

SEX EDUCATION AND TEENAGE PREGNANCY AMONG SECONDARY SCHOOL STUDENTS IN ONA ARA LOCAL GOVERNMENT AREA OF OYO STATE, NIGERIA

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ABSTRACT

This research examined the level of awareness of teenagers on sex education and pregnancy with its formation among adolescent of reproductive age. Ona Ara local government area was purposively selected due to rampage of teenage pregnancies and rural area which might be cause of unawareness and dreams damage, 110 students were randomly selected from the 11 secondary schools from the 11wards in the local government area. Majority of the teenagers (98.1%) were aware of sex education through their friends, classmates, social media, parents, class lectures, novels, pornography books, religion gatherings and video clips while 1.9% have not. 69.4% of the respondents were aware of pregnancy formations while 30.6% have never. There is significant association between sex education and teenage pregnancy at $p < 0.05$. It was revealed that teenagers are well aware of sex education and pregnancy formation through the third parties (friends, classmates, phonographs e.t.c.) compare to their parents. This unguarded sex information may aid exuberant engagement in unlawful, sinful acts and unknowingly fell out of the rightful part been guided from onset. It is thereby recommended that parents should be more alive to the responsibility of getting the children the rightful information.

Key words; sex education, teenage pregnancy, adolescent, rural area, dream damage

INTRODUCTION

The word “sex” in African culture remains in bad reputation is often used in surreptitious ways. Sex education means any form of education encompassing family planning and reputation. World

Health Organization, (2017) described sexuality as an integral part of the personality of everyone: man, woman and child. Connell and Elliott (2009) defined sexuality as unavoidable aspect of human being that is continually influences thoughts, feelings, actions and interactions and thereby our mental and physical health.

According to Queer theory, there is a sexual double standard that implies men and women have different needs and desires, which ultimately constructs gendered beliefs about men and women's sexuality which describes that sexuality education cannot be done on a page or booklets due to its genuity and value among human being (Connell & Elliott, 2009). Sexuality education should not be limited to a course that lasts only a few weeks, but should be integrated throughout a student's academic career like the Netherlands and other countries (Schalet, 2011). Sex education can be taught formally or informally, though it was introduced into secondary school curriculum through the subject taught such as social studies, civic education, integrated science, and biology to expose the teenagers to the ways of maintaining their sex life for a brighter future (Preston, 2013).

Teenage is refers to as graduating stage of adolescence which is a transitional stage in physical and psychological development period from puberty to adulthood called Pubescence. Cognitively it is viewed as changes in the ability to think abstractly and multi-dimensionally and socially as a period of preparation for adult roles (Kail and Cavanaugh, 2010). According to Newman and Newman (2011) in Pubescence both boys and girls undergo an adolescent growth spurt. Primary sex characteristics (the reproductive organs) enlarge and mature, and secondary sex characteristics appear. This stage is characterized by accelerated and uneven growth, improved gross and fine motor skills and rapid growth of reproductive functions. The principal signs of sexual maturity are production of sperm (for males) called 'spermarche' that typically

occurs at age 13 and first menstruation or occurrence of ‘menarche’ (for females) between the ages of 12 and 13 in the United States (Sumter, Bokhorst, Steinberg and Westenberg, 2009). The sex organs mature and the secondary sex characteristics appear (Table 1 summarizes these changes). The secondary sex characteristics are those characteristics which are not directly tied to reproduction yet distinguish the male from the female of that species. These changes include breast development, facial and body hair and appearance of voice changes.

Table I: Secondary Sex Characteristics

Girls	Boys
Breasts	Pubic Hair
Pubic Hair	Axillary Hair
Axillary Hair	Facial Hair
Increased width and depth of pelvis	Body Hair
	Voice Change

Source: Lefton, (1985)

The occurrence of the above mentioned changes triggers their sexual interests and exuberantly engaged in unlawful and sinful acts. Unknowingly fell out of the rightful part been guided from onset. It is undoubted that secondary school students, especially those in junior secondary classes are of teen age. Nigeria currently practices a 6-3-3-4 system of education under which students of school ages are expected to have spent about six (6) years in primary school before moving to the secondary school under which they spend about three (3) years for junior classes and later another three (3) and later another three (3) years for senior classes.

