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Parental Factors as Determinants of Risky Sexual Behaviors among Adolescents in Senior Secondary Schools in Ado Ekiti Metropolis, Ekiti-State, Nigeria

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Abstract:

The study examined Parental Factors as Determinants of Risky Sexual Behaviors among Adolescents in Senior Secondary Schools in Ado Ekiti Metropolis, Ekiti State, Nigeria. Structured questionnaires were personally administered to 420 adolescents' in selected senior secondary schools in the covered area of study. Descriptive statistics of frequency counts and simple percentage was used to analyze demographic data of the respondents and research question while inferential statistics of linear regression was used to analyze data collected. Adolescents age used were between 13-19 years, findings indicated that 13-14 years were 21.43%, 15-16 years were 59.52% while 17-19 years were 19.05%. Also, 67.14% and 46.90% of adolescents' parents (Father and Mother) were highly educated. Results revealed that all the variables were significantly determinant of Risky Sexual Behaviors among adolescents in senior secondary schools, economic status of parents F-ratio was 2.014, $p < 0.05$; parental age F-ratio was 2.184, $p < 0.05$; level of education of parents F-ratio was 2.508, $p < 0.05$ while religion of the parents F-ratio was 2.004, $p < 0.05$. The paper call for the needs to step up campaign to address this noticed lapse in behavior among the adolescents' in order to arrest the usual consequences of risky sexual behaviors.

Keywords: Adolescents, Risky sexual behaviors, Parenting, Religion, Economic status

1. Introduction

Current health and social concerns regarding sexually transmitted infections and unintended pregnancies among adolescents signal that it is essential to know more about the influences on their sexual behavior. Research shows that early initiation of sexual activity and unprotected sexual behavior leads to negative physical and psychological outcomes. Adolescents look unto parents, peers and adults outside of the family for guidance and as model for how to behave, but parents remain influential in their development. Adolescence can be a time of high risk for children, where new found freedoms can result in decisions that drastically open up or close off life opportunities. Adolescent is a period of physical and psychological development from the onset of puberty to maturity [26]. During adolescence children begin to form their identity and develop the interpersonal and occupational roles that they will assume as adults[2].

Parenting is not limited to biological relationship between a child and the parents. [10] stated that parenting is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. Some children are orphaned from childhood, yet they grow up in the hands of some people they refer to as their parents. Sometimes one of the biological parents may die and the living one remarries, the new partner becomes a step-father or mother as the case may be; thus he or she becomes a parent. [39] asserted that in the case of humans, it is usually done by the biological parent of the child although governments and society play a role as well. Therefore, orphaned or abandoned children receive parental care from non-biological blood relations. Others may be adopted, raised by foster parents, or be placed in orphanage. Usually, parental figures provide for a child's physical needs, protect them from harm, and impact in them skills and cultural values until they reach adulthood, usually after adolescence.

Family is regarded as the primary and fundamental social system for nurturing youth development and socializing adolescents to become healthy adults [32]. The level of poverty on the part of some parents is found to be associated with early onset of sexual activity, decreased use of contraceptives, earlier age of first pregnancy, and increased number of sexual partners among youth [30]. Poverty may contribute to problems in many areas, such as reduced parent-child relationship satisfaction, stemming from the survival pressure and limited resources for education and pro-social activities; all these factors directly and indirectly influence adolescents health. Parental age which is the age at which the parent give birth to the child is believed to influence adolescent sexual behavior. If a woman give birth to a child at an adolescent age, it is most likely that the child will also give birth at adolescent age. [1] viewed that if a woman is young at her first intercourse, it is more likely that both son and daughter will have sex before age 14.

Parenting style is believed to either foster or hinder parent-child communication. Positive influence of parent-adolescent communication about sexuality to adolescent sexual behavior only occur when the communication style is considered to be open, friendly, and comfortable [38]. The relationship between parent-child communication about sexual issues and adolescent risky sexual behavior is controversial. [22] reported their findings that mother-adolescent discussions about condoms that occurred prior to the first sexual intercourse were strongly related to greater condom use during first intercourse and the subsequent lifetime regular condom use.

