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EMPOWERMENT IN RWANDA  
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### **ABSTRACT**

The study focused on family planning barriers and their impact on women empowerment in Rwanda. For this purpose, fieldwork was conducted in Kicukiro district as a case study with the following objectives: To identify family planning barriers in Kicukiro district and assess the effect of family planning barriers on women's social- economic empowerment. Data got from participants were analyzed, presented and interpreted by using appropriate statistical tools. The findings of the study suggested that the use of contraception methods for family planning is problematic in many families. The study revealed low use of contraceptives among men and women. A great majority of women respondents claim not to be free in choosing their method of contraception because of many barriers. Various factors accounted for the low use of family planning services. These include partners' approval, quality of services and the women's knowledge about family planning services. Most of women in Kicukiro district are house wives and they lack opportunities to empower themselves. The general conclusion that emerges from the study is that in order to empower women and to reduce the number of poor families in Kicukiro district, family planning is a must but a lot more needs to be done. Improving reproductive Health is important for women empowerment. Higher levels of education and labor market participation are associated with improved reproductive Health outcomes. The focus of recommendation was on removing barriers by including men in family efforts. Also, young and un married women have to be involved in family planning programmes