Ona Ara Local Government Area is one of 33 existing LGAs of Oyo state that was carved out of old Oluyole Local Government in 1989 which has its administrative headquarters in the town of Akanran. According to 2006 population census, Ona–Ara Local Government has a total population of 265,059 made up of male population is 131,471 while that of female is 131,588,

with the land mass of about 3570km. Ona–Ara Local Government is bounded in the north partly by Egbeda Local Government, in the south part by Oluyole Local Government, in the east part by Ogun/Osun State and in the west part by Lagos/Ibadan express way with Ibadan South East and Ibadan northeast Local Government area on the other side of the express way. Ona–Ara Local Government comprises of eleven wards. The people of Ona–Ara Local Government are predominantly farmers with fertile land, large number of communities in the Local Government are rural in nature. The effects of teenage pregnancy are highly visible and becoming rampant. It is common practice in the area for teenagers to engage in premarital sexual intercourse, conceive unwanted pregnancies, which often result in these (female) teenagers to stop formal education halfway and end up later doing petty trading and menial jobs. Most of the teenagers in fact use pregnancy pills, visit quack doctors or know the different abortion techniques, amongst other family planning techniques, despite under the guidance of their parents Some even grow up, marry and never know birth control thereby making what should be a joy to them a problem and burden this called for attention which brings this research to live.

Objectives of the study

The purpose of the study was to determine the sex education and teenage pregnancy among secondary school students in Ona-Ara local government area of Oyo state, Nigeria and specifically, the study

1. Determine demographic characteristics of the respondents
2. Examine the level of awareness of teenagers on sex education
3. Examine level of awareness of teenagers on pregnancy and how it forms
4. Determine level of their parents' awareness and interaction with teenagers.

Research hypothesis

H₀1 – There will be no significant relationship between sex education and teenage pregnancy among adolescents of reproductive age.

RESEARCH METHODOLOGY

This research employed descriptive survey design. The study area was purposively selected due to rampaging of teenage pregnancies and rural nature of the which might be cause of unawareness and dreams damage. The study area consists of 11 wards with 164 number of primary and secondary schools own by the government and private individuals across the local government area without higher learning institution.

10students were randomly selected from one secondary school from each ward of local government including Community secondary School

There are eleven wards in the study area namely: Ward 1- community Secondary school, Alaagba Akanran. Ward 2- Araro community Secondary School, Araro. Ward 3- Community Secondary School, Badeku, Ward 4 Gbanda-efon – Ola-David Group of Schools Alaro. Ward 5- Community Secondary School, Amuloko. Ogbere Idi Osan Ward 6- Community Secondary School 1 Idi Osan, Ward 7- Elekuro High School 1 Oke Ogbere. Ward 8- Ajia Community High Grammar School Ajia, Ward 9- Zumural tul- hujaj Secondary School, Ibadan/Lagos expressway, Olorunsogo, Ward 10- Gbedun Community Grammar School Gbedun, and Ward 11- Atolu Community Grammar School I Oremeji; all in Ona Ara, Ibadan. Ten (10) students were randomly selected from each of the secondary schools which made a total of 110 students as respondents.

A well-structured and close-ended questionnaire was employed to collect information from the respondents so as to ascertain the research objectives as well as to address the hypotheses of the study. The questionnaire was split into four Sections: A demographic variables, B Level of awareness of the teenagers on sex education, C Level of awareness of teenagers on pregnancy and its forms and D Parent awareness and interaction with their teens.

Procedure for data collection

Data was collected from 11 selected secondary schools involved in the study; the schools were visited on two occasions. Firstly, was for familiarization visits to get school authorization and teachers in charge of related subjects. By the second visit the administration of questionnaires took place. The questionnaires were retrieved immediately after the completion.

Data collected were subjected to analyses using descriptive and inferential statistics such as frequent counts, percentage and chi square.

RESULTS**Table II: Demographic Data of the Respondents**

	FREQUENCY	PERCENT
SEX		
MALE	33	30.0
FEMALE	77	70.0
TOTAL	110	100.0
RELIGION INFORMATION		
CHRISTAINITY	31	28.2
ISLAM	67	60.9
OTHERS	12	10.9
TOTAL	110	100.0
CLASS		
SS1	42	28.0
SS2	68	72.0
TOTAL	281	100.0
AGE IN YEARS		
10yrs -15yrs	36	32.7
16yrs -20yrs	74	67.3
TOTAL	110	100.0
PARENT OCCUPATION		
CIVIL SERVANT	18	16.4
TRADING	27	24.5
ARTISAN	09	8.2
FARMING	51	46.4
OTHERS	05	4.5
TOTAL	110	100.0
FAMILY SIZE		
BELOW 5	23	20.9
WITHIN 5-10	61	55.5
ABOVE 10	26	23.6
TOTAL	110	100.0
PARENT EDUCATIONAL LEVEL		
PRIMARY	25	22.7
SECONDARY	59	53.6
TERTIARY	16	14.6
NONE	10	9.1
TOTAL	110	100.0

