



INDIVIDUAL FACTORS AS CORRELATES OF SEXUAL BEHAVIOUR AMONG STUDENTS IN FEDERAL COLLEGE OF EDUCATION ABEOKUTA OGUN STATE, NIGERIA

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Abstract

Sexuality is a vital and important aspect of youth and young adult because at this stage, their physiological make up develops and they tend to experiment with what comes their way and therefore their sexual behaviour become of a paramount importance. This study therefore examined individual factors as correlates of sexual behaviour among students in Federal College of Education Abeokuta Ogun State, Nigeria. The descriptive survey research was used for the study. The population comprise of all students in Federal College of Education Abeokuta Ogun State. A sample of 100 respondents was used for the study. Self developed questionnaire was used as instrument for the study. The findings from the study revealed that individual factors (age and gender) ($F(2,97) = 17.240, p < .05, (R) .512$) independently correlates sexual behaviour of students in Federal Colleges of Education Abeokuta Ogun State. It was concluded that individual factors independently have effect on sexual behavior of students in Federal College of Education Abeokuta Ogun State. It was recommended that Colleges of Education should invest in mentorship and health counseling to improve student's confidence in performing sexual risk avoidance tasks.

Key words: Individual factors, age, gender, students, Federal College of Education

Introduction

Background to the study

Human sexual behaviours have become a subject of attention and importance among researchers and scholars in recent decades. Sexual activities among adolescents have been reported to be increasing worldwide. Several studies in Sub-Saharan Africa have also documented high and increasing premarital sexual activities among young people. Young people are at the beginning of their sexual and reproductive lives. Physiologically, the changes in reproductive organs that occur in the life of adolescents often serve as a motivating force in their quest to experiment with sex. Some naturally explore and take risks in many aspects of their lives, including sexual relationships (Azuike, Iloghalu, Nwabueze, Emelumadu, Balogun, Azuike, Obi, Enwonwu, Ebulue, Obi and Chikezie, 2015).

Human sexual behaviour refers to any activity (solitary, between two persons, or in a group) which brings about sexual arousal of people involved. It may be as a result of inherited sexual response patterns or other forms of influence exerted on the individual by society in the expression of individuals sexuality. Sexuality is often a vital aspect of young peoples' life because they are at their developmental period. The number of young people getting involved in several unhealthy



sexual behaviours is increasing on a daily basis. World Health Organizations (2001) submitted that premarital sexual activities among young adults are high and increasing in Africa in which Nigeria is one of them. Young people sexual behaviour is highly relevant to various public health problems (Crossette, 2005). Tang, Gao, Yu, Ahmed, Zhu, Wang and Du (2011) reported that young people engaged in unprotected sexual activities and these had led to unwanted pregnancies, pregnancy-related complications, terminated, abortion as well as transmission of sexually transmitted infections (STIs) including HIV/AIDS. Adeoye, Ola and Aliu, (2012) also noted that sexual behaviours such as kissing, fondling, oral sex, and sexual intercourse could be associated with unwanted pregnancy, sexually transmitted diseases such as HIV and AIDS, syphilis, e.t.c. in young people especially, the undergraduates

Majority of students in tertiary institutions are single, young adults who easily fall prey to excitement coupled with the liberal nature of campus life that predisposes them to high risk sexual behaviour (UNAIDS and WHO, 2009; Young, 2011). Physiologically, the changes in reproductive organs that occur in the life of adolescents often serve as a motivating force in their quest to experiment with sex. Some naturally explore and take risks in many aspects of their lives, including sexual relationships. Those who have sex may change partners frequently and have more than one partner in the same time period or engage in unprotected sex. Early sexual debut increases young peoples' risk for infection with HIV and other STIs. Youth who begin sexual activity early are more likely to have high risk sex or multiple partners and are less likely to use condoms (Tilahun and Ayale, 2013). The following reasons has been advanced for these above observations: individual factors (age and gender)

According to the Joint United Nations Program on HIV/AIDS (UNAIDS) in 2008 young people aged 15-24 years accounted for 42% of new HIV infections in people aged 15 and older and nearly 80% of this lives in sub-Saharan Africa in which Nigeria is part of (UNAIDS and WHO 2009; Sujay, 2009). WHO (1993) reported that 43% of girls and 67% boys aged between 14 and 19 years were sexually active. Omoteso (2006) reported that 63% of the respondents in a study on sexual behaviour among Nigeria undergraduates had had sexual intercourse by the time they were 19 years of age. This vulnerability to STDs is because of biological and behavioural factors. The biological factors among young women have more to do with their sexual anatomy being more susceptible to abrasions that can allow organisms to enter the body. The immature reproductive and immune systems make adolescents more vulnerable to infection by STD agents (Olasode, 2007).

