

Determinants of Premarital Sex among Undergraduate Students in Ekiti State, Nigeria

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Abstract: *Undergraduate students indulge in premarital sex because they see it as part of what gives meaning or vibes to life on campus. Since undergraduate students believe that they are doing nothing wrong because there are no sensitization programmes, talks, shows or general counseling to call the youths to order that premarital sex is wrong and that it has a lot of consequences. Thus, this study investigated the determinants of premarital sex among undergraduate students in Ekiti State, Nigeria. The research design that was used for this study was survey design of the descriptive type of research. The sample size of one thousand and five hundred (1,500) respondents was sampled for the study using simple random sampling technique fish bowl without replacement. The respondents were drawn from all government owned tertiary institutions in the state. The instrument for data collection was a self-constructed questionnaire. The split half method of reliability was used to ascertain the reliability of the instrument using Pearson's Product Moment Correlation and Spearman Brown's formula. A coefficient of 0.97 was obtained. Formulated hypotheses were tested using inferential statistics of Analysis of Variance, the hypotheses were tested at 0.05 level of significance. The researcher concluded that alcohol, sex pleasure and indecent dressing are determinants of premarital sex among undergraduate students in Ekiti State, Nigeria.. From the findings of the study, the researcher recommended that the sale of alcohol within the campus should be ban, as this will reduce the consumption of alcohol among the male students, and this will help to curb the occurrence of rape within the campus. Both male and female students should try as much as they can to manage their sexual urge and should not expose their interest in sexual activities to opposite sex, as this can be used to lure them or take advantage of them into premarital sex. Since indecent dressing is most common among female undergraduate, female students should be encourage to put on decent dressing, as this will place them on a safer side and prevent them from rape within and outside the campus.*

Keywords: Cohabitation, Premarital, Sex, Undergraduate

1. Introduction

Premarital sex is a sexual activity that occur between a male and female personality who are not under marital obligations; and this could lead to an unwanted end. Premarital sex has been seen as part of norms in our society amongst the youths. The term premarital sex is a sexual activity practiced by both male and female who are yet to marry. It has been suggested, including non-marital sex (which overlaps with adultery), youthful sex, adolescent sex and young-adult sex. According to Durosomo (2018) premarital sex is the involvement in sexual intercourse by persons who have not engaged in marital vow or culturally recognized as having been enrolled in marriage institution. In most cases, premarital sex is not always a problem to individuals who are sexually matured since they may view it as a natural response to a natural stimulus. However, premarital sex is morally unacceptable in almost every human society that regards marriage as the legitimate requirement for sexual permissiveness, and especially among youths who are considered vulnerable to health – related problems (Ajiboye, Aina, Oyebanji & Awoniyi, 2014).

University life is characterized, for many students, by more independence and opportunities for social mixing than before. The situation is aggravated by the overall poor socioeconomic, environment, harmful traditional practices, low contraceptive use and voluntary counselling and testing utilization (Adhikari, 2009).

Tomas et al (2015) reported that Sexual activities among adolescents are increasing worldwide. In the same vein, Population Reference Bureau (2000) in their statement asserts that several studies in Sub-Saharan Africa have also documented high and increasing premarital sexual activities among adolescents. Joseph (2019) in his report on premarital sex based on a survey data for various developing countries in Africa, Asia and Latin America which reports an increased prevalence of premarital sex. Even in countries where premarital sex is still a taboo, such as India, Indonesia, Iran and Nigeria; the data report show its increasing prevalence.

According to World Health Organization cited in Ekpenyong and Ekpenyong (2016), sexual activities among students have been reported to be increasing worldwide. Kazura and Mazatu (2009) opined that elsewhere in Africa, the prevalence of premarital sex was found to be 32% among the young. In 2008, 20% of women in Nigeria were already sexually active by age 15, and the median age for first sex stood at 17.7 years for women and 20.6 years for men (Ankomah et al., 2011). Morhason et al (2008) in their study in South West Nigeria reported premarital sex prevalence of 28.3% among adolescents. This stirs up a lot of concern because it has been shown that early sexual initiation lengthens the period of exposure to unwanted pregnancies, HIV, and other sexually transmitted infections (Kumar et al., 2011).

Alo (2008) in his opinion stated that in southwestern Nigeria, sex before now was regarded as sacred and limited only to adult males and females within marriage but today,

many adolescent engage in various delinquent behavior such as drinking of alcohol, smoking and premarital sexual activities. Today's youth are more susceptible to the dangers of illicit sex than previous generations. Unfortunately, some Nigerian youths actively engaged in premarital sex despite the detrimental consequences associated with it.

