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Change in the Behaviours of Learners in Adamawa State Secondary Schools Due to Teenage Pregnancy: An Opinion Study from Teachers' Point of View, Nigeria

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Abstract

How behavior of students getting changed due to teenage pregnancy in Adamawa State secondary schools- is the main purpose of this research. It also finds out various factors behind teenage pregnancy as well as some actions to avoid it. The study adopted survey research design. The population of the students was all teachers in public secondary schools in Adamawa State, out of which a sample size of four hundred was drawn through stratified sampling technique. The research instrument for data collection was adopted from Nnodim and Albert (2016). The validity of the research was carried out by an expert in Counselling Psychology, while t-test reliability method was used to carry out the reliability of the instrument, and the reliability co-efficient was 0.81. Data were analyzed using mean and t-test statistics. Hence no significant difference has been observed in the opinion of both male and female teachers about the effect of teenage pregnancy on school going girls. But significant difference has been observed regarding the factors which are causing teenage pregnancy among male and female teachers. The results reveal that teenage pregnancy not only affect career but tremendously damage social image, psychological view of girls. It was recommended that home and school environments should be protective enough to shield the children from exposure to negative influences.

Keywords: Teenage pregnancy, effects, learners' behaviour, social problem, role conflict

1. Introduction

Under-privileged females with poor financial and educational background are suffering from an undesirable phenomenon of teenage pregnancy. Now-a-days it has become a problematic issue for many developing countries. For its negative consequences first world to third world countries are facing this problem severely (Grunseit, 2007). Many stakeholders of the society like families, educators, health care professionals, and the government are facing problem (Brown, 2013). United States are not able to do much advancement for reducing this undesirable incident since 2001. A survey found that 49% pregnancies are unplanned. The rates are even increasing alarmingly. Four out of five pregnancies are happening between 19 years old and younger. Staff & Mortimer (2012), between 2001 and 2006 the number of abortions have also increased from 15 to 17 years.

Adolescent are said to be the most charming period of one's life. According to Undiyaundeye (2012) in her book titled "Introduction to Child studies: Help us to grow into our dreams" highlighted the four important phases of a human life: infancy, childhood, adolescence and teenage. In his thoughts, life become useless without proper utilization of teenage age. He also suggested parents to nourish it properly. But unfortunately, in many cases life become suffocated while balancing demands of parents, friends, family, teachers, most importantly oneself.

Along with Nigeria, many countries are also suffering from teenage pregnancies. Briggs (2001), Onuzulike (2003) and others revealed that teenage pregnancy often make teenagers become sexually active at very young stage. Hence, sexual activities also tend to increase (Nwosu, 2005, Alabi & Oluwafemi, 2017). Teenagers is out of wedlock pregnancies even have to suffer from abortion which in extreme cases lead to death.

Teenage pregnancy affects the immediate family, local community and the entire nation. Adolescent mothers like their peers have goals and aspirations with regards to their future plans. These goals are unachieved due to unexpected pregnancy and additional responsibilities within the family. Mothers experience role conflict between their academic demands and parenting demands. Abraham (2004) found that for some adolescents, pregnancy and parenting may actually cause them to change destructive behaviors and improve outcomes tremendously.

Unwanted pregnancy and early motherhood have the propensity to bring to a halt one's education with subsequent effects on employment opportunities. This situation results in negative consequences for the quality of life of both the mother and child. It also makes her less productive to be able to contribute fully to the socioeconomic development of the country. The pregnant adolescent who does not give birth and decides to abort the pregnancy may bring upon herself long term effects such as infertility arising from abortion complications or even death if it is an unsafe abortion (National Population Council, 2004). A School Performance Appraisal Meeting (SPAM) organized by the Talensi District Education Office for

basic schools in 2013, revealed that some female teenagers were pregnant in many schools in the district before the 2013 (UNICEF, 2008).

