

**A STUDY OF CONTRACEPTION METHODS USED BY  
STUDENTS AT  
MOUNT KENYA UNIVERSITY.**

**A research project submitted in partial fulfillment of  
the requirements for the award of the degree of Bachelor of Pharmacy of  
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## ABSTRACT

Lack of information inadvertently exposes youths to undesired health consequences such as increased risk of acquiring sexually transmitted infections (STIs) including HIV. Moreover, studies undertaken by the Kenyan Ministry of Health (2003) suggest that additional barriers to regular contraceptive use include traditional, religious and familial beliefs. Young females between 19-30 years of age are particularly disproportionately disadvantaged in terms of these risks. Additionally, without contraceptives young females are at risk of unintended pregnancies that are associated with poor outcomes such as miscarriages, stillbirths, unsafe abortions and other complications that may result in infant or maternal deaths. The purpose of this study was to investigate contraception methods used by students at Mount Kenya University. A descriptive research design was used in the study. A population of 395 respondents from the various schools of the university was sampled. Primary data was collected through use of questionnaires in a drop and pick approach. Data analysis was by way of qualitative and descriptive statistics using percentages for comparison. The study found that emergency contraceptive pills was the most commonly used contraceptive method (44%) followed by depo-injection such as depo-provera® injection. Implants were the least used contraceptives. A significant number of students use a herbal preparation commonly referred to as Sophia pill. A significant number of students also employed a combination of several contraceptive methods. Demographics showed that younger students (18-26 years) commonly used emergency contraceptives pills while older students (> 26 years) mostly opted for semi permanent methods such as implants. Most students are informed regarding the use of contraceptives, with their source of information mostly from medical publications and books followed by health care providers with peers being the lowest. Generally (80-95%) of the respondent are using contraceptive methods from who only (37%) understand the side effects associated with contraceptive use. The few who visit medical professionals opt for private facilities. The study recommends that the university management initiate a program where students can be informed and advised on the use of contraceptives. This will in turn reduce cases of unsafe abortions due to unwanted pregnancies.