



Social Informatics, Business, Politics, Law & Technology Journal
An International Pan-African Multidisciplinary Journal of the SMART Research Group
International Centre for IT & Development (ICITD), USA in Collaboration with
The Society for Multidisciplinary & Advanced Research Techniques (SMART) Africa
Available online at <https://www.isteams.net/socialinformaticsjournal>
© Creative Research Publishers DOI: dx.doi.org/10.22624/AIMS/SIJ/V8N1P3
CrossREF Member Listing - <https://www.crossref.org/06members/50go-live.html>

Assessment of The Impact Of Sex Education In Reducing Unprotected Sexual Intercourse Among Adolescents In Ilese Comprehensive High School Ijebu North East Local Government Area of Ogun State, Nigeria

Okanlawon-Peters P.O.

Department of Health Promotion and Education,
Ogun State College of Health Technology
Ilese-Ijebu P.M.B, 2018, Ijebu-Ode Nigeria

E-mail: okanlawonolukemi@gmail.com; oladapoismail1234@gmail.com

Phone: +2348163545418, +2348050212898

ABSTRACT

This study assessed the impact of sex education in reducing unprotected sexual intercourse among adolescents in ilese comprehensive high school, ijebu north east local government area of ogun state. This project is guided by the following objectives; To determine whether Sex Education Intervention Programme would reduce at-risk sexual behaviours of school-going adolescents. Also, to suggest the need for effective sex education for the adolescents. The research is descriptive in nature and validated questionnaire was distributed to the one hundred (100) participants with balanced demographic characteristics and geographic distribution. The data obtained were analyzed with both descriptive and inferential statistics. Result shows 73% have been having sexual intercourse , 83% are aware tht unprotected sex is an act of sexual intercourse or sodomy performed without the use of condom, 86% know that unprotected sexual intercourse is a rising event of sexually transmitted diseases; high rates of abortion and mortality are more among adolescents. Based on the findings of the study, the researcher concludes that adolescents in comprehensive high secondary school ilese do not have adequate information about sex. Therefore, parents should be sensitized about the whole question of adolescents's sexuality so that they can me more involved in teaching them about the same also the educating system should put into consideration the idea of incorporating sex education into the school curriculum.

Keywords: Assessment, Sex Education, Unprotected Sexual Intercourse, Adolescents, High School, Nigeria

Journal Reference Format:

Okanlawon-Peters P.O. (2022): Assessment of The Impact Of Sex Education In Reducing Unprotected Sexual Intercourse Among Adolescents In Ilese Comprehensive High School Ijebu North East Local Government Area of Ogun State, Nigeria. Social Informatics, Business, Politics, L:aw, Environmental Sciences & Technology Journal. Vol. 8, No. 1 Pp 19-26 Article DOI No - dx.doi.org/10.22624/AIMS/SIJ/V8N1P3. www.isteams.net/socialinformaticsjournal

1. INTRODUCTION

Sex education is enlightenment on issues to human sexuality which includes emotional relations and responsibilities, human sexual anatomy, sexual activity, sexual reproduction, reproductive health, reproductive rights, safe sex, birth control and sexual abstinence. According to the English Dictionary, unprotected sex is an act of sexual intercourse or sodomy performed without the use of a condom, thus involving the risk of sexually transmitted diseases. It was discovered that teenage girls are 35% more likely than boys to have unprotected sex the first time they have sexual intercourse regardless of any previous sex education instruction. Boys generally have been thought to be more liable to risky behaviors, such as engaging in unprotected sex.

In Nigeria, problems linked with adolescents' sexual health comprise high rates of teenage pregnancy; a rising event of sexually transmitted diseases, high rates of abortion mortality and more. Medical problems associated with adolescents' sexual behaviour are a major health burden to Nigerians. Problems are not limited to pregnancy, it includes secondary infertility and development of cervical abnormalities in adolescents. Early and unprotected sexual activity has negative consequences for young people, adolescents precisely. Adolescents who become sexually active often fall victim of high-risk behaviour that leads to physical and emotional damage (Blum, Passouri and Mmari 2017).

