

FACTORS ASSOCIATED WITH CONTRACEPTIVE USE AMONG ADOLESCENTS IN TEMEKE DISTRICT

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ABSTRACT

Background: Globally, contraception among adolescents is low, the situation is worse in sub-Saharan Africa. Tanzania is having a contraceptive prevalence rate of 12% [TDHS 2010]. This translates into high fertility rates of 5.1 and high rates of abortion (36%) as a case of East Africa [Population Reference Bureau 2011].

Objective: To assess the proportion of adolescents using contraceptive and associated factors in Temeke Municipality with the future aim of promoting adolescents contraception in Tanzania. Materials and Methods: The study design was cross-sectional utilizing a multi-stage sampling method to obtain study participants. A questionnaire was administered among 277 adolescents to collect information on contraception.

Results: A total of 120(43%) participants had used contraceptives with condom being the preferred method among 157(57%), followed by calendar method among 22(7.94%) participants. Reasons for contraceptive non-use were lack of adequate information, concerns on side effects and fear of failure to conceive in the future. Contraception was mainly associated with education and age at sexual debut. Two barriers for contraceptive use reported were didn't receive adequate information and confidentiality not observed.

Conclusion and recommendations: Adolescents' contraception is still low in Temeke District and faced with multiple challenges. Adolescents' friendly reproductive health services should be strengthened together with addressing quality of care.