenicheni mu pulogalamu yakulera. Kuthekera komulumikizitsa mzimayi pa zisankho cha njira yakulera ku njira yakulera ya kumtima kwake zitha kukhala ndi tanthauzo lalikulu popeleka utumiki.
- **Opeleka mautumiki akuyenera kukhala omvetsetsa pakusinthasinthana kwa njira zakulera kwa azimayi, komanso makamaka khumbo la mzimayi kusintha njira yakulera, ngakhale itakhala yokwera mtengo kwa iwo.** Gawo lachitatu la omwe akugwiritsa ntchito njira yakulera ku Malawi ali ndi cholinga chosintha njira yakulera nkutenga ina kuchoka ku yomwe akugwiritsa ntchito nthawi imeneyo, koma sanapangebe choncho kwenikweni chifukwa chosazindikira (32.5%), ndi yokwera mtengo (10%), kuopa mavuto obwera chifukwa cha njira yakulera (9.6%), komanso kusapezeka kwa njira yomwe akufuna (9.2%). Komabe kusintha njira kumakhala ndi mavuto oonjezera kwa opeleka utumiki (nthawi yoonjezera kuti apelike uphungu wa njira yatsopanoyo, nthawi kuti kupeleke njira yatsopanoyo, nthawi kuti achotsetse njira yakale ndi zina zotero), opeleka utumiki akuyenera kuona nthawi ya zonsezi akamavomereza zofuna za mzimayi, zomwe kumapeto kwake zipindula zotsatira zapamwamba pa umoyo wauchembere wabwino kwa mzimayi.
- **Pofuna kuchepetsa kukwera kwa mtengo okhudzana ndi kusintha kwa njira, opeleka utumiki angapindulepo poyamba kupanga uphungu onse ndi azimayi.** Kukumana mokwanira bwino ndi azimayi kutha kuchepetsa mtsogolo muno malingaliro olakwika okhudza njira zakulera ndiponso zitha kupangitsa azimayi kupanga chiganizo chodziwika bwino cha zakulera pamayambiro.

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