

Assessment of the Awareness and Attitude on Emergency Contraceptives among Adolescents in Selected Colleges

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Abstract: Adolescents And Young People Are The Backbone Of Any Society. The Present Descriptive Comparative Study Aims To Compare The Awareness And Attitude Towards Emergency Contraceptives, Correlate Awareness And Attitude On Emergency Contraceptives Among Adolescent Boys And Girls. Structured Questionnaire And Likert Scale Were Prepared As Tools For The Study. The Researcher Met The Adolescents In Two Colleges And Samples Were Selected By Using Convenience Sampling Method. Totally One Hundred (100) Adolescents Including 50 Boys And 50 Girls Of 17-20 Years Of Age Were Selected. On The Days Of Data Collection, Each Adolescent Was Given Tool To Answer The Questionnaire And Respond To Attitude Scale. Result Showed That There Was No Significant Difference ($T = -1.445$, $P > 0.05$) In The Awareness Of Emergency Contraceptives Among The Adolescent Boys And Girls. It Was Inferred That There Was Significant Difference ($T = 2.727$, $P < 0.05$) In The Attitude On Emergency Contraceptives Among The Adolescent Boys And Girls. Further It Was Observed That Attitude Of Boys Was More Favourable Than Attitude Of Girls Towards Emergency Contraceptives. The Obtained Coefficient Of Correlation Between Awareness And Attitude Among Adolescent Boys And Girls ' R ' = 0.345 ($P < 0.01$) Was Found To Be Significant By Positive Correlation. Further It Showed That Higher The Awareness, More Favourable Was The Attitude. There Was Significant Association Between Awareness Of Emergency Contraceptives Among Adolescents And Mode Of Accommodation, F Value = 3.39 ($P < 0.05$).

Key Words: Adolescents, Attitude, Awareness, Colleges, Emergency Contraceptives.

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I. Introduction

Adolescents And Young People Are The Backbone Of Any Society. Adolescents Include The Age Group From 11years-20years. About 30% Of India's Population Is In The Adolescent Age Group Of 10-19 Years. It Is Estimated That There Are Almost 331 Million Adolescents In India. Most Adolescents Begin Their Sexual Activity Without Adequate Knowledge About Sexuality Or Contraception. For Unmarried Adolescents, It Is Sometimes Impossible To Access Contraceptives And The Sexual Activity Often Results In Unintended Pregnancy. Whether Married Or Unmarried, Adolescents Face Potentially Serious Physical, Psychological And Social Consequences From Unprotected Sexual Relations, Ranging From Early And Unwanted Pregnancy And Childbirth, Unsafe Abortion To Sexually Transmitted Diseases.

Contraceptive Methods Are Preventive Methods To Help Women Avoid Unwanted Pregnancies. In Spacing Methods Of Contraception, Hormonal Contraception Is The Most Effective One When Properly Used. More Than 65 Million Women In The World Are Estimated To Be Taking The Pill Of Which About 9.52 Million Are Estimated To Be In India. Post-Coital Contraception Is Advocated As An Emergency Method. Emergency Contraceptive Pills Are Hormonal Pills That Prevent Pregnancy Following An Unprotected Sexual Intercourse. The First Tablet Should Be Taken As Soon As Possible Within 72 Hours (3 Days) Of Unprotected Intercourse. The Second Tablet Is Taken 12 Hours Later.

Available Records Reveal That Approximately 46 Million Abortions Happen Every Year Globally, At The Rate Of 1,26,000 Abortions Per Day. While 64.4 Per Cent Of All Abortions Are Performed On Unmarried Women, Married Women Account For 18.4 Per Cent Of All Abortions. In India, Every Year, An Average Of About 11 Million Abortions Take Place, And Around 20,000 Women Die Every Year Due To Abortion Related Complications. Adolescents Are Also More Likely To Experience Complications From Abortion. Approaches To Adolescent Abortion Should Involve All Levels Of The Health Care System, As Well As The Community, And Should Include Not Only Management Of The Consequences Of Unsafe Abortion, But Also Contraception And Counselling.

A Cross-Sectional, Questionnaire-Based Study To Investigate The Awareness Of Emergency Contraception In Female College Students Which Was Conducted Among College-Going Undergraduate And Graduate Female Students Of Punjab University, Chandigarh Reveals That, Of The 1,017 College Students Included In The Study, 507 (49.9%) Knew About Different Contraceptive Methods. Adolescents And Young

Women Are At The Greatest Risk Of Unintended Pregnancy Because They Are Unlikely To See A Family Planning Provider Before Or Immediately After The Sexual Activity. Therefore, Preventing Unintended Pregnancy Among Them Is An Important Concern.

