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FACTORS PREDICTING CONDOM USE AMONG UNDERGRADUATES IN A NIGERIAN UNIVERSITY

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ABSTRACT

The progress being made in the mitigation of HIV/AIDS in Nigeria notwithstanding, the country still ranks among the top three countries bearing HIV burden worldwide. Various studies and existing statistics on HIV/AIDS epidemiology have revealed that young people are at the centre of the infection as they do not only account for the highest proportion of people living with the virus but also are at the centre of new infections. Adolescents and young adults in tertiary institutions due to the modalities on which the institutions operate are at higher risk of contracting the deadly virus as well as other sexually transmitted infections. This is not unconnected with the perceived freedom that tertiary institutions confer on adolescents and young adults who might probably be breathing the air of freedom from their parents stiff monitoring for the first time. Condoms, when used consistently and correctly have been proven effective not only in protection against unplanned pregnancy which is a major consequence of premarital sex but also against contracting sexually transmitted infections of which the highly dreaded HIV is a major one.This study investigated predictors of condom use among undergraduates in the University of Ibadan. The descriptive survey research design was used in the study in which a multi-stage sampling technique was used to select 1077 accommodated undergraduates in the university. The instrument used for data collection was a questionnaire with reliability of 0.87 on the Cronbach alpha scale while Focus Group Discussion and In-Depth Interview Guides were also used to collect qualitative data to validate the data from the questionnaire. The data were analyzed using t-test and simple regression at 0.05 alpha level. The result revealed that there is significant difference in condom use by gender among the respondents with male respondents reporting higher mean in condom use. Findings also indicated that condom use is predicted by STIs anxiety, pregnancy anxiety, condom availability, nature of sexual relationship and risk perception. Findings also implications for public health expert in their continuous quest to reduce HIV prevalence among young people in designing interventions that will address critical issues pertaining to condom use as revealed by the study. Moreover, the need to make condoms available and accessible to members of the population was also recommended.

KEY WORDS: Condom Use, STIs, Pregnancy, Risk Perception, Anxiety, Availability

INTRODUCTION

The progress being made in the mitigation of HIV/AIDS in Nigeria notwithstanding, the country still ranks among the top three countries bearing HIV burden worldwide. According to UNFPA, (2007), young people are at the centre of the infection as they account for the largest proportion of people living with the deadly virus. UNAIDS in its 2008 global report stated that there were an estimated 2,600,000 persons infected with HIV/AIDS in Nigeria and approximately 170,000 people died of AIDS in 2007 alone (NDHS, 2008). High level of teenage pregnancy, abortions, school dropouts and high burden of sexually transmitted infections confirm that youths are engaged in early sexual activities that increasingly predispose them to HIV/AIDS and other STIs. The American Centre for Disease Prevention and Control, CDC, (2006) noted that

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compared to older adults; sexually active adolescents and young adults are at higher risk of acquiring STIs. The National HIV/AIDS survey carried out by the Federal Ministry of Health in 2003 revealed that the age bracket 15-24 accounted for 9.6% of HIV infections (FMOH, 2004). This finding corroborates a similar finding by Kaiser Family Foundation (2005) which documented that teens and young adults are in the centre of HIV/AIDS because young people of age bracket 15-24 account for approximately half of new adult HIV/AIDS infections and 28% of the global total adults living with HIV/AIDS. There is therefore increased need to find ways of reducing incidence in the infection as this is a strong measure to containing high prevalence rate. The need for concerted effort through research and practice vis-à-vis designing, implementing and evaluating interventions to contain HIV spread and other STIs cannot be overemphasized.

This effort must be centered on adolescents and young people not just because they constitute a significant proportion of the world's population but because they are at the centre of the ugly consequences of sexual relationships which according to Ajuwon, (2013) is due to the fact that physical and emotional maturity often lag behind sexual maturity. Citing CRP, (2012), Ajuwon (2013) reported that one in every five persons of the seven billion world population is an adolescent. In the same vein, UNFPA, (2010) also documented that in Nigeria, 28 million of Nigeria's population accounting for 22.1% of the population are adolescents aged between 10 and 19 years and about a third are young people aged between 10 and 24 years. This sheer size, according to Ajuwon, (2013) underscores the significance of the adolescent and the need to prioritize the social, health and economic conditions of this population. The National Youth Policy, NYP (2009) recognizes the importance of this group as it holds that the population represents one of the greatest assets of any country since without them; there is no future for any country.

