

SEX EDUCATION AND THE USE OF CONTRACEPTIVES AMONG SECONDARY SCHOOL ADOLESCENT STUDENTS IN IBARAPA EAST LOCAL GOVERNMENT AREA OF OYO STATE, NIGERIA

Adeyemi, Oluremi Olubusuyi

Department of General Studies (Social Science Unit)
Emmanuel Alayande College of Education, Oyo,
Lanlate Campus, Nigeria

Abstract

This study investigated the involvement of adolescents in sex education and contraceptive use. The study also investigated the influence of parental control on adolescents' sexual behaviour as viewed by the adolescents themselves. The subject used for the study were 300 adolescent students selected using stratified random sampling technique from 10 secondary schools in Ibarapa East Local Government Area of Oyo State, Nigeria. The instrument, a self-designed questionnaire titled Sex Education and Contraceptive use Questionnaire (SECO), validated by an expert was administered personally by the research. Three hypotheses were postulated and tested at 0.05 level of significant. The data collected were analysed using t-set. Result of the findings of the study showed that there were significant differences in the three hypotheses tested. Hence the hypotheses were rejected. Based on the findings, it was recommended among other things that sex education should be introduced into the school curriculum. Moral instruction should also be made compulsory and handled by trained counsellors.

Introduction

Looking into our various secondary schools these days, it could be seen vividly that there are a lot of unhealthy behaviours. Most popular and rampant of these behaviours is sex abuse. Some abuse it because of their ignorance about health and specifically about HIV/AIDS which also could affect their reproductive health life.

In Nigeria today, there is an increasing moral decadence at sexual behaviour among adolescents. There are evidence of high rate of adolescent involvement in various forms of sexual behaviour such as masturbation, kissing, petting, coitus sex, breast and genital fondling. Most secondary schools are filled with promiscuous youths and they face more risk of unwanted pregnancy, sexually transmitted diseases (STDs), some are HIV positive while some are AIDs carriers. There are cases of school dropouts, sudden death resulting from unsafe abortion and some are left with consequences that are regretted for many years at adulthood. Anikweze (1998) asserted that in spite of guilt-feelings by most of our adolescents who were involved in pre-marital sex, "sex is in and virginity is out". The traditional age grade initiation ceremonies which provide efficient indigenous education are no longer available to Nigerian youth most especially those living in urban areas.

The influence of western culture, poverty, poor parental upbringing, peer group influence, exposure to pornographic materials and internet services, lack of self esteem are among the known causes of premarital sex. Most of these adolescents face these risks with little or no guidance and counselling about sexual responsibility, health care services and sex education. Many of them who are unable to tolerate the waiting period between puberty and marriage result into use of contraceptives which when not accurately used can expose them to a more serious future dangers. Santrock (2005) observed that adolescents who have sex before they

are 16 years old are often ineffective users of contraceptives, which puts them at risk for adolescent pregnancy and sexually transmitted infections.

Patterns of Sexual Behaviour and Contraceptive Use among Adolescents

Isiugo – Abanihe (1993) describe sexual behaviour as a process by which human species is reproduced, the central behaviour by which families are formed and a key component in the emotional lives of individuals. Santock (2005) asserted that adolescents typically engage in a rather consistent progression of sexual behaviours. Feldman, Turner and Araujo (1999) in a study on sexual experience among 452 adolescent (18-25 years old) reported that kissing preceded petting which preceded sexual intercourse and oral sex. Abiodun (1986) in his study of 12 schools in Ilesa West Local Government of Osun State observed that 68.3% of adolescents indicated that they had boy and girl friends while 58.8% reported that their relationship with the opposite sex had resulted in coitus experience and 29.2% affirmed that they had procure abortion. It was also noted that male adolescents engage in these sexual behaviour approximately one year earlier than female. In addition, that adolescent males are more likely than adolescent females to say that they had sexual intercourse and describe it as an enjoyable experience (Kiragu 1991). Ogbuagu and Charles (1993) argued that despite the much intensified campaigns from churches, media organizations, government and non-governmental agencies, the adolescents' moral decadence in areas of sexual behaviour, illicit sexual behaviour even with multiple partners remain unabated.

