

RESEARCH ARTICLE

Open Access



Prevalence and factors associated with modern contraceptives utilization among female adolescents in Uganda

Quraish Sserwanja^{1*}, Milton W. Musaba² and David Mukunya^{3,4}

Abstract

Background: The sexual and reproductive health (SRH) needs of adolescents remain largely unmet. For instance, over 20 million female adolescents in need of, a modern contraceptive method are not using any. This study determined the factors associated with utilization of modern contraceptives among female adolescents in Uganda.

Methods: A cross sectional study was conducted using the Uganda Demographic and Health Survey (UDHS) 2016 data of 4, 264 adolescents aged 15 to 19 years. Multistage stratified sampling was used to select study participants. Multivariable logistic regression was used to determine the factors associated with modern contraceptive utilization. All our analyses were done using SPSS version 25.

Results: The prevalence of modern contraceptive utilization among female adolescents was 9.4% (401/4264; (95% CI: 8.6–10.3). The odds of contraceptive utilisation were 1.6 times (AOR = 1.60; 95% CI: 1.09–2.34) higher among married adolescents compared to unmarried adolescents. Adolescents whose age at first birth was less than 15 years (AOR = 2.01; 95% CI: 1.01–3.99) were twice more likely to utilize a modern contraceptive compared to those whose age at first birth was above 15 years. Women belonging to the Central region (AOR = 1.93; 95% CI: 1.01–3.69) and those in the middle wealth quintile (AOR = 1.91; 95% CI: 1.06–3.46) were 93% and 91% more likely to utilize a modern contraceptive compared to those in the Northern region and those in the poorest wealth index respectively.

Conclusion: The prevalence of modern contraceptive utilization was 9.4%. The findings show the need for designing targeted interventions due to differences in adolescents according to their wealth index, regions and marital status.

Keywords: Adolescents, Contraceptives, Utilization, Uganda

Background

Adolescence is a crucial period during which many begin sexual activity [1, 2]. Globally, the sexual and reproductive health (SRH) needs of adolescents have remained largely unmet with about 20 million female adolescents aged 15–19 years in need of modern contraceptive methods [3]. Sub-Saharan Africa has the highest rates of adolescent pregnancy and the lowest utilization of modern

contraceptives [1, 2, 4]. A third of adolescent pregnancies in Sub-Saharan Africa are unintended, with over a third of these unintended pregnancies being unwanted and end up as unsafe terminations [1, 4]. Pregnancy and childbirth related complications are the leading causes of maternal death among female adolescents aged 15–19 in low and middle-income countries (LMICs) [5, 6]. Adolescent pregnancy and childbirth is associated with other poor health outcomes such as anemia, preterm birth, low birthweight, adverse adolescent mental health effects, besides its negative effects on higher education attainment and job opportunities [1, 2, 7–10].

*Correspondence: qura661@gmail.com

¹ Monitoring and Evaluation Department, Doctors With Africa, CUAMM, TM Lion Hotel, Juba, South Sudan

Full list of author information is available at the end of the article

