

## Health facility related determinants of health seeking behavior among the youth aged 14-18 years attending kasozi health centre iii, wakiso district-a cross-sectional study.

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### ABSTRACT

#### Background:

Globally, 311,000 people die in low-income countries due to challenges with health-seeking behaviors, whereas 82% of the youths in Uganda do not seek health services even when they need to. This study, therefore, aims at establishing the health facility-related determinants of health-seeking behavior among the youth aged 14-18 years attending Kasozi Health Centre III, Wakiso District.

#### Methodology:

The study employed a cross-sectional study using a quantitative method of data collection. A sample of 30 respondents was selected using a simple random sampling method. Data were collected using a questionnaire, analyzed, and presented in the form of tables, graphs, and pie charts.

#### Results:

Findings show that the highest number (47%) of the participants used vehicles to access the facility, which was about three kilometers from their residential areas. (9.3%) Of the participants reported that the government health facilities in their areas are open 7 days a week, (40%) of the participants took about two hours to receive medical care when they were in the government facility, and (53%) reported that there are a fair attitude and communication between the patients and health care providers.

#### Conclusion:

The health facilities were distant from the areas of residence of the youths, therefore making it hard to access health services. Even when at government health facilities, there was a delay in accessing health services.

#### Recommendation:

Youths should be encouraged to seek health care at the health facility and given a conducive atmosphere to open up.

*Keywords: Health facility related determinants, Health seeking behavior, Youths, Kasozi Health Centre III.*

*Submitted: March 12, 2025 Accepted: November 15, 2025 Published: January 24, 2026*

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### BACKGROUND

Health services for the youth are pivotal in envisaging adolescent health and wellbeing (Duong et al., 2021). Youth health care-seeking behavior means any action taken by a youth to find an applicable remedy when they have a health problem or illness. Globally, an estimated 1.8 million people are unfit to use public health care institutions. Of these, 85% are living in Sub-Saharan Africa (Mbalinda et al., 2020). A study in Northern Cyprus revealed that 39.1% of the patients reported that they preferred private health services over public health services (Abuduxike et al., 2019). In Africa, a study in Nigeria showed that (34.5%) of participants considered better service delivery as the most important factor affecting Health Seeking Behavior. This was followed by proximity (23.9%), affordability (20.4%),

prompt attention (8.8%), and readily available drugs (7.1%) (Latunji et al., 2018).

Poor access to public health care institutions and services was linked as a factor militating against efforts to address major health problems in African countries. In Uganda, a study revealed that income is strongly associated with increased health care usage across all age ranges but especially for women, and that user fees were less significant, especially when compared to having a health unit within close proximity. Additionally, findings revealed differences in health-seeking behavior that were attributed to age and gender. Further, higher education levels were consistently associated with a transfer away from government-provided health care, possibly implying that people regard their quality as inferior (Lawson, 2004). This study, therefore, aimed to establish the health facility-related

determinants of health-seeking behavior among the youth aged 14-18 years attending Kasozi Health Centre III, Wakiso District.

## METHODOLOGY

### Study Design and Rationale

This was a descriptive cross-sectional study employing a quantitative approach.

The design was selected because it allowed easy data collection at a single appointment, and thus time saving and cheap to obtain the data relevant to the specific objectives.

### Study setting and rationale

The study was conducted at Kasozi Health Centre III, in Wakiso District, found in the Central region of Uganda, in the Buganda sub-region. The health facility is found approximately 3 Km from Wakiso district headquarters. The majority of the youths who seek health services at Kasozi HC III come from the Kasozi community and the neighboring villages. The two major economic activities carried out in the study area are trade and agriculture. The study area was selected because poor health care-seeking behaviors among youths aged 14-18 years were noted, which makes them vulnerable to devastating health conditions and risky behaviors, hence leading to high mortality.

### Study Population

The study included youths aged 14-18 years attending Kasozi Health Centre III, Wakiso district.

### Sample Size Determination

The sample size was the number of observations in a sample. The sample size was calculated and determined using the formula below.

The study targeted 30 respondents. This was done by use of the Burton Formula, and this was obtained using the following calculation;

Sample size (n) = (q x r)/o where: q= total number of days to spend on data collection. r= number of respondents to be interviewed per day

o=maximum time interviewer will take

Values; q=5, r=6 o= 1hour.

The sample size was obtained using the following calculations:  $n = (5 \times 6) / 1$ ,  $n = 30$  respondents.

