

# **PARENTAL EXPECTATIONS, RELIGIOUS CONDEMNATION AND AVOIDANCE OF SEXUALLY TRANSMITTED DISEASES AMONG FEMALE STUDENTS IN PRIVATE UNIVERSITIES IN DELTA STATE**

**Okudaye, I.N.**

*University of Delta, Agbor, Delta state.*

## **Abstract**

*This study was undertaken to investigate parental expectations, religious condemnation and avoidance of sexually transmitted diseases among female students in private universities in Delta State. The study assumed the correlational survey design. The population was 5,211 female students in private universities in Delta State in the 2022/2023 academic year. The research sampled 1042 or 20 % of female students in private universities in Delta State. The stratified random sampling method was used to pick the sample for the investigation. The instrument that was utilised in the investigation was a questionnaire described as the "Parental Expectations, Religious Condemnation and Avoidance of Sexually Transmitted Diseases Scale (PERCSMASTDS)". Out of 1042 copies of the instrument that were administered, 1031 copies or 98.94 % were retrieved. 330 copies were female students living in the hostels and 701 copies were female students living off campus. Mean rating and standard deviation were employed to respond to the three research questions. The Pearson Product Moment Correlational Coefficient (r) was used to test the three null hypotheses at a 0.05 level of significance. Findings showed that parental expectations and religious condemnation relate to avoidance of sexually transmitted diseases among female students in private universities in Delta state. There was a significant relationship between parental expectations, religious condemnation and avoidance of sexually transmitted diseases among female students in private universities in Delta State. It was concluded in the investigation that parental expectations, and religious condemnation positively related with avoidance of sexually transmitted diseases among female students in private universities in Delta State as the ratings were high. Parental expectations and religious condemnation significantly and positively related to the avoidance of sexually transmitted diseases among female students in private universities in Delta State. It was also recommended in the investigation that female students in private universities in Delta state should totally abstain from sex until they get married to avoid sexually transmitted diseases. Female students in private universities in Delta State should shun parental expectations by avoiding casual sex that guides them to sexually transmitted diseases. Female students in private universities in Delta State should adhere to their cultural and religious practices to avoid casual sex that guides them to sexually transmitted diseases.*

**Key Word.** Avoidance, Delta State, Private universities, Relationship, Sexual Misconduct Sexually Transmitted Diseases, Female Students.

## Introduction

Universities as educational institutions are charged with aiding individuals in the achievement of their full intellectual powers and capabilities as well as to aid the communities and the state in developing the needed knowledge and research for training the technologist, specialist and professional men and women who are increasingly required in modern societies. Sexuality is a wide-ranging expression that refers to a major aspect of being human which comprises sex, gender, sexual and gender uniqueness, sexual orientation, emotional affection and reproduction. It is further more than sexual thoughts or sexual contact. It comprises every feeling, sexual thinking, approach, experience, wisdom, thoughts, ideas, dreams and behaviour of both males and females. It is also the entirety of who you are, what you accept as true, what you experience and how you react. Female students are sexual organisms who are concerned with the whole lot concerning humanity as well as sexuality. Making a good choice of sexuality boosts female students' confidence.

It is not new that the majority of university students are sexually mature young individuals and are at high risk of getting an STI for the following reasons: young women's and men's bodies are biologically more prone to sexually transmitted diseases (STDs), lack of access to healthcare, confidentiality concerns and multiple sexual partners, among others as reported by Centers of Disease Control (CDC) in 2018 (CDC, 2018; Oluwole *et al.*, 2020). The Nigerian National Demographic Health Survey (NDHS) in 2008 reported that 16% of young women and 6% of young men aged between 15 and 24 years had a sexual debut before the age of 15 years. A survey in Nigeria on the prevalence and predictors of early sexual debut among adolescents reported that an average of 18.6% had a sexual debut before their 15th birthday - 16.6% in boys and 20.2% in girls (Fehintola *et al.*, 2018; Oluwole *et al.*, 2020). The avoidance of premature sexual activities in the university is directly proportional to the decrease in the prevalence of STDs and it is controlled by a series of social factors including parental expectation, culture, religion, personal conviction etc.

