

Household Sexual Communication Dynamics and Adolescent Sexual Health: Implications for Emerging Interventions in Ondo State, Nigeria

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Abstract

Adolescents' sexual health has become a global public health concern especially in the developing countries. Undoubtedly, parent-child communication remains a vital means by which parents transmit cultural values and monitor the sexual health of their children. Since the extent and the quality of the manner in which parents are involved in their children's lives are critical factors in the prevention of sexual risk-taking behavior among adolescents. This paper investigated the knowledge and attitude of parents towards sexuality discussion among the triads of parents and their adolescent children and the implications for adolescents' sexual health in Ondo state, Nigeria. The study elicited information from 483 respondents comprising fathers, mothers and their adolescents; through a multi-stage sampling technique. The study found that most respondents, 95.7% of fathers, 92.5% of mothers and 88.2% of adolescents, had high knowledge of sexuality education. The majority, 62.1% and 69.6% of fathers and mothers respectively, had positive attitude to parent-child discussion sexual issues, however most adolescents (98.8%) had negative attitude to such discussion. Parent-child sexual discussion was significantly associated with parents' gender ($\chi^2=11.79$), mothers' educational status ($\chi^2=40.14$) and fathers' occupation ($\chi^2=18.62$). In addition, majority, 70.2% of adolescents have intentions that predisposed them to early sexual initiation and a sizeable number 39.1% read literatures that are sexually stimulating. Parental supervision is poor and parents still have inhibitions discussing sex-related issues with adolescents despite positive attitude towards it. Lastly, most adolescents have to grapple with social sexual pressures. Emerging interventions by all stakeholders need to focus on repositioning parents for early positive parent-child family conversations on sex-related issues as a strategy for raising sexually healthy adolescents.

Keywords: Adolescents, Parent-child, Sexual discussion, Sexual issues and Ondo State

INTRODUCTION

Sexuality is a life cycle process that begins from the cradle and terminates at death. It spans the biological, psychological, social, emotional and spiritual dimensions of their lives. It begins with relationship within them and extends to relationship with others (Santrock, 2005). Much of what we hear about adolescent sexuality are problems of risky sexual behaviour, such as, unwanted pregnancy, abortion, school drop-out as a result of pregnancy and sexually transmitted infection.

Currently, there are 1.8 billion 10-24 year olds young people across the globe (WHO, 2012). This is the largest ever number in the history of mankind and nearly 90% of them live in low- and middle-income countries (WHO, 2012). According to World Health Organisation population in this age group is estimated to continue to increase until the year 2040. Besides, about 16 million adolescent girls between ages 15 and 19 give birth yearly, with 95% occurring in developing countries (WHO, 2011). For many of these adolescents, pregnancy and childbirth are unplanned and unwanted. Also, in low- and middle-income countries, complications from pregnancy and childbirth are the leading cause of death among girls aged 15 to 19, with estimated three million unsafe

abortions among girls in this age group in 2008 (Sakeah, 2013).

Therefore, addressing the sexual health (SH) needs and problems of adolescents is a crucial public health issue. In many parts of the world, particularly in Sub-Saharan Africa that still has the world's highest level of adolescent childbearing (Haub, 2013), the SH needs of adolescents are either poorly understood or not fully appreciated. Evidence is growing that this neglect can seriously jeopardize the health and future well-being of the teeming population of young people (Sunmola, Babalola, and Adebayo, 2003; Osei, 2009, WHO, 2011).

The review of literature revealed that previous researchers majorly used adolescents (particularly, In-School adolescents) as their study unit of analysis in examining parents-child on sex-related matters. In addition, a few study that utilised parents and their adolescents focussed on rather on mothers. Hence, this study is a household based study that used the triad of father and mother and one of their adolescent as the unit of analysis. Consequently, transcending the role of mothers the study assessed the role of fathers in the sexual socialization of their children.

Furthermore, the preponderance of earlier research indicated that the practices of parent-child discussion on sexual issues among parents and their adolescents are limited; despite the contemporary overwhelming negative influences of distorted and inadequate sexuality information from various other sources (particularly peers and the media) on adolescents' sexual health. Therefore, the precise pattern of parent-child communication that can influence positive adolescent sexual health has not been fully determined. Thus, the researcher appraised the communication processes that take place among the triads of fathers, mothers and their adolescents with the aim of understanding precisely how parents could be re-orientated to have open and receptive sexual communication with their children. The aforementioned is critical for researchers and all stakeholders in the family and public health sectors in respect of capacity building aimed at raising sexually health adolescents and young adults

Therefore, this study is a quantitative and qualitative analysis of households' knowledge, attitude and practice of sexuality discussion and adolescents' sexual health in Ondo state, Nigeria. This study would provide insights towards guiding all stakeholders in the family and public health sectors into ways of achieving sustainable development goal of ensuring and promoting healthy lives for all. It would be of great assistance in developing interventions that increase safer sexual behaviours and reduce adolescents' sexual and reproductive health risks.

The specific objectives of the study are to:

1. Assess parents' knowledge of sexuality education in Ondo State.
2. Examine parents' attitude to sexual discussion with their children in the community.
3. Assess the relationship between selected parents' socio-demographic characteristics and parent-child sexual communication in Ondo State
4. Examine adolescents' sexual life (dating relationship and sexual initiation) in the State.

The study was further guided by the following hypotheses:

1. There is a significant relationship between gender of parents and parent-child sexual communication
2. There is a significant relationship between parents' levels of education and parent-child discussion on sex-related matters

3. There is a significant relationship between parents' occupation and parent-child discussion on sex-related matters

Research Method

The study utilized a triangulation of methods involving a survey and the use of qualitative technique in eliciting information from respondents. A total of 483 respondents comprising fathers, mothers and one of their adolescent were selected through a multi-stage sampling technique in Ondo state. Seven Local Government Areas (LGAs), with highest population in each dialect group were purposively selected, while simple random sampling was used to select twenty-eight enumeration areas (EAs). Finally, 322 parents and 161 adolescents were purposively selected at household level. Data for the study were collected through structured interviews (the Questionnaire) and In-depth Interviews (IDIs). A total of 20 IDIs were conducted. The quantitative data were analysed using Statistical Package of the Social Sciences, version 20 at univariate and bivariate level. Content analysis was employed to analyse data collected from the IDIs.