Therefore, the sample size was 30 youths aged 14-18 years at Kasozi Health Center III, Wakiso district.

### Sampling procedure and rationale

Simple random sampling was used to obtain the sample size for the study. All potential respondents who met the study criteria were given equal opportunity to participate in the study by picking papers from an enclosed box, and any respondent who picked a paper with the word YES written

on it was requested to participate in the study. This continued until the 30th respondents were achieved. The procedure was preferred because it was less biased, easier to apply, and less expensive.

### Inclusion criteria

The study included only male and female youths aged 14-18 years at Kasozi Health Center III, Wakiso district, who were present and willing to voluntarily consent to participate in the study.

### Dependent variable:

Health-seeking behavior among youths aged 14-18 years

### Independent variable:

Health-facility related determinants of the health-seeking behavior.

### Research Instruments

Data was collected using a semi-structured questionnaire, which consisted of both open and closed-ended questions. Section containing Health-facility related determinants of health-seeking behaviors among youths aged 14-18 years.

### Data Collection Procedure

Questionnaires were administered to youths aged 14-18 years at Kasozi Health Center III, Wakiso District. Six respondents were interviewed per day for 30 respondents in 5 days.

### Data management

Data management included tallying, arranging, storing, editing, and coding before leaving the area to ensure all mistakes or areas left blank that could have happened were corrected and rectified before leaving the area of study.

### Data analysis and presentation

The collected data were entered into the computer for analysis, and later the researcher presented them in tables, graphs, and pie charts generated by Microsoft Excel.

### Ethical Considerations

A letter of introduction was obtained from Lubaga Hospital Training School, addressed to the local council administration of the in-charge Kasozi Health Center III, and seeking permission to carry out the study. Respondents were assured of maximum confidentiality, and only numbers instead of names were used to identify the respondents. The study only commenced after the objective of the study had been well explained to participants and after they had consented to participate in the study.

**RESULTS**

**Demographic data of the students.**

**Table 1: Distribution of the demographic data of respondents, n=30.**

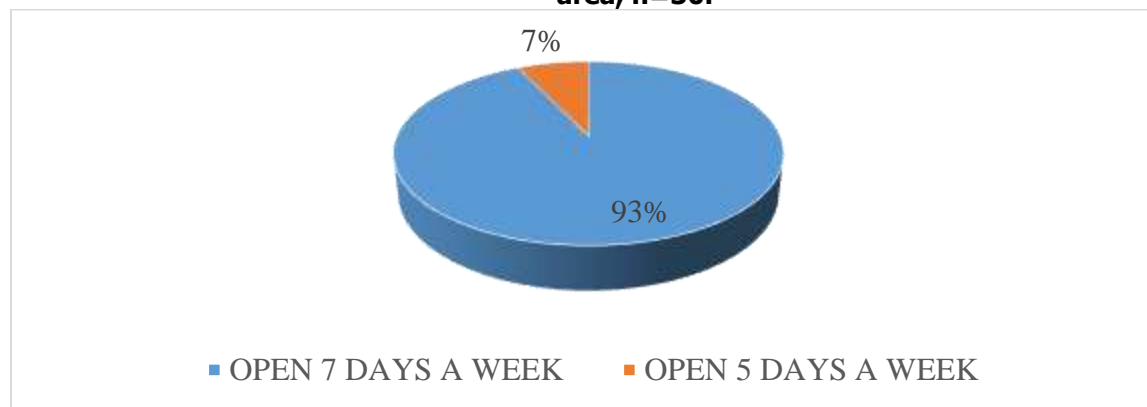
Variable	Category	Frequency	Percentage (%)
Age	14-15 years	8	27
	16-18 years	22	73
Gender	Male	12	40
	Female	18	60
Marital status	Single	25	83
	Married	05	17
	Divorced	00	00
	Widow/widower	00	00

**Source: Primary data (2023)**

The majority, 22(73%) of the participants were between 16 and 18 years, while the minority, 8(27%) were between 14 and 15 years. More than half 18(60%) of the respondents were females, and a few 12(40%) were males. The highest number, 25(83%) of the participants were single, and the lowest, 5(17%) were married.

