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Parent-Youth Sexual Discussion and its Association with Sexual Activity among Undergraduates in a Nigerian University

Discussion Sexuelle entre Parents et Jeunes et Son Association Avec l'Activité Sexuelle chez les Étudiants de Premier Cycle dans une Université Nigériane

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ABSTRACT

BACKGROUND: Parents play a significant role in the sexual orientation and behaviours of their children. Lack of communication between parents and their children about sexual matters may contribute to engagement of young people in risky sexual behaviours.

OBJECTIVES: To assess the pattern of parent-youth sexual discussions and its association with sexual activity among unmarried undergraduates in a Nigerian university.

METHODS: A descriptive cross-sectional study was conducted among 400 undergraduates aged 15–24 years in a tertiary institution in Ogun state, Nigeria. A structured self-administered questionnaire was used for data collection. Data was analyzed using the Statistical Package for the Social Sciences (SPSS) version 21.0. The level of significance was set at $p < 0.05$.

RESULTS: Parent-youth discussions on sexual issues had occurred in 225 (56.2%) of the respondents, with mothers being more involved than fathers; onset was at secondary school level in nearly three-fifths. There was no statistically significant relationship between parent-youth sexual discussions and engagement in sexual intercourse ($p = 0.666$); however, parental visit(s) on campus was associated with a significant reduction in sexual intercourse ($p = 0.006$).

CONCLUSION: Engagement of youths in sexual discussions by their parents is still low and such discussions are often not impactful in preventing pre-marital sex. Parental supervisory visits for undergraduates on campus may be helpful in consolidating the desired effect of such sexual discussions, and should be encouraged. **WAJM 2022; 39(7): 685–690.**

Keywords: Parent-youth sexual discussion, Sexual intercourse, Undergraduate, Youth.

RÉSUMÉ

CONTEXTE: Les parents jouent un rôle important dans l'orientation et les comportements sexuels de leurs enfants. Le manque de communication entre les parents et leurs enfants sur les questions sexuelles peut contribuer à l'engagement des jeunes dans des comportements sexuels à risque.

OBJECTIFS: Évaluer le modèle de discussions sexuelles entre parents et enfants et son association avec l'activité sexuelle chez les étudiants célibataires de premier cycle d'une université nigériane.

MÉTHODES: Une étude descriptive transversale a été menée auprès de 400 étudiants de premier cycle âgés de 15 à 24 ans dans un établissement d'enseignement supérieur de l'État d'Ogun, au Nigeria. Un questionnaire structuré auto-administré a été utilisé pour la collecte des données. Les données ont été analysées à l'aide du logiciel SPSS (Statistical Package for the Social Sciences) version 21.0. Le niveau de signification a été fixé à $p < 0,05$.

RÉSULTATS: Des discussions entre parents et jeunes sur les questions sexuelles ont eu lieu chez 225 (56,2%) des répondants, les mères étant plus impliquées que les pères ; elles ont eu lieu au niveau de l'école secondaire chez près de trois cinquièmes des répondants. Il n'y avait pas de relation statistiquement significative entre les discussions sexuelles entre parents et jeunes et l'engagement dans des rapports sexuels ($p = 0,666$) ; cependant, la visite des parents sur le campus était associée à une réduction significative des rapports sexuels ($p = 0,006$).

CONCLUSION: L'engagement des jeunes dans des discussions sexuelles avec leurs parents reste faible et ces discussions n'ont souvent pas d'impact sur la prévention des rapports sexuels avant le mariage. Les visites de supervision parentale pour les étudiants de premier cycle sur le campus peuvent être utiles pour consolider l'effet désiré de ces discussions sexuelles, et devraient être encouragées. **WAJM 2022; 39(7): 685–690.**

Mots clés: Discussion sexuelle entre parents et jeunes, rapports sexuels, étudiants de premier cycle, jeunes.

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