

**ASSESSING CONTRACEPTIVES KNOWLEDGE AND UTILIZATION
AMONG ADOLESCENTS IN EDO CENTRAL SENATORIAL
DISTRICT: IMPLICATION FOR SCHOOL BASED SEX EDUCATION
PROGRAMS**

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Abstract

The study was titled assessing contraceptives knowledge and utilization among adolescents in senior secondary schools in Edo Central Senatorial District: implication for school based sex education programs. Two research questions and two hypotheses guided the study. The study adopted a cross sectional survey design. A well-structured questionnaire was used for the study. The reliability of the instrument was 0.82 using test-retest method. The population of the study composed six thousand and twenty-two (6022) adolescents in senior secondary schools in Edo central senatorial district. The sample size of the study was 300 using random sampling technique. Using descriptive statistics of mean and standard deviation the research questions were answered and the hypotheses were tested at 0.05 level of significance using Pearson Product Moment Correlation Coefficient (PPMCC). The study revealed that pills, condoms and emergency contraceptives (postinor) were the most common contraceptive options accessible to adolescents in senior secondary schools in Edo central senatorial district. The level of contraceptive was low. The study showed a significant relationship between school-based sex education and adolescent's awareness and utilization of contraceptives in Edo central senatorial district. It was however recommended that the government should establish school-based sex education programs to address the gaps in sex education and schools should walk closely with health care providers to facilitate workshops and health fairs that provides students with accurate information about sex education.

Keywords: Contraceptives, School-based sex education, Adolescents awareness, and Health fairs.

Introduction

Adolescents' reproductive health remains a pressing concern globally, with significant implications for their physical, emotional, and social well-being (World Health Organization, 2020). In Nigeria, the prevalence of teenage pregnancy and sexually transmitted infections (STIs) among adolescents is alarming (National Population Commission, 2018). Effective contraception knowledge and utilization are crucial in mitigating these issues (Kirkcaldy *et al.*, 2020).

Edo Central Senatorial District, like other regions in Nigeria, faces challenges in providing comprehensive School-Based sex education to adolescents (Federal Ministry of Education, 2019). The Nigerian government has introduced various initiatives to promote adolescent reproductive health, but the effectiveness of these programs remains (National Agency for the Control of AIDS, 2020).

Research has consistently shown that contraceptive knowledge and utilization among adolescents are influenced by factors such as access to education, cultural and religious beliefs, and socioeconomic status (Gupta *et al.*, 2020; Sedgh *et al.*, 2019). However, there is a paucity of studies examining contraceptive knowledge and utilization among adolescents in Edo Central Senatorial District.

The adolescent years are marked by significant physical, emotional, and social changes, making this life stage critical for laying the foundation for healthy reproductive behaviors (World Health Organization, 2020). However, adolescents in Nigeria, particularly in Edo Central Senatorial District, face numerous challenges in accessing accurate and comprehensive information on reproductive health, exacerbating the risks of unintended pregnancies, sexually transmitted infections (STIs), and HIV/AIDS (National Population Commission, 2018).

Nigeria's demographic landscape is characterized by a large adolescent population, with over 30% of its 202 million people aged between 10 and 19 years (United Nations Children's Fund, 2020). This demographic bulge presents both opportunities and challenges for promoting adolescent reproductive health (Erulkar *et al.*, 2020).

The transition through adolescence is a period of significant physical, psychological, and social development. As young people explore their identities and relationships, they also face critical decisions regarding their sexual and reproductive health. A substantial body of research underscores that access to accurate contraceptive knowledge and resources is crucial to equipping adolescents with the tools they need to make informed choices and protect themselves from unintended pregnancies and sexually transmitted infections (STIs) (World Health Organization [WHO], 2022). However, in Nigeria, barriers such as cultural stigma, limited access to youth-friendly health services, and inadequate schools-based education have created significant challenges to adolescent contraceptive knowledge and utilization, particularly in regions like Edo Central Senatorial District (Bolarinwa *et al.*, 2022).