**Health facility-related determinants of health-seeking behavior among youths aged 14-18 years attending Kasozi Health Centre III, Wakiso District.**

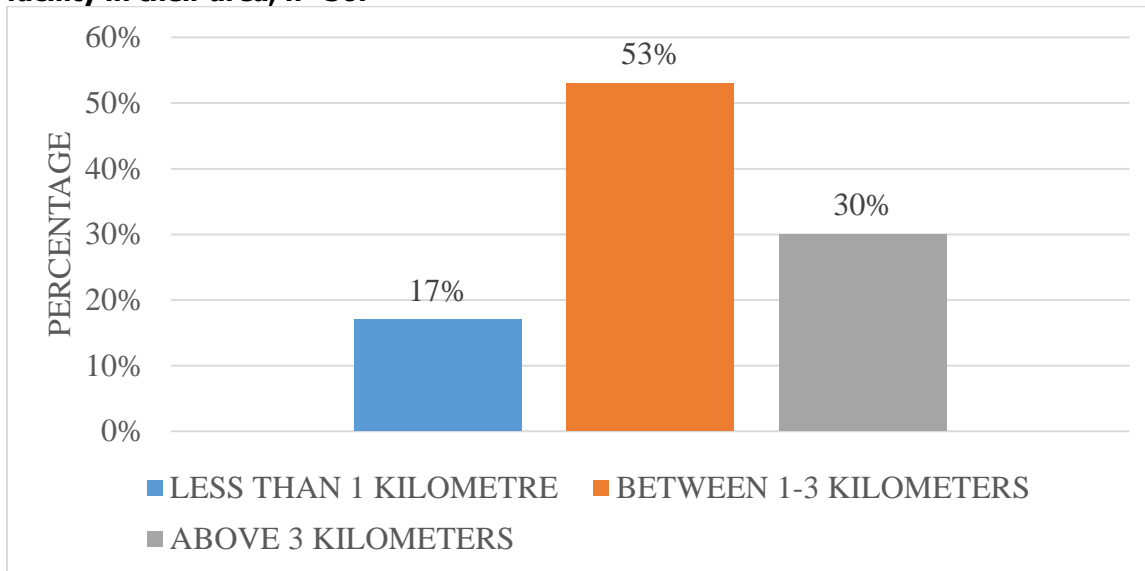
**Figure 1: Shows the number of days the government facility is open in the respondents' area, n=30.**



**Source: Primary data (2023)**

The majority, 28(93%) of the participants responded that their government health facilities in their areas are open 7 days a week, while the minority, 2(7%), responded that their government health facilities are open 5 days a week.

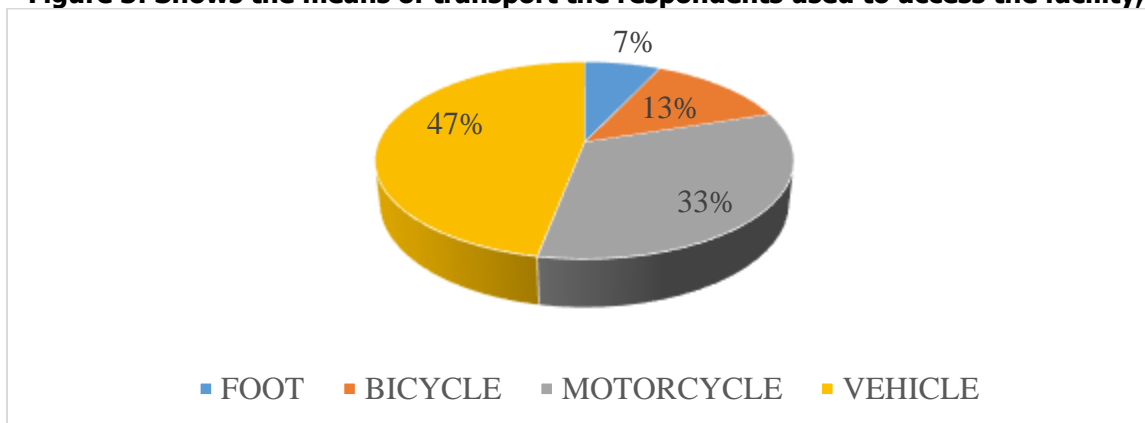
**Figure 2: Shows how far the respondents' homes was from the nearest government Health facility in their area, n=30.**



**Source: Primary data (2023)**

The majority, 16(53%) of the participants were between one to three kilometers from the nearest government facility, while the minority, 5(17%) were less than a kilometer from it.

