

## **Culture and Religion Informed Perspectives on the Use of Contraceptives among Married Women in Contemporary South Africa**

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**Abstract :** The ineffective use of contraceptives among married couples has always been a challenge. This article discusses the culture-religious normative barriers that infringe on married women's rights, justice, and dignity. The study was qualitative in nature and focused on understanding how religion and culture contribute to women's ineffective use of contraceptives within marriage. Exploratory, descriptive, and contextual designs were applied. Twenty-eight (28) participants were interviewed, and the data was analysed through Tesch's steps of qualitative analysis. The findings of the study highlighted the role played by religion and culture as barriers to women's effective use of contraceptives within marriage.

**Keywords :** women, contraceptives, religion, culture, marriage

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