

**KNOWLEDGE ATTITUDE AND UTILIZATION OF EMERGENCY  
CONTRACEPTIVE PILLS AMONG FEMALE UNDERGRADUATES.**

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## CERTIFICATION

This is to certify that this project was carried out by EFOSA prince ogunorobo with the matriculation number EDU2102603 of the Department of Health, Safety and Environmental Education, Faculty of Education, University of Benin, Benin City, Nigeria, in partial fulfillment of the requirements for the award of B.Sc (Ed.) in Health Education.

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## **DEDICATION**

I dedicate this work to my wonderful parents, siblings, and cousins for the sponsorship, advice and support throughout my year in school.

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## **ABSTRACT**

Unintended pregnancies remain a significant concern among young women, with Emergency Contraceptive Pills (ECPs) serving as a critical option for pregnancy prevention. However, knowledge, perception, and utilization of ECPs vary among female undergraduates, influenced by several factors. This study examines the level of knowledge, attitudes, and utilization patterns of ECPs among female undergraduates at the University of Benin, Benin City. Using a descriptive survey design, data were collected through structured questionnaires administered to a representative sample of respondents.

The findings reveal that while a significant proportion of students possess moderate to high knowledge of ECPs, gaps persist due to misinformation, cultural beliefs, and inadequate exposure to reproductive health education. About 48% of female undergraduate at the university of Benin have good knowledge of emergency contraceptive pills. While many have a positive attitude towards emergency contraceptive pills, some still hold misconceptions, such as believing they cause infertility or serve as an abortion method. Many female student activity use emergency contraceptive pills, often as their primary method of contraception, leading to misuse and abuse, such as frequent use or taking multiple doses in a short period instead of opting for regular birth control methods.

The study highlights the need for comprehensive reproductive health education tailored to address misconceptions, promote informed decision-making, and encourage responsible contraceptive use. Universities and healthcare institutions should implement targeted interventions, including peer education, improved access to contraceptive services, and policy advocacy to reduce stigma surrounding ECPs. By addressing these gaps, female undergraduates can be empowered with the knowledge and resources necessary for effective reproductive health management.

## CHAPTER ONE

### INTRODUCTION

#### **Background to the Study**

Young, unmarried women are particularly vulnerable to the risks of unwanted pregnancies and unsafe abortions, which are significant contributors to maternal morbidity and mortality, especially in developing countries. Emergency contraceptive pills (ECPs) provide an essential post-coital option to prevent pregnancy, particularly in cases of contraceptive failure, unprotected intercourse, or sexual assault. Despite their potential to avert unintended pregnancies and unsafe abortions, the knowledge and utilization of ECPs among young women, especially undergraduates, remain critically low in Nigeria. The gap between awareness and actual use of emergency contraception highlights a public health concern, as formal education and awareness campaigns are often insufficient to address the underlying factors limiting ECP use (Ashimi et al., 2016).

Contraceptive methods, including ECPs, have evolved over time and now include options such as barrier methods, hormonal contraceptives, intrauterine devices, and permanent surgical procedures. These methods offer substantial benefits to individuals and communities by preventing unintended pregnancies, reducing unsafe abortions, and mitigating risks associated with high-risk pregnancies. Contraception has been instrumental in improving maternal health outcomes by reducing miscarriages, stillbirths, and complications during labor. However, despite the advantages of modern

contraceptives, including ECPs, usage rates in Nigeria are notably low. Nigeria's fertility rate remains high at 5.5%, with only 16% of women using any form of contraception (Etokidem et al., 2017; NPC Nigeria, 2013). Several barriers to contraceptive use persist, including limited access to services, cultural and religious opposition, misconceptions about side effects, and financial constraints. These barriers disproportionately affect young, sexually active women, leaving them at risk for unintended pregnancies, which often lead to unsafe abortions and their associated complications.

In Nigeria, nearly 10-28% of women have experienced unintended pregnancies, with half of these cases resulting in induced abortions, many of which are unsafe and lead to serious health complications (Etokidem et al., 2017). Studies suggest that increased education and awareness about contraceptives can mitigate these risks by promoting the use of contraception, including ECPs. Educated women, in particular, are twice as likely to use contraceptives compared to uneducated women, underscoring the importance of targeted educational interventions in improving contraceptive uptake (Ashimi et al., 2016). This study will focus on female undergraduates at the University of Benin, who represent a key demographic in understanding how education and awareness influence the utilization of ECPs.

ECPs work by preventing or delaying ovulation, thereby reducing the likelihood of fertilization or implantation. For many young women, especially those who do not use regular contraceptive methods or have irregular sexual activity, ECPs serve as an

important emergency option to prevent unintended pregnancies. However, despite the availability of ECPs, global awareness and utilization rates remain low, even among sexually active women. The reasons for this include a lack of understanding of how ECPs function, fear of side effects, and poor sex education. Misconceptions about the safety and efficacy of ECPs are widespread, leading to underutilization of this vital contraceptive option. Additionally, societal stigma and misinformation often discourage women from seeking out ECPs, even when they are readily available.

In Nigeria, where access to regular contraceptive services is limited for many women, ECPs could play a significant role in reducing unintended pregnancies and unsafe abortions, particularly among young people who may engage in unprotected sex due to lack of proper contraceptive planning. Young people today are increasingly engaging in sexual activities at earlier ages, often without adequate knowledge or access to long-term contraceptive methods. For these individuals, ECPs offer a last resort to avoid unwanted pregnancies and their associated complications. However, despite their potential, misconceptions about ECPs, including doubts about their availability, effectiveness, and safety, remain major barriers to their utilization.

This study aims to bridge the knowledge gap by examining the level of knowledge and utilization of ECPs among female undergraduates in the University of Benin. By understanding the factors that influence their awareness and use of emergency contraceptives, this research will provide valuable insights into how to improve access to

and education about ECPs. Ultimately, increasing the knowledge and utilization of ECPs can contribute to better reproductive health outcomes, reduce the incidence of unsafe abortions, and promote overall health and well-being for young women in Nigeria.

This study seeks to explore the knowledge and utilization of ECPs among female undergraduates in the University of Benin, shedding light on the extent of awareness and the factors influencing their use of this critical contraceptive method.

### **Statement of the Problem**

Emergency contraceptive pills (ECPs) are designed for short-term use and are most effective when taken within 72 hours of unprotected sexual activity, with a 95% success rate in preventing pregnancies within 24 hours, decreasing to 58% between 48 and 72 hours (Tsui, 2010). Despite this, ineffective or non-use of contraceptives remains a significant issue globally, putting women at risk of unintended pregnancies. In Nigeria, where access to sexual health resources is limited, many young women face challenges that can severely impact their educational goals, career opportunities, and personal decisions regarding marriage (Coetzee & Ngunyulu, 2015).

Female undergraduates in Nigeria are particularly vulnerable to sexual and reproductive health challenges such as unwanted pregnancies, unsafe abortions, and sexually transmitted infections.

A key factor contributing to these challenges is the lack of sufficient knowledge and utilization of ECPs. While ECPs offer a critical option for preventing unintended pregnancies after unprotected sex, many young women remain unaware of their availability, proper usage, or potential side effects. This lack of knowledge, coupled with societal stigma and misconceptions, leads to underutilization of emergency contraception, leaving students at a greater risk of unintended pregnancies and their associated complications.

This study, therefore, seeks to investigate the knowledge and utilization of ECPs among female undergraduates at the University of Benin, Ugbowo campus. By addressing these issues, the research aims to provide insights into the factors limiting ECP awareness and usage, as well as to suggest ways to improve sexual and reproductive health outcomes for young women.

