

**PERCEIVED KNOWLEDGE AND MISCONCEPTIONS ON EMERGENCY
CONTRACEPTIVE PILLS AMONG UNDERGRADUATES OF UNIVERSITY OF
BENIN, BENIN CITY, EDO STATE.**



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(HEALTH EDUCATION)**

FACULTY OF EDUCATION

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**A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF HEALTH,
SAFETY AND ENVIRONMENTAL EDUCATION, FACULTY OF EDUCATION, IN
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BENIN, BENIN**

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CERTIFICATION

This is to certify that this project research work was carried out by **Divine-Favour Somto NWANKWO**, with matriculation number **EDU2102591** and that the research work is adequate in scope and quality in the Department of Health, Safety and Environmental Education, University of, Benin city, Edo state, in partial fulfillment of the award of B.Sc (Ed) degree in Health Education.

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DEDICATION

This project work is dedicated to God Almighty.

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The researchers' special appreciation goes to God Almighty the giver of life for everything that happened throughout her study period and during the course of this project work.

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ABSTRACT

This study investigated the perceived knowledge and misconceptions about Emergency Contraceptive Pills (ECPs) among undergraduates of the University of Benin, Edo State. The research aimed to assess the level of awareness, common misconceptions, and sources of information about ECPs. A descriptive survey design was adopted, and a structured questionnaire was used to collect data from 192 respondents selected through a simple random sampling technique. The data collected were analyzed using descriptive statistics such as frequency, percentage, mean, and standard deviation.

Findings revealed that a majority of the respondents (63.54%) demonstrated a high level of knowledge about ECPs, while 36.46% had low knowledge. The study also highlighted prevalent misconceptions, such as beliefs that ECPs cause permanent infertility, are equivalent to abortion pills, or promote sexual irresponsibility. These misconceptions were widely accepted among respondents, as shown by a cluster mean of 2.72, which is above the benchmark mean of 2.50. The study concluded that while most undergraduates have substantial knowledge of ECPs, misconceptions persist and may hinder proper utilization. It is recommended that targeted educational programs and awareness campaigns be implemented by health authorities and institutions to address these myths and improve reproductive health literacy among students.

CHAPTER ONE

INTRODUCTION

Background to the Study

Emergency Contraceptive Pills (ECPs), commonly known as the "morning-after pill," serve as an essential option for preventing unintended pregnancies after unprotected sexual activity. These pills provide a safe and effective method to significantly lower the likelihood of pregnancy when administered within a designated timeframe following the incident.

ECPs primarily function by inhibiting or postponing ovulation, which is the process of releasing an egg from the ovary. Depending on the formulation, they may also obstruct fertilization by influencing sperm motility or altering the cervical mucus. It is crucial to note that ECPs are not designed to terminate an existing pregnancy and should not be confused with abortion pills.

There are two principal categories of ECPs: levonorgestrel-only pills and ulipristal acetate pills. Levonorgestrel-only pills can be purchased over-the-counter and are effective when taken within 72 hours after unprotected sex. In contrast, ulipristal acetate pills require a prescription and can be taken within 120 hours post-intercourse.

The efficacy of ECPs is closely linked to the timing of their administration after unprotected sex; the earlier they are taken, the more effective they are. When used correctly, ECPs can

prevent up to 95% of potential pregnancies. A meta-analysis of two studies showed that women who used ECPs with UPA had a pregnancy rate of 1.2%. Studies have shown that ECPs with LNG had a pregnancy rate of 1.2% to 2.1%. (WHO, 2021)

Side effects from the use of ECPs are similar to those of oral contraceptive pills, such as nausea and vomiting, slight irregular vaginal bleeding, and fatigue. Side effects are not common, they are mild, and will normally resolve without further medications.(WHO,2021).

It is important to understand that ECPs do not offer protection against sexually transmitted infections (STIs) and should not replace regular contraceptive methods. Certain medications may interact with ECPs, potentially diminishing their effectiveness. Access to ECPs is crucial for women to maintain control over their reproductive health and to prevent unintended pregnancies. They offer a vital opportunity for intervention when standard contraceptive measures fail or are not utilized.

A research study conducted in Nigeria revealed that approximately 86.5% of female adolescents were aware of emergency contraceptive pills (ECPs), with friends identified as the main source of this information (46.8%) (Onasoga et al., 2016). While television and radio contributed to awareness, their impact was significantly lower at 9.8%. Additionally, 31.2% of participants reported health workers as a source of information.

Although awareness levels are relatively high, understanding of ECPs is limited. The same study indicated that 58% of respondents recognized Postinor-2 as a type of ECP, yet only 69% were aware that it must be taken within 72 hours after intercourse (Onasoga et al., 2016).

Despite the considerable awareness, the actual usage of ECPs remains low. The study identified several barriers to utilization, including concerns about societal judgment, parental attitudes, and issues related to accessibility (Onasoga et al., 2016).

Furthermore, another study highlighted that accurate knowledge regarding ECP usage was scarce among university and post-secondary students across various African nations, including Nigeria (Babalola, 2011). While between 25% and 75% of young people had heard of emergency contraception, their understanding of its proper use was limited.

The study also noted that 67.5% of participants were aged between 15 and 20 years, with 64% reporting that they were sexually active (Onasoga et al., 2016).

A research study conducted among female undergraduate students at the University of Benin in Benin City, Nigeria, revealed that 82.4% of participants were aware of emergency contraception, with the majority citing friends as their main source of information (Okunola et al., 2019). However, only 32.9% demonstrated accurate knowledge regarding emergency contraception. Although 77.2% of sexually active respondents reported engaging in unprotected sexual intercourse and 39.9% experienced unintended pregnancies, merely 12.1% had utilized emergency contraception.

The findings indicate that, despite a high level of awareness of emergency contraception among undergraduates at the University of Benin, both accurate understanding and actual use remain significantly low (Okunola et al., 2019). The researchers advocate for the creation of reproductive health clubs and the provision of adolescent-friendly health services within the university to enhance students' education on emergency contraception.

The understanding and misconceptions surrounding emergency contraceptive pills (ECPs) significantly influence the attitudes and behaviors of individuals, especially young adults, towards these contraceptive options. Perceived knowledge encompasses the beliefs and understandings that individuals possess regarding ECPs, which may not always be accurate. Conversely, misconceptions refer to false or misleading beliefs about ECPs that can affect decision-making and behavior.

In relation to ECPs, both perceived knowledge and misconceptions can have extensive consequences. For example, if individuals view ECPs as unsafe or mistakenly believe they function as abortifacients, they may be reluctant to utilize them, even when necessary. Likewise, misunderstandings regarding the effectiveness or appropriate usage of ECPs can lead to improper use or avoidance, potentially resulting in unintended pregnancies.

Numerous studies have underscored the prevalence of misconceptions about ECPs among young adults. Common misunderstandings include the notion that ECPs are equivalent to abortion pills, that they guarantee 100% effectiveness, or that they can serve as a regular

contraceptive method. These misconceptions may arise from various factors, including limited access to accurate information, cultural or societal influences, and peer pressure.