RESULTS

Knowledge of Sexuality Education among Households in Ondo State

Figure 1 displays the percentage distribution of parent and adolescent respondents' knowledge of sexuality education, particularly what pubescent sexuality issue is about. As seen in Figure 1, a few (4.3%) fathers have moderate knowledge of sexuality education, while the majority (95.7%) have a high knowledge of sexuality education. Mothers with low knowledge of sexuality education were (3.1%), like fathers, those with moderate knowledge represent (4.3%) and majority (92.5%) of mothers too had a high knowledge of sexuality education. As regards the children, some (11.8%) had moderate knowledge of sexuality education while the majority (88.2%) indicated a good or high knowledge of sexuality education. The finding reveals that most household in the state have a good knowledge of what sexuality education is essentially about. Most families have heard about it, and in one way or the other do discuss sexual issues with their adolescent. The good knowledge of pubescent sexuality education in the state could be explained

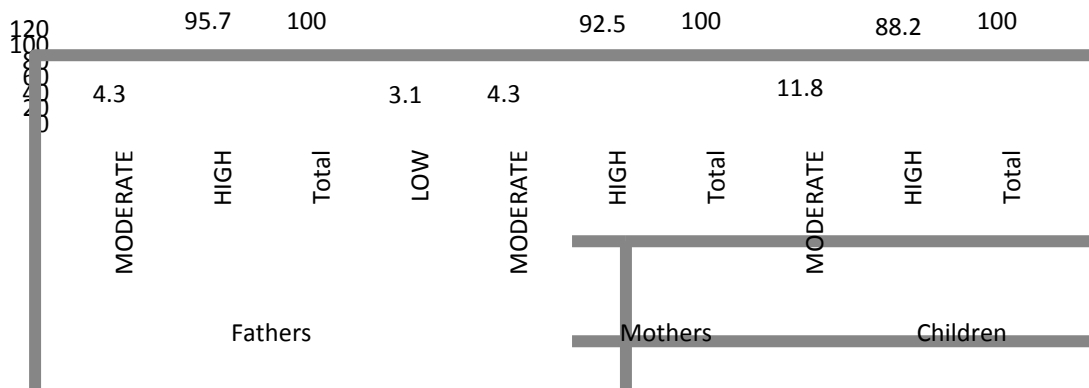


Fig 1: Percentage Distribution of Respondents by knowledge of Sexuality Education by the fact that the state is normally described as a civil servant state, for the generality of the populace have good level of formal education.

Parents’ Attitude to Sexual Discussion with Adolescent Children among Households in Ondo State

Fig 2 shows the frequency and percentage distribution of fathers’, mothers’ and their adolescents’ attitude to parent-child sexual discussions. As seen in the Figure, some (37.9%) of fathers have negative attitude to discussing sex-related issues with their adolescents, while the majority (62.1%) have positive attitude to discussing sex-related issues with their adolescent children. Similarly, some (30.4%) mothers have negative attitude to such discussions with the children, while

the majority (69.6%) have positive attitude to sex-related discussion with their adolescents. The findings indicated that more mothers are positive in their attitude to discussing sex-related issues with the children than fathers. However, it is important to note that the difference between both sexes is very minimal.

The implication of this is that the mothers may not necessarily have higher positive attitude than the fathers. Olusanya (2018) found that there was not significance difference in fathers and mothers attitude to sexual discussion with their adolescents.

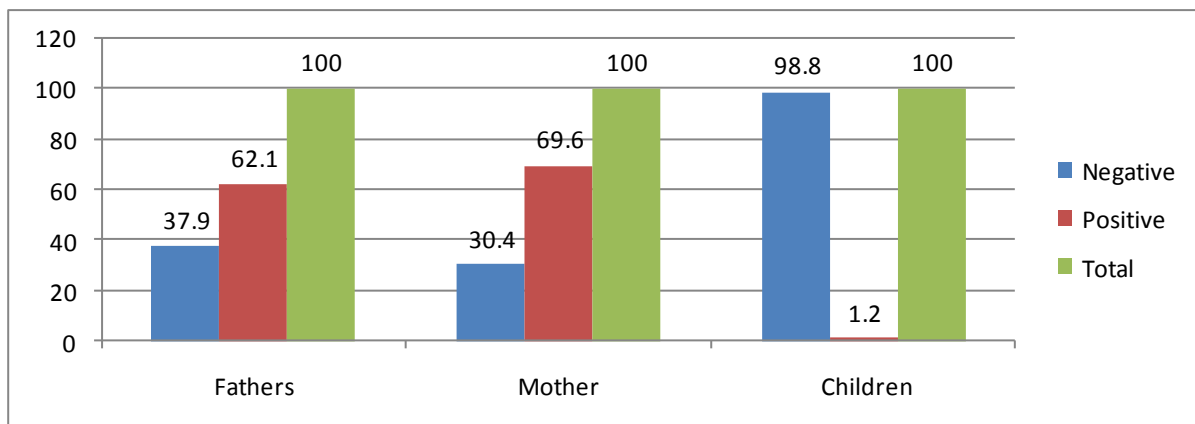


Fig 2: Percentage Distribution of Respondents by Attitude to Sexual Discussion

However, the responses of the children as indicated Figure 2 gave an entirely different depiction about the situation as regards parents’ attitude to parent-child sexual communication among the households in the state. Virtually none of the adolescent children in the entire selected household indicated a positive attitude towards parent-child sexual discussion. Only (1.2%) adolescents indicated a positive attitude, the remaining (98.8%) have negative attitude to discussing sexual issues with their parents. According to Olusanya (2018) the sharp divergence in the attitude of parents and their adolescents is a strong indication that there is wide sexual communication gap between adolescent children

which the parents are oblivious of. In addition, the divergence implies that parents are not the contributory factor to the good knowledge of sexuality education indicated by the majority (88.2%) of the children in Figure 1. During the IDIs, adolescent and parent interviewees in all the sessions reported a ‘disconnect’ between parents and their children when it comes to sexual communication. An adolescent respondent with sense of concern and seemingly failed expectation reported:

I feel a great sense of shame and insecurity, they have never discussed with me about such issues since my

childhood. Except it begins from childhood it is not a thing you can start when you are grown up
 [16 years SS3 female student in Akure]

The following were from the IDIs sessions with parents

I do not discuss such things with my children; however, I know that their mother should have a way of doing so [43 years old educated male parent in Akure South Local Government]

The opportunity I do use to discuss such with my daughter is when she mentions something related that they were taught in school. [46 years old educated female parent in Akure Local Government].

