

Understanding about Contraceptive Devices among the Unmarried Adolescence

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Abstract

Reproductive health is an essential and important factor of human life for which adolescence needs to have knowledge about it. This will help them to plan for their family after marriage and in their future it even helpful to aware about the use of temporary and permanently contraceptive method and devices. It is significant for male and female of different level of education through which they learn about the situation of using contraceptive devices of different age groups of unmarried adolescence. It is necessary to have knowledge of reproductive process and contraceptive devices. Our society still can't talk about contraceptive devices and method as well as reproductive process in the family setting and member of own family due to our culture. It is not good for talking in front of adolescence child. After gaining the knowledge of reproductive health and its process, it is easy to minimize when the problem occurs in the time of reproduction process.

Keywords: Family planning reproductive health • Information • Procedure

Introduction

Adolescents are the backbone of any society. They are the potential source of energy and vitality. Adolescents include age group from 11years-20years (WHO, 2001) in which 11-14years children are of early adolescent period, 14-17years are of middle adolescent period and 17-20 years are of late adolescent period. Most adolescents begin their activity without adequate knowledge about or contraception. For unmarried adolescents, it is sometimes impossible to access contraceptives and the activity often results in unintended pregnancy.

Unmarried, adolescents face potentially serious physical, psychological and social consequences from unprotected relations, ranging from early and unwanted pregnancy and childbirth, unsafe abortion to transmitted diseases including AIDS/HIV. The consequences can also be far reaching and affect their entire life chances and options, especially in the case of girls. Contraceptive methods are preventive methods to help women avoid unwanted pregnancies. They include all temporary and permanent measures to prevent pregnancy resulting from coitus. The government of Nepal has recognized adolescents as a vulnerable population with specific and reproductive health needs, however only limited number of program has been implemented targeting these age groups an unintended pregnancy in an unmarried adolescent girl can either result in induced or early and unplanned marriage [1].

Due to the lack of knowledge about the contraceptive devices in reproductive health among adolescents, they are very smooth to have negative effects to their reproductive health. Health education, on the other hand, plays an important role in increasing their knowledge of adolescents to maintain good reproductive health. Although, there are various means for gaining the information on reproductive health and contraceptive devices and government and other bodies are spending a lot of resources to convey the right information to the adolescents, it is still unknown that how these techniques have been effective in Nepal. There are only few studies tarried out to focus on information and benefits the adolescents having taken from such programs. In this regard, this study tries to explore knowledge on contraceptive devices among the unmarried adolescents.

Objectives of the Study

To find out the understanding on contraceptive devices among the unmarried adolescent at the age of 15 to 22 year.

Materials and Methods

The research design of the study is descriptive. The primary source of data is used in the study. Sampling unit of the study is taken between the age group. Un married adolescence the questionnaire is used to collect data [2]. Altogether 187 respondents'

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Received: 23 July, 2021; **Accepted:** 06 August, 2021; **Published:** 13 August, 2021

participated in it. The data collected is entered in the SPSS. Various methods and summarized tabulation is used for the analysis of data (Table 1).

Age of Respondent	Frequency	Percent
15	29	15.5
16	36	19.3
17	46	24.6
18	35	18.7
19	38	20.3
20	1	0.5
21	1	0.5
22	1	0.5
Total	187	100

Table 1. Age of respondent.

The table above shows that among the total 187 responded adolescents, 29 respondents (i.e. 15.5%) was of 15 years, i.e. 36 respondents (i.e. 19.3%) was of 16 years, 29 respondents (i.e. 15.5%) was of 15 years i.e.46 respondents (i.e. 24.6%) was of 17 years, 35 respondents (i.e. 18.7%) was of 18 years i.e.i.e., 38 respondents (i.e. 20.3%) was of 19 years, 1 respondent (i.e. 0.5%) was of 20 years, 1 respondent (i.e. 0.5%) was of 21 years, and 1 respondent (i.e. 0.5%) was of 22 years (Table 2).

