

**HEALTH PRACTICES AS DETERMINANTS OF TEENAGE PREGNANCY
AMONG SECONDARY SCHOOL STUDENTS IN KABBA/BUNU L.G.A OF KOGI
STATE**

Kolade B. Ayodele, Victor B. Olowoleni, & David Adams
Email: ayodelejustus@gmail.com
Faculty of Education
Kogi State University, Anyigba

Abstract

The study was conducted to investigate health practices as determinants of teenage pregnancy among secondary school students in Kabba/Bunu Local Government Area (L.G.A) of Kogi State. Two research question guided the study. The descriptive survey design was used for the study. The population for the study was 2,206 female students from 13 secondary schools in the LGA. The sample size was 222 participants. A researcher-designed questionnaire was used for data collection. Chi-square was used in answering the research questions. Findings from the study shows that health practices such as pornography and substance use are determinants of teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi State. It is concluded that health practices is one of the factors that determine teenage pregnancy among secondary school students in Kabba/Bunu L.G.A of Kogi State based on the results of the findings. It is recommended that teen girls should be guided on how to avoid getting them involved in unhealthy health practices such as pornography, drug abuse and alcohol. This will create awareness on safe healthy practices that will prevent teenage pregnancy among others.

Keywords: Teenage, Teenage pregnancy, Female, Secondary, Practices

Background to the Study

Teenage is often used interchangeably with adolescent. World Health Organization (1997) opined that, it is the period between 10 and 19 years when the secondary sex characteristics appear. In the same vein, teenage is the span of an individual within the age range of 13 to 19 years. Teenagers are of the opinion that they have gained freedom, which is both exciting and frightening. They are no longer children, yet they are not adults (Emuveyan, 2002). Teenage is a stage of generation gap between childhood and adulthood or a stage where children want to assume the role of an adult thereby resulting into conflict. In the light of the above generation gap, pregnancy could occur in sexual activities among teenagers.

Teenage pregnancy emerged first as a social problem in the United States only around 1970's. In 1989, 37% of birth to white teenagers and 92% of the birth to black teenagers were unmarried, young women (Anda, Felitti, Chamman, 2001). Equally, The World Health Organization (2014) reported that about 16 million adolescent girls aged between 15 and 19 years and about one million girls aged between fifteen years give birth every year.

Teenage pregnancy, which leads to child birth and its numerous consequences, has become issues of social and public concern. Survey carried out by Onuzulike (2003), revealed that a teenager becomes sexually active at an early age with corresponding high fertility as a result, there is an increase in sexual activities.

Pregnancy is essential for procreation and continuity of the species. Allen, Bonell, Strange, Copas, Stephenson, Johnson, and Oakely (2007), asserted that pregnancy is usually a welcome development when it occurs at an appropriate time, such as in wedlock and at a mature age. However, it endangers concern if it occurs within the age range of 13 to 19 years which constitutes social problems. Pregnancy is the state in which a fetus develops in the uterus of a woman of child bearing age, during the period

from conception to birth (Hornby, 2010). Similarly, Skypys (2000) observed that pregnancy is a condition of carrying a developing offspring in the uterus.

The Action Health Incorporation (2004) also described teenage pregnancy as a major cause of school dropout among teen girls. It maintained that the pattern of pregnancies among young unmarried adolescents have assumed an alarming proportion, which if unchecked could results in undesirable consequences.

In a study undertaken by Ekwueme (2000) opined that about 400,000 unplanned births occur annually in Nigeria. Half of these births, she observed were to single girls between the ages of 15 to 19 years. She equally asserted that, one - third of the countries fertility rate among women aged 15 to 19 were high with an average of 164 live births annually.

Research has indicated that women exposed to various kinds of abuse, domestic violence and family strife in childhood are likely to become pregnant as teenagers and the risk of becoming pregnant as a teenager increases with the number of adverse childhood experience. In line with Patrick (2010), the transition from childhood to teenage may cause unstable emotions to some teenager, and this may cause the some psychological problems in their life time. According to Malissa (2012), teenage pregnancy could lead to incomplete education, unemployment and other numerous emotional traumas, which can adversely affect the psychological, physical and cases of maternal issues cannot be ruled out.

