KIU Journal of Social Sciences Copyright©2019
Kampala International University ISSN: *2413-9580*; 5(2): 315–321

The Confluence of Pornography, Peer Pressure, and Home Environment on Senior Secondary School Students Sexual Behaviour, Counselling Implications

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Abstract. This study investigated confluence of pornography, peer pressure and home environment on senior secondary school adolescents' sexual behaviour in Ibadan metropolis, Nigeria. The descriptive research design of ex-post-facto type was adopted for the study. Three hundred (300) participants randomly selected from five (5) Local Government Areas in Ibadan participated in the study. The study considered and answered three research questions. The results showed that senior secondary school adolescents' sexual behaviour is significantly correlated with pornography ($r = .756$; $p<.05$); peer pressure ($r = .793$; $p<.05$) and home environment ($r = .819$; $p<.05$), the independent variables when pulled together have significant effect on sexual behaviour (R (adjusted) =.858 and R2 (adjusted) =.735) with 73.5% of independent variables accounted for adolescents' sexual behaviour. In term of magnitude of contribution home environment made the most significant contribution (Beta= 1.691; t= 15.341; $p<0.05$) to the prediction of senior secondary school adolescents' sexual behaviour followed by pornography (Beta= 1.525; t= 13.649; $p<0.05$) and peer pressure (Beta= 1.423; t= 11.007; $p<0.05$) consecutively. This result has a lot of implications for counselling, It is therefore recommended that the parents/guardians should be trained in the need to monitor the adolescents and also on how to give adequate emotional care. School Counsellors should be made to intensify effort by organising seminars/workshop on the implications of these factors (pornography, peer pressure, and home environment among others) on the adolescents' sexual behaviour in the society.

Keywords: Confluence, Pornography, Peer Pressure, Home Environment, Adolescent, Sexual Behaviour.

1. Introduction

Bad sexual behaviour is listed among the rampant problem behaviours prevalent among Nigerian adolescents, especially in the senior secondary schools. The reasons for this are not far-fetched considering the earlier exposure to poverty, sexual initiations, bad learning from social media and continuing school drop out over the years as well as the changes taking place within the immediate family. Although it is apparent that sexual behaviour problems in adolescents exist among cultures and that these

behaviours are possibly associated with the development of offending behaviours later in adulthood, the impact of culture as it affects the home environment has not been given adequate recognition. Moreover, despite the recognition of the influence of cultural norms on adolescent sexual behaviours in most societies (Kaler 2003; 2004; Chege 2005), less attention has been paid to the link among sexual behaviour, pornography, peer group, and home environment to promote adolescent sexual and reproductive health. The behaviours and processes influence values regarding relationships, sexual ethics, sexual culture and psychology in relation to gender and sexual role; physical factors sexual characteristics, sexual drive, sexual intercourse, and sexual activities, and sexual orientation – heterosexual, homosexual and bisexual (Ng et al; 2000).

Bad sexual behaviour in Africa resulted from a sexual revolution and imitation that came with western culture. Sex in Nigeria before now was regarded as sacred and limited only to adult males and females within marriage (Adeoye, 2014). Early exposure to sexual activities is also known to increase the risks of adolescent pregnancy, maternal and perinatal mortality, and sexually transmitted infections (STIs). Besides the health concerns, adolescent sexual behaviour may interfere with school performance and those sexual activities are associated with less involvement in academic activities (Hindin & Michelle, 2009).

Most people are of the opinion that sex and sexual behaviour deal with sexual intercourse alone, According to Jaffray, (2006) when people talk about sex they think about male and female. Most people conceived it as penetration of (the) penis into the vagina. For instance, while other people particularly female participants in a study in South Africa acknowledged that sex can include other practices or activities such as; touching each other, kissing, massaging exciting each other by touching each other's genitals as well as oral sex, male participants do not understand sex as anything other than sexual intercourse involving penile penetration (Jaffray, 2006). In this study sexual behaviour is conceived to incorporate among others kissing, touching, hand holding, dating, petting, masturbation, breast/genital fondling, sexual intercourse among others (Adeoye, 2014). There are many factors that contribute to inadequate or bad sexual behaviour among adolescents, especially at the senior secondary school level. Pornography is seen to be one of them.

