

Knowledge, Attitude and Practices of Contraceptive Methods Among Students of Certificate in Nursing Aged 18-24 Years at KIU-WC, Bushenyi District in Uganda

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ABSTRACT

This study aims to assess knowledge, attitude, practices and other factors associated with the use of contraceptive methods among students of certificate in nursing aged 18-24 years at KIU-W.C, Bushenyi District in Uganda. A descriptive cross-sectional study design was used during February - June 2022 at Kampala International University Western Campus among Students pursuing a certificate of Nursing within the age bracket of 18-24 years excluding all those not pursuing a certificate in nursing, the critically ill, discontinued and those in dead semesters; 377 participants as sample size were selected using a simple random sampling technique and using Kirsch and Leslie formula making Questionnaires were used and collected data was entered into IBM SPSS - 20 for comprehensive analysis. Out of 377 targeted participants, 360 participants were conveniently accessible; however, 359 respondents gave an appropriate response while 1(0.3%) respondent did not answer making a response rate of 99.7%.of these, 32.0% (115) respondents agreed to be using Contraceptives whereas the majority 246 participants disagreed implying they were not using contraceptives, these makes 68.0% of the accessed respondents 84.4% respondents had heard about and were aware of Contraceptives use even though 65.5% report that they know how to use contraceptive; only 32.0% (115) respondents agreed to be using Contraceptives. Of these, 71.4% (257) of the respondents had ever been educated or trained concerning contraceptives use mostly from school (43.6%), Health care Providers (26.7%), Friend/peer or from media [(Radio, TV, Social media); 10.6%].52.3% think it is a right; 71.7% think that women (21.1%) and men (3.3%) should decide to use contraception.68.0% do not use contraception but the majority is 64 people (17.8%).84.4% of KIU-WC nursing students have knowledge about contraceptive use. 65.5% know how to use contraception. Condoms (34.4%) remain the top choice due to their effectiveness (46.1%), followed by safe days/quit methods 28.3%, oral medications (12.2%), ECP (4.4%), injections (2.5%) and finally implants (1.4%) while 16.7% used other methods. Students studying for a nursing certificate at KIU-WC have extensive knowledge about the use of contraceptives, how to use them and where to buy them, but the majority do not use them, and a few use them. Contraception is only to prevent pregnancy and stimulate the fetus. Some consider them a preventative measure against STD/HIV. There is a need to propagate and carry out further awareness raising, mainly through schools, medical facilities and media among students, especially nursing students of KIU-WC, as well as the entire community. Dong (nationwide); to address low levels of use, but many people still have sex, as this study shows.

Keywords: Unintended pregnancies, unsafe abortions, contraceptives, sexually active, STDs/HIV preventive measure.

INTRODUCTION

Family planning is pivotal to ensuring the health and development of youth, reducing unnecessary health risks, and improving their opportunities for

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education and productive livelihoods. Unsafe sex has been estimated to be the second most important global risk factor for health [1, 2]. More than half of the world's population is less than 25 years old and approximately 85% of this demographic segment lives in low- or middle-income countries. Most (80%) of the university students are aged 15 - 24 years and highly sexually active. The sexual behavior of such young people has become a crucial social and public health concern, especially with regard to unintended pregnancies and Sexually Transmitted Diseases (STDs) [3, 4, 5]. Over 100 million acts of sexual intercourse take place each day in the world, resulting in around 3 million conceptions of which 50% are unplanned and 25% definitely unwanted, which are associated with increased risk of unsafe abortions, maternal morbidity and mortality [6, 7, 8]. This is worsened by high unmet need for contraception in developing countries and Sub-Saharan Africa hits hardest, with an estimated 14 million unintended pregnancies per year and almost half occurring among young women aged 15-24 years [9]. Worldwide, research studies amongst university students identified several factors as contributing to the non-utilization of contraceptives. These were, amongst others, lack of knowledge and awareness, age, culture, ethnicity, religion, poor access to contraceptive services, peer pressure, sources of information, alcohol and substance abuse and lack of partner support [10, 11, 12, 13]. Another study conducted amongst university students in the United States of America (USA) estimated that regular contraceptive use can prevent about 12 million unwanted pregnancies every year [14]. According to World Health Organization (WHO), the lifetime risk of death due to pregnancy is 1 in 22 in SSA, with adolescents facing a higher risk of morbidity and mortality than older female counterparts. Further, [15] estimated that about 110 million new cases of STDs including Chlamydia, gonorrhea, Trichomoniasis and syphilis occurred in the African region partly due to risky sexual behaviors and low contraceptive use. Globally, there are about 34 million