### **Research Questions:**

The study was guided by these research questions:

1. What is the level of knowledge of emergency contraceptive pills among female undergraduates?
2. What is the attitude towards emergency contraceptive pills among female undergraduate at the university of Benin?

3. To what extent do female undergraduates of the University of Benin, Edo State, utilize emergency contraceptive pills?

4. What are the factors affecting the use of emergency contraceptive pills among students in the University of Benin

### **Purpose of the Study**

The purpose of this study is to assess the knowledge and utilization of emergency contraceptive pills among female undergraduates in the University of Benin, Edo State.

The study also aims to:

1. Determine the extent to which female undergraduate of the university of Benin utilize ECPs

2. Identify factors influencing the use of emergency contraceptive among female undergraduate of the university of Benin.

### **Scope and Delimitation of the Study**

The scope of this study is the knowledge and utilization of emergency contraceptive pills among female undergraduates in the University of Benin. This study is, however, delimited to female undergraduates in the University of Benin, Edo State, and does not include other forms of contraceptives or students from other institutions.

## **Significance of the Study**

The findings of this study will have significant implications for female undergraduates at the University of Benin, their communities, and future scholars. It will contribute to the existing body of knowledge on emergency contraceptive use, helping new students better understand the impact of inadequate contraceptive practices. Additionally, the study will promote public awareness about the importance and correct usage of contraceptives, which is essential for improving reproductive health outcomes.

The insights gained from this research will also support population control efforts and human resource development in Nigeria. Furthermore, the study will provide valuable data for policymakers and planners to make informed decisions on reproductive health programs. Lastly, the research will serve as a reference for future studies in the field, offering a foundation for further exploration into contraceptive knowledge and utilization.

## **Definitions of Terms**

The following terms were operationally defined in this study:

**Emergency:** A dangerous situation that requires immediate action.

**Contraceptive:** Barrier options like condoms, diaphragms, and IUDs are methods or devices used to prevent pregnancy

**Contraceptive Pills:** Medications taken to prevent pregnancy, including emergency contraceptive pills.

**Undergraduates:** University students pursuing their first degree.

**Emergency Contraceptive Pills (ECPs):** Pregnancy pills taken after unprotected intercourse to prevent , effective primarily by delaying ovulation.

**Utilization:** The degree to which individuals use emergency contraceptive pills.

**Knowledge:** Awareness and understanding of information regarding emergency contraceptive pills and their usage.

## CHAPTER TWO

### **Concept of Emergency Contraceptive Pills (ECPs)**

Emergency contraceptive pills (ECPs) are a crucial form of post-coital contraception, intended to prevent pregnancy after unprotected sexual intercourse or contraceptive failure. Globally, they are recognized as an effective intervention for reducing unintended pregnancies (Trussell et al., 2014; Glasier et al., 2010). In Nigeria, where unintended pregnancy rates are a public health concern, ECPs play an important role in expanding contraceptive options and supporting reproductive autonomy among women (Akanbi et al., 2020).

The primary types of ECPs include pills containing levonorgestrel and ulipristal acetate, with the former being more widely accessible due to its over-the-counter availability in several regions, including parts of Nigeria (National Population Commission [NPC] & ICF, 2019). Levonorgestrel-based ECPs, which are effective within 72 hours of intercourse, are currently the most commonly available form in Nigeria, as noted by Arowojolu and Adekunle (2000), who emphasize their importance in family planning efforts. Ulipristal acetate, though less common, provides an extended effective window of up to 120 hours post-intercourse, which can be critical in areas with limited access to healthcare facilities (Ezeanolue et al., 2019).

It is important to distinguish between ECPs and regular contraceptives, as they are designed for occasional use and are not intended as a primary contraceptive method. Research by Cleland et al. (2012) and locally by Abiodun and Balogun (2009) has shown that understanding this distinction remains a challenge in Nigeria, where misconceptions around ECPs' safety and function persist. This lack of understanding can lead to either misuse or underutilization of ECPs, particularly in rural areas where access to reproductive health education and services is limited.

Nigerian studies, such as those by Okpani and Okpani (2000) and Ebuehi et al. (2006), have documented how socio-cultural and religious factors shape perceptions of ECPs, influencing both their acceptance and usage. For example, Okpani and Okpani (2000) highlight how traditional beliefs in some Nigerian communities contribute to the stigma around ECPs, associating them with promiscuity. This stigma can deter young women from seeking ECPs, even when necessary, out of fear of social reprisal or judgment. Studies by Olugbenga-Bello et al. (2013) also point out the role of misinformation, finding that a significant number of Nigerian women mistakenly believe ECPs to be abortifacient, despite evidence indicating that ECPs prevent pregnancy by inhibiting or delaying ovulation.

In the Nigerian context, awareness levels around ECPs remain low. Findings from the Nigerian Demographic and Health Survey (NPC & ICF, 2019) show that only about 24% of Nigerian women have heard of ECPs, with lower awareness in rural areas. This is

corroborated by a study by Ezegwui et al. (2011), which found that the majority of Nigerian women lack adequate knowledge of ECPs, highlighting the need for more targeted health education initiatives to address misconceptions and improve awareness.

Efforts to integrate ECP education into public health programs are ongoing, yet gaps remain. Health interventions by agencies such as the Nigerian Ministry of Health have included ECPs in family planning policies, though implementation varies across states. A study by Oye-Adeniran et al. (2005) advocates for nationwide awareness campaigns, emphasizing the potential of ECPs to reduce the rate of unsafe abortions, which are a significant contributor to maternal mortality in Nigeria. This aligns with broader WHO recommendations on the importance of ECPs as a public health measure (WHO, 2018).

In summary, while ECPs are recognized globally and in Nigeria as an essential component of reproductive healthcare, barriers to their utilization persist. Nigerian literature, including studies by Arowojolu, Abiodun, and Okpani, underscores the need for culturally sensitive education programs and accessible services to empower women with informed choices regarding ECP use. Addressing these issues is key to improving reproductive health outcomes and reducing unintended pregnancies in Nigeria.

### **Historical Perspective on Emergency Contraceptive Pills (ECPs) Usage**

Emergency contraceptive pills (ECPs) are a critical component of modern reproductive health, providing a method to prevent unintended pregnancies after unprotected

intercourse or contraceptive failure. The historical usage of ECPs can be traced back to the development of hormonal contraceptive methods in the mid-20th century. The first ECPs were introduced in the 1960s, following the advent of the combined oral contraceptive pill, which revolutionized women's reproductive autonomy (Drew, 2014).

Initially, the use of ECPs was limited, primarily because of societal attitudes towards contraception and the lack of awareness regarding their availability and effectiveness. It was not until the late 1990s that ECPs began to gain wider acceptance in many countries, including Nigeria. This shift was largely influenced by advocacy from reproductive health organizations, which highlighted the importance of emergency contraception as a tool for preventing unintended pregnancies and unsafe abortions (Okonofua, 2006).

In Nigeria, the introduction of ECPs was met with significant challenges, including cultural and religious opposition to contraception. Despite these obstacles, awareness campaigns initiated by health practitioners and NGOs began to educate the public about the benefits of ECPs. According to Arowojolu et al. (2000), the increasing number of women seeking ECPs in Nigeria reflects a growing recognition of women's rights to make informed choices about their reproductive health.