Relationship Between Selected Parents’ Socio-Demographic Characteristics And Parent-Child Sexual Communication

The relationship between selected parents’ socio-demographic characteristics and parent-child sexual communication is related to hypotheses that were generated to guide the study.

Hypothesis 1: There is a Significant Relationship between Gender of Parents and Parent-Child Sexual Communication

Table 1 reflects the distribution of adolescent respondents by the most preferred source of sexual-related information. The table shows that the majority (32.1%) of the male children opined that their mother was the most preferred source of sex-related information; a few (11.3%) and (11.3%) indicated father and peers respectively. Literature represented (5.7%) and radio just (1.9%). Those who said health workers were (15.1%) while Pastors/Imams represented (7.5%). Lastly, those who said others were (15.1%).

Table 1: Distribution of Adolescent Respondents by the Most preferred Source of sexual-related information

Most preferred Source of sexual-related information	Male adolescents		Female Adolescents	
	Freq.	%	Freq.	%
Mother	17	32.1	48	44.4
Father	6	11.3	6	5.6
Peer Or Friends	6	11.3	4	3.7
Health Workers	8	15.1	6	5.6
Pastor/Imam	4	7.5	8	7.4
Literatures	3	5.7		
Radio	1	1.9		
Television			1	.9
Internet			2	1.9
Grand Parents			1	.9
Others	8	15.1	32	29.6
Total	53	100.0	108	100.0

For the female adolescent respondents, the table shows that the majority (44.4%) also noted that their mother was the most preferred source of sex-related information. Similarly, a few (5.6%) and (3.7%) indicated father and peers respectively. Television and the internet represents (0.9%) and (1.9%) respectively. Those who indicated health workers were (5.6%), while those who noted Pastors/Imams were (7.4%). Grandparents represent just (0.9%) and some (29.6%) indicated others. The findings indicated that the sexes of children do not necessarily influence which of the parents is the most preferred source of sex-related information. As reflected in the table, the majority (32.1%) and (44.4%)

It is also significant to note that peers represents (11.3%) and (3.7%) for boys and girls respectively.

These percentages are far lower than those for mothers, although they compared favourably with the percentages for fathers, (11.3%) for boys and (5.6%) for girls. The finding is consistent with the work of Akande and Akande (2007), they found that adolescents want to constantly receive sexual information from their parents.

Table 2 shows the analysis of only gender of adolescents and parents by preferred parent for sexual discussion. The table revealed that the majority (54.7%) of the male adolescent respondents preferred discussing sexual or sex-related issues with their mothers than their fathers, the remaining (45.3%) opined otherwise. In same vein, the majority (80.6%) of the female adolescent respondents preferred discussing sexual or sex-related issues with their

mothers than their fathers, the remaining (28.0%) noted otherwise, this further indicates that the gender

of parents significantly influence the preferred parent for sexual discussion.

Table 2: Analysis of Gender of Adolescents and Parents by Preferred Parent for Sexual Discussion

Sex of Adolescents	Preference for mother to father in discussing sexual or sex-related issues		Total	X ² Value	P-Value
	Those who are so inclined	Those who are not so inclined			
Male	29(54.7%)	24(45.3%)	53(100%)	11.787	0.001
Female	87(80.6%)	21(19.4%)	108(100%)		
Total	116(72.0%)	45(28.0%)	161(100%)		

0.05 level of Significance

However, it is equally significant to note that the percentage difference between those who are so inclined to rather discuss with mother and those who are not so inclined for both sexes of the adolescents. The percentage difference for the male adolescents (54.7% - 45.3%) is 9.4% while that of female adolescents (80.6% - 19.4%) is 61.2%. This finding revealed that although children generally discuss sexual issues more with their mothers, were fathers to be available and perhaps psychologically oriented toward children like mothers; the majority of boys would have preferred to discuss sexual issues with their fathers while the majority of girls would have preferred to discuss sex-related issues with their mother. For instance, Speizer, Mullen, and Amegee assessed differences by gender in adults' perspectives on adolescent reproductive health behaviours in Lome, Togo (2001). They reported that men were more open than women to their children's request for sexuality information. Also, the study found that a high proportion of mothers discussed sexual issues with their daughters whilst fathers discussed with their sons.

Though, as further seen in table 2 the chi-square value was 11.787, and the P valve was 0.001 for the observed frequency distribution. The P valve is lower than 0.05, therefore, there is a significant relationship between gender of parents and parent-child sexual communication. In other words, adolescent children (whether male or female) prefer discussing sexual issues with their mothers than their fathers. Oftentimes, mothers play the role of primary caregiver for children from infancy. Children, thus, often tend to be attached to mothers than fathers. The finding is consistent with previous African-based studies of Amoran, Anadeko, and Adeniyi, 2005; Kiragu, Obwaka, Odallo, Van Hulzen, 1996. Thus, the most probable explanation for why these findings contradict the submission of Speizer, Mullen, and

Amegee (2001) in Lome, Togo; is that the fathers in this study are less open than mothers to their children's request for sexuality information. Nevertheless, these findings underscored the importance of mothers as the most preferred sexuality socialization partners, particularly for female adolescents.

Hypothesis 2: There is a Significant Relationship between Parents' Levels of Education and Parent-Child Discussion on Sex-Related Matters.

