

Nigeria's family planning journey to 2030: Contraception use in sexually active young women of a tertiary educational institution

P3-P20

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BACKGROUND

Nigeria envisions that by 2030 everyone, including adolescents and young people are able to make informed choices and have equitable and affordable access to quality family planning, and have equal participation in societal development. This study determined use of contraceptives among students of Federal College of Education, a tertiary educational institution in Zaria, Kaduna State, Nigeria..

METHODS

A cross-sectional study of 305 young women selected through multi-stage sampling was done. Informed consent was obtained and interviews were done using a pre-tested semi-structured self-administered questionnaire. Data was analysed with IBM SPSS version 23.0 and associations between variables were tested at $p < 0.05$.

RESULTS

Mean age was 20.5(±2.2), of the 181 (59.3%) that were sexually active, 121(66.9%) were unmarried. Among those who reported current engagement in sexual activity, only 104(57.5%) use contraception. Male condom use predominates with 42(40.4%), other preferred methods were implants among 21(20.2%) and use of injectable contraception by 18(17.3%). The most common reported reason for non-use of contraception was fear of side effect 49(67.2%), closely followed by cultural/ religious reasons. There was no statistically significant association found between variables.

Table 1. Contraception use by type among sexually active young women in a tertiary educational institution in Nigeria (n=104)

Type	Frequency	Percent (%)
Condom	42	40.4
Implant	21	20.2
Injectable	18	17.3
Pills	16	15.4
Emergency pills	7	6.7

RESULTS CONTINUED

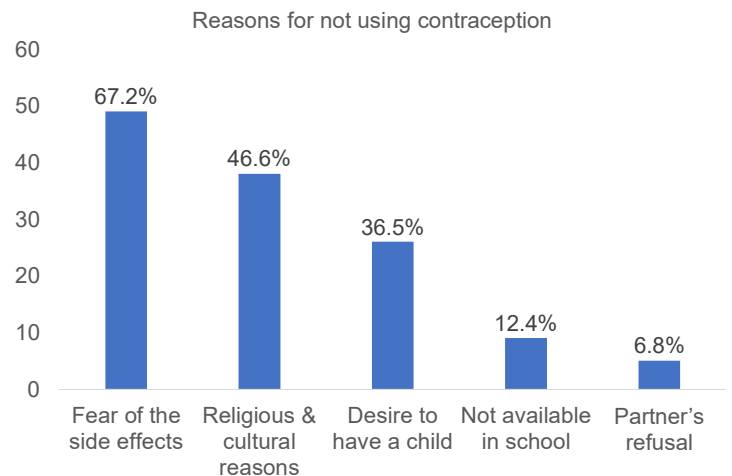


Figure 1. Reasons for non-use of contraception among sexually active young women in a tertiary educational institution in Nigeria

CONCLUSIONS

Despite being sexually active, young women were found to be hesitant in the use of contraception. This may pose them at risk of unintended or unwanted pregnancies that could result in unhealthy and unsafe practices such as pregnancy termination with its attendant complications. There is need for greater awareness creation and correction of misconceptions about contraception.

ADDITIONAL KEY INFORMATION

References:

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Conflicts of Interest - Nil