Postponing the first time of sexual act has a long term benefits on the behaviour, sexual and reproductive health of individual. Timing of first sexual intercourse is related to long-term sexual health outcomes. People who start having sexual intercourse late may have less risky sexual behaviours for example they may have less number of lifetime partners, not have sex under influence of drugs and are more likely to have been well informed on HIV and STIs transmission risks and also likely to use protection during sex. Oljira, Berhane and Worku (2012) stated in their study that pre-marital sexual debut was related to with gender. They reported in a study that the female respondents were 56% less likely to report pre-marital sexual debut compared to males. The possible explanation for these differences may not be far fetch from double standard cultural expectations of virginity till marriage mandated for the females while less rigid cultural pressure



on males or even greater tolerance towards male pre-marital sexual experimentation in the African society.

Moreover, males and female are different in their physiological make up and these difference have influence on the ways male and female reacts and acts in some certain situations. Also, the period of no sexual intercourse before marriage is gradually fading away in the African society of today. Ugoji (2011) also submitted that premarital sexual behaviours among undergraduates are determined mostly by their gender. Adeoye, Ola and Aliu (2012) reported that gender had a significant influence on undergraduates' premarital sexual behaviours. Idang, Ojong-Alasia and Samson-Akpan, (2014) noted that there is gender power imbalances among people and these gender power imbalances and role have influence on sexual behaviour and relation among people. The gender of students has been discovered to influence on their sexual behaviours.

Statement of the problem

Every year, young people leave the security of the environment they are used to and attend colleges of Education both in near and distant location and cities. These young people started the journey always filled of happiness, joy and many times hope as they follow their academic endeavours. And since the environments of the colleges do not only provide room for academic pursuit and simulations alone, it as well make provision for different opportunities and activities for socialization. This gives opportunity for young people to seek for someone special in which they can share their future with. Other activities of socialization through clubs at night, several associations could provide opportunities for students to engage in all forms of risky sexual behaviour and activities.

There seems to be an emerging risky sexual behaviour among students in higher institutions of learning since many students are been cut away from family's restriction. It has being observed by the researcher that risky sexual behaviour is very common among the students in Federal Colleges of education in Abeokuta because there are a sizeable of young female students that are not even married who move around and even go to classes with babies and pregnancies. Also, the researcher had conversations with some of the students in federal college of education in which some of the male confessed that they actually have sex with the female students because they are not sharp and the female students said they were actually cheated upon and that their intelligence was played upon.

Despite the fact that there are campaigns against risky sexual behaviour which could lead to several of health problems such as unwanted pregnancies, abortion, transmission of sexually transmitted infections (HIV/AIDS, syphilis, gonorrhoea). There is still high level of demonstration of risky sexual behaviour among students. Also, several studies have been done on sexual behaviour of secondary school and University students (Omotoso, 2006; Olasode, 2007; Azuike, Iloghalu, Nwabueze, Emelumadu, Balogun, Azuike, Obi, Enwonwu, Ebulue, Obi and Chikezie, 2015) but little has been done on students of Colleges of Education. Therefore the study examined individual factors that correlate sexual behaviour among students in Federal College of Education Abeokuta, Ogun state.



Research Questions

The following research questions were answered in the study

1. What is the prevalence of risky sexual behaviour among students in Federal College of Education Abeokuta, Ogun state?
2. What are the various risky sexual behaviour exhibited by students in Federal College of Education Abeokuta, Ogun state?

Hypotheses

The following research were tested at 0.05 level of significance

1. There will be no significant joint contribution of individual variables (age and gender) on sexual behaviour of students in Federal College of Education Abeokuta, Ogun state.
2. There will be no significant relative contribution of individual (age and gender) on sexual behaviour of students in Federal College of Education Abeokuta, Ogun state.

