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“COUNSELING RESONANCES ON  
MENTAL HEALTH EMERGENCIES AND AWARENESS”

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**ASSESSMENT OF KNOWLEDGE AND UTILIZATION OF  
CONTRACEPTIVES AMONG TEACHERS IN PUBLIC SECONDARY  
SCHOOLS IN ILESA METROPOLIS, NIGERIA: A PANACEA FOR FAMILY  
WELLNESS**

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**ABSTRACT**

*The study focused on knowledge and utilization of contraceptives among public secondary school teachers in Ilesa metropolis. It assessed the level of knowledge of contraceptives among public secondary school teachers; it also ascertained the utilization of contraceptives among public secondary school teacher and finally identified the factors influencing the use of contraceptives among public secondary school teachers within the study area. These were with a view of improving the knowledge and use of contraceptives among secondary school teachers. The study employed a descriptive survey research design. The population of the study comprised all public secondary school teachers in Ilesa. Two hundred and six public secondary school teachers were randomly selected from the two local governments in Ilesa using simple random sampling technique. One instrument was used for data collection for the study. The instrument was titled “Contraceptives Knowledge and Utilization Assessment Questionnaire among Public Secondary School Teachers” (CKUAQPSST). Data collected were analyzed using frequency counts, simple percentages, mean and standard deviation. The results of the study revealed that the level of knowledge of contraceptives among public secondary school teachers within the study area is moderately high (67%). Result revealed further that the utilization level of contraceptives is low (40.3%). The result finally indicated that the most notable factors considered by the respondents to influence their utilization of contraceptives include spouse’ s consent (71.4%), fear of side effect (70.9%) and marital status (67.0%). The study concluded that the knowledge of teachers about contraceptives is moderately high and utilization level of contraceptives is relatively low.*

Keywords: Assessment, Contraceptives, Knowledge, Utilization

### INTRODUCTION

Contraceptives offer mental health benefits by getting relief from painful symptoms and improving overall mood. It also prevents unintended pregnancies thereby giving peace of mind and the ability to actually enjoy sex (Morgan, & Datta, 2018). According to a study result published in American Journal of Psychiatry, unintended pregnancies pose significant health risks for women with poorly controlled mental illness because pregnancy, birth and infant care force adjustments in interpersonal, occupational and financial functioning that challenge coping skills and resources (Gramigna, 2020). There is a great likelihood that the last-born child is unwanted in large families since there exist a correlation between a very high population density and the prevalence of mental disorders, even though according to WHO, there is no definite causal relationship that has been established but indirectly through poverty, jobs, housing, disease, crime, and so on, this may result in considerable stress being placed on families resulting in higher rates of mental illness (Gramigna, 2020).

Adolescence (10-19) years are a transitional period between childhood and adulthood and this being so poses a lot of challenges. Sexual and reproductive health and rights have been a continuous global health challenge for adolescents because they are important for the development of the society. This challenge is due to the complexity of meeting their sexual and reproductive health needs (Lambonmung, Acheampong & Langkulsen, 2022). Adolescent pregnancy is a global problem with a known cause, which has impact on health, social and economic status of individuals, families and communities. It is often higher among those with little education or those with low socio-economic status. Child marriage and sexual abuse predisposes girls to unwanted pregnancies, also lack of access to contraceptives plays an important role in teenage pregnancies (WHO, 2023). The development of adolescents is of prime importance for health behaviour, socialization and productivity to sustain a good future. In spite of the contributions of adolescents to the increasing population of the developing and underdeveloped countries, they are often a neglected group (George, Jacobs, Ved, Rasanathan, & Zaidi, 2021).

