

Influence Of Nurse-Led Sexuality Education On Knowledge, Perception And Risk Of Teenage Pregnancy Among Female Adolescents In Secondary Schools In Osogbo, Osun State

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Abstracts:

The journey to motherhood often presents a myriad of challenges across every facet of life for experienced adult women, let alone female adolescents who come into motherhood with appropriate plan. The study examine influence of Nurse-led sex-education on knowledge, perception and risk of teenage pregnancy among female adolescents in Secondary Schools in Osogbo. This study adopted quasi-experimental design of pre and post-intervention type and was conducted among female adolescents attending senior secondary schools in Osogbo, Osun State, Nigeria. A sample size 165 respondents were selected using multi-stage sampling techniques. All respondents were subjected to constructive nurse-led intervention, devoid of bias for one hour, before pre-interventional assessment, using structural questionnaire, while post interventional assessment was also conducted four weeks after using the same instrument. Data collected from the selected respondents were analyzed using frequency and valid percent aspect of descriptive statistics. Finding revealed that, there was a significant increase in percentage of respondents with good knowledge and positive perception during post-intervention (56.2% and 51.3%) compare with during pre-intervention (37.2% and 37.5%). Also the rate of respondents with high risk of pregnancy reduced during post-intervention (30.6%) compare with during pre-intervention (67.3%). The study concluded that, adequate intervention is needed to reduce the prevalence of teenage pregnancy in Nigeria. The study recommended that, health workers need to routinely organize health talks for students to enlighten them about dangers of teenage pregnancy as well as prevention of teenage pregnancy.

Keyword: Sexuality-Education, Knowledge, Perception, Teenage Pregnancy, Female Adolescent

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I. Introduction

The journey to motherhood often presents a myriad of challenges across every facet of life for experienced adult women, let alone female adolescents who come into motherhood with appropriate plan (Akpore & Thupayagale-Tshweneagae, 2019). This is because motherhood requires higher level of composure and hard work in reality, some of which could pose a severe consequences to anyone who isn't ready. Yet, the increasing rate of teenage pregnancy in recent times, especially across developing countries, have continued to be a great concern to parents, school administrators and other stakeholders (Olaiya et al., 2020). This is also partly contributing towards the global burden on maternal health (Madume & Dibia, 2021). Teenage pregnancy refers to pregnancy by an adolescent girl, which is defined as a girl from ages of ten and nineteen (World Health Organization, 2019). Adolescence represent a period of sexual development from initial appearance of secondary sexual characteristics (evidence of puberty) to reproductive maturity. Therefore adolescence period is characterized by debuts, among which sexual debut is prominent. Atuyambe (2015) explained that adolescent period is a time of opportunity as well as risk; such as time for sexual exploitation, which may result in pregnancy. Invariably the risk of teenage pregnancy in Nigeria is high and remain a major health issue in a country where abortion is illegal (Okereke, 2010). This is evidence in the recent increase in teenage mothers and female adolescents' school dropout, which in one way or the other is contributing to increase poverty level of the country. Alabi and Oni (2017) also added that, adolescents and child bearing is quite disruptive to educational process of girls and as the result, many teen mothers leave school and never return. Therefore ensuring teenage girls have

adequate knowledge and positive perception towards prevention of teenage pregnancy could be a way of curtailing this continual increase in teenage mothers.

The recent increasing rate of sexually active adolescents across the global constitute a significant contributor to prevalence of teenage pregnancy. Sully (2020) reported that, about 21 million adolescent girls across developing countries become pregnant before 19 years, while close to 60% of these pregnant teenagers deliver those children. More statistics shows adolescent in Nigeria amounting to about 28% are sexually active (Nnebue et al., 2016). More reported emphasized early sexual debut among adolescents in Nigeria, with about 23% already began childbearing and by 20 years, about 54% already birth at least a child (Olaiya et al., 2020). This questioned the existing orientation of these adolescent about teenage pregnancy and motherhood, from childhood through adolescents, with regards to prevention and consequences of teenage pregnancy.

