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Influence of Demographic Variables on Factors Responsible for Premarital Sexual Activities among Emerging Adults in Kwara State

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Abstract: Demographic attributes are part of the self-establishment of the youths which seem to influence their conducts; including sexual activities. This study thus investigated the influence of demographic variables of educational attainment, family type and gender on factors responsible for premarital erotic activities among emerging adults in Kwara State. The inquiry adopted narrative survey model. A multi-stage selection procedure was used to select 423 respondents across institutions of higher education in Kwara State. However, 397 questionnaires were adequate for data analysis. A researcher-designed instrument entitled “Demographic Variables and Premarital Sexual Activities Questionnaire (DVPSAQ)” was used to collect data for the study. The questionnaire possessed a test consistency co-efficient of 0.60. The hypothesis was tested using a 3-way Analysis of Variance statistics at the 0.05 alpha level. The findings of the study revealed that demographic variables of gender, family type and level of education have no significant influence on premarital sexual activities of emerging adults in Kwara State. It was recommended based on the findings that educational stakeholders should organize sexuality education seminars in the schools and communities for emerging adults and counselling centres should be established in every tertiary institution and the counsellors shape students’ perception towards healthy sexual conduct regardless of demographic attributes.

Key Words: *Influence, Demographic Variables, Premarital Sexual Activities, Emerging Adults*

Introduction

In the past few decades, a new contending stage of development has evolved, which was tagged emerging

adulthood. The term “emerging adulthood” was first invented in the field of developmental psychology to describe a definite life phase that

bridges the developmental stages of adolescence and adulthood (Arnett, 2000, 2004). The phrase depicts early adults who have not gotten kids, are not residing in their dwelling, or lack ample earnings that sustain an independent living as they are in their 20s. Arnett (2004) opined that emerging adulthood is the distinct phase connecting 18 and 30 years of age, where adolescents evolve further autonomy and investigate different living potentials. The inventor contended the uniqueness of this living phase as dissimilar to teens and early adulthood.

Emerging adulthood varies widely. A certain set of people considered the age exceeding twenty to be characterized with strives for “self-search, uncertainty, self-attentiveness, and sensation of intermediate” (Arnett, 2004; Robin, 2010). A phase that is regarded as a task-less function based on the position that emerging adults engaged in extensive deeds unrestricted to peculiar task obligations. Emerging adulthood is primarily in advanced nations, where the majority of youngsters attain tertiary education and average ages of going into matrimony and parenting are more or less 30, whereas, variations occur from country to country. It is more persistent in Europe and the advanced nations of Asian; and the self-attentive autonomy of emergent adulthood is poised by responsibilities to parents and by conventional interpretations of sexuality (Douglass, 2005). In developing countries, emerging adulthood occurs particularly among the working-class elite, and it is anticipated to escalate as these nations advanced or as the economy bites

harder and prevent the establishment of a family.

The late teens and 30s have been conceptualized as a transitional period during which many young people are exploring different facets of their identities such as occupation, romantic bonds and sexuality (Anders, 2014). According to Arnett (2000, 2005), the peak in premarital sexual behaviour in the late teens and early 30s coincides with the normative processes of role expansion and experimentation that occur in young adulthood. In the olden days, many parents do not want their daughters or sisters to have premarital sexual relationships. Burbank (1994) found that parents in numerous pastoral regions even dissuade their daughters from congregating or conversing with masculine counterparts. Parents and the community took disciplinary measures against adolescent females found holding conversations with young men openly for their impoliteness (Waszak, Thapa & Davey, 2003). Thus, engaging in erotic deeds before marital solemnization, as well as sexual engagement outside wedlock, are often frowned at (Dahal, 2008).

In the contemporary society across the globe, it seems as if pre-conjugal sexual deeds now received popular acceptance and is trendy (Adhikari & Tamang, 2009; Gubhaju, 2002; Regmi, Simkhada, & van Teijlingen, 2008). In a qualitative enquiry, Regmi, van Teijlingen, Simkhada and Dev (2011) investigated the impact of dating traditions on youth's sexual conducts in Nepal. They disclosed that dating tradition promotes pre conjugal sexual deeds and sexual dealings outside wedlock. The Family Health International in Nepal (FHI, 2001), it

was related that 15% of male adolescents are involved in pre conjugal sexual dealings. It was also revealed that 35% of single male factory workers in Kathmandu and 16% of single females have engaged in sex (Puri & Cleland, 2006).