Education of respondent		Education						Total	
		2		Bachelor	SEE	N	%		
		N	%					N	%
Necessary to contraceptive knowledge	Necessary	55	94.8	41	89.1	73	88	169	90.4
	Unnecessary	3	5.2	5	10.9	10	12	18	9.6
Which way obtain contraceptive knowledge	Newspaper	4	6.9	1	2.2	6	7.2	11	5.9
	Network	14	24.1	10	21.7	12	14.5	36	19.3
	Radio	23	39.7	16	34.8	31	37.3	70	37.4
	Friends	12	20.7	15	32.6	28	33.7	55	29.4
	Course book	5	8.6	2	4.3	2	2.4	9	4.8
	Family	-	-	-	-	2	2.4	2	1.1
	Family planning	-	-	2	4.3	2	2.4	4	2.1

Table 2: Education of the respondents.

As shown in the table, data was collected among unmarried 187 male and female respondents who were appearing SEE, +2, Bachelor Level about the necessary of learning about contraceptive out knowledge. Out of total 83 respondents from SEE level 73 students i.e. 88% answered that knowledge of contraceptive devices is necessary and 10 students i.e. 12 % answered that it is unnecessary. Similarly out of 46 bachelor level students 41 students' i.e. 89.1% answer is necessary and 5 students' i.e. 10.9 answers is unnecessary. Likewise, from out of 58, +2 level students, 55 respondents i.e. 94.8 percentage students' answer is necessary and remaining 3 students i.e. 5.2 students' answer is unnecessary.

Similarly as a response of the question 'Which way do you obtain the and contraceptive knowledge?' out of 58+2 respondents, 4 respondents i.e. 6.9% knew the knowledge of contraceptive devices from newspaper and 14 of them i.e.24% from social network and 23 respondents i.e. 39.7% got the knowledge from friends and remaining 5 respondents i.e. 8.6%acknowledged from course book and other resources.

Likewise=Bachelor level 48 students i.e. 2.2% answer is through Newspaper, 10 students i.e. 21.7% answer is through Network, 16 student i.e. 34.8% answer is Media, 15 student i.e. 32.6% answer is through friends,2 students i.e. 4.3% answer is through Family and 2 students i.e. 4.3%. Answer is through Family planning office. From the data collected from the SEE Level out of 83 students 7 students i.e. 7.21% answer is Newspaper, 12 students i.e. 14.5% answer is Network, 31 students i.e. 37.3% answer is media, 28 students i.e. 33.7% answer is friends, 2 students i.e. 2.4% answer is family and 2 students i.e. 2.4% answer is from family planning organization (Table 3).

Gender respondents	of	Gender				Total	
		Male		Female		N	
		N	%	N	%	N	%
Responsible for contraception	Men	32	32.7	17	19.1	49	26.2
	Women	23	23.5	35	39.3	58	31
	Both	43	43.9	37	41.6	80	42.8
Priority consideration of choosing contraceptive	Effectiveness	17	17.3	10	11.2	27	14.4
	Feeling method	42	42.9	35	39.3	77	41.2
	Convincing buying	21	21.4	29	32.6	50	26.7
	Safety	18	18.4	15	16.9	33	17.6
	Men's period	27	27.6	26	29.2	53	28.3
Which stage of menstrual cycle most like to conceive	Before after	26	26.5	27	30.3	53	28.3
	Don't know	45	45.9	36	40.4	81	43.3

Table 3: By gender of respondents.

As mentioned in the above table of the question who should be responsible for contraception, among the 187 respondents out of 32

i.e. 32.7% marked male should be responsible and 23 respondents i.e. 23.5% women marked that they should be responsible and 43 respondents i.e. 43.9% marked on both of them should be responsible.

Likewise from female respondents 17 women i.e. 19.1% remarked in man should be responsible, 35 women i.e. 39.2% remarked in women themselves should be responsible and 37 women i.e. 41.6% marked in both should be responsible. Studying through the collected data out of 187 respondent 49 respondents i.e. 26.2% answer is man should be responsible, 58 respondents i.e. 31% answer is women should be responsible, 80 respondent i.e. 42.8% answer is both should be responsible.