Methodology

The design adopted for this study was a descriptive survey research design. The population for this study were male and female students in Federal Colleges of Education Abeokuta Ogun state. The purposive sampling was used to select 200 level techniques and Simple random sampling technique was used to select each individual in order to give them equal opportunity of being included in the study. The instrument for this study was a self-structured questionnaire. A cronbach alpha was used to test the internal consistency of Various Risky Sexual Behaviour Scale (VRSBS) and Individual Factors as Correlate of Sexual Behaviour Scale (IFCSBS) 0.72 and 0.75 respectively. The completed copies of the questionnaire will be coded and analysed using both descriptive and inferential statistics. The descriptive statistics of frequency count, percentage were used to analyse section A (Demographic Information) and to provide answers to the research questions while inferential statistics of Regression analysis was used to test the hypotheses at 0.05 alpha level.

Results and Discussion

This section focuses on the analysis of data with respect to research questions and hypotheses earlier stated. It is divided into three (3). Section A presents the demographic information of the respondents; section B provided answers to the research questions while section C provided the result of the tested hypotheses.

Section A: Demographic Information of the Respondents

Distribution of respondents by religion

The table below shows the distribution of respondents by religion. Out of the 100 respondents, 77 (77.0%) were Christian, 22 (22.0%) were Muslim while 1 (1.0%) was a traditional worshipper, showing that majority of the respondents were Christian.

TABLE 1: Distribution of respondents by religion

| Religion | Frequency | Percent |
|--------------|-----------|---------|
| Christianity | 77 | 77.0 |
| Islam | 22 | 22.0 |
| Traditional | 1 | 1.0 |
| Total | 100 | 100.0 |

Distribution of respondents by age

The table below is showing the distribution of respondents by age. The table revealed that 23 (23.0%) were between the ages of 15 and 19years, 34 (34.0%) were between the ages of 20 and 24years, 32 (32.0%) were between the ages of 25 and 29years while 11 (11.0%) were 30years and above showing that majority of the respondents were between the ages of 20 and 24years.

TABLE 2: Distribution of respondents by age

| Age | Frequency | Percent |
|---------------|-----------|---------|
| 15-19years | 23 | 23.0 |
| 20-24years | 34 | 34.0 |
| 25-29years | 32 | 32.0 |
| 30years-above | 11 | 11.0 |
| Total | 100 | 100.0 |

Distribution of respondents by sex

The table below shows the distribution of respondents according to sex. Out of the 100 respondents, 34 (34.0%) were male while 66 (66.0%) were female. This shows that majority of the respondents are female.

TABLE 3: Distribution of respondents by sex

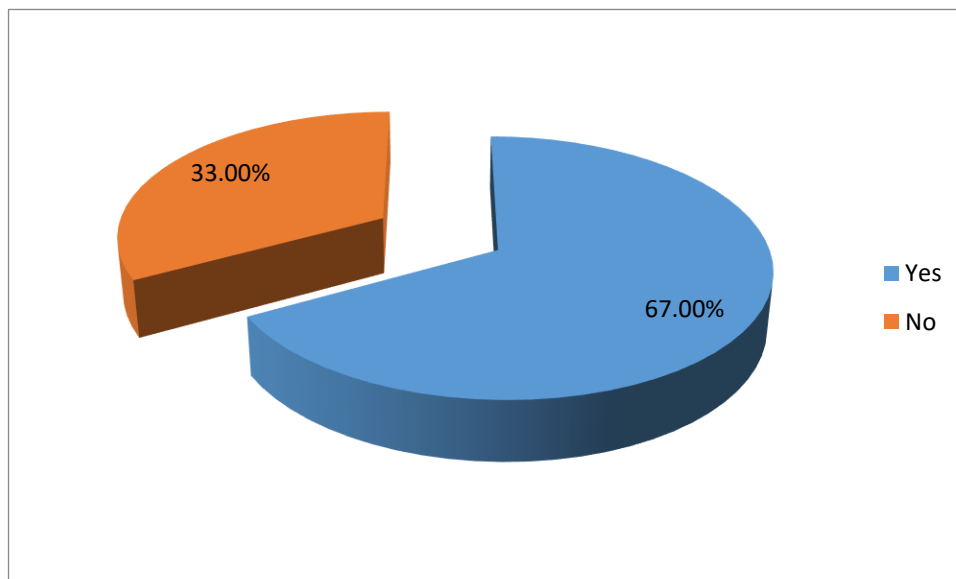
| Sex | Frequency | Percent |
|--------|-----------|---------|
| Male | 34 | 34.0 |
| Female | 66 | 66.0 |
| Total | 100 | 100.0 |

