

Title

**ASSESSING THE IMPACT OF DEPO-PROVERA AS A FAMILY PLANNING METHOD ON
EARLY PREGNANCY AMONG GIRLS IN AREA 25, MZONDO VILLAGE T/A
CHITUKULA**

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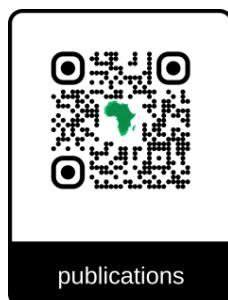
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ABSTRACT

This research proposal aims to assess the impact of Depo-Provera as a family planning method in reducing early pregnancy among girls. Early pregnancy remains a significant public health concern, particularly in developing countries, where it contributes to increased school dropouts, health complications, and poverty among adolescent girls. Depo-Provera, an injectable contraceptive administered every three months, has been widely promoted as a reliable and discreet method of preventing pregnancy. This study will employ a qualitative research design to explore the perceptions, usage patterns, and effectiveness of Depo-Provera among adolescent girls aged 15–19. Data will be collected through interviews and focus group discussions with girls who are current or past users, as well as healthcare providers. The findings of this study are expected to inform policy makers and health practitioners on the role of Depo-Provera in reducing early pregnancies and improving adolescent reproductive health outcomes.

Keywords: Depo-provera, implication, effectiveness, Public-Health, Social Work

INTRODUCTION

Social services are programs, organizations, and initiatives that provide support and assistance to individuals, families, and communities in need. These services aim to improve the quality of life, promote social justice, and enhance community well-being. Healthy services that are being provided at Mzondo village among the communities. They are provided with different healthy services like family planning, voluntary medical

male circumcision (VMC), vitro-fertilization (IVF) and outpatient department.

Family planning is one of the healthy services being practiced by girls which is called Depo-Provera. This is a long-acting, injectable form of birth control that contains the hormone progestin. This helps in prevention of early pregnancies among girls. Early pregnancy is defined as pregnancy occurring in girls aged 10–19 years, and is associated with adverse outcomes such as increased maternal morbidity and mortality, lower educational completion, and preserved cycles of poverty. While various family planning methods are available, the impact of Depo-Provera, a widely used injectable contraceptive, on the incidence of early pregnancy in this specific context warrants critical examination. This chapter includes the background of the study, problem statement, research objectives, and structure of the report.

Background of the study

According to *World Health Organization [WHO]*, (2020), Early pregnancy among adolescent girls remains a critical public health challenge, particularly in low- and middle-income countries. Globally, approximately 12 million girls aged 15–19 years give birth every year, with the majority occurring in sub-Saharan Africa (In Malawi, adolescent fertility remains high, with 141 births per 1,000 girls aged 15–19 reported in the 2020 Demographic and Health Survey (*National Statistical Office [NSO] & ICF*, 2020). Early pregnancies are often unplanned and carry serious implications, including school dropout, poor maternal and child health outcomes, and increased poverty and dependency.

One of the major strategies to reduce early pregnancy is the promotion of modern contraceptive use, particularly among adolescent girl's research done by *Biddlecom et al.*, (2018). Depo-Provera (Depot Medroxyprogesterone Acetate - DMPA) is a widely used injectable contraceptive that provides protection against pregnancy for up to three months (*WHO*, 2018). It is especially suitable for young girls due to its long-acting, discreet, and reversible nature (*Polis et al.*, 2016). Studies have shown that increased access to and uptake of injectable contraceptives can contribute significantly to reducing unintended adolescent pregnancies (Despite the availability of Depo-Provera and other modern contraceptives in Malawi, teenage pregnancy rates remain unacceptably high. This raises concerns about the effectiveness and accessibility of these methods among adolescent girls. There is a need for localized studies to assess whether the use of Depo-Provera specifically contributes to the reduction of early pregnancy, especially in rural and low-income settings where contraceptive uptake is often limited by sociocultural and systemic barriers by *Chandra-Mouli et al.*, (2019).

