

Measuring Knowledge Level of Family Planning and Reproductive Health of Undergraduate Male Students in Mongolia

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Objective: To determine the knowledge, attitudes and practices of reproductive health and family planning of male students aged between 18-24 studying in Mongolian universities.

Methods: The survey was conducted by cross sectional. Data were obtained online from male students at the University of Internal Affairs, the Mongolian National Defense University, the Mongolian University of Life Sciences, and the Mongolian National University of Medical Science using standard WHO questionnaires.

Results: The study involved 221 university students, with an average age of 20.03 and 52.9% of the respondents were single and 5.4% were married. 76.5% of the participants had sexual intercourse. When asked if the level of awareness about hormonal contraceptives, 75.6% answered they do not know, while 51.6% ($p = 0.001$) of married men were correct when it came answered to testing for contraceptive side effects. 45.7% are aware of emergency contraception and 83.7% answered condoms are the best way to prevent pregnancy. The average age for first sexual intercourse was

16.9; 31.3% for first sexual intercourse, and 67.7% for unplanned first sexual intercourse. 32.2% had casual sex while under the influence of alcohol. 53.6% of respondents do not talk to their parents about reproductive health. 84.2% of them attended reproductive health programs at high school, and 46.4% answered that the knowledge they were learning was insufficient for their current condition. In addition, 91.9% answered that family planning is correct, while 72.2% do not know about the government family planning policy. In stable family relationships, 71.3% said that family trust is fundamental reason for stable family and the main reason for divorce is poor family trust, 68.9% said. 56.9% had unplanned births. When asked how high the number of unwanted pregnancies and abortions is among young people, 75.6% said it is high, and 46.4% answered they know someone who had these problems around the participants.

Conclusion: Male students aged between 18-24 have inadequate knowledge of family planning and modern contraceptives.

Keywords: Reproductive health, male students, family planning, contraception, abortion