

## EFFECTS OF CONTRACEPTIVE PILLS ON HEALTH AS PERCEIVED BY FEMALE UNDERGRADUATES IN UNIVERSITY OF ILORIN

BY

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### Abstract

*This study examined effects of contraceptive pills on health as perceived by female undergraduates of University of Ilorin, Ilorin, Nigeria. In this study, differences in the effects of contraceptive pills on health as perceived by female undergraduates based on age, academic levels, faculties and religions were examined. This study made use of descriptive survey method. The population for this study was all female undergraduates of University of Ilorin. One-hundred and ninety-six (196) female undergraduates were sampled for this study using simple random sampling technique. A researcher's designed questionnaire was used for data collection while the data collected were analysed using descriptive statistics of mean and standard deviation to answer the research questions while the hypotheses were tested with the use of inferential statistic of Analysis of Variance (ANOVA) and independent t-test at 0.05 level of significance. Findings revealed that the perceived weight effect of contraceptive pills on the health were increase in weight even when on diet, change in body shape and obesity; the menstrual irregularity effect of contraceptive pills on the health were irregular menstrual bleeding among new users; earlier menopause; menstruation delay among others; the nausea effect of contraceptive pills on the health result in throw-up, dizziness, loss of appetite to food and bring about incessant spitting; the perceived breast tenderness effect of contraceptive pills on the health lead to breast soreness, engorgement, discomfort and swollen nipple. It was therefore recommended among others, females should be enlightened on the danger and health problems associated with the use of contraceptive pills by Ministry of Health officials and personnel; females should always contact health personnel for guidance on the appropriate use of contraceptive pills to avoid its adverse effects on health; health educators should organize a sensitization programme to inform and enlighten all females both in and out schools on the health problems of continuous use of contraceptive pills.*

**Keywords:** *Sexual activity, Undergraduates, Contraceptive pills, Weight effect, Menstrual irregularity, Nausea and Breast tenderness*

### Introduction

Sexual activity among undergraduates is often associated with a greater risk for unintended pregnancy. In school these days, undergraduates having known that they are not under the supervision of their parent most especially their mothers are thereby introduced to different things among them such as having unprotected sex with their boyfriends and engage in the use of contraceptive pills to prevent unwanted pregnancy so as not to disappoint their parent. Some of these female undergraduates were forced to use contraceptive pills with the aim of preventing pregnancy after sex without knowing its perceived effects on the health. Youths in Nigeria account for 32.0% of Nigerian's 180 million people and nearly half (48.6%) of adolescents aged 15-19 are sexually active (National Population Commission, 2017). About 1 in 5 of sexually active females had already engaged in sexual intercourse by the age of 15. In this regard, the National AIDS and Reproductive Health Survey show that the median age of sexual debut among youths is 17years in females. As such sex is gradually becoming a language for all age brackets among females without inhibitions. As part of the young age bracket, undergraduates are an important group exposed to a range of risky sexual activities. Bryant (2016) reported that 80% of undergraduates at higher educational institutions are sexually active. Female students are exposed to the risk of unexpected or unplanned pregnancy.

In Nigeria, unintended intercourse is the primary cause of unwanted pregnancy, and many female students with unwanted pregnancies decide to end them by abortion (Otoide, Oronsaye, & Okonofua, 2012). Since abortion is illegal in Nigeria (unless medically recommended to save a mother's life) many abortions are carried out in an unsafe environment (Abiodun & Balogun, 2009). The consequences of these clandestine abortions are grave and can be life-threatening, often leading to maternal death (Orji, Jeremiah, & Kasso, 2011). Abortions account for 20%–40% of maternal deaths in Nigeria (Abiodun, & Balogun, 2009; Orji, Jeremiah, & Kasso, 2014). Thus it is imperative that there is access to safe, accessible and adequate contraceptive services. Contraception is the intentional prevention of pregnancy through the use of various

devices, sexual practices, chemicals, drugs or surgical procedures (Jain & Muralidhar, 2012). It is avoidance of pregnancy by different methods other than avoiding coitus or hysterectomy (Asim, 2017). Contraception allows a physical relationship without fear of an unwanted pregnancy and ensures freedom to have children when desired. Contraceptives are preventive methods to help women avoid unwanted pregnancies: they include all temporary and permanent measures to prevent pregnancy resulting from coitus. The contraceptives method may be broadly grouped into two classes-Terminal methods and Spacing methods. Terminal methods are of two types; Male sterilization and Female Sterilization. Spacing methods are of four types; barrier methods (condom), Intra-Uterine Devices and Natural Family Planning methods, hormonal methods (contraceptive pills), (Chohan, 2015).

