

**CONTRACEPTIVES- A HEX OR A VEX?  
A CASE STUDY OF NAIVASHA  
DISTRICT**

BY

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# ABSTRACT

❖ According to Genesis chapter one verses 27-28 it reads “so God created man in His own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply” .....But the uncanny wisdom of man invented contraceptives to control birth.

# ABSTRACT CONT.

- ❑ Man believes that few children will guarantee quality long life and a family with many children is associated with low quality short life.
- ❑ The opposite is happening to the dismay of many.
- ❑ Based on recent studies, those using certain contraceptives have been found to have increased risks of cancer and heart attack.

# ABSTRACT CONT.

- ❑ The study will focus on hormonal methods of birth control
- ❑ Hormonal methods of birth control use hormones to regulate or stop ovulation and prevent pregnancy

# ABSTRACT CONT.

- ❑ Also, use of contraceptives is associated with many social evils such as pre-marital sex and adultery leading to divorce.
- ❑ Therefore, that which was supposed to bring happiness has brought sorrow.
- ❑ On the other hand, those women who have never used contraceptives despite having many children have lived relatively trouble free long life.

# ABSTRACT CONT.

- ❑ Reasons for these phenomena are not clearly understood given that many studies on the effects of contraceptives on women have concentrated on western countries.
- ❑ The paper aims at establishing whether contraceptives are a boon or a jinx.
- ❑ The paper will specifically examine the relationship between increase in lifestyle diseases and use of contraceptives among women.

# Purpose of the study

The paper aimed at establishing whether contraceptives are a hex or a vex

- Objectives:** a) to determine the reasons of using contraceptives
- b) to determine the dangers of using contraceptives

# Research design

- ❑ This study employed a descriptive survey research design

## Target population

- ❑ All 50,000 women of reproductive age were be targeted.



# Sampling Procedures and Sample Size

- ❑ Using Judgment sampling a sample of 500 women were selected from Naivasha Town.
- ❑ The researcher was confident that the chosen sample is truly representative of the entire population.

# Results and discussion

- ❑ A majority of respondents reported that birth control use had allowed them to take better care of themselves or their families (63%),
- ❑ support themselves financially (56%),
- ❑ complete their education (51%),
- ❑ keep or get a job (50%).

## Results and discussion cont.

- ❑ Young women, unmarried women, those without children reported more reasons for using contraception than others.
- ❑ Not being able to afford a baby, not being ready for children,
- ❑ feeling that having a baby would interrupt their goals,
- ❑ wanting to maintain control in their lives were the most commonly reported.

## Results and discussion cont.

- ❑ Not being able to afford a baby,
- ❑ not being ready for children,
- ❑ feeling that having a baby would interrupt their goals, and wanting to maintain control in their lives were the most commonly reported

# Results and discussion cont.

- ❑ 60% women complained about pain in hips, the swelling of entire right legs, the breathing difficulty, constant headache, Loss of sex drive and backache.
- ❑ Development of fibroids 10%
- ❑ Divorce due to infidelity suspicion 5%
- ❑ High blood pressure 5%

# CONCLUSION

CONTRACEPTIVES ARE A VEX NOT A HEX

# Recommendation

- ❑ Use natural family planning method.
- ❑ a child is a blessing not a curse and can be turned into a resource.
- ❑ Young girls should abstain from sex until they get married.
- ❑ Men and women should exercise self control
- ❑ Women should rise up against being used as sex 'toys' or instrument of entertaining men.

Thank you for listening

QUESTIONS ?