

Cohabitation as a Correlate to Academic Performance Among Adekunle Ajasin University Students, Ondo State on Capacity Building for National Sustainable Development

Aina Stephen Ileoye Ph.D

Department of Human Kinetics and Health Education
AdekunleAjasin University, AkungbaAkoko, Ondo State, Nigeria

Abstract

This study examined cohabitation as a correlate to academic performance among undergraduates of Adekunle Ajasin University in Ondo State on capacity building and national development. Cohabitation is an act of a man and woman living together and sometimes sharing marital intimacy without being legally married. Three hypotheses were generated based on variables of Family Background, Religion and Peer Pressure. A self-constructed questionnaire were used for data collection, the population were 240 students randomly selected from the entire student population. A descriptive statistics of chi square were used to analyze results at 0.05 significance level. The findings showed that all the hypotheses revealed that there were significant influence on family background, religion and peer pressure on cohabitation among students of AAUA. The study therefore recommended that counselling should be given on regular basis to students on the need for good moral and healthful living which will enhance optimum education attainment for National sustainable development. Parents, University Management and Religious Bodies should try to alleviate the problem of cohabitation by providing suitable, conducive and affordable accommodation within the University environment which will enhance their academic development for national capacity building for sustainable development

Keywords: Cohabitation, Correlate, Academic Performance, Capacity Building

INTRODUCTION

Cohabitation among students has now become very rampant in most institutions of higher learning. The non-residential accommodation in many higher institutions tend to encourage this new trend of students cohabiting, unlike what was in operation in the olden times. Initially all students were accommodated within institution's halls of residence. Those students accommodated within institution's hall had rules and regulation guiding their stay. Thus within a short time, Nigerian tertiary institutions began to experience challenges of inadequate hostel accommodation because the population of students continues to grow without corresponding growth in the number of halls of residence and other physical facilities. Therefore, cohabitation became the order of the day among the students in higher institutions of learning. Cohabitation is an act of a man and woman living together and sometimes sharing marital intimacy without being legally married, (Alo and Akinde 2013) asserted that premarital cohabitation has become a common phenomenon among Nigerian University Undergraduates.

Cohabitation among individuals of opposite sex is a predisposing factor to the initiation of sexual activities. Cohabitation results in two independent people almost like room-mate, who are sexually involved, instead of being committed to one another for the rest of their lives. Students who should be engaged in serious academic pursuit often end up performing below expectation because of all these

distractions. (Martin, Martin and Martin 2005) corroborated this idea that the number of young adults engaging in premarital sexual behavior has increased to 60 percent in the last 20years. The World Health Organizations equally observed that premarital sexual activities among young adults are high and increasing in Africa with the inclusion of Nigeria. Cohabiting students will often engage in unprotected sex which could result in sexually transmitted infections and the much dreaded HIV/AIDS diseases.

According to Arisukwu, (2013) cohabitation has serious health effect on the female students who may indulge in the use of oral contraceptive in order to avoid unwanted pregnancy which may truncate their educational aspirations. Should pregnancy occur, such female students are more likely to seek abortion as an alternative. This has serious health challenges for such students who may visit quack doctors and medical practitioners without adequate experiences and qualifications. Some may frown at abortion and thus give birth to unwanted babies who may not be properly catered for by these students. Cohabitation among university students has led to moral decadence in the society. According to the AAUA Vice Chancellor (2015), living together and having sexual relationship without being married is a trend that has virtually eroded the level of morality among youth, particularly students of higher institutions. It has been observed that many of these students cohabiting do not necessarily get to the level of marriage after all.

Many of such relationship often end abruptly. Rena {2006} confirmed that couples who cohabit before marriage have a 50 percent high divorce rate than those who do not. Ogunsola (2004) in his research findings on premarital behaviours as determinant of marital stability observed that premarital cohabitations has no positive effect on marital stability of the couples in Oyo state, Nigeria.