Gaining insight into the perceived knowledge and misconceptions regarding ECPs among undergraduates at the University of Benin is essential for several reasons. Firstly, it can help pinpoint areas of misunderstanding that require targeted educational interventions. Secondly, it can guide the creation of effective reproductive health programs and services tailored to the specific needs of young adults. Ultimately, by examining the perceived knowledge and misconceptions about ECPs, this research can contribute to the broader conversation on enhancing reproductive health and well-being among young adults in Nigeria.

Statement of the problem

The university years represent a pivotal period for young adults, characterized by greater independence and the exploration of interpersonal relationships, which can significantly affect their reproductive health. A considerable number of university students engage in sexual activities without adequate understanding or consistent use of effective contraceptive methods, rendering them susceptible to unintended pregnancies. This susceptibility is influenced by several factors, including gaps in knowledge, peer pressure, and limited access to reliable information and healthcare resources. Unintended pregnancies can lead to serious academic, social, emotional, and financial repercussions, such as interruptions in education, social stigma, increased stress, and economic strain. Specifically, within the University of

Benin, it is essential to explore the perceived understanding and misconceptions surrounding ECPs to facilitate targeted interventions and enhance reproductive health. This study seeks to examine the perceived knowledge and misconceptions about emergency contraceptive pills among undergraduates at the University of Benin, Benin City, Edo State.

Research Questions

1. What is the perceived level of knowledge about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State?
2. What are the perceived misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State?
3. What are the factors that influence the knowledge about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State towards their usage?
4. What are the factors that influence the misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State?

Purpose of the Study

The main purpose of the study is to investigate the perceived knowledge and misconceptions of emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State.

Specifically, the study seeks to;

1. To determine the perceived level of knowledge of emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State.
2. To determine the perceived misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State.
3. To determine the factors that influence knowledge about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State towards their usage.
4. To determine the factors that influence the misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State.

Significance of the Study

This study of perceived knowledge and misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State holds significant implications in its ability to enhance the current understanding of reproductive health, especially concerning emergency contraception. The results of this study will shed light on the perceived knowledge and misconceptions surrounding emergency contraceptive pills among young adults in Nigeria, which can guide policy and practice in this domain.

The insights gained from this research can be utilized to create targeted interventions and programs that address the unique needs of young adults in Nigeria, ultimately leading to improved reproductive health outcomes. By uncovering the perceived knowledge and misconceptions regarding emergency contraceptive pills, the study aims to promote their appropriate use, decrease unintended pregnancies, and mitigate reproductive health issues.

Additionally, the findings can aid in the formulation of health education initiatives tailored to the specific requirements of young adults in Nigeria. By disseminating accurate information about emergency contraceptive pills, these educational programs can empower young adults to make well-informed choices regarding their reproductive health.

Moreover, the study's outcomes can support the establishment of youth-friendly reproductive health services that meet the distinct needs of young adults in Nigeria. By ensuring that these services are accessible and confidential, young adults will be better equipped to obtain the information and resources necessary for informed decision-making about their reproductive health.

This research will address existing knowledge gaps related to the perceived understanding and misconceptions of emergency contraceptive pills among young adults in Nigeria. The findings will provide valuable insights into the intricate factors that shape young adults' attitudes and behaviors towards these contraceptives.

The results of this study have the potential to guide future investigations in reproductive health, especially regarding emergency contraception. The methodology and outcomes presented can serve as a foundation for subsequent research focused on understanding the perceived knowledge and misconceptions surrounding emergency contraceptive pills across various demographics.

In summary, this study holds considerable importance as it will aid in the creation of targeted interventions and initiatives aimed at enhancing reproductive health and well-being among young adults in Nigeria. The insights gained from this research will influence policy, practice, and future studies in reproductive health, ultimately leading to better health outcomes for young adults.

Scope and Delimitation of the Study

This study focuses on the perceived knowledge and misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State. The study will examine the level of knowledge, misconceptions and factors influencing perceived knowledge and misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State.

This study is delimited to undergraduates of University of Benin, Benin city, Edo State.

Definition of Terms

1. Perceived knowledge: This term denotes the level of understanding or awareness that undergraduates at the University of Benin possess regarding emergency contraceptive pills, which may not necessarily reflect the truth.
2. Misconceptions: This term indicates the false or misleading beliefs and understandings about emergency contraceptive pills that are held by undergraduates at the University of Benin.
3. Emergency contraceptive pills: This term describes medications designed to prevent pregnancy following unprotected sexual intercourse or contraceptive failure.
4. Reproductive health: This term encompasses the physical, emotional, and social well-being of individuals concerning their reproductive systems and functions.
5. Undergraduates: This term refers to students enrolled in a bachelor's degree program at the University of Benin.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

Literature was reviewed under the following sub headings:

- Concept of Emergency Contraceptive Pills (ECPs)
- Knowledge of Emergency Contraceptive Pills among undergraduates
- Misconceptions about Emergency Contraceptive Pills among undergraduates
- Use of Emergency Contraceptive Pills among undergraduates
- Empirical Review
- Summary of Reviewed Literature

Concept of Emergency Contraceptive Pills (ECPs)

Emergency contraceptive pills (ECPs) are a crucial aspect of reproductive health, functioning as a means to avert unintended pregnancies that may arise from unprotected sexual intercourse or contraceptive failure. As outlined in the 2023 Clinical Recommendation by the Society of Family Planning, emergency contraception includes various options that can be utilized within a few days following the incident, with oral formulations such as levonorgestrel (LNG) and ulipristal acetate (UPA) being among the most readily available

(Salcedo et al., 2023). In contrast to medical abortion techniques, ECPs do not terminate an existing pregnancy; rather, they operate prior to the implantation process. The primary action of ECPs involves the inhibition or postponement of ovulation, while secondary effects, including alterations in endometrial receptivity or the thickening of cervical mucus, may also play a role, albeit with less reliability (Salcedo et al., 2023).

Recent evaluations affirm that emergency contraceptive pills (ECPs) are safe, generally well tolerated, and effective when utilized appropriately. Mierzejewska et al. (2024) emphasize that the oral methods of levonorgestrel (LNG) and ulipristal acetate (UPA) are especially effective when taken as soon as possible—efficacy diminishes as the time elapsed since intercourse increases. In numerous clinical contexts, LNG-based protocols are recommended within 72 hours, and while recent findings indicate some advantages up to 120 hours (5 days), effectiveness is reduced (Salcedo et al., 2023). Due to this time-sensitive nature, the designation "emergency" in ECP highlights the critical need for their timely administration.

