KNOWLEDGE ATTITUDE AND PRACTICE TOWARDS EMERGENCY CONTRACEPTION AMONG MALE AND FEMALE STUDENTS IN UNIVERSITY OF NAIROBI COLLEGE OF HEALTH SCIENCES.

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DECLARATION

This dissertation is my original work and has not been presented elsewhere, to the best of my knowledge.

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ABSTRACT

Introduction: Emergency Contraception is largely underutilized worldwide especially in many low income countries, such as Kenya Postinor® (levonorgestrel tablets) is registered, though its use is still limited. The KDHS (2008-2009) results indicated that the least widely known methods are emergency contraceptives, female condoms and male sterilization.

Likewise results from KDHS (2003-2004) reported 20% unwanted pregnancy and 25% mistimed with an abortion rate of 16.5%. This can be attributed to lack of knowledge or insufficient information among Kenyans contributes to limitation of usefulness of this method.

Objectives: To determine the knowledge, attitude and practice towards emergency contraception among male and female students in University of Nairobi College of Health Sciences.

Methods: This was an institutional based descriptive cross sectional study at University of Nairobi Chiromo Campus. Data was collected using pretested self-administered questionnaires, a focus group discussion and key informant interviews. The primary outcome measure was knowledge, attitude and practice of emergency contraceptives use. The secondary outcome measure was the association of these with socio-demographic variables.

Results: Between the month of December 2010 – January 2011, 370 students were enrolled (160 male and 210 female students): 141(88%) male and 194(92%) female students were aware of EC. The awareness was attributed to media being the most
common source of information according to 103 (73%) male and 134 (69%) female students.

Most students had favourable opinion on EC with up to 128 (91%) male and 177 (91%) female students believing that EC prevent pregnancy, 30 (63%) females and 75 (48%) males students reported they would recommend EC to their friends or partners. However 118 (83%) male and 156 (81%) and female students believed that availability of EC over the counter increases promiscuity, whereas 107 (78%) male and 156 (81%) female students thought ECP contributed to decrease in condom use.

**Conclusion:** Media as a source of information increased their awareness level on efficiency of EC in preventing unplanned pregnancy and advantages of OTC Availability of EC. However the students are still against OTC availability of EC, because it is an easier faster method of pregnancy prevention. It leads to promiscuous and unsafe sexual relationship, resulting to increase in HIV and Aids, as they substitute condoms with EC pills. Therefore appropriate syllabus should be included in schools to educate and promote correct use of both EC and condom.