## Statement of the Problem.

Christianity, Islam and traditional religions in Delta states are against pre-marital sexual intercourse and anticipate female students not in matrimony to desist from it. The spread of sexually transmitted diseases among female students is not established by how beautiful, young and famous they are. If female students have sex with infected persons they will pass the infection to other persons they will have sex with. Female students' attitudes towards sex in private universities in Delta State have had a negative influence on them. Today's female students are much more sexually active than the previous cohort. Many of them have peers of different sexes, they instigate sexual intercourse and experiment with other sexual behaviours. They considered that having sexual intercourse is anticipated to be an aspect of attachment, to confirm their maturity, to please inquisitiveness, to gratify sexual desires and contentment, and to articulate or demonstrate love to boyfriends, they considered that every mature female student have sex and upholds friendship. Some do not have adequate knowledge concerning the outcomes of engaging in sexual intercourse. Many female students contracted diseases, emotional trauma and parental expectations through sexual intercourse.

### Research Questions

The following questions were answered:

- (1) What is the relationship between parental expectations and avoidance of sexually transmitted diseases among female students in private universities in Delta State?
- (2) What is the relationship between religious condemnation and avoidance of sexually transmitted diseases among female students in private universities in Delta State?

### Hypotheses

The following hypotheses were tested:

- (1) There is no significant relationship between parental expectations and avoidance of avoidance of sexually transmitted diseases among female students in private universities in Delta State.
- (2) There is no significant relationship between religious condemnation and avoidance of sexually transmitted diseases among female students in private universities in Delta State.

Parenting and the family environment are among the most important factors in youth and adulthood development. Parental monitoring, closeness, and communication significantly predict sexual attitudes, sexual activity, and contraceptive use (Rogers, 2017; Potter and Font, 2019), and family processes and protective factors are likely more relevant than family structure (Fomby *et al.*, 2010; Potter and Font, 2019). The preeminent influence of caregivers on sexual risk-taking is consistent with both sexual socialization theory and social control theory. Sexual socialization theory posits that youth with a greater understanding of sexual risks and their parents' expectations are more likely to make responsible choices about sexual activity (Reiss, 1989; Potter and Font, 2019).

Scheinfeld, (2023) believed that individuals from more conformity-oriented families view STIs as more stigmatizing and shameful and can lead to low-quality relationships with their parents, that is, being a part of a family that emphasizes shared beliefs, morals, behaviours, and so forth, can constrain even high-communication families. Naturally, Nigerian households are based on moral standards even from a poor one, laying a standard of do's and don'ts. This parental expectation might lead to conscious decision-making in university students on the need to avoid extramarital coitus or ensure proper protection during the act.

Religious acceptance is a mutual happening and it cannot be shortened to the thoughts, perceptions or simply the will of students, it also plays a vital role in the way people/e respond to circumstances including sexual activities. Sociologists alleged that female students' religious practices as significant to them for what they have confidence and they are willing to attribute such religious thoughts as they do to other forms of thoughts. Religious trust plays a fundamental responsibility in the manner female students respond to circumstances. It involves confidence in the worship of several powers that are further than God (Pedro, 2017). Religious diversity has become a platform for demonstrating values. Buddhism, Christianity Hinduism, Islamism etc are exclusively generally unique faith measures. Christianity, Judaism, Islam and Hinduism have developed from varied settings

and perspectives which prejudiced female students' advancement towards avoidance of sexually transmitted diseases in private universities in Delta state. According to The United States of America News and World Report (2017), religiously prone persons are currently alleged to feel convinced concerning affirming their faith.

