



Sexual Behaviour and Use of Contraceptives Among Secondary School Adolescent in Etche Local Government Area of Rivers State, Nigeria

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ABSTRACT

The study examines sexual behaviour and use of contraceptives among secondary school adolescents in Etche Local Government Area of Rivers State, Nigeria. The descriptive survey design was adopted for the study. The population of the study consisted of all in-schools adolescents in Etche Local Government Area. A sample random sampling technique was used to select a sample of five hundred participants for the study. Data was collected using a semi-structured questionnaire and analyzed using percentage and binary logistic regression. The finding of the study showed that 63.3% of the respondents had a boy/girl lovers. Moreso, 57.1% had ever had sexual intercourse while 33.9% however been pregnant/impregnated some one. The result of the study also showed that 30.8% of the respondents use contraceptives at first sexual intercourse, and currently used contraceptives were condom (63.2%), oral pill (17.2%), withdrawal/coitus interrupts (9.8%). However, the result of binary of logistic regression showed a significance relationship between sexual behaviour and the use of contraceptives ($p < 0.05$). It was concluded that, contraceptive use is influenced by sexual behaviour. Therefore, the study recommends that curriculum education developers should build up a compulsory subject on sex education, puberty and contraceptive use in their scheme of work to enable adolescents make informed decision about contraceptive use and sexual behaviour.

Keyword: Adolescent, Sexual Behaviour, Contraceptives, Etche

INTRODUCTION

The rate of premarital sexual activity, unwanted pregnancies and illegal abortions remain higher among secondary school students. This calls for a thorough investigation of the sexual behaviour and contraceptive use among high risk group if the incidence of unintended pregnancy, illegal abortions and high sexual risky behaviour are to be minimized. Adolescence is usually appended by a heightened independence allowed by the parents or legal guardians, including less supervision as compared to preadolescence. According to Karen (2000), adolescence is a period of many changes in physical, moral, emotional and mental characteristics including sexual behaviour. The Nigeria population commission (NPC 2009) survey indicated that 16% of adolescent girls' had their sexual debut by age 15 years. A study in South-Eastern State (Enugu) of Nigeria among junior secondary school students revealed that 45.7% were sexually active with 89.3% of those sexually active having had their sexual debut between age 11-14 years (Nwaorgu, Onyeneho, Obadike & Enibe, 2008).

The study of Imaledo, Peter-Kio & Asuoquo (2012) showed that 30.4% of the study respondents in Port Harcourt had their sexual debut between ages 10-19 years. Despite the fact that HIV/AIDs scourge had ravage more young people than ever, most adolescent engage in unsafe sexual intercourse. The 2013 Nigeria Demographic and health survey further indicated that only 4.8% of adolescents use modern contraceptive methods (NPC, 2014), unsafe sex could lead to unintended pregnancies and maternal, child

and infant mortalities. The 2008 Nigeria National Demographic Health Survey reported that 16% of young women and 6% of young men aged 15- 25 years initiated sexual activity before age 15. Given the younger age at sexual debut and the prevalence of sexual activities among adolescents, the use of contraceptive became imperative.

The use of contraceptive is essential in preventing unwanted pregnancies, unsafe abortions and abortion-related complications that expose adolescent to related health risks such as infertility and sometimes death. The study of Briggs and Peter-Kio 2011 shows that condom is the most popular type of family planning method used; they added however that oral contraceptives and condoms are the method among adolescents between the ages of 15 and 20. The use of condom among sexually active adolescents is more prominent than other method probably because of its dual role prevention of unintended pregnancies as well as prevention of sexually transmitted infections. Condom is everywhere and is sold in roadside medical shops. However, many adolescents prefer unprotected sex to protected sex because of the risk of losing the trust of their partners or lovers as the case may be. There is the feeling that requesting for condoms suggests that fear and lack of trust. Others do not see any satisfaction using it while shyness is the problem for others who associate it with the postulates.

With global expansion of contraceptive information and services, contraceptive technologies have continually improved and contraceptive prevalence has risen throughout most of the world. However, access to mainstream contraceptive methods is more limited in sub-Saharan Africa than elsewhere; on average contraceptive prevalence in Africa is approximately 27%, less than half the average throughout the world (Bisika, Short, Wontumi, & Truong 2007). Over the years the idea of contraceptives as means of birth control has changed, with some totally opposed and others accepting it. Traditionally it was not acceptable to fall pregnant before marriage, but cultural norms have shifted and having a teenage pregnancy is now not seen as immoral. In some circles, the idea that adolescents respond to contraceptive use is a forgone conclusion, but determining whether the sexual behaviour can cause contraception is a challenging empirical task. Therefore, this study was aimed at examining the relationship between sexual behaviour and contraceptives use among secondary school adolescent in Etche Local Government (L.G.A.) Area of Rivers State, Nigeria.

Research questions

Three research questions were answered in this study. They are:

1. What is the sexual behaviour of secondary school adolescent's in Etche L.G.A of Rivers State?
2. What is the prevalence of contraceptive use among secondary school adolescent of Etche L.G.A of Rivers State?
3. What is the relationship between sexual behaviour and use of contraceptive among adolescents in Etche L.G.A of Rivers State?

Hypothesis

There is no significant relationship between sexual behaviour and contraceptive use among secondary school adolescent of Etche L.G.A of Rivers State.