Among these contraceptive methods, use of contraceptives pills has become a popular method of birth control due to their contraceptive efficacy and good tolerability profile (Klipping, Duijkers, Parke, Mellinger, Serrani, & Junge, 2013). These pills contain hormones that act on the reproductive system of female leading to contraceptives such as estrogen and progesterone. The pill works by preventing the release of the egg, thickening of cervical mucus and by altering tubal motility. In clinical studies, the efficiency of contraceptive pills was excellent if taken regularly (Jain & Muralidhar, 2012). However, several studies have revealed perceived effects of contraceptive pills on the health of female undergraduates. The use of contraceptive pills causes many side effects such as nausea, dizziness, headaches, stomachaches, and vomiting. Bagshaw (2013); Fotherby & Caldwell (2015) revealed that many youths who require continuing contraception, stop using it primarily because of tolerability issues, including nausea, breast tenderness, water retention, hypertension, weight gain and irregular menstrual bleeding. Several studies reported that irregular menstrual bleeding is a perceived effect of contraceptive pills. One of the perceived effects of contraceptive pills on the health of female undergraduates are especially concerned with, is the issues of weight gain (Crystal, 2012). Human body weight refers to a person's mass or weight. An increase in body mass fat commonly seen as a result of diet or lack of exercise as the body converts muscle to fat. An excessive weight gain is referred to as obesity. There is an established relationship between the use of oral contraceptive pills containing an estrogen and progesterone, with mean increases in body weight (Weir, 2014; Crane & Harris, 2014; WHO, 2018). The causes of body weight as regards increase in hips size, breast, or thigh has been reported to be estrogen, while progesterone causes increase in appetite and permanent weight gain (Crystal, 2012). Another perceived effects of contraceptive pills, is nausea: nausea is a stomach queasiness, the urge to vomit. Nausea can be brought on by many causes, including systemic illnesses (such as influenza), medications, pain, and inner ear disease. Nausea can have causes that aren't due to underlying disease (examples include motion such as from a car and plane, taking pills on an empty stomach, eating too much or too little or drinking too much alcohol) but due to use of contraceptive pills.

Another perceived effects of contraceptive pills, is breast tenderness. Breast develops due to an increase in estrogen during puberty. During the menstrual cycle, various hormones cause changes in breast tissue that can lead to pain or discomfort in some women. While breasts do not typically hurt, occasional breast pain is common. Breast tenderness can have causes that aren't due to underlying disease, (examples include a tight-fitting bra, pregnancy, menstruation, breast feeding or exercise) but due to use of contraceptive pills. In view of this, the study seeks to investigate perceived effects of contraceptive pills on the health of female undergraduates of University of Ilorin

### **Purpose of the Study**

The purpose of this study was to examine the effects of contraceptive pills on health as perceived by female undergraduates of University of Ilorin, Ilorin, Nigeria.

### **Research Questions**

The following research questions were raised to guide the conduct of this study;

1. What are the weight effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin?
2. What are the menstrual irregularity effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin?
3. What are the nausea effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin?

4. What are the breast tenderness effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin?

### Research Hypotheses

The following hypotheses were postulated for this study

- H<sub>01</sub>:** There is no significant difference in the effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin based on academic levels.  
**H<sub>02</sub>:** There is no significant difference in the effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin based on religions.  
**H<sub>03</sub>:** There is no significant difference in the effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin based on faculties.

### Methodology

This study made use of descriptive survey method. The population for this study was all female undergraduates of University of Ilorin. One-hundred and ninety-six (196) female undergraduates were sampled for this study using simple random sampling technique. A researcher's designed questionnaire which contained 16 items structured in a four-response-type with the reliability coefficient of 0.76 was used for data collection while the data collected were analysed using descriptive statistics of mean and standard deviation to answer the research questions. Hypotheses postulated for this study were tested with the use of inferential statistic of Analysis of Variance (ANOVA) and independent t-test at 0.05 level of significance.

