

ABSTRACT

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Title: A STUDY EXAMINING THE EFFECT OF CONTRACEPTIVE EDUCATION ON SELF EFFICACY

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Less than half of the US states require provision of information on contraception and more than half of US states still require that abstinence be stressed. Only half of all adolescents in the US received formal instruction about contraception before they first had sex. There is a lack of self-efficacy in the use of contraceptives in college students, derived from inadequate education. Self-efficacy concerning contraceptives can potentially be improved through comprehensive education. The purpose of the study was to determine how college students had previously learned about contraceptives, their perceived current level of self-efficacy on contraceptives and their perceived level of stress due to possible misuse, both before and after having a factual and comprehensive lecture on contraceptives. A quantitative study based on convenience sampling (Women's Health PCH/WMS 350 course at Southern Connecticut State University) during the Spring 2020 semester conducted as a pretest, lecture, and posttest. Data analysis using EXCEL calculated counts and percentages for categorical variables, as well as means, medians, modes, and t-tests. Approximately forty-one (N=41) surveys were analyzed. The most common sources of knowledge reported was school (73%), doctors (63%), and friends (49%). The average amount of confidence reported from the pre-test was 7.5 and this increased to 9.3 post-test. The significant difference was $p=.0000132031$. The average amount of stress students reported for the pre-test was 5 and this decreased to 3.3 post-test, $p=0.012336831$. The significant increase in confidence and the decrease in stress shows that comprehensive education has a positive impact on students and their knowledge on contraceptives. It is the hope that with this education, students can engage in safe sexual activity with confidence in their contraceptive choice. Comprehensive contraceptive education policy should be incorporated at the state level and a part of school curriculums to further strengthen confidence and decrease stress of students