In the University of Ibadan, this is the setting of this study, adolescents and young adults make up the largest population of students and the academic community. Undergraduates in the university just as their counterparts in other tertiary institutions exploit the freedom granted by tertiary institutions to initiate and sustain romantic lifestyles. In some instances, risky sexual behaviours are resorted to which further predispose them to the myriads of ugly consequences that are concomitants of premarital sexual relationships. These ugly incidences as reported by various studies (Odu & Akanle, 2008; Malika, Laila, Savita, Shireen & Bela, 2007; Okonkwo, Fatusi & Ilika, 2005, Sujay, 2009) range from unplanned pregnancy, sexually transmitted infections, complications resulting from induced abortion which might result in death, academic failure and loss of self esteem which may be damning to one's future ambition.

Olurode and Oyefara (2010) observed that university's social and environmental setting are tempting for even saints, as such; its social and spatial settings promote risky sexual behaviours. Sujay (2009) had earlier reported that university life is characterized by more independence and opportunities for social mixing than any other point of contact. According to her, classes are mixed, many students begin to reside independently; and others who continue to reside with their families are less supervised by their parents, thus giving them opportunities to initiate or sustain romantic and sexual relationships. In the same vein, Fatusi (2004) observed that the environment of tertiary institution offers opportunities for high level of sexual networking and the 'freedom' that characterizes higher education permits permissive lifestyles.

UNFPA (2005) noted that condoms play a special role in combating the spread of HIV/AIDS because they are presently the only devices that protect against sexually transmitted HIV. Used consistently and correctly, both male and female condoms protect against pregnancy and sexually transmitted infections (STIs), including HIV, by providing a barrier to prevent the exchange of bodily fluids. However, high costs to users, limited availability and accessibility, and negative perceptions of condoms have created a gap between the number of condoms distributed and the amount needed for populations to protect themselves from HIV/STIs. The most contentious issue in condom usage reported in various literatures is the issue of correct and consistent usage.

UNFPA, WHO and PATH (2005) concluded that Condoms play a special role in combating the spread of HIV/AIDS because they are presently the only devices that protect against sexually transmitted infections. However, high costs to users, limited availability and accessibility, and negative perceptions of condoms have created a gap between the number of condoms distributed and the amount needed for populations to protect themselves from HIV/STIs. Improved condom programming

can help close the gap in condom supply, use and reduce the spread of HIV.

Various factors determine condom use among young people. Onayade, Abiona, Ugbala, Alozie and, Adetuyi (2008) reported that the factors that were statistically significant predictors of consistent condom use among male respondents were age, having more than one sexual partner and ability to refuse sex with a partner who would not want to use condom. Among the females, frequency of sexual intercourse and having more than one sexual partner were more likely to predict condom use.

UNAIDS (2011) observed that gender issues have profound implications for condom acceptance and use. In this regard, gender becomes significant predictors of ever had sex and condom use among men. Globally today, women are disproportionately infected and affected by HIV and AIDS (WHO, 2007). In Nigeria, for example, USAID (2008) reported that women are disproportionately affected by the epidemic: Prevalence among young women ages 15 to 24 is higher than the prevalence among young men (2.3 percent versus 0.8 percent, respectively). NACA (2011) reported that of the 215,130 deaths due to AIDS in 2010, female accounted for 118,390 (55%) while males accounted for the remaining 96,740 (45%). Therefore, according to Ntata et al., 2008 and Pettifor et al., 2007 all cited in Fiaveh (2011), condom use has not worked effectively for the majority of women in Africa to whom abstinence may not be an option. In a similar vein, Onayade, Abiona, Ugbala, Alozie and, Adetuyi (2008) concluded from their study that inconsistent condom use is rampant and females were probably disadvantaged as far as condom negotiation is concerned.

Moreover, UNAIDS Inter Agency Task Team on Gender and HIV/AIDS observed that studies show that men are more likely to transmit HIV to women. Although condoms can provide effective protection against HIV infection, and female condoms are agreed to increase women's empowerment, several issues impact upon the use of both male and female condoms. Cost, availability and perceptions of risk are important factors. Power relations between men and women including the relative social and economic status of partners influence the extent to which condom use can be successfully negotiated.