Since gender of parents was found significant the analysis of other possible factors influencing parent-child sexual communication was done separately for fathers and mothers. Table 3 displays the analysis of fathers' educational attainment by fathers' attitude to parent-child sexual communication. The table shows that the majority (83.3%) of fathers with no formal education had positive attitude to parent-child communication on sex-related matters with their adolescent, while just (16.7%) had negative attitude to such discussion. The majority (75.0%) of the fathers with primary education had negative attitude to parent-child communication on sexual issues, while the remaining (25.0%) represents fathers in this category with positive attitude. For fathers with secondary education, the majority (62.5%) had positive attitude to such discussion, the remaining (37.5%) had negative attitude. Graduate of Polytechnic/College of education that had positive attitude were (47.4%) while the majority (52.6%) were negatively disposed. Lastly, the majority (71.4%) of fathers that are university graduate had positive attitude to parent-child communication on sex-related matters with their adolescent, while the remaining (28.6%) were negatively inclined. The finding was further subjected to chi-analysis to ascertain if there is any significant relationship in the observed distributions.

Table 3: Analysis of Fathers’ Educational Attainment by Fathers’ Attitude to Parent-Child Sexual Communication

Highest Educational Qualification Obtained	Attitude Father’s			X ² Value	P-Value
	Negative	Positive	Total		
No Formal Education	1(16.7%)	5(83.3%)	6(100%)	.719	0.949
Primary Education	6(75.0%)	2(25.0%)	8(100%)		
Secondary Education	12(37.5%)	20(62.5%)	32(100%)		
Graduate of Polytechnic/College of Education	20(52.6%)	18(47.4%)	38(100%)		
University Graduate	22(28.6%)	55(71.4%)	77(100%)		
Total	61(37.9%)	100(62.1%)	161(100%)		

0.05 level of Significance

The chi-square value as indicated in the table was 0.719 and the P value was 0.949. This is higher than 0.05. Hence, the study concludes that there is no significant relationship between fathers’ level of education and fathers’ attitude to parent-child sexual communication. The implication of this is that level of education does not necessarily influence the attitude of fathers to parent-child sexual communication. The study then examined the relationship between fathers’ educational attainment and openness of fathers’ parent-child communication on sexual matters.

Table 4 depicts the analysis of fathers’ educational attainment by openness of fathers’ parent-child sexual communication. The openness of half (50.0%) of fathers with no formal education was average, while for the remaining half was good. The majority

(75.0%) of the fathers with primary education were averagely open during parent-child communication on sexual issues, while the openness of some (25.0%) was good. For fathers with secondary school education, the openness of one (3.1%) was poor, the majority (62.5%) were averagely open, the remaining (34.4%) represents fathers whose level of openness was good. The majority (55.3%) of fathers that graduated from polytechnics/colleges of education were averagely open during parent-child sexual communication, while some (44.7%) had good open parent-child sexual communication. Finally, the openness of two (2.6%) fathers that are university graduates was poor, some (40.0%) of them average, while the openness for the majority (58.4%) was good during parent-child communication on sex-related matters with their adolescent.

Table 4: Analysis of fathers’ Educational Attainment by Openness of Fathers’ Parent-Child Sexual Communication

Highest Educational Qualification Obtained	Openness of Father			Total	X ² Value	P-Value
	Poor	Average	Good			
no formal education	0	3(50.0%)	3(50.0%)	6(100%)	11.381	0.181
primary education	0	6(75.0%)	2(25.0%)	8(100%)		
secondary education	1(3.1%)	20(62.5%)	11(34.4%)	32(100%)		
graduate of polytechnic/college of education	0	21(55.3%)	17(44.7%)	38(100%)		
university graduate	2(2.6%)	30(40.0%)	45(58.4%)	77(100%)		
Total	3(1.9%)	80(49.7%)	78(48.4%)	161(100%)		

0.05 Level of Significance

The finding was then further subject to chi-analysis to ascertain the possibility of any significant relationship in the observed distributions. The chi-square value was 11.381 and the P value was 0.181. This is higher than 0.05. Hence, it follows that there is no significant relationship between fathers’ level of education and fathers’ openness to parent-child sexual communication.

The same pattern of analysis was done for mothers. Table 5 shows the analysis of mothers’ educational attainment by mothers’ attitude to parent-child sexual communication. The table indicated that a sizeable number (36.8%) of mothers with no formal education had negative attitude to parent-child communication

on sex-related matters with their adolescent; while the majority (63.2%) had positive disposition to such discussion. Most (55.6%) mothers out of those with primary education had a negative attitude to parent-child communication on sexual issues with their adolescent, while many (44.4%) had positive attitude. Some (38.3%) of the mothers with secondary education had negative attitude to such discussion, while the majority had positive attitude to parent-child sexual communication with their adolescents. Graduates of polytechnics/colleges of education that were negatively disposed to such discussions were (35.4%), while the majority (64.6%) had positive attitude. Lastly, just (5.3%) of the mothers that are university graduates had negative attitude to parent-child communication on sex-related matters with

their adolescent. but the majority (94.7%) had positive attitude to parent-child communication on sex-related matters with their adolescent. As with the fathers, the finding was further subjected to chi-

analysis to ascertain if there is any significant relationship in the observed distributions.

Table 5: Analysis of Mothers’ Educational Attainment by Mothers’ Attitude to Parent-Child Sexual Communication

Highest Educational Qualification Obtained	Mother’s Attitude			X ² Value	P-Value
	Negative	Positive	Total		
No Formal Education	7(36.8%)	12(63.2%)	19(100%)	40.136	0.000
Primary Education	5(55.6%)	4(44.4%)	9(100%)		
Secondary Education	18(38.3%)	29(61.7%)	47(100%)		
Graduate of Polytechnic/ College of Education	17(35.4%)	31(64.6%)	48(100%)		
University Graduate	2(5.3%)	36(94.7%)	38(100%)		
Total	49(30.4%)	112(69.6%)	161(100%)		

0.05 Level of Significance

The chi-square value as reflected in table was 40.136 while the P value was 0.000. This is lower than 0.05. Hence, the study concludes that there is significant relationship between mothers’ level of education and mothers’ attitude to parent-child sexual communication. Therefore, particularly for mothers; educational attainment of parents has influence on parents’ attitude to parent-child communication on sex-related matters with their adolescents.