People Living with HIV (PLHIV) with a greater burden (68%) in SSA; this region with only 12% world's population, also accounts for 536 million (16.5%) sexually active adults aged 15 - 49 years who are infected with genital herpes simplex (HSV-2) [16].

In developing countries, one in three women give birth before the age of 20 and pregnancy-related death during child birth is two times higher compared to women older than 20 years [17]. A quarter of the estimated 20 million unsafe abortions and 70,000 related deaths each year occur among women aged 15-19 years. In sub-Saharan Africa alone, it is estimated that 14 million unintended pregnancies occur every year, with almost half occurring among women aged 15-24 years. It is evident that use of effective contraceptive methods would potentially prevent 90% of abortions, 20 % pregnancy-related morbidity and a third (32 %) of maternal deaths worldwide [17]. In a study amongst 15 to 24 year old South African women, it was estimated that only 52.2% of sexually experienced women are using contraceptives [18]. Because of the fact that 80% of undergraduate students at higher educational institutions are sexually active, it is vital that they have access to safe, accessible and adequate contraceptive services [19]. [20] suggests that the main reasons for women not utilizing or discontinuing the use of contraceptives are side effects, lack of knowledge about different methods available, or lack of interest in utilizing it [14]. In Uganda, an estimated 1.2 million unintended pregnancies occurred in 2008, representing more than half of the country's 2.2 million pregnancies [21]. The risk of pregnancy increases with a widening gap between sexual debut and age of first marriage [22, 23]. Nearly two thirds (64 %) of women aged 25-49 years reported early sexual debut before the age of 18 years [24]. At the time of enrolling into universities, women are at an age of about two years above the median age of sexual debut in Uganda suggesting that they are usually sexually active.

Overall, the use of contraceptives is not openly discussed among young unmarried

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women due to strong cultural and religious beliefs, which exposes the young women to the increased risk of unwanted/unintended pregnancies. In many African traditional culture settings, pregnancy before marriage is often viewed as an abomination. As such, many unmarried females who get unintended pregnancies seek abortions services for fear of societal judgment. Abortion in Uganda being illegal increases the risk of maternal deaths because it is usually unsafe and at times conducted by traditional herbalists. According to the two major surveys conducted among,

Despite the various reproductive health services and campaigns, University students remains at the upper end of the teenage years (17-19 years) during which many are likely to experiment with sexual activities while lacking appropriate knowledge on sexual health and protective measures [25]. Individual factors such as risk perception fear of side effects, opposition from male partners, health service limitations, and insufficient knowledge to make informed choices, have been reported as barriers for utilization of contraception [26]. Furthermore, in Ankole region for instance; the unmet need stands at 23.0% out of 66.1% total demand for family planning, with a contraceptive prevalence rate (CPR) of 43.1% which is way below the national target of 50% by 2020 (just 1 year ahead) [27]. This happens when 7 in 10 sexually active young Ugandan women are not using any form of contraception and also including 3 in 10 who express a desire to delay childbearing [28]. This low contraceptive use is with no doubt a major risk factor exposing the youth to STDs and unwanted pregnancies given the high sexual activity (77%) in the

