

Factors Influencing the Sexual Behaviour of Undergraduate Students in Adeleke University, Osun State, Nigeria

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DOI: <https://doi.org/10.52403/ijhsr.20221002>

ABSTRACT

Introduction: As part of the young age group (16-30 years), university undergraduates are an important group exposed to a wide range of risky behaviours. The increased privacy afforded by living outside of their parents' home provides greater opportunity for sexual expression. The objective of this study was to assess the Factors Influencing Sexual Behaviour of Undergraduate Students in Adeleke University, Osun State, Nigeria

Methods And Materials: A descriptive cross-sectional survey was conducted. A simple random sampling was used for this study. A total of 301 self-administered semi structured questionnaire was used. A bivariate analysis by using the chi-square test statistics 0.05 level of significance was used.

Results: A total of 301 students were enrolled in the study. Male respondents were 137 (45.5%) and female respondents were 164 (54.5%). Among them 56.8% had ever engaged in sexual intercourse, 51.5% of the respondents watch pornographic movies always, and 31.6% of the respondents have multiple sexual partner. 128 (42.5%) of the respondents come across any sexual information on social media always and 152 (50.5%) came across any sexual information on social media sometimes.

Conclusion: This study revealed the sexual behaviours among Adeleke University undergraduate student, some of the major factors influencing the student's sexual behaviour was pressure by peers/friends to have sex and pressure to have sex due to bad economic situation or for economic gains.

Keywords: Sexual, Behaviour, Sexual behaviour, Undergraduates.

INTRODUCTION

Youths in Nigeria are contributing to unfavourable indices of sexual and reproductive health ranging from sexually transmitted infections, unwanted pregnancies, and unsafe abortions to maternal mortality. Youths are beginning to experiment with risky sexual behaviour at younger ages, in part due to the mass media, peer pressure, and the lack of supervision by parents and other adults. Not only are youths at-risk for disease or pregnancy, but they are also experimenting with drugs and alcohol, which may also lead to unplanned sex. The disturbing reality is that this is happening with increasing rate.

In Nigeria, researches have confirmed that risky sexual behaviour is associated with youths. These risky behaviours include: early debut in sexual activities, sex with many partners, low and inconsistent use of condoms, use of drugs and alcohol, anal sexual intercourse and mouth to genital contact [1, 2]. It is of concern that many of these young people do not perceive their vulnerability and high-risk status in spite of indulging in these unsafe sexual practices [3]. It is therefore no surprise that the Joint United Nations Programme on AIDS (UNAIDS) reported that the rate of newly acquired HIV infections are the highest in the 15-25 years age- group and this group

accounts for about 60.0% of the global total of HIV infected persons. Similarly, the highest sero-prevalence rate of HIV in Nigeria is in this age-group [4].

The majority of students in tertiary institutions are single, young adults who easily fall prey to exuberance coupled with the liberal nature of campus life that predisposes them to high risk sexual behaviour. Concerns regarding the implications of these behaviours have led to increasing interventions particularly for in-school youths. Though many studies have been carried out to determine the sexual behaviour of secondary school students in Nigeria, it is important to also carry out studies on undergraduates because they are more exposed. Also few documented studies have looked at the factors that encourage risky sexual behaviour among undergraduate students in Nigeria. Given the paucity of data this study therefore focused on the sexual behaviour of undergraduate students of Adeleke University and its associated factors.

Family context has been shown to have consistent and strong effects on sexual activity. Youths living in single-parent families or with stepparents tend to initiate sexual activity earlier than those in two-parent families [5]. Feelings of closeness and connectedness to parents, parental disapproval of sex, and positive peer influences have been shown to delay sexual activity. Dating, and especially early steady dating, provides a context for many adolescent sexual experiences [6].

As part of the young age group (16-30 years), university undergraduates are an important group exposed to a wide range of risky behaviours. The increased privacy afforded by living outside of their parents' home provides greater opportunity for sexual expression. Risky behaviour among undergraduate students may be further worsened by the fact that they mostly live in campuses without boundaries or security; peer pressure; economic problems and lack of youth friendly recreational facilities. Particularly, risky behaviour such as the

consumption of alcohol, cigarette smoking, or the use of illicit drugs by youths have been shown to be associated with increased risks of sexual intercourse, multiple sexual partners and lower rates of condom use [7]. Having a better understanding of the factors associated with sexual behaviour among undergraduates is important as it may assist government in lowering the prevalence of teen pregnancy, HIV/AIDS and abortion.