Studies (Odimegwe & Somefun, 2017; Muhammad, Shamsuddin, Sulaiman, Amin & Omar, 2017) have recognized the impacts of some uneven human characteristics such as gender, family background, and educational attainment on sexual behaviours of emerging adults. Odimegwe and Somefun (2017) had pointed out that 43% of young men utilized condoms in their most recent sexual deeds, liken to 16% of females and a greater number of males (81%) had numerous sexual mates against females (35%). For females, prominent chances of first sexual intercourse were experienced mostly by Hausa/Fulanis aged 15–19 years and risen threat of initial sexual intercourse was more prominent among Yoruba young men. Zuo, Lou, Gao, Cheng, Niu and Laurie (2012) explored gender variations in youth's pre conjugal sexual indulgence in three Asian capitals, and it was disclosed that male respondents in each metropolis embraced more tolerant attitude towards premarital sex than did females with both sexes conveying increasing tolerance to male premarital sexual deeds. Young men also maintained more conventional attitudes to sexual roles (ignoring equality) than did girls in each metropolis.

In sub-Saharan Africa, a handful of inquiries (Babalola, Tambashe, & Vondrasek, 2005; Camlin & Snow, 2008) have dealt with the associations involving family formations and sexual

inauguration. It was debated that youth from single parents frequently observed their parents' courtship or cohabiting relations as they are acquiring skills to contend their peculiar loving relationships (Pearson, Muller, & Frisco, 2006). Hence, they were more probable to get involved in premature sexual induction or conveyed an increased amount of premarital sexual deeds. Studies such as (Slap, Lot, Huang, Daniyan, Zunk & Succos, 2003; Amoran, Onadeko, & Adeniyi, 2005) have acknowledged the impacts of family type (polygynous vs monogamous) on premarital sexual engagements. They noticed that youngsters from polygynous families have a higher frequency of premature sexual inauguration. The impacts of this family form on youth premarital sexual deeds may be due to the financial deficit within the family setting. Polygynous families are characterized by a large number of individuals which culminate into various requirements compared to monogamous families. This restricts the acquisition of material needs and means of funding their children (Defo, 2004).

Statement of the Problem

Demographic revealed that over 43 million Nigerians are between the age range of 20 to 34 years (CIA World factbook, 2018). The number of emerging adults is increasing among these age range due to educational and economic factors with consequential effects on sexual behaviours and reproductive health. Studies have revealed an increase in premarital sexual engagement among the youths between the ages of 15 and 24 (Adhikari & Tamang, 2009). However, the incidence of premarital sex could

be higher among emerging adults exceeding these age range. Most research on the importance of premarital sexual experiences focuses on possible negative implications for emotional well-being, including depression and self-esteem (Furman & Collibee, 2014; Sandberg-Thoma & Kamp Dush, 2014). Also, emerging adults bear an increased risk of exposure to infections with sexually transmitted diseases (STDs) and little is known, empirically, about the impacts that the demographic variables of educational attainment, family type and gender have on premarital sexual engagement of emerging adults in Nigerian.

Some studies had been conducted in relation to the focus of this discourse. For example, Fasanmi and Anise (2012) examined the influence of gender and moral competency on safe-sex practices among university undergraduates in Ado-Ekiti. The findings provided support for the main effect of moral skill on safe-sex behaviour among young Nigerians. Further, results also revealed an interaction effect of sex and moral competency on attitude towards safe sex practice among undergraduate students. Dimbuene and Defo (2013) explored the instance of premarital sexual involvement in Bandjoun (Cameroon) relative to the family situation. The findings showed that young adult who lived in nuclear, biological parent families, those who perceived intense parental supervision and superior parent-child interactions during childhood and or adolescence, had a considerably lower level of premarital sexual involvement. Polygynous households, parent-child interaction, orphanhood, and alteration

in household composition were notably linked with an increased degree of premarital copulation.

