

## Accessing contraceptive services in Outjo District of Namibia: A negative trend for young adults?

F Kajee, D D Khalil and I Katjau

Cape Peninsula University of Technology, South Africa

In developing countries, socio-cultural prohibitions tended to negatively influence young adults' contraceptive use. Sex education and uptake of contraceptives among young adults in Outjo district of Namibia had been a challenge for nurses working in family planning services. The primary focus of this study is to explore both personal issues and external factors that influence young-adults' decisions to use contraceptives in Outjo district in Northern Namibia. The study population included young-adults aged between 18 to 24 years old attending Outjo high school and youth health centres during the period of data collection. Findings revealed young adults from three distinct ethnic groups appeared to be more sexually active than young adults from other ethnic groups in the Outjo district. Contraceptive use was found to be higher among young adults with formal education; however sex education in schools had minimal influence on contraceptive usage among young adults. The majority of young adults who were sexually active were not aware of the benefits of contraceptive usage. The main reasons for not using contraceptives were; a lack of education about the advantages of contraceptive use, peer pressures, shortage of contraceptives at health clinics, and negative attitude of nursing staff. Health centres and contraceptive services had been situated far from areas of residence making it difficult for young adult to access varieties of contraceptives. Health care professionals, especially nurses need to change their attitudes regarding their manner towards providing contraceptives to young adults. In conclusion young adults who participated in the study preferred different sources for contraceptive information apart from their peers.

### Biography

F Kajee is a Co-supervisor for Imelda Katjau Master's Thesis and Coordinator to the BTech Primary Health Care program. She is a novice researcher, involved with co-supervision and supervision of Master's Students for the past five years. Currently, she is supervising 7 students to complete their Master's degree at the CPUT. She is a PhD candidate at the University of Stellenbosch and serves on the CPUT Research Ethics Committee in the Faculty of Health and Wellness Sciences.

[kajeef@cput.ac.za](mailto:kajeef@cput.ac.za)  
[kafajee@gmail.com](mailto:kafajee@gmail.com)

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