

Peer Pressure and Self-Efficacy as Predictors of Risky Sexual Behaviour among in-School Adolescents in Makurdi Local Government

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Abstract: The study “peer pressure and self-efficacy as predictors of risky sexual behavior among in-school adolescents in Makurdi local government” was carried out with the following objectives to find out if; peer pressure will predict risky sexual behaviors among in-school adolescents in Makurdi Local Government, self-efficacy will predict risky sexual behaviors among in-school adolescents in Makurdi Local Government, peer pressure and Self-efficacy will jointly predict risky sexual behaviors among in-school adolescents in Makurdi Local Government. The study was anchored on the Albert Bandura’s social learning / cognitive theory and Dweck and colleagues’ implicit theories of peer relationships. Using the Taro Yamane’s formula, the sample size of the study was 400. The participants were all sampled from Tiley Gyado Secondary School, Jewel Academy, Airforce Secondary School, Elite Secondary School, Pardopas Harmony Secondary School, and Community Secondary school all from Makurdi local government. Of the whole 400 participants age wise, 25(6.3%), 17(4.3%), 72(18%), 127(31.8%), 69(16.5%), 66(16.5%) and 24(6%) participant were 12, 13, 14, 15, 16, 17 and 18 years respectively. Regarding participant’s sex, 218 respondents represented by (54.5%) were males while the remaining 182(45.5%) were females. Furthermore, 352(88%) were Christian as 42(12%) were Islam religious wise. Pertaining tribe, Tiv was highly represented with 204(51%) following by Idoma 80(20%) while Igede maintained 67(16.8%) as others constituted 49(12.3%). Also, demographically it was shown that 226(56.5%) were of the junior class (JSS 1-3) while 174(43.5%) represented the senior class (SS 1-3). Findings of the study showed that, peer pressure significantly predicted risky sexual behavior among in-school adolescents in Makurdi metropolis [$R = .286$ and $R^2 = .082$; $F(1, 398) = 35.459$; $p < .001$]; that self-efficacy significantly predicted risky sexual behavior among in-school adolescents in Makurdi metropolis [$R = .726$ and $R^2 = .527$; $F(1, 398) = 443.782$; $p < .001$]; that peer pressure and self-efficacy significantly and jointly predicted risky sexual behavior among in-school adolescents in Makurdi metropolis [$R = .730$ and $R^2 = .533$; $F(2, 397) = 226.576$; $p < .001$]. also findings further showed that there was a significant main effect of tribe on risky sexual behavior among in-school adolescents in Makurdi metropolis [$F(3, 389) = 6.046$; $p < .001$]. It was therefore recommended that, care givers and parents should ensure that only positive peer pressures are allowed around students. As the implication of negative peer pressure can result to risky sexual behavior which may result to unwanted pregnancies or being infected with sexually transmitted diseases amongst others; school curriculums and organizations should allow for policies

and teachings that will discourage risky sexual behaviors amongst adolescents generally (in-school adolescents especially); there should be a watch on students self-efficacies as it is key to what they (in-school adolescents) do per time.

Keywords: Peer-Pressure, Self-Efficacy, Risky Sexual Behavior, Adolescent, In-School Adolescents.

I. INTRODUCTION

One of the current challenges in the world today is the prevention and control of sexually transmitted diseases among adolescents and youths. In sub-Saharan Africa (SSA) more than elsewhere, young people within this age bracket remains the most threatened, accounting for half of all new HIV infections. Risky sexual behaviors refer to individual’s sexual practices that may increase the susceptibility of person to the risk of sexually transmitted infections (STIs) including HIV/AIDS, unplanned pregnancies and psychological disorders. Based on the review of published articles (Messervey & Kusumakar, 2000; CDC, 2011; Hamilton Martin & Ventura, 2011) some of these behaviors include unprotected sexual intercourse, having multiple sexual partners, early sexual initiation, sexual intercourse with commercial sex workers and bartering sex for money, goods or other favors.

Although there is no international consensus on the definition of adolescence, the United Nations (UN) defines an adolescent as an individual who falls into the period following the onset of puberty during which a young person develops from a child into an adult. Numerically from 8-18. The UN estimated that around 1.2 billion people in the world are the adolescent aged 10 - 19 years which accounts 17.6% of the total population. More than 80% of them live in developing countries. Nigeria with a very young population is the most populous country in sub-Saharan Africa. The majority of her population is below the age of 25 years, with 22 percent of the country’s population between the ages of 10-19 years. This is where the adolescents seats. Adolescent which subsequently are regarded as youth make up the greatest proportion of the population in Sub-Saharan Africa (SSA), with almost one-third of the population between the ages of 10 and 19 (Alemu et al, 2007 and Rafael et al., 2015).