### Results

Out of 196 (100%) undergraduates that were sampled, 93 (47.4%) of them were Christians while 103 (52.6%) were Muslims. Also, 44 (22.4%) of the participants were from Faculty of Life Sciences, 36 (18.4%) were from the Faculty of Agricultural Sciences; 33 (16.8%) were from the Faculty of Management Sciences; 49 (25.0%) were from the Faculty of Education and 34 (17.3%) were from the Faculty of Arts. In addition, 45 (23.0%) of the participants were in 400levels; 75 (38.3%) were in 300level; 31 (15.8%) were in 200level and 45 (23.0%) were in 100level. All the undergraduates sampled were singles. Descriptive statistics of mean were used to answer research questions one and two. Meanwhile, a cut-off score of 2.50 was used as the baseline for determining participants' responses since the questionnaire items were structured in a four-response-type. Therefore, items found with mean scores equal or above 2.50 were remarked as 'Perceived' while items with mean scores below 2.50 were remarked otherwise.

**Question One:** What are the weight effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin?

Participants' responses perceived weight effects of contraceptive pills on the health were subjected to item-by-item analysis using mean. The statistics was presented in Table 5.

**Table 1: Weight Effects of Contraceptive Pills on Health as perceived by Female Undergraduates in University of Ilorin**

S/N	Weight Effect of Contraceptive Pills on The Health of Female Undergraduates	Mean	S.D.	Remarked
1	Excessive intake of contraceptive pills could increase weight even when on diet	3.09	0.64	Perceived
3.	New users of contraceptive pills may experience increase in weight	2.97	0.81	Perceived
2.	Contraceptive pills may lead to change in body shape	2.94	1.00	Perceived
4.	Intake of contraceptive pills may lead to obesity	2.85	0.68	Perceived

As revealed in Table 1, the mean scores of all the items are above 2.50. this showed that the weight effect of contraceptive pills on the health as perceived by female undergraduates of University of Ilorin were increase in weight even when on diet, change in body shape and obesity.

**Question Two:** What are the menstrual irregularity effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin?

Participants' responses perceived menstrual irregularity effects of contraceptive pills on the health were subjected to item-by-item analysis using mean. The statistics was presented in Table 2.

**Table 2: Menstrual Irregularity Effects of Contraceptive Pills on Health as perceived by Female Undergraduates in University of Ilorin**

S/N	Menstrual Irregularity Effect of Contraceptive Pills on the Health of Female Undergraduates	Mean	S.D.	Remarked
5	Contraceptive pills load irregular menstrual bleeding among new users	3.04	0.61	Perceived
8	Contraceptive pills users reach menopause earlier	2.85	0.72	Perceived
6	Use of contraceptive pills often delay menstruation.	2.84	0.96	Perceived
7	Contraceptive pills may prolong days of menstrual bleeding	2.81	0.88	Perceived

Table 2 shows that the mean scores of all the items are above 2.50. This implied that menstrual irregularity effect of contraceptive pills on the health as perceived by female undergraduates of University of Ilorin were irregular menstrual bleeding among new users; earlier menopause; menstruation delay; and prolong days of menstrual bleeding.

**Question Three:** What are the nausea effects of contraceptive pills on health as perceived by female undergraduates of University of Ilorin?

Participants' responses on the perceived nausea effects of contraceptive pills on the health were subjected to item-by-item analysis using mean. The statistics was presented in Table 7.

**Table 3: Nausea Effects of Contraceptive Pills on Health as perceived by Female Undergraduates in University of Ilorin**

S/N	Nausea Effect of Contraceptive Pills on the Health of Female Undergraduates	Mean	S.D.	Remarked
10	Contraceptive pills usually induce throw up	3.22	0.61	Perceived
9	Contraceptive pills usually induce dizziness	3.21	0.55	Perceived
11	Contraceptive pills cause loss of appetite to food	3.14	0.61	Perceived
12	Use of contraceptive pills cause incessant spitting	3.09	0.57	Perceived

As indicated in Table 3, the mean scores of all the items are above 2.50. Hence, nausea effect of contraceptive pills on the health as perceived by female undergraduates of University of Ilorin result in throw-up, dizziness, loss of appetite to food and bring about incessant spitting.