There are many factors characterizing parental factors on the adolescents such as parental education, economic status, religion, and type of parent. A satisfying parent-child relationship is also crucial to adolescent sexual behaviors. A close parent-child relationship establishes links for clearer communication between the parent and adolescent, which contributes to positive child development and few risk-taking behaviors. Evidence suggests that adolescents who perceive an unsatisfactory parental relationship are more likely to be involved with deviant peers, consequently, have increased opportunities for engaging in risky sexual behavior [29].

There is little evidence that findings differ across ethnic and socioeconomic groups [4; 23], but levels of parental monitoring and parental permissiveness differ for boys and girls, and these gender differences may qualify the linkages between parenting behaviors and adolescents' risky sexual behavior noted in the literature. Parents monitor girls more than boys [3; 17; 33], and compared with boys, girls perceive their parents as less permissive, liberal, or approving of sexual expression [36].

Adolescents engage in various risky sexual behaviors, exposing themselves to an array of negative health outcomes, including adolescent pregnancy, school drop-out, sexually transmitted diseases (STDs) and HIV/AIDS, HPV (Human papillomavirus) Chlamydia abortion with some leading to death (Centers for Disease Control and Prevention [8]). Teenagers account for 25% of new STDs reported annually, and every 14 months, the number of HIV-infected adolescents doubles [7; 8]. HIV risk in youth occurs mainly through unprotected sexual intercourse and other high-risk sexual behavior, such as sex with multiple partners and frequent sexual activity, combining sex with alcohol or drug use, oral sex and anal sex [13; 28].

The proportion of young people ages 13-19 with a diagnosis of AIDS has been increasing steadily, particularly among ethnic minority youth [9]. Prevention scientists have begun to incorporate more broadly defined social and environmental factors such as family, peers, schools, neighborhoods and culture to study adolescents' risky sexual behavior [19]. Though many studies have been carried out to determine the sexual behavior of adolescents in Nigeria, most of these studies were conducted in the southwest region of the country and few documented studies have looked at the factors that encourage risky sexual behavior among university students in the south-south region of Nigeria, pattern of risky sexual behavior of the undergraduate students of the University of Port Harcourt and its associated factors [15].

In spite of availability of reproductive information, it was observed by the researcher that some of the adolescents in the study area engage in one risky sexual behavior or the other. Some see sexual activities as means of satisfying their sexual urge without thinking of the consequences. This research work therefore viewed Parental Factors as Determinants of Risky Sexual Behaviors among Adolescents in Senior Secondary Schools in Ado Ekiti Metropolis, Ekiti-State, Nigeria.

1.1. Research Question

Does parenting style influence secondary schools adolescents' risky sexual behaviors in Ado Ekiti metropolis?

1.2. Hypothesis

- Economic status of parents will not be a significant determinant of risky sexual behaviors among senior secondary schools adolescents'.
- Parental age will not be a significant determinant of risky sexual behaviors among senior secondary schools adolescents'.
- Level of education of parents will not be a significant determinant of risky sexual behaviors among senior secondary schools adolescents'.
- Religion of the parents will not be a significant determinant of risky sexual behaviors among senior secondary schools adolescents'.

2. Research Design and Methodology

2.1. Research design

The descriptive survey research design was used for this study in gathering data about belief, opinion, attitude, behavior and records of event that can be analyzed and interpreted to measure relationship between variables.

2.2. Population

The population for this study included all male and female senior secondary 1 and 2 adolescents in Ado Ekiti metropolis. A total population of fifteen thousand (15,000) students was focused for this study.