Next, the study examined the relationship between mothers’ educational attainment and openness of mothers’ parent-child sexual communication. The analysis of mothers’ educational attainment by openness of mothers’ parent-child sexual communication is presented in table 6. The table shows the openness of mothers during parent-child sexual communication. The openness of two (10.5%) of the mothers with no formal education was poor,

some (36.9%) was average and the openness of the majority (52.6%) was good. The openness of the majority (55.6%) of the mothers with primary education was average; that of some (33.3%) was good, while the openness of only one (11.1%) was poor. Similarly, openness during sexual communication for majority (70.2%) of mothers with secondary school education was average, while it was good for the remaining (29.8%) mothers. As regards mothers were polytechnics/colleges of education graduates; the openness of the majority (52.1%) was good, while it was average for many (42.9%) others. Finally, the openness of the majority (73.7%) of mothers that are university graduates was good during parent-child communication on sex-related matters with their adolescent, while it was average for the remaining (26.3%). The finding was then subjected to chi-square analysis to ascertain the possibility of any significant relationship in the observed distribution.

Table 6: Analysis of Mothers’ Educational Attainment by Openness of Mothers’ Parent-Child Sexual Communication

Highest Educational Qualification Obtained	Openness Of Mother			Total	X ² Value	P-Value
	Poor	Average	Good			
No Formal Education	2(10.5)	7(36.9)	10(52.6)	19(100%)	24.016	0.002
Primary Education	1(11.1)	5(55.6)	3(33.3)	9(100%)		
Secondary Education	0	33(70.2)	14(29.8)	47(100%)		
Graduate of Polytechnic/College of Education	0	23(47.9)	25(52.1)	48(100%)		
University Graduate	0	10(26.3)	28(73.7%)	38(100%)		
Total	3(1.9%)	78(48.5%)	80(49.7%)	161(100%)		

0.05 Level of Significance

As seen in the table, the chi-square value was 24.016 and the P value was 0.002. This is lower than 0.05. Hence, the study further concludes that there is significant relationship between mothers’ level of education and mothers’ openness to parent-child sexual communication. This implies that level of educational attainment influences the openness of

mothers to parent-child sexual communication. Thus, again, particularly for mothers; educational attainment of parents has influence on parents’ openness during parent-child communication on sex-related matters with their adolescents. Meaning that the higher the level of education of mothers, the higher the receptivity of their discussion on sex-related matter with their adolescents. The most

probable explanation for these findings (i.e why level of educational attainment did not influence fathers’ attitude and openness to parent-child sexual communication but influenced those of mothers) is noted by Olusanya (2018), that regardless of level of educational attainment, the perception and belief of majority of fathers about human sexuality and sex-related conversations with children are largely influenced, moulded and shaped by patriarchy

Hypothesis 3: There is a Significant Relationship between Parents’ Occupation and Parent-Child Discussion on Sex-Related Matters

Table 7 shows the analysis of fathers’ occupation by fathers’ attitude to parent-child sexual

communication. The table shows that the majority (57.1%) of fathers who are civil servants had positive attitude to parent-child communication on sex-related matters with their adolescents, while many (42.97%) were negatively disposed to such discussion. The majority (57.1%) of the fathers who are traders had positive attitude to parent-child communication on sexual issues, while the remaining (42.9%) represents fathers in this category with negative attitude. For fathers who are artisans the majority (62.5%) had positive attitude to such discussion, the remaining (37.5%) were negatively inclined.

Table 7: Analysis of Fathers’ Occupation by Fathers’ Attitude to Parent-Child Sexual Communication

Occupation	Father’s Attitude			X ² Value	P-Value
	Negative	Positive	Total		
Civil Servant	45(42.9%)	60(57.1%)	105(100%)	.447	0.994
Trading	6(42.9%)	8(57.1%)	14(100%)		
Artisan	3(37.5%)	5(62.5%)	8(100%)		
Farming	4(30.8%)	9(69.2%)	13(100%)		
Labourer/Cleaner	1(33.3%)	2(66.7%)	3(100%)		
Others	2(11.1%)	16(88.9%)	18(100%)		
Total	61(37.9%)	100(62.1%)	161(100%)		

0.05 Level of Significance

Farmers that had positive attitude were (69.2%) while the remaining (30.8%) were negatively disposed. Two (66.7%) of the three respondents that are labourers/cleaners had positive attitude to parent-child communication on sex-related issues, while the remaining one (33.3%) were negatively disposed. Lastly, the majority (88.9%) of fathers that were classified as others had positive attitude to parent-child communication on sex-related matters with their adolescent, while a few (11.1%) were negatively inclined. The finding was then subjected to chi-analysis to ascertain possible significant relationship in the observed distributions. The chi-square value was 0 .447 while the P value was 0.994. This is higher than 0.05. Hence, the study concludes that there is no significant relationship between fathers’ occupation and fathers’ attitude to parent-child sexual communication.

The study then examined the relationship between fathers’ occupation and openness of fathers’ parent-child sexual communication. This is seen in table 8. The table shows the openness of various categories of fathers during sex-related conversations with their adolescent children. The openness of a few (1.9%) of fathers who are civil servants was poor, that of many (46.7%) was average, while the openness of the majority (51.4%) of fathers in this category was good. For fathers who are traders, the openness of one (7.1%) was poor, for most (78.6%), average, while, for the remaining two (14.3%) good. As regards fathers who are artisan, openness for the majority (75.0%) was average, while the openness of some (25.0%) was good.

Table 8: Analysis of Fathers’ Occupation by Openness of Fathers’ Parent-Child Sexual Communication

Occupation	Openness Of Father			Total	X ² Value	P-Value
	Poor	Average	Good			
Civil Servant	2(1.9%)	49(46.7%)	54(51.4%)	105(100%)	18.621	.045
Trading	1(7.1%)	11(78.6%)	2(14.3%)	14(100%)		
Artisan	0	6(75.0%)	2(25.0%)	8(100%)		
Farming	0	6(46.2%)	7(53.8%)	13(100%)		
Labourer/Cleaner	0	2(66.7%)	1(33.3%)	3(100%)		
Others	0	6(33.3%)	12(66.7%)	18(100%)		
Total	3(1.9%)	80(49.7%)	78(48.4%)	161(100%)		

*0.05 Level of Significance.