Source: field survey 2018

Table II above shown that 30% of respondents were male and 70% were female, 28.2% of the total respondents were Christians and Muslims had the highest representation with 60.9% and 10.9% of the respondents are into other religions. The table shows that 28.0% of the respondents are still in the class of SS1 while SS2 students were 72%. The teenagers of age 10-15 in the research have 32.7% while 67.3% are in the range of age 16-20, this table indicate that respondent parents of 16.4% were civil servants, 24.5% are into trading while 8.2% were artisans almost half of the respondents' parents are farmers with 46.4% and 4.5% are into other occupations other. 20.5% of the respondents are from the family that has less than 5 members while 55.5% falls among the family members with the range of 5-10 in numbers and 23.6% have family members more than 10 in number.

Only 22.7% of the total respondent parent's possess primary leaving certificate as the highest academic's certificate, 53.6% had secondary school leaving (O Level) while 14.6% possess tertiary education and parents of 9.1% has none.

Table III: Distribution of Respondents Based on Sex Education Awareness

	YES %		NO %	
AWARENESS ON SEX EDUCATION	98.1		1.9	
Source of their information % distribution	Parent 28	Friends 7.6	School 49.7	Other sources 12.7
Depth of their information received	91.1		8.9	
Relevance of sex education to their age	45.9		54.1	
Support of their religion	57.3		42.7	
Any programme in church or mosque on sex	54.8		45.2	
Support of their society	70.7		29.3	
Any programme in their society on sex	67.5		32.5	
Preference of abstinence-only sex education	70.1		29.9	
Education sex education than informative	94.3		5.7	
Helpfulness of sex education	79.0		21.0	
Who should give sex education	Parent 19		School 21	Both 70

Source: field survey 2018

From Table III, the level of awareness of the respondents on sex education is very high. 98.1% of them have heard about sex education while 1.9% had not. For those who have heard about sex education, they heard about it in school during biology class and other related subjects or when sex education was taught to them in class by their teacher. These respondents constitute 49.7% of the total respondents. However, 28.1% of the respondents got the information from their parents while 12.7% got it from other sources like novels, pornography books, tapes and video clips.

7.16% heard it from friends who might be wrong and not reliable. This indicate that most of the parent are not alive to their responsibility of getting their children informed on sex and related issues. Most (91.1%) of the respondents received a full information on sex education that include family planning, reproduction, body image, sexual orientation, sexual pleasure, values, decision making, communication, dating, relationship, sexually transmitted diseases and birth control method while 8.9% got no information or not full. The reason could be due to the environmental nature (i.e. rural area)

Less than half (45.9%) of the respondents admitted that it is relevant to the age while 54.1% did not see it applicable to their age due to ignorance because if the information is well explicit, they will see its relevance to their age. The support of their religion to sex education is interesting and it can be deduced from the distribution that 57.3% of the respondent had their religion supporting sex education while 42.7% said that their religion does not support receiving information on sex education. Out of these who their religion support information on sex education 54.8% of them had once a programme in their place of worship while 45.2% had never. The societies in which they are also influence their knowledge on sex education. 70.7% said their society encouraging receiving information about sex while 29.3% said their society did not. 67.5% of the respondent said they have once or more had a programme on sex-related issues in their community while 32.5% said they have never. 70.1% of the respondent prefers sex education that talks about abstinence till marriage while 29.9% prefer comprehensive sex education. 94.3% of the respondents thought sex education should educative and well explicit than informative and brief while 5.7% of them think the other way round.

Majority (79%) of the respondents says sex education would be helpful to them while 21% says it would not be of help to them. When ask about who do they think should provide the

information about sex related issues. 12.1% says it should be the parents, 13.4% think it should be from the school while 74.5% says it should come from both their parent and the school.