Anders (2014) investigated the sexual-viable identities in emerging adulthood, and behavioural strategies, the researcher also appraised variations in sexual-viable identities based on gender, intimate connection status, and measures of socioeconomic position. Reports pointed out notable connections between sexual-viable identities and the respondents' gender, intimate connection position, and intimate connection type relating to self-restraint, physical/sexual fitness, mutual interactions, exploration, prestige, and rape/assault. Based on previous studies on sexual behaviours of emerging adults, it appears there is a paucity of studies on demographic variables influencing premarital sexual activities among emerging adults in Kwara State. This motivated the researchers to fill the existing gap discovered from the previous studies on emerging adult's sexual activities.

Purpose of the Study

The main purpose of this study was to investigate the influence of demographic variables of gender, family type and educational attainment on premarital sexual activities among emerging adults in Kwara State, Nigeria.

Research Hypothesis

The following research hypothesis was formulated and tested in the study:

1. There is no significant influence of demographic variables of gender, family type and educational attainment on premarital sexual activities among emerging adults in Kwara State.

Methodology

Expository investigation model was adopted for the study to provide an accurate description of the influence of gender, educational attainment and family type on premarital sexual activities of emerging adults in Kwara State. The population for this study comprises all emerging adults in Kwara State. This population is estimated to be 688,828 (National Population Commission, 2018). Based on the high population, the recommended sample size for this population is 384 (Research Advisor, 2006). This was determined from a population size of 1, 000, 000, under 95% confidence level at 5.0% margin of error. However, the sample size was increased by 10% of 384, i.e. 38.4 to cover for attrition. This made the sample size for this study to be 423. Hence, 423 emerging adults participated in the study.

In selecting the sample for this study, a multi-stage sampling procedure was adopted. At stage 1, proportionate sampling technique was used to select Local Government Areas from the three senatorial districts of Kwara South, North and Central in ratio 4:3:2 respectively (that is, 4 LGA's were selected from the 7 LGA's in Kwara south, 3 LGA's were chosen from the 5 LGA's in Kwara north and 2 LGA's were selected from the 4 LGA's in Kwara central). Therefore, 9 out of the 16 Local Government Areas in Kwara State were proportionately chosen for this study. The proportionate sampling technique was used because there is variation in the number of LGAs in each of the senatorial districts.

At stage 2, a simple random sampling technique was used to select 47 respondents from each of the nine

selected LGAs. The simple random method was used to give equal opportunity for participation to all emerging adults in the selected LGAs. At stage 3, purposive sampling technique was used to select the respondents from ministries, tertiary institutions and government parastatals. Finally, the stratified sampling technique was used to classify the respondents based on gender, family type, religion, ethnic group and educational attainment.

Instruments

The instrument for data collection was developed by the researchers and entitled, "Premarital Sexual Activities Questionnaire" The scale has two sections: A and B. Section 'A' contains demographic data of the respondents; while Section 'B', deals with premarital sexual activities among emerging adults with 30 items. Four points Likert type rating format was used to score section B. Thus: Strongly Agree (SA); Agree (A); Disagree (D) and Strongly Disagree (SD).

In order to ensure content validity of the instrument, draft copies of the questionnaire were given to experts in Counselling Education for amendment and all corrections made were rectified and incorporated into the final draft of the instrument. This, therefore makes the instrument valid for use. To determine the reliability of the instrument, the test re-test reliability method was used, and a coefficient of 0.60 was obtained. Hence, the instrument satisfied the requirements as advocated by Odukoya et al., (2018). The data collected were analyzed using percentage, while the 3-way Analysis of Variance (ANOVA) statistics was

used to analyze the research hypothesis.

Results
Demographic Characteristics of Respondents

The respondents' demographic characteristics are presented in percentage.

Table 1: Percentage Distribution of Respondents' Demographic Characteristics

N	Variable		Frequency	Percentage %
1	Gender	Male	159	40.1
		Female	238	59.9
		Total	397	100.0
2	Family Type	Monogamous	347	87.4
		Polygynous	50	12.6
		Total	397	100.0
3	Educational Attainment	Primary	33	8.3
		Secondary	122	30.7
		NCE/ND	102	25.7
		HND/Degree	138	34.8
		Postgraduate	2	0.5
		Total	397	100.0

Out of the 423 copies of the questionnaire forms administered, 397 were adequate for data analysis. Because of this, Table 1 shows that majority of the participants were female. Based on family type, 347 (87.4%) were from a monogamous family and formed larger per cent of the respondents. In terms of educational qualification, respondents with HND/First-degree certificate were

more 138 forming (34.8%) of the sample followed by secondary school certificate holders 122 (30.7%).