Adolescence is often used replaceable word of Teenage. It denotes basically the time between 10 years to 19 years (UNICEF, 2008) when secondary characteristics related to sex start appearing. According to the years fall between 13 years and 19 years are known as teenager. There exist many views about the timeframe which can be called adolescence. Galanbaz, Martinez and Loreto (2007) called it the time which starts from 11 to 12 years of a person life and ends at 19 years. Adolescents represent almost 20% of the population of world (Nwosu, 2005). Generally, it represents 13 years to 19 years of a person (Melgosa, 2001; Walker, 2015). Teenage parents have to suffer from both health issue and career problems. Students suffered from teenage pregnancy can rarely go back school (Beck, 2012). For Alabi and Oluwafemi (2017) it is result of poverty and education. Teenage pregnancy in majority of cases ends with drop-out cases (Brown, 2001). Report of Action Health (2004) also was in the same line. Suffering even more increases when cases of young unmarried pregnancy happen. The continuation of poverty and unskilledness can be improved with avoidance of teenage pregnancy (Osuala, 2003).

2. Statement of the Problem

Due to curiosity and being inspired by sex and violence related matters in TV, they prefer to show it in their real life and often have many sexual partners. Drastic increase of computer usage also causing this type of behavior in many countries including Nigeria. Teenagers are getting exposed to pornographic and sex chat room through internet very easily. Many teenagers are indulging in sexual relationship in terms of money to reduce their poverty. Many girls before marriage are becoming pregnant as they in pre-marital sex. Although there may be many studies had been done outside Nigeria and Adamawa State, but none of it can able to provide clear fact. This research focuses to find the causes and effect of teenage pregnancy and its implication on learning in Song Local Government Area.

3. Objective of the Study

To find out the opinions of teachers about teenage pregnancy in the mentioned area's secondary school is the main objective of this study. So, based on this following need to be assessed:

- Factors behind teenage pregnancy.
- How teenage pregnancy causing change in the learning behaviour of teenage girls.
- What types of preventive measures can be taken.

4. Research Questions

Below research question of this research have been mentioned:

- What are the factors frame learning behaviour of students?
- What changes in behavior of teenage girls are causing due to teenage pregnancy?
- What measurements need to be adapted to avoid teenage pregnancy?

5. Research Hypotheses

Based on the research objective following are the null hypothesis of this study

- H_{O1} : Male and female teachers do not have any significant difference in their mean perception score regarding the effect of teenage pregnancy on the learning behaviour of the teenage girls.
- H_{O2} : Male and female teachers do not have any significant difference in opinion about the factors which are causing teenage pregnancy of pregnant teenager.

6. Research Design

This study adopted a survey research design to assess perception of teachers on the effect of teenage pregnancy on behaviour of learners in Adamawa state secondary schools. An assessment of the perception of teachers on teenage pregnancy was carried out in order to investigate relationships between teenage pregnancy and learners' behaviour and also the relationship between the perception of male and female teachers on the effect of teenage pregnancy on learning behaviour of the teenage girls.

7. Population and Sample

The target population for this study comprised of all the public secondary school teachers in Adamawa state. From the population eight schools were selected by simple random sampling technique while four hundred teachers were selected by stratified sampling technique using sex as strata. Therefore, fifty teachers were selected from each school.

8. Research Instrument

A questionnaire titled 'Perception of Teachers on the Effect of Teenage Pregnancy on Behaviour of Learners Questionnaire' (PTETPBLQ) adopted by Nnodim and Albert (2016) was used to collect data. The questionnaire was divided into four sections. Section A comprised of demographic characteristics of teachers as respondents. Section B comprised fifteen items on the factors that lead to teenage pregnancy, section C comprised ten items on the effects of teenage pregnancy on learning behaviour of the teenage girls and section D comprised five items on the preventive measures against teenage pregnancy.