This also has a bearing on academic activities of student. For instance, Bello and Ogunsanwo (2013) indicate that depression is one of the major consequences associated with broken cohabitation relationship among students. This form of psychological disturbance would, in turn, affect students academically (Ekpenyong and Ekpenyong, 2016). Indeed, Abubakar (2008) and Bello and Ogunsanwo (2013) affirm that cohabitation relationships have great consequences on the academic performance of cohabiting couples. And according to Abdullahi and Umar (2013) one of the major distractions to academic activities of most students is regularly engagement in pre-marital sex. The situation is made worse if cohabitation is adopted as a pre test to marital and or to strengthen pre-marital sex relationship.

Cohabitation is totally against the norms and values of African society. Allowing young unmarried couple live together especially where they do not have family affinity is often regarded as an albatross. Whereas, some students cohabit without allowing their parents to know about it, some parents are the ones encouraging their children to do so due to their inability to meet their basic needs. Many of these students are exposed to risk and harm as they cohabit. Students who cohabit are vulnerable and susceptible to attack and abuse by both outsiders and even their partners. Formerly, the culture of premarital sexual behaviours used to be a taboo in Nigeria. Unfortunately however, the contemporary youths have abandoned this valued tradition for inglorious culture of premarital sexualactivities . Age is an important factor that could influence cohabitation among university students. Now, there are many students that entered the university being very young, hence many of them are naive.

This is buttressed by the findings of Ogunbamila (2013) that indicated that early young adults were mostly prone to premarital sexual behaviours. Cohabitation is common among undergraduates because many of them are being free for the first time; hence, they tend to enjoy the freedom, independence and are less monitored by either their parents or guardians. Alo and Akinde (2013) stated that cohabitation and sexual behaviours are more common with them, since their age range falls between 15 – 24 years. Adeoye {2006} in his study on premarital sexual behaviours among

undergraduates in Nigerian universities found the age categories of 14 -15 years and 19 – 25 years to have experienced premarital sexual behaviour at the same level. Thus, age did not have significant influence on youths' sexual behaviours. Martin, et all (2005) found that individuals within the ages of 15 – 17 years were more involved in premarital sexual behaviours than those in the late young adulthood.

The issue of religion is equally an important variable in cohabitation among undergraduates. Studies indicated that those with religious affiliations are less likely to cohabit than those without religious affiliations Draper (2014) equally observed that individual religiosity is positively associated with more traditional family attitudes and behaviour. They further stated that norms regarding family formation, behaviour of individual are commonly shaped and reinforced by religious institutions. It is further noted that strong religious parents can affect their child's behaviour through guidance and supervision. Regardless of the child's value on cohabitation, the child may decide not to cohabit in order to avoid embarrassing his/her parents, thus, prevent causing them negative social sanctions or instigating family conflict. It seems there is a decline in religious authority and there are dramatic changes in religious structures. Religious inclination notwithstanding, contemporary adolescents tend to do what they desire without any serious consideration for their religious beliefs. This study is aimed at assessing the correlation between academic performance and cohabitation among Adekunle Ajasin University Akungba Akoko students.

Statement of Problem

Cohabitation among undergraduates has become a contemporary issue plaguing many higher institutions of learning. Many students tend to lose sight of why they are in school and are preoccupied with the unessential issues. This tends to course lots of distraction for many students. The purpose why they are in school is forgotten to other responsibilities not related to learning .This tend to make many students to perform below expectations, since often times these students are never in the school/class for any serious academic work. The culture of chastity and purity is no longer promoted and encouraged among these youths. Admission to higher institution is considered liberty and freedom to do whatever they like. This is a serious call, hence something drastic must be done to stop this menace which is threatening the survival of our youths in higher institutions. Cohabitation may leads to waste of resources in educating the youth who are supposed to be nation future work force on capacity building for national sustainable development. It is on this ground that this study was aimed at assessing the correlation between cohabitation and academic performance among Adekunle Ajasin University Students

Akungba Akoko Ondo State for national sustainable development.

