

**KNOWLEDGE, PRACTICES AND ATTITUDES OF  
ORAL CONTRACEPTIVE PILL AMONG FEMALE  
UNIVERSITY STUDENTS IN A PRIVATE UNIVERSITY**

**JOHANNES BOKAMOSO**

**ID: 100092435**

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## ABSTRACT

**Introduction:** In Malaysia, provision and access to basic services such as family planning is one of the areas that need to be improved. Studies showed that the women's knowledge on family planning is still low. Among the nursing staff in Kota Bharu, for instance, only 37.1% of them had good knowledge score on contraception. This is surprisingly low for nursing staff because they are expected to have better knowledge to disseminate adequate information in the community (Alina, 2006).

**Methodology:** A descriptive cross-sectional study design was used to find out the knowledge, attitude and practices on oral contraceptive pills among the university female students in Malaysia. Self-administered structured questionnaire was used to collect data from 150 female students attending at a private university in Cheras Kuala Lumpur. The questionnaire focused on the demographic characteristics, knowledge on the uses, side effects and contraindications of oral contraceptive pills, attitudes towards oral contraceptive pills and practices of oral contraceptive pills.

**Findings:** In general, the respondents had moderate and low level of knowledge regarding oral contraceptive pill uses. Majority (92.7%) of respondents knew that oral contraceptive pills prevent pregnancy however two-third of the respondents could answer on the contraindications of oral contraceptive pills. Most of the respondents did not know about the side effects of using oral contraceptive pills. However, almost all of the respondents (98.7%) had positive attitudes towards oral contraceptive pill whereas only (1.3%) showed their negative attitudes towards oral contraceptive pill.

**Conclusion:** In conclusion, the knowledge and practices regarding oral contraceptive pill among the female students at the study area were generally

insufficient. There is a need for health education program among them to increase their knowledge, awareness and practices on oral contraceptive pills so as to enhance the positive attitudes and practices to prevent unwanted pregnancies in their later lives. It is hoped that the result of this study can be useful for health care providers in formulating education programmes and strategies in enhancing awareness, attitude and practice on oral contraceptive pill among the female university students.

**Keywords:** knowledge, Practices, Attitudes, oral contraceptive pill, female university students

Instructions on what to do after pills are missed are critical to reducing unintended pregnancies resulting from patient non-adherence to oral contraceptive (OC) regimes. Missed pill instruction have previously been criticized for being too complex, lacking definition of what is meant by missed pill and for being confusing to women who may not know the estrogen content of their formulation. To help inform the development of missed pill guidance to be included in the forthcoming US selected practice recommendations, The objectives of this systemic review was to evaluate evidence on patient understanding of missed pill instructions.