With respect to fathers who are farmers, openness for the majority (53.8%) was average; the remaining (34.4%) represents fathers with good openness. Further, openness for two (66.7%) of three fathers that are labourers/cleaners was average during parent-child sexual communication, while that of one (33.3%) was good. Finally, the openness of some (33.3%) fathers that were classified as others was average, while the openness of the majority (66.7%) was good. The finding was further subject to chi-analysis to ascertain the possibility of any significant relationship in the observed distributions.

The chi-square value was 18.621 while that the P value was 0.045. This is lower than 0.05. Hence, the study further concludes that there is significant relationship between fathers' occupation and fathers' openness to parent-child sexual communication. The implication of this is that the nature of fathers' occupation influences the openness of fathers to parent-child sexual communication. The most probable explanation for these findings (i.e why the occupation of fathers did not influence fathers' attitude to parent-child sexual communication but was significantly related to fathers' openness to parent-child sexual communication) is still the fact that, regardless of level of educational attainment, the perception and belief of majority of fathers about human sexuality is largely influenced, moulded and shaped by patriarchy. This will be obvious in their attitude regardless of the nature of their occupation. However, since the majority of fathers have good attitude towards parent-child sexual communication (particularly because of concern for HIV/AIDs infection and grave negative consequences of adolescent pregnancy), fathers with less tedious jobs or those who are not career workers or those whose occupation is not time-consuming are likely to have time to discuss with their children than those whose jobs are very involving.

Mothers' occupation was subjected to the same analysis. Table 9 displays the analysis of mothers'

occupation by mothers' attitude to parent-child sexual communication. The table shows that one (28.0%) of the mothers who are civil servants had negative attitude to parent-child communication on sex-related matters with their adolescent, while the majority (72.0%) had positive disposition to such discussion. Some (35.6%) mothers out of those who are traders had a negative attitude to parent-child communication on sexual issues with their adolescent, while the majority (64.4%) had positive attitude. Also, three (60.0%) of the five mothers who are artisans were negatively disposed to such discussion, while the remaining two (40.0%) had positive attitude to sex-related discussion with their adolescents. The only one respondent mother who is a farmer noted a positive attitude towards parent-child sexual communication. Just five respondent mothers noted they are full-time housewives. Two (40.0%) of them had negative attitude towards parent-child sexual communication, the remaining three had positive attitude to such discussion. For the two mothers who are labourers/cleaners, one (50.0%) of them was negatively inclined to parent-child sexual discussion, while the other one ((50.0%) had positive attitude to parent-child sexual communication with their adolescents. Lastly, one (7.1%) of the mothers whose occupation were classified as others was averagely disposed to parent-child communication on sex-related matters with their adolescent, but the majority (92.9%) had good attitude to parent-child communication on sex-related matters.

The observed distribution was then subjected to chi-analysis to ascertain if there is any significant relationship in the observed distributions. The chi-square value was 13.721 and the P value was 0.186. This is higher than 0.05. Thus, there is no significant relationship between mothers' occupation and mothers' attitude to parent-child sexual communication

Table 9: Analysis of Mothers' Occupation by Mothers' Attitude to Parent-Child Sexual Communication

Occupation	Mother's Attitude		Total	X ² Value	P-Value
	Negative	Positive			
Civil Servant	21(28.0%)	54(72.0%)	75(100%)	13.721	.186
Trading	21(35.6%)	38(64.4%)	59(100%)		
Artisan	3(60.0%)	2(40.0%)	5(100%)		
Farming	Nil	1(100%)	1(100%)		
Housewife	2(40.0%)	3(60.0%)	5(100%)		
Labourer/Cleaner	1(50.0%)	1(50.0%)	2(100%)		
Others	1(7.1%)	13(92.9%)	14(100%)		
Total	49(30.4%)	112(69.6%)	161(100%)		

*0.05 Level of Significance.

Next, the study examined the relationship between mothers' occupation and openness of mothers' parent-child sexual communication. This is displayed in table 10. The table shows the occupation of respondent mothers by their openness during parent-child sexual communication with their adolescent children. The openness of one (1.3%) of the mothers who are civil servants was poor, some (40.0%) was average and the openness of the majority (58.7%) was good. Similarly, the openness of one (1.7%) of the mothers who are traders was poor; for the majority (59.3%) average, while for some (39.0%) good. Regarding mothers who are artisans, the openness for three (60.0%) of the five mothers was average, while that of the remaining two (40.0%) was good.

Only one (100%) of the mothers is a farmer and was averagely disposed to parent-child communication on sexual issues. Four (80.0%) of the five mothers that are full-time housewives were also averagely open to parent-child sexual communication, while the openness of the remaining one (20.0%) was good. Finally, for mothers whose occupation was classified as others, the openness of one (7.1%) was poor; some (21.4%) were averagely open while the openness of the majority (71.5%) was good. The finding was then subjected to chi-square analysis to ascertain the possibility of any significant relationship in the observed distribution.

Table 10: Analysis of Mothers' Occupation by Openness of Mothers' Parent-Child Sexual Communication

		Openness Of Mothers			Total	X ² Value	P-Value
		Poor	Average	Good			
Occupation	Civil Servant	1(1.3%)	30(40.0%)	44(58.7%)	75(100%)	15.521	.114
	Trading	1(1.7%)	35(59.3%)	23(39.0%)	59(100%)		
	Artisan	0	3(60.0%)	2(40.0%)	5(100%)		
	Farming	0	1(100%)	0	1(100%)		
	Housewife		4(80.0%)	1(20.0%)	5(100%)		
	Labourer/Cleaner	0	2(100%)	0	2(100%)		
	Others	1(7.1%)	3(21.4%)	10(71.5%)	14(100%)		
	Total	3(1.9%)	78(48.5%)	80(49.7%)	161(100%)		

*0.05 level of Significance

As indicated in table, the chi-square value was 15.521 while the P value was 0.114. This is higher than 0.05. Therefore, there is no significant relationship between mothers' occupation and mothers' openness to parent-child sexual communication. The reason for these findings is not farfetched, regardless of nature of mothers' occupation, mothers are better communicators on sex-related issues than fathers as the study had earlier revealed.