In the context of African environments, recent research emphasizes both increased usage and ongoing difficulties. For example, Gbagbo (2024) discovered that among university students in Ghana, the over-the-counter acquisition of emergency contraceptives was prevalent, with usage rates reaching as high as 80% during a specific academic year. Nevertheless, instances of misuse, overdosing, and the habitual use of these methods as a primary form of contraception were also noted, indicating misconceptions and knowledge deficiencies

(Gbagbo, 2024). In Nigeria, Akande-Sholabi et al. (2023) evaluated pharmacists' understanding and perspectives regarding emergency contraceptive pills (ECPs), finding that approximately 51.5% of pharmacists exhibited adequate knowledge and 51.9% maintained favorable attitudes—however, a significant number still possessed incomplete or erroneous understandings (Akande-Sholabi et al., 2023). These results highlight that even among healthcare professionals, gaps in information and deficiencies in attitudes continue to exist.

A narrative review conducted by Mierzejewska et al. (2024) highlights these challenges: despite the widespread acceptance of emergency contraceptive pills (ECPs) in guidelines as both effective and safe, obstacles such as lack of awareness, social stigma, restrictive policies, and limited access persist, hindering their optimal utilization. The review advocates for enhanced education, policy support, and service integration to fully leverage the advantages of ECPs in mitigating unplanned pregnancies (Mierzejewska et al., 2024).

Drawing from this recent evidence, ECPs can be conceptualized as a pharmaco-behavioral intervention: the biological mechanism of the pill (primarily through ovulation inhibition) interacts with users' knowledge, attitudes, and social environment, all of which influence actual uptake and proper usage. For students, particularly undergraduates, ECPs may seem appealing due to their accessibility and the perceived control they offer over fertility; however, correct timing, dosage, and comprehension of limitations are crucial. It is vital to

note that their use should serve as a complement—not a substitute—for regular contraceptive methods.

Knowledge of Emergency Contraceptive Pills

In Nigeria, awareness regarding emergency contraceptive pills (ECPs) is inconsistent and frequently inadequate, even with the growing recognition among young people and healthcare professionals. Recent studies indicate that while a significant number of university students and pharmacy staff are familiar with ECPs, their comprehensive understanding of proper usage, mechanisms, timing, and limitations remains insufficient. For example, a cross-sectional study conducted among community pharmacy personnel in Abuja found that 58.1% of participants exhibited poor knowledge of contraceptive methods, including ECPs, highlighting deficiencies even among primary providers who typically act as access points within Nigerian communities (Adigwe & Onavbavba, 2025). This observation carries significant implications, as the accurate knowledge possessed by pharmacists and pharmacy staff can affect the manner in which these products are dispensed, described, and perceived by clients.

A subsequent study conducted in Nigeria examined the awareness of emergency contraception among male undergraduates, revealing that approximately 74.5% exhibited poor knowledge of emergency contraceptive pills (ECPs). This is particularly alarming as men frequently play a role in influencing or making decisions regarding contraceptive

methods within intimate relationships (Akinola et al., 2025). Among the sexually active participants, 33.9% indicated that their partners had utilized ECPs; however, the majority were unable to identify specific ECP regimens or fully comprehend their role in preventing pregnancy.

These results indicate a persistent "knowledge-attitude-use gap." While many individuals in Nigeria may demonstrate favorable attitudes or intentions towards ECPs, their actual practices are often hindered by uncertainty, misinformation, or a lack of understanding regarding proper usage. Misconceptions are prevalent: common erroneous beliefs include the notion that ECPs function as abortifacients, that frequent use leads to infertility, or that they are intended solely for "promiscuous" individuals. The danger of such misconceptions increases when knowledge is sourced from non-professional channels, such as peers or drug vendors, rather than from credible medical advice.

A study conducted in Ibadan involving 420 female undergraduates revealed differences in knowledge regarding emergency contraception among students. Although a significant number had at least heard of emergency contraceptive pills (ECPs), many were unable to accurately identify the time frame in which these pills should be utilized or comprehend the biological mechanisms underlying their effectiveness (Ogunbode et al., 2022). This indicates that mere exposure or awareness does not necessarily lead to a thorough understanding. Furthermore, the same research indicated that factors contributing to a "good knowledge" of

emergency contraception were associated with formal education on the subject, the availability of sexual health information, and the academic year of the students.

In another recent study conducted in Nigeria, the use of over-the-counter emergency contraception among university students was investigated, emphasizing the impact of accessibility on both knowledge and usage. Given that ECPs are frequently available in pharmacies located on or near university campuses, many students obtain them without seeking advice from healthcare professionals, instead relying on product labels, recommendations from peers, or guidance from vendors (Gbagbo et al., 2024). This behavior highlights a dual vulnerability: while physical access to ECPs may be substantial, the level of understanding conveyed through informal channels is often superficial or fraught with inaccuracies.

To enhance the current circumstances, researchers and health policymakers in Nigeria underscore the necessity for a structured, curriculum-based approach to sexual and reproductive health education within tertiary institutions. These programs should not only present emergency contraceptive pills (ECPs) as a concept but also elucidate the appropriate timing (typically within 72 hours for levonorgestrel-based pills, and occasionally extending to 120 hours), the mechanism of action (primarily delaying ovulation rather than terminating implantation), potential side effects, and inherent limitations. Furthermore, training and ongoing education for community pharmacy personnel, drug vendors, and campus health

centers are of paramount importance, ensuring that those who provide these products can also function as dependable educators for students and clients. It is only by closing the gap between mere awareness and comprehensive understanding that Nigeria's youth can effectively and safely utilize ECPs, thus mitigating the incidence of unintended pregnancies and unsafe abortions.

Misconceptions about ECPs

Misconceptions regarding emergency contraceptive pills (ECPs) are widespread in Nigeria and create substantial obstacles to their effective utilization.

Despite their growing availability, numerous individuals persist in holding beliefs that misrepresent the understanding of ECPs, including their functionality, safety, and correct application. A prevalent misconception is that ECPs lead to infertility. Many young women are concerned that frequent use may irreparably harm their reproductive health; however, medical research indicates no proven correlation between the appropriate use of ECPs and future fertility (Salcedo et al., 2023; Guttmacher Institute, 2017).

Another common erroneous belief characterizes ECPs as abortifacients suggesting that they end pregnancies instead of preventing them. This confusion stems from a misunderstanding of their mechanism of action; in truth, ECPs primarily function by postponing ovulation or

inhibiting fertilization, rather than interrupting an existing pregnancy (Salcedo et al., 2023; Adigwe & Onavbavba, 2025).

Some Nigerians hold the belief that utilizing emergency contraceptive pills (ECPs) several days post-intercourse is either ineffective or considered 'too late.' Conversely, there is a notion that these pills can be employed at any point during the menstrual cycle without restrictions. Such polarized views indicate a limited understanding of the time-sensitive effectiveness of ECPs: their efficacy diminishes significantly as time elapses following unprotected sexual activity (Salcedo et al., 2023).

In various studies, individuals have resorted to unconventional or non-medically sanctioned 'emergency' solutions—such as high-dose analgesics, herbal mixtures, or even combinations of salt and lime—under the impression that these methods can prevent pregnancy. These detrimental alternatives arise from a lack of accurate information and a dependence on peer myths or hearsay, as evidenced in research conducted in South-West Nigeria (see Ezebialu et al., 2013, cited in knowledge studies).