The agency also reported that accepted notions of masculinity and femininity also come into play. For instance, in many cultural settings, young women are supposed to be sexually innocent and may therefore be reluctant to carry or suggest using condoms for fear of being seen as promiscuous. Many young men dislike condoms for their interference in the carefree enjoyment of sex, an attitude strengthened by a stereotypical association of sex with risk-taking as a marker of masculinity. Since condoms are also associated in many contexts with illicit or extra-marital sex, married women are often powerless to request their partner to wear a condom despite suspecting that he may be infected with HIV, for fear of reprisal at the implied accusation of being unfaithful. Research conducted in a diverse range of countries has found that women avoid asking their partner to wear a condom for fear of violent response or accusations of her own suspected infidelity.

Another significant determinant of condom use is pleasure seeking. Heeren et al. (2009) in Fiaveh (2011) reported that pleasure-seeking was an important determinant of condom use among undergraduates and that, intention to use condom is a significant predictor for its subsequent use. Studies have revealed that some young people believe that condom inhibits sexual pleasure and as such, the language 'skin to skin' is a popular parlance in sexual interactions among young people. On the other hand, a considerable number of young people have also seen condom use as avenues to engage in sexual act at will. As far as there is condom, many people easily jump on any fun or pleasure laden opportunity that comes their way. Unfortunately, some people anchoring their argument on this contend that condom promote multiple sexual relationships.

Similarly, studies have shown that young people who feel that they are in a stable relationship do not bother to use condoms during sexual intercourse. In the prevailing situation in which a sizeable number of undergraduates live the couple lifestyle in school, the possibility of condom use at every sex is as good as zero. This is because their life style is patterned as that of married couple. In a survey in Antananarivo, Madagascar involving undergraduates, Rahamefy, Rivard, Ravaoarinoro, Ranaivoharisoa,Rasamindrakotroka, and Morisset(2008) revealed that, though about 80% of their participants reported sexual debut at an average age of 19 years only 5.7% of them reported consistent condom use with reasons for nonuse mainly motivated by stable relationships. The high level of sexual activeness (80%) and very low level of condom use (5.7%) was attributed to perceived stable relationships.

It is a widely held notion that increased awareness about condom leads to increased usage. However, Ntata et al., (2008) cited in Fiaveh (2011) observed that condom use by men is rarely consistent and that mere knowledge of condoms does not necessarily guarantee its usage. In a similar vein, Fiaveh (2011) argued that, it is not statistically correct to argue that, the more educated a man is, the more knowledgeable he is to use a condom. Neither is it factual to posit that, knowledge of STI/STDs means the adoption of safety measures (such as condom use) of disease prevention by men.

Another contentious issue in literature is the relationship between condom use during first sex and its consistent use. Ma et al. (2009) in Fiaveh (2011) in their study of some Chinese university students maintained that frequent condom use was less likely practiced by men who had ever had non-vaginal sex than those who had not. In other words, male students who had ever had vaginal intercourse were more likely to use condom than those who engaged in anal intercourse. In this vein, the persuasive function for sexual intercourse among students becomes an inherent feature in their quest to search for its impulsive sanction (e.g. STD/HIV infection or pregnancy).

Tagoe and Aggor (2009) revealed from their behavioural surveillance that, though large number of University students in Ghana engaged in pre-marital sex, condom use was not consistent particularly when the relationship was stable. Fiaveh (2011) found that nonuse of a condom at first intercourse with regular partner compared with casual partner was very common. A possible explanation for this trend has been earlier proposed by Maharaj (2005) who contended that this practice was partly explained by the element of trust developed from men's length of sexual relationship with their partners.

Meanwhile, Fiaveh (2011) from his study, concluded that attitudes and practice of condom use among men in Ghana is not only shaped by men's knowledge about condom use and HIV and AIDS prevention but by their own social construction (due to 'shy to buy a condom' and or 'do not like condoms') of the kind of reality they perceive (thus, 'no risk at all' or 'small risk' to STI/HIV infection). He asserted that though some men may have intention to use a condom, they sometimes do without them. Consequently, condom use by men in stable relationships, as reported in various studies (Maharaj, 2005; Marston and King, 2006; Troth and Perterson, 2000; Sujay, 2009) is rather for fear pregnancy than to disease prevention.