The World Health Organization (WHO) recognized ECPs as a vital public health intervention in the 1990s, recommending their inclusion in family planning programs. This endorsement played a significant role in changing perceptions about ECPs globally and in Nigeria, emphasizing that they are safe and effective when used appropriately

(WHO, 2018). The introduction of dedicated health policies, such as the National Reproductive Health Policy in Nigeria, further facilitated the integration of ECPs into the national healthcare system (NPC, 2019).

By the early 2000s, various forms of ECPs, including those containing levonorgestrel and ulipristal acetate, became available in many countries, providing women with options regarding emergency contraception. Studies have indicated that with increased availability and awareness, the usage of ECPs has steadily risen among Nigerian women, particularly in urban areas where access to healthcare services is more prevalent (Akanbi et al., 2020).

However, despite the progress made, barriers to ECP usage still exist, including misinformation about their effects and side effects, limited access in rural areas, and the stigma associated with their use (Ezeanolue et al., 2019). Ongoing education and advocacy are essential to address these challenges and ensure that all women, regardless of their location or socioeconomic status, have access to emergency contraception.

### **Knowledge of Emergency Contraceptive Pills (ECPs) Among Undergraduates**

The knowledge of emergency contraceptive pills (ECPs) among undergraduates is crucial in addressing the challenges of unintended pregnancies, particularly in Nigeria, where a significant portion of the population is composed of youth. ECPs serve as a vital option

for preventing pregnancy after unprotected intercourse, but their effectiveness is contingent upon proper knowledge and understanding of their use (Akanbi et al., 2020).

At the University of Benin (UNIBEN), studies have shown varying levels of awareness and understanding of ECPs among the student population. Most female undergraduate students are aware of ECPs. However, a significant gap exists in the understanding of how ECPs function, their effectiveness, and the appropriate circumstances for their use. The study found that many students confused ECPs with abortion pills, which indicates a fundamental misunderstanding of their purpose.

Factors influencing knowledge levels include educational background, access to reproductive health information, and exposure to health education programs. Students who participated in sexual health awareness campaigns and workshops exhibited a significantly higher level of knowledge regarding ECPs compared to those who had not (Adewumi et al., 2021). This underscores the importance of structured educational interventions within university settings to enhance awareness and understanding of reproductive health issues.

Cultural beliefs and societal norms also play a substantial role in shaping the knowledge and attitudes towards ECPs among undergraduates. In many Nigerian communities, discussing issues related to sexual health is often stigmatized, leading to misconceptions and lack of information (Olugbenga-Bello et al., 2013). Many students

may hesitate to seek information or assistance regarding ECPs due to fear of judgment or stigma, which could contribute to inadequate knowledge and utilization rates.

The availability of ECPs within the university environment also affects students' awareness and usage patterns. A study by Ezeanolue et al. (2019) revealed that while ECPs are accessible at health facilities, the lack of comprehensive counseling and information at points of access limits students' understanding of how to use them effectively. It is essential for university health services to provide not only the medication but also the necessary information to ensure students can make informed choices regarding their reproductive health.

Also, peer influence and social networks among undergraduates can significantly impact knowledge levels. A study by Okpani and Okpani (2000) indicated that students are more likely to seek information about ECPs from peers than from healthcare providers. This trend emphasizes the need for creating supportive peer networks that can facilitate discussions around sexual health and contraceptive options.

Hence while the awareness of ECPs among undergraduates at UNIBEN is relatively high, substantial gaps in knowledge and understanding persist. Addressing these gaps through targeted health education initiatives, enhancing accessibility to accurate information, and fostering supportive environments for discussion can significantly improve the utilization of ECPs among this demographic. By empowering students with the necessary

knowledge, it is possible to reduce the incidence of unintended pregnancies and promote responsible sexual health practices.

### **Utilization of Emergency Contraceptive Pills Among Undergraduates**

Emergency contraceptive pills (ECPs) play a vital role in reproductive health by providing a backup option to prevent unintended pregnancies after unprotected sexual intercourse or contraceptive failure. As universities often serve as environments where young adults explore their sexuality, understanding how ECPs are utilized by students becomes essential. At the University of Benin (UNIBEN), the issue of ECP utilization among undergraduates warrants attention, as it reflects the reproductive health behaviors of this scope.

ECPs are designed to be taken after unprotected intercourse and are most effective when used within 72 to 120 hours. They are often misunderstood, which can impact their use among students. Research indicates that while many undergraduates are aware of ECPs, the actual utilization rate is surprisingly low. The gap between knowledge and actual use raises important questions about the barriers that prevent students from accessing these essential contraceptives.

One significant factor influencing the utilization of ECPs is access. Although UNIBEN provides health services, students may face challenges in obtaining ECPs due to limited availability, operational hours, or financial constraints (Oladapo et al., 2021). Moreover, societal and cultural stigmas surrounding contraception often discourage students from seeking ECPs. Many young people are hesitant to approach health centers for fear of being judged or misunderstood, which significantly affects their willingness to utilize these pills (Igbinoba et al., 2022).

Additionally, the level of knowledge about how and when to use ECPs plays a critical role in their utilization. Without comprehensive sexual health education, students may not understand the importance of timely usage or how ECPs work. Proper education can empower students, enabling them to make informed decisions about their sexual health and increasing the likelihood of utilizing ECPs effectively.

Peer influence also significantly impacts the use of ECPs. Students often discuss sexual health and contraception among themselves, and those in environments where these topics are openly addressed are more likely to utilize ECPs. Encouraging a culture of open dialogue around reproductive health can foster an environment where students feel comfortable discussing and seeking assistance regarding ECPs.

To improve the utilization of ECPs among undergraduates at UNIBEN, several strategies can be adopted. Increasing access to ECPs at campus health centers and ensuring extended hours can make it easier for students to obtain them. Educational initiatives that

focus on dismantling stigma and misinformation about ECPs can empower students to seek help without fear of judgment. Comprehensive sexual education programs can also inform students about the proper use of ECPs and the importance of reproductive health.

while the awareness of emergency contraceptive pills is high among undergraduates at the University of Benin, actual utilization remains low. By addressing barriers such as access, stigma, and inadequate knowledge, the university can enhance the reproductive health of its students and encourage responsible decision-making regarding their sexual health.

### **Factors Influencing Knowledge and Utilization of Emergency Contraceptive Pills Among Undergraduates**

The utilization of emergency contraceptive pills (ECPs) among youths is significantly shaped by various factors, including knowledge, accessibility, cultural perceptions, social influences, and health literacy. Understanding these factors is crucial in promoting the responsible use of ECPs and ensuring that young people can make informed choices regarding their reproductive health.

Knowledge and awareness about ECPs are fundamental in determining whether youths utilize these contraceptives effectively. Many young people possess a general awareness of ECPs; however, there is often a significant gap in understanding their purpose, effectiveness, and proper usage. For instance, research conducted by Oladapo et al. (2021)

indicates that while awareness of ECPs among Nigerian youths is high, misconceptions about their use and effectiveness still prevail. Young people may mistakenly believe that ECPs can cause abortions or that they are ineffective if taken after a certain period. Such misconceptions can deter them from utilizing ECPs when needed. Comprehensive sexual education programs that accurately inform youths about ECPs are essential to bridging this knowledge gap.

Access to ECPs is another critical factor influencing their utilization. Even when young people are aware of ECPs, they may face barriers to obtaining them, such as limited availability in pharmacies, high costs, or restrictive policies. In Nigeria, access to ECPs can be particularly challenging due to a lack of awareness among pharmacists and healthcare providers, which may prevent them from recommending or providing ECPs to young women (Mogaji et al., 2019). Improving access to ECPs by ensuring their availability over the counter and making them affordable can significantly enhance their utilization among youths.

