



# PSYCHOSOCIAL DETERMINANT OF TEENAGE PREGNANCY AMONG SELECTED SECONDARY SCHOOL STUDENTS IN AKAMKPA LOCAL GOVERNMENT AREA, CROSS RIVER STATE, NIGERIA.

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## ABSTRACT

**Purpose** This study explored the psychosocial determinants of teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria. The Specific objectives were to determine the influence of parental-child relationship on teenage pregnancy, examine influence of attitude to sex on teenage pregnancy, determine influence of self-esteem on teenage pregnancy and ascertain the influence of peer influence on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria. Four research questions and a hypothesis were formulated to guide the study.

**Method:** The research design employed in the study is cross-sectional descriptive design. A total of 241 female senior secondary schools one and two (SSS I & SSS II) students of five (5) public secondary schools in Akamkpa LGA, Cross River State were selected as sample of the study using simple and proportionate sampling techniques. The instrument of data collection was a structured questionnaire. Data collected were presented and analyzed using frequencies, percentages and descriptive statistics (Means [  $\bar{X}$  ]). The hypothesis was tested using Population t-test (t) analysis.

**Result** The findings of the study revealed that parent-child relationship has a negative influence on teenage pregnancy among female students. Attitude to sex has positive influence on teenage pregnancy among female students. Self-esteem has positive influence on teenage pregnancy among female students. Peer pressure has negative influence on teenage pregnancy among female students. There is a significant negative influence of peer influence on teenage pregnancy among female students in selected secondary schools in Akamkpa LGA, Cross River State. Based on the results it was recommended that Parents should endeavour to strengthen relationships with their children as this will help them to discuss relevant issues relating to sexuality and reproductive health that will help prevent unwanted teenage pregnancy.

### Conclusion:

Teenage pregnancy is a major public health and social problem worldwide. Poor parent-child relation and peer pressure have negative influence on teenage pregnancy among female students while, self-esteem and attitude to sex have positive influence on teenage pregnancy

**KEYWORDS:** Psychosocial Determinant, Teenage pregnancy, Secondary school students.

## INTRODUCTION

One of the reproductive health problems affecting society is teenage pregnancy. Teenage is a period of major biological, social and psychological development.

It is a time of opportunity during which a range of actions can be taken to set the stage for healthy adulthood (WHO (2014)). Teenage pregnancy is generally regarded as pregnancy in girls who are between the ages of 12-17 years or under (Ganchimeg, Ota, Morisak,

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Laopaiboon, Lumbiganon, & Zhang et al. (2014). Pregnancy in the early reproductive life in modern days has been viewed as violations of a right of a girl child due to possible physical, emotional and social harm to the well-being of adolescence and its potential adverse consequences on her educational advancement (Human Rights Watch (2018).

Teenage pregnancy is a worldwide phenomenon affecting both developed and developing countries. WHO (2014) documented that about 18 million girls aged 12-17 years give birth each year and two (2) million of these births are from girls under age of 15 years. Also, almost all adolescent births (about 90%) occur in low- and middle-income countries. It is more likely to occur among poor, less educated and rural populations among developing countries WHO (2020). According to Kefale, Yalew, Damtie, and Adane, (2020) about 19 million girls aged 15–19 years in the developing world become pregnant and give birth every year, respectively. In Africa the overall pooled prevalence of teenage pregnancy was 18.8%, but Sub-Saharan Africa accounts for about 19.3% global teenage pregnancy rate (Kassa, Arowojolu, Odukogbe, & Yalew, 2018). Several factors contribute to teenage pregnancy. Adolescence can be a trouble period in life, characterized by storm and stress. It is marked by emerging independence and profound biological, physical and behavioural transformation.

During adolescence, teenage girls engage in risky health behaviours and activities such as early and unprotected sex that could result in devastating consequences such as sexually transmitted diseases and unwanted teenage pregnancy (Centre for Disease Control and Prevention, 2021). The psychological impact of teenage pregnancies can lead to depression in teenage mothers, the demands of a new baby, financial issues; lack of support from parents and drop out of school; can all affect the emotional well-being of a teenage mother (Hodgkinson, Beers, Southammakosane & Lewin, 2014). Adolescent pregnancy can also have negative social and economic impact on the teenage girls, their families and communities. Pregnant adolescents may face stigma and rejection by parents, threats of violence, violence within marriage, low educational attainment, and poverty (Tull, K. (2020)

According to Ochen, Phimus, and Lawoko, (2019) factors associated with teenage pregnancy may be related to low socio-economic status, low educational attainment and career aspiration, divorce, single parenting, poor parent-child relationship, peer pressure, sexual abuse, mass media influence, declining age at menarche, drugs abuse, lack of reproductive health awareness, lack of sex education or poor knowledge of sex education and widespread sexual violence. Also, adolescent girls face barriers to accessing contraception including restrictive laws and policies regarding provision of contraceptive based on age or marital status. In most situations, adolescent girls may be unable to refuse unwanted sex or resist coerced sex which tends to be unprotected (ull, 2020) Some of these factors are psychosocial nature, and these include: poor parent-child relationship, peer pressure, attitude to sex, self-esteem and mass media influence.