Adolescents' Sexual Life (Dating Relationship and Sexual Initiation) in the State

The study investigated the sexual activities of the adolescents. Table 11 shows the percentage distribution of the sexual activities of adolescent respondents. The table reveals the sexual life of the adolescent children respondent particularly in respect of dating relationship and sexual initiation. Many (46.0%) of the adolescents opined that intimacy with the opposite sex is a normal part of growing up, while most (54.0%) of them noted otherwise. The majority (70.2%) of the adolescents don't mind intimate relationship with an opposite sex they love, wholesome (29.2%) do mind. Also, some (17.4%) of the adolescent respondents opined that they do not mind having sex with an intimate opposite sex they really love and trust, while the majority (82.6%)

opined that they do mind such action. A sizeable number (23.6%) of the adolescents affirmed that for intimate relationship, sex can be one of the means of expressing heart-felt love, while many others (76.4%) felt otherwise.

As regards the sexual activities of the adolescent respondents, a good number (29.2%) of the adolescents have a date (i.e a boy/girl lover) but the majority (70.8%) of them do not. Some (27.3%) of the adolescents had been out with an intimate opposite sex for a date before, why most (72.3%) of them had not done so. A sizeable number (39.1%) of adolescents do read sexually stimulating literatures, why most (60.9%) of them do not. A sizeable number (26.1%) of the adolescents do sometimes receive sexually stimulating messages from intimate friends through phone calls, text messages and internet calls; nonetheless, most (73.9%) of them noted they do not. Also, some (11.2%) of the adolescents had handled their sexual urges through masturbation at one time or the other, while the majority (88.8%) had not. Some (29.8%) of the adolescents had being involved in kissing with the opposite sex, while the majority (70.2%) noted that they had never engaged in such practice. A good number (19.9%) of the adolescent respondents noted that they had engaged in romance with an opposite sex before,, while many others (80.1%) had not. Adolescents who had

initiated sex represent (14.3%), while those who had not, represent (85.7%).

Table 11: Sexual Activities of Adolescents

Sexual Activities of Adolescents	Yes		No	
	Freq.	%	Freq.	%
Intimacy with the opposite sex is a normal part of growing up.	74	46.0	87	54.0
I don't mind intimacy relationship with an opposite sex I love.	113	70.2	48	29.8
I do not mind having sex with an intimate opposite sex I really love and trust	28	17.4	133	82.6
For intimate relationship, sex can be one of the means of expressing heart-felt love	38	23.6	123	76.4
Dating Relationship	47	29.2	114	70.8
Do visit/go out my date	44	27.3	117	72.7
Reading sexually stimulating literatures	63	39.1	98	60.9
Sometimes receive sexually stimulating messages from my intimate friend through phone calls, text messages and internet calls	42	26.1	119	73.9
Handled sexual urges through masturbation	18	11.2	143	88.8
engaged in a kiss with the opposite sex before	48	29.8	113	70.2
engaged in romance with an opposite sex	32	19.9	129	80.1
Involved in sexual intercourse	23	14.3	138	85.7

The finding revealed that almost half (46.0%) the total number of adolescent respondents opined that intimacy with the opposite sex is a normal part of growing up. In addition, the majority (70.2%) of the adolescents don't mind intimate relationship with an opposite sex they love. This is quite significant. It means that while many of these adolescents may currently not have boy/girl lover or involved in sexual intercourse, they have attitude and behaviour that greatly predispose them to early sexual initiation. The work of Lieberman (2006) found that nonsexual romantic relationships in the seventh grade are connected with sexual debut by the ninth grade for both male and female adolescents. Moreover, he reported that among females, seventh graders in serious relationships with older teenagers had higher probability of sex in the ninth grade. The study further found that male and female adolescents that were in their seventh grade who have had serious romantic relationships had sexual life (dating relationships) that were already considerably different in their sixth grade from those adolescents who do not have such romantic relationship.

Lieberman (2006) noted that these adolescents had friends who were more disposed to sexual activity and had experienced greater unwanted sexual advances and circumstances that could lead to sex intercourse particularly in the absence of parental monitoring. The point is that when adolescents are opened to dating relationship as normal part of growing up, (even when such relationships are ordinarily nonsexual) they make such young people particularly vulnerable to sexual initiation which compromises their sexual health compared to their counterparts who have no dating relationship. However, the reality of present day social life is that

many adolescents see dating relationship as an essential part of growing up. The findings from the IDIs converge with this finding from the quantitative instrument. The following theme emerges from most of the sessions.

*Uncle the issue is that you look odd when you don't have a relationship
(17 years SS3 male student in Akoko)
Even when you don't want to, the pressure is so much (18 years
Out of school female adolescent in Akure)
Having a relationship is just the general thing (15 years of SS2
male student in Akoko)*

Thus, one major factor (though appearing rather harmless) that not only greatly compromises healthy sexual behaviour among adolescents but also make adolescents particularly vulnerable to sexual debut is the intimate relationship they share with the opposite sex. Oftentimes, these relationships make adolescents to encounter higher unwanted sexual advances and circumstances that could lead to sexual intercourse particularly in the absence of parental monitoring. This becomes a vital issue for intervention with the underpinning that the economic situations of the country today have greatly handicapped parental supervision and monitoring of children. Moreover, in contemporary time, many adolescents (ages 16 to 19) are already undergraduates in various higher institutions of learning far away from the watchful eyes of their parents. The following themes emerged from the IDIs:

Although parents are against premarital sex, one major problem of

adolescents is that their parents by their lifestyle are not their role models. Adolescents need adequate role modelling from their parents. (45 years old less educated female parent in Akoko)

Also, another respondent remarked:

A leading cause of premarital sexual intercourse among young people is not about parents attitude to it, but that parents have abandoned their traditional role of oversight over young people. Moreover, many instances of indecent and immoral dressing among adolescents today are traced to parents (60 years old educated male parent in Akure)

