YOUNG PEOPLE'S KNOWLEDGE ABOUT FAMILY PLANNING: IMPACT OF SOCIO-DEMOGRAPHIC AND SEXUAL CONTEXT AND ATTITUDE TOWARDS SEXUALITY

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Abstract - Family Planning activities are part of Primary Health Care, responding to the needs of the population in terms of sexual and reproductive health.
Objectives: To identify whether sociodemographic variables, sexuality, and attitude toward sexuality influence family planning knowledge among higher education students.
Methodology: Quantitative, descriptive and correlational study, with a sample of 199 higher education students, mean age 20.89 years (±2.01 years). The data collection instrument was a questionnaire that allowed the sociodemographic and sexual characterization. The Knowledge of Family Planning Scale (Nelas, Silva, Ferreira, Duarte & Chaves, 2010) and the Attitudes towards Sexuality Scale (Nelas, Silva, Ferreira, Duarte & Chaves, 2010) were included.
Results: The gender (female), the monthly household income (higher income), the course area (health area) influences the knowledge about family planning (more knowledge). Having started sexual life influences knowledge, with students who have not yet started sexual life revealing more knowledge. The attitude towards sexuality is a predictor of knowledge about family planning, thus students with a better attitude towards sexuality are the ones who show more knowledge.
Conclusion: The Family Planning consultation ensures information and sexual counseling, prevention and early diagnosis of sexually transmitted infections, cervical cancer and breast cancer, providing preconception care, promoting the experience of sexuality in a positive way in young people.

Keywords - Knowledge; Sexuality; Family Planning; Students; Higher Education.