In the word of Abdullahi and Abdullahi (2013), university environment allows free sexual activities, and this is against the moral values of the community although the university campus. This is made possible because university students enjoy freedom from their parents and the staff may not be bothered about how they live their lives. Cohabitation is another trend that promotes sexual activities among university students. Cohabitation is a lifestyle in which an unmarried man and an unmarried woman are involved in a sexual relationship and live together in an informal union. Many students are involved in cohabitation because of so many reasons best known to them.

The issue of premarital sex in Ekiti state, southwest region of Nigeria was easily survey and evaluated by the number of unmarried adolescents registering for antenatal care at healthcare clinics/centre in the state. As well as the high number of undergraduate students who engage in abortion despite the fact that abortion is considered illegal in the region. Premarital sex is observed to have so many determining factor such as peer pressure, family background, poverty, rape etc but much consideration and concern hasn't been given to alcohol influence, sex pleasure and indecent dressing as a viable cause of premarital sex among undergraduate in southwest region of Nigeria. In view of this, the researcher intends to harness the determining factor for premarital sex among undergraduate students in Ekiti state.

Objectives of the study

The specific objective of the study are as follows:

- 1) To assess if alcohol consumption will be a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.
- 2) To examine if sex pleasure will be a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.
- 3) To determine if indecent dressing will be a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.

Hypotheses

The following hypotheses were tested for this study.

- 1) Alcohol consumption will not significantly be a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.
- 2) Sex pleasure will not significantly be a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.
- 3) Indecent dressing will not significantly be a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.

2. Methodology

Survey design of the descriptive type of research was used for this study. This is considered as appropriate because the researchers did not manipulate any of the independent variables that is measured. The area of the study was Ekiti state, Nigeria.

The population of this study covered undergraduate students in government owned tertiary institutions in the study area. The sample size for this study was one thousand and five hundred (1,500) undergraduate students. Purposive sampling technique was used to select five (5) government owned tertiary institutions, while simple random sampling technique was used to select three hundred (300) undergraduate student from each of the institution selected for the study. The instrument for data collection was a self-structured close ended questionnaire.

In order to validate the instrument, drafts of the questionnaire was prepared by the researcher and were given to experts to vet in order to establish face, content and construct validity. Based on the suggestions that were made by these experts, the items were restructured where necessary and the corrected draft of the questionnaire was used for this study.

The reliability of the instrument was established using split half method of reliability. The researcher administered the instrument to fifty (50) respondents from one of the private tertiary institutions which will not form part of the final study. Pearson Product Moment Correlation Coefficient (PPMC) was used to determine the value of (r) at 0.05 level of significance. Reliability coefficient of 0.97 was obtained. The questionnaire was administered to the respondents with the help of two (2) trained research assistants and completed questionnaire were retrieved from the respondents on the spot after filling.

The completed questionnaire was collected, coded and analysed. Inferential statistics of Analysis of Variance (ANOVA) was used to test the hypotheses set for this study at 0.05 level of significance.

3. Results

Hypothesis 1: Alcohol consumption will not significantly be a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.

Table 1: Analysis of Variance (ANOVA) on alcohol consumption as a determinant of premarital sex among undergraduate students

	Sum of Squares	df	Mean Square	F-Cal	F-Tab	Sig.
Between Groups	13.802	1	13.802	137.859	3.260	.000
Within Groups	29.835	1498	.100			
Total	43.637	1499				

$P \leq 0.05$

The result of analysis presented in table 1 revealed that F-calculated (137.859) was greater than F-table value of 3.260. Also, the P-value (0.000) was less than 0.05 level of

significance. These results led to rejection of hypothesis one. This means that alcohol consumption insignificantly a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.

Hypothesis 2: Sex pleasure will not significantly be a determining factor of premarital sex among undergraduate students in Ekiti State, Nigeria.

Table 2: Analysis of Variance (ANOVA) for sex pleasure as a determinant of premarital sex among undergraduate students

	Sum of Squares	df	Mean Square	F-Cal	F-Tab	Sig.
Between Groups	14.187	1	14.187	222.507	3.260	.040
Within Groups	19.000	1498	.064			
Total	33.187	1499				

$P \leq 0.05$

The result of analysis presented in table 2 revealed that F-calculated (222.507) was greater than F-table value of 3.260. Also, the P-value (0.040) was less than 0.05 level of significance. These results led to rejection of hypothesis two. This means that sex pleasure insignificantly a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.

Hypothesis 3: Indecent dressing will not significantly be a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.

Table 3: Analysis of Variance (ANOVA) for indecent dressing as a determinant of premarital sex among undergraduate students

	Sum of Squares	df	Mean Square	F-Cal	F-Tab	Sig.
Between Groups	16.090	1	16.090	99.725	3.260	.032
Within Groups	48.080	1498	.161			
Total	64.170	1499				

$P \leq 0.05$

The result of analysis presented in table 3 revealed that F-calculated (99.725) was greater than F-table value of 3.260. Also, the P-value (0.032) was less than 0.05 level of significance. These results led to rejection of hypothesis three. This means that indecent dressing is significantly a determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.