country coupled with a 6.7 fertility rate [16]. As a result, 1.2 million unintended pregnancies, representing > ½ of the country's 2.2 million pregnancies [17]; mostly adolescents contributing to 24% of maternal deaths due to pregnancy complications or in attempt to do unsafe abortion [16]. Similarly, a high STDs risk including HIV/AIDS [29], with an overwhelming incidence of 570 young Ugandan women aged 15- 24 years infected with HIV per week. Consequently, KIU-TH monthly records of 2014 indicated over 10 cases of mostly incomplete abortion(s), 5 incomplete abortions in 2015; doubling to >10 cases of incomplete and threatened abortions amongst 18 to 23 years university students some of whom were infected with STIs/HIV and UTIs between January to June, 2018 [30]. In the same year (2018), 19/1473 certificate nursing students were found pregnant on screening and these were prohibited from exams as per UNMEB Regulations [31]. Thus, addressing Knowledge, attitude and perception (KAP) about sexual and reproductive health may influence contraceptive use and reduced rates of unintended pregnancies [32] owing to an increasing university population within reproductive age group and the prevailing unmet need for contraceptive use among adolescents and young students. However, limited data to about the influence of knowledge, attitude and socio-demographic factors on use of contraceptives among nursing students. Therefore, the urgent need for a descriptive cross-sectional study to assess knowledge, attitude and practice of contraceptives methods use among nursing students of KIU-WC.

METHODOLOGY

Study Design

A descriptive [33] cross-sectional study design was used during the month of February- June 2022.

Area of Study

The study was conducted at KIU-WC a private university located in Ishaka, Bushenyi district, South Western Uganda (Ankole region) which is about 360 km along Mbarara -Kasese Road. This

predominantly a science-based Campus houses 8 faculties including faculty of clinical medicine and dentistry, school of nursing sciences, school of allied health sciences, and school of pharmacy, school of engineering with over 12,000 students pursuing Certificate, diploma, undergraduate, and postgraduate course programs. However, for the purpose of this

Gumisiriza study, School of Nursing Science was used for study.

Study Population

Students pursuing a certificate in Nursing at the School of Nursing Sciences of KIU-WC within the age bracket of 18-24 years were studied. The school offers nursing sciences at certificate, diploma and Bachelor's degree.

Sampling Technique

Research participants were selected using a non-biased simple random sampling technique.

Sample Size Determination

The sample population of the study was obtained using Kirsch and Leslie formula;

$$n = \frac{Z^2_{\alpha/2} \times P(1 - P)}{\delta^2}$$

Where:

n = Sample size

$\delta = \pm 5\%$, Marginal error

Z = 1.96, Standard deviation corresponding to 95 % Confidence Interval

P = 43.1%, Prevalence of contraceptive use in 2016 in Ankole region [16].

Given that; Z = 1.96, P = 0.431, and d = 0.05 Therefore, n = 376.8

Thus the sample size was 377 participants.

Selection Criteria

The Participants were chosen according to the inclusion and exclusion criteria.

Inclusion Criteria

Socio-Demographic Factors among Nursing Students in KIU-WC Ishaka-Bushenyi.

360 out of 377 targeted participants were accessed and of these; majority (209) were females and 151 were males making 58.1% and 41.9% respectively; and 226(62.8%) were still Single, 123(34.2%) were either Married, Cohabiting or in a relationship; while 11(3.1%) were either Separated or Divorced. Of these; 64(17.8%), 40(11.1%), 35(9.7%), 58(16.1%), 43(11.9%) and 120(33.3%) were Banyankole, Bakiga,

Nursing students at certificate level at KIU-WC, aged 18 to 24 Years with informed were included in the study.

Exclusion Criteria

The research excluded all students who are doing certificate in nursing at KIU-WC, that are not in age bracket 18-24 years, critically ill students, discontinued students and those in dead semesters.

Data Collection

Pretested self-administered questionnaires were used as a data collection tool. These consisted of both open ended and closed ended questions, and used to collect both qualitative and quantitative data sets.

Data Analysis and Presentation

Data was sorted, coded, and checked for consistency. It was entered into Ms Excel spreadsheet application software for organization and then exported to IBM SPSS - 20 for comprehensive analysis. Data sets was analyzed using multinomial logistic model, then cross tabulated and presented in odds ratios (OR), figures, proportions, percentages, correlations, central tendencies and dispersions.

Quality Control

Questionnaires were pretested and subjected to serial reviews to ensure correctness and appropriateness. Data was sorted, coded, and checked for consistency and Respondents were guided on how they can correctly fill in their answers.

