

## **ABSTRACT**

**Introduction:** There is increased sexual activity among university students which has led to unplanned pregnancies among the female university students which has increased abortions, maternal mortality rate and poor quality life. The study set at assessment of utilization of modern contraceptive methods by female university students at international health Sciences University for the utilization of contraceptives.

**Materials and methods:** This was a cross-sectional descriptive study with self answered questionnaires. Data was collected from 280 female students at the Namuwongo-IHK and Lubowa campuses. Participants were chosen through stratified method of sampling from all faculties. Analysis was done using SPSS and results were presented using graphs, tables and charts.

**Results:** Of the 280 respondents, 65% had ever been sexually exposed, of these 49% had been sexually active in the previous year. Only 37% of the respondents had ever used contraceptives and of those only 27% used contraceptives in their last sexual encounter. Of those who had use contraceptives in their last sexual encounter, 71% had used condoms, 7% COCPs, 11% ECPs. Most students reported that they use contraceptives to prevent pregnancies and catching STIs/STDs. They further suggested that condoms should be placed in toilets for better accessibility.

**Conclusion:** Generally the study findings show that utilization of contraceptives among university female students is low. There is a gap on sexual activity and the utilization of modern contraceptive methods used by the university students. University students should be sensitize about sexual activity and increase the supply of contraceptives to university female students.

**Key words:** contraceptives, maternal mortality rate, abortions.