2.3. Sample and Sampling technique

The sample for this study was 420 adolescents selected from senior secondary schools (SSS 1 and 2) in Ado Ekiti metropolis, Ekiti State. proportionate sampling technique was used to select 50% (21) of senior secondary schools from the existing 42 mixed secondary schools in Ado Ekiti metropolis, Ekiti State. Purposive sampling technique was used to select adolescent from SSS 1 & 2 classes. Simple random sampling technique (fish bowl) was used to select 10 respondents comprising of 5 males and 5 females from each class making a total of 420 respondents in all. This is shown diagrammatically below:

Total no of schools	No of schools selected	Classes selected	No of arm selected	No of students selected per arm	No of students selected per school	Total no of students selected
42	21	SSS 1 & 2	1	10	20	420

Table 1

2.4. Research instrument

The instrument for this study was self-developed questionnaire designed in line with variables tested called "Parental Factors as Determinants of Risky Sexual Behavior among Adolescent in Senior Secondary Schools Questionnaire" (PFDRSBASSSQ). The questionnaire was two sections A and B. section A focused on demographic information of the respondents. Section B also focused on the variables tested for the study.

2.5. Validity of instrument

The content and construct validity approach was adopted in which the self-structure questionnaire was referred to five experts in the area of Health education, Health and Human Services, Psychology, Adolescence Research, Measurement and Evaluation for vetting so as to determine its appropriateness, relevance and clarity.

2.6. Reliability of the instrument

To ascertain whether the instrument used was effective, reliable or not, the test-retest technique was applied. The interval between the tests was two weeks, 20 senior secondary school adolescents who are not part of the final sample of this study was selected from Ikere Local Government Area of Ekiti State. After computing the reliability a co-efficient of .78 was derived which indicated a high reliability level of the instrument.

2.7. Administration of the instrument

The instrument was administered personally with the help of four (4) research assistants. The respondents were fully briefed on the purpose of the research and this increased the acceptability of the questionnaire. The researcher assisted the respondents in translating the difficult areas of the questionnaire which the respondents find too difficult to understand. The completed questionnaires were collected from the respondents immediately to minimize lost.

2.8. Procedure for Data Analysis

The completed questionnaire forms were collated, coded and analyzed using both descriptive and inferential statistics. Descriptive statistics of frequency counts and simple percentage was used to analyze demographic information (section A) and research question while inferential statistics of linear regression was used to test the hypotheses at 0.05 level of significance.

3. Result and Discussions

3.1. Section A : Demographic information

The respondents were between 13-19 years, 21.4% (90) were 13-14 years, 59.52% (250) were 15-16 years while 19.05% (80) were 17-19 years of age. This is reflection that they were relatively young and sexually active, this is confirmed by the National Demography Survey Data (NDHS) which revealed that more than half (59.52%) of adolescents' aged 15-19 were sexually active [25]. In this study equal opportunities were given to both males and females also classes 1 and 2. The educational level of parents revealed that father with primary education were 9.52% (40), secondary education were 23.33% (98) and tertiary were 67.14% (78). Mother with primary education were 18.57% (78), secondary education 34.52% (145) while tertiary were 46.90% (195). It means that higher level of parents' education made them far away from the adolescents' because of employment engaged, they may be a parents of weekends, monthly, quarterly available with the adolescents'. Majority of this adolescents' were schooling in boarding which they can be influenced by other factors. Therefore, adolescents' with parents of higher level of education were more likely abstinence than adolescents' with parents of low level of education. Female students whose mothers were illiterate were more at sexual risk than students whose mothers' education status was secondary school and above. For male students, the educational status of both their mothers and fathers remained significantly associated with risky sexual behavior. Male students whose mothers and fathers were illiterate were more likely to be at sexual risk than male students from parents with secondary education and above. This finding is similar with the findings of studies conducted in Ethiopia and Salvadoran [37; 35]. Thus, parental education is also an important factor for understanding engagement in risky behavior among youths.

3.2. Research Question

Does parenting style influence secondary schools adolescents' risky sexual behaviors in Ado Ekiti metropolis?