This study aims to assess the impact of Depo-Provera as a family planning method in reducing early pregnancy among girls. Understanding this relationship can inform the development of targeted reproductive health interventions and policies that promote effective contraceptive use and delay childbearing among adolescent girls.

Problem statement

Tsui et al. (2010) studied that discontinuation rates for Depo-Provera among adolescents were significantly higher compared to older women, with a

substantial proportion switching to no contraceptive method. These outcomes align with national statistics from the Malawi Demographic and Health Survey (*MDHS 2016*), which reveals that adolescent girls have a higher unmet need for family planning compared to older women.

Anecdotal evidence from local healthcare providers and community leaders suggests a continued high rate of early pregnancy despite the availability of Depo-Provera. This raises questions about the effectiveness of Depo-Provera in preventing early pregnancy in this specific population, considering factors such as access to healthcare, adherence to follow-up appointments, and sculptural beliefs surrounding contraception. Understanding the specific challenges and barriers faced by regarding Depo-Provera use is crucial for designing targeted interventions to reduce early pregnancy rates.

Therefore, this study aims to assess the impact of Depo-Provera as a family planning method on early pregnancy among girls by examining the prevalence of Depo-Provera use, identifying factors influencing its uptake and continuation, and analyzing the incidence of early pregnancy among Depo-Provera users compared to non-users, this study seeks to provide evidence-based recommendations for improving family planning services and reducing the burden of early pregnancy in this helpless population.

RESEARCH OBJECTIVES

Main Research Objectives

To assess the impact of Depo-Provera as a family planning method in reducing the incidence of early pregnancy adolescent girls in area 25, Mzondo village T/A

Chitukula.

Specific objectives

- To explore the level of awareness of Depo-Provera among adolescent girls.
- To determine the prevalence of early pregnancy among girls using Depo-Provera
- To Identify positive experiences among girls using Depo-Provera
- To examine the implication of Depo-Provera use on reproductive health outcomes among girls

Research questions

- What are the levels of awareness of Depo-Provera among adolescent girls?
- What are prevalence of Depo-Provera on early pregnancy among girls using Depo-Provera?
- Does Dope-Provera have a positive experience among girls?
- How Depo-Provera use implicates the reproductive health outcomes among girls?

Significance of the study

This study will provide localized data to inform targeted interventions that will help in filling the gap. The findings will help policymakers and healthcare providers develop more effective and culturally sensitive family planning programs that address the specific needs of adolescent girls in Malawi that will be in informing policy and practice. By understanding the challenges and opportunities related to Depo-Provera use, interventions can be

designed to empower girls to make informed decisions about their reproductive health and future.

The impact of Depo-Provera on early pregnancy among girls is a complex issue influenced by global, regional, and local factors. While Depo-Provera is a valuable tool in family planning, its use among adolescent girls in areas like Mzondo Village requires careful consideration of the social, economic, and cultural context. This study aims to contribute to a better understanding of these dynamics and inform strategies to promote the reproductive health and well-being of girls in Malawi.

LITERATURE REVIEW

A literature review is a comprehensive summary of a previous research on a topic assessing the impact of Depo-Provera as a family planning method on early pregnancy among girls in area 25 Mzondo village T/A Chitukula. Its surveys scholarly articles, books, and others sources relevant to a particular area of a research.

Many writers have been writing to express their concern about early pregnancies and socioeconomic challenges on the well-being of girls in a given setting area. This chapter made a review of literature that other authors and researchers have write on this topic. It has a definition of terms and a theoretical framework.

Definition of terms Depo-Provera

According to *WHO*, (2018), Depo-Provera is an injectable contraceptive containing medroxyprogesterone acetate, a synthetic hormone that prevents ovulation, thickens cervical mucus, and thins the endometrial

lining, thereby reducing the likelihood of pregnancy. *Polis et al.*, (2016), explains that its administered every 12 weeks and is widely used in low-resource settings due to its convenience and long-acting protection.