The inappropriate transition from childhood to teenage may results to unstable emotions for some female teenagers, and this may resultantly increases the risk of complex psychological break among those teenagers, thereby promote irresponsible behaviour which in turn may be another cause of teenage pregnancy (Kristin, 2016). Furthermore, various factors have been found from literatures to contribute to teenage pregnancy. Rani et al., (2016) in a study found that, children who are not loved and shown affection by parents may seek it out with their peers or social media and such could put them at risk of pregnancy. Also, Carrera (2012) held that, unrestricted interaction with opposite sex ignites the sparks of lust in teenagers very easily, especially when alcohol and drugs are involve. Kagawa et al., (2017) in another study held that, high rates of teenage pregnancy is usually associated with poor education, low income levels, and childhood environment. One of the most traumatic and devastating effects of teenage pregnancy is making it difficult for girls to continue with her education. This however is a threat to achievement of sustainable development goal on Education for all by 2030. Aside this, the financial, psychological and social consequences of teenage pregnancy is grievous. However, available empirical evidences have shown that, most studies conducted in this area, focused on aftermath consequences of teenage pregnancy such as, how it affect academic, finance, carrier, social and psychological effects on teenagers and family (Darroch et al., 2016). Some studies focused on finding determinants of teenage pregnancy are inconclusive, in that, most failed to consider inclusion adequate intervention. It is however imperative that, increasing prevalence of teenage pregnancy in Nigeria be curtailed in the face of paucity of literatures on interventional studies on teenage pregnancy. This study examine influence of Nurse-led sex-education on knowledge, perception and risk of teenage pregnancy among female adolescents in Secondary Schools in Osogbo.

Objective of the study

1. Find out level of risk of teenage pregnancy (pre and post) among female adolescents attending selected senior secondary school in Osogbo Osun State.
2. Assess the level of knowledge on teenage pregnancy (pre and post) among female adolescents attending selected senior secondary school in Osogbo Osun State.
3. Examine the perception towards risk of teenage pregnancy (pre and post) among female adolescents attending selected senior secondary school in Osogbo Osun State.

II. Methodology

This study will adopt quasi-experimental design. The study population include all female adolescents attending senior secondary schools in Osogbo, Osun State. Sample will be determined using Cochran formula for sample size determination. 165 respondents. Multi-stage sampling techniques will be adopted for selection of sample. The instrument for data collection is a standardized structural questionnaire based on the Research objectives. It will be constructed in English Language for easy communication with respondents. The questionnaire will be divided into four sections-A, B, C and D. The data collected from the selected respondents will be analyzed using statistical package for social science (SPSS) version 23.0 while the stated hypotheses will be tested using multiple regression analysis at 0.05 level of significance. The need for adopting multiple regression analysis is based on the fact that, multiple independent variable is involved, with one dependent variable. Also both variables understudy are continuous and influence of each independent will be tested on dependent variable. Each objectives will be analysed using frequency and valid percent aspect of descriptive statistics. More so, overall risk level will be presented using graph.

III. Results

Table 1: Demographic Characteristics

Variable	Frequency (n=155)	Percentage (%)
Age		
13-15 years	95	61.3
16-18 years	50	32.3
19- years and above	10	6.5

Class		
JSS 3	21	13.6
SSS 1	56	36.1
SSS 2	47	30.3
SSS 3	31	20.0
Mother's educational level		
No formal Education	28	18.1
Primary	41	26.5
Secondary	78	50.3
Tertiary Education	8	5.1
Other		
Religion		
Christianity	64	41.3
Islam	91	58.7
Other	0	0.0
Family Status/Structure		
Monogamy	104	67.1
Polygamy	51	32.9
Tribe		
Yoruba	122	78.7
Igbo	10	6.5
Hausa	0	0.0
Others	23	14.8

Table 1 presents frequency distribution of respondents by demographic characteristics. On age, majority (61.3%), were 13-15 years, below a third (32.3%) were 16-18 years, below a tenth (6.5%) were 19 years and above. On class, above a third (36.1%) were from SSS 1, below a third (30.3%) were from SSS 2 and a fifth (20.0%) were from SSS 3. On mother's educational level, 18.1% had no formal education, about a quarter (26.5%) had primary education, half (50.3%) had secondary education and 5.1% had other educational. Also, on religion, below half (41.3%) were Christians, while 58.7% were muslims. On Family Status/Structure, majority (67.1%) were from monogamy home, while below a third (32.9%) were from polygamy home. Also, on tribe, majority (78.7%) were from Yoruba extraction, 6.5% were Igbo, while 14.8% were from various minor ethnic groups.

