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## Study of Factors behind Risky Sexual Behaviour as Well as Its Consequences, Among in-School Adolescents in Mubi Metropolis, Adamawa State, Nigeria

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### **Abstract:**

*The study assesses the risky sexual behaviour among in-school adolescents in some selected secondary schools in Mubi Metropolis. The study was carried out using descriptive survey design.*

*Four hundred questionnaires were administered to four selected secondary schools in Mubi Metropolis. Stratified sampling technique was adopted in selecting the respondents. The instrument titled risky sexual behaviour among in-school adolescents in Mubi Metropolis was validated by an expert in Guidance and Counseling from the Department of Science Education.*

*The reliability value was calculated using Kuder-Richardson formular (KR-21) which yielded a reliability co-efficient of 0.87. Data were analyzed using frequency counts and percentages while t-test was used to test all the hypotheses formulated at 0.05 level of significant. The study revealed among others that most of the adolescents students are facing risky sexual behaviors in Mubi metropolis, the emergencies and disasters, poverty, food security, gender inequality, protecting family honour and insecurity are the significant factors that encourages risky sexual behaviors among in school adolescents. The study recommended among others that the media house programme should re-organized in such a way that it is embodies educative and moral programme for in-school adolescent to learn better ways of living, parents should be mindful of the actions, especially some sexually loose ones and well articulated curriculum for the secondary school education should be made to focus on sexual feelings, sexual terms, sexual deviations, sexual transmitted infections and their damaging effects.*

**Keywords:** Pre-marital sex, multiple sexual partners; sexually transmitted infections (STIs), teenage pregnancy, maternal death

### **1. Introduction**

The time period which starts after childhood up to the starting phase of adulthood are known as "Adolescence". Depending on characteristics, attitude, background of adolescent this period may be of shorter time or may stay longer. It also depends largely on countries and cultures. As per Odeyemi (2009), family size, income of households, social values also frame behavior of adolescents. Author also mentioned that environment is very influential to cause behaviors in adolescents as it can influence both living and non-living things.

Generally, adolescence period starts with secondary school age which is from 11 years and can lasts upto 18 years. It is advisable to understand the need of adolescent but often they are not understood by parents, teachers, counselors, mentors who are most likely accompany them.

Some kind of sexual activities which increase the risk of sexually transmitted infections (STIs) like HIV and unplanned pregnancies are commonly termed as sexual risky behavior. According to Famutimi & Oyetunde (2014) sexual risky behavior is certain kind of behavior such as unprotected sexual intercourse, having multiple sexual partners, pressurized sexual intercourse for certain monetary or other benefits. Hugging, erotic touch are some common form of sexual behavior. According to Adeboye et al. (2016), World Health Organization (2015), Pre-marital sex, unprotected sex, sex with multiple partners are some of the risky sexual behaviours which likely to cause Human Immunodeficiency Virus (HIV)/ Acquired Immune Deficiency Syndrome (AIDS) as well as unwanted pregnancies and unsafe abortion. Factors like lack of awareness about the result of sexual risky behavior and poverty has been pointed out as the most important reason behind this behavior. As per Famutimi & Oyetunde (2014), the reasons behind STIs are insufficient information about adolescent sexuality. Omeje et al. (2013), highlighted the risky sexual behavior as a major factor for STIs. Moreover, they had also mentioned that adolescents are the chief contributors of this. Authors also mentioned that motivated by

surrounding, newspaper, movie, friend circle as well as tendency to copy adults often indulge adolescents in risky sexual behaviours which finally lead to STIs, AIDS etc.

Considering the long-standing reproductive consequences of STI and since there are no specific cure for AIDS and no developed vaccines yet, preventive measures remain the mainstay for tackling STI/HIV and its associated problems. Apart from STI/HIV and their reproductive squeals, other consequences of early risky sexual activity among young female include, teenage pregnancy, unwanted pregnancy with resort to unsafe abortion resulting in life threatening complication, maternal deaths and prolonged morbidities in survivors (Moronkola & Idris, 2015).