In the question raised to the male respondent priority consideration of choosing contraceptive method 17 male respondents i.e. 17.3% answer is that contraceptive's effectiveness, 82 respondents i.e. 42.9% answer is feeling of using contraceptive method, 31 respondents i.e. 21.4% answer is convinces of buying or using contraceptive tool and 18 respondents' i.e. 18.4% answer is safety of contraceptive method. Similarly to the same question asked to the Female respondents 10 female respondents i.e. 11.2% answer is the contraceptive effectiveness, 35 respondents i.e. 39.3% answer is the feelings of using contraceptive method, 29 respondent i.e. 32.7% answer is convinces buying or using contraceptive tool and 15 respondents that 16.9% answer is safety of contraceptive method. Looking through the data of the total 187 respondents, 27 respondents i.e. 14.4% remarked in contraceptive effectiveness, 77 respondents i.e. 41.2% marked in feeling of using contraceptive method, 50 respondents i.e. 17.6% remarked convinces of using contraceptive tool and 33 respondent that 28.3% re marked in safety of contraceptive method. In the question asked to male respondent in which stage of the menstrual cycle is most likely to conceive 27 respondents i.e. 27.6% answer is menstrual period, 26 respondents i.e. 26.5% answer is a few days before and after menstrual period, 45 respondent i.e. 45.9% answer is Don't know at all.

In the same question asked to female respondents, 26 respondent i.e. 29.5% answer is in menstrual period, 27 respondents i.e. 30.3% answer is before and after menstruation and 36 respondent 40.4% answer is don't know at all. Studying from the data collected of 187 respondents, 53 respondents i.e. 28.3% remarked in menstrual period, 53 respondent 28.3% marked in before and after menstruation period and remaining 81 respondents i.e. 43.3% remarked in don't know at all.

Result and Discussion

As mentioned in the above table that the knowledge of contraceptive is necessary to the entire unmarried young male and female. Among 187 respondents, 169 students reacted with the positive response thinking that it is necessary to have contraceptive knowledge and other few respondents said that the knowledge of the contraceptive devices is unnecessary.

And same level the another question about the way from where they obtain the and contraceptive knowledge where total 187 out of 70 student i.e. 37.4% answered through media and lowest answer was 1.1% they answer through family. Finally analysis the data on the basic of education in the context of Nepal still the knowledge of

contraceptive and important it is not being discussion opening in the family.

In the question raised who should be responsible for contraceptive whether male or female out of total 187 respondents 80 i.e. 42.8% respondents showed that both male and female should be responsible. What could be consideration cosigning contraceptive method was another question where out of 187 respondents of 77 respondents i.e. 41.2% answered feeling of using contraceptive method. In this way through this data we can say that till present young sister has not got the proper knowledge about the important and necessary of contraceptive knowledge because contraceptive knowledge and its using devices method has not been taught openly and broadly in the context of Nepalese society and member of family. Similarly researcher concerns was focused in which stage of in the menstruation cycle and having the relation is the most likely to conceive. And data shows that both male and female of the total number of 187 respondents out of 81 i.e. 43.3% was says that we don't know that the conceive period.

Finding and Conclusion

Most of both male and female unmarried adolescences were found that they did not have sufficient knowledge about how to use contraceptive devices and method. The knowledge about contraceptive method and devices should be provided frankly in the society and family members because most of unmarried adolescence don't know about the conceive period of reproduction process. Both husband and wife should be responsible to have the knowledge of contraceptive devices. Some of the husband and wife were found not having any knowledge of using contraceptive devices as a result they were found not having sound knowledge about contraceptive device or method. Unmarried adolescence was found not having an idea about reproductive process. Through this a research it was found that unmarried adolescences were found having less knowledge about contraceptive devices or method. The level of understanding was also found different between male and female. In this situation it is necessary to provide contraceptive knowledge to the group of unmarried adolescence. So in our society still can't talk about contraceptive devices and method as well as reproductive process and reproductive health so that should be provided understanding about contraceptive devices and reproductive health as well as knowledge of reproductive process.

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How to cite this article: Sapkota, Bishnu. "Understanding about Contraceptive Devices among the Unmarried Adolescence ." *J Health Edu Res Dev*9 (2021) : 130