Hypothesis
Educational attainment, family type and gender of emerging adults in Kwara State had no significant influence on their premarital sexual activities.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	1121.553 ^a	17	65.974	.819	.671
Intercept	244988.788	1	244988.788	3042.509	.000
Gender	232.578	1	232.578	2.888	.090
Fmlytype	.622	1	.622	.008	.930
Edu	97.878	4	24.469	.304	.875
Gender * Fmlytype	299.350	1	299.350	3.718	.055
Gender * Edu	215.185	4	53.796	.668	.614
Fmlytype * Edu	58.289	3	19.430	.241	.868

Gender * Fmlytype * Edu	76.633	3	25.544	.317	.813
Error	30517.827	379	80.522		
Total	2256522.00	397			
	0				
Corrected Total	31639.380	396			

a. R Squared = .035 (Adjusted R Squared = -.008)

Table 2 shows the results of the 3-way Analysis of Variance on the influence of the demographic variables of gender, family and educational attainment on premarital sexual activities of emerging adults. At degrees of freedom (df) of 1/379, 1/379 and 4/379, gender, family and educational attainment revealed the calculated F-values of 2.888, 0.008 and 0.304 with corresponding p-values of 0.090, 0.930 and 0.875. Since the computed p-values are greater than the significant value of 0.05, the hypothesis is thus accepted; hence, there is no significant influence of demographic variables of gender, family type and educational attainment on premarital sexual activities of emerging adults in Kwara State. Also, the interaction effect among the three independent variables shows $F(3, 379) = 0.317$, $p > .05$; this means that the factors responsible for premarital sexual activities of respondents did not differ irrespective of their gender, family type and level of educational attainment.

Discussion

The outcome of the hypothesis tested revealed no significant difference in male and female emerging adults in Kwara State on factors responsible for their premarital sexual activities. This implies that male and female respondents are similar in their perception as to the reasons emerging adults engage in premarital sexual activities. This finding contradicts the findings of Omotesho (2006);

Odimegwe and Somefun (2017) which reported a significant difference in the causes of premarital sexual engagements among youth based on gender. The possible reason for the respondents' similarity in perception might be that premarital sexual activities are prevalent among youths and many of them regardless of their gender are marrying lately as a result of educational and economic factors.

It was shown in this study that emerging adults from polygynous and monogamous family were of the same view on factors responsible for premarital sexual activities. This is contrary to the finding of Amoran, Onadeko and Adeniyi (2005) that showed significant variation in adolescents' perceived causes of premarital sexual activities based on the family type. However, the finding of this study tallies with that of Adeoye, Ola and Aliu's (2012) which revealed no significant difference in premarital sexual behaviours of tertiary institution students. Respondents' congruence in their perception based on the family type could have resulted from the fact that the technologically advanced society has exposed youngsters from varying family backgrounds to different forms of sexual activities without family control.

Educational attainment was also found to have no significant influence on perceived factors responsible for premarital sexual activities among

emerging adults in Kwara State. This finding corresponds with the result of Garcia and Reiber (2008). They revealed that there was no significant difference in the factors causing premarital sexual behaviours among students of tertiary institutions based on educational attainment. In contrary, the finding of Teferra, Erena and Kebede (2015) revealed that a significant difference exists in the premarital sexual practice of youths based on the level of educational attainment. The respondents recorded a similar perception based on educational attainment because premarital sexual activities are occurring among youngsters at lower and higher academic levels.

Recommendations

Based on the findings of this study, it was recommended that:

1. Enlightenment programmes organized to address issues

regarding the involvement of emerging adults in premarital sexual activities should be considered emerging adults from varying demographic characteristics.

2. Access to counselling services that will address issues of family background should be widened to cater for male and female emerging adults from different family background and a diverse educational cadre
3. Intervention strategies designed to address the involvement of emerging adults in premarital sexual activities among emerging adults as well as attending consequences should focus on both male and female from different family background and with different educational attainment.

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