Teenage pregnancy is a notable issue of concern in adolescents' lives as it is often associated with negative health impact and serious consequences for both the mother and the newborn. It is one of the leading causes of maternal deaths among girls aged 15–19 years globally due to complications during pregnancy and childbirth (World Health Organization (2016) To address the problem of teenage pregnancy in the society, it is important to examine the factors influencing adolescents' sexual behaviour. It was therefore of interest to the researcher to explore the psychosocial determinants of teenage pregnancy among selected secondary schools' students in Akamkpa Local Government Area, Cross River State.

### **Statement of problem**

Teenage pregnancies are a major public health and social problem worldwide. The World Health Organization (2014) reported that about 17 million adolescent girls give birth every year and most of these births occur in low- and middle-income countries. Demographic and Health Survey (2013) reported that in Nigerian an estimated 23% of women aged 12-17 years have begun childbearing of which % have had their first child. Also, 32% of teenagers in rural areas have begun childbearing as opposed to 10% in the urban areas of Nigeria. Also, studies have shown the associated teenage pregnancy may be attributed to lack of sex education and lack of supplies of contraceptives to teenagers.

The researcher has observed an increased in the numbers of teenage pregnancy among secondary schools' students in Akankpa Local Government. Also, there is wealth of literature on factors associated with teenage pregnancy globally, Africa and Nigeria, but there is none in Akankpa Local Government Area. Hence, the need to investigate psycho-social determinants of teenage pregnancy among selected secondary schools students in Akankpa Local Government Area, Cross River State.

### **OBJECTIVES OF THE STUDY**

The purpose of this study is to explore the psychosocial determinants of teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria. The specific objectives of the study are to:

1. To determine the relationship between parental-child relationship and teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria.
2. To determine the influence of attitude to sex on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria.
3. To explore relationship between self-esteem and teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State,
4. To ascertain the influence of peer pressure on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria.

### Research questions

1. What is the relationship between parental-child relationship and teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria?
2. What is the influence of attitude to sex on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria?
3. What is the relationship between self-esteem and teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria?
4. What is the influence of peer pressure on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria?

### Hypotheses

There is no significant relationship between parental level of education and proportion of teenage pregnancy.

### LITERATURE REVIEW

Several factors have been attributed to the high rate of teenage pregnancy in the society and various researchers have conducted investigation on the subject. Achema, Emmanuel and Moses (2015) carried out a study on factors responsible for teenage pregnancy and its implication on adolescent health and education: a total of three hundred (300) secondary school students in Nigeria were used for the study. Data were collected using structured questionnaire. Data were analyzed using descriptive and inferential statistics, findings revealed that most (46.7%) student admitted that lack of parenting care was responsible for teenage pregnancy. Also, lack of self-control (36.7%) and lack of sex education (13.3%) were identified as responsible factors for teenage pregnancy to occur. Majority of the students (60%) admitted that polygamous family system acted as contributory parenting factor for teenage pregnancy. Large proportion (60%) of the respondents affirm that teenage pregnancy could lead to school dropout and some (20%) of the respondents admitted that teenage pregnancy could lead to infections. Author reported that, most of the respondents (60.7%) acknowledged that it could lead to malnutrition, anaemia and bleeding.

In a study conducted in Ethiopia Kefale, Yalew, Damtie, and Adane (2020) it was observed that factor associated with teenage pregnancy were individual and community level. The individual-level factors were age, educational status, and marital status, while community-level factors predicting teenage pregnancy were cultural and environmental factors. A total of 3381 teenage girls aged 15– 19 years selected through a two-stage stratified cluster sampling were used for the study. Data collected were analyzed using Stata version 14. Multilevel mixed effect logistic regression was used to identify factors affecting teenage pregnancy. The result showed that being at the prime of adolescence (between 17 and 19 years), The results revealed that being uneducated or having low education, being married and exposure to poverty were predictors of teenage pregnancy.