Each year, influenced by a combination of a youthful assumption of invincibility, and a lack of guidance, millions of adolescents ignore those risks and suffer the consequences. Young men who have sex with men are liable to HIV and other sexually transmitted diseases. It was discovered that individuals infected with an STD are at least two to five times more likely than uninfected individuals to acquire HIV if exposed to the virus through sexual contact. One study found that among gay male clinic patients screened for STDs, those 15 to 20 years old had the highest age-specific rates of rectal Chlamydia and gonorrhoea. Sexual activity has consequences. Though the teen birth rate has declined to its lowest levels since data collection began, the United States still has the highest teen birth rate in the industrialized world. Roughly one in four girls will become pregnant at least once by their 20th birthday.

Teenage mothers are less likely to finish high school and are more likely than their peers to live in poverty, depend on public assistance, and be in poor health. Their children are more likely to suffer health and cognitive disadvantages, come in contact with the child welfare and correctional systems, live in poverty, drop out of high school and become teen parents themselves. These costs add up, according to The National Campaign to Prevent Teen and Unplanned Pregnancy, which estimates that teen childbearing costs taxpayers at least \$9.4 billion annually (Baker, 2018).

1.1 Aims and objectives

The objectives of the research are outlined below

1. To determine whether Sex Education Intervention Programme would reduce at-risk sexual behaviours of school-going adolescents.
2. To suggest the need for effective sex education for the adolescents.
3. To know if youth who receive comprehensive sex education are more likely to become sexually active, increase sexual activity, experience negative sexual health outcomes or not.

2. METHODOLOGY

This study is a descriptive research design. While the population of the study population comprises one hundred (100) pregnant women attending state hospital Ifo, Ogun State which was used to constitute the sample size using simple random sampling techniques. Also, one hundred questionnaire was distributed to respondents and retrieved immediately for analysis.

3. RESULT AND DISCUSSION OF FINDINGS

Results are presented and discussed in this section

Table 1: Sex Classification of Respondents

Sex	Frequency	Percentage (%)
Male	40	40
Female	60	60
Total	100	100%

The above table shows that forty (40%) percent of the respondents were male while the remaining 60% are female. The figure above shows that majority of the respondents were female, representing 60% on the above figure

Table 2: Response according to Age

Age limit	Frequency	Percentage (%)
10 – 15 years	15	15
16 – 20 years	27	27
20 years and above	58	58
Total	100	100%

Table 2 shows that 15 (15%) of the respondents were within 10-15 years of age, 27(27%) percent were within 16-20yrs of age, while 58(58%) of the respondents were 20years above.

Table 3: Responses to Religion

Religion	Frequency	Percentage
Christianity	78	78
Islam	15	15
Traditional	7	7
Total	100	100%

From the above table, shows that 78(78%) of the respondents were Christian, 15(15%) practiced Islam, while 7(7%) were traditionalist.

Table 4: Class of Respondents

Class	Frequency	Percentage (%)
SSI	13	13
SS2	13	13
SS3	74	74
Total	100	100%

Table 4: above shows that 13% of the respondents are SS1 students and also 13% are from SS2 while the remaining 74% are from SS3.