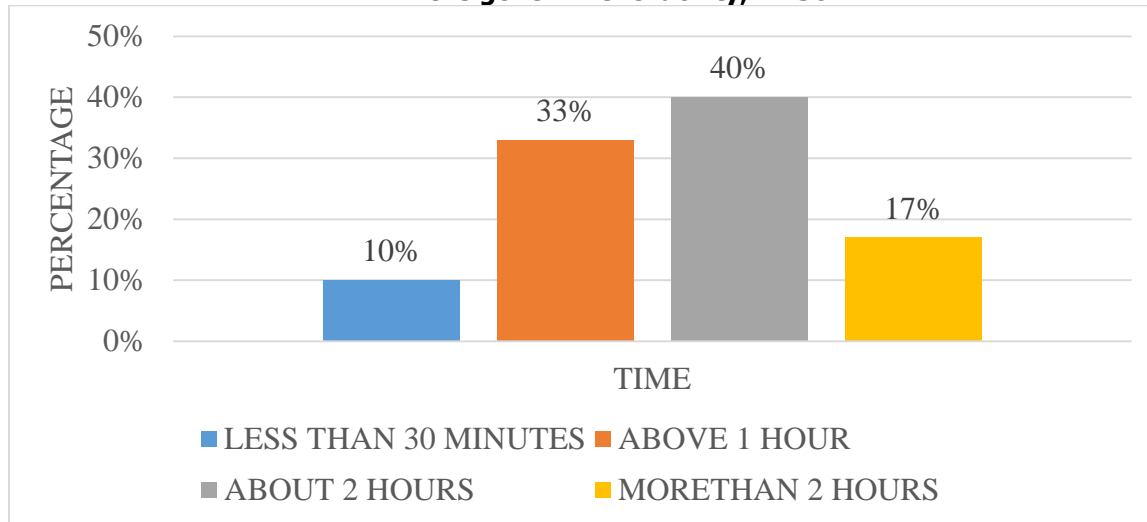
**Figure 3: Shows the means of transport the respondents used to access the facility, n=30.**



**Source: Primary data (2023)**

The highest number, 14(47%) of the participants used vehicles to access the facility, while the lowest, 2(7%) used foot.

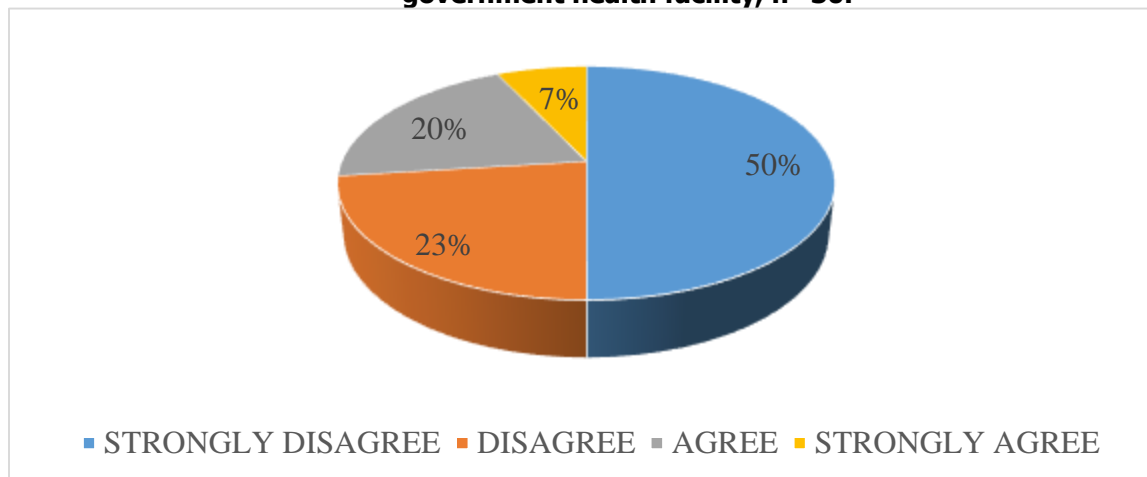
**Figure 4 shows how long it took the respondents to receive medical care when they were in the government facility, n=30.**



**Source: Primary data (2023)**

Most 12(40%) of the participants took about two hours to receive medical care when they were in the government facility, while a few 3(10%) took less than 30 minutes.