Various researches (Okonkwo, Fatusi and Ilika, 2005; Omoteso, 2006; Malika, Lila, Savita, Shireen and Bela, 2007; Odu and Akanle 2008; Sujay, 2009; Argius, Pitts, Smith & Mitchell 2010; Fiaveh, 2011) have indicated that premarital sexual activities among in-school adolescents are relatively high; especially among tertiary institution students. The agonizing part of the story that calls for serious attention is that little or no precaution is taken to ensure prevention of infections that are concomitants of this practice. STIs are infections that are usually passed through sexual contact with an infected partner. Common ones include AIDS, chlamydia, gonorrhea, genital herpes, genital warts, and syphilis. There is dearth of research on preferences young people make among the various methods of STIs prevention.

In the University of Ibadan, studies conducted on sexual behaviours indicate not only sexual activeness but also risky sexual behaviours among undergraduates. Anyanwu and Okeke, (2012) reported that 82.9% and 66.6% of their male and female undergraduate respondents respectively reported that they have had sexual intercourse at least once. On condom use, Iwuagu et.al., in Shokunbi and Ajuwon (2008) surveyed University of Ibadan female students and found that 75% of those sexually active had ever used a condom, 16.9% and 39% used a condom during their first and last sexual encounters respectively, while only 34.4% had used it consistently. In a more recent study on condom use, Anyanwu and Okeke (2012) reported that 40.6% and 57.7% of male and female undergraduates in the university respectively did not use condom at their first sexual episode, 30.7% and 64.5% male and female respondents respectively reported that they did not use a condom at their last sexual episode with 40.5% and 62.3% male and female undergraduates respectively reporting that they do not use condom at every sex.Risky behaviours like transactional sex and sexual coercion have also been reported. 13.7% male and 10.9% female respondents reported that they have transacted sex with 6.1% male and 9.3% female respondents reporting having experienced coerced sexual intercourse in a study centered on sexual behavioural patterns of undergraduates in the University of Ibadan (Anyanwu and Okeke, 2012). In a more recent study among the population, Ogunwale,

Oshiname and Ajuwon (2012) reported that 12% of students in the university have experienced rape. All these acts, predispose students in the university to HIV/AIDS and other ugly consequences of premarital sexual activeness. Shokunbi Ajuwon, and Omole (2006) identified sex with multiple partners, low and inconsistent use of condoms, transactional sex (aristo) and "October rush" as activities increasing the risk of HIV/AIDS among University of Ibadan students.

Since studies have established not only sexual activeness, but risky sexual behaviour among adolescents and young adults, it is important to take steps to mitigate and/or reduce risk. A potent means of risk reduction especially as regards sexually transmitted infections is educating and empowering young people and adolescents on correct and consistent condom use. A cursory look at happenings among young people and as confirmed by various studies (Okonkwo, Fatusi and Ilika, 2005; Omoteso, 2006; Odu and Akanle 2008; Fiaveh, 2011, Rahamafey et.al., 2008) shows that the African value of abstinence is being eroded. In as much as this is frowned at, it is important to come to the honest acceptance that the dogmas of the silent past are inadequate to the stormy present. Effort aimed at reducing risk even in sexual activeness is therefore important as evidence abound that young people are sexually active against the African ethos of abstinence till marriage. This study was therefore designed to explore the various factors that predict or determine condom use among undergraduates in the university.

Objective of the Study

This study was designed to investigate determinants of condom use among undergraduates in the University of Ibadan.

Research Question: The study sought answer to the understated research question

- Will there be gender difference in condom use among undergraduates in the University of Ibadan?

Hypotheses: The following hypotheses were tested:

1. STIs anxiety will not be a significant predictor of condom use among undergraduates in the University of Ibadan
2. Pregnancy anxiety will not be a significant predictor of condom use among undergraduates in the University of Ibadan
3. Condom availability will not be a significant predictor of condom use among undergraduates in the University of Ibadan
4. Nature of sexual relationship will not be a significant predictor of condom use undergraduates in the University of Ibadan
5. Risk perception will not be a significant predictor of condom use among respondents

METHODOLOGY

Research Design

The descriptive survey research design was employed in this study. The method for data collection was however triangulated as quantitative and qualitative data were collected to enhance validity.

Population, Sample and Sampling Technique

The population for the study consisted of all accommodated undergraduates in the 2012/2013 academic session. A sample size of 1077 students was selected based on a multi stage sampling technique.