A systematic review and meta-analysis of published and unpublished studies in Africa was conducted by Kassa, Arowojolu, Odukogbe and Yalew (2018) revealed that the factors associated with adolescent pregnancy included poor parent-child relationship and lack of parent to adolescent communication on sexual and reproductive health (SRH) issues. Also, Omozusi and Adunola (2016) assessed the influence of parental guidance on teenage pregnancy among female adolescent secondary school student in Abeokuta South Local Government Area of Ogun State. The study involved 358 respondents. The data collected were analyzed and results revealed large proportion of the respondents (55.9%) were afraid to discuss some sensitive issues with their parents while 96.1% of the respondents said their parents would not allow them to use contraceptive pills; 67.9% of the respondent affirm to have received sex education through their friends, while 87% of the respondents lack the knowledge from parents. Therefore, parents have a unique position in sex-education, children socialization; parent-child communication, care and support, guidance and counseling. Similarly Suci, Lindawati and Thoharoh (2020) examined the effect of counseling on the increasing knowledge and attitudes about risky pregnancies at Muhammadiyah Vocational High School in Wonosobo, Indonesia. Participants were divided into two groups (pretest- group and post-test group). Data collected were analyzed using frequencies and percentages. The results of the study revealed that that attitude to sex, is an important determinant of teenage pregnancy. Study affirm that there is effect of reproductive health counseling on increasing knowledge and attitudes to risky sexual behaviours.

A prospective study by Govender, Naidoo, and Taylor (2019) to examine the relationship between teen pregnancy and self-esteem. The study involved 113 urban upstate New York students aged 12 through 19 years. The instrument of data collection is the Rosenberg self-esteem inventory and a questionnaire of demographic and attitudinal information yielded a limited to no significant relationship between pregnancy and self-esteem. The study however did show a pregnancy rate of 8% current to administration and 22% of teen females who reported "ever" being pregnant. The sexual activity experience rate was nearly 70% for these teens, with limited access to that resolve (pregnancy to term or abortion).

A descriptive study by Cuman, (2015) to assess self-esteem, depression and stigmatization as determinants of educational attainment of pregnant adolescents in Delta State Nigeria. Study participants involved 240 pregnant adolescents. The sample size was selected using two stage multi-stage sampling technique. The result indicated that the three independent variables, when taken together were effective associates and related effectively with the educational attainment of pregnant adolescent. Based on these findings it was recommended that pregnant adolescent should be assisted to develop effective self-esteem to shield them from depression and stigmatization as well as to self-actualize and fulfill their educational dreams, the government should focus on creating an avenue for the continued education of pregnant adolescent and parents

should therefore be more concerned and protective of their children in such conditions encouraging them to further their educational prospects with the consciousness of the future.

In a correlation study Ugoji (2013) to ascertain association between social support and self-esteem among teenage mothers attending Pumwani Maternity Hospital in Nairobi, Kenya. Data was analyzed using descriptive statistics and correlation analysis. Results showed that teenage mothers in Pumwani Hospital had high level of social support and high level of self-esteem. 2% of the teenage mothers had low levels of self-esteem, 10% had average self-esteem and 88% had high self-esteem. 2% had low social support, 22% average social support and 76% had high level of social support. There was also a positive and moderately high relationship between social support and self-esteem. Intervention suggested by the girls involved in the study included desire for greater support to have regular income, the need to be understood rather than judged, and the need to be supported to complete their education.

An exploratory study Nyaga, (2015) examined the contributing variables to teenage pregnancy among female adolescents in Akoko Districts of Ondo State. A total 720 pregnant teenagers attending antenatal care in Akoko Districts Health Centre (HC) and General Hospital (GH), finding revealed that inadequate knowledge about sexuality education, peer pressure, lack of parental guidance and media/internet were contributing variables to teenage pregnancy among female adolescents. The study concluded that government should make health care professionals working with adolescents to develop a wide range of practical and interpersonal initiatives on teenage pregnancy.

Ochen, Phimus and Lawoko (2019) explored the predictors of teenage pregnancy among girls aged 13 – 19 years in Uganda. The community-based case-control study involved 495 participants; but final analyses were undertaken for 480 participants. Among the behavioural factors assessed, multivariable analyses showed that having multiple sexual partners, frequent sex and irregular contraceptive use increased the likelihood of teenage pregnancy. Among familial factors, being married was found to increase the likelihood of teenage pregnancy, peer-pressure, sexual abuse and lack of control over sex was observed to increase the likelihood of teenage pregnancy. It was also observed that demographic, behavioural, familial and social factors are important predictors of teenage pregnancy.

## **MATERIALS AND METHODS**

### **Research design**

Cross sectional descriptive research design was employed in this study. The design attempts to describe

and explain certain situations as they exist naturally. The design was preferred because it can be used to study the psychosocial determinant of teenage pregnancy and factors associated with the situation.