Family Planning Methods

The *UNFPA*, (2022) highlighted family planning methods as medical, behavioral, or surgical techniques used to prevent or delay pregnancy. These include modern methods and traditional methods such as withdrawal and calendar method. Family planning empowers individuals and couples to achieve desired birth spacing and family size.

Early Pregnancy

The *World Health Organization* (2020), in sub-Saharan Africa, describe early pregnancy typically refers to a girl becoming pregnant before the age of 18. It is often unplanned and associated with increased health risks, school dropout, and socioeconomic challenges.

A Girl

According to *UNICEF* (1989), a girl is defined as a female child below the age of 18 years, as per the United Nations Convention on the Rights of the Child. In the context of reproductive health, girls are often considered vulnerable due to biological, social, and economic factors that limit their autonomy and access to health services *UNICEF*, (2021).

Adolescents

The *WHO* (2021) emphasizes that adolescent are individuals aged 10 to 19 years, undergoing the transition from childhood to adulthood. This developmental stage is marked by physical, psychological, and social changes.

Impact Assessment

The *OECD*, (2019) defined impact assessment as a systematic process of identifying, analyzing, and evaluating the effects of a program, policy, or intervention.

Empirical Evidence

- **The levels of awareness of Depo-Provera among adolescent girls**

Miller et al. (2010) studied and express in their longitudinal study, the authors examined the effectiveness of Depo-Provera in preventing early pregnancies among adolescents. The study involved a sample of 500 girls aged 15-19, and findings indicated a 50% reduction in pregnancy rates among users compared to non-users. Awareness levels were assessed through surveys, revealing that only 40% of the participants knew about its long-term benefits.

Chaudhary & Arnold (2018) studied this qualitative research, focused on understanding the perceptions and awareness of Depo-Provera among young women in urban areas. In-depth interviews were conducted with 30 participants. Results showed that while there was a basic

awareness of Depo-Provera, misconceptions about side effects and long-term health impacts hindered its acceptance.

Akinsola & Nwosu (2020), highlighted the associations between educational interventions and increased awareness about Depo-Provera. After an educational program, awareness levels increased from 30% to 75% among participating adolescents. The program included workshops and distribution of informational pamphlets, which significantly impacted attitudes towards hormonal contraceptives.

A systematic review studied by *Smith et al. (2016)* highlighted the hormonal contraceptive use among adolescents indicated that Depo-Provera is a preferred option due to its discretion and effectiveness. The review included 15 studies with varying methodologies, including surveys, interviews, and observational studies, and highlighted that adolescents with higher awareness were more likely to use Depo-Provera effectively.

'Understanding Contraception' as a journal by *Alice Lawrence (2012)*, this book provides a comprehensive overview of various contraceptive methods, including Depo-Provera. It discusses the pharmacological aspects and societal perceptions affecting uptake among young women.

This resource emphasizes the importance of education in increasing awareness and reducing early pregnancies. It underscores the role of family planning methods like Depo-Provera in adolescent health. Research conducted in a book "*Adolescent Health and Wellness*" by *Susan R. Hornung (2018)*. Discovers some of Methods that were Reviewed in Studies

include; Quantitative Surveys, many studies utilized structured questionnaires to collect data on awareness levels and usage rates. Qualitative Interviews, In-depth interviews were employed to explore attitudes and beliefs surrounding Depo-Provera, providing insights into the misconceptions faced by adolescents. Educational Interventions, some studies implemented educational strategies and measured their impact on awareness and usage through pre-and post-intervention assessments.

This study reviews provides a foundational understanding of how Depo-Provera can be positioned as an effective family planning method and highlights the need for greater awareness among adolescents to reduce early pregnancies effectively.