1.1. Objectives Of The Study

1. To Compare The Awareness Of Emergency Contraceptives Among Adolescent Boys And Girls
2. To Compare The Attitude On Emergency Contraceptives Among Adolescent Boys And Girls
3. To Find The Correlation Between Awareness And Attitude On Emergency Contraceptives Among Adolescent Boys And Girls
4. To Determine The Association Between Awareness Of Emergency Contraceptives Among Adolescent Boys And Girls And Their Selected Demographic Factors
5. To Determine The Association Between Attitude On Emergency Contraceptives Among Adolescent Boys And Girls And Their Selected Demographic Factors

1.2. Hypotheses Of The Study

- H₁: There Will Be Significant Difference In The Awareness Regarding Emergency Contraceptives Between Adolescent Boys And Girls
- H₂: There Will Be Significant Difference In The Attitude Regarding Emergency Contraceptives Between Adolescent Boys And Girls
- H₃: There Will Be A Significant Correlation Between Awareness And Attitude Regarding Emergency Contraceptives Among Adolescent Boys And Girls
- H₄: There Will Be A Significant Association Between Awareness Regarding Emergency Contraceptives And Their Selected Demographic Factors Such As Place Of Residence, Marital Status Of Parents, Living Status, Mode Of Accommodation, Economic Status And Sexual Intercourse Experience Among Adolescent Boys And Girls
- H₅: There Will Be A Significant Association Between Attitude Regarding Emergency Contraceptives And Their Selected Demographic Factors Such As Place Of Residence, Marital Status Of Parents, Living Status, Mode Of Accommodation, Economic Status And Sexual Intercourse Experience Among Adolescent Boys And Girls.

II. Methodology

2.1. Research Design: Descriptive Comparative Design Was Used For The Study.

2.2. Setting: Two Colleges In The City Was The Setting For The Study.

2.3. Sample And Sample Size: The Sample For The Study Consisted Of 50 Adolescent Boys And 50 Adolescent Girls In The Age Group Of 17-20 Years In Two Colleges..

2.4. Data Collection Technique And Instrument: Structured Questionnaire And Likert Scale Were Prepared As Tools For The Study. The Tool Had Three Parts.

Part I. Data On Demographic Factors: It Consisted Of 10 Items. It Included Personal And Demographic Data Such As Age, Gender, Religion, Place Of Residence, Marital Status Of Parents, Living Status, Mode Of Accommodation, Monthly Income Of Family, Source Of Information About Emergency Contraceptives, Sexual Intercourse Experience.

Part II. Data On Awareness: It Consisted Of 16 Items Concerned With Awareness Of Emergency Contraceptives. The Subjects Were Asked To Put A Tick Mark Against The Appropriate Response. The Correct Responses Were Given Scoring Of '1' And Wrong Responses Were Given "0". The Total Score Was 16. The Score '0-5' Indicates "Poor Awareness", '6-11' Indicates "Average Awareness" And 'More Than 11' Indicates "Good Awareness".

Part III. Data On Attitude: It Consisted Of 15 Items. Likert Scale Was Prepared To Identify The Attitude Of Adolescents Towards Emergency Contraceptives. It Consists Of Statements That Adolescents Say Or Feel About Emergency Contraceptives. The Responses Include '1' For "Strongly Disagree", '2' For "Disagree", '3' For "Agree" And '4' For "Strongly Agree". The Respondents Were Asked To Indicate The Degree To Which They Agree Or Disagree With The Opinion Expressed By The Statement. The Total Score Was "60". The Score 'Less Than 20' Indicates "Negative Attitude", '21-40' Indicates "Neutral Attitude" And 'More Than 40' Indicates "Positive Attitude".

2.5. Content Validity

The Prepared Tool With The Problem Statement, Objectives And Criterion Checklist Was Given To 7 Experts From The Field Of Nursing And Medicine To Ensure Content Validity. The Criterion Checklist Contained Three Columns Of Relevant, Needs Modification And Not Relevant By The Experts. They Were Requested To Give Their Opinion And Suggestions Regarding The Items In The Tool. Out Of 41 Items In The

Tool, 100% Agreement Was Given For 36 Items. Five Items Were Suggested To Be Modified. The Necessary Modification Was Made According To The Suggestions.

