

APPRAISING ATTITUDES AND ACQUAINTANCE OF CONTRACEPTIVE USE AMONG FEMALE UNDERGRADUATE: IMPLICATION FOR URBAN PLANNING INTERVENTIONS

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ABSTRACT

The health of young people especially women is important for the development of any nation and its planning implication on the socio economic life. Worldwide it has been observed that this category of people began sexual activity earlier in life with differences among many countries and religion. The risk related to sexual activities contributes to poor reproductive health outcomes such as unplanned and unwanted pregnancies thus orchestrated the needs for contraception also known as birth control. A self-designed questionnaire that entails student demographic data and tools for measurement in four (4) Likert scale format together with the mean and rank order of the respondents' attitude towards contraceptive usage and the calculated F-ratio of .059 is less than the critical F-ratio of 2.60 at 0.05 alpha level of significance. Since the calculated F-ratio is less than the critical F-ratio therefore, the null hypothesis which stated that there is no

Introduction

Background to the study

The health of young people especially women is important for the development of any nation. Worldwide it has been observed that this category of people begin sexual activity earlier in life with differences among many countries and religion. The risk related to sexual activities contributes to poor reproductive health outcomes such as unplanned and unwanted pregnancies (Bachmann & Dory, (2021); Bailey & Malkova. (2021) & Cates & Singh, (2022). The reproductive choices made by young women have an enormous impact on their health, schooling and employment prospects, as well

significant difference in the contraceptive uses among the female undergraduates in the University of Ilorin on the basis of course of study is therefore accepted thus portrayed positive attitude towards contraceptive use. It is important to note that lack of adequate knowledge and the planning implication of contraceptive uses among students could lead to various consequences such as unwanted pregnancy, sexual transmitted diseases etc. and thus call for urban planners and councillors to inculcate a workable paradigm to forestall imminent catastrophes. Hence, the need to increase dissemination of information and sensitization about contraceptive uses so as to forestall or guard against unwanted pregnancy in case of unplanned sex and sexual coercion (rape), and for the effective use of the contraceptive methods.

Keywords: Female, Contraceptive, Abortion, Attitudinal Behaviour, Undergraduate

As their overall transition to adulthood. In particular, school and work opportunities significantly influence female undergraduates' marriage timing, quality of parenthood and ability to contribute to their families and society. Young women's reproductive choices are especially important, as early childbearing can impair their health and limit their prospects for productive participation in society WHO, (2023); Guttmacher, (2021).

Contraception also known as birth control and fertility control is a method or device used to prevent pregnancy. The inadequate contraceptive usage could be trace to multifaceted social, ethical, and cost issue focused on the consequence of unintended pregnancy; long term consequence of unintended pregnancy are far reaching. For example, teenage pregnancy, out of wedlock birth, welfare dependency, child abuse, abortion and domestic violence are some of the major social ramification of unintended pregnancy, Hoffman & Maynard, (2020); Lindberg & Santelli, (2020) and Kavanaugh, & Jerman, (2021). Research in Latin America has shown that a relatively large proportion of teenagers are exposed to the risk of pregnancy (WHO, 2023). In Africa, studies have demonstrated that a large proportion of young women are exposed to the risk of conception, they receive poor or no sex and contraceptives education and as a result experience a high incidence of adolescent child birth Bachmann & Dory, (2021); Bailey & Malkova. (2021) & Cates & Singh, (2022)

According to W.H.O, (2023) 70% of all new HIV infections worldwide are among woman between age 15 and 25 years. In Nigeria, the zero –prevalence rate is 5.8% with a preponderance of HIV infection in female's age 15-19years while for males, the peak is between 20-29years. The spread of HIV/AIDS is currently at an alarming rate, and unless definite and strategic action is taken, the future effect and devastation is beyond human comprehension and control. Hence, the objective of this study is to determine the

attitude of female undergraduate students of the University of Ilorin towards contraceptive usage. Finally, this research shall unveil “the attitude of female undergraduates of university of Ilorin towards contraceptive usage and its planning implications?”