Contraceptive knowledge and utilization among adolescents remain critical public health issues. Studies have shown that adolescents with limited access to contraceptive resources are more likely to experience unintended pregnancies and associated health risks, underscoring the need for comprehensive sexuality education (United Nations Population Fund [UNFPA], 2023). In Edo Central Senatorial District, as in many Nigerian communities, restrictive cultural norms and insufficient educational interventions in schools often prevent adolescents from receiving adequate information about sexual health. This environment can foster misconceptions, heightening the risks for this age group and limiting the effectiveness of health initiatives targeting adolescent sexual and reproductive health (Eze & Ojo, 2023).

Schools-based School-Based sex education programs play a pivotal role in addressing these gaps, offering structured opportunities to provide adolescents with accurate, age-appropriate information on contraceptives and safe sexual practices. These programs not only inform students about reproductive health but also address broader issues such as gender equality and empowerment, which are essential for fostering responsible decision-making among young people (Yusuf & Adamu, 2021). Globally, comprehensive sexuality education has been linked to increased contraceptive knowledge and usage, delayed sexual initiation, and reduced rates of unintended pregnancies among adolescents (WHO, 2022). These outcomes highlight the potential of schools-based School-Based sex education to shape healthier futures for adolescents in communities like Edo Central Senatorial District.

This study aims to assess contraceptive knowledge and utilization among adolescents in Edo Central Senatorial District, examining how well schools-based School-Based sex education programs address these needs. By identifying gaps and evaluating current educational strategies, the research seeks to contribute valuable insights into how schools can better support adolescents' sexual and reproductive health. The findings are intended to inform policy recommendations for enhancing schools-based School-Based sex education programs to empower adolescents with the knowledge, resources, and confidence needed to make safe and informed choices, ultimately promoting public health within the district and beyond.

Statement of the Problem

Adolescents in Nigeria, including those in Edo Central Senatorial District, often face numerous challenges in accessing accurate contraceptive information and services, which can have serious health implications. Due to cultural and religious norms, discussions surrounding sexuality and contraception are often stigmatized, resulting in limited access to reliable reproductive health information for young people. Consequently, many adolescents lack essential knowledge

about contraceptive options, contributing to high rates of unintended pregnancies and sexually transmitted infections (STIs) among this age group (UNFPA, 2023).

Schools-based School-Based sex education programs are vital in providing adolescents with comprehensive information on sexual and reproductive health, equipping them to make informed decisions. However, in Edo Central Senatorial District, these programs are often insufficiently implemented or inconsistent in quality and scope. Many schools do not fully cover topics such as contraception or provide a safe environment for discussing sexual health, leaving significant gaps in students' knowledge and utilization of contraceptives. As a result, adolescents are often left with misconceptions about contraception, which can lead to risky behaviors and poor health outcomes (Bolarinwa *et al.*, 2022).

This research aims to address the critical need for improved access to contraceptive knowledge and resources among adolescents in Edo Central Senatorial District by evaluating current schools-based School-Based sex education programs. The study seeks to identify the limitations within these programs and explore how they can be enhanced to meet the needs of adolescents more effectively. Addressing these issues is essential for promoting safer behaviors among young people, reducing the prevalence of unintended pregnancies and STIs, and improving the overall well-being of adolescents in this region.

Purpose of the study

The main purpose of the study is to assess contraceptive knowledge and utilization among adolescents in senior secondary schools in Edo central senatorial district. However, the study would specifically find out:

1. The contraceptive options that are accessible to adolescents in senior secondary schools in Edo central senatorial district.
2. The extent of contraceptive utilization among adolescents in senior secondary schools in Edo central senatorial district.

3. The relationship between School-Based sex education and adolescents' awareness of contraceptives in senior secondary schools in Edo central senatorial district.
4. The relationship between School-Based sex education and adolescents' use of contraceptives in senior secondary schools in Edo central senatorial district.

Research Questions

1. What contraceptive options are accessible to adolescents in senior secondary schools in Edo central senatorial district?
2. To what extent do adolescents in senior secondary schools in Edo central senatorial district utilize contraceptives.

Hypothesis

1. There is no significant difference between School-Based sex education and adolescents' awareness of contraceptives in senior secondary schools in Edo central senatorial district
2. There is no significant difference between School-Based sex education and adolescents' use of contraceptives in senior secondary schools in Edo central senatorial district.