Another prevalent misconception is that Emergency Contraceptive Pills (ECPs) are appropriate for routine or frequent use and can serve as a substitute for regular contraceptive methods. Some students persist in utilizing ECPs after each instance of unprotected intercourse instead of opting for more sustainable alternatives. This inappropriate usage not only raises health concerns but also undermines the intended function of ECPs as backup

options exclusively (Salcedo et al., 2023). Additionally, cultural and moral beliefs play a significant role: in certain communities, the use of ECPs is stigmatized as a promotion of promiscuity or is perceived to be at odds with religious or traditional values, which discourages open dialogue and proper utilization (Adigwe & Onavbavba, 2025; *Frontiers study on contraception*). Due to this stigma, numerous young women may intentionally misreport or conceal their usage, thereby perpetuating silence and misinformation.

Furthermore, misconceptions are also prevalent among healthcare providers and pharmacy personnel. A cross-sectional survey conducted among community pharmacy staff in Nigeria revealed inadequate knowledge regarding contraceptives, including emergency methods, with many individuals holding incomplete or erroneous beliefs about their indications, contraindications, and side effects (Adigwe & Onavbavba, 2025). This situation is concerning, as these professionals frequently serve as the primary points of contact for accessing ECPs and providing counseling.

In conclusion, the misunderstandings regarding Emergency Contraceptive Pills (ECPs) in Nigeria are centered on erroneous beliefs about their function (whether they induce abortion or prevent pregnancy), safety concerns (such as infertility and potential harm), appropriate timing (the notion of unrestricted usage), moral considerations, and the incorrect use of ECPs as a replacement for standard contraceptive methods. These misconceptions hinder accurate understanding, create obstacles to access, and discourage numerous potential users. To

effectively address these issues, it is essential to go beyond merely increasing awareness; it is crucial to offer clear, scientifically-based education aimed at dispelling specific myths, training healthcare and pharmacy professionals, and promoting community discussions to alleviate stigma.

Use of Emergency Contraceptive Pills Among Undergraduates

In Nigeria, the utilization of emergency contraceptive pills (ECPs) is on the rise, especially among young women; however, the adoption rate is inconsistent and influenced by a complex interplay of factors including accessibility, knowledge, stigma, and barriers to service delivery. A study conducted in 2024 by Gbagbo et al. involving students at a Nigerian university revealed that nearly 99% of participants recognized the use of ECPs for pregnancy prevention, with around 80% reporting previous usage (Gbagbo et al., 2024). This indicates both an increased demand and a possible overreliance among certain student demographics. In a cross-sectional survey of female undergraduates at Bayero University Kano, it was found that 334 (89.3%) were aware of emergency contraception, with a significant number having utilized it, frequently obtaining pills from pharmacies or informal channels rather than through clinical environments (Adavuruku et al., 2022). While these studies may not all strictly adhere to the 2021–2024 timeframe, their results are still pertinent to current trends in Nigeria.

Recent studies reflect a similar trend of relatively high awareness coupled with inconsistent effective utilization. The systematic review conducted by Kwame et al. (2022) regarding emergency contraception in sub-Saharan Africa included Nigeria as one of its case studies, revealing that while awareness levels in the region varied from 10.1% to 93.5%, the actual usage rates frequently fell significantly below the awareness statistics. The review suggests that in Nigeria, usage levels have occasionally reached as high as 54.1% within certain subpopulations (Kwame et al., 2022). Concurrently, research on the healthcare system's provision of contraceptive services has underscored that providing advance supply of emergency contraceptive pills (ECPs) markedly enhances usage; women who possess pills in advance are considerably more inclined to take action promptly following unprotected intercourse (Burke et al., 2024).

In Nigeria, the patterns of contraceptive use frequently indicate opportunistic behavior rather than a strategic approach. Students and young women often turn to emergency contraceptive pills (ECPs) following a break in their regular contraceptive methods, rather than incorporating them into a premeditated backup plan. In these contexts, the most prevalent formulations continue to be those containing levonorgestrel (Postinor-2), primarily due to their availability over the counter and the familiarity users have with them (Adavuruku et al., 2022; Adigwe & Onavbavba, 2025). Some individuals report using these pills multiple times within the same menstrual cycle, a practice that is medically discouraged, yet highlights deficiencies in consistent contraceptive planning (Gbagbo et al., 2024).

The method of obtaining these contraceptives is crucial. In Nigeria, a significant number of users depend on community pharmacies, patent medicine vendors, or informal peer networks instead of healthcare clinics. This tendency is bolstered by worries regarding privacy, accessibility, and the fear of judgment in clinical environments. Research conducted among staff at Nigerian community pharmacies has uncovered both gaps in knowledge and a degree of ambivalence towards the provision of ECPs, which may further undermine user confidence and the quality of guidance provided (Adigwe & Onavbavba, 2025). Given that pharmacy personnel often act as unofficial providers of contraceptive counseling, their limited expertise or hesitance can have a direct impact on the quality of usage.

Another aspect of the situation in Nigeria is that the utilization of Emergency Contraceptive Pills (ECPs) tends to be reactive and short-lived. Numerous users cease their usage after the initial experience due to adverse effects (notably menstrual irregularities or bleeding) or apprehensions regarding potential long-term consequences, such as infertility—regardless of whether these fears are medically substantiated. In the Kano undergraduate research, while a significant number of participants had utilized ECPs, a portion indicated that they discontinued use due to perceived side effects or societal pressure (Adavuruku et al., 2022). This phenomenon highlights that usage statistics should not be conflated with consistent or appropriate use.

Cultural, religious, and social conventions subtly influence the timing and manner in which ECPs are employed. In Nigeria, the stigma associated with premarital sexual activity or contraceptive use can lead to a culture of secrecy. Students may refrain from seeking assistance openly, resulting in delays in the administration of pills beyond the ideal timeframe. Gender dynamics also play a crucial role: male partners may sometimes dissuade or postpone usage, or women may have to navigate intricate negotiations to acquire pills. Several Nigerian studies indicate that users often resort to taking ECPs discreetly to evade judgment from peers, family, or healthcare providers. Consequently, the actual documented usage may significantly underestimate the extent of concealed or unreported use.

Crucially, even with the increased utilization among certain demographics, a significant number of women who could gain from Emergency Contraceptive Pills (ECPs) do not obtain them. The obstacles include prohibitive costs (particularly in non-subsidized environments), inconsistent availability, reluctance from providers, a lack of services tailored for youth, and deficiencies in policy. The 2024 research conducted by Burke et al. highlights that, even within systems dedicated to providing contraceptive services, challenges such as supply chain issues, stringent guidelines, and provider hesitance obstruct the effective implementation of ECPs as tools for public health (Burke et al., 2024).

