



Access Frequency to Contraception Services and Its Impact on Reproductive Health Among Urban Young Mothers in Tanzania: A Case Study

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Abstract

Urban young mothers in Tanzania face unique challenges related to access to contraception services and their impact on reproductive health. A mixed-methods approach was employed, including a structured questionnaire survey ($N = 150$) and depth interviews ($n = 30$). Data were analysed using descriptive statistics and thematic analysis. Young mothers reported frequent use of injectable contraceptives (72%), with unintended pregnancies accounting for 46% of the sample. Use patterns varied significantly by age group. Contraceptive service frequency is crucial in preventing unintended pregnancies, but current services may not adequately meet young women's needs. Enhanced contraceptive education and availability are recommended to address unmet needs among urban young mothers. contraception use, reproductive health, young mothers, Tanzania

Keywords: African Geography, Young Mothers, Urban Areas, Contraception Services, Reproductive Health, Access Frequency, Demographic Data Analysis

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