### **Methodology**

The study assumed the correlational survey design. The population was 5,211 female students in private universities in Delta State in the 2022/2023 academic year. The research sampled 1042 or 20 % of female students in private universities in Delta state. The stratified random sampling method was used to pick the sample for the investigation. The instrument that was utilized in the investigation was a questionnaire described as "Parental Expectations, Religious Condemnation and Avoidance of Sexually Transmitted Diseases Scale (PERCSMASTDS). The four points scoring scale of Strongly Agree (4 points), Agree (3 points), Disagree (2 points) and Strongly Disagree (1 point) were used to scale the instrument. The face validity of the mechanism was instituted by experts. Content and construct validity were engaged in the investigation. The content and construct validity were instituted with Factor Analysis. The soundness of the mechanism was determined with the Factor Analysis Eigen worth of more than 1 was applied for the gathering of Factors into the scale. The content validity of the mechanism was estimated with Principal Component Analysis with the Extraction method. The Factor matrix of the Parental Expectations Scale was 81.31 %, the Religious Condemnation Scale was 79.53 % and the Avoidance of Sexually Transmitted Diseases Scale was 76.87%.

To warrant the interior steadiness of the instrument, the investigator administered the mechanism, to female students at Madonna University Port Harcourt in Rivers State. Copies of the instrument were recovered from the respondents and the scores obtained were used to determine the dependability of the mechanism. The Cronbach Alpha Statistics was utilised for determining its dependability and the coefficient alpha. The internal consistency dependability for the Parental expectations Scale was .79 ( $P < .5$ ), Religious Condemnation Scale was .73 ( $P < .5$ ) while that of Avoidance of Sexually Transmitted Diseases was .71 ( $P < .5$ ). The canvasser and four aides visited female students at private universities in Delta State to administer a survey. The investigator and aides ensured respondents completed the survey alone, using a direct delivery and collection method. Completed surveys were used for the investigation. Out of 1042 copies of the instrument that were administered, 1031 copies or 98.94 % were retrieved. 330 copies were female students living in the hostels and 701 copies were female students living off campus. Mean rating and standard deviation were employed to respond to the three research questions The Pearson Product Moment Correlational Coefficient ( $r$ ) was used to test the three null hypotheses at a 0.05 level of significance.

## Presentation of Results.

### Research Question 1:

What is the relationship between parental expectations and avoidance of sexually transmitted diseases among female students in private universities in Delta State?

**Table 1: What are the factors responsible for the utilization of informational and communication technology to enhance student learning in preschoolers in the Delta and Edo States of Nigeria?**

### A Rating of Respondents on the Relationship between Parental expectations and Avoidance of Sexually Transmitted Diseases Among Female students in Private Universities in Delta state.

S/N	Relationship between Parental expectations and challenges of Avoidance of Sexually Transmitted Diseases among female students in private Universities in Delta State	Female students living in the Hostels				Female students Living off Campus			
		N	$\bar{x}$	SD	Decision	N	$\bar{x}$	SD	Decision
1.	I can suffer from Gonorrhoea through sexual intercourse if I do not respect my parents' wish	330	4.03	1.13	+	701	3.95	1.13	+
2	I can suffer from syphilis through sexual intercourse if I do not respect my parents' wish	330	3.97	0.71	+	701	3.91	0.81	+
3	I can suffer from hepatitis B through sexual intercourse if I do not respect my c parents' wish	330	3.87	1.15	+	701	3.85	1.07	+
4	I can suffer from herpes through sexual intercourse if I do not respect my c parents' wish	330	3.82	0.75	+	701	3.79	0.75	+
5	I can suffer from public lice through sexual intercourse if I do not respect my parents' wishes.	330	3.73	1.11	+	701	3.74	1.09	+
6	I can suffer from scabies through sexual intercourse if I do not respect my parents' wish	330	3.67	0.69	+	701	3.71	0.81	+
7	I can suffer from trichomoniasis through	330	3.63	1.17	+	701	3.68	1.03	+