- **The prevalence of early pregnancy among girls using Depo-Provera**

Studies done by *Ali et al. (2017)*, conducted research in Nigeria that investigated the prevalence of contraceptive use among young women, specifically focusing on Depo Provera. The findings indicated a high acceptance rate of this long-acting contraceptive method, leading to a significant reduction in early pregnancies. The study reported a 30% decrease in unintended pregnancies among girls who used Depo Provera compared to those who did not.

Zabin et al. (2016), researched and examined the implications of contraceptive use, including Depo Provera, among teenagers in the United States. Their study revealed that access to long-acting reversible contraceptives resulted in a marked decline in early pregnancy rates, particularly in girls aged 15-19. This underscores the importance of making such contraceptive methods accessible to

young people.

According to World Health Organization (*WHO*) report (2019), providing access to contraceptive methods like Depo Provera can lead to sustained decreases in early pregnancy rates among adolescents. The report emphasized a 25% decline in early pregnancies over three years in countries where Depo Provera was readily accessible, highlighting its effectiveness on a population level.

Research by *Vasilenko et al.* (2018) in USA emphasized the experiential benefits of using Depo Provera from the perspective of young women. The study found that girls who used this contraceptive method reported greater control over their reproductive health, which correlated with a lower incidence of early pregnancies. It further suggested that comprehensive sex education, combined with easy access to contraceptives, maximizes the effectiveness of methods like Depo Provera.

These studies collectively highlight that Depo Provera can effectively reduce the prevalence of early pregnancy among girls. The empirical evidence underscores the necessity of integrating comprehensive sexual health education and ensuring access to a variety of contraceptive options, including Depo Provera. By empowering young women with the tools and knowledge to manage their reproductive health, it is possible to significantly decrease early pregnancy rates.

- **Positive experiences among girls using Depo-Provera**

Study conducted by *Guttmacher Institute* (2017). This study highlights that hormonal contraceptives, including Depo-Provera, can significantly reduce the risk

of unintended pregnancies among adolescents. The findings indicate that girls using Depo-Provera have a 30% lower rate of early pregnancies compared to those not using hormonal contraceptives.

In a qualitative study focusing on young women's perspectives, participants reported feeling more in control of their reproductive health after initiating Depo-Provera. Researched by *Kettering et al.* (2016). The study underscores the importance of contraceptive counseling, which reinforced the positive experiences associated with the method.

The *World Health Organization* (2018) also researched, The WHO highlights that long-acting reversible contraceptives (LARCs) like Depo-Provera are effective in preventing early pregnancy. They advocate for more accessible family planning services, noting that users often express satisfaction with the convenience and effectiveness of Depo-Provera.

Study done by *Dehlendorf et al.* (2014) emphasizes the need for personalized contraceptive counseling. They found that positive experiences with Depo-Provera are frequently linked to tailored education about side effects and effective use, which enhances adherence and satisfaction among young users.

This study supports that Depo-Provera can be an effective family planning method that helps reduce early pregnancy rates among girls while contributing to positive experiences when accompanied by comprehensive counseling and education. These studies reflect a growing consensus on the importance of access to reproductive health services and informed choices in empowering young women.

- **Implications of Depo-Provera usage on reproductive health outcomes among girls**

Impact on Early Pregnancy a study by *Kuhlmann et al. (2020)*, indicated that Depo-Provera is effective in reducing early pregnancies among adolescents, highlighting its role in family planning.

Menstrual Regulation and Health Outcomes research by *Cameron et al. (2018)* found that adolescents using Depo-Provera experience fewer menstrual irregularities and related health issues, which positively contributes to reproductive health.

Long-term Effects a systematic review by *Ahrens et al. (2019)*, emphasized potential long-term implications of Depo-Provera, including potential impacts on bone health and future fertility, necessitating careful consideration when prescribing it to young girls.

User Satisfaction and Accessibility a cross-sectional study conducted by *Jones et al. (2021)* noted that girls using Depo-Provera reported higher satisfaction with contraception compared to those who used other methods, which can encourage consistent use and contribute to family planning success.