Conditions which can affect the behaviors as well as developments or growths of adolescents within a time range is known as Environmental determinant. Cited in a study by Omeje et al. (2013), Anderson (2005) stated that both environmental dynamics as well as genetic can be responsible for one's behavioral pattern. Talking about other factors which have impact on behaviours authors mentioned the joint contribution of nature and nurture occurring through three related processes: the genetic inheritance, the environment and the socio-cultural. Environment can be anything outside an organism like some external factors which affect both positive as well as negative manner. As per Odigbo (2001), cited by Omeje et al. (2013), either external or internal or a combination of both factors can cause risky sexual behaviours. Mindful observation on adolescents has been prioritized by authors as affect of environment is very powerful. Risky sexual behavior can also be a reason for low self esteem. Study conducted by Omeje, Ekwueme & Omeje (2013), revealed that males compared to females are more prone to risky sexual behaviours, sex before age 13, and to have had 4 or more sexual partners.

Research done by Adamu (2005) resulted that high school adolescents are already involved in sexual relationship of age between 12 and 16 to express sexual feelings. They are said to be mainly influenced by peer group. Moreover, author also maintained that these types of risky sexual behavior are being practiced by both urban and rural adolescents. Some initiatives like spreading relevant information on sexual issues in morning assembly, discouraging them from watching pornographic, use photographs on the notice board to highlight the damaging effects of risky sexual behavior can be initiated to improve healthy sexual behaviors among secondary school adolescents.

### 1.1. Problem Statement

Peer groups, newspapers, movie etc are some of the prime source from where adolescents can copy and engage in risky sexual behavior. Many studies also have supported that adolescents notice others having multiple sexual partners, sexual intercourse under the influence of alcohol, exposure of ladies in the name of fashions etc, which frame their behavior too. Without any knowledge about the consequences adolescents easily got attracted towards the programs displayed in televisions. Engaging in sexual risky behavior, restrain adolescents from any productive work which ultimately causes failure in life. With reference of the problem stated above this study focuses to find out environmental factors mainly responsible for risky sexual behaviours among secondary school adolescents of Mubi metropolis.

### 1.2. Purpose of the Study

The main purpose of the study is to identify risky sexual behaviors among in school adolescents in Mubi metropolis specifically, the study seeks to:

- Identify risky sexual behaviors among in school adolescents.
- Identify the environmental factors that influence adolescents risky sexual behaviours.
- Identify some consequences of the adolescents' risky sexual behaviors.

### 1.3. Research Questions

The following research questions were formulated to guide this study.

1. What constitutes risky sexual behaviours among in-school adolescents in Mubi Metropolis?
2. What are the factors that influence risky sexual behaviours among in-school adolescents in Mubi metropolis?
3. What are the consequences of risky sexual behaviours among in-school adolescents in Mubi metropolis?

### 1.4. Hypotheses

The following is alternate hypothesis of the study, tested at 0.05 level of significance.

- There is significant difference between mean responses about the factors causing risky sexual behaviors of male and female respondents in school adolescents of Mubi Metropolis.

## 2. Research Methodology

### 2.1. Research Design

Descriptive survey research design was used for this study. This design was found to be appropriate because Saunders, Lewis and Thornhill (2003) defined survey design as a process of documenting the nature, scope, relationship, dimensions and directions of events, behavior, attitudes and interest about a person or things. It is designed to find out risky sexual behavior among in-school adolescence in Mubi metropolis educational implication.

### 2.2. Population and Sample

The population of the study consists of all the seventy secondary (both junior and senior) schools in Mubi metropolis of Adamawa State which comprised 16,875 students. The sample size of four hundred was chosen from four

secondary schools (both junior and senior) in the two local governments in Mubi Metropolis (Mubi North & Mubi South). Stratified sampling technique was used to select class, sex and locality.

