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DR. N. A. OSARENREN
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Editorial Note

It is our hope that every reader of the Nigerian Journal of Guidance and Counselling will find something of interest in this issue. It is particularly rich in theoretical as well as empirical materials covering a diversity of issues and disciplines.

The Nigerian Journal of Guidance and Counselling is now fully re-tooled and repositioned to maintain her leadership position as a repository for scientific information in the field of Counselling in Nigeria. At the moment the editorial board is having a hard time keeping up with the number of articles sent to us for review. We promise our readers that we will continue to do our best to publish as many articles as possible without compromising standards. We will continue to maintain a fair, open, and efficient review process. We hope to increase our publication to twice in a year in the coming year.

Finally, we present for your reading and research pleasure this specially package volume. (Vol.7 Number 1). We hope you will find the volume refreshing, stimulating, and informative.

Alfred A. Adegoke
(*Managing Editor*).

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The *Nigerian Journal of Guidance and Counselling* invites manuscripts directed to the common interests of counsellors, psychologists, educators and personnel workers in schools, colleges, universities, community agencies and government. Especially welcome are stimulating research study reports. Theoretical formulations and other related articles relevant to guidance and counselling in a sociocultural system such as Nigeria or any articles relevant to adolescent psycho-social development and adjustment as well as the promotion and/or the advancement of counselling and guidance in general. The Journal will also publish contributions from other parts of the world in the area of guidance and counselling and applied psychology generally. Also to be published occasionally are studies on the selection and training of counsellors, the development of counselling materials, methods and techniques, reviews or research and studies on research methodology in counselling.

Following are guidelines for submitting manuscript. Manuscripts that do not conform to these guidelines will be returned to the author without review.

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| <ol style="list-style-type: none"> Articles should not exceed 20 pages in length. They must be type-written, double-spaced on one side only and generous margins on each page of either A4 or quarto size sheets. Articles should be headed by an abstract of not more than 200 words, highlighting the main thesis of the paper or the main findings as the case may be. Tables and figures should be as few as possible. All figures should be camera ready. The full bibliographical references are contained in the list of References at the end of each article. All works cited should be listed in alphabetical | <ol style="list-style-type: none"> order by author's surname. Essentially the form of reference in the text and the bibliographical references shall utilize the APA style manual as their general guide. Postage should be included if the author wishes one copy of the manuscript return to him with the Editorial staff's decision on publication. Authors of manuscripts accepted for publication will receive one copy of the issue where their articles appear. Authors can order for more copies (or re-print) at their own expense. Submit three copies of the manuscripts to: |
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INTRODUCTION

One basic characteristic feature of human beings is their recognition and expression of themselves using personalized terms such as "I", "me", "mine", "my" and "myself". These signify the beginning of one's self or self-perception otherwise known as self-concept.

Causes of Sexual Promiscuity Among Female Undergraduate Students In University of Lagos.

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This study investigated causes of sexual promiscuity among female undergraduate students in university of Lagos. The sample comprised 150 female undergraduate students randomly selected from all the five female hostels in University of Lagos. A researcher-constructed questionnaire was administered to test the three hypotheses formulated for the study. One-way Analysis of variance, protected t-test and independent t-test statistical techniques were used for data analysis. The findings show that peer group pressure and socio-economic background of students significantly promote sexual promiscuity among female students. It was also found that knowledge of contraceptives does not significantly promote sexual promiscuity among female students. It was recommended that individual and group counselling should be mounted to checkmate peer pressure and socio-economic impact on sexual promiscuity. Irrespective of socio-economic status, parents should groom their female children to avoid being promiscuous in sex matters. The role of counsellors in sensitising female undergraduates to avoid sexual promiscuity was also recommended.

BACKGROUND TO THE STUDY

Sexual behaviour of youths has been of concern to adults in their quest to maintain moral sanity in all societies. In Nigerian tertiary institutions, like in other areas of the society, sexual promiscuity is a recent phenomenon. The prevalent changing values and norms have made promiscuous sexual attitude to reach alarming dimension irrespective of the persistent propaganda on sexually transmitted diseases and Acquired Immune Deficiency Syndrome (AIDS) Scourge.

