

M MAPHUTI ALIDAH KEKANA, PROF NV SEPENG

SAACHS CONFERENCE, FREE STATE

2025/01/10

ASSESSMENT OF KNOWLEDGE, ATTITUDES, AND PRACTICES OF UNDERGRADUATE STUDENTS REGARDING THE USE OF FAMILY PLANNING METHODS IN A SELECTED INSTITUTION OF HIGHER LEARNING





Introduction and Background

Family planning plays a crucial role in improving health outcomes, promoting gender equality, and enabling individuals to make informed decisions regarding SRH.

Undergraduate students represent a critical demographic for family planning interventions, as they are at a transitional stage in life, facing unique challenges and opportunities in reproductive health.

This study aimed to assess the knowledge, attitudes, and practices (KAP) of undergraduate students regarding the use of family planning methods, with the goal of identifying gaps and recommending targeted interventions.

PROBLEM STATEMENT

Unintended pregnancy is among the most troubling public health problems and a major reproductive health issue. South Africa is one of the countries in the Sub-Saharan African regions that are struggling with teenage pregnancies, unintended pregnancies, unwanted babies, high number of abortions among the youth. As a Nurse Clinician in one of the institutions of higher learning, I have observed cases of STI, we are still referring students out for TOP even though we offer free contraceptives, including condoms. The unplanned pregnancies impact negatively on the academic objectives of young people.

Research design and methods



The study used a **quantitative descriptive design**. The data was collected through a **questionnaire** and analysed using descriptive **statistics**



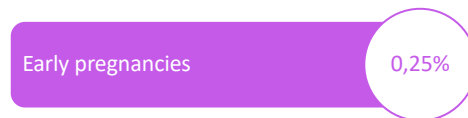
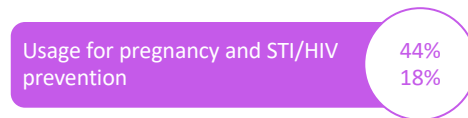
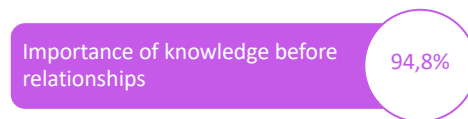
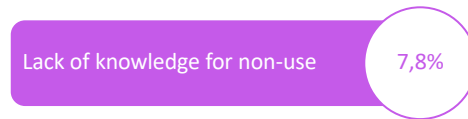
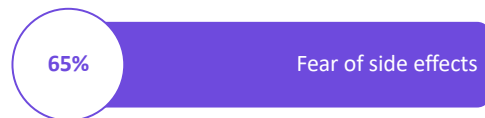
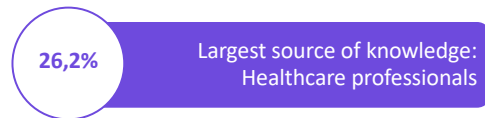
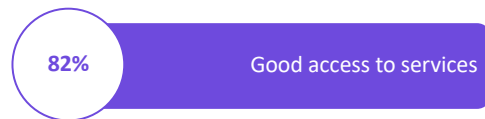
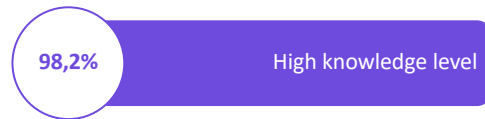
The **population** consisted of **undergraduate** students. With a sample size of **400** students



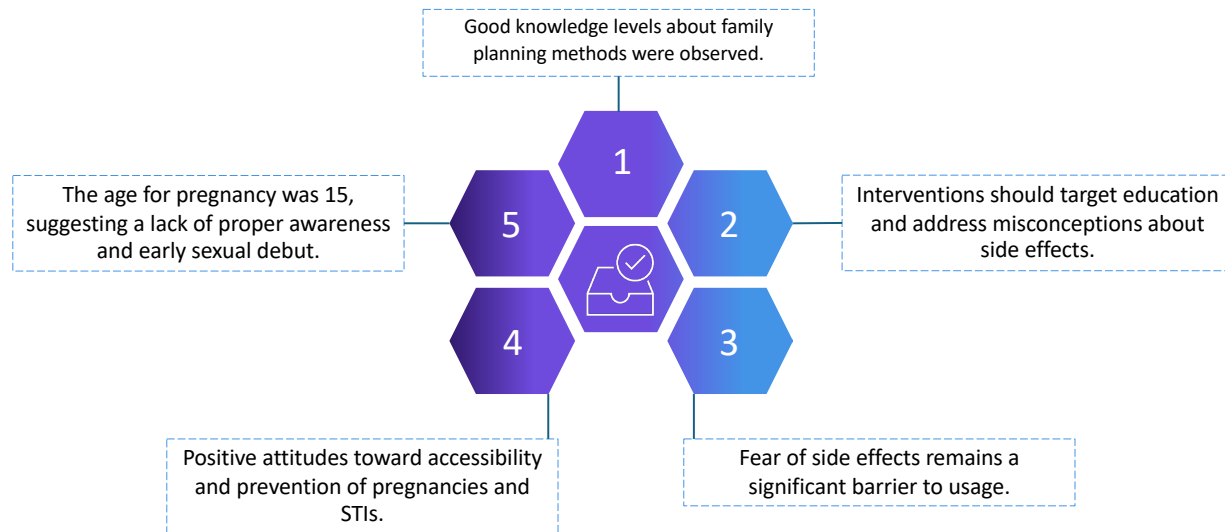
Ethical considerations and **rigor** were strictly adhered to and applied throughout the process



Results



Conclusion



Recommendations



Conduct educational workshops to enhance knowledge and address misconceptions.



Strengthen family planning services and accessibility at educational institutions.



Implement policies to include family planning education in the curriculum.



Collaborate with healthcare professionals to provide tailored advice and support.



Develop campaigns to reduce stigma and fears related to family planning methods.

