ISSN: 2315 - 9472

Volume IV, No. 1, August, 2017

JOURNAL OF INDUSTRIAL EDUCATION AND TRAINING (JIET)

THE DEPARTMENT OF VOCATION AND TECHNICAL EDUCATION

VOLUME 4, NO 1, AUGUST, 2017

AMBROSE ALLI UNIVERSITY
P.M.B. 14, EKPOMA,
EDO STATE, NIGERIA.

JOURNAL OF INDUSTRIAL EDUCATION AND TRAINING (JIET)

Editorial-in-Chief
Prof. Raymond Uwameiye

Business Editor:
Dr. (Mrs.) Jane Itohan Oviawe

Editorial Board
Prof. (Mrs.) E. E. Idialu
Dr. P. S. O. Uddin
Dr. (Mrs.) J. A. Adavbiele
Dr. F. O. Ohiwerei
Mr. Kennedy Ediagbonya Secretary

Consulting Editors
Prof. R. O. A. Aluede AAU, Ekpoma
Prof. Oyaziwo Aluede AAU, Ekpoma
Prof. Mrs. E. O. Omoregie AAU, Ekpoma
Prof. S. I. Akinsenide Delsu, Abraka
Prof. L. E. Ekpenyong Uniben B/C.
Prof. S. C. O. A. Ezeji UNN, Nsukka
Prof. Mrs. A. U. Anyakola UNN, Nsukka
Pro. A. I. Ojugo AAU, Ekpoma
Prof. L. I. Aguele AAU, Ekpoma
Prof. E. Anaele UNN, Nsukka.
Prof. B. O. Nosy Ebonyi, Abakaliki

Assessment on the Awareness and Utilization of Contraceptives among Undergraduate Students of Ambrose Alli University, Ekpoma

Aluyor, Patience
Department of Vocational and Technical Education
Faculty of Education, Ambrose Alli University, Ekpoma

Abstract

This paper investigated the awareness& utilization of contraceptives among undergraduate students in Esan West Local Government Area in Edo State. A survey research design was employed. A sample of 108 university students was employed using random sampling techniques. Simple percentage was used to analyze the data. Result obtained revealed that undergraduate students are aware of contraceptives and its benefits, but find it difficult to fully utilize it. Based on these findings, it was recommended that students should abstain from premature sexual activities, when this is difficult, such students should seek advice from family planning centre on contraceptives.

Introduction

A contraceptive is a method, device or pharmaceutical drug that prevents pregnancy. It is the deliberate use of artificial methods or other method to prevent pregnancy. Contraceptives are also useful in prevention of health problem such as abortion and sexually transmitted diseases including HIV/AIDs (Adewole, Oye-Adeniran, Iwere, OJadokun, Gbadegesin, & Babarfnsa, 2010). Pregnancies among adolescents are usually the cause of illegal abortions by quack doctors ending with consequences. It thus appears that sexual activities and pregnancy are common among Adolescents. The prevalence of adolescent pregnancy and abortion, and increase of sexually transmitted infection needs careful and proper monitoring to ensure a safe outcome (Creastas, 1993). Comprehensive sex education is absent in schools hence contraceptive use remains low among adolescents and undergraduate students. Sexually transmitted diseases and abortion usually occur, the age of sexual initiation is progressively increasing, mean age of 15 years has been found involving themselves pre-marital resulting in high pregnancy and abortion rates (Okpano & Okpani, 2000).This bring out the importance of addressing the unmet need of young students by providing access to basic reproductive health information and youth friendly services that would enable them to take control of their reproductive health decision (Senbeto, Alene, Abesno & Yeneneh, 2005).