RESULTS

Baganda, Basoga, Banyoro/Batoro and Other tribes that included Bagisu, Itesots, Bagwere tribe respectively. By religion; 42(11.7%), 96(26.7%), 113(31.4%), 35(9.7%) and 74(20.5%) were Muslims, catholics, Anglicans, SDAs and Other religions respectively that participated in the study. The respondents were majorly pursuing CNS followed by CMW and then ECN with scores of 264(73.3%), 73(20.3%) and 23(6.4%) respectively and preponderantly in 1st [198(55.0%)], followed by 2nd [149(41.4%)], and lastly 3rd [13(3.6)].

Table 1: Socio-Demographic Factors

Parameter	Frequency (n=360)	Percentage (%)	P-Value	Odds Ratio	95% Confidence Interval
Sex					
Male	151	41.9	<0.001	1.753	1.387-2.217*
Female	209	58.1	<0.001	0.619	0.487-0.786*
Tribe					
Munyankole	64	17.8	0.716	1.137	0.569-2.273
Mukiga	40	11.1	0.701	1.213	0.452-3.254
Muganda	35	9.7	0.182	1.776	0.764-4.130
Musoga	58	16.1	0.277	0.662	0.315-1.392
Munyoro/Muturo	43	11.9	0.135	0.484	0.187-1.252
Others (Specify)	120	33.3	0.0	0.0	0. ^b -0.0
Religion of the respondent.					
Muslim	42	11.7	0.003	4.175	1.646-10.586*
Catholic	96	26.7	0.540	1.287	0.574-2.883
Anglican	113	31.4	0.696	1.173	0.527-2.612
SDA	35	9.7	0.104	2.285	0.844-6.187
Others	74	20.5	0.0	0.0	0. ^b -0.0
Marital Status					
Single	226	62.8	0.048	0.237	0.057-0.990*
Married/ Cohabiting/ In a relationship	123	34.2	0.205	0.810	0.165-4.646
Separated/Divorced	11	3.1	0.0	0.0	0. ^b -0.0
Course of Study					
CNS	264	73.3	0.162	2.265	0.720-7.122
CMW	73	20.3	0.770	1.207	0.342-4.256
ECN	23	6.4	.	.	0. ^b -0.0
Year of study					
1 st year	198	55.0	0.756	0.785	0.171-3.606
3 rd year	149	41.4	0.723	0.757	0.162-3.526
4 th year	13	3.6	0.0	0.0	0. ^b -0.0

a. The reference category is: no.

b. This parameter is set to zero because it is redundant.

c. Floating point overflow occurred while computing this statistic. Its value is therefore set to system missing.

*.Significant

The Proportion of Contraceptive Use among Students of Certificate in Nursing at KIU-WC Ishaka-Bushenyi.

Out of 377 targeted participants, 360 participants were conveniently accessible; However, 359 respondents gave an appropriate response while 1 (0.3%) respondent did not answer making a

response rate of 99.7% . Of these, 32.0% (115) respondents agreed to be using Contraceptives whereas the majority 246 participants disagreed implying they were not using contraceptives, these makes 68.0% of the accessed respondents as shown in table 2 and figure 1 below.

Table 2: Proportion of Contraceptives Use among nursing students of KIU-WC

Do you use contraceptives?	Frequency (n=360)	Percentage (%)
Yes	115	32.0
No	246	68.0
Missing	1	0.3
Total	360	100.0

