

DETERMINANTS OF HIGH CONTRACEPTIVE SELF-EFFICACY AMONG ADOLESCENT GIRLS (15-19) FROM FOUR COUNTIES IN KENYA

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BACKGROUND

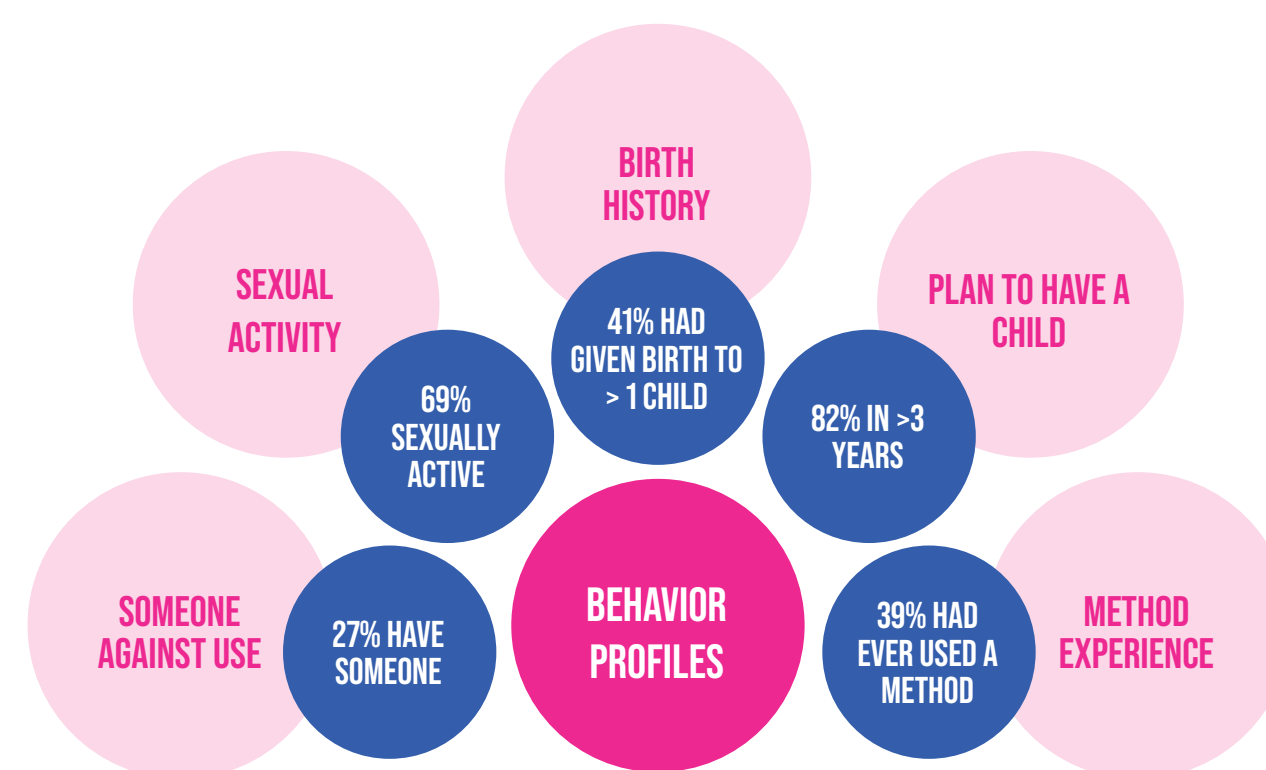
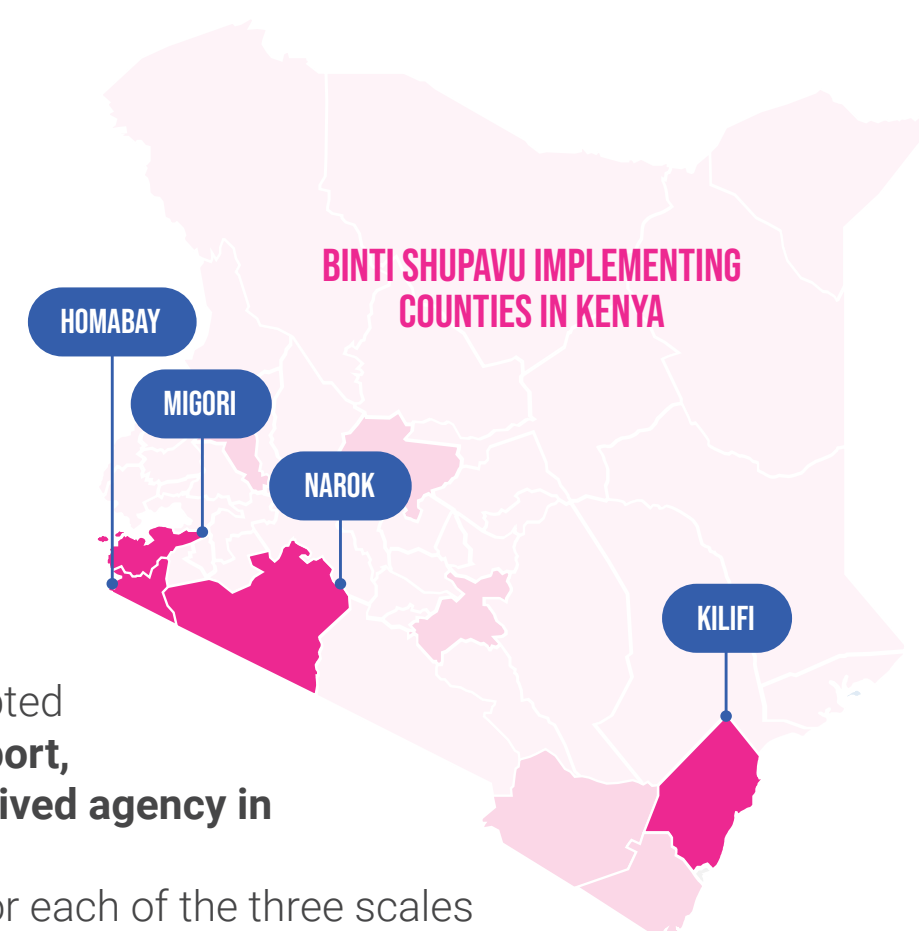
- **One in five adolescent girls** in Kenya experience a birth before 18.
- Teen pregnancies could be substantially averted by use of modern contraception.
- Girls' self-confidence (self-efficacy) is a pre-requisite for consistent and correct contraceptive use.
- Yet the drivers of high contraceptive self-efficacy among adolescent girls are poorly understood.
- **We describe findings on the determinants of contraceptive self-efficacy among girls from four counties in Kenya.**