Pornography is sexually explicit websites that describe people having sex, show clear pictures of nudity or people having sex, or show a movie or audio that describes people having sex. With the advancement and development of technology, mass media gradually become one of the important sources on sex-related information for adolescents (Haggstrom-Nordin, Tyden, Hanson and Larsson, 2009; Lo and Wei, 2005). Statistically significant associations are found between pornography use and sexual behaviours (Seto, Maric & Barbaree, 2001). The rapid growth of pornography facilitates adolescents' early exposure to sexually explicit materials either intentionally or accidentally (Flood, 2007). A study found that one in three teenagers sends more than 100 text messages a day and 15% send more than 200 a day, or 6,000 a month (Lenhart, 2010). Four percent of teens have sent a sexually suggestive text message, which is often nude photographs, and 15% of this age group has received a sexually suggestive text (Lenhart, 2009). In fact, statistically significant associations are found between pornography use and sexual behaviours (Seto, Maric & Barbaree 2001). Moreover, as the internet gains increasing prominence in the lives of young people, researchers have begun investigating the influence that the internet environment on adolescent development and of particular interest is exposure to pornography.

Peer group influence is also another contributor to adolescent sexual behaviour and it becomes increasingly important during adolescence. Peer pressure is the influence in the behaviour of adolescents that were caused by the type of peers or friends the individual move with. Such behaviour could either be positive or negative. At times, adolescents sexual behaviour among may be due to the pressure exerted on them by their peers or adults, the examples set by the adults and the subjective norm in the society

(Steinberg, 1991). World Health Organisation (2004) reported that one of every six adolescents in Nigeria admitted to premarital sex as a result of what they see from their peers. Adebowale (2007) also observed substantial and steady increases in sexual behaviour mainly from the motive of the peer and friend in the environment. Adolescents' intentions to engage in sex are also believed to be strongly influenced by their social context. research on the effect of peer groups on adolescent sexual behaviour testified to this assertion. The result of a study on 1,046 African American adolescents found the influence of peer norms to shape both their sexual attitudes and behaviour to be positive (Wallace, 2008). A great deal of emphasis is placed on the importance of peer groups, and how they become more influential than parents at adolescence. While relationship among the peer is based on intimacy and equality, that of the parents is on power imbalance.

Studies have also identified the strong influence of home environment on adolescent sexual behaviour. This is based on the premise that adolescents whose basic needs are not met either by parents or guardians because of poverty or parental loss may engage in sexual activity for economic reasons. It was found out that young adolescents from well-off families may engage in sexual activity for want of disposable income and more material possessions a fact that agreed with Didi, (2004) assertions. Adolescents that reported satisfaction with the maternal relationship such as affection, emotional support and discipline tend to associate with the later sexual debut, while maternal reports of parental rejection are related to early-onset sexual intercourse of adolescents (Ochieng, Kakai and Abok, 2011). Instrumental factors such as permissiveness and monitoring are also related to adolescents' sexual experience. Sexual debut is also associated with more parental monitoring, less parental permissiveness, and the presence of household routines and rules (Ochieng, Kakai and Abok, 2011).

This study, therefore investigated the confluence of pornography, peer pressure and home environment on senior secondary school adolescents' sexual behaviour in Ibadan metropolis with a view of professing solutions to the problem behaviour.

2. Research Questions

- What is the relationship between the independent variables (pornography, peer pressure, and home environment) and the dependent variable (sexual behaviour)?
- What is the joint contribution of independent variables (pornography, peer pressure, and home environment) to the dependent variable (prediction of sexual behaviour)?
- What is the relative contribution of independent variables (pornography, peer pressure, and home environment) to the dependent variable (prediction of sexual behaviour)?