### **Research setting**

This study was conducted in Akamkpa Local Government Area in Cross River State. Its headquarter is strategically located at kilometer 45 along Calabar – Ikom Highway, in Akamkpa town. It is the largest Local Government Area in Cross River State with a land mass of 4,943.04 square kilometers and has tropical rainforest vegetation. Akamkpa lies between latitude 4<sup>0</sup>25' and 6<sup>0</sup>55' North of the Equator and longitude 7<sup>0</sup>50' and 9<sup>0</sup>28' East of the Greenwich Meridian. It is bounded by Odukpani and Akpabuyo Local Government Areas in the West and South, Biase and Yakurr to the North-West and Obubra, Ikom and Etung to the North and the Republic of Cameroon to the East. It has a population of about 149, 705 (2006 population census). The people of Akamkpa are predominantly Quarry factory, farmers and hunters. Due to urbanization and civilization, most resident are now civil servant and business men. The languages spoken in Akamkpa are Ejagham and Dusanga, Iyong and lesser extent Korup spoken by few communities. English and Efik languages are also widely used for commercial and other social interactions while Christianity is the predominant religion in the area.

### **Research population**

The population of the study consisted of female senior secondary schools' students in Akamkpa LGA, Cross River State. It has 19 public secondary schools and 12 private secondary schools. The accessible population of the study consisted of six hundred and seven (607) female senior secondary schools one and two (SSS I & SSS II) students of five (5) out of the nineteen (19) public secondary schools. The reason for using SSS I and SSS II is because SSS III students have written their West African Examination (WAEC) and vacated the school premises. The five (5) public secondary schools selected are: Government Secondary School, Akamkpa Town, Government Day Secondary School, Akamkpa Town, Government Secondary School, Iwuru, Staff Model Secondary School, Awi, and Government Secondary School, Owai.

### **Sample and sampling techniques**

Simple random sampling technique was used to select five (5) public secondary schools out of nineteen (19).

The sample size was determined from the accessible population using Taro Yemane's formula for sample size determination. A proportionate sampling technique was used to determine the number of students selected from each of the five (5) selected public schools for the study and students were randomly selected from each class. This is present in the table below:

Table 1: Sample of schools and students selected

S/N	Name of Schools	Population of Female Students	Proportion selected	Percentage (%) of total population
1	Government Secondary School, Akamkpa Town	155	155 / 607 X = 62	25.7
2	Government Secondary School, Ayaebam	99	99 / 607 X = 39	16.2
3	Government Day Secondary School, Akamkpa Town	128	128 / 607 X = 51	21.2
4	Government Secondary School, Iwuru	103	103 / 607 X = 41	17.0
5	Model High School, Uyanga	122	122 / 607 X = 48	19.9
	Total		241	100.0

### Instrument for data collection

The instrument for data collection was a structured questionnaire designed by the researcher based on the research questions and objectives of the study was used for data collection. The instrument comprised five sections to elicit socio-demographic data of the respondent and information to answer the research questions.

### Validity of instrument

The validity of the instrument was ascertained using face and content validity. The researcher ensured that the items contained in the instrument measure all variable under investigation; same was subjected to scrutiny and modification by an expert in the field of test and measurement. Reliability was achieved using test-retest reliability method. Twenty-four (24) questionnaires (10% of the study sample) were administered to female senior secondary school students in Akpabuyo Local Government Area who were not included in the study. Data collected were correlated using Pearson Moment Product Correlation coefficient and a reliability coefficient of 0.89 was obtained by this the reliability of the instrument was established.

### Method of data collection

Data for the study were obtained through face-to-face administration of questionnaire to respondents with the aid of a Class teacher in each of the sampled schools. Students found in classes were randomly selected up to the number required for each class and a copy of the

## RESULTS AND DISCUSSION

### Socio-Demographic Data

questionnaire was administered. The purpose/content of the study was explained and the respondents were asked to fill the questionnaire accordingly. However, on the spot collection was maintained by the researcher and her assistant in all the five (5) schools chosen for the study. A period of five (5) days was used to collect data from the five (5) schools, taking one (1) schools per day. A total of 241 copies of the questionnaire was distributed to the various schools and same was retrieved.

### Method of Data Analysis

The information obtained from the questionnaire was analyzed using SPSS, inferential and descriptive statistics was used; data presented in tables, bars and pie charts. The research hypothesis was tested for significance using chi-square statistical tool.

### Ethical consideration

The researcher obtained ethical clearance from the Director Secondary School Management Board, Michael Ani Secrtriate complex, Governor Office, Calabar, Also, permission was obtained from the principal of each school to administer questionnaires to the students. Informed consent was obtained from all the participants, participants was voluntary, time was taken to explain to the respondents what is required of them and the researcher assure all students of confidentiality of information given as no names was required on the questionnaire.