Table 2: Frequency distribution of respondents by pre and post intervention on risk of teenage pregnancy

s/n	Items	Pre		Post		
		T	F	T	F	
1	Move around with "bad girls" friend	F	105	50	61	94
		%	67.7	32.3	39.4	60.6
2	Love hanging out with boys most times	F	120	35	77	78
		%	77.5	22.5	49.7	50.3
3	Often involve in sex without any contraceptives	F	22	133	9	146
		%	14.2	85.8	5.8	94.2
4	Often experience sexual abuse	F	16	139	4	151
		%	10.3	89.7	2.6	97.4
5	Are you prone to being rape/ or often experience rape	F	36	119	12	143
		%	23.2	76.8	7.7	92.3
6	Do you have sex partner(s)	F	56	99	39	116
		%	36.1	63.9	25.2	74.8
7	Do you cohabits	F	26	129	14	141
		%	16.8	83.2	9.0	91.0

T- True; F-False

Table 2 above presents frequency distribution of respondents by pre and post intervention of female adolescents at risk of teenage pregnancy. Results revealed that, majority (67.7%) during pre-affirmed that, they move around with "bad girls" friend, however during post a lower percent (39.4%) affirmed. Also majority (77.5%) during pre-affirmed that, Love hanging out with boys most times, however during post-intervention a lower percent (49.7%) affirmed. A few (14.2%) during pre-intervention affirmed that, Often involve in sex without any contraceptives, however during post-intervention a lower percent (5.8%) affirmed. A few (10.3%) during pre-intervention affirmed that, Often experience sexual abuse, however during post a lower percent (2.6%) affirmed. A few (23.2%) during pre-affirmed that, Are you prone to being rape/ or often experience rape, however during post-intervention a lower percent (7.7%) affirmed. A few (36.1%) during pre, affirmed that, they have sex partner(s), during post a lower percent (25.2%) affirmed. A few (16.8%) during pre, affirmed that, they cohabits, during post a lower percent (9.0%) affirmed.

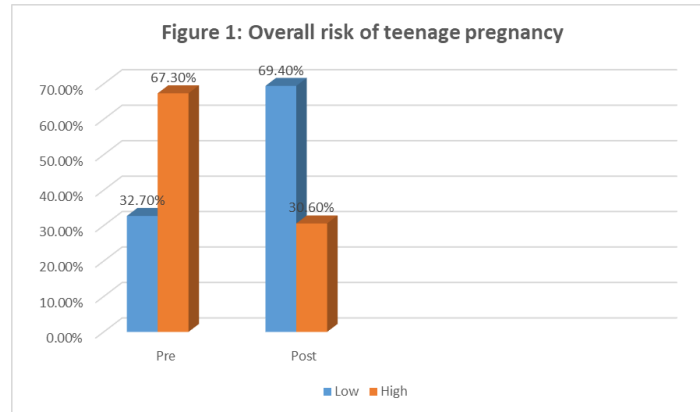


Figure 1 above shows reduction in percent of respondents at high risk (67.3%; 30.6%) of teenage pregnancy and increase in the percentage of those at low risk (32.7%; 69.4%).

Table 3: Frequency distribution of respondents knowledge on prevention and consequences of teenage pregnancy

s/n	Items		Pre		Post	
			A	D	A	D
1	Teenage pregnancy results from unprotected sex between two mature opposite sex	F	148	7	151	4
		%	95.4	4.5	97.4	2.6
2	Use of contraceptives during sex could prevent pregnancy	F	87	68	114	41
		%	56.1	43.9	73.5	26.5
3	Abstinence is the best means of avoiding unwanted pregnancy	F	104	51	136	19
		%	67.1	32.9	87.7	12.3
4	Teenage pregnancy can make girl drop out of school	F	45	110	131	24
		%	29.1	70.9	84.5	15.5
5	Teenage pregnancy can lead to depression	F	32	123	118	37
		%	20.7	79.3	76.1	23.9
6	Teenage pregnancy can affect academic performance	F	50	105	85	70
		%	32.2	67.8	54.8	45.2

A-Agree; D-Disagree

Table 3 above presents frequency distribution of respondents by pre and post intervention on knowledge of female adolescents on prevention and consequences of teenage pregnancy. Results revealed that, majority (95.4%) during pre-affirmed that, Teenage pregnancy results from unprotected sex between two mature opposite sex, however during post a higher percent (97.4%) affirmed. Also majority (56.1%) during pre-affirmed that, Use of contraceptives during sex could prevent pregnancy, however during post a higher percent (73.5%) affirmed. Majority (67.1%) during pre-intervention affirmed that, Abstinence is the best means of avoiding unwanted pregnancy, however during post a higher percent (87.7%) affirmed. A few (29.1%) during pre-affirmed that, Teenage pregnancy can make girl drop out of school, however during post a higher percent (84.5%) affirmed. A few (20.7%) during pre-affirmed that, Teenage pregnancy can lead to depression, however during post a higher percent (76.1%) affirmed. A few (32.2%) during pre, affirmed that, Teenage pregnancy can affect academic performance, during post a higher percent (54.8%) affirmed.

