

**PREVALENCE AND FACTORS ASSOCIATED WITH EARLY RESUMPTION OF
SEXUAL INTERCOURSE AMONG POSTPARTUM ADOLESCENTS
IN SOROTI DISTRICT:
ACROSS SECTIONAL STUDY**

**BY
MADENJE MICHEAL
BU/GS17/MPH/16**



SUPERVISORS

**Dr. AMONGIN DINAH (MPH, MMED (OBY))
Dr. WANUME BENON (MB ChB; M MED COMMUNITY PRACTICE)**

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DECLARATION

I the under signed declare that this report is my original work. It was done in partial fulfillment for the award of Masters of public health of Busitema University .This work has not been published before or submitted for any other academic qualification in other institutions, except where due acknowledgement has been done appropriately.

Student's Name: Madenje Michael

Registration Number: BU/GS17/MPH/16.

Signature:



Date:




APPROVAL

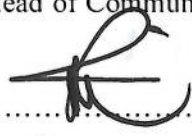
This report was submitted as partial fulfillment for the award of Master of Public Health of Busitema University with our approval as supervisors.

1. Dr. Amongin Dinah (MB ChB; MPH, MMED (OBGY))

Signature: 

Date: *09 mar 2020*

2. Dr. Wanume Benon (MB ChB; M MED Community Practice), lecturer Busitema University, (Head of Community and Public Health Department)

Signature: 

Date: *06/march 2020*

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OPERATIONAL DEFINITIONS

Resumption:	The action of beginning something again after a pause
Resumption of sexual intercourse	
Postpartum:	The act of beginning Heterosexual intercourse involving penetration of the vagina by the penis some time after childbirth.
Early sexual resumption:	In this study resumption of sexual intercourse postpartum was early if it happens before 6 weeks postpartum.
Postpartum adolescent girl:	A female of 10 to 19 years who has given birth and is from birth irrespective of outcome.
Postpartum contraceptive:	Birth control method used during the postpartum period.
Postpartum period:	This is the period beginning immediately after delivery and extends up to 6 weeks (42 days) after childbirth.
Child health services:	Immunization services and other child health care services.
An adolescent:	An individual between ages of 10 to 19 years according to World Health Organization.
Adolescent mother:	A female person between the ages of 10 to 19 years who has ever given birth to a child.
Predictors:	Statistics a more modern term for (independent variable/factors)
Correlates:	Showing relationship.
Family planning:	Is the practice of controlling the number of children and the intervals between their childbirths, by means of contraception.
Contraceptive methods:	Birth control methods.

ABSTRACT

Introduction

Adolescent childbearing is associated with Poor health, economic and social outcomes. Uganda has a high proportion of adolescents who have begun childbearing and Eastern Uganda has the highest proportion at 30%. Prevention of subsequent pregnancies is a key intervention but information on resumption of sexual intercourse among adolescent mothers postpartum is limited, further, information on factors associated with early resumption of sexual intercourse among postpartum adolescents is scarce.

Methods:

This cross-sectional study was conducted in Soroti district among adolescent girls 10 to 19 years of ages who had given birth and had come to a health facility for postnatal care or child health services but were ≥ 6 weeks postpartum.

Results:

There were 622 respondents in this study, the mean and median ages were 18.1 and 18 years respectively, 23.15% were 16 to 17 years, 74.6% were 18 to 19 years and the youngest was 13 years and 63.5% of the adolescents were married/cohabiting. Over all 153(25%) of the respondents had early resumption of sexual intercourse postpartum. At bivariate analysis, setting of respondent's residence ($p=0.000$), marital status ($p=0.024$), staying with partner/husband ($p=0.000$), Income of respondent ($p=0.055$), pregnancy outcome ($p=0.025$), mode of delivery ($p=0.000$) were the factors associated with early resumption of sexual intercourse postpartum.

At multivariate analysis, staying in urban (aOR 1.82, CI 1.066 - 3.107, $p=0.028$), delivery by caesarean section (aOR 0.10, CI 0.030- 0.334, $p=0.000$), staying with partner/husband since giving birth to current baby (aOR 3.92, CI 1.766 – 8.766, $p=0.001$) were the predictors of early resumption of sexual intercourse.