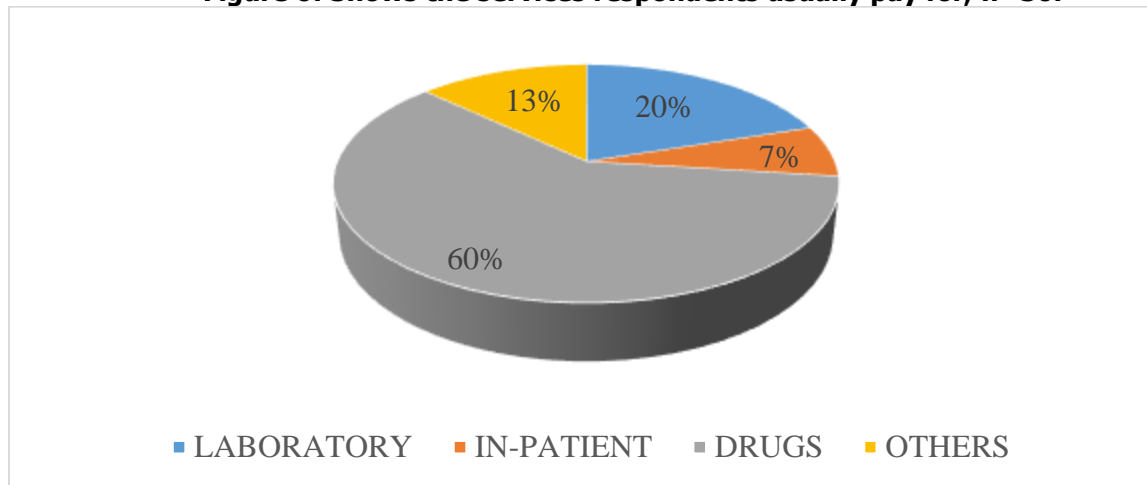
**Figure 5 shows whether the respondents pay for any health service when they go to the government health facility, n=30.**



**Source: Primary data (2023)**

The highest number, 15(50%) of the participants strongly disagreed that they do not pay for any health service when they go to the government health facility, while the lowest, 2(7%) strongly agreed that they pay.

**Figure 6: Shows the services respondents usually pay for, n=30.**



**Source: Primary data (2023)**

The majority, 18(60%) of the participants paid for drugs, while the minority, 2(7%), paid for inpatient.

**Table 2: Shows health facility-related determinants of health-seeking behavior among youths aged 14-18 years attending Kasozi Health Centre III, Wakiso District, n=30.**

Variable	Category	Frequency	Percentage (%)
How much do you usually pay?	5000/=	16	53
	10,000-50,000/=	12	40
	50,000-100,000/=	2	7
	More than 100,000/=	0	0
Do you think the cost of services in health facilities hinders you from seeking health care services?	Strongly disagree	1	3
	Disagree	3	10
	Agree	8	27
	Strongly agree	18	60
What are the challenges you usually face when you visit a government health facility?	Long waiting hours	5	17
	Poor quality services	7	23
	Lack of essential medicine	10	33
	Lack of privacy	6	20
	Bribes	2	7
Are the services provided at the health facility satisfactory?	Strongly disagree	12	40
	Disagree	9	30
	Agree	6	20
	Strongly agree	3	10
How is the attitude and communication between the patients and healthcare providers?	Very good	5	17
	Good	7	23
	Fair	16	53
	Bad	2	7

**Source: Primary data (2023)**

The majority, 16(53%), of the participants usually paid 5000/= while the minority, 2 (7%), paid between 50,000 - 100,000/=. Most 18(60%) of the participants strongly agreed that the cost of services in health facilities hindered them from seeking health care services, while a few, 1(3%), strongly disagreed. The highest number, 10(33%) of the respondents reported lack of essential medicine as the challenge they usually face when they visit a government health facility, while the lowest, 2(7%), reported bribes. The highest number, 12(40%), of the participants strongly disagreed that the services provided at the health facility are not satisfactory, while the lowest, 3(10%) strongly agreed that they are satisfactory. More than half, 16(53%), of the participants reported that there are a fair attitude and communication between the patients and health care providers, while a few 2 (7%) reported that there are a bad attitude and communication between the patients and health care providers.

## DISCUSSION

### Demographic data

The majority (73%) of the participants were between 16 and 18 years. This is because this age group contains late adolescents who are more cautious about their health.

More than half (60%) of the respondents were females. This was because females are more sensitive when it comes to health issues.

The highest number (83%) of the participants were single. This was because they were young people who were still in school.