Annually, approximately 21 million girls between the ages of 15 and 19 years in developing countries become pregnant and an estimated 12 million of them give birth (WHO, 2023). An estimated 14% of adolescent girls give birth before age 18 globally in 2021, which have a negative effect on their education, livelihoods and health. Globally, maternal conditions are among the leading causes of disability-adjusted life years (DALYs) and death among girls between the ages of 15 and 19 (UNICEF, 2022). According to statistics, African countries lead the world in adolescent pregnancy. In 2021, Nigeria's adolescent pregnancy was 106 per 1000, which showed an increasing rate. This surge in adolescent pregnancy has been traced to some factors, which include early onset of menarche, early onset of sexual activity, early marriage, low socio-economic status, economic insecurity, ineffective use of contraceptives, low educational and career aspirations. Nigeria's population is estimated to be 205 million with a 3% annual growth rate and has the likelihood of becoming the third most populous country in the world by 2050 which should be an indication for prevention of adolescent pregnancy (Alukagberie, Ibrahim, & Poix, 2023)

The Sustainable Development Goals (SDGs) in relation to the sexual and reproductive health and rights (SRHR) of girls and women have goals and targets related to health, education and gender equality

which includes access to sexual and reproductive health (SRH) services, comprehensive sexuality education and the ability to make decisions about their own health. It has been proven that girls have a great potential to contribute to world development and its sustainability and their involvement is a stepping stone to achieving development and sustainability, thus the sustainable development goals take this as a fact to emphasize the role of girls in achieving the sustainable development goal for 2030 (Ogu & Ojule, 2018). Contraception is the intentional prevention of conception through the use of various devices, sexual practices, chemicals, drugs or surgical procedures. An effective contraception allows a physical relationship without fear of an unwanted pregnancy and ensures freedom to have children when desired (Jain & Muralidhar, 2011).

According to the United Nations statistics, 12% of married women around the globe do not use contraceptives, this is as a result of factors like lack of access to information and services, fear of side effects and lack of approval from loved ones. This has implication for maternal health as findings revealed that in 2008; approximately 44% of maternal death was averted due to contraceptives (Hodin, 2017). Contraceptives are not within reach of adolescents in many places and even when they have access to it, they may lack the agency or resources to pay for them or the knowledge on where to get them and appropriately use them. In addition, there are chances that they may discontinue it due to some events of life and reproductive choices. Laws and policies that restricts adolescents from having access to contraceptives based on age and marital status is also a constraint to the use of contraceptives coupled with bias from health workers and refusal to acknowledge adolescents' sexual health needs (WHO, 2023).

Students know teachers for knowledge transfer and impartation. In this light, the knowledge and experience of teachers about contraceptives will influence the informed decisions of students when the need arises. This makes it imperative to assess the knowledge of teachers about contraceptives and its utilization. Therefore, this study sought to assess the knowledge and utilization of contraceptives among public secondary school teachers in Ilesa metropolis.

### **Statement Of The Problem**

Annually, approximately 21 million girls between the ages of 15 and 19 years in developing countries become pregnant and an estimated 12 million of them give birth. An estimated 14% of adolescent girls give birth before age 18 globally in 2021, which has a negative effect on their education, livelihoods and health. Globally, maternal conditions are among the leading causes of disability-adjusted life years (DALYs) and death among girls between the ages of 15 and 19. Statistics revealed that Nigeria's population is estimated to be 205 million with a 3% annual growth rate and has the likelihood of becoming the third most populous country in the world by 2050, which should be an indication for prevention of adolescent pregnancy. Adequate family planning could save approximately \$5.7 billion by preventing unplanned pregnancies and unsafe abortions. This also will help in contributing towards achieving the sustainable development goals (SDGs) and the target of the health for all policy. Teachers have potentials to impart knowledge into students and assist them in making informed decisions at crucial stages in life. Therefore, this study aims at knowing the level of knowledge of teachers about contraceptives and its utilization which

will be of primary help to them and at the same time be an impart channel to transfer this knowledge to the younger generation and to the community as a whole.