**Question Four:** What are the breast tenderness effects of contraceptive pills on health as perceived by female undergraduates of University of Ilorin?

Participants' responses on the perceived breast tenderness effects of contraceptive pills on the health were subjected to item-by-item analysis using mean. The statistics was presented in Table 4.

**Table 4: Breast Tenderness Effects of Contraceptive Pills on Health as perceived by Female Undergraduates \ in University of Ilorin**

S/N	Breast Tenderness Effect of Contraceptive Pills on the Health of Female Undergraduates	Mean	S.D.	Remarked
13	Contraceptive pills could cause breast soreness	3.14	0.54	Perceived
14	Use of contraceptive pills causes breast engorgement	3.08	0.58	Perceived
15	Contraceptive pills may cause discomfort during breast feeding	2.90	0.72	Perceived
16	Use of contraceptive pills causes swollen nipple	2.85	0.67	Perceived

As shown in Table 4, the mean scores of all the items are above 2.50. Thus, breast tenderness effect of contraceptive pills on the health as perceived by female undergraduates of University of Ilorin lead to breast soreness, engorgement, and discomfort during breast feeding and swollen nipple

### Hypotheses Testing

Hypotheses postulated for this study were tested using Analysis of Variance (ANOVA) and independent t-test at 0.05 level of significance.

**H<sub>01</sub>:** There is no significant difference in the effects of contraceptive pills on health as perceived by female undergraduates of University of Ilorin based on academic levels

**Table 5a: ANOVA Summary Statistics of the Difference in the Effects of Contraceptive Pills on Health as perceived by Female Undergraduates in University of Ilorin Based on Academic Levels**

Groups	Sum of Squares	df	Mean Square	F	Sig.	Remark
Between Groups	845.939	3	281.980			
Within Groups	4514.163	192	23.511	11.993	.000	Rejected
Total	5360.102	195				

\*significance at  $p < 0.05$

As shown in Table 5a, the F-value 11.99 was obtained with a p-value 0.00 when computed at 0.05 alpha level. Since the p-value of 0.00 obtained was less than 0.05 level of significance, the null hypothesis one was rejected. This signified that there was a significant difference in the perceived effects of contraceptive pills on the health of female undergraduates of University of Ilorin based on academic levels ( $F_{(3, 192)} = 11.99, p < 0.05$ ). Sequel to the establishment of a significant difference between the means, further test was carried out on the various combinations of means to find out where the difference occurred. The test was conducted using Duncan's Post Hoc procedure at 0.05 alpha level. The Post Hoc is a statistical procedure used to determine which of the multiple groups actually made the difference.

**Table 5b: Duncan's Post Hoc Pair-wise Comparisons Showing the Difference in the Effects of Contraceptive Pills on Health as perceived by Female Undergraduates in University of Ilorin Based on Academic Levels**

Academic Levels	N	Subset for alpha = 0.05	
		1	2
100level	45	42.53	
200level	31	44.33	
300level	75		46.64
400level	45		48.20
Sig.		.94	1.00

Means for groups in homogeneous subsets are displayed

a. Uses Harmonic Mean Sample Size = 44.427.

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

Table 5b revealed that the difference noted in Table 5a was contributed by 400level female undergraduates followed by 300level female undergraduates while 200level and 100level had the least mean scores respectively. This implies that 400level and 300level female undergraduates were more conceived of the effects of contraceptive pills on the health in University of Ilorin, Ilorin, Nigeria.

**H<sub>02</sub>:** There is no significant difference in the effects of contraceptive pills on health as perceived by female undergraduates of University of Ilorin based on religions

**Table 6: t-test statistics showing the difference in the effects of contraceptive pills on health as perceived by female undergraduates in University of Ilorin based on religions**

Religion	No	Mean	S. D.	df	t-value	Sig	Remark
Christianity	93	45.62	4.78				Not Rejected
Islam	103	44.77	5.62	194	1.14	0.09	Rejected

\*Insignificance at  $p > 0.05$

Table 6 shows that the t-value 1.14 is obtained with a p-value of 0.09 when computed at 0.05 alpha level. Since the p-value of 0.122 is greater than 0.05 level of significance, the null hypothesis two is not rejected. Therefore, there was no statistically significant the difference in the perceived effects of contraceptive pills on the health of female undergraduates of University of Ilorin based on religions ( $t_{(194)} = 1.14, p > 0.05$ ).