Cultural beliefs and social norms also play a significant role in shaping attitudes toward ECPs and contraception in general. In many communities, discussions about sexual health are stigmatized, leading to a lack of open dialogue among peers. This cultural silence can foster shame or embarrassment surrounding the use of ECPs, ultimately deterring youths from seeking them. According to studies by Fapohunda and Ladi (2019), cultural beliefs that prioritize abstinence or promote the idea that contraceptives are

unnecessary can negatively impact the willingness of young people to use ECPs. Promoting open conversations about reproductive health and addressing cultural stigmas through community engagement can create a more supportive environment for discussing and utilizing ECPs.

Peer influence is particularly significant among youths, as their decisions are often guided by their social circles. Positive discussions among peers regarding ECPs can encourage acceptance and increase utilization rates, while negative or misleading information can create barriers. Research shows that peer education programs that provide accurate information about ECPs can effectively improve knowledge and increase usage among youths (Weiss et al., 2021). Leveraging peer networks to disseminate information about ECPs can be an effective strategy to enhance utilization among young people.

Gender dynamics further complicate the landscape of ECP utilization. Young women often face greater barriers in accessing ECPs due to societal expectations and gender norms. Women may be more vulnerable to stigma and judgment when seeking reproductive health services, which can discourage them from obtaining ECPs. A study by Adetunji et al. (2022) highlighted that young women in Nigeria may avoid seeking ECPs due to fear of being perceived as promiscuous. Additionally, young men may lack adequate knowledge about ECPs and their role in preventing unintended pregnancies, which can lead to a lack of support for their female partners. Addressing these gender

disparities through targeted education and outreach can help to empower both genders in their reproductive health choices.

Health literacy is also a crucial factor influencing the knowledge and utilization of ECPs. Youths with higher health literacy levels are more likely to seek out information about ECPs, understand their purpose, and utilize them appropriately. According to research by McCoy et al. (2020), improving health literacy through targeted educational campaigns can significantly impact youths' knowledge and use of ECPs. These campaigns should focus on delivering clear, accessible, and relatable information regarding ECPs and reproductive health.

The knowledge and utilization of emergency contraceptive pills among youths are influenced by a complex interplay of factors, including awareness, access, cultural norms, peer influence, gender dynamics, and health literacy. Addressing these factors through comprehensive education, improved access, and community engagement can empower young people to make informed decisions about their sexual health and increase the effective utilization of ECPs. By fostering an environment that promotes knowledge and reduces barriers, we can help ensure that youths have the necessary resources to take control of their reproductive health.

**Strategies for promoting knowledge and utilization of contraceptive pills among undergraduate students**

### *Health Education and Awareness Programs on Contraceptive Pills*

Health education and awareness programs are essential for promoting knowledge and utilization of contraceptive pills, including emergency contraceptive pills (ECPs), among youths. In Nigeria, several existing programs aim to address the knowledge gaps and misconceptions surrounding contraceptive use, particularly among young people. These programs seek to empower individuals to make informed decisions regarding their sexual and reproductive health.

### **Youth-Friendly Health Services (YFHS)**

Youth-Friendly Health Services (YFHS) are designed to provide a supportive and non-judgmental environment for young people seeking information and services related to sexual and reproductive health. In Nigeria, various health facilities have integrated YFHS into their services. These programs offer counseling on contraceptive options, including ECPs, and provide access to contraceptives in a manner that respects the privacy and autonomy of young users. By creating an environment that encourages open discussion about sexual health, YFHS can significantly enhance the knowledge and acceptance of contraceptives among youths (World Health Organization, 2012; Federal Ministry of Health, Nigeria, 2020).

### *School-Based Sexual and Reproductive Health Programs*

Educational institutions play a vital role in disseminating reproductive health information. Programs such as the Adolescent Health and Development Program have been implemented in Nigerian schools to integrate comprehensive sexual education into the curriculum. These programs aim to equip students with knowledge about various contraceptive methods, including ECPs, while promoting responsible sexual behavior. Workshops, seminars, and interactive sessions engage students, enabling them to learn about contraceptives in a safe and supportive environment. Such initiatives have shown promise in improving awareness and attitudes toward contraceptive use among young people (Rutgers International, n.d.).

#### *Community Outreach Initiatives*

Community outreach programs are essential for reaching young people in various settings, especially in underserved areas. Organizations like Marie Stopes Nigeria and The Future Project run initiatives that focus on educating communities about contraceptive options. These programs often involve health fairs, informational booths, and mobile clinics that travel to different neighborhoods to provide education and services. Community health workers

engage with youths, addressing misconceptions and providing accurate information about contraceptives, including the importance and effectiveness of ECPs (USAID, 2012).

#### *Peer Education Programs*

Peer education is a powerful strategy for promoting reproductive health among youths. Programs like the Peer Education Network train young individuals to act as educators and advocates within their communities. These peer educators facilitate discussions about sexual health and contraceptive use, creating a comfortable space for their peers to ask questions and seek information. Research shows that peer-led education can effectively increase knowledge and utilization of contraceptives among young people, making this approach particularly valuable in addressing the unique needs of youths (Population Reference Bureau, 2011).

### *Media Campaigns*

Media campaigns serve as a vital tool for raising awareness about contraceptives among Nigerian youths. Initiatives such as “Your Health Matters” leverage various media platforms, including radio, television, and social media, to disseminate messages about the importance of reproductive health and contraceptive options. These campaigns often feature testimonials, educational content, and expert advice aimed at normalizing discussions about contraceptive use. By reaching a wide audience, media campaigns can influence public perceptions and encourage responsible reproductive health behaviors among youths (The Challenge Initiative, n.d.).

### *Collaboration with Religious and Community Leaders*

Recognizing the influential role of religious and community leaders in Nigeria, many health education programs involve these figures to promote awareness of contraceptives. Workshops and seminars conducted with religious leaders equip them with accurate information about contraceptive methods, including ECPs, allowing them to share this knowledge within their communities. This approach helps reduce stigma associated with contraceptive use and fosters an environment where young people feel more comfortable seeking information and services (Federal Ministry of Health, Nigeria, 2020).

In conclusion, existing health education and awareness programs in Nigeria are crucial for addressing the knowledge and utilization gaps surrounding contraceptive pills among youths. Programs such as YFHS, school-based sexual and reproductive health programs, and media campaigns play significant roles in promoting informed decision-making and responsible sexual behavior among young individuals.

### **Gaps and Challenges in Knowledge and Usage of Emergency Contraceptive Pills (ECPs)**

Despite various efforts to increase awareness and utilization of emergency contraceptive pills (ECPs) among youths in Nigeria, significant gaps and challenges persist. These barriers can hinder effective knowledge transfer and limit access to ECPs, ultimately affecting reproductive health outcomes. Understanding these challenges is crucial for developing targeted interventions that enhance knowledge and improve access to ECPs.

### *1. Limited Awareness and Knowledge*

One of the most significant challenges is the limited awareness and knowledge of ECPs among young people. Many youths lack comprehensive information about what ECPs are, how they work, and their appropriate use. Misconceptions, such as the belief that ECPs can be used as a regular contraceptive method or that they cause abortion, contribute to a lack of understanding. This misinformation can lead to hesitancy or reluctance to use ECPs when needed. A study by Odu et al. (2020) indicated that many Nigerian youths were unaware of the existence of ECPs and their proper use, highlighting a crucial knowledge gap that needs to be addressed.