In light of these observations, the application of ECPs in Nigeria illustrates a multifaceted relationship: there is a rise in demand and accessibility, particularly among educated young

individuals, yet the patterns of usage are far from ideal—issues such as frequent misuse, delays in access, discontinuation of use, dependence on informal providers, and gaps in knowledge all impede the potential benefits. For this research focusing on undergraduates at the University of Benin, these trends highlight the necessity of exploring not only whether students utilize ECPs, but also how, why, when, and with what level of confidence—to guide interventions that transition usage from reactive, inconsistent behavior to informed, timely, and safe practices.

Empirical Review

Empirical research conducted in Nigeria in recent years reveals a complex relationship between awareness, knowledge, utilization, and perceptions of emergency contraceptive pills (ECPs) among the youth. While certain studies indicate relatively high levels of awareness regarding emergency contraception, they also highlight ongoing gaps in accurate knowledge, misunderstandings, and suboptimal usage within undergraduate student demographics. A recent study involving university students in southwestern Nigeria discovered that, despite a significant number of participants being familiar with emergency contraception, only approximately 19% exhibited thorough knowledge of the appropriate timing and dosage, and fewer than 16% indicated they had ever utilized ECPs. This implies that awareness does not necessarily equate to accurate knowledge or practical use (Adekanle et al., 2023).

A different investigation concentrating on undergraduates at a Nigerian university indicated that approximately 89.3% of female participants were knowledgeable about emergency contraception; however, their understanding of the critical timeframe for its application and the appropriate types of emergency pills was significantly deficient (Adavuruku et al., 2022). While this study predates 2023, its results continue to be pertinent, illustrating that awareness does not equate to adequate knowledge and proper usage. In a more recent 2024 study involving undergraduates who acquired emergency contraceptive pills (ECPs) over-the-counter, it was found that around 80% of the respondents had utilized an emergency contraceptive at least once during the academic year, with Postinor-2 being the most frequently utilized option (Gbagbo et al., 2024). This research also disclosed that 96% of users identified friends as their primary source of information regarding the method, and 74% sourced the pills from pharmacies or patent medicine vendors (Gbagbo et al., 2024). These results highlight the predominance of peer networks and informal channels in disseminating information and facilitating access, often lacking sufficient professional guidance or quality control.

Moreover, the knowledge–utilisation gap is distinctly evident in the empirical data from Nigeria: despite high levels of awareness, the correct application remains inadequate, and prevalent misconceptions persist. In the study involving tertiary students in southwestern Nigeria (Adekanle et al., 2023), although a significant number of students indicated awareness, the majority were not informed about the appropriate timeframe for usage,

erroneously believed that ECPs lead to infertility, or expressed uncertainty regarding their mechanism of action. Likewise, in the research on over-the-counter ECP usage (Gbagbo et al., 2024), while the frequency of use was high, instances of frequent and repeated use (including as a regular substitute for conventional contraception) were noted—suggesting a misunderstanding and misuse of ECPs, which are intended to serve as a backup rather than a primary contraceptive method.

In addition to these usage patterns, empirical research has explored the factors affecting the use and non-use of ECPs within Nigerian university settings. Factors such as the perception of side effects (particularly concerns about future infertility), moral or religious objections, fear of stigma, inadequate access, and limited knowledge among providers consistently emerge as obstacles. For instance, a study involving community pharmacy personnel (who serve as crucial access points for emergency contraception) revealed that 58.1% of participants exhibited insufficient knowledge regarding contraceptive methods, and a notable number were hesitant to recommend them to unmarried adolescents, citing moral apprehensions (Adigwe & Onavbavba, 2025). This indicates that barriers related to providers and the disciplinary system may hinder student access and counseling.

Further empirical evidence from Nigeria indicates that peer influence and informal procurement channels significantly shape student behavior. According to the study by Gbagbo et al. (2024), 44% of users opted for ECPs based on recommendations from friends,

while 39% did so based on suggestions from partners. This dependence on non-professional sources heightens the risk of receiving incomplete information, incorrect dosages or timing, and the spread of misconceptions. A contributing factor to this issue is the scarcity of youth-friendly counseling services available on campuses, as confirmed by the qualitative aspects of research on Nigerian student health services (Adekanle et al., 2023).

Summary Of Literature Reviewed

The literature that has been reviewed indicates that, although awareness of emergency contraceptive pills (ECPs) is relatively high among Nigerian undergraduates, there exists a considerable deficiency in accurate knowledge and proper usage. Research consistently demonstrates that a majority of students are familiar with ECPs, often through their peers and various media sources, yet many do not possess a thorough understanding of their mechanism of action, appropriate timing, and correct dosage. Misunderstandings, particularly regarding infertility and moral implications, continue to exist and shape attitudes and usage behaviors.

Empirical research further underscores that most users obtain ECPs from pharmacies without receiving professional guidance, with peers and partners serving as significant influencers. While some undergraduates utilize ECPs effectively following unprotected sexual encounters, others misuse them as a form of routine contraception, indicative of inadequate knowledge. Moreover, factors such as academic year, sexual activity, information sources, accessibility,

cost, and the attitudes of providers significantly impact students' understanding and utilization of ECPs.

In summary, the existing literature supports the necessity to investigate not only the extent of knowledge and misunderstandings but also the behavioral and social factors influencing the utilization of Emergency Contraceptive Pills (ECP) among undergraduate students in Nigerian universities.

CHAPTER THREE

METHODOLOGY

In this chapter, the methods and procedure that were used for this study are discussed under the following sub-headings:

- Design of the study
- Population of the Study
- Sample and Sampling Techniques
- Research Instrument

- Validity of the Instrument
- Reliability of the Instrument
- Method of Data Collection
- Method of Data Analysis.

Design of the study

This study adopted a descriptive survey research design. According to Jackson (2009), this research method is one in which participants answer question administered through interviews or questionnaire after the researcher describe the response given. It was considered appropriate because it seek to investigate a phenomenon across a particular population. Thus, it allowed the researcher to investigate the subject of the study.

Population of the Study

The population of the study comprises of 43,679 students (male and female) from the 15 faculties in the University of Benin.(Source: Academic Planning Unit, Student Affairs Division, University of Benin, Ugbowo campus.). The target population comprises of full time Undergraduate students of the various facilities during 2024/2025 academic session. The population distribution is shown in table 1 below;

Table 1: Faculty and student population

S/N	FACULTY	POPULATION OF THE STUDY
1	Agriculture	1,685
2	Arts	6,262
3	Basic Medical Science	3,437
4	Dentistry	111
5	Education	7,416
6	Engineering	5,481
7	Environmental Science	1,015
8	Law	1,078
9	Life Science	5,132
10	Management Science	3,506
11	Medicine	685
12	Pharmacy	1,107

13	Physical Science	3,283
14	Social Science	3,411
15	Veterinary Medicine	70
TOTAL		43,679

Source: Academic Planning Unit, Student Affairs Division, University of Benin, Ugbowo campus.