At the first sampling stage, stratified random sampling technique was used to select 15% of residents in each of the nine halls of residence. The second sampling stage involved the use of simple random sampling technique of Fishbowl without replacement to pick 80% of the blocks in each of the halls of residence. The third stage also involved the use of simple random sampling technique of Fishbowl with replacement to draw floors from the selected blocks from which respondents were picked.

Moreover, respondents for the Focus Group Discussion and In-Depth Interview sessions were selected using convenience sampling technique. Four Focused Group Discussions were conducted with the halls of residence serving as settings for the discussions. The four sessions were held in two male and two female halls selected using simple random sampling technique. Members of the discussion group were not more than eight and not less than five in each of the sessions. Similarly, two males and two females were interviewed in nine of the halls making a total of eighteen interview sessions. Respondents were selected using convenience sampling as it was based on availability and willingness to participate in the sessions.

Research Instrument

The research instrument used to generate quantitative data was a self-developed and validated questionnaire comprising three sections and two scales. The first section sought information on socio-demographic characteristics of respondents and it has a total of 7 items. The second section titled Condom Utilization Scale sought information on condom use among respondents. It has a total of five items seeking information on condom use among the respondents. The last section has a total of 30 items with five items seeking information on each of the six variables of the research hypotheses. The instrument was subjected to experts' view for content and construct validity and the instrument's reliability index was 0.87 on the Cronbach alpha scale.

RESULT

Data Analysis

Research Question

Will there be significant gender difference in condom use among undergraduates in the University of Ibadan?

Table 1: Gender Difference in Condom Use among Respondents

Variable	Sex	N	Mean	Std. Dev.	df	t_{cal}	t_{crit}	P
CONDOM USE	Male	562	17.1637	2.55595	1075	6.960	1.96	0.000
	Female	515	16.0019	2.89203				

The finding of the study as shown in the table indicates that there is significant gender difference in condom use among respondents. The calculated t value, t_{cal} is 6.960 which is greater than the critical t, $t_{crit.}$ which at df of 1075 is read off at infinity thus yielding 1.96. Moreover, the p value at 0.000 is also lower than the 0.05 significance alpha thus confirming that there is significant gender difference in condom use among respondents.

Hypothesis One

STIs anxiety will not be a significant predictor of condom use among undergraduates in the University of Ibadan

Table 2: Predictive Effect of STIs Anxiety on Condom Use

R	0.387				
R Square	0.150				
Adjusted R Square	0.149				
Std. Error of the Estimate	2.56646				
ANOVA					
	Sum of Squares	**Df**	**Mean Square**	**F**	**Sig.**
Regression	1245.909	1	1245.909	189.154	0.000
Residual	7080.739	1075	6.587		
Total	8326.648	1076			

a Predictors: (Constant) (STIs Anxiety)

b Dependent Variable: Condom Use

The finding of the study as shown in the table reveals the predictive effect of STIs anxiety on condom use among respondents (r = 0.387, p=0.000<0.05). The findings of the study further revealed that 15% (Adj. r^2 = 0.150) of the variance in condom use among the respondents were accounted for by the independent variable. The results from the regression analysis shows that there was significant effect of STIs anxiety on condom use; F (1, 1075) = 189.154, p=0.000<0.05. Consequent upon this, the research hypothesis which states that sexually transmitted infections anxiety will not significantly predict condom use among the respondents is therefore rejected.

Hypothesis Two

Pregnancy anxiety will not be a significant predictor of condom use among undergraduates in the University of Ibadan

Table 3: Predictive Effect of Pregnancy Anxiety on Condom Use

R	0.381				
R Square	0.145				
Adjusted R Square	0.144				
Std. Error of the Estimate	2.57348				
ANOVA					
	Sum of Squares	**Df**	**Mean Square**	**F**	**Sig.**
Regression	1207.166	1	1207.166	182.275	0.000
Residual	7119.482	1075	6.623		
Total	8326.648	1076			

a Predictors: (Constant) (PregAnxiety)
b Dependent Variable: Condom Use

The finding of the study as shown in the table indicates that pregnancy anxiety is a significant predictor of condom use among respondents (r = 0.381, p=0.000<0.05). Findings further revealed that 14.5% (Adj. r^2 = 0.145) of the variance in condom use among the respondents were accounted for by the independent variable, pregnancy anxiety. Moreover, the results from the regression analysis shows that there was significant effect of the independent variable on the dependent variable; F (1, 1075) = 182.275, p=0.000<0.05. Therefore, the research hypothesis which states that pregnancy anxiety will not significantly predict condom use among the respondents is rejected.