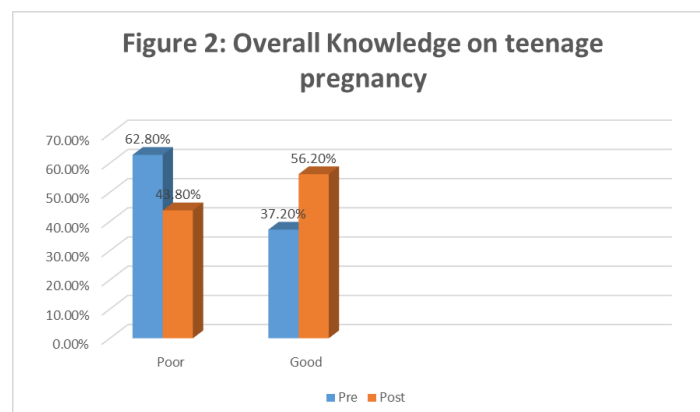


Figure 2 above shows increase in the percentage of respondents with good knowledge (37.2%; 56.2%) from pre to post intervention.

Table 4: Frequency distribution of respondents by pre and post intervention perception towards risk of teenage pregnancy

s/n	Items	Pre		Post		
		A	D	A	D	
1	The mass/social media promote sexual promiscuity	F	33	122	68	87
		%	21.3	78.7	43.9	56.1
2	Teenage girls that dress decently don't usually fall victims of teenage pregnancy	F	52	103	91	64
		%	33.2	66.8	58.7	41.3
3	Teenage girls from very poor home often fall victims of teenage pregnancy	F	30	125	66	89
		%	19.3	80.7	42.6	57.4
4	Some religion often promote Teenage pregnancy	F	86	69	38	117
		%	55.4	44.6	24.5	75.5
5	Financially disadvantage teenage often get pregnant	F	41	114	19	136
		%	26.5	73.5	12.3	87.7
6	Teenagers that party a lot often get pregnant	F	36	119	84	71
		%	23.2	76.8	54.2	45.8
7	Teenagers that often have low academic performance often get pregnant	F	14	141	3	152
		%	9.0	91.0	1.9	98.1

A-Agree; D-Disagree

Table 4 above presents frequency distribution of respondents by pre and post intervention on perception towards risk of teenage pregnancy. Results revealed that, a few (21.3%) during pre-affirmed that, mass/social media promote sexual promiscuity, however during post a higher percent (43.9%) affirmed. Also a third (33.2%) during pre-affirmed that, Teenage girls that dress decently don't usually fall victims of teenage pregnancy, however during post a higher percent (58.7%) affirmed. A few (19.3%) during pre-intervention affirmed that, Teenage girls from very poor home often fall victims of teenage pregnancy, however during post a higher percent (42.6%) affirmed. Majority (55.4%) during pre-affirmed that, Some religion often promote Teenage pregnancy, however during post a lower percent (24.5%) affirmed. A few (26.5%) during pre affirmed that, Financially disadvantage teenage often get pregnant , however during post a lower percent (12.3%) affirmed. A few (23.2%) during pre, affirmed that, Teenagers that party a lot often get pregnant, during post a higher percent (54.2%) affirmed. A few (9.0%) during pre, affirmed that, Teenagers that often have low academic performance often get pregnant, during post a lower percent (1.9%) affirmed.

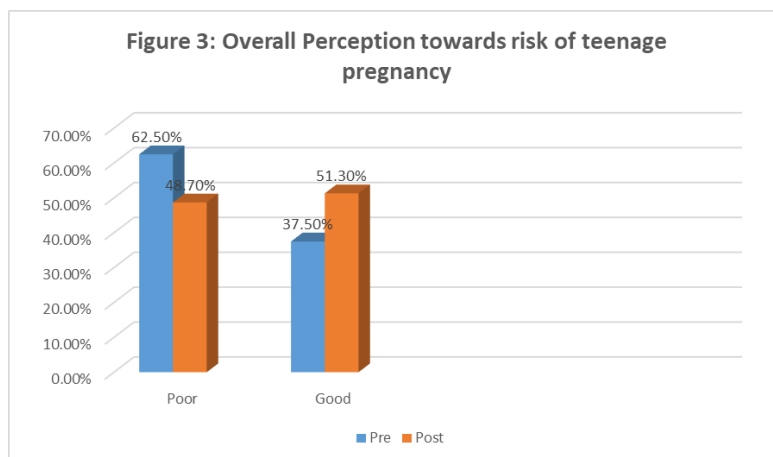


Figure 3 above shows increase in the percentage of respondents with good perception (37.5%; 51.3%) from pre to post intervention.