Concept of contraception

The practice of contraception is as old as human existence. Contraception refers to the deliberate prevention of pregnancy using any of several methods; contraceptives such as condoms also function to protect its users from contracting sexually transmitted infections (STIs) Lindberg & Santelli, (2020); NC-PT&UP, (2021)

. Contraceptives that are reliable and safe irrespective of whether they are designed for males or females offer sexually active people the chance to lead a healthy sex life (Ogunbanjo and Bogart 2004). The ideal contraceptive according to Hoffman & Maynard, (2020); Lindberg & Santelli, (2020) should be 100% effective, safe, convenient; it should be reversible, cheap, easily accessible, and acceptable to all religions and cultures. However, no form of contraceptive method, other than abstinence has proven to provide 100% protection in terms of pregnancy prevention or improvement in existing methods of contraception and the development of new, more effective and acceptable methods with fewer side effects (Kavanaugh, & Jerman, (2021).

However, the level of effectiveness offered by contraceptives varies (Russell and Raymond, 2012). According to Family Health International (FHI), cited in Steiner, Trussell. The failure rate of contraceptive methods can vary from as high as 30 pregnancies per 100 women in a year to as low as one or even fewer. Studies have shown that human factors also influence the efficacy of contraception ranging from the knowledge of the individual about the proper use of contraceptive methods to the capacity of the individual to adhere to instructions of use (Trussell and Raymond, 2012). As such, people using contraceptive methods need to understand the risks and benefits of available contraceptive methods to be able to make an informed choice (Packer, (2023). Knowledge of contraceptives is the first step towards accepting a method (Rosen & Tatum, (2020). In all regions, knowledge of any modern method of contraception is nearly universal among both young women and men. However, a considerable proportion of youths in sub-Saharan Africa do not know of a modern method; republic of Chad is the most notable of a sample. Only 49% of this country young men and 72% of its young woman known of a modern method of contraception (Khan and Mishra, 2008). They further observed that other countries in sub-Saharan Africa with low level of knowledge of any contraceptives method include Madagascar, Mali and Nigeria. Report by National Research Council (NRC 2005), indicate that knowledge of multiple methods of contraception indicate how well youth are informed about contraceptives.

Contraception methods can be broadly divided into the traditional and the modern methods (Adesina, 2013). According to Nigeria's National Demographic Health Survey, modern contraceptive methods include female sterilization, male sterilization, the pill, intra-uterine device (IUD), injectable, implants, male condom, female condom, diaphragm, foam/jelly, lactation amenorrhea method (LAM), and emergency contraceptives. Methods such as rhythm (periodic abstinence) and withdrawal are grouped as traditional methods, along with herbal and other interventions

Attitudes towards contraception usage

Studies have shown that the attitude youths have about contraceptives is an important determinant of the use and non-use of contraceptives. Positive attitudes are associated with greater use of contraceptive while negative attitudes are associated with lesser contraceptive use (Lindberg & Santelli, (2020); NC-PT&UP, (2021); Gordor & Doran, (2022)

Furthermore, the attitudes youths have towards contraception are shaped differently among males and females. In contrast, a 2010 study by Wu among teenagers in China suggests that an increase in contraceptive and reproductive health knowledge does not necessarily translate into positive attitudes, as increase in knowledge could also lead to the formation of negative attitudes due to the awareness of contraceptive side effects. A similar study conducted by Miranda in 2013 among youths in a South African province also reflects Wu's finding. In Miranda's study, youths who are knowledgeable about contraception consider it as bad because of their awareness of contraceptive side effects and their perception of the condom as reducing sexual pleasure. As such, they would rather go for an abortion which they feel is a better method of preventing the effects of unwanted pregnancy (Miranda, 2013).