4.3 Analysis Of Research Hypotheses

Test of Hypothesis 1:

H_0 : there is no significant relationship between the sources of sex education and students sexual knowledge

H_1 : There is significant relationship between the sources of sex education and students sexual knowledge

Each correspondent were required to answer four (4) well-structured questions which was used to access the significant relationship between the sources of sex education and students sexual knowledge, using a two (2) point modified limit rating skill ranging from Yes to No

Table 5: Significant Relationship Between The Sources Of Sex Education And Students Sexual Knowledge

Questions	Yes	No	TOTAL	χ^2 -value	df	inference
Have you been having sexual intercourse?	73	27	100	17.27	6	S
Do you aware that unprotected sex is an act of sexual intercourse or sodomy performed without the use of a condom?	83	17	100			
Do you know that unprotected sexual intercourse is a rising event of sexually transmitted diseases, high rates of abortion and mortality are more among adolescents?	86	14	100			
Do you belief that boys generally are more liable to risky behaviors, such as engaging in unprotected sex?	81	19	100			
TOTAL	323	77	400			

See appendix I for questions.

All statistical values were obtained using Graph-Pad Prism Version 5.02

From the questionnaire assessed, most of the respondents (73%) have been having sexual intercourse while (27%) are not. Also, 83% are aware that unprotected sex is an act of sexual intercourse or sodomy performed without the use of a condom while 17% are not. 86% know that unprotected sexual intercourse is a rising event of sexually transmitted diseases, high rates of abortion and mortality are more among adolescents while 14% are not and finally, 81% belief that boys generally are more liable to risky behaviors, such as engaging in unprotected sex while 19% are not. From the hypotheses tested, there is significant relationship between the sources of sex education and students sexual knowledge.

Research Hypotheses 2:

H₀: There is no significant relationship between sex education curriculums and impact in reducing unprotected sexual intercourse among students

H₁: There is significant relationship between sex education curriculum and impact in reducing unprotected sexual intercourse among students

To clear this hypothesis, correspondents were required to answer four (4) well structured questions aim to access if there is no significant relationship between sex education curriculums and impact in reducing unprotected sexual intercourse among students. A four (2) point likert rating scale ranging from Yes, or No was used.

Table 6: Relationship Between Sex Education Curriculums And Unprotected Sexual Intercourse

Questions	Yes	No	TOTAL	x ² -value	df	Inference
Do you know that unprotected sexual intercourse involving the risk of sexually transmitted diseases e.g gonorrhoea, staphylococcus HIV/AIDS, Hepatitis etc?	86	14	100	12.84	3	5
Do you know that unprotected sexual intercourse is a rising event of sexually transmitted diseases, high rates of abortion and mortality are more among adolescents?	86	14	100			
Sex education programmes can be an important component of comprehensive strategies to reduce the incidence of unintended pregnancies and sexually transmitted infections, including HIV/AIDS?	87	13	100			
Sex education explains the various practices and methods that can reduce the risks of pregnancy and of acquiring a sexually transmitted infection during intercourse?	75	25	100			
TOTAL	336	64	400			

See appendix 3 for questions.

All statistical values were obtained using Graph-Pad Prism Version 5.02

As regards, Out of all 100 correspondents 86 respondents know that unprotected sexual intercourse involving the risk of sexually transmitted diseases e.g gonorrhoea, staphylococcus HIV/AIDS, Hepatitis etc also, 86% know that unprotected sexual intercourse is a rising event of sexually transmitted diseases, high rates of abortion and mortality are more among adolescents. 75% agree that sex education explains the various practices and methods that can reduce the risks of pregnancy and of acquiring a sexually transmitted infection during intercourse while 87% said sex education programmes can be an important component of comprehensive strategies to reduce the incidence of unintended pregnancies and sexually transmitted infections, including HIV/AIDS

Research Question 3: Is there any available handwashing facilities in selected filling station Ibadan.

The null hypothesis states that is there any available handwashing facilities in selected filling station Ibadan.

To clear this hypothesis, correspondents were required to answer four (4) well structured questions aim to access the state of cleanliness and maintenance sanitary facilities available in the study. A four (2) point likert rating scale ranging from Yes, or No was used.

Table 7: Show assessment of workers behavior/practices to occupational hazards.