Research Hypotheses

The following research hypotheses were formulated for the purpose of this study

1. Family background will have no significant influence on cohabitation among Adekunle Ajasin University Students for national sustainable development
2. Religious belief will have no significant influence on cohabitation among Adekunle Ajasin University Students for national sustainable development
3. Peer pressure will have no significant influence on cohabitation among Adekunle Ajasin University Students for national sustainable development

Method of Study

Descriptive Survey design was used for the study. The design was considered appropriate since the researcher actually examined the reported views on cohabitation as a correlate to academic performance among undergraduate’s students of Adekunle Ajasin University, Akungba Akoko, Ondo state

The Sample of this study comprised of 240 respondents. 240 students were selected from the entire students. Purposive sampling technique was employed to trace the first Twenty (20) participants and Snow-ball sample technique also Known as

Chain Referral Sampling Technique was used get the remaining Two Hundred and Twenty (220) Respondents .

A structured questionnaire was used as the instrument for collection of data for the study. Apart from the demographic variables, all the items were measured along the 4 point modified likert scale system. Strongly Agreed (SA)- 4 points Agreed (A)-3 points Disagreed (D)-2 points Strongly Disagreed (SD)-1 point. The instrument was validated by Health Experts in the Department of Human Kinetics and Health Education. The test re-test method was used to determine the reliability of the questionnaire. Some copies of the instrument were administered on 20 students at an interval of two (2) weeks. The first and second set of responses were correlated using Pearson Product Moment Correlation [PPMC] .

The Administration of the instrument (questionnaire) on students was carried out by the researcher, moving around personally with the help of two trained research assistant who helped in the distribution and collection of the instrument from the respondent.

The retrieved questionnaires were screened using descriptive statistic of Simple Percentage and Chi Square at 0.05 level of significance

Hypothesis 1

Family Background will have no significant influence on cohabitation among Adekunle Ajasin University Students for national sustainable development

S/N	SA	A	D	SD	ROW TOTAL	X ² CAL	X ² TABLE	S.L	D.F
01	22 (4.01)	152 (0.04)	60 (2.25)	6 (2.45)	240				
02	18 (0.9)	158 (0.47)	62 (1.60)	2 (2.45)	240				
03	16 (0.17)	126 (3.72)	92 (5.06)	(6) (2.45)	240	33.37	21.03	0.05	12
04	4 (7.51)	162 (1.03)	72 (0.01)	2 (0.45)	240				
05	12 (0.4)	150 (0.01)	78 (0.37)	- (-)	240				
Total	72	748	364	16	1200				

X² Cal value = 33.37 X² table value = 21.03 Significant level = 0.05 Degree of freedom = 12

Since the calculated value (33.37) is greater than the table value (21.03), the null hypothesis which states that Family Background will have no significant

influence on cohabitation among Adekunle Ajasin University Student was rejected. It therefore means that family background has significant influence on academic performance of students who cohabit

Hypothesis 2

Religion will have no significant Influence on cohabitation among Adekunle Ajasin University Student for national sustainable development

S/N	SA	A	D	SD	ROW TOTAL	X ² CAL	X ² TABLE	S.L	D.F
11	36 (5.3)	162 (3.5)	38 (7.6)	4 (0.2)	240				
12	35 (4.4)	181 (0.2)	24 (0.01)	- (-)	240				
13	16 (3.0)	198 (0.6)	20 (0.8)	6 (2.5)	240	37.97	21.03	0.05	12
14	14 (4.6)	198 (0.6)	24 (0.01)	4 (0.2)	240				
15	22 (0.3)	200 (0.8)	16 (2.9)	2 (0.5)	240				
Total	123	939	122	16	1200				

X² Cal value=37.97 X² table value=21.03 Significant level=0.05 Degree of freedom = 12

Since the calculated value (37.97) is greater than the table value (21.03), the null hypothesis which states that religion will have no significant influence on cohabitation among Adekunle Ajasin University

Student was rejected. It therefore means that religion has significant influence on academic performance of students who cohabit

Hypothesis 3

Peer Pressure will not have any significant influence on cohabitation among Adekunle Ajasin University Students for national sustainable development

S/N	SA	A	D	SD	ROW TOTAL	X ² CAL	X ² TABLE	S.L	D.F
16	26 (2.7)	192 (0.5)	12 (0.5)	10 (1.5)	240				
17	38 (0.1)	184 (0.6)	10 (1.6)	8 (0.2)	240				
18	46 (1.4)	182 (0.01)	8 (3.1)	4 (1.2)	240	33.30	21.03	0.05	12
19	43 (2.70)	173 (0.6)	16 (0.1)	8 (0.2)	240				
20	26 (2.90)	182 (0.5)	28 (11.7)	4 (1.2)	240				
Total	179	913	74	34	1200				