ADOLESCENTS 360

- Study was conducted under the A360 Amplify project in Kenya, Nigeria, Tanzania and Ethiopia since September 2020.
- Under A360, five unique interventions employ aspirational messaging to create relevance of and demand for voluntary modern contraceptive use in each context.
- In Kenya Binti Shupavu is implemented in four counties

METHODS

- In November and December 2022, we conducted a cross-sectional survey involving 967 eligible girls (15-19).
- Respondents were drawn from 2,103 households in four counties using clusters; each assigned 10 participants
- Consenting girls responded to a computer-assisted questionnaire fielded by female enumerators.
- Questionnaire consisted of socio-demographic questions and three adapted likert scales - **on perceived social support, contraceptive self-efficacy, and perceived agency in reproductive decision-making.**
- Average item scores were developed for each of the three scales
- Descriptive analyses were followed by multivariable linear regression
- Perceived self-efficacy scores was the independent outcome.



RESULTS

- Most (**83.2%**) participants were 18-19 and most **76.7%** were never married.
- **Three quarters** had primary school and below level of education
- Most (**87.6%**) knew about contraceptives and the various methods.
- Girls behavioral profile affirms they are potential candidates for contraceptives
- **Contraceptive self-efficacy scores were high - mean score was 3.95 (interquartile range 0.77)**

INDEPENDENT PREDICTORS OF CONTRACEPTIVE SELF-EFFICACY

Significant predictors of a high contraceptive self-efficacy were **Post primary education, current modern contraceptive use, seeing contraceptives as a relevant tool when pursuing life goals, exposure to the Binti Shupavu intervention, a high perceived self-agency score.**

INDEPENDENT VARIABLES	CATEGORIES	BETA [95% CONFIDENCE INTERVAL]	SIG.
1. PERCEIVED SOCIAL AGENCY		0.286 [0.206-0.366]	0.000
2. AGE		0.040 [-0.004-0.084]	0.074
3. LEVEL OF EDUCATION	BELOW PRIMARY	REF.	
	PRIMARY	0.174 [0.052-0.296]	0.005
	SECONDARY OR HIGHER	0.217 [0.079-0.355]	0.002
4. CURRENTLY USING A MODERN CONTRACEPTIVE	NO	REF.	
	YES	0.179 [0.086-0.272]	0.000
5. CONTRACEPTIVE RELEVANCE	NO	REF.	
	YES	0.198 [0.119-0.276]	0.000
6. EXPOSURE TO BINTI SHUPAVU	NO	REF.	
	YES	0.139 [0.063-0.215]	0.000

CONCLUSION

- Study uncovered predictors of contraceptive self efficacy
- Modifying these determinants could accelerate girls' progress through the contraceptive adoption pathway
- More studies are needed to establish the effectiveness of aspirational ASRH programs in improving contraceptive self-efficacy and consequently contraceptive use.