3. Method

This study adopted a descriptive survey design of ex-post facto research type. The design enabled the researchers to investigate the influence of the independent variables on the dependent variable without necessarily manipulating any of the variables. The multi-stage sampling procedure was adopted in this study. The simple random sampling method was used to select the participants from the five local government of Ibadan metropolis. From each of the local government, two senior secondary schools were also randomly selected based on the study requirements; that the school must be a publicly owned and co-educational. Also, thirty students were also randomly selected from SSS 3 classes of each of the selected schools after their consents had been sought. In all, three hundred participants participated in the study. Four valid and reliable instruments were adopted and used in the study.

Sexual Behaviour Scale (SBS): The scale developed by Adeoye, (2013) was adopted to measure the sexual behaviour of the participants. SBS was originally developed to measure adolescent sexual behaviour. The instrument has five items with response format ranging from never to always and a Cronbach alpha of 0.72.

Pornography Scale (PS): The pornography scale of Lo and Wei (2005) was adopted to measure pornography viewing of participants. It is a ten (10) items scale with responses ranges from strongly agreed, agreed, disagreed and strongly disagreed and internal consistency of 0.89 using Cronbach alpha.

Peer Pressure Scale (PPS): The peer pressure scale constructed by Kimani (2005) was adopted to measure the level of peer pressure of participants. It is eleven (11) items scale with responses based on the four points Likert scale of strongly agreed, agreed, disagreed and strongly disagreed. The scale has 0.78 using Cronbach alpha.

Home Environment Scale (HES): Home environment scale developed by Ochieng, Kakai and Abok (2011) was adopted to measure the home environment of participants. It is fifteen (15) items scale with a response on the four Likert scales of strongly agreed, agreed, disagreed and strongly disagreed. The scale has Cronbach alpha of 0.77.

3.1 Procedure for Data Collection

The instruments were administered on the selected participants after their consents had been sought on the day approved by the school authorities for the exercise with the assistance of five trained research assistants concurrently. The administration and collection lasted two weeks. On the spot, assessment technique was adopted. Data collected were analysed using Pearson Product Moment Correlation and Multiple Regression statistical analysis.

4. Results

Research Question One: What is the relationship between the independent variables (pornography, peer pressure, and home environment) and the dependent variable (sexual behaviour)?

Table 1: Table on descriptive statistics and Inter-correlations of variables

Variables	N	Mean	SD	Sexual Behaviour	Pornography	Peer Pressure	Home Environment
Sexual Behaviour	300	37.67	23.40	1.00			
Pornography	300	32.81	12.24	.756**	1.00		
Peer Pressure	300	40.16	12.41	.793**	.533	1.00	
Home Environment	300	40.27	15.07	.819**	.603	.702	1.00

*Correlation is significant at the 0.05 level (2-tailed)

As shown in table 1, senior secondary school adolescents' sexual behaviour is significantly correlated with pornography ($r = .756$; $p<.05$); peer pressure ($r = .793$; $p<.05$) and home environment ($r = .819$; $p<.05$). There are also significant correlations among the independent variables. This result indicated that adolescents' sexual behaviour is significantly correlated with pornography, peer pressure, and home environment. In other words, it indicates that pornography, peer pressure, and home environment significantly relates to senior secondary school adolescents' sexual behaviour. This confirmed the earlier finding of the World Health Organisation (2004) when they reported that one of every six students in Nigeria admitted to premarital sex as a result of what they see from their peers. Adebowale (2007) observed a substantial increase in sexual behaviour mainly from the motive of the peer and friend in the environment. The results of a study on 1,046 African American adolescents found the influence of peer significant in shaping both their sexual attitude and sexual behaviour (Kimani, 2005). Moreover, the advancement and development of technology and mass media also contributed immensely to the availability of sexually related information to the adolescents (Haggstrom-Nordin, Tyden, Hanson and Larsson, 2009; Lo and Wei, 2005). The result also confirmed the earlier finding of Kimani (2005) who found that adolescents' intentions to engage in sex are strongly influenced by their social context in which the peers play a major role. Flood (2007) discovered that the rapid growth of pornography facilitates adolescents' exposure to sexually explicit materials either intentionally or accidentally.

Research Question Two: What is the joint contribution of independent variables (pornography, peer pressure, and home environment) to the dependent variable (prediction of sexual behaviour)?