X² Cal value = 33.30 X² table value = 21.03 Significant level = 0.05 Degree of freedom = 12

Since the calculated value (33.30) is greater than the table value (21.03), the null hypothesis which states that peer pressure will have no significant influence on cohabitation among Adekunle Ajasin University Student was rejected. It therefore means that peer pressure has significant influence on academic performance of students who cohabit.

emerging adults' cohabitation. Parental attitudes had a significant influence on adult children's union formation decisions (Billari & Rosina, 2005).

There is some empirical support for the idea that families socialize their children by communicating approval or disapproval of cohabitation. Families may also play a role in cohabitation and marriage by providing or removing emotional and instrumental support for couples. A dating couple may make decisions about the progress of their relationship based on actual or expected responses of their parents. However, there are relatively few empirical studies on the topic. Even when controlling for parent's income, cohabiting couples did not appear to enjoy the same *safety net* (e.g., social and

DISCUSSION OF FINDINGS

This study revealed that family background had a significant influence on cohabitation, there is some empirical support for the idea that families socialize their children by communicating approval or disapproval of cohabitation. (Arnett 2004) noted that generational differences in acceptance of cohabitation may result in parents or grandparents hampering

instrumental support from parents) as married couples. One reason for the discrepancy may be that parents were less approving of the cohabiting relationships, and may have indirectly influenced views of cohabitation by threatening or actually withdrawing support (Arnett, 2004).

The result of the study showed that there was significant difference in cohabitation on the basis of religious affiliation among undergraduates. This is supported by the findings of Katz, {2001} that those with religious affiliation are less likely to cohabit than those without religious affiliations. This is equally supported by Draper {2014} that stated that individual religiosity is positively associated with more traditional family attitudes and behaviour.

They further noted that strong religious parents can affect their child's behavior through guidance and supervision. Regardless of the child's value on cohabitation, the child may decide not to cohabit in order to avoid embarrassing his /her parents. This probably influenced the outcome of the result obtained which indicated that there was significant difference in cohabitation on the basis of religious affiliation. Although this is contrary to the findings of Dempsey {2011}, Laplante (2011) that observed that there is a decline in religious authority and there are dramatic changes in religious structures.

The Study Indicated that peer influence had a significant influence on cohabitation among students of AAUA. This is supported by other Findings, The majority of young people who become involved in cohabitation and premarital sex do so because of peer pressure. They look at their peers and give in to temptation, because 'everyone does it'. They do it in order to avoid being laughed at and to receive affirmation from their peers. In the end, cohabitation and premarital sex have become kinds of passports to acceptance in a particular age group. The hypothesis which says Peer pressure will have no significant influence on cohabitation among students of AAUA was not Accepted.

This study revealed that perception of cohabitation had a significant influence on the level of cohabitation among students of AAUA. Most respondents perceive it as being helpful to them. Those who may likely benefit from financial and other forms of support from their partners see it as helpful. Students cohabit with those that have the capacity to solve or help them out of their problems.

This study showed that there is a significant relationship between academic performance and cohabitation, this findings is further supported by recent studies from the analysis, there exist an association between academic performance of students and period of cohabitation. Evidences from

the study and other sources suggest that student cohabitation leads to poor academic performance (Mlyakado and Timothy, 2014; Ekpenyong and Ekpenyong, 2016). In line with the findings from this study, Mlyakado and Timothy (2014) noted that students' involvement in sexual relationship exposes them to a lot of emotional, relational and social problems. This may adversely affect their social as well as academic lives. Likewise, Ekpenyong and Ekpenyong (2016) argue that sexually active students are faced with several overt (missed classes, missed assignment) and covert (emotional, societal acceptance) challenges which compromised their academic performance and achievement. Active sexual relationship and cohabitation among students is often short-term, a potential collapse in such relationship could lead to an emotional imbalance and depression.