The adverse consequences of unsafe sexual behaviour such as pregnancy and sexually transmitted infections, including HIV are common among young women. Contraceptives are the integral components of reproductive health and have positive effect by preventing unwanted pregnancy. Having sex for the first time at an early age is often associated with unsafe sex. The causes of these through adolescents are lack of knowledge, lack of access to contraception, lack of skills and self-effi[illegible]cy to negotiate contraception (Tripp & Uiner, 2005). Another reason [illegible] se of contraceptive is the problem of not being sure of[illegible] the

individual for better effectiveness and less side effect (Richter, 2005). Unsafe abortion is a major medical problem. Unintended pregnancies and unsafe abortion particularly among the adolescents is due to premarital sex. Studies in Nigeria indicate high rate of sexual activities as well as limited knowledge on the use of contraceptives among undergraduate (Nworah, Mbamara, Sunday, Joseph,Monday & Josephat, 2010). Studies from Africa also showed that young people are becoming increasingly active sexually at early age. In Kenya 62% of unmarried students, age 11 to 17 and 30% of females had already had sexual intercourse. Contraceptives can be obtained through permanent or temporary means. Permanent methods of contraceptives include male and female sterilization, while temporary methods include the use of reproductive hormones, such as oral pills, and long acting injections and implants, periodic abstinence during the fertile period that is the days when female's egg can be fertilized, such as using calendar method (Billing) Temperature method and cervical mucus. Withdrawal method, placement of a device in the uterus (a method whereby the plastic is there in the uterus. The uterus cannot hold and protect the female's monthly egg. The egg passes out of the body and the person does not become pregnant).Another type is interposing of sperm into the upper female genital tract (e.g. condoms, diaphragms and spermiscides (Sandana, 2002; Hatcher, 2001). The usage of contraceptive service will prevent consequences of unprotected sex, such as unintended pregnancy and unsafe abortion. Pregnant students do not commonly receive social support.

Obviously, it is better to prevent a pregnancy than to terminate it. It is better on medical and social grounds. The level of utilization of modern contraceptive is still low. The International Conference on Population and Development (ICPD) further stated that, factors affecting the level of utilization of family planning services in Nigeria include low level of knowledge, myth, misconceptions, and low quality of service provider. This corroborates the information derived from the Planned Parenthood Choice, hospitals and the Ministry of Health which are centres for the administration of family planning practices. The information stated that the youth unmarried and married that visit them suffer low level of knowledge concerning contraceptive.

Statement of the Problem

It appears that there is increased rate of premature sexual intercourse among adolescents. This could result to unsafe abortion. And unsafe abortion is a problem that can result to premature death. Contraceptive is a safe device that does not only prevent unplanned pregnancy but also prevent sexually transmitted diseases and HIV. Therefore, there is need to investigate the awareness and utilization of contraceptives among University students.

Purpose of the Study

The main purpose of this study is to access the level of awareness and utilization of contraceptives amongst undergraduate students of Ambrose Alli University, Ekpoma. Specifically, this sought to examine the:

1. awareness of contraceptives among undergraduate students
2. use of contraceptives among undergraduate students
3. difficulties of the usage of contraceptive among undergraduate students

185

Research Questions

The following research questions guided this study:

1. Is there awareness of contraceptives among university students?
2. Do undergraduate students in universities uses contraceptives?
3. What difficulties do undergraduate students experience in their use of contraceptives?

Method of Study

Survey research design was adopted for this study to ascertain the awareness and utilization of contraceptives among undergraduate students. The population comprised of all undergraduates students in Ambrose Alli University, Ekpoma in Edo State. Random sampling technique was used for this study. 260 students were randomly selected from Ambrose Alli University, Ekpoma.

A quantitative approach in data collection which involved the use of questionnaire as the basic instrument for the study was used. The questionnaire contained twenty items, six items on the awareness of contraceptives amongst undergraduate students, six on the utilization of contraceptives, eight items on the difficulties of contraceptive amongst undergraduate students. The questionnaire were given to the students by the researcher and retrieved immediately after completion by the respondents. The data collected were analyzed through the questionnaire using simple percentage.

Results

Research Question 1: Is there awareness of contraceptive among university students?