### Health facility-related determinants of health-seeking behavior among youths aged 14-18 years attending Kasozi Health Centre III, Wakiso District.

The majority (93%) of the participants responded that the government health facilities in their areas are open 7 days a week. This was because it's the usual working days for the government health facility. This disagrees with a study done by Buregyeya et al. (2017), which found that only 75% of public health facilities are open from Monday to Sunday.

The majority (53%) of the participants were between one and three kilometers from the nearest government facility. This was because they lived in rural areas; therefore, the health facility was far. This agrees with a study done by Namasivayam et al. (2017), which stated that the majority of health care facilities were far from their residents, which affected utilization of these facilities.

The highest number (47%) of the participants used vehicles to access the facility. This was because they were far and hard to reach. This agrees with a study done by Namasivayam et al. (2017), which stated that the majority

of health care facilities were far from their residents, which affected utilization of these facilities.

Most (40%) of the participants took about two hours to receive medical care when they were in the government facility. This hindered the utilization of health facilities. This relates to a study done by Ahmad et al. (2019), which reported that 73.7% of the respondents claimed that timely service delivery influences their utilization of the health care facility.

The highest number (50%) of the participants strongly disagreed that they do not pay for any health service when they go to the government health facility. This was because the government services are free. This agrees with a study done by Chauhan et al. (2015), which reported that the availability of services, free of cost, was the most common reason for preferring health care.

The majority (53%) of the participants usually paid 5000/=. This was because the health care facility lacked some essential medicines; therefore, the respondents had to buy them from the pharmacies, and 60% of the participants strongly agreed that the cost of services in health facilities hindered them from seeking health care services. This was because of their low-income status.

The highest number (40%) of the participants strongly disagreed that the services provided at the health facility are not satisfactory. This was because some services were not rendered at the facility due to the limited number of health care providers. This disagreed with a study done in South Asian countries by Ashfikur et al. (2021), which reported that the majority of the respondents graded the services rendered at the health care facility as satisfactory.

More than half, 16(53%) of the participants reported that there is a fair attitude and communication between the patients and health care providers. This relates to a study done by Mbalinda et al. (2020), which revealed that health care providers might be unable to communicate with patients because of language issues, or their offices might not be accessible to people with disabilities. Chauhan et al. (2015) reported that the availability of services, free of cost, was the most common reason for preferring health care facilities.

The majority (73%) of the participants had attained a secondary level of education. This agrees with a study done by Kim et al. (2016), which revealed that utilization of health care services was higher among less educated and uneducated people and those without health insurance than among the educated and employed people.

## CONCLUSION

The majority of the participants were single females between 16 and 18 years. Long distance from the areas of residence of the youths to health facilities is associated with poor health-seeking behavior. Taking about two hours to

receive medical care when they were in the government facility impacts attitude towards health-seeking behavior. Health services provided were not satisfactory, and the cost for essential drugs at government facilities hindered them from seeking health care services.

## RECOMMENDATION

Youths should often be encouraged to seek health care at the health facility, and they should be given a conducive atmosphere to open up.

## ACKNOWLEDGEMENT

I heartily thank the Almighty Lord for enabling me to write this research and helping me finish the entire course. I also want to thank the management of Lubaga hospital training school, teaching and non-teaching staff, more especially my supervisor, Sr. Nalubuga Bernadette, for guiding me throughout this whole process. May God bless you abundantly.

## LIST OF ABBREVIATIONS

**DIB** : Difficulty in Breathing  
**HBM** : Health Belief Model  
**MCH** : Maternal Child and Health  
**MDGs** : Millennium Development Goals  
**MoH** : Ministry of Health  
**PHC** : Primary Health Care  
**SDGs** : Sustainable Development Goals  
**Rev** : Reverend  
**Sr.** : Sister  
**UNICEF**: United Nations Children's Fund  
**UNMEB**: Uganda Nurses and Midwives Examination Board  
**WHO** : World Health Organization

## SOURCE OF FUNDING

The study was not funded.

## CONFLICT OF INTEREST

The author declares no conflict of interest.

## AUTHOR CONTRIBUTIONS

**NH**- Study developer and data analyzer.  
**Sr. NB**-Supervised the research.  
**Rev. Sr. NJ**- Principal and an ethics committee member

## DATA AVAILABILITY

Data is available upon request.

## INFORMED CONSENT

There was full disclosure, total comprehension, as well as voluntary consent from the respondents.

## AUTHOR BIOGRAPHY

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