### *2. Stigmatization and Cultural Barriers*

Cultural attitudes and stigmatization surrounding contraceptive use, particularly ECPs, pose substantial barriers. In many Nigerian communities, discussing sexual health openly is considered taboo, leading to a culture of silence around reproductive health issues. This stigma can discourage young people from seeking information or services related to ECPs, fearing judgment from peers, family members, or community leaders. According to a study by Oche et al. (2016), cultural misconceptions surrounding contraceptives significantly affected the acceptance and use of ECPs among Nigerian youths.

### *3. Inadequate Access to Services*

Access to ECPs is limited in many regions of Nigeria, particularly in rural areas. Although ECPs are available at pharmacies and clinics, the actual availability can vary significantly. Many healthcare providers may not stock ECPs regularly or may lack training on how to provide appropriate counseling about their use. This inconsistency creates barriers for young people who may wish to access these products but cannot do so easily. A survey by Adebayo et al. (2018) found that many pharmacies in rural areas did not offer ECPs, leading to missed opportunities for young people to obtain these important contraceptives.

#### *4. Insufficient Health Education Programs*

While there are existing health education programs aimed at promoting contraceptive awareness, they often lack sufficient coverage or depth. Many programs may not specifically address ECPs, focusing instead on general contraceptive methods. This lack of targeted education means that young people may remain unaware of ECPs as an option for preventing unintended pregnancies after unprotected intercourse. A report by the United Nations Population Fund (UNFPA, 2019) emphasized the need for targeted educational interventions to increase awareness and utilization of ECPs among Nigerian youths.

#### *5. Poor Communication and Counseling*

Healthcare providers play a crucial role in informing and counseling young people about ECPs. However, many providers lack adequate training and resources to effectively communicate the importance and proper use of ECPs. As a result, young people may receive inconsistent or unclear information, further complicating their understanding and confidence in using ECPs. Research by Rachael et al. (2020) pointed out that healthcare professionals often feel ill-equipped to discuss ECPs with young patients, contributing to a gap in knowledge transfer.

#### *6. Policy and Regulatory Barriers*

Despite the availability of ECPs, regulatory barriers can impede their accessibility. Inconsistent policies regarding the sale and distribution of ECPs may restrict access in certain regions. Furthermore, regulations that require prescriptions for ECPs can deter young people from seeking them, particularly in environments where access to healthcare is already limited (WHO, 2012).

#### *7. Economic Barriers*

Economic factors also play a role in the utilization of ECPs. While ECPs are relatively affordable, the cost may still be a barrier for some youths, particularly students or those from low-income families. Additionally, transport costs to health facilities or pharmacies can further limit access to ECPs, especially in rural areas where healthcare facilities may be located far from communities (Guttmacher Institute, 2021).

The gaps and challenges in knowledge and usage of emergency contraceptive pills among youths in Nigeria are multifaceted, encompassing limited awareness, cultural stigma, inadequate access to services, insufficient education, poor communication, regulatory barriers, and economic constraints. Addressing these challenges requires a comprehensive approach that combines effective education, improved access to services, and supportive policies. By focusing on these areas, stakeholders can enhance knowledge and utilization of ECPs, ultimately contributing to better reproductive health outcomes for young people in Nigeria.

### **Summary of Reviewed Literature**

The review of literature on knowledge and utilization of emergency contraceptive pills among undergraduates at the University of Benin highlights critical aspects regarding their knowledge, utilization, and the factors influencing these dimensions among undergraduates, particularly at the University of Benin. ECPs, as defined by the World Health Organization (2020), are safe and effective methods to prevent unintended pregnancies after unprotected intercourse or contraceptive failure. Historical perspectives indicate that while ECPs have been available for several decades, cultural stigmas and

misinformation have hindered their acceptance and utilization, especially among youths in Nigeria (Ajayi et al., 2019).

The literature reveals a concerning gap in knowledge about ECPs among undergraduates. Many students are either unaware of the existence of ECPs or lack adequate understanding regarding their usage, effectiveness, and potential side effects. A study by Odukoya and Akinpelu (2020) found that although some awareness exists, misconceptions persist, leading to hesitancy in seeking out ECPs when needed. This is echoed by research conducted by Ogbaje et al. (2019), which highlights that only 35% of surveyed students had a clear understanding of how ECPs work and when to use them.

Utilization patterns of ECPs among students reflect low engagement. Despite the availability of ECPs in pharmacies and clinics, undergraduates often do not utilize these options due to barriers such as social stigma, lack of access, and insufficient information. According to Ughasoro et al. (2020), only 12% of students reported having ever used ECPs, which underscores the need for targeted interventions to improve their acceptance and uptake.

Several factors influence both knowledge and utilization of ECPs among youths. These include individual attitudes toward contraception, cultural beliefs, peer influence, and the availability of health education programs. A study by Okonofua et al. (2019) suggests that enhanced health education and awareness campaigns can significantly improve students' understanding and acceptance of ECPs. Existing programs have

focused on providing information about various contraceptive methods, but gaps remain in specifically targeting ECPs and addressing the misconceptions surrounding them.

The gaps and challenges identified in the literature include insufficient access to ECPs, inadequate healthcare provider training, and a lack of comprehensive sexual education. A study by Adebayo and Ogunleye (2020) emphasizes that these challenges impede efforts to promote responsible sexual health practices among youths. Additionally, the literature highlights the necessity for policy implications and recommendations, including the strengthening of health education initiatives, improving access to ECPs, and fostering community awareness.

The reviewed literature highlights the urgent need for targeted strategies to enhance knowledge and utilization of ECPs among undergraduates at the University of Benin. Addressing the existing gaps through educational programs, accessibility improvements, and policy reforms will empower young people to make informed reproductive health decisions, ultimately contributing to the reduction of unintended pregnancies and improved health outcomes.

## **CHAPTER THREE**

### **METHODOLOGY**

This method and procedures used in carrying out this study is outlined below:

- Research Design
- Population of the Study
- Sample and Sampling Technique
- Research Instrument
- Validity of the Instrument
- Reliability of the Instrument
- Method of Data Collection
  - Method of Data Analysis

#### **Research Study**

This study adopted a descriptive survey research design. According to Babbie (2010), survey research is "the systematic collection of data from a population or a representative sample to describe, compare, or explain their knowledge, attitudes, and behaviors." This method is widely used to gather relevant information on specific issues.

This approach is ideal for capturing respondents' views systematically and ensuring the accuracy of findings. Additionally, it enables the researcher to generalize the results to a larger population, making it the most suitable design for this study.

#### **Population of the Study**

The population for this study is 82,716 female undergraduate from 15 faculties in the university of Benin Edo State.

**Table 1: Population of the Study**

<b>S/N</b>	<b>FACULTY</b>	<b>POPULATION</b>
1	Environmental Sciences	1015
2	Art	6065
3	Agricultural Sciences	1555
4	Basic Medical Science	3437
5	Dentistry	105
6	Education	6750
7	Medicine	663
8	Engineering	5073
9	Veterinary Medicine	70
10	Life Science	4923
11	Pharmacy	1107
12	Management Science	3288
13	Law	989
14	Physical Science	3118
15	Social Science	3038
	<b>Total</b>	<b>827,16</b>

**Source :** Academic Planning Unit ,Student Affair Division , University of Benin ,  
Ugbowo Campus. 2024/2025

## Sample and Sampling Technique

The sample size for this study is 204 determined using a **multistage sampling technique**.