Sexual promiscuity was defined by Zelnick and Kantner (1982) as a heterosexual behaviour or the act of having indiscriminate sexual

relationship with different men by a girl or woman and or with women or girls by a man. Chamber's Dictionary (1988) defines sexual promiscuity as indiscriminate sexual behaviour not restricted to one sexual partner; a behaviour that is casual, careless, irregular or random. In the past, Nigerians approached issues related to sexual behaviour with great respect. There was a cultural prohibition of premarital sexual experimentation. The supposed sexual urge of the young adults, according to Hazou me (1977), was not given opportunity for expression as a result of cultural sactions, codes and supervision of the young adult's life by the older generation. Today, young people no longer adhere to the cultural regulations regarding sex. Owuamanam (1986) posited that questions have been raised as to whether the ideals of virginal marriage as a moral code in contemporary Nigeria exist. This is because despite cultural sanctions, virginity at marriage of both male and female partners, traditionally regarded as a virtue, has already approached vanishing point. This is more apt in tertiary institutions in Nigeria where sexual promiscuity has become the norm. Reiss (1986) claimed that there is a new sex code on college campuses which accept coitus as an integral aspect of affectionate relationship. Karl and Udry (1978) believed that heterosexual behaviour is often indulged by tertiary institution students to spite their over-protective and domineering parents. Woolson (1993) alluded to the fact that group membership tend to influence an individual's opinion, beliefs and behaviour in the realm of sexual promiscuity. In most Nigerian universities, for instance, most female undergraduates living in the hostels believe that since "everybody" is doing it, they too must not be left out. Hunt (1984) study found that awareness and knowledge of good, cheap and reliable method of contraception does not only bring about sexual freedom but also remove the fear of unwanted pregnancies, thereby enabling the female undergraduates to indulge in sexual intercourse without any commitment. Consequently since the knowledge of contraceptives greatly influenced the nature of sexual behaviour, it is not surprising that among the female students in tertiary institutions, the prevalence of permissive uninhibited sex is on the increase.

Relatedly sexual promiscuity can be explained from Freud's (1975) assertion that such individuals are acting on a need to repeat an injury done to them (unresolved conflict) at a pre-oedipal state. According to Freud, promiscuous individuals seem to be saying "if I can't be happy with one beloved person, then love is not worth anything and I will at least have my revenge on the person who refused me by

having sex with every one and anything". Wallin (1986) corroborated Freudian assertion by claiming that a loved child, who had been held and caressed by her parents, does not grow up with an insatiable craving for sex. Seymour, (1993) claimed that sexual promiscuity can be caused by sheer economic gains. This falls in line with the common slang among female undergraduate of "going on economic tours" to signify, licentious escapades. In University of Lagos, for instance, it is difficult to differentiate female hostels from the popular "Good Evening Streets" populated by commercial sex hawkers. Rows and arrays of cars conveying "Customers" "Aristos" evade the vicinity from every six O'clock p.m. Pimps with different pictures of ladies abound, employing the prospective customers to choose from. It is also mistake for any member of staff who forgot something in his office, to go for it when night has fallen as he might likely scare parties in the heat of passion since every dark spot is normally a likely love den. The meek, humble and innocent female student in the day time often transforms to "a lady of the night". In the same vein, empty, discarded and used condoms have become common place resulting in a member of the University academic staff jokingly alluding that the "amount of sperms released every night on UNILAG campus if collected could fill a big drum". The degree of sexual promiscuity has not attracted research which this researcher is aware of. However, the researcher tends to isolate certain variables as plausible cause of sexual promiscuity among female undergraduate students.

Research Questions

The following research question were raised in this study.

1. To what extent does peer pressure promote sexual promiscuity among female student?
2. Does family socio-economic status promote sexual promiscuity?
3. Does degree of knowledge of contraceptives influence sexual promiscuity among undergraduate student?

Hypotheses Statement

The following null hypotheses were formulated to guide this study:

1. Peer pressure does not significant promote sexual promiscuity among female undergraduate students.
2. Family Socio-economic status does not significantly promote sexual promiscuity among female undergraduate students.
3. Knowledge of contraceptives does not significantly promote sexual promiscuity among female undergraduate students.

