

Prevalence of Teenage Pregnancy and Socio-cultural Factors Affecting Pregnancy in Ughelli Metropolis, Delta State, Nigeria

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ABSTRACT

Introduction: Teenage pregnancy is still rampant among school teenagers and this has made it a social health problem. This study was carried out to investigate the prevalence of teenage pregnancy and socio-cultural factors affecting pregnancy in Ughelli Metropolis, Delta State, Nigeria.

Material and Methods: This study adopted an observational cross-sectional study design and was conducted among female students in Ughelli Metropolis, Delta State, Nigeria. Two hundred and fifty (250) female respondents were used for this study. Data obtained were subjected to Statistical Package for the Social Sciences (SPSS). Chi-square was used to compare the prevalence of teenage pregnancy among the students and a p-value lesser than 0.05 was considered statistically significant.

Result: The majority, 79(31.6%) of the students were between the ages of 15 and 17. The results further showed that the majority of the students are aware that early teenage pregnancy could ruin their academic carrier and possibly affect their life process. Also, a large amount of the students opined that the causes of teenage pregnancy were; sexual abuse, 236(94.4%), followed by lack of sex education 233(93.2%), early sex, 229(91.6%), and early child marriage 222(88.8%). Results showed that most of the students have had sex 235(94.0%).

Conclusion: This present study demonstrated that most of the respondents that had knowledge of sex education had never been pregnant.

Keywords: Nigeria, Pregnancy, Prevalence, Socio-cultural, Teenage.

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Introduction

Teenage pregnancy contributes significantly to maternal and infant mortality, as well as a vicious cycle of poor health and missed educational chances.¹ It has an impact on the adolescent girl's physiological and psychological well-being. The teen pregnancy crisis in Nigeria cannot be overstated.²

Sexual intercourse among adolescents and the number of pregnancies have increased

dramatically in many Western nations during the previous century, notably following World War II. In the 1960s and 1970s, the growing incidence of adolescent pregnancies was increasingly seen as a concern by both society and health authorities. Many emerging countries (for example, in Sub-Saharan Africa and Latin America) have experienced similar developments, with a steady shift away from extended family arrangements and toward nuclear households. The role of

members of the extended family in educating and acting as role models for young people in sexual behaviors has vanished as a result of this change in family structure and way of life.³ The incidence of teenage pregnancy in Nigeria is on the increase. The emotional trauma associated with an unwanted teenage pregnancy is overwhelming as it is most times unplanned and society is absolutely judgmental when it comes to issues like teenage pregnancy.^{4,5} The reasons for teenage pregnancy varies from a country associated with teenage pregnancy and includes low socioeconomic status, rapid urbanization, low educational and career aspiration, poor family relationship, and being raised in a divorced home.⁶

According to research conducted in the South-West of Nigeria among secondary school students, approximately half of the females, as well as two-thirds of those who are not now enrolled in school, have previously been pregnant.⁶ The purpose of this study was to determine the prevalence of teenage pregnancy as well as the socio-cultural factors that influence teenage pregnancy.

Materials and Methods

Study Design

This present study adopted an observational cross-sectional study design and was conducted at Ughelli, Delta State, and included female secondary students in some selected secondary schools in Ughelli, Nigeria.

Study Population

Two hundred and fifty (250) students were used and the cluster sampling technique was adopted. Data was collected using a semi-structured questionnaire and secondary data collected were majorly from journals, textbooks, previous studies, and the internet. Teenage girls between the ages of 13-17 in Ughelli Metropolis in Delta State, Nigeria were used. The study excluded females below the age of 13 and above the age of 17.

Ethical Consideration

Ethical clearance/approval was gotten from the Ethical Committee of the Department of Human Anatomy, Novena University, Ogume, Delta State, in Nigeria. Verbal consent was also obtained from the respondents.

Data Analysis

Data obtained were subjected to Statistical Package for the Social Sciences and a p-value lesser than 0.05 was considered statistically significant.

Results

Most of the subjects in this present study were between the ages of 15 (31.6%) and 17(31.6%) while minorities were between the ages of 13(2.0%), and 14(8.4%). Minorities of the respondent's fathers (n=57, 22.8%) were carpenters, followed by businessmen, (n=71, 28.4%) while the majority (n=122, 46.8%) were into other works that could provide for their families. Minorities of the respondent's mothers (n=48, 19.2%) were businesswomen, followed by traders, (n=85, 34.0%) while the majority (n=117, 46.8%) were into other work that could provide for their families.

Table 4.3, shows the prevalence of teenage pregnancy. Results showed that most of the students have had sex 235(94.0%), which is a leading cause of teenage pregnancy while 15(6.0%) disagreed with not having sex, though the majority had no boyfriends, thus confirming that most of them were involved in random sex with different partners, 214(85.6%).