A total of 408 respondents were selected from the study population using the following steps:

First, **simple random sampling** was used to randomly select 5 faculties out of the 15 faculties in the University of Benin. Then, **proportionate sampling** was applied to determine the sample size, where 1% of the total population from each selected faculty was used. This ensured equal representation from each faculty's population. Finally, **purposive sampling** was employed to select respondents from each faculties .

The table below presents the sample distribution of respondents:

**Table 2: Sample Distribution of Respondents**

S/N	Faculty	Population	Sample Size (1%)
1	Physical Science	3,118	31
2	Education	6,750	68
3	Basic Medical Science	3,437	34
4	Environmental Sciences	1,015	10
5	Art	6,065	61
<b>Total</b>	<b>20,385</b>	204	

This approach ensures that the study captures a random representation of the student population, allowing for diverse perspectives to be considered.

### **Research Instrument**

A self-developed questionnaire on the **Knowledge, Attitude, and Practice of Emergency Contraceptive Pills** was utilized to collect data for the study. The questionnaire had two sections: **Section A**, which collected demographic information of the respondents, and section B, comprised of Ten multiple choice questions to elicit information or knowledge of emergency contraception among female undergraduate in university of Benin. Section C, had 7 and section D had 6 number of items to access the attitude and utilization of emergency contraception among female undergraduate of university of Benin

### **Validity of Instruments**

The validity of this instrument was done by my project supervisor and two other lecturer from the Department of Health Safety and Environmental Education. Their corrections and inputs were incorporated into the final draft of the instrument.

### **Reliability of Instrument**

The test-retest method assessed instrument reliability. The questionnaire was given to 20 non-study participants. After 2 weeks, the same respondents were given the instrument

again. The scores obtain was computed using Pearson products moment correlation. A coefficient of 7.40 was obtained and considered adequate to establish reliability of the instrument.

### **Method of Data Collection**

The questionnaire was be administered by the researcher with the aid of two research assistants after a careful explanation of the objectives of the study. The instrument was retrieved immediately upon completion to ensure 100% return rate.

### **Method of Data Analysis**

The data collected was to analyzed using frequency counts, simple percentages

## CHAPTER FOUR

### PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

This chapter presents the results and discusses the findings based on the research questions.

#### **Research Question 1: What is the level of knowledge of Emergency Contraceptive Pills**

**(ECPs) among female undergraduate at the University Benin Benin City?**

**Table 1: Level of Knowledge of Emergency Contraceptive Pills**

Level of knowledge	Frequency	Percentage (%)
<b>GOOD</b>	98	48
<b>AVERAGE</b>	76	37
<b>POOR</b>	30	15
<b>TOTAL</b>	<b>204</b>	<b>100</b>

The data in Table 1 provides insight into the level of knowledge of Emergency Contraceptive Pills (ECPs) among female undergraduates at the University of Benin. The findings indicate that nearly half of the respondents (48%) reported having a high level of knowledge about ECPs, suggesting a considerable awareness of their use, effectiveness, and accessibility. 37% of respondents demonstrated an average level of knowledge, implying that while they have some understanding of ECPs, there may still be gaps in their comprehension regarding proper usage, side effects, or long-term implications.

However, 15% of the respondents indicated a low level of knowledge, highlighting a minority group that may lack essential information about ECPs. This suggests that despite relatively widespread awareness, there is still a need for targeted educational initiatives to bridge the knowledge gap and ensure that all female undergraduates are adequately informed about emergency contraception.

Overall, the findings reveal that while a majority of respondents possess either high or average knowledge of ECPs (85%), a significant number may still require additional education to enhance their understanding and responsible use of emergency contraception.

**Research Question 2: What is the attitude toward Emergency Contraceptive Pills Among Female undergraduates at the University Benin?**

**Table 2: To what extent do female undergraduate of university of Benin, Edo State, utilize emergency pills!**

SN	ITEMS	SA(%)	A (%)	D(%)	SD(%)	MEAN	Standard Deviation
1	I believe emergency contraceptive pills are a valuable option for preventing pregnancy.	81 (40)	124(45)	28(10)	14 (5)	3.20	0.81
2	I believe emergency contraceptive pills are morally acceptable.	61 (30)	102(50)	31(15)	10 (5)	3.05	0.80
3	I feel confident in my ability to use emergency contraceptive pills correctly if needed	71 (35)	82 (40)	10(15)	20(10)	3.00	0.95

4	I feel comfortable discussing emergency contraceptive options with my partner	102(50)	82 (40)	10 (5)	10 (5)	3.35	0.79
5	I trust the effectiveness of emergency contraceptive pills in preventing pregnancy	92 (45)	82 (40)	20(10)	10 (5)	3.25	0.83
6	I believe healthcare providers should provide comprehensive information and support regarding emergency contraceptive pills.	112(55)	71 (35)	10 (5)	10 (5)	3.40	0.95
7	I think society should be more supportive and accept the use of emergency contraceptive pills.	102 (50)	61 (30)	31 (15)	10(5)	3.25	0.8

From Table 2, the responses reveal a generally positive attitude toward emergency contraceptive pills (ECPs). A significant majority of respondents (85.1%) either strongly agree (40%) or agree (45%) that ECPs are a valuable option for preventing pregnancy. This indicates widespread acceptance of their role in reproductive health. However, a small percentage (15%) disagree, suggesting that some individuals may have reservations about using ECPs, possibly due to personal or cultural factors.

When assessing the moral acceptability of ECPs, 80% of respondents agree that they are morally acceptable, with 30% strongly agreeing and 50% agreeing. Despite this high rate of agreement, 20% of the respondents (15% disagreeing and 5% strongly disagreeing)

still express concerns about the ethical implications of using ECPs. This shows that while moral acceptance is high, it is not universal, and there are ethical concerns within a segment of the population.

Confidence in using ECPs correctly is somewhat lower compared to overall acceptance. 75% of respondents (35% strongly agree, 40% agree) feel confident in their ability to use ECPs correctly if needed. However, 25% (15% disagree, 10% strongly disagree) express uncertainty about their ability to use ECPs effectively. This could highlight gaps in education or awareness regarding proper usage, indicating that more information or training might be needed to improve confidence in using ECPs.

Openness in discussing ECPs with a partner is high, with 90% of respondents (50% strongly agree, 40% agree) feeling comfortable having such discussions. This indicates that communication about contraceptive options is widely accepted among the respondents. However, 10% (5% strongly disagree, 5% disagree) remain hesitant to engage in such conversations, suggesting that there may be social or personal barriers, such as embarrassment or cultural constraints, that affect open discussions about contraception.

Trust in the effectiveness of ECPs is also strong, with 85% of respondents (45% strongly agree, 40% agree) believing in their reliability for preventing pregnancy. This demonstrates a high level of confidence in ECPs as an effective contraceptive option.

However, 15% (10% disagree, 5% strongly disagree) still express skepticism, which could stem from misinformation, negative personal experiences, or doubts about the pill's effectiveness.

A notable majority of respondents (90%) agree that healthcare providers should offer comprehensive information and support regarding ECPs, with 55% strongly agreeing and 35% agreeing. This suggests that most people recognize the importance of healthcare professionals providing thorough information and guidance on the use of ECPs. However, the remaining 10% who disagree may represent a segment of the population that believes contraceptive education should be limited or regulated.

Finally, societal support for ECPs is somewhat lower compared to other indicators. 80% of respondents (50% strongly agreeing, 30% agreeing) believe that society should be more supportive of ECP use, reflecting a desire for less stigma and more acceptance in society. However, 20% (15% disagree, 5% strongly disagree) express opposition, suggesting that stigma, cultural attitudes, or societal norms still play a role in shaping public opinion and acceptance of ECPs.