**H<sub>03</sub>:** There is no significant difference in the effects of contraceptive pills on health as perceived by female undergraduates of University of Ilorin based on faculties

**Table 7a: ANOVA Summary Statistics of the Difference in the Effects of Contraceptive Pills on Health as perceived by Female Undergraduates in University of Ilorin Based on Faculties**

Group	Sum of Squares	df	Mean Square	F	Sig.	Remark
Between Groups	810.055	4	202.514			



Within Groups	4550.047	191	23.822	8.501	.000	Rejected
Total	5360.102	195				

\*Significance at  $p < 0.05$

As revealed in Table 7a, the F-value 8.501 was obtained with a p-value 0.00 when computed at 0.05 alpha level. Since the p-value of 0.00 obtained was less than 0.05 level of significance, the null hypothesis three was rejected. This implied that there was a significant difference in the perceived effects of contraceptive pills on the health of female undergraduates of University of Ilorin based on faculties ( $F_{\{4, 191\}} = 8.501$ ,  $p < 0.05$ ). Sequel to the establishment of a significant difference between the means, further test was carried out on the various combinations of means to find out where the difference occurred. The test was conducted using Duncan's Post Hoc procedure at 0.05 alpha level. The Post Hoc is a statistical procedure used to determine which of the multiple groups actually made the difference.

**Table 7b: Duncan's Post Hoc Pair-wise Comparisons Showing the Difference in the Effects of Contraceptive Pills on Health as perceived by Female Undergraduates in University of Ilorin Based on Faculties**

Faculties	N	Subset for alpha = 0.05	
		1	2
Agriculture	36	42.25	
Life Sciences	44	44.89	
Arts	34	44.53	
Education	49		47.23
Management Sciences	33		47.67
Sig.		.054	.706

Means for groups in homogeneous subsets are displayed

a. Uses Harmonic Mean Sample Size = 38.277

b. The group sizes are unequal. The harmonic mean of the group sizes is used. Type I error levels are not guaranteed.

As presented in Table 7b, the difference noted in Table 6a was contributed by female undergraduates of Faculty of Management Sciences with the highest mean score 47.67 followed by Education with the mean score 47.23 while female undergraduates of faculties of Arts, Life Sciences and Agriculture had the least mean scores 44.53, 43.89 and 42.25 respectively. This holds that female undergraduates of Faculties of Management Sciences and Education were more informed of the effects of contraceptive pills on the health in University of Ilorin, Ilorin, Nigeria.

### Discussion

Findings obtained from this study revealed that the weight effect of contraceptive pills on the health as perceived by female undergraduates of University of Ilorin were increase in weight even when on diet, change in body shape and obesity. These results corroborate O'Connell, Osborne and Westhoff, (2015) whose study showed that women often discontinue hormonal contraception because of perceived weight gain. Although this suggestion affects, particularly, adolescents and young women preoccupied with body image. This misperception is common reason of withdrawal or switching to other methods, often less effective than COCs. It has been known that adverse effects represent the main factors in determining acceptability and compliance with any hormonal contraceptive (HC) method.

Also, findings of this study indicated that the menstrual irregularity effect of contraceptive pills on the health as perceived by female undergraduates of University of Ilorin were irregular menstrual bleeding among new users; earlier menopause; menstruation delay; and prolong days of menstrual bleeding. This could be attributed to the fact that the most frequent cause of breakthrough bleeding with OCPs is progestin-induced decidualization and endometrial atrophy, which result in menstrual breakdown and irregular bleeding. This supports Sangi-Haghpeykar (2015) who asserted that because the lower doses of estrogen in OCPs are insufficient to sustain endometrial integrity, abnormal uterine bleeding has become more common. As the dose and potency of both estrogen and progestin increase, the incidence of breakthrough bleeding decreases. How the different pill formulations containing low doses of estrogen (less than 50 mcg of ethinyl estradiol) differ in their propensity to cause abnormal uterine bleeding remains unclear. With this, Schrager, (2012) and Trego (2017) have shown similar incidences of abnormal uterine bleeding with monophasic and triphasic low-dose pills.