The adolescent period generally and specifically in-school adolescent is a complex maturational and developmental process which varies across individuals and cultures. Successful passage through this portal to adulthood results does not only lay on biological maturity, the secure sense of self, the ability to enjoy close friendships and group belonging, and the mental capacity to deal with the onslaught of life's challenges but also, students' mingling despite different backgrounds, and behaviors that could be classed deviant. Hence, its management is of great essence.

However, failure to manage adequately the physical, emotional, cognitive, and moral unfolding of adolescence can lead to a deviant identity behavioral anomalies and risky sexual behaviors some of which are found among in-school adolescents. (Kruger, Gouws and Dicker, 2011). Upon various studies it has been observed that varying degree of behavioral problems ranging from violent related behaviors, substance use and misuse, and participation in risky sexual behaviors often occur amongst adolescents. Each of these problems is not without its burden. As it is with developed nations of the world so it is with Nigeria and Makurdi. Many have wondered what the root cause of risky sexual behavior amongst in-school adolescent is. Upon several guessing it was thought that peer-pressure and self-efficacy could be responsible for risky sexual behavior amongst in-school adolescents.

Peer-pressure which is the influence of one individual on another has been viewed to play an integral role in the indulgent of in-school adolescents in risky sexual behaviors. As adolescents grow, they tend to be more active and sensitive to sexual activities. Many are novice to some of the experiences of the pain, discomfort and unexplainable hormonal changes that unfolds as they progress in their adolescent stages. As a result of this they get introduced to some behaviors that are morally uncalled for but yet were viewed to be the only way out of their miseries. Some of their activities may include; bare backing, i.e. sex without a condom, mouth-to-genital contact, starting sexual activity at a young age, having multiple sex partners, having a high-risk partner, someone who has multiple sex partners or infections, anal sex, sex with a partner who has ever injected drugs amongst several others. All of these may seem not have been issues of considerations, not until the appetite for sex of an in-school adolescent increases, injections, drug usage, prostitutions, abortions and the acquiring of sexual transmitted diseases such as HIV-Aids, Gonorrhoea amongst several other sex related social ills becomes obvious and uncontrollable. This directly or indirectly is linked with one's self efficacy.

On the other hand self-efficacy which is an individual's confidence in his/her own ability to apply control over his or her own motivation, behavior and social environment. Students most often when saddled with pressures from peers lack the ability to control themselves, the situation around and their environment. This in turn results to behaviors that have rendered many useless and claimed lots of life through diseases acquired through risky sexual behaviors.

Statement of Problem

Risky sexual behavior is on the increase. Worrisome aspect of it is the prevalence of risky sexual behavior among adolescents at large and in-school adolescents in particular. Risky sexual behavior predisposes young people to a variety of sexuality associated problems including unwanted pregnancies, HIV and other sexually transmitted diseases. Strategies to prevent the spread of HIV and other sexually transmitted infections and reduce mortality rate have focused on abstinence, condom use and delayed sexual activity among people that engage in sexual activities. However available evidences show that significant proportion of adolescents are engaged in risky sexual behaviors that expose them to a variety of sexually transmitted infections including HIV. Over time this has been the case with in-school adolescents (UNAIDS, 2014 and Famutimi & Olowatoyin, 2014).

Approximately half of the new HIV infections globally occur in the age group 15 to 24 years some of which are still in-school adolescents. Although significant proportion of young people (students inclusive) in Africa and Nigeria are known to be involved in risky sexual behavior such as early sexual initiation, multiple partner sexual relationships, low use of condom, and sex in exchange of money identifying the factors associated with these behaviors so far have been focused on individual-level factors. This simply implies that the involvement of an in-school adolescent in risky sexual behavior is self-decisive. This self-decision can be simply tied to peer-pressure and self-efficacy. Hence, peer-pressure and self-efficacy in an adolescent may perhaps trigger or kill risky sexual behaviors among in-school adolescents. Thus this research seeks to ascertain if peer-pressure and self-efficacy predicts risky sexual behaviors among in-school adolescents in Makurdi Local Government.

Aim and Objectives of Study

This study seeks to find out if peer-pressure and self-efficacy as predictors of risky sexual behaviors among in-school Adolescents in Makurdi Local Government. The objectives are to find out if:

- i. Peer pressure will predict risky sexual behaviors among in-school adolescents in Makurdi Local Government.
- ii. Self-efficacy will predict risky sexual behaviors among in-school adolescents in Makurdi Local Government.
- iii. Peer pressure and Self-efficacy will jointly predict risky sexual behaviors among in-school adolescents in Makurdi Local Government.

Research Question

- i. Does Peer pressure predict risky sexual behaviors among in-school adolescents in Makurdi Local Government?

- ii. Does Self-efficacy predict risky sexual behaviors among in-school adolescents in Makurdi Local Government?
- iii. Does Peer pressure and Self-efficacy jointly predict risky sexual behaviors among in-school adolescents in Makurdi Local Government?