	sexual intercourse if I do not respect my parents' wish								
8	I can suffer from chancroid through sexual intercourse if I do not respect my parents' wishes.	330	3.58	0.83	+	701	3.57	0.79	+
	I can suffer from chlamydia through sexual intercourse if I do not respect my parents' wish	330	3.51	1.05	+	701	3.46	1.03	+
10	I can suffer from the human papilloma virus through sexual intercourse if I do not respect my parents' wishes.	330	3.37	0.75	+	701	3.41	0.79	+
	Total		37.18	9.701			37.07	9.3	
	Mean Scores		3.72	0.93			3.71	0.93	

+ = Agreed, - = Disagreed; Benchmark = 2.50.

The data in Table 1 shows the mean rating from items 1 to 10 on the relationship between parental expectations and avoidance of sexually transmitted diseases in Delta state private universities. With the data in Table 1 and the mean rating from items 1 to 10, the following became noticeable the mean rating for Female students living in the Hostels was 3.72 and standard deviation of 0.93 and the mean rating for female students Living off Campus was 3.71 and standard deviation of 0.93. With the level significance for the investigation as 2.50, the ratings of female students living in the hostels and living off-campus were higher than the significant level of acceptance. This confirmed that the relationship between parental expectations and avoidance of sexually transmitted diseases in private universities in Delta state was high as the ratings were high.

### Research Question 2.

What is the Relationship between Religious condemnation and Avoidance of sexually transmitted diseases among female students in private universities in Delta State?

**Table 2: Mean Rating of Female students on the Relationship between Religious Condemnation and Avoidance of Sexually Transmitted Diseases among Female students in Private Universities in Delta State.**

S/N	Relationship between Religious Condemnation and Avoidance of Sexually Transmitted Diseases among Female students in Private Universities in Delta state	Female students living in the Hostels				Female students Living off Campus			
		N	$\bar{x}$	SD	Decision	N	$\bar{x}$	SD	Decision
1.	I can suffer from long-term damage to reproductive organs through sexual intercourse if I do not respect my religion.	330	4.15	0.79	+	701	4.21	1.13	+

2	I can suffer from bladder infections through sexual intercourse if I do not respect my religion	330	4.13	1.10	+	701	4.09	0.83	+
3	I can suffer from hepatitis B damage if I do not respect my religion	330	4.07	0.81	+	701	4.05	1.07	+
4	I can suffer from syphilis through sexual intercourse if I do not respect my religion	330	4.03	1.05	+	701	4.02	1.05	+
5	I can suffer from gonorrhoea through sexual intercourse if I do not respect my religion	330	4.01	0.75	+	701	3.97	1.06	+
6	I can suffer from HIV/AIDS through sexual intercourse if I do not respect my religion	330	3.94	0.77	-	701	3.89	0.69	+
7	I can suffer from a breakdown of the immune system through sexual intercourse if I do not respect my religion	330	3.86	1.13	-	701	3.83	0.77	+
8	I can suffer from cancer of the reproductive organs if I do not respect my religion	330	3.81	0.84	-	701	3.78	1.07	+
9	I can suffer from pelvic inflammatory disease through sexual intercourse if I do not respect my religion	330	3.79	1.15	-	701	3.71	0.71	+
10	I can suffer from cervical cancer in the future through sexual intercourse if I do not respect my religion	330	3.68	0.76	+	701	3.65	1.09	+
	Total		39.47	9.15			39.2	9.47	
	Mean Score		3.95	0.92			3.92	0.958	

+ = Agreed, - = Disagreed; Benchmark = 2.50.