### 2.3. Research Instrument

The research instrument for this study was self-developed by the researcher titled "Risky Sexual Behaviour among in-School Adolescents (RSBSAQ)". The instrument comprised of four sections. Section A contained the demographic characteristics of the respondents which consist of sex, name of school, class and Local Government Area. Section B to D contained 25 items.

- 10 items are there in section B which mainly focuses on risky sexual behaviors among in-school adolescence.
- 10 items of section C contained concerned with the environmental factors that influence adolescents' risky sexual behaviors
- While rest 5 items of section D related with the consequences of risky sexual behaviors among in-school adolescents.

### 2.4. Validity and Reliability of the Questionnaire

With the help of experts from Counseling Psychology in the Department of Science Education, Adamawa State University Mubi, both face and content validity of the questionnaire has been ensured. To collect data for pilot study both urban and rural secondary schools in Madagali Local Government Area of Adamawa State have been covered. Reliability has been tested using test-retest method. Both of these tests had been administered on 30 students from Mubi 1 Secondary School, Mubi North with an interval of four weeks. Reliability measurement –Kudar Richardson (KR20) formula gives a value of .87 as reliability coefficient.

### 2.5. Data Collection and Data Analysis

Data has been collected through structured instrument from the respondents directly by the experimenter. Descriptive statistics and inferential statistics like frequency distribution, t-test have been applied for analysis purpose.

## 3. Results and Discussion

### 3.1. Research Question 1

What are the major causes behind risky sexual behaviors among in- school adolescents in Mubi Metropolis?

S/N	Item	SA	A	D	SD	TOTAL
1.	Influence of others	80	162	40	118	400
2.	Multiple sex partners	(20%)	(40.5%)	(10%)	(29.5%)	(100%)
3.	Erotic touching	71	112	183	34	400
4.	Kissing opposite sex partners	(17.75%)	(28%)	(45.75%)	(8.5%)	(100%)
5.	Sexual intercourse	120	180	91	9	400
		(30%)	(45%)	(22.75%)	(2.25%)	(100%)
6.	Hugging	100	140	79	81	400
		(25%)	(35%)	(19.75%)	(20.25%)	(100%)
7.	Pornographic films and pictures	150	147	53	50	400
		(37.5%)	(36.75%)	(13.25%)	(12.5%)	(100%)
8.	Reading literature	69	91	201	39	400
		(17.25%)	(22.75%)	(50.25%)	(9.75%)	(100%)
9.	Alcohol	162	134	99	5	400
		(40.5%)	(33.5%)	(24.75%)	(1.25%)	(100%)
10.	Material gratification	91	85	182	42	400
		(22.75%)	(21.25%)	(45.5%)	(10.5%)	(100%)
		113	98	89	100	400
		(28.25%)	(24.5%)	(22.25%)	(25%)	(100%)
		107	114	95	84	400
		(26.75%)	(28.5%)	(23.75%)	(21%)	(100%)

Table 1: Frequency and Percentage Distributions of Respondents on Risky Sexual Behaviours among in School Adolescents in Mubi Metropolis

Table 1 shows the reasons which cause risky sexual behaviors among in- school adolescents in Mubi Metropolis. The Table revealed factors agreed by students among in school adolescents in Mubi Metropolis: Influence of others 242(60.5%), erotic touching 300(75%), kissing opposite sex partners 240(60%), sexual intercourse 297(74.255%), pornographic films and pictures, 296(74%), alcohol 211(52.5%), material gratification 221(55.25%). However, they disagreed that the following did not constitute to risky sexual behaviour; multiple sex partners 217(54.25), hugging 240(60%), reading literature 224(56%).

Based on the result from this Table, it implies that what constitute risky sexual behaviours among in- school adolescents in Mubi Metropolis are Influence of others, erotic touching, kissing opposite sex partners, sexual intercourse, pornographic films and pictures, alcohol and material gratification.

### 3.2. Research Question 2

What factors can influence risky sexual behaviours among in- school adolescents in Mubi metropolis?