Hypothesis Three

Availability will not be a significant predictor of condom use among undergraduates in the University of Ibadan

Table 4: Predictive Effect of Condom Availability on CondomUse

R	0.192				
R Square	0.037				
Adjusted R Square	0.036				
Std. Error of the Estimate	2.73110				
ANOVA					
	Sum of Squares	**Df**	**Mean Square**	**F**	**Sig.**
Regression	308.297	1	308.297	41.333	0.000
Residual	8018.351	1075	7.459		
Total	8326.648	1076			

a Predictors: (Constant) (STIs Anxiety)
b Dependent Variable: Condom Use

The finding of the study as shown in the table reveals the predictive effect of STIs anxiety on condom use among respondents (r = 0.192, p=0.000<0.05). However, the findings of the study further revealed that only 3.7% (Adj. r^2 = 0.150) of the variance in condom use among the respondents were accounted for by availability. The results from the regression analysis shows that there was significant predictive effect of condom availability on condom use among the respondents; F (1, 1075) = 41.333, p=0.000<0.05. Consequently the hypothesis which states that condom availability will not significantly predict condom use among the respondents is rejected.

Hypothesis Four

Nature of sexual relationship will not be a significant predictor of condom use among respondents

Table 5: Predictive Effect of Nature of Sexual Relationship on Condom Use

R	0.395				
R Square	0.156				
Adjusted R Square	0.155				
Std. Error of the Estimate	2.55734				
ANOVA					
	Sum of Squares	**Df**	**Mean Square**	**F**	**Sig.**
Regression	1296.184	1	1296.184	198.194	0.000
Residual	7030.464	1075	6.540		
Total	8326.648	1076			

a Predictors: (Constant) (STIs Anxiety)
b Dependent Variable: Condom Use

The finding of the study as shown in the table indicates that nature of sexual relationship/interaction is a significant predictor of condom use among respondents (r = 0.395, p=0.000<0.05). Findings further revealed that 15.6% (Adj. r^2 = 0.156) of the variance in condom use among the respondents were accounted for by nature of sexual relationship. In the same vein, the results from the regression analysis shows that there was significant effect of the

independent variable on condom use among the respondents; F (1, 1075) = 198.194, p=0.000<0.05. Therefore, the research hypothesis which states that nature of sexual relationship will not significantly predict condom use among respondents is rejected.

Hypothesis Five

Risk perception will not be a significant predictor of condom use among respondents

Table 6: Predictive Effect of Risk Perception on Condom Use

R	0.217				
R Square	0.047				
Adjusted R Square	0.046				
Std. Error of the Estimate	2.71663				
ANOVA					
	Sum of Squares	**Df**	**Mean Square**	**F**	**Sig.**
Regression	393.057	1	393.057	53.259	0.000
Residual	7933.591	1075	7.380		
Total	8326.648	1076			

a Predictors: (Constant) (RiskPercep)
b Dependent Variable: Condom Use

The finding of the study reveals the predictive effect of perception of risk on condom use among respondents (r = 0.217, p=0.000<0.05). However, the findings of the study further revealed that only 4.7% (Adj. r^2 = 0.047) of the variance in condom use among the respondents were accounted for by risk perception. The results from the regression analysis shows that there was significant predictive effect of the independent variable on condom use among the respondents; F (1, 1075) = 53.259, p=0.000<0.05. Based on this, the hypothesis which states that risk perception will not significantly predict condom use among respondents is rejected.

DISCUSSION OF FINDINGS

Existing statistics have revealed that women are disproportionately infected to HIV/AIDS which is a major effect of non-condom use. More women, compared to their male counterparts have lost their lives to AIDS and are as well living with AIDS according to the World Health Organization (2007). This finding of this study thus corroborates the findings of Onayade, Abiona, Ugbala, Alozie and, Adetuyi (2008) which concluded that inconsistent condom use is rampant among young people and females were probably disadvantaged as far as condom negotiation is concerned.