Table 2: Parenting style influence on secondary schools adolescents' risky sexual behaviors. Statistics

	Authoritarian parenting style encourages adolescents' Risky Sexual Behaviors.	Authoritarian parenting predisposes adolescents' to Risky Sexual Behaviors.	Permissive parenting style encourages adolescents' Risky Sexual Behaviors.	Uninvolved parenting style encourages adolescents' Risky Sexual Behaviors.	Pattern of parenting style encourages adolescents' Risky Sexual Behaviors.
N valid	420	420	420	420	420
missing	0	0	0	0	0
mean	2.1162	1.4914	1.8229	1.5067	1.7867
median	3.0000	1.0000	2.0000	1.0000	2.0000
std. Deviation	1.08732	.68385	1.13548	1.15516	1.17065
variance	1.182	1.168	1.287	1.334	1.370
skewness	.756	.202	-.343	.028	-.245
std. Error of skewness	.107	.107	.107	.107	.107

Table 2

Table 2 above shows the research question result on parenting style influence on secondary schools adolescents' risky sexual behaviors in Ado Ekiti metropolis, Ekiti State. The variance shows that parenting style influence secondary schools adolescents' risky sexual behaviors in Ado Ekiti metropolis, Ekiti State. This reviewed was in line with the opinion of [19 ; 24] reported that unique patterns for which adolescent perceived parental permissiveness does (i.e. sex while using drugs/alcohol and sex without a condom) and does not (i.e. number of sexual partners and sex with a high risk partner) predict greater risk among girls than boys. It is conceivable that adolescents who engage in risky sexual behavior might perceive their parents as more permissive as a means of justifying or rationalizing their behavior. Although research in the relationship between parenting style and adolescent risky sexual behavior is limited but the work of [5] were suggested of possibility of a linkage between the two. In their study on how parents' styles are related to the ability of adolescents to achieve independence and self-regulation, [5] established a relationship between these parenting styles and the adolescents' self-regulation. Indeed parent's involvement in the socialization process of adolescent in the family is vital to the psychological and social growth of the adolescents [27].

- **Hypothesis 1:** Economic status of parents will not be a significant determinant of risky sexual behaviors among senior secondary schools adolescents'.

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	10.017	6	2.676	2.014	.005 ^a
Residual	401.629	412	.754		
Total	411.646	418			

Table 3: Economic status of parents

Table 3 above shows the hypothesis 1 result on economic status of parents. The calculated F-ratio was 2.014 which is higher than the level of significance. Therefore, the hypothesis was significantly determinants of risky sexual behaviors among adolescents in senior secondary schools. This study is similar to the result of the research carried out by [18] suggested that parent income and socioeconomic status are significant predictors of early adolescent sexual initiation. [14] examined the determinants of adolescents' risky sexual behavior in general and found that economic incentives and macroeconomic conditions were predictors of risky sexual behavior among adolescents'. [31] found a positive correlation between family income and child health that became stronger as the child grew older. They suggested that a large portion of the relationship can be explained through chronic childhood health conditions to which low-income children are more susceptible [31]. [11] studied cross-sectional data to determine why this correlation increases with age. They proffered two possible explanations. The first was that children from lower socioeconomic status (SES) families are less able to treat and respond to negative health shocks. The second explanation was that lower SES children experience a greater quantity of negative health shocks. The data suggested that children from all SES levels generally recover to the same degree from previous negative health shocks. They concluded that the relationship between household income and child health grows stronger over time primarily because low-SES children receive more negative health shocks. These studies suggest that low-income children are more likely to have poor health than higher SES children due to increased exposure to health risks and that this differential will increase over time.

- **Hypothesis 2:** parental age will not be a significant determinant of risky sexual behaviors among senior secondary schools adolescents'.