Studies among students in tertiary institutions in south-western Nigeria have revealed that students develop negative attitudes towards contraceptives for several reasons. These include insufficient information, fear of side effects, experience of contraceptive failure, the perceived tedious routine involved with methods such as the oral pill and societal disapproval of contraception among young and unmarried youths (Miranda, 2013). Related studies in this region by Bailey & Malkova. (2021) & Cates & Singh, (2022)

Reveal that the majority of their respondents (53.1% and 77.5% respectively) would not use contraceptives because of its perceived side effects, including health risks, on the individual.

These studies also reveal that students generally hold more positive attitudes towards condoms, reporting it as the most favourable method of contraception. This could be due to its dual function in terms of pregnancy prevention and protection from STIs, as well

as its being less intrusive on the reproductive system of the individual compared to other modern contraceptive methods. However, some students reported having negative attitude towards condoms, stating that condoms often fail by either breaking or slipping out as well as reducing sexual pleasure during sex; as such, they would prefer other methods such as injectable and implants because of their perceived long lasting effects and efficiency (Bachmann & Dory, (2021). The attitudes of students towards contraceptives influences the individual's behaviour as to whether or not he/she uses contraceptives (Gordor & Doran, (2022)

Research Methodology

Survey method of research was employed and the University of Ilorin is the study population in which 220 female undergraduates were sampled across Four (4) Faculties in University of Ilorin equally thus the students were drawn randomly from the targeted population. A self-designed questionnaire that entails student demographic data and tools for measurement in Four (4) Likert scale format used and the scoring procedure was obtained by adding up the points of the four point likert scale, thus: $4+3+2+1=10/4=2.5$. Therefore, any item that did not reach the 2.5 bench mark shows negative attitude while those that have from 2.5 up to 4.0 have positive attitude towards contraceptive usage.

The questionnaire was validated by experts and necessary adjustment made while test-retest reliability was used to determine the reliability of the instrument hence, the researcher administered the first set of questionnaire on 20 respondents and after 2weeks interval the researcher re-administered the same instrument on the same set of respondents who were not among the sample. The responses of the respondents on the two occasions were correlated using Pearson Product Moment Correlation Formula. A reliability coefficient 'r' of 0.73 was obtained and so the instrument was considered reliable and appropriate for the study as supported by Klein, (2013). Finally 212 questionnaire was retrieved, 8 out of it was not filled up to 50%, 2 were tore and the last 2 was not readable as it has been defaced therefore, only 200 was analyzable via descriptive and inferential statistics and rank other technique

RESULTS

The demographic data of the respondents was analyzed using percentages and frequency distribution; while the attitude of female undergraduates of university of Ilorin towards contraceptive usage were analyzed using rank order analysis. Analysis of Variance (ANOVA) and t-test statistical tools were used to test the formulated hypotheses at 0.05 level of significance.

Table 1: Percentage Distribution of Respondents Based on Faculty

Faculty	Frequency	Percentage
Agriculture	50	25.0
Arts	50	25.0
Education	50	25.0
Life Sciences	50	25.0
Total	200	100

Table 1 shows the distribution of respondents based on faculty. The table reveals that 50 (25.0%) of the respondents were from the Faculty of Agriculture, 50 (25.0%) of the respondents were from the Faculty of Arts, 50 (25.0%) of the respondents were from the Faculty of Education while 50 (25.0%) of the respondents were from the Faculty of Life Sciences. This indicates that respondents participated equally across the selected faculty for this study,

Table 2: Mean and Rank Order Analysis of the Respondents' Attitude towards Contraceptive Usage

Item No	I consider contraceptive as:	Mean	Rank
1	easily accessible	3.44	1 st
10	something preferable to abortion	3.36	2 nd
4	something that make sex less enjoyable	3.02	3 rd
6	not reliable in pregnancy prevention	2.98	4 th
18	an important tool for pregnancy prevention	2.91	5 th
7	something that has future side effects	2.86	6 th
16	something that should be part of sex education	2.78	7 th
14	a tool for prostitution	2.75	8 th
2	only for married people	2.73	9 th
15	something morally unacceptable	2.70	10 th
5	forbidden by my religion	2.70	10 th
19	something to be used as long as the user wants	2.67	12 th
9	balancing tool for student academic and sexual life	2.58	13 th
8	something that allows me to have as many sex partner as possible	2.56	14 th
17	something that should be used before every sexual intercourse	2.50	15 th
3	too expensive	2.44	16 th
13	something that provides low protection against Sexually Transmitted Diseases	2.40	17 th
11	something unimportant	2.39	18 th
12	something that is only for women use	2.22	19 th
20	a shameful thing to use	1.98	20 th