Questions	Yes	No	Total	x ² -value	df	inference
1	44	6	50			
2	31	19	50			
3	28	22	50	7.04	3	5
4	34	16	50			
TOTAL	137	63	200			

See appendix I for questions

All statistical values were obtained using Graph-Pad Prism Version 5.02

Question 1 most of them at 36(72%) said yes available sanitation facilities among fuel station in Ibadan, the second question quizzed two correspondent whether sanitation facilities have influence on customers health. Twenty three (23) said yes sanitation facilities have influence on customers health while 17 stated otherwise, third question stated that sanitation and human health are closed linked together? 32 of the respondents go for yes while the remaining 18 said No question four enquired if sanitary facilities and environmental hygiene improve the standard of your filling station? Majority of them at 30 (60%) of correspondent simply said yes sanitary facilities and environmental hygiene improve the standard of their filling station.

QUESTION 2: As regards, did your customers patronize your station as a result of available sanitary facilities. Out of all 50 correspondents 46 respondents chose yes while the remaining respondents chose No. do you have sanitary conveniences in your filling station most strongly agree (SA) to the promise as 18(36%) of the correspondent do so 25(50%) of the correspondent simply (A) agree while a few minority of 6 (4%) for simply (D) disagree and 5 (10%)(SD) strongly disagree.

5. DISCUSSION

The awareness regarding the uses of ultrasound during pregnancy was fairly good among the participants. 88% of our subjects considered monitoring growth of the baby were the main indication for the ultrasound which is consistent with other studies. In a study by Munim et al, 82.1% considered monitoring growth as the main use, whereas only 51.9% of their study subjects considered USG as a tool to rule out structural malformations as compared to 70 % of our participants. Similar studies by Wahabi et al from Saudi Arabia and Eniyandunni et al from Lagos, Nigeria have shown that only 19.8% and 17.5 % of their participants were aware that ultrasound was used to rule out structural malformation.

In this study 36% of the participants considered sex determination as an indication for ultrasound during pregnancy and 26% of them considered that sex determination was permissible by law. This shows their lack of awareness regarding the components of ultrasonography. In their study on knowledge and attitude of pregnant mother regarding routine ultrasound during pregnancy carried out in a teaching hospital in Mumbai, the authors had shown that 34.3% their study subjects were aware of routine Ultrasound during pregnancy and 77.1% of them considered that sex determination was a crime.⁴ A study from Rajasthan showed that the overall knowledge about routine ultrasound was present among 52.4% of their participants.(Mensah , et.al, 2001).

Doubts' regarding safety of ultrasound is persisting in all societies. Studies have shown that patients considered that too many ultrasound may be harmful to the baby and also had belief that ultrasound could cause cancer.⁸ In a qualitative study from Tanzania, many women believed that ultrasound could cause significant impairment to the mothers or their babies.⁹ But in our study we found that 88% of the participants considered ultrasound as safe and 82% of them claimed to have been comfortable during the examination. In this study 22(44%) of the respondents know the reason of sonography in carrying out ultrasound examination while 28(56%) of the respondents did not. Similar attitude was found in other studies from Pakistan and Ghana in which 93.5% and 95.3% considering ultrasound as an important investigation during pregnancy (Mensah, et.al, 2014)

In a study from Nigeria by Ikeako et al 73.1% of their subjects considered ultrasound as a routine test done for every pregnant woman(keako, et.al, 2014) . As compared to a study on Ghanaian woman in whom 70.9% had complained that the sonographer did not communicate to them during and after the procedure only 19% of my participants felt that the person performing the ultrasound did not effectively communicate with them. Finally, it can be deduced from this research that ultrasonography is very important to pregnant women during pregnancy as majority of the participants testify. However, The use of ultrasonography has become a veritable tool in prenatal care. The high knowledge exhibited by the study subjects shows the wide acceptability of ultrasonography in modern day health care delivery system.