The world wide indices of pre-mature birth and low birth weight are higher among adolescent mothers. Teen mother between 15-19 years old were more likely to have anemia, preterm delivery and low birth than mothers between 20-24 years old physiologically for the child as well as the mother. Therefore teen mothers can easily get frustrated and result to violence as a means of overcoming problems. Health according to Grmek, Budak 1996 in Doner (2000) opined that health as a balance between a person and the environment, the unit of soul and body, and the natural origin of disease was

the backbone of the perception of health in ancient Greece. Modern concept of health recognizes health as more than the absence of disease, implying a maximum capacity of the individual for self-realization and self fulfillment. This should equilibrate the human inner forces and possibilities, with the feeling of pleasure or dissatisfaction in their relations with the environment (Maness & Bulu, 2015). Equally, health is a holistic concept which is used to express individual wholeness. Health is a relative term in which one is able to function well physically, mentally, spiritually, socially and to express the full range of one's unique potentialities with the environment in which he lives (International Journal of Academic, 2017).

Unhealthy practices might results into some factors that determine teenage pregnancy. The determinants for teenage pregnancy vary from country to country and from region to region within the same country. These determinants are lack of knowledge, lack of information, promiscuity, substance abuse (drug and alcohol), sexual display on the television (pornography) (Kirby, 2001).

Social determinants of health influences adolescent pregnancy through pathways that include other structural, behavioural, psychological and biological factors (Ansarl, Carson, Ackland, Vaughan and Serragallo, (2003). In order to create change, it must first be determined, if there is empirical links between any or all defined social determinants of health and teenage pregnancy. Once those links are established, theoretical frameworks can be utilized to understand the specific mechanism that linked those factor (Maness & Bulu, 2015).

It is believed that the way sex is being displayed on the television and other social media shows that teenage girls who watch such a movies and music video may likely to practice what they have watched over the television and other social media. Sex on television and movies seem involving people who do not display martial ties or good personal conduct. These people do not worry about birth control or show any concern about protection from sexually transmitted infections. Mass media production does not

view majority as a priority, instead, immorality is used as a marketing strategy in advertisements, films, literatures, music and others as the contemporary business saying “sex sells” (Jones, 2000). Information from the media (pornographic) according to Kaiser & family foundation (1996) exposes teens to learn about sex and birth control. A 2002 national survey by Banjunivewe and Muzoova (2005), indicated that nearly three quarters of 15-17 years old teenagers believed that the sexual context on TV and in music video influences their behaviour. The influence of pornography has great impact on teenage life. Problem or sensation-seeking behaviour may exposes teenagers to sexual risk-taking or more desire to have unprotected sex (Kirby et al, 2007).

Purpose of the Study

Investigate health practices as a determinant of teenage pregnancy among Secondary School Students in Kabba/Bunu LGA of Kogi State. Specifically, the study aimed to:

- i. determine the influence of information from media (pornography) on teenage pregnancy among secondary school students in Kabba/ Bunu LGE of Kogi State.
- ii. examine the influence of substance use on teenage pregnancy among secondary school students in Kabba/ Bunu LGE of Kogi State.

Research Questions

The following research questions were raised to guide the study:

- i. What is the influence of information from media (pornography) on teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi State?
- ii. What is the influence of substance use on teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi State?

Methodology

The research design adopted for the study is the descriptive survey research design. According to Denga (1986), survey design employs the use of selected representative

sample for the purpose of generalization in the entire population. The population for this study consisted of all female students (2206) in all the 13 secondary schools in Kabba/Bunu LGA of Kogi State.

The sample for the study consists of 222, that is, 10% female students from JS 1 to 3 and SS 1 to 3. According to Nwana (2006), 10% is considered adequate as it conforms to the rule of the thumb. The multi-stage sampling procedure was used to determine the sample for the study. The first stage involved selection of seven secondary schools out of the thirteen secondary schools in the area of study using the purposive sampling technique. Three secondary schools were randomly selected from the urban and four from the rural areas including the two single sex school.