An adolescent discussant in Akure affirmed:

All my parents are interested in, is my report sheet at the end of the term, they really have no time for what happens during the term. [14 years old JSS3 student]

This has repercussion on the sexual initiation among adolescents. Diclemente, Crosby and Wingood (2002) reported that a lower level of perceived parental monitoring is linked with much risky behaviour among adolescents, including early initiation of sexual activity; and as a matter of fact the term "parental monitoring" consists of communication between parents and their children and supervision in terms of knowing their where about, what they are involve in and their friends. The implication of this result is that, regardless, of the attitude of parents, they may behave in a way that predisposes their adolescents to premarital sexual intercourse, or that avails the children the opportunity to initiate sexual intercourse (Irala, 2007). Parents may for instance, not monitor the activities of their adolescents. Wight, Williamson, and Henderson (2006) revealed that higher levels of parental monitoring were connected to lower sexual behaviour in males and a later age at sexual debut, fewer sexual partners, and more consistent use of condom in females.

The table further indicated that the sexual activity practiced mostly by the adolescent respondents is the reading of sexually stimulating literature (39.1%), followed by involvement in kissing with the opposite sex (29.8%). Next in line was having boy/girl lover (29.2%) followed by outing with an intimate opposite sex for a date (27.3%). Then receiving of sexually stimulating messages from intimate friends through phone calls, text messages and internet calls at intervals (26.1%), followed by engaging in romance with an opposite sex (19.9%). Involvement in sexual intercourse (14.3%) came next and lastly, masturbation (11.2%). For perception that shows the extent to which adolescents are predisposed to sexual

initiation, adolescents not minding sexual intimacy with the opposite sex they love has the highest percentage (29.2%), followed by, sex can be one of the means of expressing heart-felt love in intimate relationship (23.6%) and lastly, adolescents not minding having sex with an intimate opposite sex they really love and trust (17.4%). This finding is quite significant. So much had been said about the negative effects of the media, technological advancement and peers on the sexual activity of adolescents. Many intervention programmes have created awareness about the negative effects of the aforementioned; while the nature of literatures adolescents read from time to time have received little attention.

DISCUSSION

The findings reveal that most household in the state have a good knowledge of what sexuality education particularly of adolescent is essentially about. Most families have heard about it, and in one way or the other do discuss sexual issues with their adolescent. The likely reason for this is not to be farfetched as the majority of the respondents have university education. They value sexuality discussion with their children because they would desire same education attainment for their children which unhealthy sexual activities may impede. This is in consonance with Weberian action theory.

The study also reveals that there is sharp divergence in the attitude of parents and their adolescents towards parent-child sexual communication. In addition, it was indicated that the divergence implies that parents are not the contributory factor to the good knowledge of sexuality education indicated by the majority of the children. The implication is that such knowledge of sexuality is likely to be from peers or other sources which are laden with distortions that predispose adolescents to risky sexual behaviour or sexual risk-taking which have implications for their sexual health. This finding corroborates the assertion of Lieberman (2006) who noted that adolescents continue to have distorted information on and about sex from peers, which results in early sexual debut. Similarly, other studies across the country found that male and female adolescents have high level of risky sexual practices including unprotected sexual intercourse with multiple partners and the age at first sexual intercourse increasingly decreasing (Ola and Oludare, 2012).

Furthermore, the study found that silence on sex-related matters in many homes, makes many children attain adolescence or teenage years not cognitively and psychologically able to discuss sex related matters with their parents. In addition, many adolescents attain the age of puberty with little or no understanding of the various emotional changes they

experience. They therefore tend to express negative sexual behaviour during this period. This is in consonant with the submission of Obonoetal (2003).

Lastly, the finding reveal that despite adolescents' awareness of many grave negative social and health consequences of unhealthy sexual life on their sexual health, there are some factors responsible for adolescents' continued sexual risk-taking namely, the general societal sexual permissiveness, emotional issues and peer pressure remain major factors. This finding resonates the submissions of Aji, Aji, Ifeadike, Emelumadu, Ubajaka, Nwabueze, Ebenebe and Azuike, (2013), they noted that pressure to conform was stated by almost all respondents in these studies and such pressure could range from subtle labelling to physical harassment.

CONCLUSION

In the triads of fathers mothers and their adolescents, many parents, regardless of the nature of occupation and level of educational attainment still have inhibitions discussing sex-related matters with their adolescents. Where there might be psychological willingness to discuss sex-related matters with their adolescents, the inadequate time parents spend with their children impedes parent-child communication and parental supervision.

Following from the aforementioned, many children become adolescents who are psychologically unable to discuss sex-related matters with their parents due to lack of shared intimacy with their parents.

Despite processes of westernization, industrialization, urbanization and more recently globalization (particularly driven by information technology) patriarchy still persists in respect of sexual socialization of children among majority of contemporary fathers and even mothers in the community.

In addition, many adolescents are not cognitively and psychological prepared for the emotional changes that come with puberty.

RECOMMENDATIONS/POLICY

IMPLICATION

From the findings, the under-listed recommendations are made:

1. Parents should endeavour to befriend their adolescents from childhood to provide cordial environment for intimate sexual conversation at home
2. Parents are the first foundation of character formation and the primary agent of socialization, there is an urgent need therefore for interventions that targets parents with the aim of promoting open and receptive parent-child sexual conversations.

3. In addition, there is need for interventions geared towards gender mainstreaming for fathers in respect of sexual socialization of their adolescents.

LIMITATION OF THE STUDY

Despite the findings, conclusion and recommendation of the study, it is important to note that the study was conducted using 483 respondents across 161 households in the state. Perhaps, a larger sample might have points of departure from the findings of the study; In addition, sexual communication is a very sensitive issue, people usually feel out-of-place due to the private and intimate nature of sex and sex-related issues; particularly, is the sociocultural milieu that surrounds sexual discussions among the Yoruba people. Consequently, there is the possibility that some respondents/discussants were not completely open with responses in spite of spirited efforts and strategic plans to avoid such, Nonetheless, the data were gathered under open and receptive atmosphere

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