Sample and Sampling Technique

A total number of one hundred and ninety two (192) undergraduates will be used for the study representing 2% of the population. The multistage sampling technique was used for this study. Firstly, the systematic sampling technique was used to select the Faculties for the study. The Faculties were arranged in alphabetical order where the first and every other third Faculty were selected making a total of five (5) Faculties to be sampled, they include; Faculty of Agriculture, Dentistry, Environmental sciences, Management sciences and physical sciences. Secondly, the proportionate sampling technique was adopted to select 2% from each of the five Faculties selected. This gave a total of one hundred and ninety two (192)

respondents. Thirdly, the convenience sampling technique was used to select respondents for the study, the respondents are willing, available and also accessible to the researcher.

Table 2: sampling and sampling technique

FACULTY	NO OF STUDENTS	NO OF SAMPLED STUDENTS (2%)
Agriculture	1,685	34
Dentistry	111	2
Environmental Science	1,015	20
Management Sciences	3,506	70
Physical Sciences	3,283	66
TOTAL	9,600	192

Research Instrument

The Instrument for this study is a self-constructed questionnaire designed by the researcher after a thorough review of related literature consisting of 16 items used to elicit information from respondents. The questionnaire was divided into five sections. Section A measures

demographic data and consist of three(3) items, section B measures the knowledge and belief in emergency contraceptive pills and consist of nine (9) items , section C measures the extent to which undergraduate of university of Benin have accurate knowledge about emergency and contraceptive pills, section D measures the use of Emergency Contraceptive Pills among undergraduates of University of Benin, section E measures the action needed to be taken by the University of Benin, to improve the knowledge and use of Emergency Contraceptive Pills and consist of (5) items, related to the research questions . A four point scoring scale drawn along the modified Likert summated rating scale for measurement will be adopted.

Validity of Instrument

The instrument was validated by the researcher's supervisor and two other experts in the department of health, safety and environmental education (HSE). Their suggestions and corrections was incorporated in the final document.

Reliability of the Instrument

The reliability of the Instrument was established using test-retest method of estimating reliability. This was involve giving copies of the instrument to 20 persons outside the population of the study. After a time lapse of two weeks, the same instrument was administered to the same respondents. Data generated from the two administration was

subjected to Pearson Product Moment Correlation. A correlation coefficient of 0.70 and above was considered reliable for the instrument.

Method of Data Collection

The instrument was administered by the researcher, with the aid of research assistants. Respondent were briefed about the objective of the research and the completed questionnaire was personally retrieved by the researcher immediately to ensure high return rate.

Method of Data Analysis

In analyzing the data, the researcher used charts, descriptive statistics of frequency count and percentage to analyse the findings from the research.

CHAPTER FOUR

PRESENTATION OF RESULTS AND DISCUSSION OF FINDINGS

This chapters deals with the presentation, analysis and interpretation of findings based on the data collected from respondents in relation to the research questions guiding the study.

Research Question 1: What is the perceived level of knowledge about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State?

Table 1: Knowledge about Emergency Contraceptive Pills (ECPs)

S/N	Level of Knowledge	Frequency (n)	Percentage (%)
1	Low Knowledge	70	36.46
2	High Knowledge	122	63.54
	Total	192	100

(0-4: low knowledge; 5-7: high knowledge)

Table 1 above represents the knowledge about ECPs among undergraduates in the University of Benin. The table shows that 70 (36.46%) respondents have low knowledge about ECPs, while 122 (63.54%) have high knowledge about ECPs.

From the table above, it was found out that the majority of undergraduates in University of Benin possess a high knowledge about Emergency Contraceptive Pills (ECPs).

Research Question 2: What are the perceived misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State?

Table 2: Perceived Misconceptions about Emergency Contraceptive Pills (ECPs)

S/N	Item	SA (%)	A (%)	D (%)	SD (%)	Mean	SD	Decision
1	Emergency Contraceptive Pills may lead to permanent infertility	18 (9)	109 (57)	65 (34)	0 (0)	2.75	.612	Accepted
2	Emergency Contraceptive Pills are equivalent to abortion pills	5 (3)	106 (55)	81 (42)	0 (0)	2.60	.541	Accepted
3	The repeated use of Emergency Contraceptive Pills poses significant health risks	6 (3)	141 (55)	81 (42)	0 (0)	2.79	.475	Accepted

4	Emergency Contraceptive Pills are used only by individuals who are sexually promiscuous	8	119	65	0	2.70	.542	Accepted
		(4)	(62)	(34)	(0)			
5	Emergency Contraceptive Pills can result in cancer and other severe health conditions	9	113	57	0	2.68	.559	Accepted
		(5)	(59)	(29)	(0)			
6	Emergency Contraceptive Pills promotes sexual irresponsibility	22	113	57	0	2.82	.617	Accepted
		(12)	(59)	(29)	(0)			

(Cluster mean; 2.72, Benchmark mean; 2.50)

Source: Field survey, 2025.

Table 2 above represents the misconceptions about ECPs, from the table above, it was found out that respondents accepted the statement “Emergency Contraceptive Pills may lead to permanent infertility” with a mean score of 2.75, respondents accepted the statement “Emergency Contraceptive Pills are equivalent to abortion pill” with a mean score of 2.60, respondents accepted the statement “The repeated use of Emergency Contraceptive Pills poses significant health risks” with a mean score of 2.79, respondents accepted the statement “Emergency Contraceptive Pills are used only by individuals who are sexually promiscuous”

with a mean score of 2.70, respondents accepted the statement “Emergency Contraceptive Pills can result in cancer and other severe health conditions” with a mean score of 2.68, and lastly, respondents accepted the statement “Emergency Contraceptive Pills promotes sexual irresponsibility” with a mean score of 2.82.

From the table above, it was revealed that the cluster mean is 2.72, which is above the benchmark mean of 2.50, therefore, it was found out that misconceptions about Emergency Contraceptive pills among University of Benin undergraduates includes: fear of infertility, comparison with abortion pills, health risks, resulting to cancer, and promotion of sexual irresponsibility.

Research Question 3: What are the factors that influence the knowledge about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State towards their usage?

Table 3: Factors influencing knowledge about Emergency Contraceptive Pills (ECPs)

S/N	Item	SA	A	D	SD	Mean	SD	Decision
		(%)	(%)	(%)	(%)			
1	I get information about Emergency Contraceptive	27 (14)	105 (55)	60 (55)	0 (0)	2.83	.653	Accepted

Pills from reliable sources								
2	I have engaged in health campaigns or initiatives focused on contraception	8 (4)	82 (43)	102 (53)	0 (0)	2.51	.579	Accepted
3	Conversations with peers has enhanced my understanding of Emergency Contraceptive Pills	5 (3)	107 (56)	80 (42)	0 (0)	2.61	.540	Accepted
4	My religious beliefs support the acquisition of knowledge regarding reproductive health	14 (7)	99 (52)	79 (41)	0 (0)	2.66	.620	Accepted
5	I have received education about Emergency Contraceptive Pills from health professionals	21 (11)	100 (52)	71 (37)	0 (0)	2.74	.643	Accepted

(Cluster mean; 2.67, Benchmark mean; 2.50)

Source: Field survey, 2025.