IV. Discussion

Findings revealed that, majority of the respondents were between 13 and 19 years. This is an indication that, the respondents used were adolescents as defined by world health organization. Thus the respondents concentrated with 13-18 years, which implies that, the age used are those captured in the inclusion criteria. More so, the respondents include both JSS and SSS. The implication is that, some JSS meet the age limits in the study. More findings shows that, majority of respondent's mothers were educated but their education is limited to secondary school. More so, both Christianity and Islam were well represented. More finding revealed that, majority were Yoruba, which was due to the fact that, the study was conducted in Yoruba territory.

More finding revealed that, majority of the respondents were at risk of teenage pregnancy during pre-intervention, however during post intervention there was a significant reduction in the rate of respondent at risk of teenage pregnancy. This implies that, the intervention was instrumental to the significant reduction in risk of

teenage pregnancy. This finding agrees with the findings of Barmao-Kiptanui et al., (2015) investigate the impact of teenage motherhood on the academic performance in public primary schools in Bungoma County. The study found out that education prepares girls for jobs, livelihoods, and raises their self-esteem and that teenage motherhood leads to low educational attainment. The findings is evidence in the result presented in table 2 above where were significant differences in the pre and post percent of respondents who Move around with “bad girls” friend, hang out with boys, involve in sex without any contraceptives among others. More findings shows that, a slight reduction was also evidence in the rate of respondents who cohabits. Samuel and Mekuria (2017) who assess the prevalence of teenage pregnancy and its associated factors among school adolescents of Arba Minch Town, also reported that, prevalence of teenage pregnancy among school adolescents of Arba Minch Town was reduced to 7.7%.

Finding revealed that, majority of the respondents had low knowledge during pre-intervention, however during post intervention there was a significant increased in the level of knowledge of respondents on risk of teenage pregnancy. This implies that, the intervention was imperative to increase in the knowledge on risk of teenage pregnancy. This findings corroborate the findings of Bhandari (2014) examines awareness on consequences of teenage pregnancy among adolescent at Ampipal VDC, Gorkha. Results revealed that more than half (74%) had adequate knowledge on consequences of teenage pregnancy to mother and baby with mean score 12.34. More than of respondents (86%) had adequate knowledge on cause of teenage pregnancy with mean score 6.38. The findings is evidence in the result presented in table 3 above where were significant differences in the pre and post percent of respondents who knew that, Teenage pregnancy results from unprotected sex, Use of contraceptives during sex could prevent pregnancy, Abstinence is the best means of avoiding unwanted pregnancy among others. Further findings revealed that, majority of the respondents during pre-intervention had poor perception towards risk of teenage pregnancy. However, during post-intervention, the perception towards risk of teenage pregnancy among majority was better compare to the pre. The findings is evidence in the result presented in table 4. above where were significant differences in the pre and post percent of respondents who felt that, mass/social media, indecent dress, financially disadvantage teenage among others promote teenage pregnancy. Kayi, S’lungile and Thulile (2016) reported that, young mothers perceived themselves to be discriminated against by teachers in educational support. Early motherhood appeared to cause feelings of happiness, regret and anxiety in many, and a personal sense of satisfaction and accomplishment in some.

V. Conclusion

The essence of this study was to ensure adequate understanding of how nurse led interventions could promote as well as impart female Adolescent’s health. This is inline with the agenda to promote Education for all as well as enhance the achievement of sustainable development goal on good health and wellbeing. This has become important since the growth, development and continuity of human depend greatly on preservation of the young persons, whose population have been deemed to be growing excessively globally, especially in developing countries. The study concluded that, there is a significant reduction in the percentage of respondents who are at risk of teenage pregnancy during the post intervention. The study also concluded that, there is a significant increase in the knowledge of respondents on teenage pregnancy in the post-intervention. The study further concluded that, there is a significant better perception of teenage pregnancy during the post-intervention. Therefore this study have revealed that Nursing educational intervention is a strong tool to guide female adolescents through the dangerous stage of adolescence. This emphasized the need for adequate counselling clinics manned across schools and routine health seminars for female adolescents. The finding also necessitates the need for review of existing school curriculum to accommodate sexuality education. Also, Health workers need to routinely organize health talks for students to enlighten them about dangers of teenage pregnancy as well as prevention of teenage pregnancy.

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