General Objective

To assess the sexual behaviour and associated factors among Adeleke University students.

Specific Objectives

1. To determine the proportion of sexually active undergraduates attending Adeleke University.
2. To determine the risky sexual behaviours of the undergraduates attending Adeleke University.
3. To identify the major factors influencing the practice of risky sexual behaviours among undergraduates.

Significance of the Study

It will help to increase the knowledge of undergraduates towards the awareness of risky sexual behaviours and suggest ways to prevent the repercussion.

MATERIALS & METHODS

Study Design

A descriptive cross-sectional study was used for this study.

Description of Study Area

The area of the study was Adeleke University in Ede, Osun State. Ede is a town in Osun State, and Osun State is located in the South west geopolitical zone of Nigeria. Adeleke University has six faculties namely: Faculty of Arts, Faculty of Business and Social Sciences, Faculty of Basic Medical Sciences, Faculty of Engineering, Faculty of Science and Faculty of Law and there are also over 20 undergraduate departments in the university.

Study Population

The population of this study consisted of undergraduate students in Adeleke University, Ede Osun State, Nigeria.

Inclusion Criterion

On-campus undergraduate students in of the university were included.

Exclusion Criteria

Postgraduate students, staffs of the university and married undergraduate students were excluded.

Sampling Procedure

A simple random sampling was used be used for this study

Sample Size Determination

Sample size was determined using the Leslie Kish.

$$n=(z^2 \times pq)/d^2$$

Where $z = 1.96$, $p = 0.768$, $q = 1 - p = 1 - 0.768$, $d = 0.05$

$$n = ([1.96]^2 \times 0.768 \times 1-0.768) / [0.05]^2$$

$$n = (3.841 \times 0.768 \times 0.232) / 0.0025$$

$$n = 0.6843744016 / 0.0025$$

$$n = 273.75 = 274$$

10% of the value of n was added to replace loss or incomplete questionnaires (10% of $n = 27.4 = 27$

$$274 + 27 = 301$$

Therefore total of 301 questionnaires was administered.

Instrument for Data Collection

A questionnaire was used as the instrument of data collection, and the questionnaire was a semi structured questionnaire. The questionnaire will be divided into three sections, Section A was for Socio-demographic characteristics. Section B assessed Sexual behaviour of the

undergraduates. Section C assessed Factors influencing sexual behaviour.

Validity of Instrument

The questionnaire and interview guide were assessed for content validity by reviewing the questionnaire and effecting corrections to aid clarity of statements and the sequence of questions. The questionnaire was also reviewed to see if it conforms to the study objectives. The questionnaire was also given to experts in the department of Public Health for corrections.

Reliability of Instrument

Cronbach's Alpha reliability test assured the reliability of the questionnaire.

Method of Data Collection

Questionnaires was administered to the respondents and collected back immediately on completion.

Method of Data Analysis

The data analysis was done using the Statistical Product for Service Solution, Version 21.0 (SPSS 21.0). Socio-demographic variables and respondents' responses were summarized and presented using frequency tables. A bivariate analysis by using the chi-square test statistics to examine the association between two categorical variables. Confidence variables was set at 95% and level of significance at $p \leq 0.05$.

Ethical Considerations

Fully informed written consent was obtained from the study subjects/ respondents after explaining the purpose, and objectives of the study. Confidentiality was maintained through anonymity of respondents.

RESULT

Table 1: Socio demographic characteristics of respondents

Variables	Frequency	Percentage (%)
Sex/gender		
Male	137	45.5
Female	164	54.5
Age		
16 – 20	180	59.8
21 -25	107	35.6
26 -30	14	4.7
Religion		
Christianity	256	85.0
Islam	38	12.6
Others	7	2.3
Ethnic group		
Yoruba	157	52.2
Hausa	32	10.6
Igbo	48	15.9
Others	64	21.3
Level		
100 level	43	11.3
200 level	75	24.9
300 level	85	28.2
400 level	85	28.2
500 level	13	4.3
Monthly allowance (money) given by your parents or relatives		
Below 50000	243	80.8
Between 50 and 99,900	42	13.9
100,000 and above	16	5.3
Who do you live with		
Parents	241	80.1
Other Family/relation	29	9.6
Alone	17	5.6
Boyfriend/girlfriend	11	3.7
Others	3	1.0
Father's highest level of education		
Primary education	10	3.3
Secondary education	27	9.0
Tertiary education	264	87.7
Mother's highest level of education		
Primary education	18	6.0
Secondary education	38	12.6
Tertiary education	245	81.4