6. CONCLUSION

The major concern in this is to assess the attitude knowledge and practice of pregnant women towards routine ultrasound/ultrasonography in Ijebu-Ode State Hospital Area of Ogun State. In this study, the attitudes and awareness of pregnant women regarding ultrasound use during pregnancy is fairly good. But in a socio-cultural background with a preference to a male baby, ultrasound is being used as a tool for sex determination followed by sex selective abortions in spite of strict regulations by the government. So every possible route should be used to create awareness regarding the recommendations of the routine pregnancy among the public. Conclusively, majority of the participants knows the importance of ultrasonography during pregnancy.

7. RECOMMENDATIONS

What follows are recommendations based on data analysis and findings from the research

- ❖ According to the result gathered from this research work, the researcher hereby recommend the above stated recommendations
- ❖ There is the need to train and retrain sonologists to place them in a better position to deliver effective services. This will go a long way in reducing incidents of false information that sometimes have devastating psycho-social effects on clients.
- ❖ Pregnant women should try to perform ultrasonography at least three times during pregnancy in order to know the position of the foetus in the womb.
- ❖ Government should provide available and affordable radiology clinic around the study area.

REFERENCES

- Blum, R., Poulori and R. Mmari (2017). Risk and Protective Factors Affecting Adolescent Reproductive Health in Developing Countries: an Analysis of Adolescent Sexual and Reproductive Health Literature from around the World. Geneva: World Health Organization.
- Kirby D. (2017). Emerging Answers 2007: Research Findings on Programmes to Reduce Teen Pregnancy and Sexually Transmitted Diseases, Washington, DC: The National Campaign to Prevent Teen and Unplanned Pregnancy.
- Kirby D. and G. Lepore (2017). Sexual risk and Protective Factors: Factors Affecting Teen Sexual Behaviour, Pregnancy, Childbearing and Sexually Transmitted Disease: Which Are Important? Which Can You Change? Update. Washington DC: National Campaign to Prevent Teen Pregnancy.
- Kirby D., B. A. Laris and L. Roller (2006). Sex and HIV Education Programmes for Youth: Their Impact and Important Characteristics. Scotts Valley, California: ETR Associates.
- Kirby, D., A. Obasi and B. Laris (2006). The Effectiveness of Sex Education and HIV Interventions in Schools in Developing Countries, Preventing HIV/AIDS in Young People: A Systemic Review of the Evidence from Developing Countries. Geneva: World Health Organization.
- UNESCO (2009). International Technical Guidance on Sexuality Education: An Evidence-informed Approach for Schools, Teachers and Health Educators, Volume 1: The rationale for sexuality education, Paris: UNESCO.
- United Nations Committee on Economic, Social and Cultural Rights (2000). Substantive Issues Arising in the Implementation of the International Covenant on Economic, Social and Cultural Rights. General Comment No. 14 (2000). Twenty-second session, 25 April to 12 May 2000, E/C.12/2000/4, para.11.
- United Nations Committee on the Rights of the Child (2003). General Comment No. 4 (2003). Thirty-third session, 19 May to 6 June 2003, CRC/GC/2003/4, para. 26. BIBLIOGRAPHY OF STUDIES REVIEWED IN THIS PAPER
- Aarons, S. J. and others (2000). Postponing sexual intercourse among urban junior high school students: A randomized controlled evaluation. *Journal of Adolescent Health*, vol. 27, No. 4, pp. 236-247.
- Agha, S. and R. Van Rossem (2004). Impact of a school-based peer sexual health intervention on normative beliefs, risk perceptions, and sexual behaviour of Zambian adolescents. *Journal of Adolescent Health*, vol. 34, No. 5, pp. 441-452.
- Antunes, M. and others (1997). Evaluating an AIDS sexual risk reduction programme for young adults in public night schools in São Paulo, Brazil. *AIDS*, vol. 11 (Supplement 1), pp. S121-S127.
- Baker, S. and others (2003). Evaluation of an HIV/AIDS Programme for College Students in Thailand. Washington, D.C.: Population Council.