To avoid the risk involved in engaging in sexual behaviour, many adolescents results into use of contraceptives. Payne and Hahn (1998) define contraceptive as devices or techniques used to control or prevent pregnancies.

Adetoro (1997) in a study found out that over 60% of Nigerian adolescents are sexually active before the age of 17 but majority of them do not use any precaution against sexually transmitted diseases or risk of pregnancies. As to the question on why adolescents are not using contraceptive, the most common reason given was that they were not expected to engage in sexual activities. Some are ashamed of being called a flirt by service providers while some claimed they have no knowledge of where to get it. Agyei Epema and Ludega (1992) submitted that even when adolescents know about contraceptive, few use them because it is more difficult for adolescents to obtain contraceptive than it is for older married couples.

Statement of the Problem

As a result of involvement of adolescents in pre-marital sex and other pleasurable events that lead to it, there are cases of failure and drop-outs among male and female students. There are also high rate of mortality among adolescents as a result of trying to abort unwanted pregnancies. One also observes that education of some youths especially girls are being disrupted as a result of abortion or unwanted pregnancy. This leaves one to wonder and ask questions as to what influence these bizarre sexual education and contraceptive use among adolescents in Ibarapa East Local Government Area of Oyo State in particular and Nigeria as a whole.

It is believed that engagement in these forms of sexual practices may have great impact and relationship with school functioning as both schooling, distraction and time spent on social activity like engaging in sexual relationship (for adolescents) appear incompatible. Therefore knowing and having empirical data on how these variables operate will help in deciding what

effort and programme should be put in place as to reduce the wastage this is costing the society.

Purpose of the Study

The study investigated the extent of the knowledge, involvement in sex education and contraceptive use among secondary school students in Ibarapa East Local Government Area of Oyo State of Nigeria. The parental influence on the sex education and the use of contraceptive among males and females students was also examined.

Research Hypotheses

The following hypotheses were formulated and tested for the study

- i. There is no significant difference in the sexual behaviour of male and female adolescents in Ibarapa East Local Government Area of Oyo State.
- ii. There is no significant different in male and female adolescents' involvement in the use of contraceptive.
- iii. There is no significant difference in the parental influence on male and female adolescent attitude towards sex education and the use of contraceptive.

Scope of the Study

The study covered only the male and female adolescents students in senior secondary school three (SS III) of the ten (10) selected schools in Ibarapa East Local Government Area of Oyo State, Nigeria.

Methodology

Research Type: The researcher made use of descriptive survey research type.

Study Population: The subjects of this study consisted of all the males and females senior secondary schools three (SS III) students of the ten (10) selected schools in Ibarapa East Local Government Area of Oyo State, Nigeria.

Sample and Sampling Techniques: Because of the enormous number of students in SS III in the Local Government Area, - 150 males and 150 females students totaling 300 respondents were selected from 10 selected senior secondary schools using stratified random sampling technique.

Research Instrument: A self-designed questionnaire titled sex education and contraceptive use questionnaire (SECQ) was used to collect information for the study.

Validity: The content validity of the instrument were ensured by given it to some senior colleagues and counsellors in the field for necessary corrections and comments. The questionnaire was amended in line with the comments and suggestions of the senior colleagues and experts in order to ascertain and ensure content validity of the instruments.

Data Collection Procedure: The instrument was administered personally to the students in all the schools randomly selected, they responded to the instrument and returned completed copies on the spot. This method was adopted in order to ensure 100% feedback.

Results: The researcher adopted t-test in analyzing the result of the instrument.

Hypothesis I: There is no significant difference in the sexual behaviour of male and female adolescents in Ibarapa East Local Government Area of Oyo State, Nigeria.

