Unsafe abortion in women's health

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ABSTRACT

Introduction: According to the World Health Organization (WHO), unsafe abortion can be defined as a procedure of ending the pregnancy by the unskilled person or abortion is done in the environment which is not suitable for treatment or both. WHO stated that approximately 45% of all abortions are considered unsafe, equating to 25 million unsafe abortions annually. 97% occur in developing countries. Asia constitutes more than 50% of unsafe abortion. Various methods of doing unsafe abortion such as using herbs in traditional method and instrumental procedure like catheter. **Materials and Methods:** A literature review approach was conducted to explore relevant electronic databases such as PubMed, Google Scholar, e-books and websites. The search was conducted between January and April 2025 using keywords such as "unsafe abortion", "women's health", "relationship" or "correlational" or "impacts" or "effects" and "unsafe abortion" and "women's health". All published articles written in English. **Results:** A total of thirty articles were identified and selected for review. There are listed factors that can lead to unsafe abortion like low contraceptive rate use, unmarried women having unwanted pregnancies, rape, low economic status and employment contract. About 25% of married women refuse to take the contraceptive as be scared of negative effects of modern contraceptive methods, resulting low contraceptive rate use. Based on the United Nation Population Fund, 60% of unintended pregnancies cause abortion where it is influenced by many reasons. Besides, one study stated that suicidal ideation can be reduced among rape victims if they able to commit abortion. Low economic status put women to commit risky behaviour as a survival strategy resort to unsafe abortion. Then, employment contract can cause lose job, the pregnancies became unwanted and result in abortion. It is undeniable that unsafe abortion can cause impacts like uterine and bowel perforation, septic abortion and secondary infertility. The unsafe abortion that carried out by untrained personnel, contribute the myometrium wall vulnerable to the lesions by sharp instruments, causing uterine and bowel perforation. Moreover, about 88% of septic abortion are induced abortion, highlighting the link between unsafe procedures and septic complications. Unsafe abortion can bring to secondary infertility and eventually maternal mortality. Hence, the preventions of unsafe abortion must be implemented like education of sex, family planning to bring the awareness among society, counselling to bring support for affected women and finally, strengthening healthcare provider's capacity for safe abortion to ensure the clinical staff equipped with knowledge and skills. **Conclusion:** In conclusion, the factors like low contraceptive rate use, unwanted pregnancies, rape, low economic status and employment contract can contribute to the unsafe abortion. This unsafe abortion also poses the risk to women health including uterine and bowel perforation, septic abortion, and secondary fertility. Thus, it can be prevented with education, counselling and strengthening the healthcare in order to deter the unsafe abortion.

Keywords: Unsafe abortion, women's health, maternal mortality