METHOD

Research Design:

The design of the study is basically descriptive survey in nature.

Population:

The population of study comprised all female undergraduate students at the University of Lagos.

Sampling Procedure and sample: The researcher used stratified random sampling techniques to select one hundred and fifty university of Lagos female undergraduate students to comprise the sample stratification was based on female hostel residence and marital status.

Instrument: The instrument used was a researcher-constructed questionnaire "Factors enhancing sexual promiscuity". It is composed of two parts: part A elicited personal data of the student such as age, marital status and socio-economic status while part B has three sections and comprised 21 item graduated on a five point Likert type scale. Each section has seven items measuring it: Section A measures degree of satisfaction derived from sex; Section B measures degree of indulgence in sexual acts while Section C measures the influence of peer pressure on the sexual promiscuity.

The instrument was pilot tested on 30 subjects. The instrument was administered twice on the subjects with a distance of three weeks in between administration. Thereafter the data was analysed using Test-retest reliability estimation. The reliability co-efficient obtained ranged between $r = 0.78$ to 0.84 which was viewed to be reasonable stable overtime hence acceptable for use in this study.

Data Analysis

Data obtained for the research were analysed using Analysis of Variance (ANOVA) and independent t-test statistical techniques. Each hypothesis was tested at 0.05 level of significance.

Results

The first null hypothesis stated that peer pressure does not significantly promote sexual promiscuity among female undergraduate students. The result of the analysis is presented in Table 1.

Table 1:

One way Analysis of variance of peer group influence on sexual promiscuity among undergraduate students.

Peer Pressure	N	$\bar{X}$	SD
High	34	19.87	0.51
Moderate	102	21.34	2.62
Low	14	1507	2.27

Table 2

Source of Variance	Sum of Square	Degree of Freedom	Mean of Square	F-ratio
Peer pressure	416.85	2	208.41	16.23
Within Group (Error)	1887.48	147	12.84	
Total	2304.33	149		

Significant at 0.05; df = 2 & 147; Critical F = 3.06

Table 1 & 2 show that significant influence of peer group pressure on sexual promiscuity among females exist, since the calculated F-value of 16.23 is greater than the critical F-value of 3.06 given 2 and 147 degrees of freedom at 0.05 level of significance. Further analysis of data using Fisher's protected t-test showed that females with moderate peer pressure significantly manifest higher level of sexual promiscuous behaviour than either those with higher peer influence ($t=2.07$; $df=134$; $p<05$) or those with low peer influence ($t=6.15$; $df=114$; $p<05$). Similarly, those with high peer influence significantly have higher manifestation of sexual promiscuity than those with low peer influence ($t=4.25$; $df=46$; $p<05$). The alternate hypothesis was consequently retained.

The second null hypothesis stated that family socio-economic status does not significantly promote sexual promiscuity among undergraduate female students. The result of the analysis is presented in Table 3.

Table 3: Independent t-test analysis on influence of socio-economic status on sexual promiscuity among female undergraduates.

SES	N	$\bar{X}$	SD	t-cal
High	89	21.46	2.05	6.00*
Low	61	19.78	1.42	

*Significant at 0.05; df = 148; Critical t = 1.96

Table 3 shows that a significant influence of socioeconomic status on sexual promiscuous behaviour exist since the calculated t-value of 6.00 is greater than the critical t-value of 1.96 given 148 degree of freedom at 0.05 level of significance. This means that students from high socioeconomic background, with higher means ($\bar{x}$) score manifest significantly higher sexually promiscuous behaviour than those from low socioeconomic family background. That alternate hypothesis was consequently retained.

The third hypothesis in the null form stated that knowledge of contraceptives does not significantly promote sexual promiscuity among female undergraduate students. The result of the analysis is presented in Table 4.

Table 4: One way Analysis of variance of influence of knowledge of contraceptives on sexual promiscuity among female students.

