

**KNOWLEDGE AND PERCEPTIONS OF EMERGENCY
CONTRACEPTION AMONG FEMALE
UNDERGRADUATES IN KATHMANDU VALLEY**

**(A Case Study of Padma Kanya Multiple Campus and Ratna Rajya Laxmi
Campus)**

**A THESIS
SUBMITTED TO
THE CENTRAL DEPARTMENT OF POPULATION STUDIES,
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THE
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SEPTEMBER 2012

DECLARATION

Except where otherwise acknowledged in the text, the analysis in this thesis represents my own original research.

Gita Sharma

September 2012

RECOMMENDATION

This is to certify that the thesis

Submitted by

GITA SHARMA

Entitled

**Knowledge and Perceptions of Emergency Contraception
among Female Undergraduates in Kathmandu Valley**

**(A Case Study of Padma Kanya Multiple Campus and Ratna Rajya Laxmi
Campus)**

is recommended for external examination.

Prof. Dr. Ram Sharan Pathak

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Date: September 2012

VIVA-VOCE SHEET

We have conducted the viva-voce examination of the thesis

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**Knowledge and Perceptions of Emergency Contraception
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and find that the thesis is an independent work of the student written according to the prescribed format. We accept the thesis as the partial fulfillment of the requirements for the Master of Arts in Population Studies.

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ABSTRACT

Quantitative and qualitative mix research designs were used to analyze the situation of female undergraduate students' perceptions and knowledge regarding EC. Specific objectives of the study are to determine knowledge of EC (when and how EC should be prescribed, side effects and indication), to determine the in perceptions towards EC and to examine the in views on the essence of dissemination of information on EC in case especially young female undergraduates in Kathmandu valley.

Emergency Contraception (EC) is the only one method that can be used after unprotected sex to prevent unwanted pregnancy. Unwanted pregnancy, which may lead to unsafe abortion, is common among young women. Unwanted pregnancy is one of the major global women's health problems. It can occur due to missed regular family planning methods, forced sex, method failures and condom breakage.

In this study mean age of respondents were 22.01 years. Among total respondents (82.4%) were youth. The Majority of the respondents (74%) were unmarried followed by 26 percent who were married.

Among 250 respondents only 31.6 percent of respondents had about the correct meaning of the EC that is, used after unprotected sex to prevent unwanted pregnancy. Out of total respondents only 18.6 percent were aware about the most acceptable time of the EC as well as 76 percent of respondents was known only women can use EC. 72.4 percent of total respondents aware about indication of EC. Similarly, only 34.8 percent of total respondents knew about dosing schedule of ECPs.

In case of misperception towards EC, 68.8 percent of the respondents think that easy availability of EC increases risky sexual behavior. Out of the total, more than one fifth (22%) of the respondents thought that EC is especially used by bad women and 39.2 percent agreed that EC should not be prescribed for unmarried girls. Out of total respondents, the majority of the respondents (80%) reported that EC leads to the increase of bad practices among people.

The study shows that unmarried respondents have greater knowledge than married respondent and Janjati have a high level of knowledge in comparison to non- Janjati. Similarly, the respondents having low level of knowledge of EC have had a low (unfavorable) perception toward EC as well as hiving high level of knowledge tends to high (favorable) perception.

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LISTS OF ACRONYMS AND ABBREVIATIONS

ASFR	Age Specific Fertility Rate
BMC	British Medical Council
CRS	Contraceptive Retail Sales
DES	Diethylstilbestrol
DHS	Demographic and Health Survey
EC	Emergency Contraception
ECP	Emergency Contraceptive Pill
FDA	Federal Drug Administration
FGD	Focus Group Discussion
FHI	Family Health International
ICPD	International Conferences on Population and Development
IEC	Information, Education and Communication
INGO	International Non Governmental Organization
IUD	Intra Uterine Device
MMR	Maternal Mortality Ratio
MoHP	Ministry of Health and Population
NDHS	Nepal Demographic and Health Survey
NGO	Non Governmental Organization
RH	Reproductive Health
SLC	School Leaving Certificate
SPSS	Statistical Package for Social Science
SSEA	Sub Saharan South East Asian
STD	Sexually Transmitted Disease
TFR	Total Fertility Rate
TU	Tribhuwan University
WHO	World Health Organization
USAID	United States Agency for International Development