

ABSTRACT

Background: Teenage pregnancy is an evolving global public health problem. Determining factors that contribute to teenage pregnancy could predict behaviors and take effect to less sexual risk behaviors in teenagers.

Objective: To assess factors contributing to teenage pregnancy among teenage mothers attending antenatal care at Kitebi health centre III, Rubaga Division, KCCA - Uganda.

Methods: A community based descriptive cross-sectional analytical study which employed 103 participants was carried out on mothers attending antenatal from the teenage centre of Kitebi HCIII in September 2018, using both quantitative and qualitative methods. Quantitative data was collected using pretested structural questionnaires and qualitative data was collected using focus group discussions (FGDs) with the help of an interview guide. Data was then processed qualitatively and quantitatively, and analyzed manually with the help of Statistical Package for social Sciences (SPSS) program. Pearson chi-square tests were also used to show the association between the independent and dependent variables. Quantitative data was presented descriptively in terms of figures and tables while qualitative data was presented in words.

Results: of the 103 respondents, most of the teenage mothers were residents of Kitebi: individual, institutional, and socio-demographic factors were identified as risk factors for teenage pregnancy. Utilization of contraceptive FP was low and majority of the teenage mothers reported to have had sex education from peers at school, who had scanty information on matters of sex and contraceptive FP.

Conclusion: Based on the study findings; family dysfunction, peer pressure, level of education, low house hold income, sexual abuse, inaccessibility and in-affordability of contraceptive family planning services have led to an increase in the rate of teenage pregnancy.

Therefore, the study recommended; incorporation of sex education in secondary school syllabus, establishment of teenage friendly centres in most government health facilities, involving young people to talk about sexuality issues, relationships, targeting high risk groups- secondary school students; strengthening of community based programmes that sensitize communities on the implications of early pregnancy on both the teenager, her baby, family and Uganda as a whole.