

## Knowledge and Practices of Adolescents on Contraception in Urban Schools in Bamako

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### Abstract

**Introduction:** Contraception is usually a method of birth control. In Mali, more than a third of teenager's girls have already started an active sexual life. The integration of sexual education and reproductive health in schools is essential to prevent unintended pregnancies and their consequences during this period. The aim of this study was to determine knowledge and practices of modern contraception in young girls in the high school.

**Materials and Methods:** The cross-sectional survey was carried out at BA Aminata Diallo high school from January 2016 to March 2016. Data were collected in 240 girls involved in this study. Data entry was done in Excel 2007 and analyzed with SPSS 16.0.

**Results:** The contraceptive prevalence rate for at least one method was only 19.6%. The large majority of participants knew at least one reason for contraception use as to space births (10.9%), avoid pregnancy (47.9%) and protect themselves against sexually transmitted infectious (35.8%). The method of contraceptives frequently used were condoms (52.1%) and pill tablets (35.4%) (Table 2).

**Conclusion:** This study shows the low use of contraceptive methods (19.6%) and a good knowledge of contraception methods. The efforts are needed to improve contraceptive prevalence rate in teenagers in Bamako.

**Keywords:** Knowledge; Practices; Contraception; Teenage Girls

### Introduction

The teenager years represents a critical period of life, it is characterized by a significant changes in physical and individual behaviors [1]. According to World Health Organization (WHO), adolescence is the period between childhood (10 years) and adulthood (19 years) corresponds a transition phase during which major developments of sexuality takes place [2]. It remains a major concern in developing countries due to the consequences related to unintended pregnancies [3]. In Mali, 36% of teenagers have already started a sexual life whose 30% had already given birth and 6% were pregnant, and only 16% of women used at least one method of contraceptive [4]. Finally,

the early entry in reproductive life reduces considerably their educational opportunities and also has a negative impact on their lives in general [3].

Despite, the efforts made in reproductive health as the promotion of contraceptive knowledge, the use of many methods of contraceptive and the fight against unintended pregnancies, the utilization rate remains low in Mali [3]. One of the consequences of adolescent pregnancy is to drop out of school this may well jeopardize the education and employment opportunities and also the development of the country [1]. Knowledge and use of contraceptive methods in schools are essential to prevent unintended pregnancies, early deliveries and sexually transmitted infections.

In Mali, several studies conducted showed good knowledge on contraception in high schools compound the girls and boys. Diawara, *et al.* in 2007 reported 85.1% and 51.6% of knowledge and use of contraceptive methods [5]; 79.4% and 47% by Berthé, *et al.* in 2008 [6], 82.4% and 53.6% by Konaté, *et al.* in 2013 [7]. In order to update the information on contraceptive knowledge and practices in teenagers, we conducted this study in high school compound only of girls.

**Materials and Methods**

This study was conducted in BA Aminata Diallo high school located commune III of Bamako district. It is a high school only for girl compound to 29 classrooms. A cross section was done from January to March 2016 to collect information on contraceptive knowledge and practices in girls between 14 - 19 years old frequenting BA Aminata Diallo high school. The quantitative component was carried out using a semi-structured individual questionnaire on contraceptive knowledge and practices.

An authorization was obtained from the administrative authorities of the establishment before to start the activities. The consent form from each participant was obtained before administration of the questionnaire. The unique identifying number was assigned to each participant by the interviewers to ensure data confidentiality. Data entry was done in Excel 2007 and analyzed using SPSS 16.0. A total of 240 participants were selected in this study according their availability.

**Results**

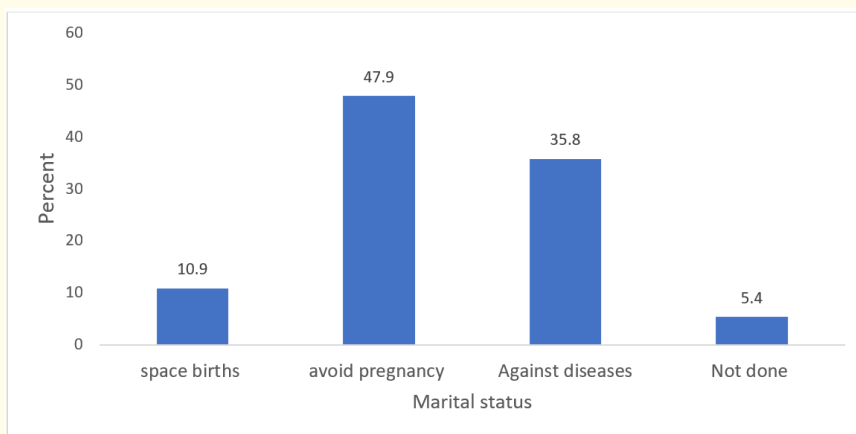
The frequency of single, engaged relationship and married adolescents was 80.8%, 14.2%, and 5%, respectively (Table 1). The contraceptive prevalence rate for at least one method was only 19.6% during this study (Table 2). The large majority of participants knew at least one reason for contraception use as to space births (10.9%), avoid pregnancy (47.9%) and protect themselves against sexually transmitted infectious (35.8%) (Figure 1). The different sources of information on contraception method were schools (70.8%), the media (37.5%), parents (37.9%), spouses (25.4%), friends (50.0%) and health centers (72.5%) (Figure 2). The method of contraceptives frequently used were condoms (52.1%) and pill tablets (35.4%) (Table 2).