At one of the FGD Sessions, a female respondent confirmed the low level of condom negotiation power of the women folks when she submitted:

> …if you insist that he (boyfriend) uses a condom, he might conclude that you have been sleeping around especially if you are keeping a distant relationship…

This further portrays the dilemma of the female folks in the use and negotiation of condom use. At all the FGD and IDI Sessions at the female halls, none of the female respondents expressed having knowledge of the use of female condoms. This is a challenge as the female condom, unlike the male condom can be very effective in protecting females from pregnancy or STI due to forced sex. This is extremely important if one considers a recent study (Ogunwale, Oshiname&Ajuwon, 2012) in which 12% respondents in the university indicated that they have

experienced rape.

The fear of STIs is a major factor in condom use among young people. Although condom was originally designed to act as a contraceptive, its dual role in protection against STIs is well established. Condoms are used to prevent transmission of sexually transmitted infections of which HIV is a major one. The level of HIV/AIDS awareness in Nigeria is considerably high as the 2008 National Demographic and Health Survey result revealed a high level of awareness on the infection among Nigerians. Most awareness and sensitization programmes on HIV/AIDS prevention carries information on the efficacy of condom to reduce risk of HIV transmission. However, the condition remains that condom must not only be used consistently, it must also be used to correctly.

Premarital sex is common among young people and the population under study as various studies have revealed (Odu & Akanle, 2008; Malika, Laila, Savita, Shireen & Bela, 2007; Okonkwo, Fatusi & Ilika, 2005, Sujay, 2009; Fiaveh, 2011). Unplanned pregnancy is considered one of the indicators of sexual activeness among young people in Nigeria. Due to the social and cultural restriction of sexual activeness outside marriage, unplanned pregnancy is considered a social stigma and as such, many young people, especially the female folks make concerted effort to avoid this stigma. Condom has been disputed to provide a perfect protection against STIs even when properly used, but no one has debated to proper use of condom can protect against pregnancy. In fact, studies (Maharaj, 2005; Marston and King, 2006; Troth and Perterson, 2000; Sujay, 2009) have revealed that condom use among young people is largely due to pregnancy anxiety than to disease prevention.

Availability has been a recurring decimal in condom use especially in this part of the globe. Although availability might not be significantly correlated with monetary cost, the greatest constraint to availability has to do with readiness to purchase a condom. Individuals, especially young people who are willing and ready to buy a condom might be restrained by the social and cultural restriction on sexual activeness outside marriage as revealed in the FGD and IDI Sessions. Young people who are willing to use condom and can afford to buy one, find walking to a sales point and confidently asking for one very difficult as they are shy to do so. This has greatly affected availability, in fact at the FGD Sessions, discussants were unanimous that should condoms be distributed in secretly; usage will be greatly enhanced. When asked on how to do this, a common suggestion was distributing condoms to students at the beginning of every session, if possible it should be part of the normal packages given at the halls. It was also suggested that those who might not need them should be made to discard them on their own. When asked the reason they should not be returned, the discussant disclosed that out of shyness some who need them might return them or even reject them at the point of collection to impress it upon others that they are not sexually active. In a joint publication by WHO, UNFPA and PATH (2005), availability of condom was identified as a major limitation to condom use in the quest of individuals to protect themselves against HIV/AIDS.

The study findings revealed that the nature of the relationship that respondents are involved in, to a great extent, determine if they will use condom when they are to engage in sexual act with such a person. The discussions from the FGD sessions and the findings from the IDI sessions, revealed that condom use is largely predicted by 'who' one is having sex with. Those who perceive that they are having sex with someone they have been in relationship with for sometime are less likely to use condom. Some discussants who shared their experiences of their observations reported that young people who live 'couple life' which is common among off-campus students are less likely to use condoms, at least consistently. Discussants argument was that in a session, if two lovers living together are to make use of condoms every time they had sex, then they must be ready to devote a substantial proportion of their income on condom use which in most cases is not feasible.

Findings also revealed that people who are to a large extent certain that their sexual relationship with an individual will lead to marriage are less likely to use a condom. Responses to items on the research questionnaire as well as the IDI and FGD sessions indicated that there is as good as a hundred percent probability of using condom a first sex with someone at the very first time, especially someone one meets at school. In one of the FGD sessions, a male discussant submitted that he feels that condom use should be preached to those who engage in casual and multiple partner sexual relationships. In his words:

When you are sure she is faithful

> to you and you to her, what is the need of wasting money and time on condom?...people who engage in casual sex or have more than one partners should be more concerned with messages on condom use…

This finding of the study is in line with an earlier finding in a survey of undergraduates in Antananarivo, Madagascar where Rahamefy, Rivard, Ravaoarinoro, Ranaivoharisoa, Rasamindrakotroka, and Morisset (2008) reported that, though about 80% of their participants reported sexual debut at an average age of 19 years only 5.7% of them reported consistent condom use with reasons for nonuse mainly motivated by stable relationships.
It also supports the findings of Tagoe and Aggor (2009) and Fiaveh (2011) which also reported that nature of sexual relationship predicted condom use among undergraduates in Ghana.