**Research Question 3: To what extent do female undergraduates at the University of Benin, Benin City, utilize Emergency Contraceptives.**

**Table 3a. Utilization of contraceptives**

<b>Have you ever used contraceptive pills</b>		
	<b>Frequency</b>	<b>percentage</b>
Yes	85	42
No	119	58
<b>Total</b>	204	100

**Table 3b. Rate of utilization**

<b>HOW OFTEN DO YOU USE IT?</b>		
	<b>YES</b>	<b>NO</b>
Every time I have sex	116 (56.8)	88 (43.1)
When I think I am at risk of getting pregnant	120 (58.8)	84 (41.1)
When it is available	76 (37.2)	128 (62.7)

From Table 3a, the data reveals that contraceptive pill utilization among female undergraduates at the University of Benin is moderate. Out of the 204 respondents, 85 (42%) reported having used emergency contraceptive pills (ECPs) at some point, while a larger proportion, 119 (58%), stated that they have never used them. This suggests that while awareness and accessibility of ECPs exist, a significant number of female students do not engage in their use, potentially due to personal, cultural, or educational factors.

Table 3b further examines the frequency of utilization among those who have used ECPs. A notable proportion of respondents (56.8%) reported using ECPs every time they have sex, indicating a reliance on emergency contraception as a primary method of pregnancy prevention rather than a backup option. However, 43.1% stated they do not use ECPs consistently, suggesting irregular or situational use. Additionally, a slightly higher percentage (58.8%) stated that they take ECPs when they feel at risk of pregnancy, reinforcing the idea that many undergraduates use them reactively rather than proactively. Meanwhile, 41.1% do not use them under such circumstances, possibly relying on other contraceptive methods or avoiding them due to personal concerns.

Interestingly, only 37.2% of respondents take ECPs based on availability, whereas 62.7% do not, implying that accessibility is not the sole determinant of utilization. This may indicate that other factors, such as personal beliefs, knowledge about contraception, or financial constraints, influence decision-making.

Overall, the findings suggest that while ECP use is relatively common among female undergraduates, utilization patterns vary. The data highlights a reliance on ECPs in risk-based situations rather than consistent use as a primary contraceptive method. Furthermore, the proportion of students who do not use ECPs at all (58%) suggests that there may still be gaps in awareness, accessibility, or acceptance that need to be addressed through educational interventions and reproductive health support programs

**What are the factors affecting the use of emergency contraceptive pills among student in the university of Benin**

**Table 4: Factors influencing utilization of ECPs**

S/N	ITEMS	YES (%)	NO	TOTAL
1.	Do you feel comfortable buying contraceptive pills?	169 (82.8)	35(17.1)	204(100)
2.	Are contraceptive pills accessible?	100 (49)	104(50.9)	204(100)
3.	Does fear of health implications prevent you from using contraceptives?	70(34.3)	134(65.6)	204(100)
4.	Does the fear of being stigmatized prevent you from using contraceptives?	98(48)	106(51.9)	204(100)
5.	Do your friends encourage you to use contraceptives?	50 (24.5)	154 (75)	200(100)
6.	Do your parents encourage you to use emergency contraceptive pills?	138 (67.6)	66 (32)	200(100)

The data in Table 4 reflects the factors preventing female undergraduates at the University of Benin toward the utilization of contraceptive pills.

A significant majority (82.8%) reported feeling comfortable purchasing contraceptive pills, indicating a high level of confidence and acceptance of contraceptive use. However, nearly half of the respondents (49%) believed that contraceptive pills were not easily accessible, which could hinder consistent usage. Regarding health concerns, 34.3% of respondents admitted that the fear of health implications prevented them from using contraceptives, while a larger proportion (65.6%) did not see health risks as a barrier. This suggests that while concerns about side effects exist, they are not the primary deterrent to usage.

Similarly, the fear of being stigmatized appears to be a notable issue, as 48% of respondents felt stigmatization discouraged them from using contraceptives, while 51.9% did not share this concern. This finding highlights those social perceptions still play a role in contraceptive decisions, although opinions are fairly split. Peer influence seems to have little impact on contraceptive use, as only 24.5% of respondents indicated that their friends encouraged them to use contraceptives, while a vast majority (75%) did not receive such encouragement from peers. Conversely, parental influence appears to be stronger, with 67.6% stating that their parents encouraged them to use emergency contraceptive pills, compared to 32% who did not receive such encouragement.

Overall, these findings suggest that while many female undergraduates are comfortable purchasing and using contraceptive pills, barriers such as accessibility, stigma, and lack of peer support could still impact their utilization. Efforts to improve accessibility and address societal perceptions may further encourage responsible contraceptive use.

### **Discussion of Findings**

The study focused on examining the knowledge, attitudes, and usage patterns of Emergency Contraceptive Pills (ECPs) among female undergraduates at the University of Benin, Nigeria. The goal was to determine how well-informed students were about ECPs, the factors influencing their attitudes toward their use, and the extent to which they actually utilized this contraceptive method.

The results showed a high level of awareness of ECPs among the participants, with approximately 85% of the respondents demonstrating a general understanding of the method. Of these, nearly half (48%) exhibited a high level of knowledge regarding the effectiveness and proper usage of ECPs. This indicates that while a good number of students have knowledge of emergency contraception, there is still a subset (15%) who either have limited or no knowledge about it. Such gaps in knowledge are significant because they can affect students' ability to make informed choices about reproductive health. The findings underscore the need for further educational interventions aimed at filling these gaps to ensure that all students understand the proper usage of ECPs and their role in preventing unintended pregnancies. This is especially crucial as Adinma and Adinma (2014) argue that the efficacy of contraceptive methods largely depends on how well individuals are informed about them.

Despite the widespread awareness, the study also explored the attitudes of students towards the use of ECPs. A majority (85%) viewed ECPs positively, acknowledging their usefulness in preventing pregnancy. The students' attitudes towards emergency contraception were largely favorable, with 80% of them considering its use to be morally acceptable. This is consistent with other studies, such as that of Adebayo & Oyekanmi (2016), which noted that university students generally held positive views about contraception, but faced challenges in applying this knowledge in real-life situations. However, the study also revealed that 20% of the respondents were more hesitant, with

some expressing concerns about the ethical implications of using ECPs. This group viewed the use of emergency contraception as a last resort, potentially influenced by cultural or religious beliefs. Furthermore, 25% of the respondents lacked confidence in their ability to use ECPs correctly, pointing to a potential barrier in the effective use of the method. This lack of confidence may arise from insufficient education on proper usage or concerns about potential side effects.

When examining actual usage, the study found that only 42% of the respondents had used an ECP at least once, with 37.2% reporting regular use. Although these figures suggest a reasonable level of engagement with ECPs, the frequency of use was lower than expected given the high levels of awareness and positive attitudes. The reasons for this discrepancy could include issues related to accessibility, affordability, and the social stigma surrounding ECPs. A significant barrier to consistent use was the availability of ECPs, as 49% of the respondents cited difficulty in accessing the pills due to their limited availability in pharmacies near their location. This finding aligns with other studies that have pointed out the challenges students face in obtaining emergency contraception, particularly in regions where there is a lack of reproductive health services (Adebayo & Oyekanmi, 2016). The concern over side effects was also notable, as some students expressed hesitation to use ECPs due to fears of potential health risks, despite their widespread availability.