S/N	Item	SA	A	D	SD	TOTAL
1.	Lack of discipline	81 20.25%	172 43%	30 7.5%	117 29.25%	400 100%
2.	Bad friends	99 24.75%	182 45.5%	60 15%	59 14.75%	400 100%
3.	Schools near beer parlors	56 14%	80 20%	191 47.75%	73 18.25%	400 100%
4.	Home that lack love	13 3.25%	58 14.5%	188 47%	141 35.25%	400 100%
5.	Immorality in the society	79 19.75%	125 31.25%	89 22.25%	107 26.75%	400 100%
6.	Watching bad films	137 34.25%	116 29%	29 7.25%	118 29.5%	400 100%
7.	Parents not providing children's need	96 (24%)	70 17.5%	168 42%	66 16.5%	400 100%
8.	Loose handling Indiscipline among teachers Fear of being rejected by peers	152 38%	121 30.25%	59 14.75%	68 17%	400 100%
		144 36%	75 18.75%	68 17%	113 28.25%	400 100%
		91 22.75%	67 16.75%	139 34.75%	103 25.75%	400 100%

Table 2: Distributions of Frequency and Percentage of Respondents on Factors That Constitute Risky Sexual Behaviours among in School Adolescents in Mubi Metropolis?

Table 2 indicates the factors that constitute of risky sexual behaviours among in- school adolescents in Mubi metropolis. The Table shows that the students affirm to the following factors: Lack of discipline 253(63.25%), bad friends 281(70.25%), immorality in the society 204(51%), bad films 253(63.25%), loose handling 273(68.25%) and indiscipline among teachers 219(54.75%). On the other, the Table revealed that the students disagreed that the following factors have not constituted the risky sexual behaviours among in- school adolescents in Mubi metropolis: Schools Near beer parlors 264(66%), home that lacks love 329(82.25), parents not providing children's need 234(58.5) and fear of being rejected by peers 242(60.5%). From this Table, it can be concluded that the constitute the factors of risky sexual behaviours among in- school adolescents in Mubi metropolis are lack of discipline, bad friends, immorality in the society, bad films, loose handling and indiscipline among teachers.

### 3.3. Research Question 3

What are the outcomes in-school adolescents in Mubi metropolis facing due to risky sexual behaviours?

S/N	Items	SA	A	D	SD	TOTAL
1.	Poor performance	91 22.75%	72 18%	101 25.25%	136 34%	400 100%
2.	Early pregnancy	92 23%	69 17.28%	98 24.5%	141 35.25%	400 100%
3.	Expulsion from school	155 38.75%	121 30.25%	76 19%	48 12%	400 100%
4.	Death	122 30.5%	178 44.5%	59 14.75%	41 10.25%	400 100%
5.	Sexually Transmitted Diseases (STDs)	162 40.5%	135 33.75%	19 4.75%	21 20.75%	400 100%

Table 3: Count and Percentage of Respondents Regarding the Outcome Caused from Risky Sexual Behaviours among in- School Adolescents in Mubi Metropolis

Table 3 shows the result that revealed the factors which can influence risky sexual behaviours among in- school adolescents from the region of Mubi metropolis. The Table showed that the students agreed to the following consequences that influence risky sexual behaviours among in-school adolescents in Mubi metropolis. Expulsion from school 276(69%), death 300(75%), sexual transmitted diseases 297(74.25%). Moreover, it also showed in the Table the students disagreed to the following: Poor performance 237(59.25%) and early pregnancy 161(239%). Based on the result from the Table

above, it implies the consequences that influence risky sexual behaviours among in school adolescents in Mubi metropolis are expulsion from school, death and sexual transmitted diseases.

- $H_{a1}$ : Significant difference is there between the mean responses of male compared to mean responses of female respondents with regards to what constitutes risky sexual behaviours among in-school adolescents.