Table I: Socio-Demographic Characteristics of Respondents (n = 241)

Variables	Frequency	Percentage (%)
<b>Age years:</b>		
12 - 14	64	25.6
15- 17	116	48.1
18 & above	61	25.3
<b>Class</b>		
SSS I	120	49.8
SSS II	121	50.2
<b>Occupation of parents</b>		
Famers	112	46.5
Civil servant	66	27.4
Business	42	17.4
Artisan	21	8.7
<b>Religion</b>		
Christians	226	93.8
African traditional religion	15	6.2

The results of Socio-demographic data presented in Table I showed that most of the respondents, 116 (48.1%) were aged 15 - 17 years; 64 (26.6%) respondents were between 12 - 14 years; while 61 (25.3%) respondents were aged 18 years and above. The table also showed that 120 (49.8%) respondents were senior secondary one (SSS I) Students, while 121 (50.2%) respondents were senior secondary two (SSS II) students. Furthermore, most of the respondents' parents, 120 (49.8%) are farmers, 66 (27.4%) are civil

servant, 42 (17.4%) are businessmen, while 21 (8.7%) artisans. Lastly, majority of the respondents, 226 (93.8%) are Christians, while 15 (6.2%) respondents were African traditional religion worshippers.

## RESULTS OF RESEARCH QUESTIONS

**Research Question 1:** What is the influence of parental-child relationship on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria?

Table 2: Influence of parental-child relationship on teenage pregnancy (N = 241)

Parental-child relationship variables	SA		A		D		SD		Mean (X)
	No	%	No	%	No	%	No	%	
My parents always discuss about sexual behaviour and teach us how to keep away from sexual activities and maintain friendship	30	12.4	28	11.6	61	25.3	122	50.6	2.02
Any time I ask question relating to sexuality and reproductive health my parents take time to answer me.	18	7.5	14	5.8	98	40.7	111	46.1	1.72
My parents show so much care about my school fees and up keep so that I will not go after boys for help.	61	25.3	59	24.5	64	26.6	57	23.6	2.51
My parents encourage us to goes out with men in order to meet our persona; needs.	36	14.9	58	24.1	69	28.6	78	32.4	2.22
My parents always find time to engage us in order to prevent us from going out to meet boys.	54	22.4	48	19.9	68	28.2	71	29.5	2.35
Total									10.82

\*Mean ( $\bar{X} \pm SD$ ) Score of 2.5 and above indicates high influence of parent-child relationship on teenage pregnancy, while below 2.5 indicates low influence

The table above revealed that 30 (12.4%) respondents strongly agreed that their parents always discuss about sexual behaviour and teach them how to keep away from sexual activities; 28 (11.6%) respondents agreed; 61 (25.3%) respondents disagreed; while 122 (50.6%) respondents strongly disagreed. Also, 18 (7.5%) respondents strongly agreed that any time they ask question relating to sexuality and reproductive health their parents take time to answer them; 14 (5.8%) respondents agreed; 98 (40.7%) respondents disagreed; while 111 (46.1%) respondents strongly disagreed. In addition, 61 (25.3%) respondents strongly agreed that their parents show so much care about their school fees and up keep so that they will not go after boys for help; 59 (24.5%) respondents agreed; 64 (26.6%) respondents disagreed; while 57 (23.6%) respondents strongly disagreed. Furthermore, 36 (14.9%) respondents strongly agreed that their parents encourage them to goes out with men in order to meet their persona; needs; 58 (24.1%)

respondents agreed; 69 (28.6%) respondents disagreed; while 78 (32.4%) respondents strongly disagreed. Lastly, 54 (22.4%) respondents strongly agreed that their parents always find time to engage them in order to prevent them from going out to meet boys; 48 (19.9%) respondents agreed; 68 (28.2%) respondents disagreed; while 71 (29.5%) respondents strongly disagreed.

In addition, the total mean ( $\bar{X}$ ) score obtained influence of parental-child relationship on teenage pregnancy is 10.82 out of 20. The respondents obtained mean ( $\bar{X}$ ) scores that are below 2.5 in all influence of parental-child relationship variable except on showing care about respondents' school fees and up keep so that they will not go after boys for help.

**Research Question 2:** What is the influence of attitude to sex on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria?

**Table 3: Influence of attitude to sex on teenage pregnancy among (N = 241)**

Attitude to sex variables	SA		A		D		SD		Mean (X)
	No	%	No	%	No	%	No	%	
If I get pregnant at this age and miss school I don't bother much.	13	5.4	21	8.7	99	41.1	108	44.8	3.25
I rarely have sex both at home and in school because I do not want to get pregnant.	108	44.8	88	36.5	29	12.0	16	6.6	3.20
I do not take having sex at my age to be very thing in the world.	105	43.6	94	39.0	25	10.4	17	7.1	3.20
Having sex at this age can affect my career because I need education to be successful.	121	50.2	94	41.5	19	7.9	7	2.9	3.44
Becoming pregnant while in school could bring shame and disgrace to your family and parents.	106	44.0	114	47.3	14	5.9	7	2.9	3.32
Total									16.4

