

Sexuality and Contraceptive Practice Among Students in University of Medical Sciences, Akure, Ondo State.

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ABSTRACT

The periods of youths are the most productive and energetic times, characterized by risky behaviors including exploratory sexual practices. Due to their population base, their sexual and reproductive health behaviors critically affect the global wellbeing. Reproductive health issues among youths in Africa have been the subject of discussion. This is because they have a high level of premarital, often multiple, short-term sexual relationships. They do not use condom or use it inconsistently and are vulnerable to sexual violence and exploitation. In many cases, without safer sex, with ineffective use of Contraceptive, unwanted pregnancy and sexual related diseases occurs which makes it difficult for many students to complete school and leads to adverse socio-economic consequences in later life. There are also high rates of mortality among students and youths as a result of trying to abort unwanted or untimely pregnancies. However, usage of contraceptive could be an aid to limiting this potential complication. The Sexual and Reproductive Health and Rights (SRHR) challenges amongst youths are known and documented in various global, regional, and national conventions, protocols, charter, and strategic plans. These include child marriage, early sexual debut, unplanned pregnancy, unsafe abortion, maternal morbidity and mortality, Sexually Transmitted Infections, and Human Immunodeficiency Virus (STI/HIV) and gender-based violence. A descriptive cross-sectional study design was conducted on 149 students selected by proportionate sampling technique to evaluate the knowledge and usage of contraceptives among the students. The study saw a substantial level of good knowledge among the students, having a vast knowledge on what sexuality is and also on contraceptives and its use. Majority of the students are sexually active. More than half of the students reported to engage in sexual intercourse while using contraceptives frequently. Condom was the most used contraceptive among the students followed by oral pills, but the least used contraceptives was injectables.