Status	n (%)
Single	194 (80.8)
Engaged	34 (14.2)
Married	12 (5.0)
Total	240 (100)

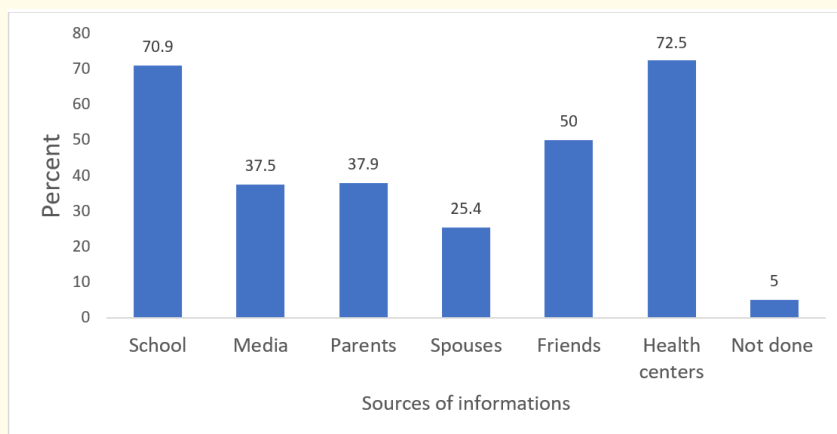
**Table 1:** Marital status of participants.

Type of contraceptives	n (%)
Contraceptive pill	17 (35.4)
Condom	25 (52.1)
Intrauterine device	1 (2.1)
Injectable	2 (4.2)
Norplant	3 (6.3)
Total	48 (100)

**Table 2:** Types of contraceptives used.



**Figure 1:** Reasons of contraceptive use.



**Figure 2:** Source of information on contraception.

### Discussion

The singles represented the large majority of the participants. Generally, in high school, the people don't like married or rarely marry, they rather finish to school before to engage for marriage. After the marriage it's not possible generally to continuous school in the socio-cultural conditions of Mali.

Overall, many teenagers student had a good knowledge of at least one contraceptive methods as reported by Adohinzin in Burkina on contraceptive knowledge and practices with 97% [8] and Traoré LF, *et al.* in Benin and Mali on contraceptive knowledge, practice and prospects in adolescents [9]. The majority of participants knew at least one reason of contraceptive use, which means that adolescents have a good knowledge about contraceptive methods in this school. However, the low use (19.6%) of contraception can be explained by the fact that 25.4% had already started sexual intercourse and also the accessibility to the different methods of contraception. Some participants have also spoken about abstinence, during the menstrual cycle to detect the fertile phase and abstain sexual intercourse during this period. Our finding on low rate of contraception use are consistent with Gonçalves, *et al.* in 2011 [10]. on sexual and reproductive health in young people in Burkina Faso [8], the majority of adolescents approved contraception, most of them did not use it. In general, discussions with parents were mainly about advice on sexual abstinence [9]. Also, some adolescent girls have a notion of family life education. The low use of contraceptive methods can be explained by ignorance on the consequences of unintended pregnancies, transmitted disease infectious and on life. Efforts must be made to improve the prevalence of contraception use in the school in Bamako.

Health centers, schools, and friends were the most cited as information sources about contraception as reported by Mseddi, *et al.* in Kisumu [11], indicating that the main sources of information were school and friends. The condom and pill tablets were the main types of contraceptives frequently cited. The high use of condoms is due to its double advantage, protection against unintended pregnancies and STI/AIDS, it's accessible to everyone, easy to use and less expensive. The pills are easy to access and use requires a great deal of attention to avoid forgetting them. The same observations were done by Guilbert [8] on high frequency of condom and pill use in contraceptives types.

### Conclusion

The women in high school girls had a good knowledge on contraception method but the use remains a serious problem. This sensitization and education are necessary to improve to use of contraception.

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