9. Validity and Reliability of Instrument

The validity of the instrument was carried out by an expert in Counselling Psychology in the Department of Science Education, Adamawa State University, Mubi. The reliability of the research instrument was carried out in Mundra Secondary School, Mubi. The researcher used test-retest reliability method. The first test was administered on 30 teachers, while the second test was administered within the interval of two weeks. The reliability coefficient was 0.81.

10. Data Collection and Analysis

The researcher with two research assistants administered the questionnaires and collected them on the spot. Thus, retrieved data were analyzed using descriptive and inferential statistics

11. Results

11.1. Research Question 1: What are the factors that lead to learning behaviour of learners?

S/N	Items	Mean	Remark
1	Poor parenting	3.92	Accepted
2	Love seeking	5.66	Accepted
3	Poverty	6.24	Accepted
4	Peer Pressure	4.00	Accepted
5	Negative use of social media	4.00	Accepted
6	Lack of sex education	5.29	Accepted
7	Lack of self-control	4.00	Accepted
8	Exposure to obscene and pornographic images	3.80	Accepted
9	Negative influences within the environment	6.92	Accepted
10	Rape and other sexual abuses	5.29	Accepted
11	Poor mentoring	5.29	Accepted
12	Domestic violence at home	3.57	Accepted
13	Dating violence	7.80	Accepted
14	Poor Knowledge of sex and sexuality	2.11	Not Accepted
15	Enticement by adult males	3.75	Accepted

Table 1: Mean Scores of Respondents on the Factors That Lead to the Learning Behaviour of Learners

Mean Value (\bar{x}) > 2.50 Accept, Mean Value (\bar{x}) < 2.50 Reject

Table 1 revealed that the factors that lead to learning behaviour of learners are poor parenting ($\bar{x} = 3.92$), love seeking ($\bar{x} = 5.66$), poverty ($\bar{x} = 6.24$), peer pressure ($\bar{x} = 4.00$), negative use of social media ($\bar{x} = 4.00$), lack of sex education ($\bar{x} = 5.29$), lack of self-control ($\bar{x} = 4.00$), exposure to obscene and pornographic images ($\bar{x} = 3.80$), negative influence within the environment ($\bar{x} = 6.92$), rape and other sexual abuses ($\bar{x} = 5.29$), poor mentoring ($\bar{x} = 5.29$), domestic violence at home ($\bar{x} = 3.57$), dating violence ($\bar{x} = 7.80$) and enticement by adult males ($\bar{x} = 3.75$). However, the respondents disagreed with poor knowledge of sex and sexuality ($\bar{x} = 2.11$).

11.2. Research Question 2: What are the Effects of Teenage Pregnancy on Learning Behaviour of the Teenage Girls?

S/N	Items	MEAN	REMARK
1	Reduces career opportunities	9.40	Accepted
2	Decrease chances of furthering education	8.00	Accepted
3	Poor academic achievement	3.00	Accepted
4	Drop out of school	8.00	Accepted
5	Victim's children also not perform well academically.	3.00	Accepted
6	Victims spend longer time in school	3.80	Accepted
7	Increases the number of illiterate women and children.	2.22	Not Accepted
8	Teenage mother can develop complication during birth	8.00	Accepted
9	Lack of educational attainment	2.86	Accepted
10	Loss of confidence and self esteem	2.06	Not Accepted

Table 2: Mean Scores of Respondents on the Effect of Teenage Pregnancy on Learning Behaviour of the Teenage Girls
Mean Value > 2.50 Accept, Mean Value < 2.50 Reject

Table 2 revealed that the respondents agreed with the following effect of teenage pregnancy on learning behaviour of the teenage girls; reduces career opportunities ($\bar{x} = 9.40$), decrease chances of furthering education ($\bar{x} = 8.00$), poor academic achievement ($\bar{x} = 3.00$), drop out of school (8.00), victim's children also not perform well academically ($\bar{x} = 3.00$), teenage mother can develop complication during birth ($\bar{x} = 8.00$) and lack of education ($\bar{x} = 2.86$). However, the respondents disagreed with increases the number of illiterate women and children ($\bar{x} = 2.22$) and loss of confidence and self-esteem ($\bar{x} = 2.06$).