\*Mean ( $\bar{X} \pm SD$ ) Score of 2.5 and above indicates high influence of attitude to sex on teenage pregnancy, while below 2.5 indicates low influence

The above table revealed that 13 (5.4%) respondents strongly agreed if they get pregnant at their age and miss school they won't bother much; 21 (8.7%) respondents agreed; 99 (41.1%) respondents disagreed; while 108 (44.8%) respondents strongly disagreed. Also, 108 (44.8%) respondents strongly agreed that they rarely have sex because they do not want to get pregnant; 88 (36.5%) respondents agreed; 29 (12.0%) respondents disagreed; while 16 (6.6%) respondents strongly disagreed. Also, 105 (43.6%) respondents strongly agreed that they do not take having sex at their ages to mean everything in the world; 94 (39.0%) respondents agreed; 25 (10.4%) respondents disagreed; while 17 (7.1%) respondents strongly disagreed. In addition, it was observed that 121 (50.2%) respondents strongly agreed having sex at their ages can affect their career because they need education to

be successful; 94 (41.5%) respondents agreed; 19 (7.96%) respondents disagreed; while 7 (2.9%) respondents strongly disagreed. Lastly, 106 (44.0%) respondents strongly agreed that becoming pregnant while in school could bring shame and disgrace to their parents and families; 114 (47.3%) respondents agreed; 14 (5.9%) respondents disagreed; while 7 (2.9%) respondents strongly disagreed.

The total mean ( $\bar{X}$ ) score obtained on influence of attitude to sex on teenage pregnancy is 16.4 out of 20. The respondents obtained mean ( $\bar{X}$ ) scores that are higher than 2.5 in all influence of attitude to sex on teenage pregnancy variables. This indicates that attitude to sex has a positive influence on teenage pregnancy.

**Research Question 3:** What is the influence of self-esteem on teenage pregnancy among selected

secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria?

**Table 4: Influence of self-esteem on teenage pregnancy**

**(N = 241)**

Attitude to sex variables	SA		A		D		SD		Mean (X)
	No	%	No	%	No	%	No	%	
I have confidence that I can always overcome the temptation of having sex.	68	28.2	95	39.4	37	15.4	41	17.0	2.79
I do not have sex because I want to complete my education.	127	52.7	91	37.6	15	6.2	8	3.3	3.40
I do not have sex because I don't want to disappoint my teacher and my parents	129	53.5	106	44.0	5	2.1	1	0.4	3.51
Having sex and become pregnant while in school may ruin my chances in life.	115	47.7	111	46.1	9	3.7	6	2.5	3.39
If I get pregnant while in school I may not be able to fulfill my career ambition.	121	50.2	98	40.7	14	5.8	8	3.3	3.38
Total									16.47

\*Mean ( $\bar{X} \pm SD$ ) Score of 2.5 and above indicates high influence of self-esteem on teenage pregnancy, while below 2.5 indicates low influence

The above table revealed that 68 (28.2%) respondents strongly agreed that they have confidence that they can always overcome the temptation of having sex; 95 (39.4%) respondents agreed; 37 (15.4%) respondents disagreed; while 41 (17.0%) respondents strongly disagreed. Also, 127 (52.7%) respondents strongly agreed that they do not have sex because they want to complete their education; 91 (37.6%) respondents agreed; 15 (6.2%) respondents disagreed; while 8 (3.3%) respondents strongly disagreed. Also, 129 (53.5%) respondents strongly agreed that they do not have sex because they don't want to disappoint their teachers and my parents; 106 (44.0%) respondents agreed; 5 (2.1%) respondents disagreed; while 1 (0.4%) respondent strongly disagreed.

Furthermore, 115 (47.7%) respondents strongly agreed that having sex and becoming pregnant while in school may ruin my chances in life; 111 (46.1%) respondents agreed; 9 (3.7%) respondents disagreed; while 6 (2.5%) respondents strongly disagreed. Lastly, 121 (50.2%)

respondents strongly agreed that if they becoming pregnant while in school, they may not be able to fulfill their career ambition; 98 (40.7%) respondents agreed; 14 (5.8%) respondents disagreed; while 8 (3.3%) respondents strongly disagreed. In addition, the tables revealed that majority of the respondents have positive self-esteem. The total mean ( $\bar{X}$ ) score obtained on influence of self-esteem on teenage pregnancy is 16.47 out of 20. The respondents obtained mean ( $\bar{X}$ ) scores that are higher than the average, which is 2.5 in all influence of self-esteem on teenage pregnancy variables. This indicates that self-esteem has a positive influence on teenage pregnancy.

**Research Question 4:** What is the influence of peer pressure on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria?