The Table 2 above presents the mean and rank order of the respondents' attitude towards contraceptive usage. The table indicates that items 1 which states that "I consider contraceptive as easily accessible" ranked 1st with a mean score of 3.44. Item 10 which states that "something preferable to abortion" ranked 2nd with a mean score of 3.36. Ranked 3rd is item 4 which states that "something that make sex less enjoyable" with a mean score of 3.02. On the other hands, item 19 which states that "I consider contraceptive unimportant" ranked 18th with a mean score of 2.39. Item 12 which state that "something that is only for women use" ranked 19th with a mean score of 2.22 while item 20 with mean score of 1.98 ranked least and states that "a shameful thing to use". Since fifteen out of twenty items ranked above the cut off mark of 2.50, then it can be said that respondents attested positively to contraceptive use.

Hypotheses Testing

The null hypothesis formulated and tested for this study. The hypotheses were tested using t-test and ANOVA statistical methods at 0.05 level of significance.

Hypothesis: *There is no significant difference in the attitude of female undergraduates of university of Ilorin towards contraceptive usage.*

Table 3: Analysis of Variance (ANOVA) showing the Respondents' Usage of Contraceptive Based on Course of Study

Source	SS	Df	Mean Square	Cal. ratio	F- ratio	Crit. ratio	F- ratio	P- value
Between Groups	9.775	3	3.258	.059		2.60		.981
Within Groups	10907.180	196	55.649					
Total	10916.955	199						

Table 3 shows that the calculated F-ratio of .059 is less than the critical F-ratio of 2.60 at 0.05 alpha level of significance. Since the calculated F-ratio is less than the critical F-ratio therefore, the null hypothesis which stated that there is no significant difference in the contraceptive uses among the female undergraduates in the University of Ilorin on the basis of course of study is therefore accepted.

Summary of the Findings

The finding revealed that female undergraduates in the University of Ilorin have positive attitude towards contraceptive use specifically they considered contraceptive as easily accessible; something preferable to abortion; something that make sex less enjoyable;

not reliable in pregnancy prevention; an important tool for pregnancy prevention among others.

Planning Implication

The planning implications of contraceptive usage among female undergraduate students at the University of Ilorin requires an interdisciplinary approach that combines urban and regional planning with health, education, and social services perspectives. The systemic approach to facilitate appropriate paradigm includes:

- Provision of Health facility basically a Clinics: There is need for the establishment and improvement of the existing campus clinic that provide contraceptive accessibility, reproductive health services, including guidance, counseling, and sensitization.
- Convenience: Provision of convenience at strategic place and such should be easily accessible to students, considering the distance, trekability and walkability within the campus and off campus environment.
- Educational Spaces provision and Awareness Programs: The authority should develop a spatial allocation, well designed for symposium, seminar workshops and seminars focused on contraceptive education, reproductive health and ensuring that information is effectively disseminated to the targeted populace.
- Integration into Curricula: Curricula development that gives room for adequate tutorial, lecture and debate should be enshrined to fostering a holistic understanding among students regarding the implications of contraceptives usage positively and the negative implications should be taught too.
- Institutionalizing Supportive Policies: Policies that protect the privacy, right and privileges that rest on their culture, religion and norms of the students seeking reproductive health services should be guaranteed and protected. This should be majorly centered on the distribution of contraceptives, usage, precaution and related educational requirements.
- Internalization and Collaborative: Policies that has to do with health of students should be in collaborating with local health authorities and community organizations so as to enhance resource mobilization, availability and create a more comprehensive support network.
- Local Health Initiatives: Engaging with community health initiatives within and outside the shore of the institution would leads to additional resources for students and help to bridge the gap between university health services and local health providers.