2.6. Reliability Of The Tool

Test-Retest Method Was Used To Assess Reliability Of The Tool. The Tool Was Administered Twice To 10 Adolescents At An Interval Of 7 Days. The Reliability Coefficient, 'R' =0.98, 'R' = 0.96 Respectively Regarding Adolescents' Awareness And Attitude On Emergency Contraceptives. Hence The Tool Was Found Reliable.

2.7. Procedure For Data Collection

Formal Prior Permission Was Obtained From The Authority Of Colleges To Conduct The Study As Per The Convenience Of The Researcher. The Researcher Met The Adolescents In Two Colleges And Samples Were Selected By Using Convenience Sampling Method Among Those Who Fulfilled The Sample Selection Criteria. Totally One Hundred (100) Adolescents Including 50 Boys And 50 Girls From Two Colleges Were Selected. After Selection, Rapport Was Established And The Subjects Were Explained About The Purpose And Usefulness Of The Study And Gave Assurance About The Confidentiality Of Their Responses. An Informed Consent Was Also Obtained From The Subjects Indicating Their Willingness To Participate In The Study.

The Researcher Administered Tool To Each Individual To Collect The Necessary Data During The Month Of December. Confidentiality Was Ensured And Ethical Issues Of The Subjects Were Met Individually. On The Days Of Data Collection, Each Adolescent Is Given Tool To Answer The Questionnaire And Respond To Attitude Scale. Data Collection Process Was Terminated After Thanking Each Respondent For Their Participation And Co-Operation. Data Were Edited For Completion.

2.8. Data Analysis

Data Gathered Were Analyzed Using Descriptive And Inferential Statistics And The Findings Were Presented In The Light Of Objectives And Hypotheses Formulated For The Study. All The Statistical Methods Were Carried Out Through The SPSS For Windows (Version 16.0).

III. Result

Analysis And Interpretation Of The Data Were Organized Under The Following Headings.

Section 1: Data On Demographic Factors Of Adolescents

Section 2: Data On Awareness Of Emergency Contraceptives Among Adolescent Boys And Girls

Section 3: Data On Attitude On Emergency Contraceptives Among Adolescent Boys And Girls

Section 4: Data On Comparison Of Awareness Of Emergency Contraceptives Among Adolescent Boys And Girls

Section 5: Data On Comparison Of Attitude On Emergency Contraceptives Among Adolescent Boys And Girls

Section 6: Data On Correlation Of Awareness And Attitude On Emergency Contraceptives Among Adolescent Boys And Girls

Section 7: Data On Association Between Awareness Of Emergency Contraceptives Among Adolescent Boys And Girls And Their Selected Demographic Factors.

Section 8: Data On Association Between Attitude On Emergency Contraceptives Among Adolescent Boys And Girls And Their Selected Demographic Factors.

Section 1- Data On Demographic Factors Of Adolescents

Table – 1 Frequency And Percentage Distribution Of Adolescents According To Selected Demographic Variables

Demographic Factors	Boys N=50		Girls N=50	
	Frequency	Percentage	Frequency	Percentage
Age				
17years	1	2	0	1
18 Years	0	0	0	0
19 Years	1	2	7	8
20 Years	48	96	43	91
Religion				
Hindu	48	96	49	97
Christian	1	2	0	1
Muslim	1	2	1	2
Others	0	0	0	0
Place Of Residence				
Rural	16	32	7	14
Semi-Urban	8	16	3	6
Urban	26	52	40	80
Marital Status Of Parents				
Living Together	42	84	47	94
Separated /Divorced	2	4	0	0
Father/Mother Dead	6	12	3	6
Parents Dead	0	0	0	0
Living Status				
With Father/Mother /Parents	34	68	40	80
With Relative	0	0	1	2
With Friends	13	26	9	18
Alone	3	6	0	0
Mode Of Accommodation				
Home	32	64	41	82
Hostel	9	18	6	12
Individual Rented Room	3	6	0	0
Paying Guest	6	12	3	6
Economic Status Of Family				
Less Than Rs.3000				
Rs.3001-6000	2	4	0	0
Rs.6001-9000	6	12	1	2
More Than Rs.9000	9	18	9	18
	33	66	40	80
Source of information about emergency contraceptives				
Parents	1	2	0	0
Relatives	0	0	0	0
Friend	3	6	6	12
Lover	6	12	2	4
Media	39	78	42	84
Other (specify)	1	2	0	0
Never known from anyone	0	0	0	0
Experience of sexual intercourse				
Yes	10	20	2	4
No	40	80	48	96

