**Exploring Young Women’s Attempts to Terminate an Unwanted Pregnancy in Rupandehi, Nepal**

**Date: 2014**

**Background**

Given the many sexual and reproductive health barriers faced by young women in Rupendehi, this study explored, with more depth, their perspectives and behaviors concerning contraception, unwanted pregnancy, and abortion. This study sought to know what information, support, and services young women desire as well as the preferred source of receiving this information, support, and care.

**Methods**

A recent multi-stage, probability-based household survey of 600 young women from 37 selected wards within Rupendehi district between the ages of 16 and 24 was used to identify 19 young women who reported ever trying to terminate a pregnancy. Transcripts of qualitative information were generated in Nepali, and then translated into English for coding and analysis using Atlas.ti. Quantitative data from the household survey was extracted for in-depth interview participants and analysed using Stata 11.1.

**Results**

Seven women had varying abortion pathways. Five used medical abortion to terminate pregnancy while two went to a health facility. The husbands were major decision makers, who also provided medical abortion drugs, money, or transportation to a health facility for the service. Women’s mothers and friends were also supportive sources. All women felt adequately supported during their termination attempt by their husbands, family, and/or friends.

**Conclusions**

Efforts are needed to continue to dispel myths and fears surrounding the use of contraceptives among young women. Given that husbands are the primary source of information and support, Sexual and Reproductive Health (SRH) efforts may need to engage them.

**Keywords:** medical abortion; sexual and reproductive health; support; unwanted pregnancy; young women.