Table 1 indicates that there was a total of 301 respondents, and out of the total respondents 137(45.5%) are male while 164 (54.5%) are females. The age range of 16 - 20 accounted for 59.8% of the respondents. Out of the respondents 52.2% are of the Yoruba ethnic group, 10.6% are of the Hausa ethnic group. Christians and Muslims formed 85.0% and 12.6% respectively. Concerning the level of the respondents,

14.3%, 24.9%, 28.2%, 28.2% and 4.3% were from 100 level, 200 level, 300 level, 400 level and 500 level respectively. Over eighty percent (80.1%) lived with their parents while 5.6% lived alone. Regarding the level of education of the father, 3.3% have primary education 9.0% have secondary education and 87.7% had tertiary education. 81.4% of the respondents' mother had tertiary education.

Table 2: Sexual behaviour of respondents

Variables	Always (%)	Sometimes (%)	Never (%)
How often do you have sexual intercourse?	61 (20.3)	110(36.5)	130(43.2)
How often do you use condom?	62(20.6)	73(24.3)	166(55.1)
How often do you drink alcohol?	43(14.3)	111(36.9)	147(48.8)
How often do you smoke cigarette?	29(9.6)	37(12.3)	235(78.1)
How often do you watch pornographic movies?	46(15.3)	109(36.2)	146(48.5)
How often do you have anal intercourse?	22(7.3)	36(12.0)	243(80.7)
How often do you engage in masturbation?	27(9.0)	54(17.9)	220(73.1)
How often do you have oral sex?	42(14.0)	82(27.2)	117(58.8)
How often do you have sex for money?	24(8.0)	20(6.6)	257(85.4)

From the table 2, 56.8% had ever engaged in sexual intercourse, 20.3% of the respondents said the engage in sexual activities always, 36.5% said they engage in sexual activities sometimes and 43.2% said they have never engaged in sexual activity. In the aspect of condom use, 20.6% of the respondents always use it, 24.3% said they use it sometimes and 55.1 said they have never used condoms. Regarding alcohol use, the findings of this study indicates that 14.3% of the respondents drink it always, 36.9% said they drink it sometimes and 48.8% have never drank it. Regarding cigarette use, 9.6% of the respondents

smoke it always, 12.3% of the respondents smoke it sometimes and 78.1% of the respondents have never smoked it. 51.5% of the respondents said they watch pornographic movies always, 36.2% watch it sometimes and 48.5% have never watched it. 7.3% of the respondents said they always engage in anal sex, 12.0% said they engage in anal sex sometimes and 80.7% of the respondents have never engaged in anal sex. According to this study, 73.1% of the respondents have never masturbated, 17.9% sometimes masturbate and 9.0% Of the respondents always masturbate.

Table 3: Related variables to sexual behaviour of respondents.

Variables	Yes (%)	No (%)
Have you ever had sexual intercourse with a person of the same sex/gender?	23(7.6)	278(92.4)
Have you ever had any history of Sexually Transmitted Infection (STI)?	24(8.0)	277(92.0)
Do you have more than one sexual partner?	95(31.6)	206(68.4)

From table 3, 92.4% of the respondents have not had sex with a person of the same gender while 7.6 % have had sex with a person of the same gender. 8.0% of the respondents have had Sexually Transmitted Infection (STI) while 92.0% have never had

Sexually Transmitted Infection (STI), also 31.6% of the respondents attested that they have more than one sexual partner while 68.4% attested to not having more than one sexual partner.