**Table 5: Influence of peer pressure on teenage pregnancy (N = 241)**

Peer pressure variables	SA		A		D		SD		Mean (X)
	No	%	No	%	No	%	No	%	
The reason I may have sex at this age is when my friends influence me.	21	8.7	22	9.1	94	39.0	104	43.2	1.83
Some of my friends make fun of me for refusing to have sex with men and boys.	33	13.7	65	27.0	62	25.7	81	33.6	2.21
I and my friends sometimes discuss about sex instead making out time to study our books.	32	13.3	20	8.3	92	38.2	97	40.2	1.95
My friends' attitude toward having sex sometimes makes me wants to go out with boys.	89	36.9	99	41.1	30	12.4	23	9.5	3.08
If I become pregnant while in school it is due to peer influence.	64	26.6	76	31.5	61	25.3	40	16.6	2.67
Total									11.74

\*Mean ( $\bar{X} \pm SD$ ) Score of 2.5 and above indicates high influence of attitude to sex on teenage pregnancy, while below 2.5 indicates low influence

The above table revealed that 21 (8.7%) respondents strongly the reason they have had sex at their ages is when their friends influenced them; 22 (9.1%) respondents agreed; 94 (39.0%) respondents disagreed; while 104 (43.2%) respondents strongly disagreed. Also, 33 (13.7%) respondents strongly agreed that some of my friends make fun of me for refusing to have sex with men and boys; 65 (27.0%) respondents agreed; 62 (25.7%) respondents disagreed; while 81 (33.6%) respondents strongly disagreed. Also, 92 (38.2%) respondents strongly agreed that they and their friends always make out time to study and don't have time for sex at this age; 97 (40.2%) respondents agreed; 32 (13.3%) respondents disagreed; while 20 (8.3%) respondents strongly disagreed.

In addition, it was observed that 89 (36.9%) respondents strongly agree their friends' attitude toward having sex with boys does not influence them; 99 (41.1%) respondents agreed; 30 (12.4%) respondents disagreed; while 23 (9.5%) respondents strongly disagreed. Lastly, 64 (26.6%) respondents strongly agreed that if they become pregnant while in school it is due to peer

influence; 76 (31.5%) respondents agreed; 61 (25.3%) respondents disagreed; while 40 (16.6%) respondents strongly disagreed. The total mean ( $\bar{X}$ ) score obtained on influence of peer pressure on teenage pregnancy is 11.74 out of 20. The respondents obtained mean ( $\bar{X}$ ) scores that are higher than 2.5 in three out of the five influence of peer pressure on teenage pregnancy variables. The highest mean ( $\bar{X}$ ) scores were obtained on pressure from peer influence to have sex (3.08) and the possibility of becoming pregnant due to peer influence (2.67). The lowest mean ( $\bar{X}$ ) scores (1.83) was obtained on having sex due to peer influence.

**Test of Hypothesis Hypothesis**

There is no significant influence of peer pressure on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria.

**Table 6: Population t-test analysis of influence of peer pressure on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria (N = 241)**

Groups	N	$\bar{X}$	SD	t-Cal	t-Crit	Decision
Sample	241	11.74	3.31			
				-7.812*	1.969	Rejected
Population	607	12.5	2.42			

*P > .05;  $\alpha = .05$ ; df = 240; Critical t = 1.969; Calculated t = 17.812\**

The result of Population t-test (t) analysis in Table 6 revealed that the calculated t - value of -7.84 is less than the critical value of 0.136 at 0.05 level of significant and 240 degrees of freedom. The result is significant; therefore, the null hypothesis which stated that there is no significant no significant influence of peer pressure on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria was rejected. The implication of the result is that there is a significant negative influence of peer pressure on teenage pregnancy among selected secondary school students in Akamkpa Local Government Area, Cross River State, Nigeria. This is because the result is a negative value.

## DISCUSSION

The findings of the study revealed that parent child relationship has a negative influence on teenage pregnancy among female students in selected secondary schools in Akamkpa LGA, Cross River State.

The total mean ( $\bar{X}$ ) score obtained on influence of parent child relationship on teenage pregnancy is 10.82. This reason for this poor result is that most parents find it difficult to discuss with their daughters about sexual behaviour. When asked questions relating to sexuality and reproductive health by the children, the parents often pay less attention. This kind of behaviour will leave many girl children with no option than indulge in sexual activities that could lead to teenage pregnancy. This result is in line with the study by Achema, Emanuel and Moses (2015) on factors responsible for teenage pregnancy in Nigeria which revealed that lack of sex education is a factor responsible for teenage pregnancy among teenage girls.

Similarly, the result corresponds with a study by Omozusi and Adunola (2016) in Abeokuta Ogun State, Nigeria whose findings revealed that failed parent child relationship is associated with teenage pregnancy. majority of the girls used in the study admitted difficulty in discussing issues relating to sexuality with their parents; rather they received sex education through their friends and peers, who in most cases may influence them negatively. This is because they find it much easier to discuss with friends that with their parents.