- Implementing outreach programs, to seek very special assistance with local NGOs, LGOs, Cooperative, Public and Private Organization shall boost awareness and reduce stigma surrounding contraceptive use.
- Cultural Understanding: Having adequate Knowledge of the cultural context surrounding contraceptive use is highly imperative and vital. The expert should work to create environments that respect local beliefs while promoting safe health practices.
- Gender Equity: Encouraging discussions on gender roles and responsibilities in reproductive health can empower female students, contributing to a more equitable educational environment.
- Proper Monitoring and Usage Control: this is achievable through systems tracking contraceptive usage and reproductive health service demand among students to inform future decisions, planning and development.
- Planning Antic: Conducting timely Student Surveys on female undergraduates' needs and experiences related to contraceptive access can provide valuable data to shape health service offerings
- Sustainable Practices: Considering environmentally friendly options for contraceptive distribution and disposal can enhance sustainability efforts within the university setting. And also, the future planning should incorporate projections for student population growth and changing needs related to reproductive health services.

By considering these implications in order to promote a healthier environment for its female students, ensuring they have the resources and support necessary for their reproductive health and overall well-being, the planners at the University of Ilorin can create a supportive environment that addresses the reproductive health needs of female undergraduate students, ultimately fostering their well-being and academic success. This approach not only improves individual health outcomes but also contributes to broader public health and educational goals

Conclusion

The study investigated the attitude of female undergraduates of university of Ilorin towards contraceptive use. The finding revealed that female undergraduates in the University of Ilorin have positive attitude towards contraceptive use specifically they considered contraceptive as easily accessible; something preferable to abortion; something that make sex less enjoyable; not reliable in pregnancy prevention; an important tool for pregnancy prevention among others. The findings also revealed that:

1. There was significant difference in the contraceptive usage among the female undergraduates in the University of Ilorin on the basis of age.

Implication for Counselling

The findings of this study have some implications for Counsellors. Significant difference was found in the contraceptive uses among the female undergraduates in the University of Ilorin on the basis of age. It is important to note that lack of adequate knowledge of contraceptive uses among students could lead to various consequences such as unwanted pregnancy, sexual transmitted diseases etc. Therefore, there is need for School Counsellors to increase dissemination of information about contraceptive uses to the female in-school adolescents below 26 years of ages because many are ignorant about the various available methods, to guard against unwanted pregnancy in case of unplanned sex and sexual coercion (rape), and for effective use of the contraceptive methods. There is need for formation of well-established clinic to address Contraceptive counselling concerns to reach majority of this age group in school settings.

Recommendations

The study recommended that:

- Counsellors should organize seminars on the risks associated with premarital sexual behaviours and non-use of contraceptives among students below 26 years. The counsellor should make the students realize that abstinence is the best method in order to be free from unwanted pregnancy and STDs. The sexually active students should be encouraged to use contraceptives always before any sexual intercourse.
- Students below 26 years of age should be given orientation on the values and need to use contraceptives. Further information should also be provided on different methods and types of contraceptives available, their effectiveness, reliability side effects among others
- Parents, guidance and teachers should be oriented and encouraged to be more empathic while reacting to issues relating to sexuality and use of contraceptives. This will make students to be friendlier with them and express their feelings.
- Government should enact and maintain law that will make students have access to free health care services. Also, there should be rules and regulations guiding media houses on what to be promoted and exhibited.

Suggestions for Further Studies

The study investigated the attitude of female undergraduates of university of Ilorin towards contraceptive usage. Further studies can extend the scope to:

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- Influence of sex education on sexual behaviours and contraceptive use among students of tertiary institutions in Kwara State.
- Consequences of not using contraceptives among students as a case study.
- Replicate this same study in another State in Nigeria.

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