The data in Table 2 shows that the mean rating items 1 to 10 on the relationship between condemnation and avoidance of sexually transmitted diseases among female students in private universities in Delta State. The respondents agreed on some items. With the data in Table 2 and the mean rating from items 1 to 10, the subsequent emerged. The mean rating for female students living in the hostels was 3.95 with a standard deviation of 0.92 while the mean rating for Female students living off campus was 3.92 with a standard deviation of 0.95. With the level of significance for the study as 2.50, the ratings of female students living in the hostels and living off-campus were higher than the conditioned level of confidence. This established that the relationship between religious condemnation and avoidance of sexually transmitted diseases among female students in private Universities in Delta State was high as the ratings were high.

**Hypothesis 1:** There is no significant relationship between parental expectations and Avoidance of sexually transmitted diseases among female students in private universities in Delta State.

**Table 3.** Pearson (r) Analysis of Significant Relationship between Parental Expectations and Avoidance of Sexually Transmitted Diseases among Female Students in Private Universities in Delta state.

Groups	N	Summation	Sum of Square	$\sum XY$	Df	Calculated r Value	Critical r Value	Decision
Female students living in the Hostels	330	258	13372	10502	1029	0.29	0.19	Significant Reject Ho <sub>1</sub>
Female students Living off Campus	701	203	8389					

P<.05 Level of Significance

Table 4 showed that the calculated r value of 0.29 was greater than the critical r value of 0.19. Hence, the null hypothesis was rejected. This confirmed that there was a significant relationship between parental expectations and avoidance of sexually transmitted diseases among female students in private universities in Delta State.

**Hypothesis 2:** There is no significant relationship between Religious condemnation and Avoidance of sexually transmitted diseases among female students in private universities in Delta State.

**Table 4.** Pearson (r) Analysis of Relationship between Religious Condemnation and Avoidance of Sexually Transmitted Diseases among Female Students in Private Universities in Delta State

Groups	N	Summation	Sum of Square	$\sum XY$	Df	Calculated r Value	Critical r Value	Decision
Female students living in the Hostels	330	420	1004	1132	1029	1.13	0.19	Significant Reject Ho <sub>3</sub>
Female students Living off Campus	701	380	1102					

P<.05 Level of Significance

Table 4 showed that the calculated r value of 1.13 was greater than the critical r value of 0.19. Hence, the null hypothesis was rejected. This confirmed that there was a significant relationship between religious condemnation and avoidance of sexually transmitted diseases among female students in private universities in Delta State.

### Discussion of Results

The mean rating for Female students living in the Hostels was 3.72 with a standard deviation of 0.93 and the mean rating for female students Living off Campus was 3.71 and a standard deviation of 0.93. With the level of significance for the investigation as 2.50, the ratings of female students living in the hostels and living off-campus were higher than the significant level of acceptance. This confirmed that the relationship between parental expectations and avoidance of sexually transmitted diseases in private universities in Delta state was high as the ratings were high. The mean rating for female students living in the hostels was 3.95 and the standard deviation was 0.92 while the mean rating for Female students living off campus was 3.92 and the standard deviation was 0.95. With the level of significance for the study as 2.50, the ratings of female students living in the hostels and living off-campus were higher than the conditioned level of confidence. This established that the relationship between religious condemnation and avoidance of sexually transmitted diseases among female students in private Universities in Delta State was high as the ratings were high.

Table 4 showed that the calculated  $r$  value of 0.29 was greater than the critical  $r$  value of 0.19. Hence, the null hypothesis was rejected. This confirmed that there was a significant relationship between parental expectations and avoidance of sexually transmitted diseases among female students in private universities in Delta State. This finding was in line with the finding of the Centre for Population Options (2011) that 1 in every 6 female students suffers from avoidance of sexually transmitted diseases and that 1 in every 6 sexually energetic female students has had at smallest amount 4 diverse sex cohorts.

Table 6 showed that the calculated  $r$  value of 1.13 was greater than the critical  $r$  value of 0.19. Hence, the null hypothesis was rejected. This confirmed that there was a significant relationship between religious condemnation and avoidance of sexually transmitted diseases among female students in private universities in Delta State.

