

**Contraceptive seeking practices among young people in urban
Tanzania :a case study of Mtwara urban**

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The study examines contraceptive seeking practices from the perspective of young people in Mtwara urban. Specifically, the study explored experiences of young people in Mtwara urban on access to various forms of contraceptive and identified to whom young people in Mtwara urban turn to in case of need for various contraceptive related services. The study applied Giddens (1984) structuration theory, taking into account key concepts such as actors' knowledgeable ability, structure as both constraints and enabling of human actions and agency. This study was qualitative in nature and used a case study design. Sampling procedures were purposive, snowball and convenient sampling. Methods of data collection included in-depth interview and focus group discussion whereby qualitative data were analyzed by using thematic content. The study participants were: young people between 10-24 years both male and female, parents, teachers, and nurses. The key findings demonstrated that young people had knowledge on various forms of contraceptives as obtained from school, internet, radio, television, magazines, peer groups, siblings and others from hospital. Contraceptives were accessible to adolescents at health facilities like hospitals, dispensaries, health centers, drugs shops, pharmacies and also from peers. A good number of youths were using any modern or traditional contraception. Where despite the knowledge they had, there was improper and inconsistent use. Young people would prefer to turn to parents in case of need for contraceptive related services; however, due to various constraints they rely on their peers, drug shops personnel and nurses for these services. By reflecting on an individual's agency, young people are capable of making independent choices in accordance with their understandings. This is because youths as social agents have some ways of accessing and using contraceptive without necessarily going against the established norms and values of the society. This study recommends the increase of numerous contraceptive delivery models such as providing effective counseling hence increasing proper and consistent uptake of contraceptives among youths.