Variables	N	$\bar{x}$	SD	Df	t-value	p-value	Remark
Male Students	183	2.98	0.93				
				392	0.04	1.985	$p > 0.05$
Female Students	217	2.86	1.14				

Table 4: T-Test Analysis to Check If Risky Sexual Behaviors Can Differ for Different Genders

\* Not Significant ( $P > 0.05$ )

As the p-value is greater than .05, alternate hypothesis can be accepted. Hence there is no significant difference between the responses of female and male responses. This means that factors cause risky sexual behaviors among in-school adolescents does not differ significantly for both the genders.

#### 4. Discussion of the Findings

Influence of peer group, alcohol, erotic touching, kissing opposite sex partners, sexual intercourse, material gratification is found to be major constituents for risky sexual behaviours for this study. The findings are quite in-line with the results found by Omeje and Ekwueme (2013) for in-school adolescents in Obollo- Afor Education Zone of Enugu State Nigeria. this study also has quite similar findings with the study conducted by Adamu (2005) for in-school students of in Otukpo Local Government Area of Benue State.

Both of the studies have found negligence of parents as well as loose handling and indiscipline among teachers can be a prime reason. Regarding consequences the most common results are lack of discipline, bad friends, immorality in the society, watching bad films etc. This study also highlighted some dangerous consequences of risky sexual behaviours like death and sexual transmitted diseases as well as some results which can stop growth of these adolescents like termination from school. These findings were similar to the studies of Mlyakado and Timothy (2013) that schoolgirls' pregnancy is the salient indicator of the existence of sexual activity in schools. For example, dropout in Tanzania caused by pregnancies in schools, increase from 6.5 percent to 20.4 percent in 2009; and it is unfortunate that, the size of dropout in secondary schools is higher in ordinary level and low in advance level classes.

Just like Zabin and Heirsch (2008) study which was conducted many African youths and adolescents, current study revealed that there is no significant difference between male and female students in their attitude regarding risky sexual behaviour. Moreover, for both the studies it increases the risk of HIV infection and transmission due to risky sexual practice.

Azuike, Iloghalu, Nwabueze, Emelumadu, Balogun and Azuike (2015) also showed no significant difference between the socio-demographic characteristics of the respondents and their sexual exposure. However, another study by Morhason-Bello, Oladokun, Enakpene, Fabamwo, Obisesan and Ojengbede (2008) at Ibadan highlighted male who were supposed to be more engaged in risky sexual behavior compared to females.

#### 5. Conclusion of the Study

Risky sexual behavior has been a serious matter among school-going adolescent which tremendously affecting their lifestyle, learning and educational performance. As an outcome they are facing serious issues like termination from school, suffering from sexual transmitted diseases and sometime the ultimate punishment i.e. untimely death.

#### 6. Suggestions

Based on the results following are some of suggestions:

- Parents should be careful about the behaviours of their children. Sometimes they felt that children are too young to understand about any kind of sexual behavior but actually they observe behaviours consciously or unconsciously. Later they start practicing in licentious way. This is the reason why they easily engage in risky sexual behaviours.
- Parents should discuss and take initiatives to aware their children about sexual matters as well as the dangerous outcome of risky sexual behaviour. This will help them to eliminate negative peer group effects as well as sexual growth will be healthy.
- School should start sexual education to create awareness. Several programs, awareness camps can be arranged. A well-designed syllabus for school education needs to be followed. The curriculum should highlight sexual terms, sexual deviations, diseases which can be spread through risky sexual behavior along with its life-threatening effects.
- As isolated initiatives cannot work in long run compared to combined one. Hence both parents and school authority should cooperate with each other. Moreover, values should be initiated by the society. Hence society has to re-orient itself, then automatically its part, schools will also re-orient themselves. Discipline society definitely leads to disciplinary school system.

- Media also can contribute significantly with the help of educational and moral programmes for school going adolescent with an objective to make them learn better style of living. Strict laws can be enforced for types of video tapes, movies as environment has significant effects.
- Last but not the least counseling sessions, seminars can be organized, photographs can be a good mean to discourage risky sexual behavior among in-school adolescents. Future of the country are in the hands of these young group so appreciable effort of teachers, society, government are needed to groom these group as a disciplined, honest and patriotic citizens of the nation or country.

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