Scope of the study

The study covered all the government secondary schools in Edo central senatorial district. This study would help to access contraceptive knowledge and utilization among adolescents' in senior secondary schools in Edo central senatorial district and its implications for School-Based sex education program.

Method

A cross-sectional survey design was used for the study. Six thousand and twenty-two (6022) adolescents formed the population of the study drawn from sixty-seven (67) co-educational public secondary schools in Edo central senatorial district. The sample size of the study was Three hundred (300) which was derived with the aid of random sampling technique. A questionnaire was used

for the study and was validated by experts in the faculty of education from the university of Benin city.

The reliability of the instrument was 0.82 using Test-Retest method. The research instrument was administered to the subjects and collected for analysis using descriptive statistics of mean, and standard deviation for the research questions while the hypotheses were analyzed using Pearson product moment correlation co- efficient (PPMCC) at 0.05 level of significance.

Results and Discussion

Research question 1: What contraceptive options are accessible to adolescents in senior secondary schools in Edo central senatorial district? To answer this question, the mean and standard deviation of the respondents were analyzed.

Table 1: Contraceptives options accessible to senior secondary schools

Category	N	Mean	Std. Dev.
Condoms	95	6.64	3.12
Oral contraceptives pill	81	5.22	2.87
Implants	31	2.34	0.68
Withdrawal method	20	2.01	0.54
Rhythm method	15	1.65	0.33
Emergency contraceptive (postinor)	58	4.32	2.33

From Table 1, the result showed that pills, condoms and emergency contraceptives (postinor) had the highest mean score which was greater than the bench mark mean score of 2.50. this showed that the types of contraceptives available to adolescents in senior secondary schools in Edo central senatorial district are pills condoms and emergency contraceptives (postinor).

Research question 2: To what extent do adolescents in senior secondary schools in Edo central senatorial district utilize contraceptives.

Table 2: level of contraceptive utilization among adolescent in senior secondary schools

Category	N	Mean	Std. Dev.
Low (any two)	180	8.52	3.24
Moderate (any four)	74	2.32	0.11

From Table 2, adolescents that used any two types of contraceptives had the highest mean score. It means that secondary school students' level of use of contraceptives in Edo central senatorial district is low.

Hypothesis one: There is no significant differences between School-Based sex education and adolescents' awareness of contraceptives in senior secondary schools in Edo central senatorial district

Table 3: Pearson R of sex education and awareness of contraceptives among students

		Sex education	Contraceptives awareness
Sex education	Pearson Correlation	1	1.212
	Sig. (2-tailed)		.968
	N	300	300
Contraceptives awareness	Pearson Correlation	1.212	1
	Sig. (2-tailed)	.968	
	N	300	300

The result of the Pearson Product Moment Correlation coefficient analysis presented in Table 5 indicated that sex education significantly influence secondary school students awareness of contraceptives in Edo Central Senatorial District.

Hypothesis two: There is no significant differences between School-Based sex education and adolescents' use of contraceptives in senior secondary schools in Edo central senatorial district.

Table 4: Pearson R of sex education and use of contraceptives among students

		Sex education	Contraceptives use
Sex education	Pearson Correlation	1	.732
	Sig. (2-tailed)		.542
	N	300	300
Contraceptives use	Pearson Correlation	.732	1
	Sig. (2-tailed)	.542	
	N	300	300

The result of the Pearson Product Moment Correlation coefficient analysis presented in Table 4 indicated that sex education significantly influence secondary school students use of contraceptives in Edo Central Senatorial District.

Conclusion

This study revealed the following findings:

1. Pills, condoms and emergency contraceptives (postinor) were the most common contraceptive options accessible to adolescent in senior secondary schools in Edo Central Senatorial District.
2. The extent of contraceptives utilization among adolescents in senior secondary schools in Edo Central Senatorial District is low.
3. There is a significant relationship between school-based sex education and adolescents awareness of contraceptives in senior secondary schools in Edo Central Senatorial District.
4. There is a significant relationship between school-based sex education and adolescents use of contraceptives in Edo Central Senatorial District.

Recommendations

1. The government should establish school-based sex education programs to address the gaps in sex education.
2. Schools should walk closely with health care providers to facilitate workshops and health fairs that provide students with accurate information about sex education.

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