

Contraceptive Knowledge and Use among youth in Abuja Metropolis, Nigeria

Background: Contraceptive knowledge is vital to promoting youth's health and wellbeing. It has been proven to lower the high rates of unwanted pregnancy, sexually transmitted infections including HIV/AIDS. A number of factors have been identified as responsible for high level of importance attached to youths' sexual and reproductive health. This is because in Nigeria, the high maternal mortality ratio, which was estimated to be 814 deaths per 100,000 live births in 2015 is a result of her youths' sexual behavior. The increasing MMR in Nigeria is characterized by low contraceptive usage, illegal abortion, ignorance of contraception among youths, as well as lack of adequate sex education from parents and teachers. Despite recent declines in the percentage of young people who have ever had sexual intercourse, and reduction in teenage pregnancy and child bearing in developed nations. The case in developing countries Nigeria inclusive are not different, as youth people continue to be inconsistent contraceptive users. It is obvious that many young people are sexually active with low level of contraceptive use. Discrimination on the part of female youth has subjected them to physical and sexual abuse which also contributes to increasing infections that are associated with non-condom use in Nigeria. **Objectives:** The study objective was to determine the level of contraceptive knowledge and use among youths' in Federal Capital Territory (Abuja) Nigeria. And to identify factors responsible for low contraceptive knowledge and use in Abuja metropolis. **Materials and methods:** The study adopted an explanatory sequential mixed-method research design. Quantitative data was generated using a structured questionnaire, as well as in-depth interviews for the qualitative data. **Result:** A

cross section of five hundred youth were interviewed among youths' age 15-25 years. Two hundred respondents each were drawn from both Tertiary and Secondary institutions, information was also elicited from one hundred respondents (artisans and traders) not in any institutions. Majority of the youth (58.2%) were sexually active, with sexual debut starting within age 15-19 years. The prevalence of contraceptive knowledge was very high (78.8%), while (34.6%) were not using any type of contraceptives, even among the educated youth notwithstanding their level of education. This could be attributed to factors such as partner approved use of contraceptive ($P < 0.000$), level of education ($P = 0.007$) and knowledge of any methods ($P = 0.000$). Other factors identified included embarrassment to buy, fear of side effect, and disapproval by partner. **Conclusion:** The study discovered that contraceptive knowledge was quite high but ever use of any method was low. Indicating that young people are highly exposed to diseases associated with unprotected sex that will leads to sexually transmitted diseases. The higher percentage of young people examined had positive attitudes towards contraception before they could commence sexual activities. Meanwhile a good number of them who have engaged in sexual intercourse indicate that they were not properly guided by their parents nor teachers. It was concluded that there is a wide disparity between contraceptive knowledge and use which need to be bridged. There is need to review policies regarding sexual and reproductive health, as well sexuality education among youth in Nigeria.

Keywords: Contraceptive knowledge, Youth, Abuja Nigeria