Table IV: Distribution of Respondent Awareness Based on Pregnancy

	YES (%)	NO (%)
Awareness about pregnancy and how it forms	69.4	30.6
Any of their friends or classmate got pregnancy	84.7	15.3
Is the cause lack of sex education?	59.2	40.8
Is sex before marriage, right?	10.2	89.8
The support of their religion	15.3	84.7
Any program in church or mosque warning against it	66.2	33.8
Support of society for pregnancy before marriage	27.4	72.6
Any program in the school or community warning against it	72.0	28.0
Any of their classmate that got pregnant back in school	52.2	47.8
Can proper sex education reduce teenage pregnancy?	67.5	32.5

Source: field survey 2018

Results in Table IV show the awareness of the respondent on pregnancy, 69.4% of the respondents are aware of pregnancy and how it forms while 30.6% have never. This shows that majority are aware. Majority (84.7%) of them have friends or classmates that got pregnant which are alarming while 15.3% do not have; 59.2% of them admit that the cause of their classmate or friend's pregnancy is lack of proper and comprehensive sex education which means that if they have proper knowledge of sex education, they will not have been pregnant. 89.9% of the respondent said it not. Religion being an important aspect of life and have great influence on us, 15.7% of the respondent said that their religion support pregnancy before marriage while 84.7% of them said that their religion does not support marriage before marriage. Also, 66.2% of the respondents had once held a program in their church or mosque warning against pregnancy before marriage while 33.3% have never had any of such programs. The society in which

majority of the respondents fall into does not support pregnancy before marriage and most of them had once had a program warning against pregnancy before marriage or teenagers' pregnancy in either school or community which is their immediate society. This shows that religion and society at large see teenager's pregnancy as a stigma and do not want to be associate with such individual. Almost half (52.2%) of the respondents said their pregnant friend or classmate are back in school which shows that pregnancy among teenagers, cause dropping out of school or can be a cog in the wheel of academic and life progress of the adolescent. Moreover, 67.5% of the respondents agrees that proper sex education will help to reduce pregnancy while 32.5% said it will not.

Table V: Distribution of Respondent Parent Based Awareness

Variable	YES	%	NO	%
Free to talk with their parent on sex	41.4		58.6	
Spending quality time with their parent	40.1		59.9	
Boy-girl relationship	50.3		49.7	
Did their parent know about this relationship?	21.7		78.3	
Parent support sex before marriage	11.5		88.5	
Warning by parent against sex before marriage	87.9		12.1	
Telling parent about pregnant friend or classmate	72.0		28.0	
Reaction of parent to hearing such news	Warn you		Rebuke or scold you	
% distribution	89.2		10.8	
Parent more responsibility for sex education	79.6		20.4	

Source: field survey 2018

It can be deduced that majority of the respondents are not free to talk with their parent on sex as their parent will see it as waywardness or perverseness which in turn make the teenager to rather speak with their friends on such subjects. Only 40% of the respondents use to spend quality time with their parent to talk and gist about their lives while majority (59.9%) does not probably

because their parents are not available due to work and other activities consuming their time. Half (50.3%) of the respondents are into boy-girl relationship that is majority have boyfriend and girlfriend with whom they possibly have sexual relationship and 21.7% of the respondents said their parent are aware of their relationship while 72.3% said their parent are not which shows that parent are not alive to their responsibility of being concerned with the affairs of their adolescent and this is causing a lot of havoc for this adolescent as they lack guidance.

While 38.5% of the respondent said their parents do not support sex or pregnancy before marriage and warn though not vehemently or comprehensively against it, 70.0% of the respondents told their parents about their friends or classmates that got pregnant with 89.2% of them reported that their parents warn them while 10.8% said that their parents rebuke and scold them on hearing such from the teenagers. Majority (79.6%) said their parents should be most responsible for giving the necessary and vital instruction on sex related issues; 31.2% said that it might be because their parents are shying away from giving them such instruction while 68.8% said that their parents are not scared but it might be as a result of no time due to work and other activities.

Null hypothesis

H₀₁ – There will be no significant relationship between sex education and teenage pregnancy among adolescents of reproductive age.

Table VI: Chi-Square between Sex Education and Teenage Pregnancy

Characteristics	Df	X ² calculated	X ² tabulated	Decision
Sex education and teenage pregnancy	1	55.089	3.84	R

Source: field survey 2018

Df - Degree of freedom

X^2 calculated – Calculated Chi square

X^2 Tabulated – Tabulated Chi-square

R – Rejected

Level of significant is 0.05 $X^2_{1-\alpha, df} = X^2_{1-0.95, 1} = 3.84$

Null hypothesis (H_0 1):- Based on the above result, the null hypotheses is rejected because the tabulated chi square is less than the calculated Chi square which shows that there is relationship between sex education and teenage pregnancy.