Risk perception embodies transmission of an STI and pregnancy as they were the constructs that were measured on this variable. As revealed by the statistical result, the use of condom is largely determined by perceived vulnerability to an STI or pregnancy. Sexual acts that involve a partner who perceives the other partner as being not trustworthy are more likely to involve condom use compared to one in which it is perceived that the other partner is has a high level of self restraint. A male interviewee who succinctly put:

> …you will have to study the person, if she is 'animasaun,' then; you don't have to go near her without being armed (without a condom)

Animasaun, as used by the respondent is a name which literally is translated as 'one that does not hold back.' The term is one of the sexual languages used to describe a lady that is perceived to be promiscuous. Apart from the fear of contacting STI, which happen to be the focus of discussants in male halls in risk perception, protection against pregnancy largely dominated conception of risk perception and condom use among female discussants. Most of the discussants revealed that when they do have to insist that their boyfriends must use a condom is when they are not sure the act will not result in pregnancy. It was revealed that if the possibility of getting pregnant in an act is high, insistence on condom use is also high.

In summary, findings of the study revealed that condom use is higher among male respondents compared to female respondents and this in part might explain the disproportionate distribution by sex to HIV/AIDS epidemic globally. On the factors predicting condom use, it was revealed that the need to avoid contracting STIs as well avoiding unplanned pregnancy promotes condom use among respondents. It was also revealed that with increased availability coupled with accessibility, condom use among respondents will be enhanced. Findings also indicated that with increased risk perception and/or vulnerability to STIs and pregnancy, condom use is also increased. Consequently, interventions and sensitization messages among the respondents must magnify respondents' vulnerability to both STIs and unplanned pregnancy as findings from the study showed that with increased perception of vulnerability, condom use is enhanced.

CONCLUSION

From the findings of the study, it is concluded that condom use among undergraduates in the university is still relatively low compared to the level of sexual activeness. It is also concluded that there is significant difference in condom use by gender as male respondents reported a higher level of condom use than their female counterparts. Factors that determine condom use as revealed by the study among the respondents are STIs anxiety, pregnancy anxiety, availability, nature of sexual relationship and risk perception.

RECOMMENDATION

Based on the findings of the study, the following recommendations are made:

- Concerned stakeholders and the university authority must come to the reality of risky sexual behaviour among undergraduates in the university and take pragmatic steps through multi faceted approach to reduce sexual risk behaviours among the population.
- The issue of gender disparity in condom usage must be given the seriousness it deserves as the female folks are always at the receiving end of the ugly consequences of premarital sex. Efforts

must be made to empower the female folks in building the social skills required in not only negotiating condom use but also in negotiations involving sexual relationships generally in order to reduce the burden of HIV/AIDS and other STIs among the female folks

- Efforts must be ensured not only to make condoms available but also accessible to members of the population who might have need for them. Findings of the study from both quantitative and qualitative data revealed that a significant proportion of the respondents who are willing and eager to use condoms find it difficult to go out and purchase one. This accessibility barrier must be broken by opening up condom points at various locations in the university like the Youth Friendly Centre and the University Health Centre. The use of hall executives in the halls especially the Health Ministries in the halls of residence could prove useful in the distribution of condoms to those who might have need of them.
- Relevant information centered on the purpose, efficacy, and relevance of condom use through reproductive health workshops, sensitization workshops, awareness programmes through the university community radio, posters and even peer education mode through which members of the population can learn to store and use condoms correctly must be executed and evaluated from time to time. The need for this information dissemination is not unconnected with perceived misconceptions surrounding sexual interactions and condom use as well as risk perception. A submission by one of the respondents that condom use should have promiscuous people as target audience is erroneous. Awareness programmes on vulnerability of all and sundry must be created to empower individuals to take charge of their own health and well being as regards staying free from the ugly consequences of premarital sexual relationships.

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