

Knowledge and Attitude on Modern Contraceptive Methods Among Students of Bingham University, Karu, Nasarawa State

Onoja Deborah Onduje*, Nnodim chiamaka dorin, Chinekwu Lisa Nwala, Ishaku Tiffany Nicole, Wangge precious iliya, Prosper Okonkwo

Department of Community Medicine and Primary Health Care

*Corresponding Author

ABSTRACT

Introduction: Modern contraceptives has made remarkable progress in the field of public health as they support in reducing unwanted pregnancies and maternal mortality. They involve hormonal contraceptives, intrauterine devices, barriers methods, emergency contraceptives, and permanent methods. This study examined the knowledge and attitude towards modern contraceptive methods among Bingham University students.

Methodology: A quantitative, descriptive, cross-sectional approach was use to explore the knowledge and attitudes of undergraduate students concerning modern contraceptives at Bingham University, Nigeria. A sample of 250 participants was obtained through multi-stage sampling and data was collected over 9months using a self-administered questionnaire. Knowledge and attitude data, alongside demographic variables, were analyzed using descriptive statistics and relevant software (SPSS version 27), Chi-square tests was used, the significance level at $p \leq 0.05$. Ethics approval was obtained and informed consent administered to all participants.

Results: Study findings showed that 59.2% of participants had good knowledge about modern contraceptive methods. The majority of participants learned about contraceptives from unofficial sources like peers, school, and social media (34%), with just 40% having obtained information from healthcare providers. Most participants had positive attitude (69.6%) towards contraceptives and 30.4% had negative attitude towards contraceptives. From our chi-square analysis, knowledge and age were significantly connected ($P = 0.046$), especially with older students between the ages of 19 and 22 having superior knowledge. Chi-square tests showed no statistically significant association between gender, religion, or faculty and knowledge or attitude scores.

Conclusion: Study's findings showed that although students showed a good degree of knowledge and positive attitudes toward modern contraceptive methods, there are significant gaps in accurate knowledge and enduring misconceptions, especially regarding fertility and side effects. To improve knowledge, dispel myths, and encourage students to make educated contraceptive decisions, these findings highlights the necessity of reproductive health education, greater participation from medical professionals, and culturally sensitive interventions.