DISCUSSION OF FINDINGS

The study focused on sex education and teenage pregnancy among secondary school students revealed that the level of awareness of the students on sex education is very high especially from the school by the teachers during biology class while minority of them got the information from their parent due to academy level of their parent and others got it from other sources like novels, pornography books, tapes and video clips which has negative influence on them sometimes, some also heard it from friends who might be wrong and not reliable. This indicate that most of their parent are not alive to their responsibility of getting their children informed on sex and related issues. In line with this study Fields, (2012) asserted that sex education in the classroom can promote sexual agency and subjectivity within young people and ultimately empower them to take control of their bodies while respecting others. Furthermore, Elliott (2012) explores how and why vital conversations about healthy sexuality are not being discussed at most American schools or in most American families, in contrast to some other countries because many of them are growing up lacking knowledge about the various aspects of sexual health, sexuality, and gender.

The study reveals that majority of secondary school students received a full information on sex education that include family planning, reproduction, body image, sexual orientation, sexual pleasure, values, decision making, communication, dating, relationship, sexually transmitted

diseases and birth control method because they believed it will be helpful to them while minority did not receive information on sex education due to their age, religion, society and they also believed it can't be helpful to them. In support of this study Lesko, (2010) explains that curricula and programs of sex education need to have input from the community, where health professionals, parents, educators, and students assist in implementing decisions on timing, consent, and other specific details of the program without segregation.

The study also revealed that majority of the secondary school students are aware of how pregnancy is formed because they have friends and classmate that got unwanted pregnant due to lack of proper conduct and knowledge of sex education, also the religion of some of them allows pregnancy before marriage. that also show that unwanted pregnant can be a cog in the wheel of academic and life progress of the adolescent which that agree that proper sex education will help to reduce pregnancy. In support of this study Pascoe (2011) explains that Informative, accurate and positive sex education contributes to lower rates of unwanted teenage pregnancy, sexual assault, and abortion.

The study deduce that majority of the secondary school students are not free to talk with their parent on sex as their because their parent will see it as waywardness or perverseness which in turn make the teenager to rather speak with their friend on such subjects while minority of them spend quality time with their parent to talk and gist about their lives. In contrast to this study Elliott (2012) explore that many female students find it much easier to talk about sex with their mother rather than their father and peer because they spent more with time their mother, and also they are of the same gender.

CONCLUSION

From the research carried out it was found that the teenagers were informed of sex issues and pregnancy and how it forms. Most teenagers got this information from school with less parental influence or contribution. This is in contrast to the adage “charity begins at home” which means that citizen are mostly influenced from home.

Parents are not alive to their responsibility of getting the teens informed probably because of been tired of work or their educational level which deprive them the opportunity of sitting to gist and discuss important life issues to their adolescent and this makes them ignorant of important issues of their adolescent.

The society and religion supported acquiring information on sex related issues and against pregnancy before marriage (unwanted pregnancy) and organized programs to warn against it. This is because both society culture and religion have so many issues to grind with sex education either in form of acceptance or rejection. There is a relationship between sex education and teenage pregnancy

RECOMMENDATIONS

In view of the results of the research work, the following recommendations were made to help the concerned bodies and for further studies:

1. Parent should be more alive to the responsibility of getting the children informed as charity begins at home is the true source of the information.
2. Pursuant to this, government should:
 - ❖ Endeavor to provide comprehensive sex education in our secondary and tertiary institutions thereby eliminating barriers to adolescents’ access to contraceptives and making emergency contraception easily accessible to adolescent.

- ❖ Make family planning services more accessible to teenagers' and providing information on the risks of unsafe abortion through sexuality education and informational materials.
- ❖ Fashion out new policies so that school – age girls can return to school to complete their education following the delivery of baby.
- ❖ Provide comprehensive post-abortion care that includes counseling on provision of contraceptive methods and referrals to other reproductive health services.
- ❖ Provide health workers to visit rural areas to educate the hold seminars and teach trainers from among the community people to continue the sex education.
- ❖ Invest more in health and perhaps provide premier hospitals and health services.

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