



UNIVERSITI PUTRA MALAYSIA

**KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING HORMONAL
EMERGENCY CONTRACEPTION AMONG MARRIED FEMALE STAFF IN
UNIVERSITI PUTRA MALAYSIA**

FATEMEH NAJAFI SHARJ ABAD

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**KNOWLEDGE, ATTITUDE AND PRACTICE
REGARDING HORMONAL EMERGENCY
CONTRACEPTION AMONG MARRIED FEMALE
STAFF IN UNIVERSITI PUTRA MALAYSIA**

FATEMEH NAJAFI SHARJ ABAD

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EMERGENCY CONTRACEPTION AMONG MARRIED FEMALE STAFF IN
UNIVERSITI PUTRA MALAYSIA**

By

FATEMEH NAJAFI SHARJ ABAD

**Thesis Submitted to the School of Graduate Studies, University Putra Malaysia, in
Fulfilment of the Requirement for the Degree of Master of Science**

February 2010

This thesis is especially dedicated to:

***My loving parents, husband, children (Saba & Saleh),
& all my supportive family members
for their understanding, encouragement and patience***

Abstract of thesis presented to the senate of Universiti Putra Malaysia in fulfilment of the requirement for the degree of Master of Science

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February 2010

Chairman: Dr. Zaiton Ahmad, PhD

Faculty: Medicine and Health Sciences

Emergency Contraception (EC) is a back-up method of contraceptive emergencies, which women can use within the first few days after unprotected intercourse to prevent an unwanted pregnancy. In Malaysia, the use of modern contraceptive method is low whereby only 30% of married women (15-49) used it. Studies have shown unwanted pregnancies among young women are increasing. The aim of this study was to determine the factors and its relationship on knowledge, attitude and practice of hormonal EC among married female staff in Universiti Putra Malaysia (UPM). A cross-sectional study was conducted among married female staffs using stratified random sampling from 15 faculties in UPM. Data on sociodemographic, reproductive health factors, knowledge, attitude and practice of EC were gathered using self-administered questionnaire. The response rate was 87.24%. Respondents comprised of 81(27.6%)

academic and 213(78.4%) non academic staff. The mean age of respondent was 35.8 ± 9 years old. Mistimed pregnancy and unwanted pregnancy were reported by 35% and 13.6% of respondents respectively. 45.1% of women practiced contraception. The mean knowledge score on EC was 5.89 ± 4.17 and the mean attitude score was 28.24 ± 6.53 . There was significant difference in the mean knowledge score of academic and non academic staff [$t(292) = 3.168$; $p=0.002$]. A low and positive relationship was found between knowledge and attitude ($r=0.269$; $p= 0.0001$). Respondents who used EC had more positive attitude compared to non users [$t(292) = -7.188$; $p=0.0001$]. Overall, only 11.2% of women had ever used EC. Logistic regression for predictor variables showed positive attitude ($p= 0.027$) and counseling with doctors ($p=0.037$) were significant. This study showed knowledge of hormonal EC was low among married female staff particularly among non academic staff in UPM. The used of contraceptive methods was also low and only small proportion of women had ever used EC pill. Large proportion of non contraceptive users can lead to high risk unintended pregnancy. Hence there is a need to provide accurate information and counseling on effective use of EC.

Abstrak tesis yang dikemukakan kepada senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

**TAHAP PENGETAHUAN, SIKAP DAN AMALAN TERHADAP PENCEGAHAN
PENCEGAHAN KECEMASAN KEHAMILAN BERHORMON DI KALANGAN
STAF DI UNIVERSITI PUTRA MALAYSIA**

Oleh

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Pencegahan Kehamilan Kecemasan (PKK) merupakan satu kaedah di antara beberapa kaedah pencegahan kehamilan yang boleh digunakan oleh golongan wanita selepas beberapa hari mengadakan hubungan seksual tanpa teknik pencegahan kehamilan. Di Malaysia, penggunaan teknik pencegah kehamilan moden adalah rendah dengan hanya 30% wanita berkahwin (15-49) menggunakannya. Kajian menunjukkan bahawa kehamilan yang tidak diingini di kalangan wanita muda adalah semakin meningkat. Kajian ini bertujuan untuk mengkaji faktor faktor yang boleh mempengaruhi serta hubungkait antara pengetahuan, sikap dan amalan PKK di kalangan staf wanita yang telah berkahwin di Universiti Putra Malaysia (UPM). Satu kajian rawak telah dijalankan secara berperingkat di kalangan staf wanita yang sudah berkahwin daripada 15 fakulti di UPM. Data tentang sosiodemografi, faktor kesihatan reproduktif, pengetahuan, sikap

dan amalan PKK diperolehi daripada borang soalan. Kadar respon adalah 87.24%. Responden terdiri daripada 81 (27.6%) staf akademik dan 213 (78.4%) staf bukan akademik. Min umur responden ialah 35.8 ± 9 tahun. Kehamilan dengan kehendak (35%) dan kehamilan bukan dengan kehendak (13.6%) telah dilaporkan oleh responden. Secara keseluruhannya, 45.1% wanita mempraktikkan teknik pencegah hamil kecemasan dan min tahap pengetahuan tentang PKK adalah 5.89 ± 4.17 dengan median 5.50. Min sikap pula ialah 28.24 ± 6.53 . Terdapat perbezaan yang nyata pada min tahap pengetahuan staf akademik dan staf bukan akademik [$t(292) = 3.168$; $p = 0.002$]. Hubungan antara pengetahuan dan sikap adalah positif tetapi rendah ($r = 0.269$; $p = 0.0001$). Selain itu, responden yang mengamalkan PKK mempunyai sikap yang lebih positif berbanding mereka yang tidak mengamalkan teknik pencegahan [$t(292) = -7.188$; $p = 0.0001$]. Secara keseluruhannya, hanya 11.2% wanita pernah mengamalkan teknik pencegah hamil kecemasan. Regresi logistik bagi anggaran penggunaan teknik pencegah hamil menunjukkan sikap positif ($p = 0.027$) dan kaunseling doktor serta profesionalis penjagaan kesihatan ($p = 0.037$) adalah nyata. Kajian ini menunjukkan kurangnya pengetahuan dalam PKK di kalangan responden terutamanya di kalangan staf bukan akademik. Penggunaan pencegahan kehamilan adalah rendah dan hanya sebilangan kecil wanita tidak pernah menggunakan PKK. Sebahagian besar wanita yang tidak mengamalkan teknik pencegahan boleh menyebabkan kehamilan yang tidak diinginkan di UPM. Oleh itu, maklumat terperinci dan kaunseling berkaitan teknik PKK perlu disediakan.

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Last but not least I sincerely appreciate and acknowledge my beloved families; for their understanding and endless love, through the duration of my studies. Lastly, I offer my regards and blessings to all of those who supported me in any respect during the completion of the project.

I certify that a Thesis Examination Committee has met on 8 February 2010 to conduct the final examination of Fatemeh Najafi Sharj Abad on her thesis entitled “Knowledge, Attitude and Practice regarding Hormonal Emergency Contraception among Married Female Staff in Universiti Putra Malaysia” in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti putra Malaysia [P.U.(A) 106] 15 March 1998. The committee recommends that the students be awarded the degree of Master of Science.

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DECLARATION

I declare that the thesis is my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously, and is not concurrently, submitted for any other degree at Universiti Putra Malaysia or at any other institution.

FATEMEH NAJAFI SHARJ ABAD

Date: 8 February 2010

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