### **Purpose Of The Study**

The general objective of the study is to assess the knowledge and utilization of contraceptives among teachers in public secondary schools. Therefore, the specific objectives are to:

- i. assess the level of knowledge of contraceptives among public secondary school teachers in Ilesa metropolis.
- ii. ascertain the utilization of contraceptives among public secondary school teachers in Ilesa metropolis.
- iii. identify the factors influencing the utilization of contraceptives among public secondary school teachers in Ilesa metropolis.

### **Research Questions**

The study is guided with the following research questions:

1. What is the level of knowledge of contraceptives among public secondary school teachers in Ilesa metropolis?
2. What is the rate of utilization of contraceptives among public secondary school teachers in Ilesa metropolis?
3. What are the factors influencing the utilization of contraceptives among public secondary school teachers in Ilesa metropolis?

### **METHOD**

The study adopted the descriptive survey research design. The population of the study comprised all public secondary school teachers in Ilesa metropolis. The total population of public secondary school teachers in Ilesa was 450 as at the time of conducting the research. The sample for the study comprised two hundred and six respondents. The sample was selected from the two local government areas in Ilesa. Fourteen secondary schools were randomly selected out of the twenty public secondary school in Ilesa using simple random sampling technique. Twelve of the sixteen secondary schools in Ilesa East were selected and two of the four secondary schools in Ilesa West. From the selected schools, two hundred and six teachers were randomly selected from those who were willing to participate in the study. One instrument was used for data collection and the instrument was titled "Contraceptives Knowledge and Utilization Assessment Questionnaire among Public Secondary School Teachers" (CKUAQPSST). Data obtained were analyzed using Statistical Package for Social Sciences (SPSS) version 27.0 statistical software. Variables and research questions were analyzed using descriptive statistics such as frequency, percentage, mean and standard deviation.

### **RESULT**

**Research Questions One:** What is the level of knowledge of contraceptives among public secondary school teachers in Ilesa metropolis?

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In order to answer this research question, data collected on 7 items of the knowledge of contraceptives among public secondary school teachers were subjected to descriptive analysis of mean. Results are presented in Table 1.

Table 1. : Descriptive analysis of the knowledge of contraceptives among public secondary school teachers in Ilesa Metropolis

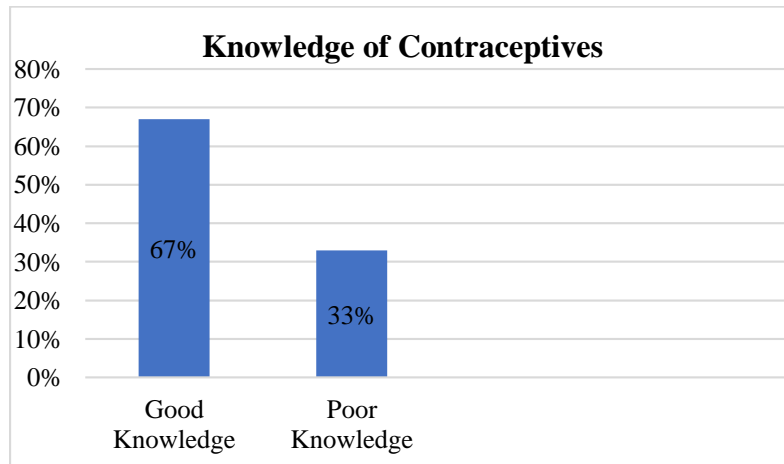
VARIABLES		FREQUENCY (N=206)	PERCENTAGE (%)	Mean
Have you heard about contraceptives before?	Yes	190	92.2	0.9
	No	16	7.8	
What was your source of information about contraceptives?	Parents	32	15.5	3.2
	Media	75	36.4	
	Friends/Relatives	13	6.3	
	Sexual Partners	10	4.9	
	Health workers	71	34.5	
	Religious Leaders	1	0.5	
	Other sources	4	1.9	
A contraceptive is a means of limiting and spacing childbirth.	Yes	194	94.2	0.94
	No	12	5.8	
It is not safe for adolescents	Yes	95	46.1	0.41
	No	121	58.7	
Menopausal women do not need contraceptives	Yes	94	45.6	0.46
	No	112	54.4	
Contraceptives could be a cause of infertility	Yes	127	61.7	0.62
	No	79	38.3	

