

**DETERMINANTS OF CONTRACEPTIVE UPTAKE AMONG YOUTHS AGED  
18-25 YEARS IN RIFT VALLEY PROVINCIAL GENERAL HOSPITAL**

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## ABSTRACT

Despite continued investments in adolescent sexual and reproductive health (SRH), challenges still exist in adequately meeting the SRH information and service needs of this subset of the population. These challenges are more pronounced in Kenya, which has a great proportion of adolescent girls who have begun childbearing (Gupta & Mahy, 2003). This study therefore seeks to find out the determinants of contraceptive uptake among youths aged 18-25 years at Rift Valley Provincial General Hospital. The purpose of this study was to investigate the determinants of contraceptive uptake among youths 18-25 years at Rift Valley Provincial Hospital. The specific objectives of the study were to determine the client related factors determining the uptake of contraceptives among youths 18-25 years at Rift Valley Provincial Hospital; To determine the facility services related factors determining the uptake of contraceptives among youths 18-25 years at Rift Valley Provincial Hospital. Descriptive cross-sectional design was used in this study where the sample size was 189 respondents. Sample size was determined by use of (Cochran, 2011), Systematic random sampling technique was used to select the respondents where every 2<sup>nd</sup> elements were picked. The target populations for the study were youth's aged 18-25 years who were 372. The data collection instruments for the study included both open ended and closed ended questionnaire and also key informant interviews and focused group discussions which included two groups attending services in the Youth Friendly Center and Maternal child Health Clinic. Data collected was processed, organized and analyzed with the aid of a Microsoft Excel 2010. Descriptive statistics was performed using Statistical Programme for Social Sciences (SPSS) version 20 to summarize and organize the data and was presented in form of frequency tables, pie charts, bar graphs and narratives to achieve the objective of the study. The study revealed that 35% of youths in Rift Valley Provincial General Hospital use different family planning methods. Socio-demographic factors like education level and occupation were found to influence the use of different contraceptive methods among youths. Moreover, Socio-cultural factors like religious beliefs and partner support were crucial in influencing the use of different contraceptive methods. The study concluded that in terms of client related factors of determining contraceptive use, availability and accessibility of different contraceptive methods influence the use of different contraceptive methods. Findings of this study showed a significant association between availability and accessibility of different contraceptive methods and use. Moreover, in terms of the health services factors the researcher concluded that long waiting times and inconvenient clinic hours can prevent clients from obtaining the services they need. The study recommended that health management teams should develop interventions that will enable youths to understand the importance of using different contraceptive methods. Moreover, programs with clear messages need to be developed to curb a tendency of preferring use of natural contraceptive. Further studies are needed to determine the extent of uptake of different contraceptive methods among youths above 25 years and associated factors.