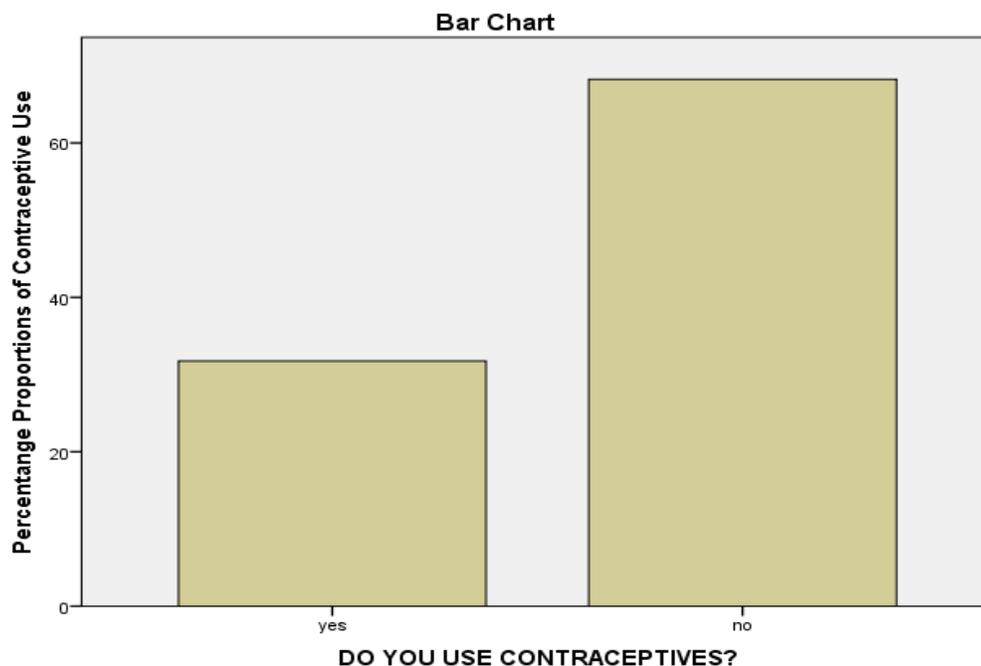


Figure 1: A Bar graph showing the proportion of contraceptive Usage among Nursing Students at KIU-WC

Knowledge and Attitude towards contraceptives use among nursing students of KIU-WC.

From table 3 below; 84.4% respondents had heard about and were aware of Contraceptives use even though 65.5% report that they know how to use contraceptive; only 32.0% (115) respondents agreed to be using Contraceptives as evidenced in table 2 above. Of these, 71.4% (257) of the respondents had ever been educated or trained concerning contraceptives use mostly from school (43.6%), Health care Providers (26.7%), Friend/peer or from media [(Radio, TV, Social media); 10.6%]. 52.3% recommend it as a right among

students and that 71.7% say both female (21.1%) and male (50.6%) should decide on contraceptives use. 59.8% report that encouragement among themselves, 76.4% that discusses contraceptives use with their peers thus 75.0% (270) of the respondents know where to obtain contraceptives and 60.8% it is easy to get one of their choice (male condom at 50.6 followed by oral pills at 15.0%, withdrawal, 10.6%, and then EC method at 6.1%) and deem it necessary knowledge including that for emergency contraception as 34.1% Levonorgestrel tablets, 8.9% Mifepristone and 5.6% vaginal douching while majority (51.1%) have no idea on emergency contraception. 75.3% say conception

Gumisiriza occurs a few days before or after menstruation, followed by 17.2% during Menstrual period, and 1.4 say it occurs About 14 days before menstruation

whereas 6.1% do not know at all thus 95.5 % recommended sexual knowledge include contraceptive methods learning among nursing students.