11.3. Research Question 3: What Are Preventive Measures against Teenage Pregnancy?

S/N	Items	Mean	Remark
1	Prevention of teenage pregnancy through better sex education	8.00	Accepted
2	Electronic and print media should provide educative programmes for both parents and teenagers on the sources, effect and consequence of illegal pregnancy	4.09	Accepted
3	Making sure that both arms of government, health and education services work harmoniously or work together effectively on the issue of implementing policies about sex, health and education	4.56	Accepted
4	Counselling services for young people	3.73	Accepted
5	Supporting the parents of teenagers to talk to them about sex relationship and targeting high risk groups among teenagers	11.00	Accepted

Table 3: Mean Scores of Respondents on the Preventive Measures against Teenage Pregnancy
Mean Value > 2.50 Accept, Mean Value < 2.50 Reject

Table 3 revealed that the respondents agreed with the following preventive measures against teenage pregnancy; prevention of teenage pregnancy through better sex education ($\bar{x} = 8.00$), electronic and print media should provide educative programmes for both parents and teenagers on the sources, effect and consequence of illegal pregnancy ($\bar{x} = 4.09$), making sure that both arms of government, health and education services work harmoniously or work together effectively on the issue of implementing policies about sex, health and education ($\bar{x} = 3.73$), counselling services for young people ($\bar{x} = 3.73$) and supporting the parents of teenagers to talk to them about sex relationship and targeting high risk groups among teenagers ($\bar{x} = 11.00$).

12. Hypotheses Testing

- H_{01} : There is no significance difference between the perception of male and female teachers on the effect of teenage pregnancy on the learning behaviour of the teenage girls.

Variable	N	Mean	SD	df	t-cal.	t-crit.	P
Male	248	172.00	55.23				
				398	0.093	1.960	P > 0.05
Female	152	135.20	35.23				

Table 4: T-Test Analysis of the Perception of Male and Female Teachers on the Effect of Pregnancy on the Learning Behaviour of the Teenage Girls
* Not Significant

Table 4 indicates that obtained t-value is less than critical value at 95% confidence interval. This leads to acceptance of null hypothesis. Hence, it can be said that both male and female teachers are possessing same view about the effect of teenage pregnancy and its influence on the behavior of teenage girls.

- H_{02} : There is no significance difference between the perception of male and female teachers about the factors that lead to teenage pregnancy of pregnant teenager.

Variable	N	Mean	SD	df	t-cal.	t-crit.	P
Male	248	157.87	42.06				
				398	3.061	1.960	P > 0.05
Female	152	113.13	35.96				

Table 5: T-Test Analysis of the Perception of Male and Female Teachers on the Factors That Lead to Teenage Pregnancy of Pregnant Teenager
* Significant

Table 5 shows that calculated t-value (3.061) is more compare to critical t-value (1.960) at 95% confidence interval. This leads to acceptance of alternative hypothesis. Hence it can be concluded that male and female teachers' opinion differs significantly. They have different perception regarding the reasons behind teenage pregnancy of pregnant teenager.