4. Discussion

This study result show that alcohol consumption is a determinant of premarital sex among undergraduate student in Ekiti state, Nigeria. The findings provided support the opinion of Ekpenyong & Ekpenyong (2016) who opined that youths are exposed to substances like cannabis, heroin, tobacco, alcohol and other substances which influence them to engage in premarital sexual acts. Men anticipate more powerful, sexual and aggressive feeling after drinking alcohol. These expectancies can have a power of their own, independent of the pharmacological effects of alcohol. Thus, if a man feels powerful sexual urge after drinking alcohol, then he is more likely to interpret his female companion's

friendly behaviour as being a sign of sexual interest, and he is more likely to feel comfortable using force to obtain sex. Ekpenyong & Ekpenyong (2016), maintains that, college men who had perpetrated sexual assault when intoxicated expected alcohol to increase male and female sexuality more than their colleagues who engage in sexual behaviour when sober. Although these cross-sectional results do not demonstrate causality, they suggest that beliefs about alcohol's effects may have encouraged these students' to seek out sexual partners to engage in premarital sex. Mason et al. (2010) analyzed data gathered from a sample of 808 American youth, followed from age 10 to age 24. Their findings suggest early alcohol use correlates with a higher likelihood of risky sex. it will lead to certain behaviours as having drunken sex might be easier, but it is more likely to result in sexually transmitted infections and unwanted pregnancies.

The result of this study further shows that sex pleasure is a determinant of premarital sex among undergraduates in Ekiti state, Nigeria. The findings further supported the view and findings of Meeker and Calves (1997), they argued that while some people engage in sex for money and love, others do so for the pleasure of it. This study has revealed that students engage in premarital sex for a variety of factors. A student may engage in premarital sex with another person for pleasure. Premarital sex for pleasure is not rampant and it is associated with boys and girls who have enough money and materials. Greater understanding of female sexuality sets the stage for future research by determining what behaviors and techniques actually lead to the greatest pleasure for women. It's a profoundly important pursuit, one with implications for cultural change reaching beyond individual pleasure to challenge and destabilize norms. The findings further supports the statement of Adegoke (2013) who stated that other factors associated with premarital sex include influence of media, peer pressure, insatiable lust for money, cultural influence, sexual harassment, curiosity, poor school discipline, location of school, religious teachings and literacy. There are numerous sexual behaviours that can make the youth susceptible to practicing premarital sex. A category of such behaviour is autoeroticism in which an adolescent attempts to gratify his/her sexual urge by carrying out the activities by self and on self. Among such acts are sexual fantasy (a mental exercise involving imagining, mapping, desiring and navigating, in abstract, into sexual pleasure), masturbation (the manual stimulation of one's own genital for sexual pleasure), and erotic dreams (an unconscious state especially during sleep when one experiences sensual feeling) (Ajiboye et al., 2014).

Finally, the result of the study shows that indecent dressing is a determinant of premarital sex among undergraduate students in Ekiti state, Nigeria. The finding supported the result of Diara&Nweze (2011), study who adumbrated that some ladies who feel that they have a beautiful body, flaunt it: show it off, pose, parade, be photographed and show the world how beautiful they are by being nude. Indecent dressing is an "offensive, unacceptable, and inappropriate mode of dressing that often exposes parts of one's body that should be covered from public view". Indecent dressing particularly among female youths encourages premarital sex

by sensitizing the sexual senses of men who see them. Chika and Ikechukwu (2013) stated that dressing is not just a matter of taste, comfort and convenience. When a student dresses up, he or she should ask himself or herself if the dressing meets the following criteria:- decency, socially acceptable, not too expensive, not distractive or disruptive etc. Many students copy the ghetto mode of dressing.

5. Conclusion

Based on the results from the study, the researcher concluded that that alcohol consumption, sex pleasure and indecent dressing are determinant of premarital sex among undergraduate students in Ekiti State, Nigeria.

The researcher recommended that the sale of alcohol within the campus should be ban, as this will reduce the consumption of alcohol among the student, mostly among the male student, and this will help to curb the occurrence of rape within the campus. As it was noted that pleasure was not rampant on the cases of premarital sex, both male and female students should try as much as they can to manage their sexual urge and should not expose their interest in sexual activities to opposite sex, as this can be used to lure them or take advantage of them into premarital sex. Since indecent dressing is most common among female undergraduate, female students should be encourage to put on decent dressing, as this will place them on a saver side and prevent them from rape within and outside the campus.

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