Table 4: Factors influencing sexual behaviour of respondents

Variables	Always (%)	Sometimes (%)	Never (%)
How often do you discuss sexual matters with your parent/guardian?	23(7.6)	131(43.5)	147(48.8)
How often do you discuss sexual matters in your religious gathering or with your religious leader(s)?	21(7.0)	133(44.2)	147(48.8)
How often do you visit religious places e.g. church/mosque?	175(58.1)	106(35.2)	20(6.6)
How often do you experience pressure by peers/friends to have sex?	41(13.6)	131(43.5)	129(42.9)
How often do you come across any sexual information on social media?	128(42.5)	152(50.5)	21(7.0)
How often do you experience pressure to have sex due to bad economic situation e.g. lack of money?	21(7.0)	59(19.6)	221(73.4)

From the table 4, 48.8% of the respondents have never discussed sexual matters with their parent/guardian, 48.8% of the respondents have also never discussed sexual matters in their religious gathering or with their religious leader(s). 58.1% of the respondents said they always visit religious places. 43.5% of the respondent sometimes experience pressure by their peers to have sex. Also 7.0% of the respondents said they have never come across any sexual information on social media and 73.4% of the respondents said they have never

experienced pressure to have sex due to bad economic situation.

Table 5: Age at first sexual education

Variable	Frequency (%)
What age did you receive your first sexual education	72(23.9)
9 years and below	209(69.4)
between 10 years and 19 years	20(6.6)
20 years and above	

Table 5 shows that from the total respondents, 23.9% received their first sexual education when they were 9 years and below, 69.4% received their first sexual education when they were between 10 and

19 years and 6.6% received their first sexual education when they were 20 years and above.

Table 6 shows that 265(88.0%) of the respondents live in an urban environment while 36(12.0%) of the respondents live in a rural environment.

Table 6: Environment respondents live

S/N	Variable	Frequency (%)
29	What kind of environment do you live	
	Rural	36(12.0)
	Urban	265(88.0)

CHI- SQUARE RESULTS

Table 7: Relationship between socio demographic variables and risky sexual behaviour of the undergraduates.

Socio demographic variable	Question: Do you have more than one sexual partner?		P value	X ²	Significance
	Yes (%)	No (%)			
Sex/gender					
Male	87(28.9)	50(16.6)	P<0.01	17.423	Statistically significant
Female	84(27.9)	80(26.6)			
Age					
16 – 20	40(13.3)	140(46.5)	P<0.01	36.964	Statistically significant
21 -25	46(15.3)	61(20.2)			
26 -30	9(3.0)	5(1.7)			
Religion					
Christian	81(26.9)	175(58.1)	0.044	6.243	Not statistically significant
Muslim	9(3.0)	29(9.6)			
Others	5(1.7)	2(0.7)			
Ethnic group					
Yoruba	44(14.6)	113(37.5)	0.515	2.285	Not statistically significant
Hausa	10(3.3)	22(7.3)			
Igbo	17(5.7)	31(10.3)			
Others	24(8.0)	40(13.3)			
Level					
100 level	6(2.0)	37(12.3)	0.004	15.159	Statistically significant
200 level	26(8.6)	49(16.3)			
300 level	26(8.6)	59(19.6)			
400 level	28(9.3)	57(19.0)			
500 level	9(3.0)	4(1.3)			
Monthly allowance (money) given by your parents or relatives					
Below 50000	63(21.0)	180(59.8)	0.001	57.050	Statistically significant
Between 50 and 99,900	20(6.6)	22(7.3)			
100,000 and above	12(4.0)	4(1.3)			
Who do you live with					
Parents	72(24.0)	169(56.1)	0.085	8.191	Not statistically significant
Other Family/relaton	7(2.3)	22(7.3)			
Alone	8(2.7)	9(3.0)			
Boyfriend/girlfriend	7(2.3)	4(1.3)			
Others	1(0.3)	2(0.7)			
Father's highest level of education					
Primary education	4(1.3)	6(2.0)	0.828	0.373	Not statistically significant
Secondary education	8(2.7)	19(6.3)			
Tertiary education	83(27.6)	181(60.1)			
Mother's highest level of education					
Primary education	10(3.3)	8(2.7)	0.076	5.151	Not statistically significant
Secondary education	12(4.0)	26(8.6)			
Tertiary education	73(24.3)	172(57.1)			

Table 7 shows that 87(28.9%) of male respondents had more than one sexual partner compare to the female respondents

which was 84 (27.9%). The major age group that had multiple sexual partner was 21 – 25 age group which accounted for 15.3%.