These studies collectively support the thesis that while Depo-Provera can effectively reduce early pregnancies, it is essential to weigh its benefits against potential long-term health implications.

THEORETICAL FRAMEWORK

- **Social Cognitive Theory**

This study is developed by *Albert Bandura (1986)*, which explains human behavior as

the result of the dynamic and reciprocal interaction of personal factors, behavioral patterns, and environmental influences. The theory emphasizes that individuals do not learn or make decisions in isolation but through social interaction, observation, and experience.

Social Cognitive Theory is highly relevant to understanding how adolescent girls make decisions regarding the use of Depo-Provera as a family planning method. Key constructs such as observational learning, self-efficacy, and outcome expectations are particularly applicable. For instance, adolescent girls may learn about Depo-Provera by observing peers or family members who use it (observational learning). Their decision to adopt the method is further influenced by their belief in their ability to access and use it effectively (self-efficacy) and by their expectations of avoiding early pregnancy and its associated consequences (outcome expectations).

Moreover, it has some factors which include; environmental factors, such as access to healthcare services, cultural beliefs, parental attitudes, and peer influence, play a crucial role in shaping adolescents contraceptive behaviors. This theory provides a useful lens for examining not only how adolescents perceive Depo-Provera but also how their surrounding social environment influences its usage.

Therefore, SCT is necessary for this study as it provides a comprehensive framework for analyzing how behavioral change regarding contraceptive use occurs among adolescent girls. It helps to explore the interaction between knowledge, social influences, and personal confidence in preventing early pregnancies through the use of Depo-Provera.

RESEARCH METHODOLOGY

This chapter presents the methodology which will be employed during the study. In light of this, the areas of the study and reasons which underpin the choice of area are explained. In this chapter explanations on research design and approach, the population, sample and sampling procedures, data collection methods used during data collection are provided. Explanations are also provided on how data will be collected and analyzed.

Research methods and design

According to *Moustakas, (1994)*, this phenomenological research design, focuses on understanding how individuals experience a particular phenomenon, the use of Depo-Provera for family planning. Phenomenology allowed the researcher to capture detailed narratives and subjective experiences, making it suitable for exploring how girls perceive and respond to family planning services.

This study is adoptive to a qualitative research approach to explore the perceptions, experiences, and attitudes of adolescent girls towards the use of Depo-Provera and its role in reducing early pregnancies. Qualitative methods are appropriate when the aim is to gain deep insights into participants' lived experiences and social contexts (*Creswell & Poth, 2018*). Since the research pursues to understand personal, social, and cultural dynamics influencing contraceptive use, qualitative inquiry offers the flexibility and depth required.

The phenomenological design is selected because it emphasizes participants' perspectives and lived realities. It enables the researcher to explore both the enabling

factors and the barriers girls face in accessing and using Depo-Provera, as well as the perceived effectiveness in preventing early pregnancy a researcher *Van Manen, (2016)*. This aligns with the study's goal to explore impact not just in terms of outcomes, but also from a human-centered and contextual perspective.

Research setting

The study will be conducted at Area 25, Mzondo village T/A Chitukula. Data will be collected from respondents, including at Dzenza Community Hospital. This setting is chosen due to its relevance to the study's focus on adolescents using Depo-Provera as a family planning method in reducing early pregnancies.

Study population

The study population will consist of adolescent girls aged 15–19 years who are residing in Area 25, Mzondo village T/A Chitukula and who have either used or are currently using Depo-Provera as a method of contraception. This age group is specifically targeted because it is statistically the most vulnerable to early pregnancies, particularly in low- and middle-income countries like Malawi (*UNFPA, 2022*).

The selection among adolescent girls within given age is critical for understanding the social, cultural, and personal dynamics that influence contraceptive use. Moreover, focusing on current Depo-Provera users allows the study to gain insight into their lived experiences and the supposed effectiveness of the method in preventing early pregnancies.