Table 3: Knowledge, Attitude and Practices Among nursing Students of KIU-WC

Parameter	Frequency (n)	Percentage (%)	P-Value	Odds Ratio	95% Confidence Interval
Have you ever heard of contraceptives use?					
Yes	304	84.4	0.042	1.101	1.013-1.198*
No	56	15.6		0.537	0.288-1.001
Have you ever been educated or trained on contraceptive use?					
Yes	257	71.4	0.001	1.252	1.106-1.418*
No	103	28.6		0.514	0.333-0.793
Do you know how to use contraceptives?					
Yes	225	62.5	<0.001	1.702	1.477-1.962*
No	135	37.5		0.269	0.165-0.438
How did you get to Know information about contraceptive use?					
Friend/Peer	69	19.0	0.293	0.470	0.115-1.920
Health care provider	96	26.7	0.870	0.917	0.325-2.588
Media (Radio, TV, Social media, Newspaper)	38	10.6	0.459	0.553 ^b	0.116-2.648
Schools	157	43.6	.	.	.
In your opinion, do you think it is students' right to use contraceptives?					
YES	188	52.3	<0.001	2.019	1.681-2.426*
NO	172	47.8		0.346	0.239-0.500
Who should decide on use of contraceptive?					
Male	12	3.3	0.130	4.286	0.650-28.262
Female	76	21.1	0.178	2.941	0.611-14.159
Both	258	71.7	0.182	2.811	0.615-12.851
Don't know	14	3.9	.	.	.
Do you discuss about contraceptives with your peers?					
Yes	275	76.4	<0.001	1.264	1.141-1.400*
No	85	23.7		0.360	.204-0.637
What are their opinions about using contraceptives?					
Encouraging	215	59.8	0.024	3.294	1.173-9.249*
Discouraging	145	40.3	.	.	.
Do you know where to obtain contraceptives?					
Yes	270	75.0	<0.001	1.365	1.235-1.510
No	90	25.0		0.222	0.111-0.443
Is it easy for you to obtain contraceptive?					
Yes	219	60.8	<0.001	1.615	1.400-1.863*
No	141	39.2		0.307	0.191-0.492
Do you think it is necessary to have knowledge on contraceptive					
Necessary	339	94.2	0.006	1.079	1.036-1.125*
Unnecessary	21	5.8		0.107	0.015-0.791
Which methods can used for emergency contraception ?					
Mifepristone	32	8.9	0.136	2.905	0.714-11.824
Vaginal douching	20	5.6	0.369	2.313	0.371-14.416
Levonorgestrel tablets	124	34.4	0.584	1.317	0.491-3.530
Don't know at all	184	51.1	.	^b	.
Which contraceptive methods do you think is suitable for students?					

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Oral contraceptive pills	54	15.0	0.996	92450897.974	0.000
Male condom	182	50.6	0.996	112490096.437	0.000
Female condom	20	5.6	0.996	54831366.744	0.000
Withdrawal	38	10.6	0.996	100065553.775	0.000
EC method	22	6.1	0.996	10295693.990	0.000
Don't know at all	44	12.1	.	^b	.
Which stage of the menstrual cycle most likely to conceive ?					
Menstrual period	62	17.2	0.103	7.563	0.663-86.244
A few days before or after menstruation	271	75.3	0.631	1.559	0.254-9.558
About 14 days before menstruation	5	1.4	0.320	11.856	0.091-1549.434
Don't know at all	22	6.1	.	^b	.
Do you think Nursing Students need to learn sexual knowledge include contraceptive methods ?					
Need	345	95.8	0.249	1.025	0.989-1.062
Do not need	15	4.2		0.426	0.095-1.914

a. The reference category is: no.

b. This parameter is set to zero because it is redundant.

c. Floating point overflow occurred while computing this statistic. Its value is therefore set to system missing.

*.Significant

The practice of Contraceptives Use among nursing students of KIU-WC.

42.3% had had sexual intercourse in the last Year (2021), 24.7% in this Year (2022) whereas 33.1% claimed not to be engaging in such behaviours in recent years. Only 37.8% of those who had had sex used Contraceptive methods while 62.2%, the majority did not because 42.7% were Worried about the side effects, 13.9% don't like contraception, 8.3% say it reduces pleasure during sex and 5.0% reported that their partner does not like the use of contraceptives whereas 30.0% had concealed reasons for their failure to use contraceptives. When asked about contraception during their last sexual contact, 34.4% used a condom, 28.3% used safe days/withdrawal method, 12.2 used oral pills, 4.4% used ECP, 2.5% used an injectable, and 1.4% used implanon

whereas 16.7% used other methods. 79.2% say contraceptives Prevent Pregnancy & promote Child spacing, 15.6% say they Prevent STDs and Pregnancy + promote Child and 1.6% say it specifically Prevent STDs while 3.6% say it does not do any of these. 46.1% report condom as the most effective, 18.6% Safe days / Withdrawal, 15.8% Pills, 5.8% Injectables, 2.8% Implanon, 1.9% ECP and 8.9% referred other methods as most effective. This was majorly due to these methods being 38.9% Safe/ less side effects, 17.8% Accessible, 15.0% Affordable 13.9% effective and 7.2% reliable. However, 52.2 % agreed that contraceptives use is associated with some side effects [p-value 0.003, OR 4.61 CI (1.711-12.437)]; though 66.1% Would advise their friends to use contraceptives [p-value <0.001, OR 1.77 CI (1.540-2.035)].