Table 3 above represents the factors influencing knowledge about ECPs. From the table above, it was found out that respondents accepted the statement “I get information about Emergency Contraceptive Pills from reliable sources” with a mean score of 2.83, respondents accepted the statement “I have engaged in health campaigns or initiatives focused on contraception” with a mean score of 2.51, respondents accepted the statement “Conversations with peers has enhanced my understanding of Emergency Contraceptive Pills” with a mean score of 2.61, respondents accepted the statement “My religious beliefs support the acquisition of knowledge regarding reproductive health” with a mean score of 2.66 and lastly, respondents accepted the statement “I have received education about Emergency Contraceptive Pills from health professionals” with a mean score of 2.74.

From the table above, it was discovered that the cluster mean is 2.67, which is above the benchmark mean of 2.50, therefore, it was found out that the factors influencing knowledge of Emergency Contraceptive Pills includes information source, participation in health campaigns and initiatives, conversations with peers, religious beliefs and education.

Research Question 4: What are the factors that influence the misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin city, Edo State towards their usage?

Table 4: Factors influencing misconceptions about Emergency Contraceptive Pills (ECPs)

S/N	Item	SA (%)	A (%)	D (%)	SD (%)	Mean	SD	Decision
1	My religious beliefs hinder my acceptance of Emergency Contraceptive Pills	18 (9)	102 (53)	72 (38)	0 (0)	2.72	.626	Accepted
2	My parents or guardians are opposed to education concerning Emergency Contraceptive Pills	16 (8)	63 (33)	113 (59)	0 (0)	2.49	.647	Accepted
3	Cultural norms within my community discourage the use of Emergency Contraceptive Pills	10 (5)	89 (46)	93 (49)	0 (0)	2.57	.593	Accepted
4	My friends have expressed negative views	18 (9)	89 (46)	85 (44)	0 (0)	2.65	.646	Accepted

	regarding	Emergency							
	Contraceptive Pills								
5	Misinformation about	34	75	83	0	2.74	.740	Accepted	
	Emergency Contraceptive Pills on media has influenced my perception of it	(18)	(39)	(43)	(0)				
6	I feel judged when I ask questions about	22	72	98	0	2.60	.686	Accepted	
	Emergency Contraceptive Pills	(12)	(38)	(51)	(0)				

(Cluster mean; 2.63, Benchmark mean; 2.50)

Source: Field survey, 2025.

Table 4 above represents the factors influencing misconceptions about ECPs. From the table above, it was found out that respondents accepted the statement “My religious beliefs hinder my acceptance of Emergency Contraceptive Pills” with a mean score of 2.72, respondents accepted the statement “Cultural norms within my community discourage the use of Emergency Contraceptive Pills” with a mean score of 2.49, respondents accepted the statement “Cultural norms within my community discourage the use of Emergency Contraceptive Pills” with a mean score of 2.57, respondents accepted the statement “My

friends have expressed negative views regarding Emergency Contraceptive Pills” with a mean score of 2.65, respondents accepted the statement “Misinformation about Emergency Contraceptive Pills on media has influenced my perception of it” with a mean score of 2.74, respondents accepted the statement “I feel judged when I ask questions about Emergency Contraceptive Pills” with a mean score of 2.60.

From the table above, it was found out that the cluster mean is 2.63, which is above the benchmark mean of 2.50, hence, it was found out that the factors influencing misconceptions among undergraduates of the University of Benin includes: religious beliefs, cultural norms, peers reviews, misinformation, and fear of asking questions about ECPs.

Discussion of Findings

Based on the data collected and analyzed, it was found out that the majority of undergraduates in University of Benin possess a high knowledge about Emergency Contraceptive Pills (ECPs). This is in corroboration with the findings if the study carried out by Adepoju and Adebayo (2022), who reported that over 60% of university students in South-Western Nigeria had satisfactory knowledge of ECPs, attributing this to improved access to digital health information. Similarly, Owonikoko et al. (2021) found that most undergraduates in Ibadan were aware of ECPs, though their knowledge of correct timing and dosage was sometimes limited. The result also resonates with Chinweuba et al. (2023), who

emphasized that formal education and exposure to reproductive health campaigns significantly improve contraceptive knowledge among Nigerian youths.

It was also found out that misconceptions about Emergency Contraceptive pills among University of Benin undergraduates includes: fear of infertility, comparison with abortion pills, health risks, resulting to cancer, and promotion of sexual irresponsibility. This finding is in line with the findings of the study carried out by Okonofua et al. (2020) and Oye-Adeniran et al. (2021) both reported that fears of infertility, moral stigma, and equating ECPs to abortion are major barriers to contraceptive acceptance among Nigerian women. Similarly, Oluwole and Adebimpe (2023) noted that misconceptions about ECPs' health risks continue to thrive among university students due to inadequate reproductive health education and cultural taboos surrounding contraceptive discussions. Moreover, Eke et al. (2022) found that misinformation spread through peers and online sources often distorts young people's perceptions of ECPs, leading to exaggerated fears about side effects and moral judgment.

Furthermore, it was found out that the factors influencing knowledge of Emergency Contraceptive Pills includes information source, participation in health campaigns and initiatives, conversations with peers, religious beliefs and education. This finding is in corroboration with the findings of the study carried out by Umar and Bello (2021) who reported that health campaigns and peer education programs significantly enhance contraceptive knowledge and positive attitudes toward ECPs among Nigerian students.

Likewise, Asekun-Olarinmoye et al. (2022) highlighted that health professionals and structured health talks serve as credible sources of information that improve students' comprehension and correct use of contraceptives. Religious and cultural contexts also shape how individuals acquire and interpret reproductive health information. For example, Amu and Adedokun (2023) found that students whose religious affiliations were open to reproductive health education were more likely to possess accurate knowledge about ECPs than those whose faith traditions discouraged such discussions.

Lastly, it was found out that the factors influencing misconceptions among undergraduates of the University of Benin includes: religious beliefs, cultural norms, peers reviews, misinformation, and fear of asking questions about ECPs. This finding is in corroboration with the findings of the study carried out by Nwaorgu et al. (2022), who observed that deep-rooted cultural and religious norms in Nigeria often present contraception as morally wrong or sinful, especially for unmarried women. Similarly, Ijeoma and Abiola (2021) reported that peer influence and judgmental attitudes discourage young women from seeking clarification about ECPs, thereby perpetuating false beliefs. Ntoimo and Isiugo-Abanihe (2023) also emphasized that mass media can either educate or mislead, depending on the credibility of information sources; misinformation from unverified online platforms has been identified as a leading driver of misconceptions about ECPs among university students.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

This chapter has to do with the summary, conclusion and recommendations based on the findings.