CONCLUSION AND RECOMMENDATION

From the findings of this study, the following conclusions were reached;

1. Family background have significant influence on cohabitation among Adekunle Ajasin University Students for national sustainable development

2. Religion have a significant influence on cohabitation among Adekunle Ajasin University Students for national sustainable development

3. Peer Pressure influence have a significant influence on cohabitation among Adekunle Ajasin University Students for national sustainable development

(1). All hands must be on deck, the parents, University authorities, religious bodies must be able to speak against this new trend of cohabiting among undergraduates. Which may hamper the students educational development, this will affect capacity building for national sustainable development.

(2). Parents & guardians must not only send their children and wards to school, they must visit them to know how and what they are doing in school. Some students cohabit without the knowledge of their parents because they are sure that their parents would never come to visit them in school. These visits may prevent cohabitation and thus enhance capacity building for national sustainable development.

(3). Adequate counseling and a good orientation programme should be introduce in schools, to enhances optimum education attainment which help nation capacity building for national sustainable development.

REFERENCES

- Abdullahi, C.I. (2013). Human development, family behaviour parenting, marriage and counselling Skills. Enugu: Snapp Press Ltd.
- Abubakar, S.L. (2008). Relationship quality dynamics of cohabiting unions. Journal of Family Issues, 24,583-601.

- Alo, O. A and Akinde, I. S. (2010). Premarital sexual activities in an urban society of Southwest Alo,
- Adeoye, R. (2006). Premarital sex-lessons from American experience, Ilorin (Nigeria). *The Nigerian Journal of Guidance & Counselling* 11 (1), 134-155.
- Anneeth, A. B. (2004). Cohabitation versus marriage: A comparison of relationship quality. *Journal of Marriage and the Family*, 58, 668-678.
- Arisukwu, O.C. (2013). Cohabitation among university of Ibadan undergraduate students. (Report No. 5). University of Ibadan, Ibadan.
- Bello, M.O. & Ogunsanwo, B.A. (2013). The psychological consequence of cohabitation among students of Tai Solarin University of Education, Ijagun, Ogun State. *Ozean Journal of Applied Sciences* 6 (2) 1-6.
- Billari, C. & Rosina, K, E. (2005). Change in conjugal life in Canada: is cohabitation progressively replacing marriage? *Journal of Marriage and Family* 66: 929-942.
- Dempsey, K. & Devaus, D. (2011). Who cohabit in 2001? The significance of age, gender, religion and ethnicity. *Journal of Sociology* 40:157-178.
- Draper, S. (2014). What will the neighbors think? The effect of moral communities on cohabitation. *Review of Religious Research* 54(1) 45-67
- Ekpenyong, S. L. & Ekpenyong, B.O. (2016). Moving from cohabitation to marriage: Effects on relationship quality. *Social Science Research*, 33, 1-19.
- Katz, R. (2001). Effects of migration, ethnicity and religiosity on cohabitation. *Journal of Comparative Family Studies* 32: 587-599.
- Laplante, B. (2011). The rise of cohabitation in Quebec: Power of religion and power over religion. *Canadian Journal of Sociology* 31: 1-24.
- Martin, P., Martin, D. & Martin, M. (2005). Young adult premarital sexual activity, cohabitation and attitudes towards marriage. *Adolescence* 36, 601-609.
- Mlyakado, S.M., Timothy, H.J. (2004). May be I do: Interpersonal commitment and premarital or non-marital cohabitation? *Journal of family Issues* 25:496-519.
- Ogungbamila, A. (2013). Demographic predictors of premarital sexual behaviours among undergraduates. *Nigerian Journal of Applied Behavioural Sciences* 1, 68-74.
- Ogunsola, M.O. (2004). Premarital behaviour and length of courtship as determinant of marital stability among couples in Oyo State, Nigeria. Unpublished M.Ed project University of Ibadan, Ibadan.
- Ogunsanwo, F.B. (2013). The effect of premarital cohabitation on quality of relationship and marital stability of married people in Southwest, Nigeria. *African Nebula*, Issue 3, 16-24.
- Rena, R. (2006). Premarital sex-lessons from American experience, Ilorin (Nigeria). *The Nigerian Journal of Guidance & Counselling* 11 (1), 134-155.