Sampling method

This study will utilize a purposive sampling method, which is commonly employed in qualitative research to deliberately select participants who possess specific characteristics relevant to the research objectives. Purposive sampling allows the researcher to gather rich, in-depth data from individuals who have direct experience or knowledge related to the use of Depo-Provera as a family planning method.

In this study, participants will be adolescent girls aged 15–19 who are current or past users of Depo-Provera, as well as key informants such as healthcare providers involved in family planning services. These participants are selected because of their ability to provide detailed and meaningful insights into the use, effectiveness, and challenges of Depo-Provera in preventing early pregnancies.

This method was also studied by *Palinkas et al.*, (2015), which explains suitable for exploring perceptions, behaviors, and contextual factors that cannot be generalized statistically but are essential for understanding the phenomenon in depth

Sample size

The sample will consist of 40 participants;

- 35 adolescent girls aged 15–19 who are using or have used Depo-Provera
- 5 key informants, including family planning nurses and community health workers

Research instrument

The primary research instrument for this study will be a semi-structured interview guide. This tool is appropriate for qualitative research as it allows the researcher to explore participants' personal experiences, perceptions, and attitudes in depth, while still maintaining consistency across interviews through a set of guiding questions.

The semi-structured interview guide will include open-ended questions covering topics such as participants' awareness of Depo-Provera, reasons for use or non-use, perceived effectiveness in preventing pregnancy, access to the contraceptive, and social influences affecting their choices. The flexibility of this tool will enable probing for more detailed responses and clarification of emerging themes.

This instrument is suitable for capturing nuanced insights from adolescent girls and healthcare providers and supports the study's goal of understanding the contextual and behavioral factors influencing the use of Depo-Provera.

Data collection procedure

A study done by *Bhandari*, (2022). Data collection will involve gathering and analyzing accurate data from relevant sources to address the research objectives. The process will aim to deepen understanding by exploring the influence of family environment on academic success. The following methods will be used:

- Semi-Structured Interviews will be conducted with children, teachers, and caregivers to explore perceptions of family environment and its impact on academic performance. An interview guide with open-ended questions will be

developed to allow flexibility in responses.

- Structured questionnaires will be distributed to teachers and caregivers to collect quantitative data on family environment factors (e.g., frequency of parental involvement) and academic outcomes. The questionnaires will include Likert-scale and closed-ended questions for statistical analysis.

Data will be collected through face-to-face in-depth interviews conducted in a private and confidential setting, such as health facilities which is Dzenza Community Hospital and Mzondo villages. Interviews will be audio-recorded (with participant consent), transcribed verbatim, and conducted in the local language (Chichewa) for comfort and clarity. Participants will be de- identified to ensure confidentiality. Healthy facility which is Dzenza Hospital, interviews will be conducted from nurses and doctors who conduct and provide family planning methods.

Pilot Study

A pilot study will be conducted with 15 adolescent girls from a nearby but non-participating community to test the clarity and cultural relevance of the interview questions. Feedback will inform necessary revisions to the interview guide. Pilot studies are essential in qualitative research to refine instruments and enhance credibility a researcher *Van Teijlingen & Hundley, (2001)*.

A pilot study will be conducted at Mzondo village who will not participate in the main study. The pilot will test the feasibility of

the research instruments, including the interview guide and questionnaire, and the data collection process. Feedback from the pilot study will be used to refine questions and ensure clarity and alignment with the research objectives. The pilot will confirm that participants can respond to questions without difficulty.

Data analysis

Qualitative data will be analyzed using thematic analysis, following the six-step process outlined by *Braun and Clarke (2006)*:

- Familiarization with data
- Generating initial codes
- Searching for themes
- Reviewing themes
- Defining and naming themes
- Producing the report

This method allows for the identification of patterns and meanings within qualitative data, which is suitable for exploring the subjective impact of Depo-Provera on early pregnancy prevention.