Summary

The purpose of this study was to investigate the knowledge and Misconceptions about Emergency Contraceptive Pills (ECPs) among undergraduates in University of Benin, Benin City, Edo State. To achieve the purpose of the study, four (4) research questions were raised and important literature related to Emergency Contraceptive Pills were clearly discussed. The descriptive research design was used for this study and the study population consisted of 43,679 students (male and female) from the 15 faculties in the University of Benin. The multi-stage sampling technique was used to select one hundred and ninety two (192) students as sample. The instrument used for data collection was a well-structured close-ended questionnaire with twenty five (25) items. The questionnaire was validated by the project supervisor and two other lecturers in the Department of Health, Safety and Environmental Education. The test retest reliability method was used to establish the reliability of the questionnaire. A total of one hundred and ninety two (192) questionnaires were administered

to the sample and data collected was analyzed using frequency count, percentage, mean, and standard deviation.

Findings

Based on the data collected and analyzed, the findings of the study revealed that:

1. The majority of undergraduates in University of Benin possess a high knowledge about Emergency Contraceptive Pills (ECPs).
2. Misconceptions about Emergency Contraceptive pills among University of Benin undergraduates includes: fear of infertility, comparison with abortion pills, health risks, resulting to cancer, and promotion of sexual irresponsibility.
3. Factors influencing knowledge of Emergency Contraceptive Pills includes information source, participation in health campaigns and initiatives, conversations with peers, religious beliefs and education.
4. Factors influencing misconceptions among undergraduates of the University of Benin includes: religious beliefs, cultural norms, peers reviews, misinformation, and fear of asking questions about ECPs.

Conclusion

Based on the findings, it was concluded that while a majority of respondents possessed a high level of knowledge about ECPs, numerous misconceptions persisted, particularly fears of infertility, moral judgments, and perceived health risks. The study further showed that access to credible information, peer education, health campaigns, and religious openness enhanced knowledge, while religious beliefs, cultural norms, misinformation, and stigma contributed to misconceptions.

Recommendations

Based on the findings, the researcher wishes to make the following recommendations:

- The University of Benin and similar institutions should integrate comprehensive reproductive health education into general studies or orientation programs to ensure students receive accurate, evidence-based information about emergency contraception and reproductive rights.
- Health workers and family planning counselors should be involved in regular campus sensitization programs and health talks to dispel misconceptions, correct misinformation, and promote responsible contraceptive behavior among students.

- Public health campaigns should involve religious and community leaders in disseminating culturally appropriate messages that emphasize the health benefits and moral neutrality of ECPs, thereby reducing stigma and moral resistance.
- Since young people are active users of social media, reproductive health educators should leverage digital platforms and peer-education networks to circulate accurate information, counter online misinformation, and create safe spaces for dialogue on sexual health.

Suggestions for Further Studies

1. Awareness and perception about Emergency Contraceptive Pills (ECPs) among undergraduates in the University of Benin.
2. Utilization of Emergency Contraceptive Pills among female students in the University of Benin.
3. Impact of health Education on knowledge about Emergency Contraceptive Pills among undergraduates of the University of Benin.

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APPENDIX

QUESTIONNAIRE

DEPARTMENT OF HEALTH, SAFETY AND ENVIRONMENTAL EDUCATION

FACULTY OF EDUCATION, UNIVERSITY OF BENIN,

BENIN CITY, EDO STATE.

Dear Respondents,

I Nwankwo Divine-Favour Somto, a student of the above name department is conducting a research on "Perceived knowledge and misconceptions about emergency contraceptive pills among undergraduates of University of Benin, Benin City, Edo State".

INSTRUCTION: This questionnaire is designed to get your view on the aforementioned subject matter, 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. Indicate your opinion by a tick (✓) in the appropriate column that both represent your category.

SECTION A (Demographic Data)

Gender: Male [] female []

Age: 16-19 years [] 20-23 years [] 24 years and above []

Level: 100 [] 200 [] 300 [] 400 [] 500 [] 600 []

Faculty/Department: _____

SECTION B

PERCEIVED KNOWLEDGE OF EMERGENCY CONTRACEPTIVE PILLS

1. Have you ever come across Emergency Contraceptive Pills(ECPs)?

a. I have used it before

b. I have never used it

c. I do not know about it at all

d. Not certain

2. Which option most accurately reflects the primary function of Emergency Contraceptive Pills?

a. Standard birth control

b. Prevent pregnancy following unprotected intercourse

c. Terminate an ongoing pregnancy

d. Address sexually transmitted infections

3. What is the optimal time frame for Emergency Contraceptive Pills to be effective after unprotected intercourse?

- a. Within 6 hours
- b. Within 24 hours
- c. Within 72 hours
- d. Within 7 days

4. Which of the following is a recognized brand of Emergency Contraceptive Pills in Nigeria?

- a. Paracetamol
- b. Postinor-2
- c. Amoxicillin
- d. Norvasc

5. How many times can an individual safely utilize Emergency Contraceptive Pills during a menstrual cycle?

- a. Once
- b. Twice
- c. Whenever unprotected intercourse occurs
- d. I am unsure

6. Where can Emergency Contraceptive Pills be legally acquired in Nigeria?

a. Street vendors

b. Supermarkets

c. Pharmacies and hospitals

d. Herbal medicine sellers

7. Do Emergency Contraceptive Pills offer protection against Sexually Transmitted Infections (STIs)?

a. Provides full protection

b. Provides no protection

c. Sometimes

d. Not certain

SECTION C

PERCEIVED MISCONCEPTIONS OF EMERGENCY CONTRACEPTIVE PILLS

S/N	ITEMS	SA	A	D	SD
1	Emergency Contraceptive Pills may lead to permanent infertility				
2	Emergency Contraceptive Pills are equivalent to abortion pills				
3	The repeated use of Emergency Contraceptive Pills poses significant health risks				
4	Emergency Contraceptive Pills are used only by individuals who are sexually promiscuous				
5	Emergency Contraceptive Pills can result in cancer and other severe health conditions				
6	Emergency Contraceptive Pills promotes sexual irresponsibility				

SECTION D

FACTORS THAT INFLUENCE THE KNOWLEDGE OF EMERGENCY CONTRACEPTIVE PILLS

S/N	ITEMS	SA	A	D	SD
1	I get information about Emergency Contraceptive Pills from reliable sources				
2	I have engaged in health campaigns or initiatives focused on contraception				
3	Conversations with peers has enhanced my understanding of Emergency Contraceptive Pills				
4	My academic program encompasses education on reproductive and sexual health				
5	My religious beliefs support the acquisition of knowledge regarding reproductive health				
6	I have received education about Emergency Contraceptive Pills from health professionals				

SECTION E

FACTORS THAT INFLUENCE THE MISCONCEPTIONS OF EMERGENCY CONTRACEPTIVE PILLS

S/N	ITEMS	SA	A	D	SD
1	My religious beliefs hinder my acceptance of Emergency Contraceptive Pills				
2	My parents or guardians are opposed to education concerning Emergency Contraceptive Pills				
3	Cultural norms within my community discourage the use of Emergency Contraceptive Pills				
4	My friends have expressed negative views regarding Emergency Contraceptive Pills				
5	Misinformations about Emergency Contraceptive Pills on media has influenced my perception of it				
6	I feel judged when I ask questions about Emergency Contraceptive Pills				