

Abstract

Background: Early marriage and early pregnancy are major global health issues. While 70% of adolescents aged 15-19 years are aware of contraceptives, only 7% were able to use contraceptives. Approximately 33 million unintended pregnancies occur every year as the result of absent or incorrect contraceptive use. The objective of this study is to describe contraception knowledge, attitude, and practice (KAP) among young pregnant women in Khammouane Province, Lao PDR.

Method: In-depth interviews (IDIs) were conducted from February to April 2020. Included were thirty pregnant women aged 16 to 20 attending an ANC session in three districts in Khammouane province: specifically, ten each from urban (Tha Khek), semi-urban (Xe Bang Fai), and rural areas (Xai Bua Thong). At each site, the participants were interviewed by assistant researchers in private rooms. Interviews regarded socio-demographic characteristics, current pregnancy, knowledge, attitude, practice of contraception, and decision making of contraceptive use. IDIs were recorded with the informed consent of the interviewees with their husbands or relative. IDIs were fully transcribed.

Result: Twenty-four of the participants were in their first pregnancy, five participants were in their second pregnancy, and one participant was in her third pregnancy. Seventeen out of twenty-four primipara women were planned, and seven participants were unplanned pregnancies. Two out of six multipara women were planned, and four were unplanned pregnancies. All participants possessed basic knowledge of contraception. Twenty-eight participants believe that contraceptives can avoid pregnancy/delay pregnancy. Thirteen participants ever used female contraceptive methods such as OCP and injectable. The other seventeen participants did not use female contraceptives methods because of fear of weight change, bleeding and mood swing etc.

Participants received information on contraception from their mothers, sisters, mothers-in-law, friends, neighbor, and mass media.

Conclusion: All the participants had a basic knowledge of contraception. Less than half of them ever used female contraception. Parents and husbands are the main decision-makers for contraception use. While not all the pregnancy was planned, all the participants seemed happy with the current pregnancy. Most of them were not sure whether they would use contraceptives after this delivery.

Key Words: Young Pregnant Women, Knowledge, Attitude, Practice, Contraception.

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