**Valid N= 206**

From the table above, correct response was scored 1 while incorrect response was scored 0. The highest score any respondent can have is 7 and the lowest was 0. Respondents who score above the Mean score (4.8) was scored high level of knowledge while score of below the mean score (4.8) was scored low level of knowledge.

A very large percentage of the respondents (92.2%) claimed to have heard about contraceptives before and about than one third claimed that their source of information about contraceptives was through the media (36.4%) and Health workers (34.5%) respectively. Majority (94.2%) claimed that contraceptive is a means of limiting and spacing childbirth but nearly half of the respondents (46.1%) claimed it is not safe for adolescents. More than half (53.9%) claimed that all contraceptives can help prevent STIs. More than half (54.4%) claimed that menopausal women do not need contraceptives. However, about two third (61.7%) attested that contraceptives could be a cause of infertility.

Figure 1: Knowledge of Contraceptives



Findings revealed that majority (67%) of the respondents had good knowledge of contraceptives while about one third (33%) had poor knowledge of contraceptives.

**Research Question Two:** What is the rate of utilization of contraceptives among public secondary school teachers in Ilesa metropolis?

In order to answer this research question, data collected on 12 items of rate of utilization of contraceptives among public secondary school teachers were subjected to descriptive analysis of mean and standard deviation. The results are presented in table 2.

Table 2.: Descriptive analysis of the utilization of contraceptives by public secondary school teachers in Ilesa Metropolis

S/N	AVAILABLE CONTRACEPTIVE	N	Utilization Rate n (%)	Max.	Min.	Mean	S.D.
1.	Abstinence	206	105 (51.0)	1.0	0.0	0.14	0.50
2.	Condom	206	114 (55.3)	1.0	0.0	0.45	0.50
3.	Pills	206	78 (37.9)	1.0	0.0	0.38	0.49
4.	IUCD	206	57 (27.7)	1.0	0.0	0.17	0.45
5.	Cervical vaults or caps	206	42 (20.4)	1.0	0.0	0.14	0.42
6.	Implants	206	58 (28.2)	1.0	0.0	0.21	0.45
7.	Emergency contraception	206	29 (14.1)	1.0	0.0	0.14	0.35
8.	Withdrawal method	206	92 (44.7)	1.0	0.0	0.45	0.50
9.	Calendar method	206	79 (38.3)	1.0	0.0	0.38	0.49
10.	Traditional method	206	34 (16.5)	1.0	0.0	0.17	0.37
11.	Cervical secretion	206	29 (14.1)	1.0	0.0	0.14	0.35
12.	Vasectomy or Tubal ligation	206	44 (21.4)	1.0	0.0	0.21	0.41