Majority Of The Adolescent Boys 48 (96%) And The Adolescent Girls 43 (91%) Belong To 20 Years. Majority Of The Adolescent Boys 48 (96%) And The Adolescent Girls 49 (97%) Belong To Hindu Religion. Majority Of The Adolescent Boys 26 (52%) And The Adolescent Girls 40 (80%) Belong To Urban Residence And The Least Of The Adolescent Boys 8 (16%) And The Adolescent Girls 3 (6%) Belong To Semi Urban Residence. Majority Of The Adolescent Boys' Parents 42 (84%) And The Adolescent Girls' Parents 47 (94%) Were Living Together. None Of The Adolescents Were With Parents Dead. Only 2 (4%) Of The Adolescent Boys' Parents Were Separated And None Of The Adolescent Girls' Parents Were Separated. Majority Of The Adolescent Boys 34 (68%) And The Adolescent Girls 40 (80%) Were Living With Father/ Mother/ Parents. None Of The Adolescent Boys Were Living With Relative And None Of The Adolescent Girls Were Living Alone. Majority Of The Adolescent Boys 32 (64%) And The Adolescent Girls 41 (82%) Were Living In Home. Only 3 (6%) Of The Adolescent Boys Were Living In Individual Rented Room And None Of The Adolescent Girls Were Living In Individual Rented Room. Monthly Income Of Family Of Majority Of The Adolescent Boys 33 (66%) And Of The Adolescent Girls 40 (80%) Were More Than Rs.9000. Only 2 (4%) Of The Adolescent Boys Had Monthly Income Of Family As Less Than RS.3000 And None Of The Adolescent Girls Had Monthly Income Of Family As Less Than RS.3000. All Adolescents Had Heard About Emergency Contraceptives. Majority Of The Adolescent Boys 39 (78%) And The Adolescent Girls 42 (84%) Had Heard About Emergency Contraceptives From Media. Majority Of The Adolescent Boys 40 (80%) And The Adolescent Girls 48 (96%) Never Had Sexual Intercourse Experience. Only 10 (20%) Of The Adolescent Boys And 2 (4%) Of The Adolescent Girls Had Sexual Intercourse Experience.

Section 2: Data On Awareness Of Emergency Contraceptives Among Adolescent Boys And Girls

An Analysis Was Done To Determine The Awareness Of Adolescent Boys And Girls Based On Their Level Of Awareness About Emergency Contraceptives, I.E. Poor (0-5), Average (6-11) And Good (Above 11).

Table2: Distribution Of Adolescents According To Their Awareness Score

Group	Boys	Girls	Total
Poor	4(8%)	1(2%)	5(5%)
Average	32(64%)	29(58%)	61(61%)
Good	14(28%)	20(40%)	34(34%)
Total	50	50	100

Table 2 Reveals That 64% Of Adolescent Boys And 58% Of Adolescent Girls Have Average Awareness About Emergency Contraceptives, 28% Of Adolescent Boys And 20% Of Adolescent Girls Have Good Awareness About Emergency Contraceptives And Only 8% Of Adolescent Boys And 2% Of Adolescent Girls Have Poor Awareness About Emergency Contraceptives.

Section 3: Data On Attitude On Emergency Contraceptives Among Adolescent Boys And Girls

An Analysis Was Done To Determine The Awareness Of Adolescent Boys And Girls Based On Their Attitude Towards Emergency Contraceptives, I.E. Negative (0-20), Neutral (21-40) And Positive (Above 40).

Table3: Distribution Of Adolescents According To Their Attitude Score

Group	Boys	Girls	Total
Negative	0(0%)	0(0%)	0(0%)
Neutral	20(40%)	31(62%)	51(51%)
Positive	30(60%)	19(38%)	49(49%)
Total	50	50	100

Table 3 Reveals That 60% Of Adolescent Boys And 38% Of Adolescent Girls Had Positive Attitude Towards Emergency Contraceptives, 40% Of Adolescent Boys And 62% Of Adolescent Girls Had Neutral Attitude Towards Emergency Contraceptives And None Of The Adolescents Had Negative Attitude Towards Emergency Contraceptives.