Table 8: Relationship between socio demographic variables and major factors influencing risky sexual behaviour among undergraduates

Socio demographic variable	Question: How often do you come across any sexual information on social media?		P value	X ²	Significance
	Often (%)	Never (%)			
Sex/gender					
Male	128(42.5)	9(3.0)	0.800	0.064	Not statistically significant
Female	152(50.5)	12(4.0)			

Table 8 To Be Continued...					
Age					
16 – 20	162(53.8)	18(6.0)	0.003	31.568	Statistically significant
21 -25	104(34.6)	3(1.0)			
26 -30	14(4.6)	0(0)			
Religion					
Christian	237(78.7)	19(6.3)	0.679	0.775	Not statistically significant
Muslim	36(12.0)	2(0.7)			
Others	7(2.3)	0(0)			
Ethnic group					
Yoruba	147(48.8)	10(3.3)	0.923	0.481	Not statistically significant
Hausa	29(9.6)	3(1.0)			
Igbo	45(15.0)	3(1.0)			
Others	59(19.6)	5(1.7)			
Level					
100 level	35(11.6)	8(2.6)	0.015	12.286	Not statistically significant
200 level	69(23.0)	6(2.0)			
300 level	81(27.0)	4(1.3)			
400 level	82(27.2)	3(1.0)			
500 level	13(4.3)	0(0)			
Monthly allowance (money) given by your parents or relatives					
Below 50000	224(74.4)	19(6.3)	0.780	22.033	Not statistically significant
Between 50 and 99,900	40(13.3)	2(0.7)			
100,000 and above	16(5.3)	0			
Who do you live with					
Parents	225(74.8)	16(5.3)	0.525	3.200	Not statistically significant
Other Family/relation	25(8.7)	4(1.3)			
Alone	16(5.3)	1(0.3)			
Boyfriend/girlfriend	11(3.6)	0(0)			
Others	3(1.0)	0(0)			
Father's highest level of education					
Primary education	9(3.0)	1(0.3)	0.315	2.312	Not statistically significant
Secondary education	27(9.0)	0(0)			
Tertiary education	244(81.1)	20(6.6)			
Mother's highest level of education					
Primary education	16(5.3)	2(0.7)	0.724	0.647	Not statistically significant
Secondary education	36(12.0)	2(0.7)			
Tertiary education	228(75.7)	17(5.6)			

Table 8 shows that there are more female (50.5%) than male (42.5%) who come across sexual information on social media. More persons from the 16 – 20 age group (53.8%) come across sexual information on social media.

DISCUSSION

Majority of the respondents (59.8%) were between 16 and 20 years. Most of the students belong to a religious group – Christians (85.0%) and Muslims (12.6%). Also, the high number of people who are of the Christian faith is because Christianity is the foundation of the school. Christians and Muslims has in its doctrines issues relating to sexual conducts that are of high moral standing. Christians, Muslims, detests sexual relations before marriage and therefore teaches and admonishes its followers to observe that accordingly. Unfortunately religious doctrines especially

about sexual conducts are difficult to adhere to.

In this study, females were more than males. The high number of respondents (52.2%) were of the Yoruba ethnic group is not surprising since the University is situated in the south-west part of Nigeria.

Even though most of the students lived with their parents (80.1%), in recent time lack of parental control and supervision have been a matter of great concern. In their efforts to meet the economic need of the offspring, parents neglect the social responsibility of teaching and guiding their children on norms and values in their society. The lack of responsible parenting exposes youths to sexual influences from their friends, media and society. The situation is however worse when the youth is living alone, in this study, 5.6% lived alone and therefore are responsible for all their needs. The risk associated with meeting such needs would include compromising on moral standing

included that related to sex. The challenges accompanying the efforts in meeting these needs as far as sexual exposures are concerned, could lead to sexual abuse, commercial sex practices, drug abuse and alcoholism. These abuses and negative exposures result from the fact that adolescents generally are vulnerable.

More (81.1%) respondents' father had tertiary education while (75.7%) had mothers with tertiary education which is in contrast to a study done among undergraduate students in Port Harcourt, Rivers State by Imaledo in 2012 which states that (64.3%) respondents' father had tertiary education while 5.2% had mothers with tertiary education [7]. Also, the major age group that had multiple sexual partner was 21 – 25 age group which accounted for 15.3%.

