

## **CHAPTER TWO**

### **LITERATURE REVIEW**

#### **2.0 Introduction:**

This chapter provides a comprehensive review of existing literature on fertility control and its impact on young women, with a specific focus on Accra Central and global perspectives. The purpose of this literature review is to establish a robust foundation for the research, define key concepts, construct a theoretical framework, and analyze previous empirical studies related to the topic. By identifying gaps in the literature, this review aims to shed light on the implications of fertility control for young women's reproductive health, socio-economic status, and empowerment in Accra Central and beyond.

#### **2.1 Definition of Key Concepts:**

##### **2.1.0 Fertility Control:**

Fertility control encompasses a range of methods and strategies aimed at regulating fertility and preventing unintended pregnancies. These methods include contraceptives such as hormonal contraceptives (e.g., oral contraceptives, injectables), barrier methods (e.g., condoms), intrauterine devices (IUDs), fertility awareness methods, and sterilization procedures. Fertility control empowers individuals, including young women, to make informed decisions about their reproductive health and family planning.

##### **2.1.1 Impact on Young Women:**

The impact of fertility control on young women encompasses various dimensions, including reproductive health, socio-economic status, and empowerment. Access to contraception enables

young women to delay childbearing, pursue education and career opportunities, and exert greater control over their reproductive choices. However, barriers such as socio-cultural norms, lack of access to comprehensive sexual education, and limited healthcare services can hinder young women's ability to utilize fertility control effectively.

## **2.2 Theoretical Framework:**

The theoretical framework for this study draws upon several relevant theories and models that provide insights into the relationship between fertility control and young women's well-being.

## **2.3 Reproductive Justice Framework:**

The reproductive justice framework emphasizes the intersectionality of reproductive rights with social, economic, and racial justice. It highlights the importance of ensuring that all individuals, including young women in Accra Central and globally, have the resources, agency, and support to make autonomous decisions about their reproductive health.

## **2.4 Social Determinants of Health:**

The social determinants of health framework examine how social, economic, and environmental factors influence individuals' health outcomes. Access to fertility control is influenced by factors such as income inequality, education level, cultural norms, and healthcare infrastructure, which shape young women's reproductive choices and experiences.

## **2.5 Empirical Review:**

Numerous studies have explored the impact of fertility control on young women's health and well-being. Research has demonstrated that access to contraception reduces the incidence of unintended pregnancies, maternal mortality rates, and unsafe abortions among young women. Additionally, studies have highlighted the socio-economic benefits of fertility control, including

increased educational attainment, workforce participation, and economic empowerment for young women.

However, disparities in access to contraception persist, particularly in low-income communities and rural areas. Cultural and societal attitudes towards fertility control, as well as legal and policy frameworks, also influence young women's access to reproductive health services. Efforts to promote comprehensive sexual education, expand access to contraceptive services, and address socio-cultural barriers are essential for improving young women's reproductive health outcomes in Accra Central and globally.

## **2.6 Conceptual Framework:**

The conceptual framework illustrates the multifaceted impact of fertility control on young women's lives, encompassing reproductive health, socio-economic status, and empowerment.

Factors such as access to contraception, cultural norms, healthcare infrastructure, and policy frameworks interact to shape young women's reproductive choices and experiences. Theoretical perspectives such as the reproductive justice framework and social determinants of health inform the pathways within this framework.

## **2.7 Conclusion:**

This literature review has provided a comprehensive analysis of fertility control and its impact on young women in Accra Central and global contexts. It has highlighted the importance of addressing barriers to access, promoting comprehensive sexual education, and advocating for policies that support reproductive rights. By prioritizing young women's reproductive health and empowerment, stakeholders can work towards improving the well-being of young women in Accra Central and beyond. The next chapter will outline the research methodology used to further investigate these issues and assess the effectiveness of interventions aimed at improving access to fertility control for young women.