Background: Family planning helps everyone (women, children, men, families and nations). Specifically, it protects women from unwanted pregnancies, thereby saving them from high risk pregnancies or unsafe abortions. If all women could avoid high-risk pregnancies, the number of maternal deaths could fall by one-quarter. Also other benefits accruing from family planning methods include prevention from cancers, sexually transmitted infections including HIV/AIDS.

Objective: The focus of this study therefore, is to find out the pattern and factors influencing contraceptives choices among women attending family planning clinic in Plateau State Specialist Hospital Jos.

Design: A total of 138 clients who consented were recruited consecutively at the family planning clinic at PSSH, Jos. Individual counselling on the various contraceptive methods was done for all women presenting at the family planning clinic who met the inclusion criteria by the researcher to enable them make informed choices. Questionnaire was administered by the researcher using the face to face interview approach. This contained the socio-demographic data, history of contraceptive use, past medical history and counselling. The researcher measured the height, weight and blood pressure of all those that were enrolled in the study. All the information obtained from the questionnaire entered into the computer. The data was analyzed and presented in form of tables, proportions and
percentages. Chi-square test was used to test for significance. Significance was assigned if the P-value was <0.05.

**Result:** This study shows that most (90%) of the clients were between the ages of 21-40 years. Over 70% of the clients had primary and secondary education. Most (87%) of the clients were Christians while 13% were Muslim. All the clients were married. Most (94.2%) of the clients were from monogamous homes. Most (80%) of the clients had parities between 1-6 and 96.3% of the clients had family sizes between 1-9. Over 97% of the husbands of clients had attained at least primary level of education. All the husbands of clients were employed while only 64% of the clients were employed. The commonest reasons given for the preferred methods by clients were; ease of use (29%), long lasting (18.8%), safety (15.9%) and fear of complications (12.4%). The commonest source of contraceptive information for clients was through health workers (76.8%), followed by friends (18.1%) and through the media (5.1%). The commonly used contraceptive method was injectable (40.6%) IUCD (35.5%), implant (10.9%) and oral pills (10.9%), BTL (1.4%) and male condom (0.7%). The factors that were found to significantly affect contraceptive use in this study were, the gender of the children in the families, parity of the clients, family size and type of marriage, history of hypertension and effective counselling.

**Conclusions:** Improved access, availability to contraceptives and effectiveness of contraceptive counselling can strongly increase their uptake. The rising use of modern methods suggests that family planning programs have made significant progress in offering contraceptives that are both acceptable and accessible to users in developing countries.