The findings of this study revealed that majority of the students 56.8% (20.3% always and 36.5% sometimes) had ever been involved in sexual intercourse which is similar to a study by John 2012 where 52.0% of the respondents have had sex, this implies that the vast majority of university students are sexually active. This also compares with a study conducted in Wolaita Sodo University in Ethiopia where it was found out that 53.3% of respondents had ever had sexual intercourse [8].

In the aspect of condom use, 20.6% of the respondents always use it, 24.3% said they use it sometimes and 55.1% said they have never used condoms. Regarding alcohol use, the findings of this study indicates that majority of the students drink alcohol with 14.3% always and 36.9% sometimes. Regarding cigarette use, 78.1% of the respondents have never smoked it which is similar to Imaledo (2012) where 85.9% of the undergraduates have never smoked cigarette [7].

Only 48.5% of the respondents have never watched pornographic movie which indicates that most of the student watch pornography regardless of their religious believe. According to this study 80.7% of the respondents have never engaged in anal

sex and 73.1% of the respondents have never masturbated. 92.4% of the respondents have not had sex with a person of the same gender which can be as a result of the location in which the study was carried out, because homosexuality is not allowed.

More female (50.5%) than male (42.5%) come across sexual information on social media and more persons from the 16 – 20 age group (53.8%) come across sexual information on social media.

From the findings of this study, 48.8% of the respondents have never discussed sexual matters with their parent/guardian, 48.8% of the respondents have also never discussed sexual matters in their religious gathering or with their religious leader(s) which indicates that sex education is still ongoing. 58.1% of the respondents said they always visit religious places which is because religiosity in Nigeria. 43.5% of the respondent sometimes experience pressure by their peers to have sex.

Also 93% of the respondents have come across sexual information on social media, and as a result there is need for a regulation to reduce it. 73.4% of the respondents said they have never experienced pressure to have sex due to bad economic situation.

Also, 69.4% of the respondent which is more than half of the total number of respondents received their first sexual education when they were between 10 and 19 which in contrast should actually start earlier.

Some of the major factors affecting the sexual behaviour of the undergraduates were the discussion of sexual matters in religious gathering or with religious leaders with 21.5% of the respondents that discuss sexual matters in a religious gathering or with a religious leader(s) attesting to have watch pornographic movies, 9.3% of them have engaged in masturbation and 15.6% have had oral sex.

Also, another factor affecting sexual behaviour is the visit to religious places with 23.0% of the respondents who have

visited religious places e.g. church/mosque attesting to have masturbated.

The pressure by peers/friends to have sex is another factor affecting sexual behaviour with 15.6% of the respondents who have experienced pressure by peers/friends to have sex have also engaged in anal intercourse.

Another major factor affecting sexual behaviour is the pressure to have sex due to bad economic situation e.g. lack of money or for economic gain. 21.3% of the respondents who have experienced pressure to have sex due to bad economic situation have also engage in sexual intercourse, 18.6% have watched pornographic movies, 10% have had anal intercourse, 11.0% have masturbated and 15.2% have had oral sex.

CONCLUSION

This study revealed the sexual behaviour among Adeleke University undergraduate students and some of the major factors influencing the student's sexual behaviour was discussion of sexual matters in religious gathering or with religious leaders, visit to religious places e.g. church/mosque, pressure by peers/friends to have sex and pressure to have sex due to bad economic situation or for economic gains.

Recommendations

In view of the evidence of widespread risky sexual activity among Nigerian undergraduates, implementation of the following strategies will yield widespread positive results:

- Parents and guardians should be educated to overcome the cultural barriers that discourage giving adolescents early sex education at home.
- Religious/faith-based organizations should use their positions as a leverage to encourage adolescents to abstain from premarital sex
- Sex education should be included in the school curriculum.
- Effective health education programmes targeted at youths to improve knowledge on sexual issues, promote abstinence

and motivate behaviours that reduce sexual risk.

- In view of the overwhelming influence of peers, training of peer educators to transfer correct information to their peers – especially regarding misconceptions about abstinence.
- Step should be taken by the appropriate authority to regulate some bad content on social media.

Conflict of Interest: None

Ethical Approval: Approved

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How to cite this article: Arogundade Ayorinde Ololade. Factors influencing the sexual behaviour of undergraduate students in Adeleke University, Osun State, Nigeria. *Int J Health Sci Res.* 2022; 12(10):9-18. DOI: <https://doi.org/10.52403/ijhsr.20221002>