Table 1: Difference in the sexual behaviour of male and female adolescents

Group	Nos	X	SD	DF	t-cal	t-table
Male	150	16.56	1.96	293	3.23	1.96
Female	150	5.87	1.70			

$$P = <0.05$$

The result revealed that male adolescents had a mean score of 16.56 and a standard deviation of 1.96 while female adolescents had a mean score of 15.87 and a standard deviation of 1.70. The observed value (t-calculated) was 3.23 while the table value (t-critical) was 1.96. The t-test showed a significant different in the sexual behaviour of male and female adolescents at $p < 0.05$ with a $df = 298$. Hence, the null hypothesis was rejected.

Hypothesis II: There is no significant different in male and female adolescents' involvement in the use of contraceptive in Ibarapa East Local Government Area of Oyo State, Nigeria.

Table II: Difference in the contraceptive use among male and female adolescents

Group	N	X	SD	DF	t-cal	t-table
Male	150	11.13	1.22	298	2.01	1.96
Female	150	5.87	1.70			

$$P = <0.05$$

From the table II above, male adolescents engaging in the use of contraceptives had a mean score of 11.13 a standard deviation of 1.22 while the female adolescents involved in contraceptive use had a mean score of 11.43 and a standard deviation of 1.73. The t-calculated was 2.01 and the t-table was 1.96. Since the t-cal. is greater than t-table, the null hypothesis was rejected.

Hypothesis III: There is no significant difference in the parental influence on male and female adolescent attitude towards sex education and the use of contraceptive in Ibarapa East Local Government Area of Oyo State, Nigeria.

Table III: Difference between parental influence on male and female student's attitude towards sexual behaviour and contraceptive use

Group	No	X	SD	DF	t-cal	t-table
Male	150	7.18	1.09	298	3.05	1.96
Female	150	7.44	1.11			

The result of the hypothesis showed a mean score of 7.18 for male, 7.44 for girls with the standard deviation as 1.09 and 1.11 respectively. The t-calculated is 3.05 and the t-value is 1.96 at $P = <0.05$ with a degree of freedom at 298. Hence the hypothesis was rejected.

Discussion of findings

The result revealed that male students were more involved in sexual behaviour than their female counterparts. Further analysis of the result revealed that 104 out of the 150 males sampled indicated that they had involved in at least one form of sexual behaviour ranging from kissing, petting, genital fondling, masturbation to sexual intercourse. The result showed that 69% of those who said yes had sexual intercourse with more than one partner. Over 70% of the students claimed that they had their first sexual experience between age 15 and 16. On the other hand only 67 out of the 150 females sampled indicated that they engaged more in kissing than other forms of sexual activities. Only 48% of the respondent claimed to have engaged in sexual experience at about age 14-15 years. And majority of them affirmed that they have just one sexual partner at a time.

The result of this study corroborates with the findings of Kiragu (1991) in his related studies in which he agreed that larger percentages of male adolescents are sexually active than girls. Undoubtedly, there are cultural reasons for the variation in male and female involvement in sexual behaviour. The reasons girls gave in the study for not engaging in sexual activities include, fear of becoming pregnant which may lead to inability to complete their education and the fear of contacting deadly diseases like AIDS. Some of them claimed that they were Christians and their religion forbids premarital sexual behaviours. The difference in rate of involvement between male and female may be due to secretive nature of girls when it comes to sensitive issues like sex.

The second hypothesis that showed that there was a significant difference between the use of contraceptive among male and female adolescents. It was revealed in the study that female students were more involved in the use of contraceptive than their male counterpart. About 99% of the total respondents claimed to have heard of various methods of preventing pregnancy. The most common method they knew was condom followed by oral pills and withdrawal method or periodic abstinence. Many of the adolescents reported that they got the knowledge of these methods through their friends, television and radio advertisement and through governmental and non governmental organizations campaigning against HIV/AIDS. Despite the high level of awareness contraceptive devices among the respondents, the rate of involvement in use of contraceptive was low. Among the male respondents, 32% indicated that they have used condom while 20% said they prefer the withdrawal method. On the other hand 45% of the female respondents reported that they have used condom, 18% claimed to have used oral pills while a large percentage of the female respondents claimed that they prefer periodic abstinence.

