

**KNOWLEDGE AND UTILIZATION OF  
MODERN CONTRACEPTIVE METHODS  
AMONG YOUTH IN MYANMAR**

**CIIN NGAIH LUN**

**M.B.,B.S**

**Master of Public Health (MPH)  
University of Public Health, Yangon**

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## ABSTRACT

Reproductive health service is crucial for youth to reduce maternal and child mortality and their consequences. However, many young women face unintended pregnancies and pregnancy-related complications due to insufficient knowledge of contraceptive methods and low contraceptive utilization. The purpose of this study is to study the knowledge and utilization of modern contraceptive methods among youth in Myanmar. Secondary data analysis of the Myanmar Demographic and Health Survey (2015-16) was conducted from June 2020 to January 2021. A total of 1,423 men and 3,677 women aged 15-24 years from all states and regions of Myanmar were included in this study. Data analysis was done by STATA software version 15.1. The most known modern contraceptive methods were male condoms for male youth (82.4%); injectable contraception for female youth (90.6%), and total youth (86.1%). The modern contraceptive method mostly utilized was injectable contraception (8.8%) followed by oral contraceptive pill (5.5%). The modern contraceptive prevalence rate (mCPR) was 10% (95%CI: 8.4, 11.9) for male youth, 16.8% (95%CI: 15.3, 18.5) for female youth, and 14.9% (95%CI: 13.6, 16.3) for total youth. Among ever-married youth, mCPR was 44.7% (95%CI: 37.6, 52.0) for male youth and 54% (95%CI: 50.6, 57.4) for female youth. Being a female, 20-24 years old, ever-married, higher education, living in an urban area, from delta or central plain region, and having exposure to family planning messages were significantly associated with higher odds of knowing contraceptive methods than no known methods in multinomial logistic regression. Multivariable binary logistic regression analysis showed that the odds of utilizing modern contraception were significantly higher among older age groups, ever-married youth, youth with high education, youth living in the delta and central plain area than their counterparts. The odds of mCPR among female youth were 1.5 times (95% CI: 1.09, 2.10) higher than that of male youth in ever-married youth but 98% (AOR 0.02, 95% CI: 0.003, 0.17) less than that of male youth in never-married youth. Reproductive health program needs to be more emphasized on the area with low utilization and knowledge to have equitable access to quality reproductive health services and promote health education. Further studies, including qualitative studies, should be conducted to explore the barriers and challenges of modern contraceptive utilization among Myanmar youth.