Section 4: Data On Comparison Of Awareness Of Emergency Contraceptives Among Adolescent Boys And Girls

Table4: Overall Mean, Standard Deviation And T Value Of Mean Awareness Score Of Adolescent Boys And Girls

Areas	Group	N	Mean	SD	Mean Difference	'T' Test	Remark
Awareness	Boys	50	9.60	2.56	-0.76	T(98)= -1.445 (P=0.152)	NS
	Girls	50	10.36	2.70			

Table 4 Reveals That The Obtained ‘T’ Value, $T = -1.445$ ($P > 0.05$) Was Not Found To Be Significant. Therefore The Null Hypothesis H_{01} Was Accepted. It Was Inferred That There Was No Significant Difference In The Awareness Of Emergency Contraceptives Among The Adolescent Boys And Girls.

Section 5: Data On Comparison Of Attitude On Emergency Contraceptives Among Adolescent Boys And Girls

Table 5: Overall Mean, Standard Deviation And T Value Of Mean Attitude Score Of Boys And Girls

Areas	Group	N	Mean	SD	Mean Difference	‘T’ Test	Remark
Attitude	Boys	50	41.62	3.62	2.24	T (98)= 2.727 (P=0.008)	HS
	Girls	50	39.38	4.54			

The Obtained ‘T’ Value, $T = 2.727$ ($P < 0.05$) Was Found To Be Significant. Therefore The Null Hypothesis H_{02} Was Rejected. It Was Inferred That There Was Significant Difference In The Attitude On Emergency Contraceptives Among The Adolescent Boys And Girls. Further It Is Observed That Attitude Of Boys Was More Favourable Than Attitude Of Girls Towards Emergency Contraceptives.

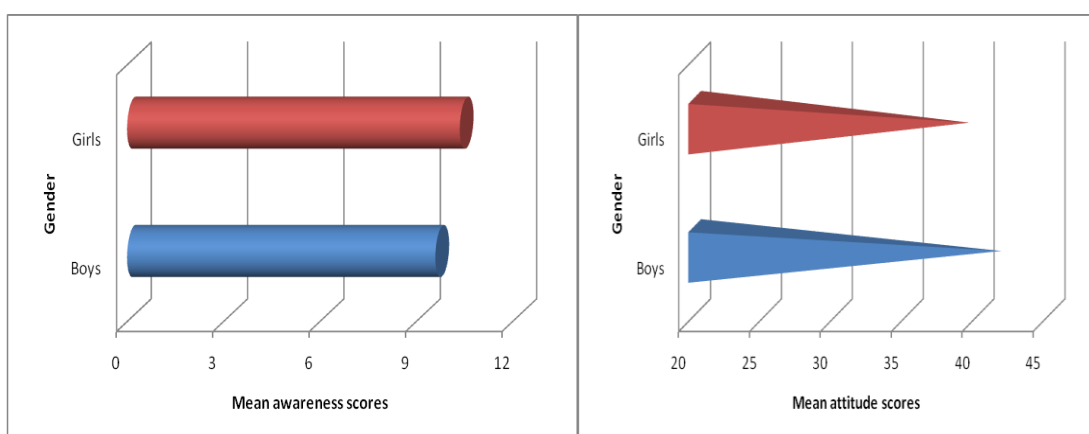


Figure1: Bar Diagram Showing The Distribution Of Adolescent Boys And Girls According To The Mean Awareness Score.

Figure2: Bar Diagram Showing The Distribution of Adolescent Boys And Girls According To The Mean Attitude Score.

Section 6: Data On Correlation Of Awareness And Attitude On Emergency Contraceptives Among Adolescent Boys And Girls

Table 6: Mean, SD, ‘R’ Value Of Awareness And Attitude Among Boys And Girls

Boys And Girls	Mean	SD	‘R’ Value
Awareness	9.98	2.64	R = 0.345 (P= 0.000)
Attitude	40.50	4.24	

The Obtained Coefficient Of Correlation Between Awareness And Attitude Among Adolescent Boys And Girls ‘R’ = 0.345 ($P < 0.01$) Found To Be Significant By Positive Correlation. Therefore The Null Hypothesis H_{03} Is Rejected. Further It Is Clear That Higher The Awareness, More Favourable Was The Attitude.