Section B

This section provided answers to the research questions

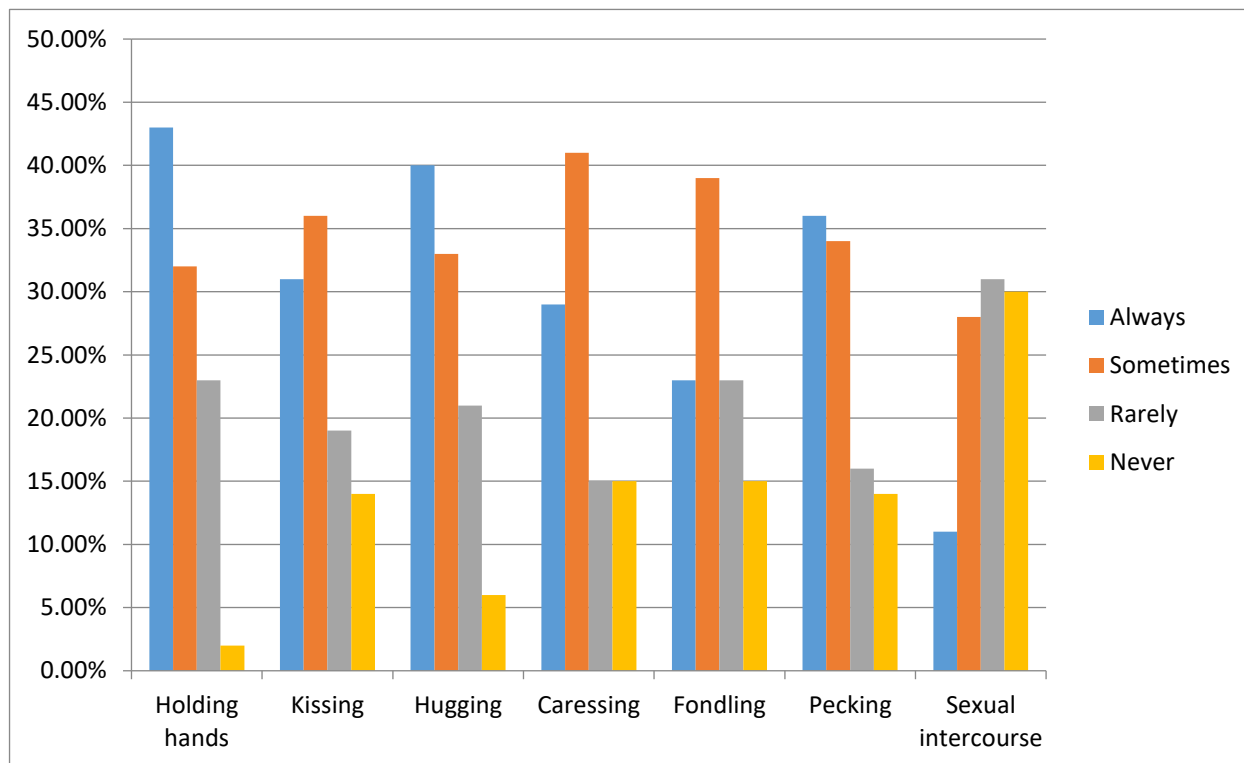
Research question 1: What is the prevalence of risky sexual behaviour among students in Federal College of Education Abeokuta, Ogun state?

The chart below revealed that about 67.0% of the respondents do involve in sexual behaviour while 33.0% do not. The rate of involvement ranges from once to more than ten times. This shows that majority of the respondents do involve in one form of sexual behaviour or the other.



Research question 2: What are the various risky sexual behaviour among students in Federal College of Education Abeokuta, Ogun state?

The chart below present the various risky sexual behaviour students in Federal College of Education Abeokuta, Ogun state involved in. The chart shows that holding of hands is the most predominant risky sexual behaviour exhibited by the respondents. This is followed by hugging, pecking, kissing, caressing, fondling and sexual intercourse in that other.



Hypotheses testing

This section presents the result of the tested hypotheses

Hypothesis 1: There will be no significant joint contribution of individual factors (age and gender) on sexual behavior of students in Federal College of Education Abeokuta, Ogun state.