As to the reasons why they do not use contraceptive, many of the respondents indicated they were not interested based on the side effect, the scar of which might leave them barren for life. A larger percentage of these male respondents claimed that it is the responsibility of their partner to prevent themselves against unwanted pregnancies. Female respondents claimed among other reasons that they are ashamed of going to chemist to buy such devices as people around would take them for a flirt.

The third hypothesis revealed that there was a significant difference between prenatal influence on male and female attitude towards sexual behaviour and use of contraceptive. It was discovered that female adolescents were more supervised and controlled by parents. A higher percentage of male respondents indicated that their parents especially mothers were not

bothered when a friend of opposite sex visited them while about 72% of the female respondents claimed that they dare not bring to receive male visitors. The remaining 28% of them claimed that their parents are not bothered. Majority of the adolescents indicated that they do cannot discuss any issue on sex with their parents. About 86% of the respondents suggested that parents should not be too strict with their children on sex related issues. This finding is collaborated by Adetoro (1997) which claimed that over 60% percent of Nigeria adolescent is sexually active before the age of 17.

Conclusion and Recommendations

From the findings and discussion in this study, it can be concluded that adequate sex education and proper use of contraceptive among secondary school adolescent students will go a long way in alleviating and curbing social vices such as prostitutions, masturbations, oral sex, unwanted pregnancy, sexually transmitted disease, HIV and AIDs carriers within our tertiary institutions of higher learning and the society at large. The researcher suggests the following recommendations based on the findings of the study.

- i. Sex education should be introduced into the secondary school curriculum. Emphasis should be placed on premarital chastity to enable them develop a strong self-concept.
- ii. Moral instruction should also be inculcated into the school programme and should be made a compulsory subject for all students in order to catch them young.
- iii. School administrators should allocate periods on the time table for counselling programmes so that counselors can have time to reach to all students with personal problems.
- iv. International organization should focus more on programmes that will discourage students from engaging in sexual activities rather than distributing condoms to them.
- v. Mass media should intensify more on programme and advertisements that will wage war against early sexual activities.
- vi. Parents should create conducive environment for their children and wards to discuss issues pertaining to sexual activities with them without restrictions so that they can be properly guided.
- vii. Parents can pay unscheduled visit to their wards at schools in order to get an accurate picture of them.

References

- Abiodun, E. A. (1986). Sexual activities of teenagers in secondary schools. *African journal of education* 1 (72-78).
- Adetoro, O. O. (1997). Promoting *safe motherland proceeds of the 1997 Annual symposium of Dokita editorial board*. Ibadan University College Hospital.
- Agyei, W. K. A; Epema, E.J, & Lugeba, M, (1992). *Contraception and prevalence of sexually transmitted diseases among adolescents and young adults in Uganda. International journal of epidemiologist* 21 (2).
- Anikweze, C. M. (1998). Sexuality in Adolescence. In Otji and Anikweze (ed) *Adolescence psychology*. Ibadan De- Ayo Publishers.

- Feldman, T. A. (1999). *Sexual experience and contraceptive use among young adults in Central America*. A Paper presented at the symposium on population in Central America San Jose, Costa Rica. Oct 16-18
- Isiugo- Abanihe, U. C. (1993). *Sexual behaviour and exposure to the risk of aids in Nigeria*. Ibadan: Calverianum press.
- Kiragu, K. (1991). *Factors associated with sexual and contraceptive behaviour among school adolescents in Kenya*. The 1989 Nakiru district adolescents fertility survey. Baltimore. John Hopkins University School of Hygiene and Public Health.
- Santrock I. W. (2005). *Adolescence* (10th ed.) Boston: Mc Graw Hill Company Inc.
- Ogbuagu, S. C & Charles, J. O. (1993). Survey of sexual networking in Calabar. In Caldwell et al: Sexual – Networking and HIV/AIDS in West Africa. *Health Transaction Review Supplement*. (3) . Canberra: The Australian Nation University.
- Payne W. A. & Hahn, D. B. (1998). *Understanding your health*. Boston. Mc Craw. Hill