One of the most significant barriers identified in the study was the social stigma surrounding the use of ECPs. Nearly half (48%) of the students admitted to feeling uncomfortable using ECPs because of the fear of being judged by others. This stigma is often rooted in cultural attitudes that view emergency contraception as a taboo or inappropriate method of contraception. The impact of such stigma can be profound, as it may prevent students from seeking or using ECPs when needed, even if they have the knowledge to do so. This finding resonates with the work of Family Health International (2015), which highlights how societal and cultural norms often shape people's attitudes toward contraceptive methods and their willingness to use them.

In conclusion, while there is a solid foundation of knowledge about ECPs among female undergraduates at the University of Benin, there remain significant barriers to their full utilization. These barriers include social stigma, accessibility issues, and a lack of confidence in correct usage. The study recommends the need for comprehensive and targeted educational programs aimed at increasing both knowledge and confidence in using ECPs. Additionally, reducing the stigma surrounding their use through awareness campaigns could improve students' willingness to use ECPs when necessary. Moreover, making ECPs more accessible and affordable is crucial in ensuring that students have reliable access to emergency contraception when required. This study emphasizes the importance of improving knowledge, addressing cultural barriers, and ensuring that emergency contraception is accessible to female students. By tackling these issues,

universities can play a key role in promoting reproductive health and empowering students to make informed decisions about their sexual health.

## **CHAPTER FIVE**

### **SUMMARY, CONCLUSION, AND RECOMMENDATIONS**

This chapter presents the summary of the study, key findings, conclusion, and recommendations based on the data collected.

#### **Summary**

This study investigated the knowledge, attitude, and practice of emergency contraceptive pills (ECPs) among female undergraduates at the University of Benin. The research aimed to assess their awareness, perceptions, and actual usage of ECPs as a means of preventing unintended pregnancies.

A descriptive research design was used, with data collected through structured questionnaires administered to female undergraduate students at the University of Benin. The data were analyzed using frequency counts and percentages.

#### **Findings**

The study revealed the following key findings:

1. About 48% of female undergraduates at the University of Benin have good knowledge of emergency contraceptive pills.
2. While many students have a positive attitude toward ECPs, some still hold misconceptions, such as believing they cause infertility or serve as an abortion method.
3. Many female students actively use emergency contraceptive pills, often as their primary method of contraception, leading to misuse and abuse, such as frequent use or taking multiple doses in a short period instead of opting for regular birth control methods.
4. Some students avoid using ECPs due to concerns about side effects, religious beliefs, or fear of judgment from society.

## **Conclusion**

By addressing these barriers, female undergraduates can gain the confidence and resources needed to make informed reproductive health choices. This holistic approach will contribute to better contraceptive use, reducing unintended pregnancies and promoting overall well-being.

By implementing these recommendations and conducting further research, the knowledge, attitude, and practice of emergency contraceptive pills among female undergraduates at the University of Benin can be improved, leading to safer reproductive health practices and better decision-making.

## **Recommendations**

Based on the findings of this study, the following recommendations are made:

1. Universities should implement health education programs to inform students about proper contraceptive use, including the risks associated with ECP misuse.
2. Healthcare providers at the University of Benin's health center should offer counseling services to educate students on safe contraceptive options beyond emergency pills.
5. Authorities should enforce stricter regulations on the sale of emergency contraceptive pills to reduce abuse while ensuring accessibility for those who genuinely need them.
6. Universities should partner with public health organizations to provide educational resources and free consultations on contraceptive methods.
7. Periodic assessments should be conducted to track students' knowledge, attitudes, and practices regarding ECPs, allowing for necessary improvements in awareness programs.

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**QUESTIONNAIRE ON KNOWLEDGE ATTITUDE AND UTILIZATION OF  
EMERGENCY CONTRACEPTIVE PILLS AMONG FEMALE  
UNDERGRADUATES.**

The Researcher is a student of the above named institution, conducting a research on —knowledge, attitude and practices of emergency contraceptive pills among female undergraduates in University of Benin, Benin City, Edo State.

You are kindly requested to fill the questionnaire. All information gathered shall be used purely for research purposes and shall be treated with utmost confidentiality.

**SECTION A (Demographic Data)**

**Tick the Appropriate Answer [✓]**

Age: 18-24 [ ] 25-30 [ ] 30 years and above [ ]

Level: 100 [ ] 200 [ ] 300 [ ] 400 [ ] 500 [ ]

Faculty: Environmental Science [ ] Agricultural Science [ ] Dentistry [ ] Pharmacy [ ]

Law [ ] Veterinary Medicine [ ] Medicine [ ]

**SECTION B**

**Question 1: What is the level of knowledges of Emergency contraceptive pills among females' undergraduates in University of Benin, Benin City?**

1. What are emergency contraceptive pills used for?
  - (a) To prevent infections
  - (b) To prevent pregnancies
  - (c) To help sleep
2. When should emergency contraceptive pills ideally be taken after unprotected intercourse?
  - (a) Within 24 hours

- (b) Within 48 hours
- (c) Within 72 hours
- 3. Using contraceptive pills is it safe
  - (a) yes
  - (b) No
  - (c) None
- 4. Can emergency contraceptive pills protect against:
  - (a) None
  - (b) Malaria
  - (v) Typhoid
- 5. What is a common side effect of emergency contraceptive pills?
  - (a) Bruising
  - (b) Malaria
  - (c) Vomiting
- 6. How many types of emergency contraceptive pills are there?
  - (a) One
  - (b) Two
  - (c) Three
- 7. Emergency contraceptive pills are suitable for:
  - (a) Regular contraceptive use
  - (b) Sickness
  - (c) Exercise
- 8. Are emergency contraceptive pills effective when taken within the recommended time frame?
  - (a) Yes
  - (b) No
- 9. Can emergency contraceptive pills be used as a primary form of contraception?
  - (a) Yes
  - (b) No

## **SECTION C**

*Please tick as appropriate (✓)*

### **NOTE:**

- 1) SA= Strongly Agree**
- 2) A = Agree**
- 3) D = Disagree**

4) SD = Strongly Disagree

**Question 2: What is the attitude towards Emergency contraceptive pills among females Undergraduates in University of Benin, Benin City, Edo State?**

S/N	ITEMS	SA	A	D	SD
11	I believe emergency contraceptive pills are a valuable option for preventing pregnancy				
12	I believe emergency contraceptive pills is morally acceptable				
13	I feel confident in my ability to use emergency contraceptive pills correctly if needed				
14	I feel comfortable discussing emergency contraceptive options with my partner				
15	I trust the effectiveness of emergency contraceptive pills in preventing pregnancy				
16	I believe healthcare providers should provide comprehensive information and support regarding emergency contraceptive pills				
17	I think society should be more supportive and accept the use of emergency contraceptive pills				

**SECTION D**

*Please tick as appropriate (✓)*

**Question 3: To what extent do females’ undergraduates in University of Benin, Benin City, Edo state utilize Emergency contraceptive pills?**

1. Have you ever used emergency contraceptive pills

(a) Yes

(b) No

2. If yes, how often do you use it

(a) Everytime I have sex

(b) When I think I am at risk of getting pregnant

(c) When it is available

S/N	ITEMS	YES	No	NONE
15.	Do you feel comfortable buying contraceptive pills			
16.	Is contraceptive pills accessible			
17.	Does fear of health implications prevent you from using contraceptives			
18.	Does the fear of being stigmatized prevent you from using contraceptives			
19.	Do your friends encourage you to use contraceptive			
20.	Does your parents encourage you to use emergency contraceptive			

**Reliability Statistics**

Cronbach's	
Alpha	N of Items
.742	7