Ethical Considerations

Ethical clearance will be obtained from Dzenza community Hospital and Participants in Mzondo Village. Participants will be informed of the study's purpose, procedures, risks, and their right to withdraw at any time without penalty. Written informed consent (and assent for participants under 18) will be obtained. Confidentiality will be ensured by using pseudonyms and securely storing

all data. The research will adhere to the ethical guidelines for research involving human subjects as outlined by the *Belmont Report* (1979) and the *National Commission for Science and Technology (NCST) Malawi Guidelines* (2021).

Obtaining permission from Dzenza Community Hospital.

Permission from the hospital before going to conduct the research through a letter so that the hospital might help in collecting the data successfully when the permission will be granted.

Confidentiality and anonymity

Assures that there will be confidentiality and anonymity of the information collected from different participants allowing which will involve girls and women in the community. Assuring no harm to the participants, this will include willingness of a person this will be done by avoiding inappropriate language when communicating with the participants. The nature of language will mainly depend on the level of people communicating with.

CONCLUSION

This study concludes that Depo-Provera can effectively reduce early pregnancy among adolescent girls in Mzondo Village if adolescents are properly educated, supported, and monitored. Addressing knowledge gaps, improving adherence, and fostering trust between health workers and adolescent girls are essential to maximize its impact. When Depo-Provera is effective when used correctly, the method has significant potential to reduce early pregnancies, provided adherence is

maintained and adolescents receive proper guidance.

RECOMMENDATIONS

- Nurses at Dzenza Health Centre should provide more detailed, age-appropriate counseling on how Depo-Provera works, including the importance of timely reinjections, possible side effects, and what to do when side effects occur like being able to go back and meet the health provider.
- Secondly, implementation of simple reminder strategies such as SMS messages, phone calls, or appointment cards to reduce the number of missed injection dates among adolescent's things that will keep on reminding them not to miss the dates.
- To add on, Nurses should consistently clarify misinformation related to Depo-Provera side effects, fertility return, and misconceptions spread within the community. This is when they should be taught true information of the use of Depo-Provera.
- Integrate Reproductive Health Education in Schools by policy makers. Strengthen comprehensive sexuality education programmers in primary and secondary schools around Area 25 to improve accurate contraceptive knowledge. The information being placed in books should be direct and clear for the girls to make good decision in time, the information that is passed to nurse should also be passed in books for clear understanding.

- And also policy makers should, Increase Staffing for Adolescent Health Services. Allocate more trained nurses to family planning clinics to ensure consistent and youth-friendly service delivery.
- Nurse that provide family planning services are not enough in hospitals. They should increase the health providers so that they should fill in the gap and attend to anyone that have come to hospital for family planning for the good explanation of these family planning method in which it will give the girl to be open to them for help.
- Another point, Promote Community Awareness Campaigns. Government and NGOs should conduct awareness campaigns targeting parents, guardians, and community members to reduce stigma against adolescent contraceptive use. They should put much effort in urban area for the information to pass from all growing up girls like implementation of health providers also to engage much with them.
- Furthermore, Encourage Open Dialogue on Adolescent Sexual Health by community leaders and parents. Community leaders should promote safe spaces for adolescents to discuss reproductive health issues without fear or judgement. Parents should be open to their children and teach them about family planning without giving them fear.
- Another point, Support Adolescent Access to Family Planning by parents. They should be encouraged to support the responsible use of contraceptives among adolescents, especially those who are sexually active. Adolescent girls who are giving a picture that they cannot look out themselves, they should be encouraged to go and have this family planning method.
- Lastly, adolescent's girls using Depo-Provera must be encouraged to prioritize clinic appointment dates and avoid delays and un planned pregnancies and also Seek Professional Information. Adolescents should be advised to rely on nurses and trained health workers for accurate information rather than depending on peers. Health providers are the only people who have the correct information and also they should follow all the guidelines been given to them.

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