Table 4 showed that the majority of the students complained that they were not properly oriented on sex education which possibly led to teenage pregnancy, 233(93.2%). Similarly, the majority of the students further claimed that sexual abuse, (236(94.4%)), early child marriage, 222(88.8%), and early sex, 229(91.6%) are also possible causes of teenage pregnancies.

Age (years)	Frequency	Percentage (%)
13	5	2.0
14	21	8.4
15	79	31.6
16	66	26.4
17	79	31.6
Total	250	100.0

Table 1: Age distribution of respondents.

Occupation of Father	Frequency	Percentage (%)
Carpenter	57	22.8
Business man	71	28.4
Others	122	46.8
Occupation of Mother	Frequency	Percentage (%)
Business woman	48	19.2
Trader	85	34.0
Others	117	46.8

Table 2: Occupation of parents.

Variables	Yes (%)	No (%)
Not properly oriented on Sex education	233(93.2)	17(6.8)
Do you have a boy friend	36 (14.4)	214(85.6)
Have you ever had sex	235(94.0)	15(6.0)

Table 3: Prevalence of teenage pregnancy.

Variables	Yes (%)	No (%)
Lack_of_sex_education_can_act_as_a_factor	233(93.2)	17(6.8)
Sexual abuse can act as a factor	236(94.4)	14(5.6)
Early child marriage can act as a factor	222(88.8)	28(11.2)
Early sex can act a as factor	229(91.6)	21(8.4)

Table 4: Socio-cultural factors affecting teenage pregnancy.

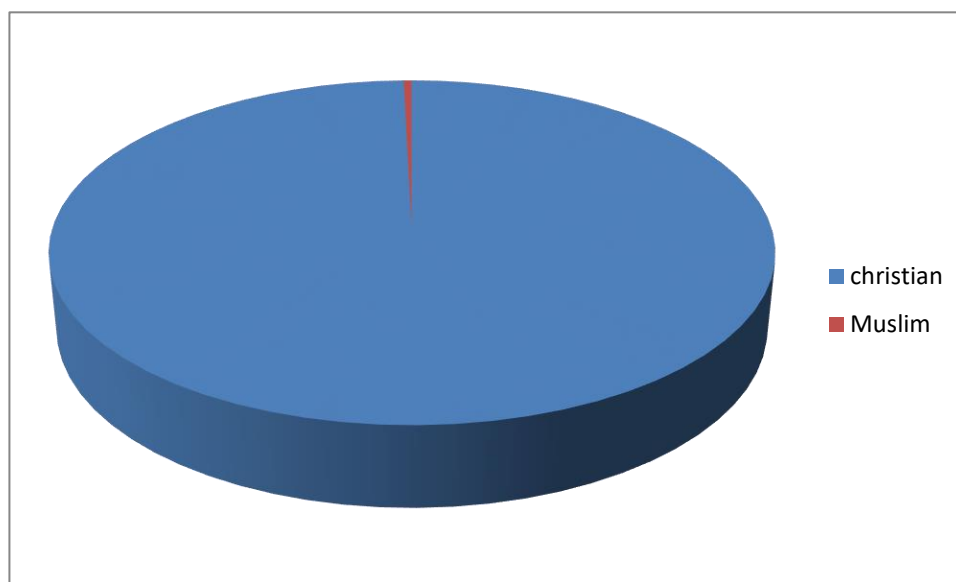


Figure 1: Religion of respondents.

Discussion

This study added to the body of knowledge about the prevalence of teenage pregnancy and the socio-cultural factors that influence pregnancy among Nigerian secondary school students. There is clear evidence that casual sex is more common among university-aged students,⁷ and that casual sex is getting more popular, eventually becoming a societal norm for young adults.

The majority of the respondents had no boyfriends, 91.2% but analysis showed that they were involved in sex 94.0%. Our outcomes are in accordance with the work detailed by Legrand.⁸ An examination by Okoro et al.⁹ on the attitudes, perceptions, and implications of students in **Delta State University towards the practice of casual sex**, likewise indicated that the majority of the respondents were recorded to have boy/girlfriends. Another study in the U.S. by Cindy and Hanna¹⁰, found that the majority of the studied undergraduates were constantly involved in sexual practices.

We found that lack of sex education, 93.2%; sexual abuse, 94.4%; early child marriages, 88.8% and early sex, 91.6% are factors affecting teenage

pregnancy among Nigerian secondary school students. The results of an examination by Dawan¹¹ are steady with our findings. The possible reasons behind this are that in Africa, particularly Nigeria, teenage pregnancies are often associated with societal issues including low educational levels, and higher rates of poverty.^{11,12} According to another study carried out in Ogoja Local Government Area of Cross River State, Nigeria showed that teenage pregnancies remain an important cause of death among teenagers.^{13,14}

Conclusion

Taking everything into account, the current study found a greater prevalence of adolescent pregnancies among secondary school students in Ughelli Metropolis, Nigeria, which could be attributed to a lack of parental guidance and a lack of sex education.

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