Table 1

Simple percentage on the awareness of contraceptives among undergraduatestudents

S/N	ITEMS	YES	%	NO	%
1	Do you understand the word contraceptives?	103	95.4	5	4.6
2	Have you ever heard the word contraceptives?	106	98.1	2	1.9
3	Do you know the importance of contraceptives	86	79.6	22	20.4
4	Do you believe that contraceptive can prevent sexual related infections?	68	63.0	40	37.0
5	Do you believe that contraceptives prevent abortion?	72	66.7	36	33.3
6	Do you believe that contraceptives prevent unplanned pregnancy?	87	80.6	21	19.4

Data on table 1 shows that 95.4% indicated that they understand the word contraceptives while 4.6% claimed that they did not understand the word contraceptive. 98.1% agreed that they have heard the word contraceptive. While 1.9% claimed that they have not heard the word contraceptives. Also, 79.6% agreed that they know the importance of contraceptive while 20.4% claimed that they do not know the importance of contraceptive. However, 63.0% believed that contraceptive can prevent sexual related infections while 37.0% claimed that, they did not know that contraceptive can prevent sexual related infections. Also, 66.7% indicated that they have used

contraceptive while 33.3% claimed that they have not use contraceptives. Also 80.6% indicated that they believe that contraceptive is a good method to be adopted. While 19.4% disagreed.

Research Question 2: Do undergraduate students' utilize contraceptives?

Table 2

Simple percentage on the utilization of contraceptives among undergraduate students

S/N	Items	YES	%	NO	%
1	Have you ever used contraceptives	73	67.6	35	32.4
2	Do you believe contraceptive is a good method to be adopted for protection against pregnancy?	62	57.4	46	42.6
3	Are you still using any of the contraceptive methods?	38	35.2	70	64.8
4	Do you have any reason why contraceptives should not be used?	50	46.3	38	35.2
5	Do you enjoy using contraceptives?	29	26.9	79	73.1
6	Do you find it easy using contraceptives regularly during sexual intercourse?	3o	27.8	78	72.2

Data on table 2 shows that 67.6% students indicated that they have used contraceptives, while 32.4% claimed that, they have not used contraceptive. Also, 57.4% agreed that contraceptive is a good method to be adopted while 42.6% claimed that contraceptive is not a good method to be adopted. Moreover 35.2% indicated that they are still using contraceptives while 64.8% claimed that they are not. Also 46.3% claimed they have reasons why contraceptives should not be used while 35.2% claimed that they do not have reasons why contraceptives should not be used. Also 26.9% agreed that they enjoy using contraceptives while 73.1% claimed that they do not enjoy using contraceptives. In addition 27.8% claimed that they find it easy using contraceptives regularly during sexual intercourse while 72.2% indicated that they do not find it easy using contraceptives during sexual intercourse.

Research Question 3: What difficulties do undergraduate student experience in their utilization of contraceptive?

Table 3 Simple percentage on the difficulties of contraceptives among University Students

S/N	ITEMS	YES	%	NO	%
1	Do you have any difficulty in using contraceptive?	52	48.1	56	51.9
2	Have you experienced disappointment using contraceptives?	37	34.3	71	65.7
3	Do you ha ve any problem with your partner due to contraceptives?	54	50	54	50
4	Do you feel ashamed to buy contraceptives	69	63.9	39	36.1
5	Do your religion preached against the usage of contraceptives	72	66.7	36	33.3
6	Can you discouraged by using contraceptive	58	53.7	50	46.3
7	Do you find it difficult in obtaining contraceptives	53	49.1	55	50.9
8	Do you have fear of fertility not return after using contraceptives	68	63.0	40	37.0

Table three above shows that 48.1% have difficulty in using contraceptives while 51.9% claimed that they do not have difficult in using contraceptives. 34.3% agreed that, they have experienced disappointment using contraceptives while 65.7% claimed that they did not experience disappointment using contraceptives. 50% indicated that, they have problem with their partner due to contraceptives while 50% claimed that, they do not have problem with their partners due to contraceptives. Also 63.9% indicated that, they do feel ashamed to buy contraceptives while 36.1% claimed that, they do not feel ashamed to buy contraceptive. However, 66.7% indicated that their religion preached against contraceptives while 33.3% claimed that, their religion do not preached against contraceptives. also while 53.7% claimed that they are discouraged by using contraceptives while 46.3% indicated that they are not discouraged by using contraceptive. Also 49.1% indicated they find difficult in obtaining contraceptives while 50.1% claim that they do not find it difficult in obtaining contraceptives However 63.0% indicated that they have fear of fertility not return after using contraceptives while 37.0% claimed that they do not have fear of fertility not return after using contraceptives.