Adolescents aged 18 – 19 years were 0.17 times more likely to resume coitus early compared to their counterparts (10 – 17 years) though this was not statistically significant.

Conclusion:

This study showed that 25% of the adolescent girls resumed coitus early (before 6 weeks) after childbirth. Among the adolescents who were married, those who were staying with their partner/husband after delivery, those staying in the urban setting are more likely to resume coitus before 6 weeks postpartum. Programs need to be intensified to provide contraceptive before 6 weeks postpartum as a high number resume sexual intercourse before then.

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LIST OF ABBREVIATIONS

BHSM	Bachelors' Of Health Services Management
BU	Busitema University
BUFHS	Busitema University Faculty of Health Sciences
BHDC	Busitema Higher Degree Committee
C/S	Caesarian Section
CDC	center For Disease Control
C.F.D.C	Child and Family Development Center
DHS	Demographic Health Survey
DCM &CH	Diploma in Clinical Medicine & Community Health
F/P	Family Planning
H/C	Health center
HDRC	High Degree research Committee
IEC	Information education and communication
ICF	International Care Facility
IRB	Institutional Review Board
MOH	Ministry of Health
MPH	Masters of Public Health
NGO	Non-Government Organization
PNC	Postnatal care
PNFP	Private Note-for-Profit
REC	Research Ethics Committee
RM	Ringgit Malaysian (Malaysian currency and 1RM is equal to 0.24 US dollar)
RRH	Regional Referral Hospital
SVD	Spontaneous Vaginal Delivery
STATA	Software for statistics and data science
UBOS	Uganda Burial of Statistics
UDHS	Uganda Demographic Health Survey
UNFPA	United Nations Population fund
USAID	United States Agency for International Development
USA	United States of America
WHO	World Health Organization

CHAPTER ONE

1.0 Introduction

Poor health and social outcomes due to short childbirth intervals are a major public health concern globally. Short birth intervals are usually related to early resumption of sex in postpartum period.

Sex and sexuality in African society is a subject of secrecy and taboo to be discussed openly, however short childbirth interval among adolescent girls in Uganda is at 40%(Holly McClain Burke 2018).

Early resumption of sexual intercourse postpartum in absence of an effective contraceptive increases risk of having the next pregnancy there by leading to short childbirth intervals. Early resumption of sexual intercourse after childbirth is associated with poor health outcomes like genital trauma, puerperal infections, unplanned childbirths and social problems like stigmatization by the community and failure to return to school.

The objective of this study was to determine the prevalence of early sexual activity postpartum and factors associated with early resumption of sexual intercourse among adolescent postpartum girls in eastern Uganda.

1.1 Background

Adolescent child birth is a global public health challenge where approximately 16 million teenage girls become mothers every year,(WHO Media Centre, october 21, 2011) with the highest burden is in sub-Saharan Africa, where 20% to 40% of teenagers are mothers or currently pregnant.

According to (UNFPA 2013), girls aged 10 to 17, have higher risks they confront during motherhood. These include higher risk of maternal death, violence, disability and violation of their rights, rights to education, employment and reproductive health. There 36.4 million women aged 20 to 24 years that had their first live birth before age 18, and 5.6 million did so before age 15. This is equivalent to 7.3 million girls under the age of 18 giving birth every year, or 20,000 every day. Of the 36.4 million, almost half or 17.4 million adolescent mothers lived in South Asia. Sub-Saharan Africa, with the highest prevalence of pregnancies among adolescent girls, accounted for 28% of adolescent mothers, with 15% in West and Central Africa, and 13% in Eastern and Southern Africa(UNFPA 2013).

Studies in Bukinafaso and Nigeria showed that early commencement of sexual intercourse postpartum increases the risk of unintended pregnancies. Some women resume coitus few weeks after delivery especially those not breast feeding. The World Health Organization (WHO) recommends that women should wait until their youngest child reaches their second

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