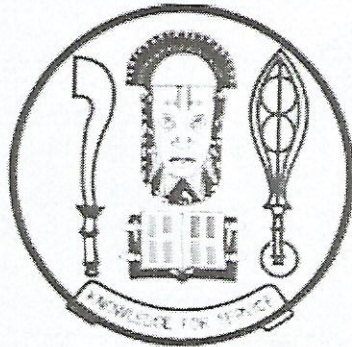




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LIFESTYLE AS CORRELATES OF SEXUALLY TRANSMITTED INFECTIONS AMONG TEENAGERS OF SECONDARY SCHOOL IN OLORUNDA LOCAL GOVERNMENT OF OSUN STATE

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Abstract

This study investigated lifestyle as a correlate of sexually transmitted diseases among teenagers in secondary schools with the purpose of studying the relationship between early sexual activities and sexually transmitted diseases and as well as knowing the relationship between substance use and sexually transmitted diseases among secondary school student in Olorunda Local Government Area of Osun State. The study was a descriptive research of a survey type which covers population of all secondary school student in Olorunda Local Government Area of Osun State. Through stratified and simple random sampling technique, a sample of 200 respondents was selected. Questionnaire was used as the instrument of data collection. A test-re-test was conducted and reliability coefficient (r) of 0.89 was obtained. Data collected was analyzed with inferential statistic involving Pearson

Product Moment Correlation at 0.05 level of significance. The study concluded that there is significant relationship between early sexual activities and sexually transmitted diseases among secondary school student in Olorunda since calculated r -value of .308 is greater than critical r of 0.116 at degree of freedom of 198 at 0.05 level of significance and there is significant relationship between substance use and Sexually transmitted diseases among teenagers in secondary schools in Olorunda since calculated r -value of .497 is greater than critical- r of 0.116 at degree of freedom of 198 at 0.05 level of significance. It is therefore necessary that schools have a role to play in facilitating the access of young people to necessary reproductive health services so that student may bridge knowledge and attitude with action against early sexual activities and student should be educated on the health implication of substance used in order to avoid contraction of sexual transmitted diseases.

Keywords: Lifestyle, Sexually Transmitted Infections, Teenagers

Introduction

Sexually Transmitted Diseases (STDs) according to Zeeb, Spallenek and Zeeb (2011) are major health problems affecting mostly young people not only in third world country but also in developed country. Human Immune Deficiency Virus (HIV) on the other hand has been described as the pandemic of our time and has been receiving a lot of attention worldwide. Globally, 33.2 million people were estimated to be living with HIV and 2.5 million were newly infected with HIV in 2007 (World Health Organization [WHO], 2008). As HIV epidemic spreads, younger age groups are becoming exposed to the risk of infections. 10 million youths (Ages 15-24) worldwide are living with HIV and every day, an estimated 6000 youths are affected with virus. Although they could be found in countries on all continent, most of them live in Sub-Saharan African (United Nation Population Fund [UNPF], 2005).

The 2008 HIV/Syphilis Sentinel Survey in Nigeria revealed 3.3% of young people age 15-19 are infected with HIV Virus (Federal Ministry of Health, 2008). Sexual intercourse is the most predominant mode transmission of HIV in Sub-Saharan Africa accounting for approximately 90% of all infections (De-Kock, Ekpini, & Gnaore, 1994). Young people are particularly vulnerable to HIV and STD infection because of the physical, psychological, social, and economic attributes of adolescence and are also at risk due to the high level of risky sexual behaviors and the attitudes, expectations and limitations of the society in which they grow up (Population Reference Bureau, 2000).

Teenagers are known to be adventurous groups, and indulge in sexual activities for the reason of experimentation and peer influences, owing to a wealth of uncensored information, they are exposed to, through an intensifying ways of westernization, the internet and electronic media, coupled with a shallow

knowledge and nonchalant attitude about the dreaded HIV virus and STD infections. This risky behavior predisposed adolescent to the risk of HIV/STD infections. Several studies have reported high rate of premarital sexual activities among Nigeria adolescence, over 16% of teenager's female reported first sexual intercourse by 18 (Feyisetan & Pebley, 1989). World health report have shown that, adolescent who begin sexual activities early are likely to have sex with more partners, and with partners who have been at risk of STD and HIV exposure (WHO, 2002). Thus, a major goal of HIV and STD preventions programs is to delay sexual debut.

Okoro (2005) reported that adolescents especially in secondary school in Nigeria, are the group at high risk in rapid growth of STD and HIV pandemic, there is need to broaden their knowledge and attitude towards these infections. Several studies have documented the high sexual activities and risky behaviors among adolescent in most part of the world. Thus, putting them at high risk of contracting the HIV and STD infections complications. During this time, they try out experiences for the first time and this is often the time for sexual experimentation by some youth. It is however, accompanied by lack of knowledge and skill to health choices. The provision of effective health care facilities will go a long way to fashion acceptable preventive measures and treatment of HIV and STDs that will assist adolescent as well as favor norms and cultures as much as possible.

Rohleder (2009) observed that studies have shown that increasing communication between young adolescent in their lives delays the age at which adolescent start having sex and increase their use of condoms when they start. Also, UNFPA (2006) aptly captured inadequate knowledge of the adolescent irrespective of the home type when it observed that often young adult do not understand how to protect themselves against Sexually Transmitted Diseases. Teenage are disproportionately affected by STIs because of their engagement in unsafe sexual practices such as multiple sexual partnerships, casual sex, inconsistent condom used. Evidence shows that worldwide more than 3million people are newly infected with STIs annually 70% of the infections occur among young people (Dehne & Riedner, 2001; Lewis, Latif & Ndowa, 2007; WHO, 2001). Furthermore, Qiaoqin, et al (2005) noted that between 1987 and 2006, reports on incidence of syphilis increased from .08 to 13.35 per 100,000 people. Previous reports in china have indicated that, although the rate of sexual activity among Chinese university students is generally low, some sexually active students engage in much risky behaviors, including very low condom use, very low contraceptive use generally, and sex with multiple and commercial partners.