Table 4: Practice of Contraceptives use among Nursing Students of KIU-WC.

Parameter	Frequency (n)	Percentage (%)	P-Value
Have you ever had sex behavior (Sex Intercourse) ??			
Yes, in the last Year	152	42.3	<0.001
Yes, In this Year	89	24.7	<0.001
No	119	33.1	
If YES, did you use a contraceptive method during your last sexual contact?			
Yes	136	37.8	<0.001
No	224	62.2	
If NO, why don't you use contraception?			
Worried about the side effects	154	42.7	<0.001
reduce pleasure during sex	30	8.3	0.169
I don't like	50	13.9	<0.001
partner do not like	18	5.0	0.001
Other	108	30.0	.
What contraceptive method did you use in the last sexual contact?			
Condom	124	34.4	0.005
Oral Pills	54	12.2	0.002
ECP	16	4.4	0.014
Injectable	9	2.5	0.168
Implanon	5	1.4	.
Safe days/Withdrawal	102	28.3	0.030
Others (specify)	60	16.7	.
Contraceptives are measures used to:			
Prevent Pregnancy & promote Child spacing	285	79.2	0.794
Prevent STDs	6	1.6	.
Prevent STDs and Pregnancy + promote Child spacing	56	15.6	0.824
None of the above	13	3.6	.
Which is the most effective contraceptive method you know?			
Condom	166	46.1	0.360
Pills	57	15.8	0.012
ECP	7	1.9	0.611
Injectables	21	5.8	0.034
Implanon	10	2.8	0.715
Safe days / Withdrawal	67	18.6	0.022
Others (Specify)	32	8.9	.
Why do you prefer the above method?			
Safe/ less side effects	140	38.9	0.344
Affordable	54	15.0	0.183
Accessible	64	17.8	0.312
Reliable	26	7.2	0.065

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Effective	50	13.9	0.012
Others (specify).	26	7.2	0.0
Is there any side effect with the contraceptive you use?			
Yes	188	52.2	0.003
No	172	47.8	.
Would you advise your friend to use contraceptives?			
Yes	238	66.1	<0.001
No	122	33.9	
Total	360	100.0	

- i. The reference category is: no.
- ii. This parameter is set to zero because it is redundant.
- iii. Floating point overflow occurred while computing this statistic. Its value is therefore set to system missing.

*Significant

DISCUSSION

The Proportion of Contraceptive Use among Students of Certificate in Nursing at KIU-WC Ishaka-Bushenyi.

Out of 377 targeted participants, 360 participants were conveniently accessible; however, 359 respondents gave an appropriate response while 1 (0.3%) respondent did not answer making a response rate of 99.7%. Only 32.0% are using contraceptive, this is low level of utilization compared to 54.0% and 57% in 1990 and 2012 respectively [34]. Majority of the respondents 68.0% are not using contraceptives contradicting with [14] where utilization is expected to be 63.0% [14]. 58.1% (209) were females and 151 (41.9%) were males agreeing with [35]. Many 226 (62.8%) were still Single. Of these; 64(17.8%) were Banyankole owing to the fact that the University is in Ankole region. Christians especially Anglicans 31.4%(113) were the majority probably due to their vast knowledge and positive attitude towards such studies and many of these were pursuing CNS followed by CMW and then ECN with scores of 264(73.3%), 73(20.3%) and 23(6.4%) respectively and preponderantly in 1st [198(55.0%)], followed by 2nd [149(41.4%)], and lastly 3rd [13(3.6%)] year of study.

