



Beyond the Pill: Exploring the Phenomenon of Filipino Married Couples in Vasectomy as a Family Planning Method



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INTRODUCTION

- In the last ten (10) years the use of vasectomy has become an increasingly common option for contraceptive and has increased by 26%.
- American Medical Association, 2024.
- The majority of Filipino men are hesitant to undergo vasectomy for fear of losing their masculinity or long-term effects.
- Reyes & Santos, 2019.
- There are limited studies about vasectomy because majority of current research focuses on female contraception methods or general concepts on family planning
- Stevenson et al., 2023.

OBJECTIVE

This research aims to explore the lived experiences of Filipino married couples with vasectomy that seeks to understand the factors influencing their decisions, their experiences, and the impact of vasectomy on their couple relationship, as well as to identify potential barriers and facilitators to its acceptance.

CONCLUSION

- Vasectomy helps reduce the stress of unplanned pregnancies, allowing couples to deepen emotional and physical intimacy.
- Shared decision-making around vasectomy strengthens relationships by fostering mutual understanding and communication.
- Men often experience emotional growth and empowerment after vasectomy, especially when supported by open partner discussion.
- The procedure encourages couples to engage in honest conversations, enhancing trust and emotional closeness.
- Framing vasectomy as a joint responsibility promotes relationship satisfaction, resilience, and long-term family well-being.

METHODOLOGY



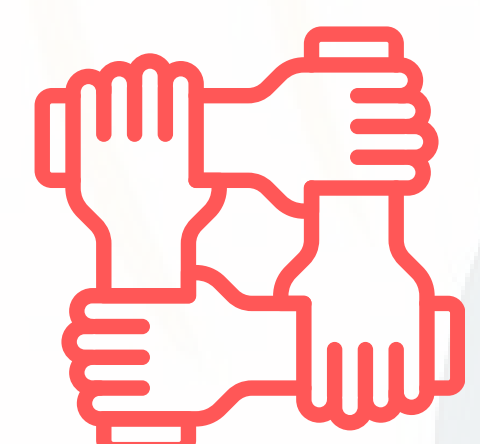
Research Design:
Qualitative, Descriptive Phenomenology



Study Site:
National Capital Region (NCR), Philippines
Contraceptive use of 35.9% (NDHS, 2022)



Participants:
Eight (8) Married Filipino couples (couples that choose vasectomy as a family planning methods, husbands who underwent vasectomy, and do have 2 or more children)



Sampling Technique:
Purposive sampling from social media support groups and health centers



Research Instrument & Data Collection:
Semi-structured interview guide; Face-to-face or online interviews (30–60 mins each)



Analysis:
Colaizzi's method of analysis and Thematic Analysis



Ethical Considerations:
Data Privacy Act (RA 10173); Anonymity and confidentiality (treatment of data gathered), ICF, Beneficence, and Human Dignity

RESULTS OR OUTCOMES

Theme 1: Echoes of Shared Futures

Open Communication and Mutual Decision-Making

"We both talked about our plans and what would be best for our family." (C8)

Long-Term Solution and Security

"We wanted something permanent and reliable, so we wouldn't have to worry anymore." (C6)

Challenging Gender Roles

"Our decision was rooted in the value of shared responsibility." (C7)

Theme 2: Shadows of Doubt, Light of Resolve

Initial Apprehension

"I thought it might be painful, or that it could affect my sexual performance or even make me feel less of a man." (C2)

Emotional Relief and Empowerment

"I had minor swelling and soreness, but... I felt back to normal within a week." (C7)

Minimal Physical Impact

"The lack of anxiety and stress is the biggest change for me mentally." (C6)

Theme 3: Unveiling Intimacy's Quiet Bloom

Improved Intimacy

"Our intimacy improved because there was no more stress about unplanned pregnancy." (C6)

Greater Comfort and Confidence

"It made me feel more confident because I knew we were safe and we had made a smart decision together." (C2)

Affirmation and No Regrets

"None at all. We're satisfied with our decision and grateful for the peace of mind it's brought us." (C5)

"Shared responsibility begins with informed choices."