Valid N= 206

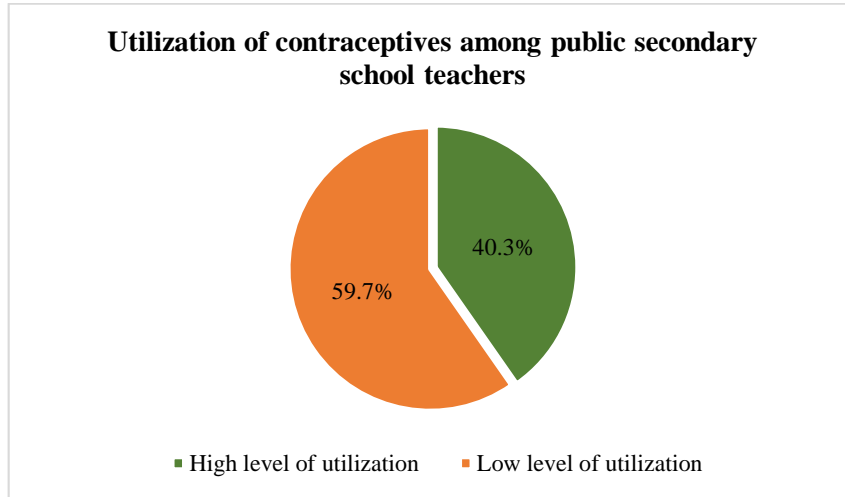
N=206

Table 2 revealed the respondent' s utilization of contraceptives. Result showed that about half of the respondents 55.3% claimed to use condom followed by abstinence method. 44.7% claimed they use

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withdrawal method, 38.3% use calendar method, 37.9% use pills, 28.2% use implants, 27.7% use IUCD and 21.4% had either done vasectomy or tubal ligation. 20.4% uses cervical vaults or caps, 16.5% uses traditional method. Emergency contraception and cervical secretion method are used by 14.1% of respondents.

Figure 2: Utilization of Contraceptives



The figure 2 above revealed the utilization of contraceptives. Majority (59.7%) had poor utilization of contraceptives while only two fifth of the respondents had high level of utilization of contraceptives (40.3%).

**Research Question Three:** What are the factors influencing the utilization of contraceptives among public secondary school teachers in Ilesa metropolis?

In order to answer this research question, data collected on 9 items of factors influencing utilization of contraceptives among public secondary school teachers were subjected to descriptive analysis of mean and standard deviation. The results are presented in table 3.

Table 3.: Descriptive analysis of the factors influencing utilization of contraceptives

S/N	Influencing Factors	N	InfluencingRate n (%)	Max.	Min.	Mean	S.D.	rank
1.	Marital status	206	138 (67.0)	1.0	0.0	0.67	0.47	3 <sup>rd</sup>
2.	Parity/Number of Children	206	75 (36.4)	1.0	0.0	0.36	0.48	8 <sup>th</sup>
3.	Religion	206	87 ((42.2)	1.0	0.0	0.42	0.50	7 <sup>th</sup>
4.	Education	206	120 (58.3)	1.0	0.0	0.58	0.49	4 <sup>th</sup>
5.	Culture	206	67 (32.5)	1.0	0.0	0.33	0.47	9 <sup>th</sup>
6.	Fear of side effect	206	146 (70.9)	1.0	0.0	0.71	0.46	1 <sup>st</sup>
7.	Accessibility & Affordability	206	109 (52.9)	1.0	0.0	0.53	0.50	6 <sup>th</sup>
8.	Existing health condition	206	114 (55.3)	1.0	0.0	0.55	0.50	5 <sup>th</sup>
9.	Spouse' s consent	206	147 (71.4)	1.0	0.0	0.71	0.45	1 <sup>st</sup>
<b>Valid N=206</b>								

Table 3 revealed the factors influencing respondents utilization of contraceptives. The most notable factors considered by the respondents to influence their utilization of contraceptives include spouses consent (71.4%), fear of side effect (70.9%), marital status (67.0%). Although, 58.3%, 55.3% & 52.9% respectively considered education, existing health condition and accessibility & affordability as factors influencing their utilization of contraceptives. About 42.2% considered religion as a factor influencing their utilization of contraceptives. Parity & culture received the least consideration in that about one third (36.4% & 3.5% respectively) of the respondent considered them to influence their utilization of contraceptive.

### DISCUSSION OF FINDINGS

The study had found out that majority of the respondents had good knowledge of contraceptives. This outcome is in tune with a study conducted in Sikkim, India by Renjhen et al, (2010) in which majority of the respondents had good knowledge of contraceptives. Majority of the respondents got information about contraceptives from the media; this was in line with the study conducted among nursing staff in India by Gothwal et al, (2020) in which majority of respondents got information through media. In this current study, nearly half incorrectly believed that contraceptive is not safe for adolescents. In addition, more than half of them incorrectly claimed that all contraceptives can help prevent STIs and that menopausal women still need contraceptives. However, this is in contrast with the findings of same study conducted by Renjhen et al, (2010) in Sikkim, India in which 23% thought that contraceptives could be used to prevent infections.