The Knowledge, Attitude and Practices of Contraceptive Methods among nursing students in KIU-WC Ishaka-Bushenyi

84.4% respondents had knowledge about Contraceptives use. Of these, 71.4% (257)

had ever been educated or trained concerning contraceptives use mostly from school (43.6%), Health care Providers (26.7%), Friend/peer or from media [(Radio, TV, Social media0; 10.6%]; Whereas encouragement stands at 59.8%, among the 76.4% that discusses contraceptives use with their peers thus 75.0% (270) of the respondents even know where to obtain contraceptives and 60.8% easiness to get one of their choice (male condom at 50.6 followed by oral pills at 15.0%, withdrawal, 10.6%, and then EC method at 6.1%) and deem it necessary knowledge including that for emergency contraception as 34.1% Levonorgestrel tablets , 8.9% Mifepristone and 5.6% vaginal douching while majority (51.1%) have no idea on emergency contraception. 65.5% even know how to use contraceptives. Majority of the respondents do not know the right time of conception during menstrual cycle since 75.3% reported that conception occurs a few days before or after menstruation, 17.2% during Menstrual period, and 1.4% say it occurs about 14 days before menstruation; this explains the high rate of unwanted pregnancies; threatened and incomplete abortions as observed from the 2014-2018 KIUTH records thus 95.5 % recommended sexual knowledge including contraceptive methods learning among nursing students.79.2% argue that contraceptives Prevent Pregnancy & promote Child spacing and only 15.6% say

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they Prevent STDs and Pregnancy + promote Child lastly 1.6% say it specifically Prevent STDs this complements [36] while 3.6% are completely un aware probably because majority were first years. However, only 32.0% (115) were using Contraceptives. 52.3% say it is a right; 71.7% say both female (21.1%) and male (3.3%) should decide on contraceptives use. 42.3% had had sexual intercourse in the last Year, 24.7% In this Year whereas 33.1% claimed not be engaging in such behaviours in the recent years. Only 37.8% of those who had sex used Contraceptive methods while 62.2% did not because 42.7% were Worried about the side effects, 13.9% don't like contraception, 8.3% say it reduces pleasure during sex and 5.0% reported that their partner do not like contraception whereas 30.0% had concealed reasons for their failure to use contraceptives. this is a bit lower than 50% and 65% utilization reported in Lesotho and South Africa respectively [14]. Just like [17] a study on

contraceptives in Uganda reported that 88.4% use male condoms; majority when asked about their last sexual contact, 34.4% used a condom, 28.3% used safe days/withdrawal method, 12.2 used oral pills, 4.4% used ECP, 2.5% used an injectable, and 1.4% used implanon whereas 16.7% used other methods. [17] 46.1% report condom as the most effective, 18.6% Safe days / Withdrawal, 15.8% Pills, 5.8% Injectables, 2.8% Implanon, 1.9% ECP and 8.9% referred other methods as most effective. This was majorly due to these methods being 38.9% Safe/ less side effects, 17.8% Accessible, 15.0% Affordable 13.9% effective and 7.2% reliable. However, 52.2 % agreed that contraceptives use is associated with some side effects [p-value 0.003, OR 4.61 CI (1.711-12.437)]; though 66.1% Would advise their friends to use them [p-value <0.001, OR 1.77 CI (1.540-2.035)]. This agrees with a study in Ghana about contraceptive use among University of Ghana students [37].

CONCLUSION

Students pursuing certificates of Nursing at KIU-WC have thorough knowledge about Contraceptives use, how to use and where to get them but the majority are not using, the few that are using contraceptives were to prevent pregnancy and child pacing only a few regard them as STDs/HIV preventive measure. However, at KIU-WC, contraceptive use is affected by peer influence, availability of contraceptives of choice, easy accessibility, Anxiety and perception, gender (Male), Religion (Muslim) and Marital Status (single).

Further sensitization majorly through schools, health care settings, and media should be advocated for and carried out among the students, especially nursing students of KIU-WC and the entire community (countrywide) as well; to address the low levels of utilization yet many are being involved in sexual intercourse as evidenced in the current study.

Recommendations

Further sensitization majorly through schools, health care settings, and media should be advocated for and carried out among the students especially nursing students of KIU-WC and the entire community (countrywide) as well; to address the low levels of utilization yet many are being involved in sexual intercourse as evidenced in the current study. Besides condoms, oral pills among other contraceptives; studies should be conducted to explore other forms of contraceptives since many report to be using them but with no proven knowledge. For representativeness findings, further studies should involve either the entire nursing school, the entire university or the country at large for thorough and reliable planning, monitoring and improvement of assured and quality life styles among college or post-secondary students in the same resource setting within the country, East African region and elsewhere in the world.

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