Discussion of Results

Based on the result, from the research it is clear that university students are aware of the word contraceptives, it is also revealed that some students utilizes contraceptives while some students do not use contraceptives. Findings also revealed that students are aware of the importance of contraceptive, that is, it prevent unplanned pregnancy, abortion and sexual related diseases but not all students believed this fact. These findings are inline with the assertion of Adewole (2002) who stated that contraceptives prevent pregnancy, sexual transmitted diseases and prevention of unsafe abortion. Research question two revealed that most students do not find it easy to use contraceptives some students find it difficult to obtain contraceptives, some students feel ashamed to buy it, lack of cooperation with each other in using contraceptives, Some students have fear of fertility not return after using contraceptives. This finding is in line with Akintade (2010), who found that young people constantly face problems to effective contraception without success and some pregnant adolescents have attributed their pregnancy to difficulty in obtaining contraceptive.

Conclusion and Recommendations

It has been observed that most university students are aware the word contraceptives and its benefits. It has also been proven that some students utilizes contraceptives, yet most students find it difficult to fully utilized contraceptives.Based on these findings, it is recommended that:

1. Undergraduate students should seek advice from family planning centers where they can be educated on various ways of using contraceptives.
2. Family planning officials should conduct more enlightenment programmes on the importance and benefits of using contraceptives.

References

Adewole, I. F., Oye-Adeniran, B.A., Iwere, N., OJadokun, A., Gbadegesin,*A.*, &Babarfnsa, I.

A. (2002). Contraceptive usage among abortion seekers in Nigeria.*West African Journal of Medicine, 21(2),* 112-114.

Adongo, P.B.,Phillips, J.F., Tapsob, P.,Stone, A.,& Tabong,P. (2015).*The*same contraceptivemethod but different stories; A comparative qualitative study of the misconceptionsassociated with contraceptive use in southern and northern Ghana. Retrieved from *http://paa2014.princeton,edu/papers/141342*

Aldniade, O.X. (2010). Awareness, use and carriers to family planning services among female studentsat*the*National University of Lesotho, Roma, Lesotho. *A Research Dissertation Master of Public Health (Mph) National School of Public Health University of Limpopo.*

Crealsas,*O.K.(1993).* Sexuality; sexual activity and contraception during adolescence. *Curr Opin Obstct Gynecol. Dcc, 5(6), 774-83.*

Hatcher, R. A., Rinchart, W., Blackburn, R., Geiler, *J.S.*,& Shelton, J.D. (2001). The Lsscntials of Contraceptive Technology: A Handbook for Clinic Staff. Population Information, Baltimore, USA Pub. of Population reports.

Nworah J.A. O., Mbamara, U., Sunday, J.*O. U.*, Monday, O. O., & Josephat, C.A. (2010). Knowledge, attitude and practice of emergency contraception among students *in* tertiary schools in Anambra State Southeast Nigeria. *International Journal of Medicine and Medical Sciences, 2*(1), 001-004.

Okpani, A. O., &Okpani, J. U. (2000). Sexual activity and contraceptive use among female adolescents--a report from Port Harcourt, Nigeria. *Afr J Reprod Health, 4*(1):40-7

Richter, M.S., & Mlambo, G.T. (2005). Perceptions of rural teenagers in teenage pregnancy. Health S.A. Gesonheid, Vol. 10 No.2.

Sadana, R. (2002). *Definition*and measurement of reproductive health.*Bulletin World Health Organization, 80(5),* 407-409.

Senbeto, E., Alene, D., Abesno, N., & Yeneneh, H. (2005). Prevalence and associated risk factors of Induced Abortion in northwest Ethiopia, *Ethiop.J.Health Dev. 19*(1),37-44.

Tamire, W., & Enqueselassie, F.(2007). Knowledge, attitude, and practice on emergency contraceptive among the female university students in Addis Ababa, Ethiopia. *Ethiopia Journal of Health Development, 21(2),* 111-116.

Tripp, J. 1., Viner, R. R. E.(2005). Sexual health, contraception, and teenage pregnancy. *British Medical Journal, 12*(330), 590-3

189