The outcome of this study is also in line with another study conducted by Okafor et al, (2022) in Enugu, Nigeria which revealed that majority of respondents had a good knowledge of contraceptives. In the current study, majority believed that contraceptives could be a cause of infertility which was however in contrast with a study conducted by Gallo et al, (2019) among women in Hanoi, Vietnam, in which almost majority of women recognized that the contraceptive pill shot and implant do not cause infertility. In addition, the outcome of this study is also in tune with another study conducted in Uganda by Nsubuga et al, (2015) which revealed that knowledge of any contraceptives was almost universal but only few people knew about female condoms.

Moreover, the study also found out that the prevailing methods of contraceptive utilized by the respondents were condoms, abstinence followed by withdrawal method respectively. This outcome is in tune with the outcome of the study conducted by Renjhen et al, (2010) in Sikkim, India, in which the most commonly used contraceptives were condom but was otherwise followed by pills instead of the prevailing abstinence method that was observed from this study and also, only few utilized the withdrawal method as opposed to what was observed in the outcome of this study. About one third claimed they use contraceptive pills and calendar method respectively, this is in contrast with the outcome of same study conducted by Renjhen et al, (2010) in Sikkim, India, which reveals that contraceptive, was more on the prevailing side. In addition, about one fifth use IUCD and Implants respectively while Emergency contraception & cervical secretion has the least utilization among the respondents. This is in contrast with the outcome of similar study conducted in Enugu, Nigeria by Okafor et al, (2022), in which almost all the male respondents were using condom, followed by withdrawal methods and the least method are vasectomy. In contrast, majority



of the female respondents were using contraceptive implant/implanon followed by calendar or rhythm methods and the least used method among the female respondents was intrauterine device (IUD).

The outcome of this study also revealed that the most notable factors considered by the respondents to influence their choice of contraceptives were spouse's consent, fear of side effect and marital status. This is in contrast with the outcome the study conducted by Nansseu, et al, (2015) among women living in Mbouda, which revealed that lack of knowledge, uselessness and unbearable side effects accounted for the factors influencing their use of contraceptives method, although slightly similar to the outcome of another study conducted by Issah, Salifu, and Awal, (2022) among undergraduate nursing students in the University for development studies in Tamale, Ghana which revealed that 26% did not use contraceptives because it was against their faith and 25% didn't use because of the fear of side effects. The consent of partner affected the choice of the larger percentage of participants in using contraceptives this is in line with the findings of Okafor et al, (2022) in a study carried out in Enugu that encouragement from respondent's partner showed a higher chance of adopting a current family planning practice. In addition, it was observed that a little above half considered education, existing health condition and accessibility & affordability as factors influencing their choice of contraceptives. Parity/number of children & culture were least considered by the respondents to influence their utilization of contraceptive.

### CONCLUSION

Adolescent pregnancy is a global problem with a known cause, which has impact on health, social and economic status of individuals, families and communities. It is often higher among those with little education or those with low socio-economic status. Child marriage and sexual abuse predisposes girls to unwanted pregnancies, also lack of information and access to contraceptives plays an important role in teenage pregnancies. Although, different types of contraceptives abound but not all are suitable for all situations. The most appropriate method of birth control depends on an individual's overall health, age, frequency of sexual activity, number of sexual partners, desire to have children in the future and family history of certain diseases. Education on the different types of contraceptives coupled with accessibility and affordability will help prevent unintended pregnancies among the teenagers and married people, which will in turn reduce the morbidity and mortality rate that accrues it.

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