

**INVESTIGATION ON THE LEVEL
OF CONTRACEPTIVE USE AND MANAGEMENT
AMONG COLLEGE STUDENTS IN THIKA WEST DISTRICT.**

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ABSTRACT

A survey to investigate the level of contraceptive use and management among college students and youths in Thika west district was carried out and data collected between June, 2012 and July 2012. This research was carried out with the main objective of investigating the level of knowledge, altitude and management on contraceptives.

104 youths aged 16-35 from Thika west district were surveyed with a questionnaire they completed in writing or interviewed on their knowledge, attitudes and practice of contraception and abortion. Results are presented inform of percentages by level of education or course taken and gender. This district recorded that 80% of respondents had come atleast one abortion case over the last one year prior the day of interview and 52% of the respondent supported abortion, 46% of the interview never used contraceptives while 29% used condoms. Research findings denoted that 16.3% of the respondents proffered not to use contraceptive because they were meant for married couples alone. 15.4% feared side effects, 51.0% were in the view that sex during safe days cannot result into pregnancy and 0% said that abortion family planning method. Only 36.5% knew the definition of family planning and only 22.8% interviewed makes knew adequate definition of family planning. the most common used methods was use of condoms.

It is recommended that Family planning awareness programs that targets youth and college students should be put in place with a core focus on males. Clear description and effectiveness of different kinds of family planning methods to youth be clearly addressed as well as a dismerge of abortion from family planning be designed to inform students about sex and contraception and that contraceptives be supplied.