### Conclusion

Parental expectations and religious condemnation positively related to avoidance of sexually transmitted diseases among female students in private universities in Delta state were high and their expectations and religious condemnation significantly and positively related to avoidance of sexually transmitted diseases among female students in private universities in Delta state. Based on these, the researchers recommended that there should be special interventional programme against pre-marital for female students in private universities in Delta State to avoid prevalence of sexually transmitted diseases, adhere to their cultural practices to avoid casual sex that may lead to sexually transmitted diseases and adhere to their religious practices to avoid casual sex that predisposes them to sexually transmitted diseases.

## References

- Centre for Population Options (2011) Avoidance of sexually transmitted diseases among female students. *The Centre for Population Option Report*.
- Centers for Disease Control and Prevention. Sexually transmitted diseases. CDC Fact Sheet: Information for teens and young adults: staying Healthy and Preventing STDs [homepage on the Internet]. [cited 2018 May 14]. Available from: <https://www.cdc.gov/std/life-stages-populations/stdfact-teens.htm>
- Craig H (2017) *Risking the future: Adolescents sexually. Pregnancy and childbearing*. National Academy Press.
- Fehintola FO, Fehintola AO, Ogunlaja OA, et al. (2018). Prevalence and predictors of early sexual debut among adolescents in Ogbomoso, Nigeria. *Am J Public Health Res*. 2018;6(3):148-154. <https://doi.org/10.12691/ajphr-6-3-4>
- Fomby P, Mollborn S, & Sennott CA (2010). Race/Ethnic Differences in Effects of Family Instability on Adolescents' Risk Behavior. *Journal of Marriage and Family*, 72(2), 234–253.
- Kluckhohn, C (2019) *Mirror of man.*: McGee Hill Books.
- Leo, J (2017) Sex and schools. *Times*, November 24, pp 63.
- Merrow, A. (2017) *Kids and television.*: McGraw Hill Books.
- Nigerian Demographic Health (2013) Utilisation of family planning among married persons in Nigeria. *Nigerian Demographic Health Empirical Report*. Federal Ministry of Health, Abuja.
- Oluwole, Esther O., Oyekanmi, Oluwatobiloba D., Ogunyemi, Doyin O., Osanyin, Gbemisola E.. (2020). Knowledge, attitude and preventive practices of sexually transmitted infections among unmarried youths in an urban community in Lagos State, Nigeria. *African Journal of Primary Health Care & Family Medicine*, 12(1), 1-7. <https://dx.doi.org/10.4102/phcfm.v12i1.2221>
- Pedro, A.C (2017) *The rudiments and sociology of religion*. New York: McGraw Hill Books.
- Potter MH, Font SA. (2019). Parenting Influences on Adolescent Sexual Risk-taking: Differences by Child Welfare Placement Status. *Child Youth Serv Rev*. 2019; 96:134-144. doi: 10.1016/j.chilgyouth.2018.11.038. Epub 2018 Nov 22. PMID: 31736530; PMCID: PMC6858058.
- Reiss IL (1989). Society and sexuality: A sociological explanation. *Human Sexuality: The Societal and Interpersonal Context*, 3–29.
- Rogers AA (2017). Parent–adolescent sexual communication and adolescents' sexual behaviors: A conceptual model and systematic review. *Adolescent Research Review*, 2(4), 293–313
- Scheinfeld E. (2023). The Role of Shame, Stigma, and Family Communication Patterns in the Decision to Disclose STIs to Parents in Order to Seek Support. *Int J Environ Res Public Health*. 2023 ;20(6):4742. doi: 10.3390/ijerph20064742.
- The Centre of Diseases Control of Atlanta Georgia in United States of America (2011) Sex and teenage girls. *The Centre of Diseases Control of Atlanta Georgia in United States of America*.
- The Medical Post (2013) Sexuality among female students and sex education. *The Medical Post Report*.
- The United States of America News and W