Table 2: Multiple Regression Analysis on Secondary School Adolescents' Sexual Behaviour Data

Multiple R(adjusted)=.858
Multiple R^2(adjusted)=.735
Standard error of estimate= 12.05

Analysis of variance				
	Sum of square (SS)	DF	Mean square	F
Regression	120535.802	3	40178.601	462.067
Residual	43129.115	296	86.954	
Total	163664.917	299		

Table 2 shows that the independent variables (pornography, peer pressure, and home environment) when pulled together have a significant effect on senior secondary school adolescents' sexual behaviour. The value of R (adjusted) =.858 and R2 (adjusted) =.735. The analysis of variance performed on the multiple regressions yielded an F- ratio value of 462.067 with 73.5% of independent variables accounted for senior secondary school adolescents' sexual behaviour. This means that there are other variables that account for sexual behaviour among adolescents apart from the ones identified in this study. Such variables account for 26.5% of this behaviour. The analysis of variance an F- ratio value that was found to be significant at 0.05 level. This also calls for further study on the problem behaviour and at the same time affirmed how important the variables of study are to the prediction.

Research Question Three: What is the relative contribution of independent variables (pornography, peer pressure, and home environment) to the dependent variable (prediction of sexual behaviour)?

Table 3: Relative Contribution of Independent Variables to the Prediction

	Unstandardized coefficients	Standardized coefficients		t	P
Model	B	Standard error	Beta		
Constant	-31.218	2.552		-12.556	.272
Peer Pressure	.809	.274	1.423	11.007	p<0.05
Pornography	.990	.073	1.525	13.649	p<0.05
Home Environment	.790	.373	1.691	15.341	p<0.05

Table 3 shows that the independent variables made significant contributions to the prediction of sexual behaviour. In term of magnitude of contribution home environment made the most significant contribution (Beta= 1.691; t= 15.341; p<0.05) to the prediction of adolescents' sexual behaviour follow by pornography (Beta= 1.525; t= 13.649; p<0.05) and peer pressure (Beta= 1.423; t= 11.007; p<0.05). This indicated that each of the independent variables made a significant contribution to the prediction. In term of the magnitude of contribution, home environment made the most significant contribution to the prediction of senior secondary school adolescents' sexual behaviour follow by pornography and peer pressure. This result is not surprising considering the importance of home to the development of an individual. The home environment is the first school of an individual with the parents as the first teachers. It was also discovered that the advancement of technology ushers higher exposure to pornography which gingers the use of alcohol (Godwin et al., 2012).

5. Conclusion

The results of this study have significantly shown that sexual behaviour of Nigerian adolescents is due to negative exposure to pornography, peer pressure and home environment. However, there is hope, with the introduction and improvement of sexuality education the situation can be changed for the better.

6. Recommendation

There is a need for the schools to develop enabling the environment to cater for the adolescents' needs and development. Parents and guardians also need to be trained on the need to monitor the adolescents and give them adequate emotional care. This will help in reducing the problems of being misguided by their peers. School counsellors should intensify their effort by organizing on regular basis seminars/workshop on the implications of these factors (pornography, peer pressure, and home environment among others) on the adolescents' sexual behaviours in the society.

7. Counselling Implications

The results of this study have a lot of counselling implications. Since it has been discovered that pornography, peer group, and home environment contributed immensely to the adolescent sexual behaviour, there is a need to develop adolescents' friendly technology that will give the parents the opportunities to monitor the activities of their wards, especially whenever they are with the peers. The result of this study also established the importance of home environment on the sexual behaviour of the adolescents, therefore the Counselling Psychologists in various schools should take it as a matter of responsibility to organize guidance and counselling based seminars and workshops for the parents on positive sexual development of the adolescents in their care. Moreover, the type of peers the adolescents move with should be thoroughly screened and monitored by the parents and teachers. They should also be encouraged to visit a counselling psychologist from time to time by developing a positive attitude toward guidance and counselling practices. All these will help to develop appropriate strategies and approaches in curbing the problem of negative sexual behaviours.

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