In addition, findings of this study showed that the nausea effect of contraceptive pills on the health as perceived by female undergraduates of University of Ilorin result in throw-up, dizziness, loss of appetite to food and bring about incessant spitting. Nausea is a diffuse sensation of unease and discomfort, often perceived as an urge to vomit. This result substantiates Nall (2019) who observed that the hormones in birth control pills can cause nausea and submitted that the hormone estrogen, in birth control pills, helps control menstruation; it can also cause nausea and other side effects. Thus, estrogen can irritate the stomach lining, and the higher the dosage of estrogen in the pill, the more likely that a person will feel nauseous. Also, in an open-label study by Sulak, Wills, Kuehl, Coffee and Clark (2015) adult women suffering from migraines were observed in two groups. One group took a standard 28-day oral contraceptive pills regimen (21 hormone and 7 placebo days) and the other a placebo-free extended oral contraceptive pills plan.

The breast tenderness effect of contraceptive pills on the health as perceived by female undergraduates of University of Ilorin lead to breast soreness, engorgement, discomfort during breast feeding and swollen nipple. Given that Breast tenderness is the symptom of discomfort in the breast, breast tenderness may be associated with either hormonal or reproductive changes (such as early pregnancy, premenstrual syndrome, or premenstrual tension), dietary changes (such as large amounts of caffeine), use of estrogen medications (such as birth control pills), weight gain leading to breast ptosis (drooping), or a primary disorder in which breast tenderness is just one of several symptoms. This outcome is in line with Croxatto, Diaz and Peralta (2013) whose study revealed that some of these primary disorders may include mastitis (breast inflammation), which is often experienced while breastfeeding, fibrocystic breast disease (benign breast changes), or more serious disorders such as ectopic pregnancy (life-threatening pregnancy growing outside the uterus), breast abscess, or a benign or malignant tumor.

Lastly the, results of this study revealed there was a significant difference in the perceived effects of contraceptive pills on the health of female undergraduates of University of Ilorin based on academic levels. Therefore, 400level and 300level female undergraduates were more conceived of the effects of contraceptive pills on the health in University of Ilorin, Ilorin, Nigeria. More so, there was a significant difference in the perceived effects of contraceptive pills on the health of female undergraduates of University of Ilorin based on based on faculties. Female undergraduates of Faculties of Management Sciences and Education were more informed of the effects of contraceptive pills on the health in University of Ilorin, Ilorin, Nigeria. However, there was no statistically significant the difference in the perceived effects of contraceptive pills on the health of female undergraduates of University of Ilorin based on religions

### **Conclusion**

It could be concluded that the use of contraceptive pills to result in increase in weight, irregular menstrual bleeding, earlier menopause and menstruation delay, induce nausea such as dizziness, loss of appetite to food and incessant spitting, breast tenderness, soreness, engorgement and swollen nipple as a result of use of contraceptive pills

### **Recommendations**

Based on the findings of this study, the researcher suggested the following recommendations:

1. There's need to organize undergraduates peer training programs in all the faculties in University of Ilorin. This will help the trained peers to train other female undergraduates towards the use of contraceptive pills and its perceived effects on the health of female undergraduates.
2. Educational programmes involving health personnel should be organized in school to intensify sensitization and enlighten the female undergraduates at University of Ilorin on perceived effects of contraceptive pills on the health of female undergraduates.
3. Female undergraduates at university of Ilorin should make sure to seek knowledge from health personnel about the use of contraceptive pills to reduce the ever increasing effects on the health.
4. Educating the female undergraduates on the myth and fact about the use of contraceptive pills to help reduce its effect on the health of female undergraduates at University of Ilorin.
5. Awareness should be made regularly on social media on the consistent use of contraceptive pills and its perceived effects on the health of female undergraduates.

6. University of Ilorin management should organize workshops on regular basis at the university on changing reproductive health and sexual behaviour, health education programmes as well as use of contraceptive pills and its effects on the health of female undergraduates at University of Ilorin.

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