13. Discussion

The findings of the study showed that the factors that led to the learning behaviour of students include; poor parenting, love seeking, poverty, peer pressure, negative use of social media, lack of sex education, lack of self-control, exposure to obscene and pornographic images, negative influence within the environment, rape and other sexual abuses, poor mentoring, domestic violence at home, dating violence and enticement by adult males. This agrees with Alabi & Oluwafemi (2017). For them it is an indirect indication of socio-demographic factors such as poverty and poor education. Similarly, Mohase (2006) found that factors that lead to teenage pregnancy were peer pressure, media influence, parents absent, lack of knowledge, Sexual Abuse or Rape, dating violence and childhood environment. For majority of researchers, teenage pregnancy has direct association with poverty. According to Gyan (2013), poverty often force girls to stop schooling at very early age, and often they engage in serious relationships like marriage which leads to pregnancy. The outcome also indicates that teenage pregnancy affect behavior of teenage girls like reduces career opportunities, decrease chances of furthering education, poor academic achievement, drop out of school, victim's children also not perform well academically, teenage mother can develop complication during birth and lack of education. This finding agrees with Beck (2012) and Hofferth, Reid and Frank (2001) as they noticed that majority of pregnant girls are not attending school. Brown (2001) also mentioned same thing that mostly these girls are school dropout. As per Action Health Incorporated (2004) teenage pregnancy is the prime reason behind school dropout. Poor and unskilled women in the economy are the most sufferer of this problem (Osuala, 2003). In the same vein, Melissa (2012) teenage pregnancy could lead to incomplete education, unemployment and other numerous emotional traumas. Early motherhood had been linked to effects the psychological development of the child adversely. Beside psychological physical risks cannot be ignored. Similarly, the World Health Organization (2011) recorded that the implications of early pregnancy are immense, affecting the girls and their parents emotionally, psychologically, physiologically and economically.

More so, the result showed that the preventive measures against teenage pregnancy include; prevention of teenage pregnancy through better sex education, electronic and print media should provide educative programmes for both parents and teenagers on the sources, effect and consequence of illegal pregnancy, making sure that both arms of government, health and education services work together effectively on the issue. There should be policies for counseling services for young people. Environment and awareness need to improve in parents also such that they can freely discuss about sex relationship with children. Sex education and better supporting for teenage mothers including help returning to education can be a good approach (Hofferth, Reid and Mott ,2001). Similarly, Truffers (2003), teenage pregnancies can be prevented by eliminating exposure to abuse, violence, and family strife. Studies conducted by Ashimolowo, Ojebiyi, Ojebiyi and Soetan (2017) highlighted that government should take this in their priority list and should invest for sex education of teenagers and other category of youths from school level. As, good foundation of child can ensure industrious adulthood. A significance difference between the opinion of male and female teachers exists about the factors that lead to teenage pregnancy of pregnant teenager. According to Brown (2013), for families, educators, health care professionals, and the government teenage pregnancy is a matter of tension. Only few cases have been solved by the United States for reducing the number of unintended pregnancies. Briggs (2001), Onuzulike (2003) and others revealed that at very young age, teenagers become sexually active. According to Nwosu, 2005; Alabi and Oluwafemi, 2017, in Nigeria this is an increasing problem. As a result, many of these young school going girls are becoming helpless but has to adopt steps like abortion as many are out of wedlock pregnancies. In some cases, during childbirth they have to face with death.

14. Conclusion

Teenage girl is being affected severely in terms of career and socio- psychological area due to teenage pregnancy. Increasing number of teenage pregnancy cases have made adolescents more sexually active at a very young age. There is no magic step to stop it. Even after looking in to various factors which are causing this. It has become clearer that any single step can never stop this. Integrated and co-operative initiatives should be needed from the home, the school, the community, the healthcare along with its structural and mode of operational changes.

15. Suggestions

To reduce the risk of teenage pregnancy some steps have been mentioned in the following points below. These steps also aim to improve policy decisions.

- As per many studies as well as this study indicates that poverty is one of the major reasons behind teenage pregnancy. To solve this problem of teenage pregnancy, it is advisable that government should strengthen families to be able to provide the needs of their members including adolescent girls.
- The home and school environments should be protective enough to shield the children from exposure to negative influences, by parents and teachers been concerned about the well-being of the girl child through education about sex and sexuality and the danger inherent.
- Parents should be encouraged to live harmoniously by resolving their difference amicably through effective communication flow, because if pregnancy issue will be discussed or educated freely, there will not be unwanted pregnancy issue among teenagers.
- Deliberate effort should be made towards counseling and reorientation of teenagers who are victims of unwanted pregnancy to properly readjust themselves.

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