METHODOLOGY

The descriptive cross-sectional survey design was adopted as the research design for this study. The population of the study comprised of all the twenty four thousand, six hundred (24,600) secondary school adolescent in Etche Local Government Area aged 9-20 years (UBE Zonal Board, Okehi Etche). The sample size for the study was 422 which was determined using the Taro Yamane formula: $n = \frac{N}{1 + N(e)^2}$. The simple random sampling technique was used to select the sample for the study. A structured questionnaire with a reliability coefficient of 0.70 was used for data collection. Data collected were analyzed using Statistical Package for Social Science (SPSS) version 20.0 using descriptive statistics to answer research questions and inferential statistics, such as binary logistic regression to test the hypothesis at 0.05 alpha level.

RESULT

The results of the study are presented in table 1-3 below:

Table 1: Sexual behaviour of respondents

Sexual behaviour	Frequency	Percentage
Had a boy/girl lover	314	63.3
Had ever had sexual intercourse	282	57.1
Had ever been pregnant	157	33.9

Table 1 showed the sexual behaviour of secondary school adolescents in Etche Local Government Area. The Table revealed that 63.3% of the respondents had a boy/girl lover. More (57.1%) had ever had sexual intercourse while 33.9% had ever been pregnant/impregnated someone.

Table 1: Proportion of secondary school adolescents using contraceptives

Contraceptive use	Frequency	Percentage
Used contraceptives at first sexual intercourse	151	30.8
Used contraceptives in the last six months		
Types of contraceptives ever used	245	86.9
Condom		
Pill	206	63.2
Withdrawal	56	17.2
Rhythm	32	9.8
	32	9.8

Table 4.4 showed proportion of in-school adolescents using contraceptives. The result indicated that 30.8% of the respondents used contraceptives at first sexual intercourse. Majority (86.9%) of the respondents who had ever had sexual intercourse used contraceptives in the last six months preceding the study. More (63.2%) of the study respondents used condom, 17.2% oral contraceptives and 9.8% withdrawal (coitus interrupts).

Table 3: Binary Logistic Regression analysis showing relationship between sexual behaviour and contraceptive use

Variable	B	S.E.	Wald	df	Sig.	Odds ratio(OR)	95% C.I for OR	
							Lower	Upper
Sexual behaviour	-1.593	236	45.5	1	.000	.203	.128	.323
Constant	1.850	.203	82.8	1	.000	.625		

* Significant.

Table 3 showed the relationship between sexual behaviour and use of contraceptives among secondary school adolescents. The result of the study showed that sexual behaviour significantly predict contraceptive use ($p < 0.05$). The result further showed that respondents who had had sexual intercourse are 4.9 times ($OR = 0.203$, 95% $CI: 0.128-0.323$) less likely to use contraceptives compared to those who had not had sexual intercourse. The result also showed that the increase in the sexual behaviour of the study respondents will lead to a decrease in contraceptive use ($\beta = -1.593$).

DISCUSSION OF FINDINGS

The finding of the study on the sexual behaviour of respondents showed that 63.3% of the respondents had a boy/girl lover. More (57.1%) had ever had sexual intercourse while 33.9% had ever been pregnant/impregnated someone. The finding of this study gives credence to that of Blonna (2009) which showed that premarital sexual experience is not only common in some societies in Nigeria, but also increasing with more youths beginning sexual activities at younger ages. The last three decades have witnessed an unprecedented effort in both human and financial resources devoted to education on the need to know the risk involve in unprotected sex and other sexual risk behaviour (Peter-Kio, Ene-Bongilli, Imaledo & Elechi, 2013). There is a paradigm shift for sexuality and its associated behaviour and practices been reserved for married couple as it is now very common among unmarried young people. Despite the fact that majority of the study population are singles yet majority of the respondents had ever had sex. The finding of this study is in keeping with that of Adegboyega and Olanipekun (2011) which showed that, more of the respondents had had sexual experiences as singles.

The study finding has indicated that 30.8% have used contraceptive use. The frequency of contraceptive use showed that at first sexual intercourse of the respondent has used contraceptive. Majority of (86.9%) of respondents who had ever had sexual intercourse used contraceptives in the last six months. (63.2%) of the respondent used condom, 17.2% oral contraceptive and 9.8% withdrawal (cotius interrupts). The finding of this study is similar to that of Boamah, Asante, Mahama, Manu, Ayipah, Adeniji and Owusu-Agyei (2012) where the result revealed that the frequency of previous and current used contraceptive at their first sexual intercourse. 55.3% of adolescent used condom 84%, withdrawal 29%, safe period 19%, injectable 11%, while pill 10% respectively. This similarity found between the previous studies and the present one might be attributed to the widespread use of sexual attitude which has contributed to contraceptive prevalence.

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CONCLUSION

Based on the findings of the study, it was concluded that, an inversely proportionate relationship between sexual behaviour and contraceptive use among adolescents as, more sexual experience adolescent were less likely to use contraceptive.

RECOMMENDATIONS

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

1. Public health sector and other Non-governmental Organization should have corroborative efforts to motivate secondary school students on sexual behaviour and use of contraceptive through increase awareness campaign.

2. The teachers, school guidance and counseling units should hold workshops and seminars for the adolescents explaining the problems and consequences of certain contraceptive and sexual behaviours they imitate from the friends, peer groups, family members, churches as well schools.
3. Curriculum education developers should build up a compulsory subject on sex education, puberty and contraceptive use in their scheme of work to enable students to have knowledge and know the problems facing the secondary school adolescent in Etche Local Government Area of Rivers State.

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