The finding of this study also revealed that attitude to sex has positive influence on teenage pregnancy among female students. The total mean ( $\bar{X}$ ) score obtained on influence of attitude to sex on teenage pregnancy 16.4 out of 20. This reason for this positive result is that most of the teenage girls have positive beliefs that they do not want to get pregnant. They also indicated that getting pregnant while in school would bring shame and disgrace to their families and parents. The result agrees with the result of a study by Suci, Lindawati, and Thoharoh, (2020) who maintained that attitude to sex, is an important determinant of teenage pregnancy. The researcher noted that when a girl sees early sex as an action that can result in pregnancy thereby destroying her career, she will abstain from it, but if she sees it otherwise, she may likely indulge in early sexual activities, hence the possibility of teenage pregnancy.

The above finding also corresponds with results of a study by Govender, Naidoo and Taylor (2019) who

maintained that large proportion of study participants have positive attitude to sex, believing that sex before marriage is unacceptable as it can lead to unwanted pregnancy among teenage girls. On the contrary, the finding was different from a study of Srithanaviboochai, et al, (2020) who reported that some of the girls believe that abstaining from sex is difficult during adolescence.

The result of this study further revealed that self-esteem has positive influence on teenage pregnancy among female students. The total mean ( $\bar{X}$ ) score obtained on influence of attitude to sex on teenage pregnancy 16.47 out of 20. This reason for this positive result is that most of the teenage girls have positive self-esteem about themselves. Most of the teenage girls have the confidence to overcome the temptation of having sex, knowing that they have to complete their education, otherwise they will disappoint their parents and teachers.

The findings consistent with those of a prospective study by Cuman, (2015) on the relationship between teen pregnancy and self-esteem among teenage girls in New York, United States revealed a positive association between self-esteem and the occurrence of teenage pregnancy. Similarly, the result is in line with another study by Ugoji (2013) whose finding showed effective association between a girl's self-worth and the possibility of unwanted pregnancy. Another study with similar result is a study in Nairobi by Kenya (2015) who maintained that teenage who have positive self-esteem and high relationship social support are less likely to become pregnant compare with those who have low self-esteem and lack social support.

Again, the result of this study revealed that peer influence has negative influence on teenage pregnancy among female students in selected secondary schools in Akamkpa LGA, Cross River State. The total mean ( $\bar{X}$ ) score obtained on influence of attitude to sex on teenage pregnancy 12.4 out of 20. This reason for this negative result is that some of the girls are negatively influenced by peer groups. They may become pregnant due to peer influence. Even though some of the girls make out time to study their books, they can easily be negatively influenced by friends who make fun of them for refusing to have sex with boys. The findings correspond with a study of Ojo (2019) whose finding revealed that peer pressure is a major determinant for teenage pregnancy. Another study with similar result is a study on predictors of teenage pregnancy conducted in Uganda by Ochen, Phimus, and Lawoko, (2019) who maintained that peer pressure was highly associated with having multiple sexual partners and teenage pregnancy

## CONCLUSION

Teenage pregnancy is a major public health and social problem worldwide. Poor parent-child relation and peer pressure have negative influence on teenage pregnancy among female students in selected secondary schools in Akamkpa LGA, Cross River State. On the other hand, self-esteem and attitude to sex have positive influence on teenage pregnancy. Parents should endeavour to strengthen relationships with their children as this will help them to discuss relevant issues relating to sexuality

and reproductive health that will help prevent unwanted teenage pregnancy.

## RECOMMENDATIONS

Based on the findings of the study the following recommendations were given:

1. Hospital managements, health workers and nurses in general should strategize towards providing teenage girls with sexual and reproductive health education. This will help to enlighten them on the dangers of early sex, which could result in teenage pregnancy.
2. Parents should endeavour to strengthen relationships with their children as this will help them to discuss relevant issues relating to sexuality and reproductive health that will help prevent unwanted teenage pregnancy.
3. Parents should always teach their children sex education at home. This will inculcate positive attitude to sex in teenage girls thereby leading to avoidance of early sex.
4. Adolescent girls should develop positive attitude to sex, knowing that early sex could result in teenage pregnancy, thereby ruining their lives.
5. Parents should monitor the kinds of friends their girl children keep. Some of these friends can easily influence their children negatively into practicing early sex thereby becoming pregnant.
6. Adolescent girls should be careful of the kind of friends they keep as some these friends can negatively influence them into practicing early sex thereby becoming pregnant.
7. Government, non-governmental organizations and support groups should organize social orientation programmes to sensitize parents on the need for family life education and adolescent girls on the dangers of early sex and teenage pregnancy.

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