Section 7: Data On Association Between Awareness Of Emergency Contraceptives Among Adolescent Boys And Girls And Their Selected Demographic Factors

The GLM Univariate Procedure Provides Analysis Of Variance For One Dependent Variable By One Or More Factors And/OR Variables. Using This General Linear Model Procedure, One Can Test Null Hypotheses About The Effects Of Other Variables On The Means Of Various Groupings Of A Single Dependent Variable. One Can Investigate Interactions Between Factors As Well As The Effects Of Individual Factors, Some Of Which May Be Random. In Addition, The Effects Of Covariates And Covariate Interactions With Factors Can Be Included. The Test Was Carried Out Through The SPSS For Windows (Version 16.0).

There Was Significant Association Between Awareness Of Emergency Contraceptives Among Adolescents And Mode Of Accommodation, F Value = 3.39 ($P < 0.05$).

There Was No Significant Association Between Awareness Of Emergency Contraceptives Among Adolescents And Other Demographic Factors Such As Place Of Residence, Marital Status Of Parents, Living Status, Economic Status And Sexual Intercourse Experience.

Section 8: Data On Association Between Attitude On Emergency Contraceptives Among Adolescent Boys And Girls And Their Selected Demographic Factors

There Was No Significant Association Between Attitude On Emergency Contraceptives Among Adolescents And Demographic Factors Such As Place Of Residence, Marital Status Of Parents, Living Status, Mode Of Accommodation, Economic Status And Sexual Intercourse Experience.

IV. Conclusion

The Study Concluded That

- The Obtained 'T' Value, $T = -1.445$ ($P > 0.05$) Was Not Found To Be Significant. It Was Inferred That There Was No Significant Difference In The Awareness Of Emergency Contraceptives Among The Adolescent Boys And Girls.
- The Obtained 'T' Value, $T = 2.727$ ($P < 0.05$) Was Found To Be Significant. It Was Inferred That There Was Significant Difference In The Attitude On Emergency Contraceptives Among The Adolescent Boys And Girls. Further It Is Observed That Attitude Of Boys Was More Favourable Than Attitude Of Girls Towards Emergency Contraceptives.
- The Obtained Coefficient Of Correlation Between Awareness And Attitude Among Adolescent Boys And Girls 'R' = 0.345 ($P < 0.01$) Found To Be Significant By Positive Correlation. Further It Is Clear That Higher The Awareness, More Favourable Was The Attitude.
- There Was Significant Association Between Awareness Of Emergency Contraceptives Among Adolescents And Mode Of Accommodation, F Value = 3.39 ($P < 0.05$).
- There Was No Significant Association Between Awareness Of Emergency Contraceptives Among Adolescents And Other Demographic Factors Like Place Of Residence, Marital Status Of Parents, Living Status, Economic Status And Sexual Intercourse Experience.
- There Was No Significant Association Between Attitude On Emergency Contraceptives Among Adolescents And Demographic Factors Like Place Of Residence, Marital Status Of Parents, Living Status, Mode Of Accommodation, Economic Status And Sexual Intercourse Experience.

4.1. Implications

The Study Findings Have Thrown New Light On The Implications Of The Future Of Profession In Relation To Nursing Education, Nursing Practice, Nursing Administration And Nursing Research.

4.1.1. Nursing Practice

Nursing Personnel, Especially Community Health Nurses Are In The Best Position To Know The Adolescents' Awareness Of And Attitude On Emergency Contraceptives. The Findings Of The Study Also Reveals That The Premarital Sexual Relationships Among Adolescents Which Is A Social Issue Need To Be Attended By The Community Health Nurses.

4.1.2. Nursing Education

Integration Of Theory And Practice Is A Vital Need And It Is Important In Nursing Profession. Therefore Nurse Educator Can Use The Result Of The Study As Information To The Students.

4.1.3. Nursing Administration

Community Health Nursing Administrators Can Plan Special Awareness Programmes For Adolescents Regarding Emergency Contraceptives In Order To Avoid Overuse And Clear Misconceptions. The Administrators Can Also Serve As A Resource Person For Other Nurses, Students, Clients And Relatives.

4.1.4. Nursing Research

Research Should Be Continued On Awareness Of And Attitude Towards Emergency Contraceptives By Different Category Of People. Finding Of The Study Shows That The Area Needs Further Exploration. The Study Findings Would Help To Expand The Scientific Body Of Knowledge Upon Which Further Researches Can Be Conducted.

4.2. Recommendations

On The Basis Of Findings Of The Study, It Is Recommended That A Similar Study Can Be Conducted On A Large Group Of Sample In A Different Area Or On Married Adolescents. A Study Can Be Conducted To

Compare The Knowledge, Attitude And Practice Of Emergency Contraceptives Among Adolescent Boys And Girls.

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