The second stage entailed the selection of the classes JS1, JS2 and JS3 and SS1, SS2 and SS3, using the simple random sampling technique of balloting without replacement. These classes were chosen because the students in them are deemed mature enough to be pregnant. The final stage involved random sampling technique in choosing ten percent of the population of each school from the chosen classes representing the various schools. The instrument yielded a reliability index of .60 mean five experts in Department of Human Kinetics validate the research instruments which was developed by the researcher through literature review and in accordance with the objectives of the study. Copies of the questionnaire were administered to the respondents and retrieved them immediately after completion out of which 218 (98.19%) was returned. The data was analyzed using Chi-square.

Research Question one: What is the influence of information from media (pornography) on teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi State?

Table 1:

The Influence of Information from the Media (Pornography) on Teenage Pregnancy
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Variable	Frequen cy	%	Expected Frequenc	Mea n	SD	df	X ² cal	X ² cr it	Decision
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			y						
Information from	81	37.2	54.5						
media	56	25.4	54.5						
(pornography)	54	24.8	54.5	3.54	.405	3	26.807	11.0	Significant
	27	12.4	54.5					7	
	218	100%							
Total									

Table 1 shows frequency (percentage), Mean, SD DF χ^2_{cal} , χ^2_{crit} of 81(37.2), 56(25.2), 54(24.8), 27(12.4) and 3.540 .405 and χ^2_{cal} of 26.807 respectively. Since cal χ^2_3 is greater than critical χ^2 value which implies that there is significant relationship between pornography as a determinant of teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi state.

Research Question Two: What is the influence of substance use on teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi State?

Table 2:

The Influence of Substance Use as a Determinant of Teenage Pregnancy

Variable	Frequen cy	%	Expected Frequenc y	Mea n	SD	df	X ² cal	X ² crit	Decision
Substance use	59	27.1	31.1						
	54	24.8	31.1						

	32	14.7	31.1						
	31	14.2	31.1	3.362	.402	6	70.028	12.59	Significant
	14	6.4	31.1						
	14	6.4	31.1						
	14	6.4	31.1						
Total	218	100%							

Table two (2) shows frequency (percentage), Mean, SD, DF and χ^2 cal of 59(27.1), 54(24.8), 32(14.7), 31(14.2), 14(6.4), 14(6.4), 14(6.4) with $3.362 \pm .402$ and χ^2 cal value of 70.628 respectively. Since χ^2 cal is greater than χ^2 crit meaning that there significant relationship between substance use as a determinant of teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi state

Discussions of the Findings

Table 1 shows frequency (percentage), Mean, SD DF χ^2 cal, χ^2 crit of 81(37.2), 56(25.2), 54(24.8), 27(12.4) and 3.540 .405 and χ^2 cal of 26.807 respectively. Since cal χ^2 is greater than critical χ^2 value which implies that there is significant relationship between pornography as a determinant of teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi state. This result is not surprising, because it substantiates Kirby et al (2007), which asserted that influence of pornography has greater impact on teenage life. Problem or sensation - seeking behaviour may expose teenagers to sexual risk taking or more desire to have unprotected sex.

Table 2 shows frequency (percentage), Mean, SD, DF and χ^2 cal of 59(27.1), 54(24.8), 32(14.7), 31(14.2), 14(6.4), 14(6.4), 14(6.4) with $3.362 \pm .402$ and χ^2 cal value of 70.628 respectively. Since χ^2 cal is greater than χ^2 crit meaning that there significant relationship between substance use as a determinant of teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi state. The result is not surprising because it support what Kirby (2001), observed that unhealthy practices might result into some factors that determine teenage pregnancy. The determinants for teenage pregnancy vary from country to country and from region to region with the

same country. These determinants are lack of knowledge, lack of information, promiscuity, substance abuse (drug and alcohol), and sexual display in television (pornography).

Conclusion

It is concluded that health practices such as information from media (pornography) and substance use as a determinants of teenage pregnancy among secondary school students in Kabba/Bunu LGA of Kogi State.

Recommendations

Based on the findings, discussion and conclusion drawn, the following recommendations were made:

1. Teen girls should be guided on how to avoid getting them involved in unhealthy health practices such as pornography, drug abuse and alcohol.
2. Parents should monitor their female child(ren) not to indulge in substance taking.

Parents should guide their teen girls on the use of contraceptives in case they fall victim of circumstance.

3. As it is widely said that show me your friend and i will tell you the type of person you are, parents should screen any friend(s) of their female child(ren).

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