Benefits, Barriers, and Self-Efficacy for Contraceptive Behavior in Women

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Introduction

The inconsistent use of contraceptive methods in women is a reproductive health problem.
Continuation

210 millions of pregnancy
80 millions unplanned
80% not wanted

World organizations:
To improve the correct and consistent use of contraceptive methods as a strategy to improve maternal health and prevent unplanned pregnancies.

Factors that are influencing the use of contraceptive methods.

Perceptions:
Advantages and disadvantages of using a contraceptive method. The perceptions about contraceptive methods can be real or imaginary and are a consequence of their interaction with their environment and society.
Objective

To know the relationship between perceived benefits, barriers and self-efficacy and contraceptive behavior in women.
Methods

Descriptive, correlational and transversal

220 women between 18 and 24 years of age

Sampling was random, stratified with allocation proportional to stratum size
Data collection

- Authorizations
- Invitation
- Concentrated
- Information about objectives
- Informed consent reviewed and signed.
- Instruments
**Results**

- The highest percentage of participants had only secondary education (50.5%), followed by full high school (24.1%) and high school (22.3%).
- In relation to their occupation 68.6% were students, 30% were students and had paid employment and 1.4% were students and had an unpaid job.
- Of those who had paid employment, 18.6% were full time, 9.1% were full time but with less than 40 hours a week and 4.1% had a job less than 20 hours.
- Regarding marital status, 73.2% were single, 17.7% were married, 7.7% were in free union, .9% were divorced and .5% were widows.
- 78.2% of the participants reported having no children.
Correlation

Correlations between benefits, barriers and self-efficacy for CBW with contraceptive behavior

<table>
<thead>
<tr>
<th>Variable</th>
<th>Benefits for contraceptive behavior in women</th>
<th>Barriers for contraceptive behavior in women</th>
<th>Self-efficacy for contraceptive behavior in women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contraceptive behavior</td>
<td><strong>.18</strong></td>
<td><strong>.25</strong></td>
<td><strong>-.27</strong></td>
</tr>
</tbody>
</table>

*Note:* *p* < .05. **p** < .001
## Regression

Model of regression of benefits, barriers and self-efficacy for CAM with contraceptive behavior "with bootstrap"

<table>
<thead>
<tr>
<th>Model</th>
<th>B</th>
<th>SE</th>
<th>p</th>
<th>IC 95%</th>
<th>Low</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Constant</td>
<td>.78</td>
<td>.56</td>
<td>.159</td>
<td>-.328</td>
<td>1.84</td>
<td></td>
</tr>
<tr>
<td>Benefits for CBW</td>
<td>.17</td>
<td>.07</td>
<td>.020</td>
<td>.041</td>
<td>.33</td>
<td></td>
</tr>
<tr>
<td>Barriers for CBW</td>
<td>-.33</td>
<td>.10</td>
<td>.002</td>
<td>-5.41</td>
<td>-.11</td>
<td></td>
</tr>
<tr>
<td>Self-efficacy for CBW</td>
<td>.40</td>
<td>.14</td>
<td>.004</td>
<td>.14</td>
<td>.68</td>
<td></td>
</tr>
</tbody>
</table>

*Note:* Dependent variable contraceptive behavior, $B = b$, $SE$ = Standard error, $n=220$
Regression

The variables explained the variance in 14.1% of the contraceptive behavior ($F_{[4,215]} = 8,787, \ p < .001$). The greater number of perceived benefits improves the contraceptive behavior. The lower number of perceived barriers improves the correct and sustained use of the contraceptive methods. A higher level of self-efficacy improves the contraceptive behavior.
Conclusions

• This study show that the women who perceive a higher number of positive consequences when using contraceptive methods present a correct and sustained use of contraceptive methods.

• Women who perceive fewer negative consequences when using contraceptive methods have a correct and sustained use of contraceptive methods.

• Women who have a high capacity to use contraceptive methods present a correct and sustained use.
Conclusions

• Barriers to contraceptive methods, the effects of contraceptive methods, or the consequences of their use, are also reported, especially hormonal and IUDs.

• It is one of the main causes for discontinuing their use. Sometimes the ideas are imaginary because they do not have any previous experience with contraceptive methods.
Thank You