Contraceptive knowledge	N	$\bar{X}$	SD
High	39	18.54	3.61
Moderate	83	19.32	4.61
Low	28	17.11	2.69

Table 5

Sources of Variance	Sum Degree of Squared	Degree of Freedom	Mean of Squares	F-ratio of
knowledge	34.97	2	17.49	1.99
Within Group (Error)	1294.29	147	8.81	
Total	*1339.26	149		

*Not significant at 0.05; df = 2 and 147; Critical F = 3.04

Table 5 shows that no significant influence of knowledge of contraceptives in promoting sexual promiscuity among female student exist since the calculated F-value of 1.99 is less than the critical F-value of 3.04 given 2 and 147 degrees of freedom at 0.05 level of significance. The null hypothesis was retained.

DISCUSSION OF RESULT

The findings show that group pressure significantly promotes sexual promiscuity among female students. This finding supports Medera (1975) who affirmed that members of a particular social group adhere to the norms and standards of that group. It is obvious that sexual permissive behaviour notably in tertiary institution is traceable to most groups acceptance and perpetuation of the norm hence the culture of sexual promiscuity observable in tertiary institutions. The finding in hypothesis two revealed that socioeconomic status significantly promote sexual promiscuity among female undergraduate student. This finding supports those of Cormick (1985) and Bauman and Wilson (1984) who found that socioeconomic background of students affect their attitude towards sex. This finding could be that the high social atmosphere in university of Lagos, since University of Lagos is at the centre of the metropolis, with high social culture and expectations requires high social acceptability among the students hence those from high socioeconomic background tend to dictate the social cum more sexually active, and permissive than those from poor (LOW) socioeconomic background who continually fall back on their lowly status to evaluate the consequence of certain actions on them and other members of their family.

The finding in hypothesis three shows that knowledge of contraceptives does not significantly promote sexual promiscuity. This finding contradicts earlier studies by Zelnick and Kantner (1982) and Hunt (1984) who claimed that sexual promiscuity is promoted by level of awareness and knowledge of contraceptives. It also deviates from the commonly held traditional beliefs that continuous exposure to sex education, availability and use of contraceptive will make females experiment with such contraceptives and that they may become sexually promiscuous. The reason for the current finding could be females from early adolescent period are exposed by parents and peers to available, affordable and trustable contraceptives for preventive

purpose.

Such exposure does not belittle the emphasis on sexual abstinence and moderation as well as sex code as guiding principles for all females. Invariably, individual upbringing and personality moderates the knowledge of contraceptives in one's sexual behaviour. This explains the insignificant influence of knowledge of contraceptive on sexual promiscuity observed in this study.

CONCLUSION:

This study concludes that peer pressure and socio-economic status comprise major causes of sexual promiscuity among female undergraduates. It is also concluded that degree of knowledge of contraceptives does not impact on sexual promiscuity among female undergraduate students in University of Lagos.

RECOMMENDATIONS

Based on the findings obtained in this study, it is recommended that:-

1. University Counselling Unit should mount programmes that aim at appraising the youths peer grouping and culture. Such group and individual counselling programme should address promiscuity and licentiousness among female undergraduates using peer modelling to reduce its prevalence.
2. The awareness that knowledge of contraceptives does not significantly promote sexual promiscuity makes it relevant for increased sexuality education programmes to be mounted in Schools. Such programmes will aim at highlighting the consequence of sexual promiscuity.
3. Parents should be more concerned about their female Children's upbringing. The situation where most parents from high socioeconomic background "abandon" their children to housemaids while they go in search of wealth daily is responsible for poor moral upbringing and sexual licentiousness among the children. A little concern for the children coupled with intermittently open and honest discussion with children on sex matters helps to dymystifying sex, thereby reducing tendency to be recklessly experimental in sex issues.

Guidance Counsellors' services in form of seminars, workshops lectures on sex education to enlighten the virile and sexually active student population on the dangers of unguarded and indiscriminate sexual relationship is very necessary from this finding.

Religious institutions, women organizations and mass media should be encouraged to organise conferences/seminars/workshops for moral sanitisation of the society. It should no longer be acceptable for parents to become indifferent to the moral decadence of their children because of their own moral decadence. Parents should be models for children to emulate so that negative peer influence on sex related issues can be checked mated.

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