The table below revealed that the joint contribution of individual variables on sexual behaviour was significant ($F(2,97) = 17.240, p < .05$). The independent variable also yielded a coefficient of multiple regression (R) of .512, meaning that about 52% of the variation is accounted for by the independent variables. The null hypothesis is therefore rejected. Therefore individual variables (age and gender) have contributory effect on sexual behavior of students of Colleges of Education in Ogun State. This study is in accordance with Mohammadi, Mohammad, Farahani, Alikhani, Zare and Tehrani (2006) who reported that 28% of people aged 15 - 18 years reported having sexual contact at least once (including all types of sexual experiences from hugging, kissing and touching to sexual intercourse). Nto, Thelma, Uloaku, Ekenna-Ohanenye, Samuel and Amaechi (2023) reported that their respondents who had had their sexual debut had it between the age of 13 (44.4%) and 16 (86.2%) and that 69% of their respondents engage in unprotected sex. Similarly, Harold and Sekoni (2023) noted that 46% of the respondents in their study who had ever had sex had their sexual debut at age ≤ 14 years which is similar to the age of sexual debut reported by Nto, Thelma, Uloaku, Ekenna-Ohanenye, Samuel and Amaechi (2023).

Regression table showing the joint contribution of individual factors (age and gender) on sexual behavior of students in Federal College of Education Abeokuta, Ogun state

| R | = | .512 | | | |
|------------------------------------|---------------|--------|-------------|--------|------|
| Multiple R | = | .262 | | | |
| Multiple R ² adjustment | = | .247 | | | |
| Standard Error Estimate | = | .66211 | | | |
| Analysis of Variance | | | | | |
| Model | Sum of square | Df | Mean square | F | P |
| Regression | 15.116 | 2 | 7.558 | 17.240 | .000 |
| Residual | 42.524 | 97 | .438 | | |
| Total | 57.640 | 99 | | | |

Hypothesis 2: There will be no significant relative contribution of individual factors (age and gender) on sexual behavior of students in Federal College of Education Abeokuta, Ogun state

Table below shows for each individual variables, the unstandardised regression weight (β), the standardized error of estimate ($SE\beta$), the standardized coefficient, the t-ratio and the level at which the t-ratio is significant. The table revealed that gender has a higher contribution of 39.8% ($\beta=.398$, $t=4.530$, $p<0.05$) follow by age with a contribution of 27.8% ($\beta=.278$, $t=3.167$, $p<0.05$). Therefore, the null hypothesis is rejected. Therefore, gender has more contributory effect on sexual behaviour than age and this may be as a result of physiological changes that occur in the body of young adult at this period. This findings support that of Idang, Ojong-Alasia and Samson-Akpan, (2014) gender attitudinal, peripheral and actual sexual act of students. They reported higher percentage of their male respondents reported actual sexual act than their male counterparts. Odimegwu and Somefun (2017) reported in their study that 81% males representing four fifth of their male respondents have multiple sexual partners compare with female (35%) representing one third of the female counterparts. The study is also in line with Nto, Thelma, Uloaku, Ekenna-Ohanenye, Samuel and Amaechi (2023) who noted that more males (77.6%) desired to have sexual intercourse and were sexually active after watching pornography when compared with their female (44.1%) counterparts. Although, the study further discovered that the number of female (71.2%) in relationship were higher than that of their male (51.7%) counterparts.

Regression table showing the relative contribution of individual factors (age and gender) on sexual behavior of students of Colleges of Education in Ogun State

| Model | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
|-------|-----------------------------|------------|---------------------------|---|------|
| | B | Std. Error | Beta | | |



| | | | | | | |
|---|------------|------|------|------|-------|------|
| | (Constant) | .824 | .382 | | 2.160 | .033 |
| 1 | Age | .173 | .055 | .278 | 3.167 | .002 |
| | gender | .425 | .094 | .398 | 4.530 | .000 |

Conclusion

It was concluded that individual factors jointly and relatively have effect on sexual behavior of students in Federal College of Education Abeokuta, Ogun state. Age for initiation of sexual activities is gradually coming down and this may not be totally isolated from the fact that there is advancement in technology especially the electronic media which the recent generations is having access to. There are much illicit sexual content in which the present generations are being exposed to thereby making them to have some negative sexual behaviour.

Recommendations

Based on the findings of this study, the following recommendations were made:

1. Colleges of Education should invest in mentorship and health counseling to improve student's confidence in performing sexual risk avoidance tasks
2. There should be incorporation of sexuality education into the school curricular and co-curricular activities in the Colleges of Education at departmental level so that there can be a successful way of influencing behavioural changes in the students.
3. Special attention by policy makers and government should be given to intensifying and redesigning the sexuality awareness projects targeting Colleges of Education in Nigeria

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