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	13.805	6	2.201	2.184	.27 ^a
Residual	397.841	412	.761		
Total	411.646	418			

Table 4: Parental age

Table 4 shows the hypothesis 2 result on parental age. The calculated F-ratio was 2.184 while level of significance was 0.05, than the hypothesis was rejected. This means that parental age will be a significant determinant of adolescent risky sexual behaviors. [42 ; 41 ; 43] revealed that intrusivematernal control is related to early parental age of first sexual intercourse which is part of risky sexual behavior for adolescents'. [1] viewed that if a woman is young at her first intercourse, it is more likely that both son and daughter will have sex before age 14. [10] stated that woman give birth to a child at an adolescent age, it is most likely that the child will also give birth at adolescent age.

- **Hypothesis 3:** Level of education of parents will not be a significant determinant of risky sexual behavior amongsenior secondary schools adolescents'.

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	17.649	6	2.301	2.508	.003 ^a
Residual	393.997	412	.751		
Total	411.646	418			

Table 5: Level of education of parents

Table 5 above shows the hypothesis 3 result on level of education of parents on adolescents risky sexual behaviors. The calculated F-ratio was 2.508 while level of significance was 0.05, that shows F-ratio was higher than level of significance. Therefore, level of education of parents will be a significant determinant of risky sexual behaviors among adolescents in senior secondary schools. This finding was contrary with earlier finding of [17] that adolescent girls living in dual-parent families and adolescents boys whose mothers reported higher levels of education were more likely to remain abstinent. This is in contrast to studiesby [6 ; 34] which showed higher educationof parents to be a factor associated with a lowerlikelihood of having had sexual intercourse.

- **Hypothesis 4:** Religion of the parents will not be a significant determinant of risky sexual behaviors amongsenior secondary schools adolescents'.

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	10.759	6	2.376	2.004	.007 ^a
Residual	400.629	412	.654		
Total	411.388	418			

Table 6: Religion of the parents

Table 6 above shows the result of hypothesis 4 on religion of the parents. F-ratio was 2.004 which was also higher than level of significance. This shows that religion of the parents will be a significant determinant of risky sexual behaviors among adolescents in senior secondary schools. This opinion was not corroborate with findings of [20]that parental religiosity has been found to be directly associated with delayed timing of sexual debut. However, the authors of that study did not examine the possible avenues whereby parental religiosity indirectly influences adolescent sexual behavior. To this end, the goal of the present study is to identify various mechanisms through which parental religiosity determinants of adolescent risky sexual behavior.[40] observed that sexually active adolescents who identified themselves as religious were less likely to practice safe sex through consistent condom use.[21] found a negative relationship between religion and risky sexual behavior among adolescents. The results showed religious adolescents to be more likely to delay sexual debut and increase the likelihood of condom use.[18] accumulated research provides ample empirical evidence that parental religion determinant adolescents' risky sexual behavior and this was an agreement with the result of this hypothesis 4.

4. Summary and Conclusion

Conclusively, this research study focused on Parental Factors as Determinants of Risky Sexual Behaviors among Adolescents in Senior Secondary Schools in Ado Ekiti Metropolis, Ekiti-State, Nigeria. Risky sexual behavior among adolescents is a social problem that often results in a variety of negative health outcomes. Research on adolescent sexual behavior has shown high rates of sexual activity and engagement in risky sexual behavior, which likely compound the risk for STIs, HIV/AIDS, HPV and

unintended pregnancies [10 ; 16]. The findings of this study showed that risky sexual behavior exist among the respondents based on variable tested and showed by linear regression analysis results because all the variables were determinants. Results from the study indicated that about 67.14% and 46.90% of adolescents' parents (Father and Mother) were highly educated, it means that they were dully engaged in busy job which makes them far away from the adolescents' for proper monitoring and counseling relating to sexual acts. There is the need to step up campaigns to address this noticed lapse in behavior among the adolescents' in order to arrest the usual consequences of such risky sexual behavior.

5. References

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