Bankole, Singh, Woog and Wulf (2004) reported the demographics and health surveys conducted in 20 countries in Sub-Saharan African showed that up to 11% of female and 16% of male adolescents reported that they had a STIs in the preceding 12 months of the study. Purpose of the study therefore is to examine

lifestyle as a correlate of Sexually Transmitted Diseases in Olorunda Local Government Area in Osun state. Specifically, the study seeks to: Study relationship between early sexual activities, substance use and Sexually Transmitted Diseases among Teenagers of Secondary Schools in Olorunda Local Government Area in Osun State.

Statement of the Problem

Sexually Transmitted Disease (STD) is a dangerous disease that damage organs of the body, causes pain and illness to the body system. This major cause of illness in the world, especially in developing countries, STDs leads to serious disabilities such as blindness, deafness, infertility and mental disorder, either neurosis or psychoses, which invariably lead to high rate of and more importantly reproductive health problems among women of childbearing age. Unfortunately, the past that is hurting most women today in their respective marriages were as a result of sexual lifestyle of the adolescent years. It is upon this premise that the researcher wish to examine the relationship between early sexual activities and Sexually Transmitted Diseases among Teenagers and relationship between substance use and Sexually Transmitted Diseases among Teenagers in secondary schools.

Hypotheses

H₀₁: There is no significant relationship between early sexual activities and Sexually Transmitted Diseases among Teenagers in secondary schools in Olorunda Local Government Area in Osun State.

H₀₂: There is no significant relationship between substance use and Sexually Transmitted Diseases among Teenagers in secondary schools in Olorunda Local Government Area in Osun State.

Methodology

A descriptive research design of a survey type with a population of all Secondary School students in Olorunda Local Government Area in Osun State. A sample of two hundred (200) students was selected and multi-stage sampling technique was adopted for the study. Firstly, stratified random sampling technique was applied in assigning the teenagers in secondary schools to two different data based on institutional ownership - government owned and private owned. Secondly, simple random sampling technique was used in selecting four secondary schools: two from each stratum to ensure adequate representation. Thirdly, simple random sampling technique was used to pick 50 respondents from each selected secondary school, making a total number of 200 respondents in all.

An Eight-item researcher-developed questionnaire tagged "lifestyle as a correlate of sexual transmitted diseases". The instrument was designed on a 4-point

Likert rating scale ranging from strongly agreed to strongly disagree. Face and content validity of the instrument was validated by expert in the field of study in the department of health promotion and environmental health education, University of Ilorin. To establish the reliability of the instrument, a test-re-test was conducted using a group of 30 respondents from a secondary school that did not form part of the sample. The Cronbach's coefficient of alpha was computed, this yielded reliability co-efficient (r) of 0.89. The instrument was therefore deemed highly reliable and good enough for use for the present study. Data collected was analyzed with descriptive statistics of frequency counts and percentage while hypotheses formulated were tested with inferential statistics of Pearson Product Moment coefficient (PPMC) at 0.05 level of significance.

Result

Table 1: PPMC (r) result of relationship between early sexual activities and Sexually Transmitted Diseases among Teenagers in secondary schools in Olorunda Local Government Area

Item	N	Cal. R Value	Df	Table value	Decision
Early sexual activities and Sexually Transmitted Diseases	200	.308	198	0.116	Rejected

@0.05

Table 1 revealed significance relationship between early sexual activities and Sexually Transmitted Diseases among Secondary Schools Student in Olorunda Local Government Area of Osun State because the cal. r -value of .308 is greater than critical r of 0.116 at degree of freedom of 198. This is in line with WHO (2002) who reported that studies have shown that, adolescent who begin sexual activities early are likely to have sex with more partners and with partners who have been at risk of STDs and HIV exposure.

Table 2: PPMC (r) result of relationship between drug abuse and Sexually Transmitted Diseases among Secondary Schools Student in Olorunda Local Government Area of Osun State.

Item	N	Cal. r value	df	Table value	Decision
Drug abuse and Sexually Transmitted Diseases	200	.497	198	0.116	Rej.

@0.05

Table 2 shows that significant relationship exist between early substance use and Sexually Transmitted Diseases among Secondary Schools Student in Olorunda Local Government Area of Osun State because the cal. r -value of 0.497

is greater than critical r of 0.116 at degree of freedom of 198. This conforms with the findings of Elkington, Bauermeister & Zimmerman (2010) which states that substance use among adolescent causes sexual risk taking through intoxication by impairing judgment, suppressing inhibition, reducing perception risk and/or heightening desire

Conclusion

The study concluded that;

1. There is significant relationship between early sexual activities and sexually Transmitted Diseases among Secondary Schools Student in Olorunda.
2. There is significant relationship between substance use and Sexually Transmitted Diseases among Secondary Schools Student in Olorunda.

Recommendations

It was recommended that;

1. it is necessary for school to play role in facilitating the access of young people to a necessary reproductive health education so that students may bridge knowledge and attitudes with action against early sexual activities
2. Student should be educated on health implication of substance use in order to avoid contraction of Sexually Transmitted Diseases and infections.

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