Hypotheses

- i. Peer pressure will significantly predict risky sexual behaviors among in-school adolescents in Makurdi Local Government.
- ii. Self-efficacy will significantly predict risky sexual behaviors among in-school adolescents in Makurdi Local Government.
- iii. Peer pressure and Self-efficacy will significantly jointly predict risky sexual behaviors among in-school adolescents in Makurdi Local Government.

Scope of Study

This study is limited to Makurdi Local Government. This is one of the twenty-three local governments in Benue State of Nigeria. More specifically this study is limited to in-school adolescents in Makurdi bearing in mind the variables of the research understudy (that is, risky sexual behaviors, peer-pressure and self-efficacy).

II. METHODS AND MATERIALS

Design

This research employed the survey design in which the respondents were requested to respond to a set of questionnaire items to examine peer-pressure and self-efficacy as predictors of risky sexual behaviors among in-school adolescents in Makurdi Local Government. In essence, survey design is one in which a group of people is studied by collecting and analyzing data from a few people considered to be a representative sample of the entire population (Emaikwu, 2012). The survey design specifies how the data was collected and analyzed.

Settings

The research settings is Makurdi Local Government Area. Makurdi is the capital of Benue state, east-central Nigeria. It lies on the south bank of the Benue River. In 1976, following the division of Benue-Plateau state into two states, Makurdi was selected as the capital of Benue state (Anyo 2012). Makurdi's population as a Local Government according to the 2006 census was 406,555 while in 2007; Makurdi had an estimated population of 500,797. This implies that Makurdi local government in terms of population is consistently increasing. Makurdi local government has a land mass of 34,059 square kilometer with eleven (11) Council wards. Makurdi is located in the middle belt are of Nigeria, situated at the ban of the Benue Valley and is bothered on the west and north by Katsina and Doma Local government area, on the south by both Gwer and Gwer-West Local Government Areas of Benue State.

Makurdi Local government is predominantly a Tiv speaking area. Other ethnic groups found settled in the area include, Idoma, Igede, Etulo, Jukun, Igbo, Yoruba Hausa among others. Makurdi is also a tourist center with the presence of River Benue. The J.S. Tarkaa foundation structure and the Makurdi Zoological garden situated inside Benue State University, Makurdi. Also, the location of the Nigerian Air force Base, the Benue State University, the Federal University of Agriculture and the National Open University makes Makurdi attractive. The establishments of markets including the modern market, North bank market, High-level market and Wurukum market, motor parks and gardens generate revenue to the local government.

However, Makurdi Local Government Area's eleven (11) council wards are namely; Agan ward, Ankpa ward, Wadata ward, Bar central mission ward, Clerk ward, Fiidi ward, Mbalagh ward, Wailomayo ward, Modern market ward and North bank1 and North bank 2 wards. While across these eleven council wards, there are areas referred to as metropolis. Makurdi metropolis is made up of North bank, Federal locust, Akpehe, Wurukum, High level, Logo, Modern market, Ankpa Quarters, Kanshio, Idye, Fiddi, Airforce Base, Gyado villa, Benue State University, Gaadi, Apii and Lobi quarters with one or more secondary schools to each of them respectively.

Furthermore, in the metropolitan areas of Makurdi there exists a range of schools that allows virtually people of all age-brackets gain access to education. Chief of them all is the educational settings made available for the adolescents (i.e., the secondary school students). This therefore gives room form what is known as the in-school adolescents. This study therefore intends to examine how peer-pressure and self-efficacy predicts risky sexual behaviours among in-school Adolescents in Makurdi Local Government.

Participants

For the purpose of the study participants of the study were in-school adolescents of secondary school in the Makurdi metropolitan areas. Specifically, students of Tiley Gyado Secondary School, Jewel Academy, Air Force Secondary School, Erlite Secondary School, Padopads Harmony Secondary School, and Community Secondary School were randomly selected as participants.

The demographic data of the participants were represented as follows: Age wise, 25(6.3%), 17(4.3%), 72(18%), 127(31.8%), 69(16.5%), 66(16.5%) and 24(6%) participant were age 12, 13, 14, 15, 16, 17 and 18 years respectively. Regarding participant's sex, 218 respondents represented by (54.5%) were males while the remaining 182(45.5%) were females. Furthermore, 352(88%) were Christian as 42(12%) were islam religious wise. Pertaining tribe, Tiv was highly represented with 204(51%) following by Idoma 80(20%) while Igede maintained 67(16.8%) as others constituted 49(12.3%). Also, demographically it was shown that 226(56.5%) were of the junior class (JSS 1-3) while 174(43.5%) represented the senior class (SS 1-3).

Sampling

In sampling, the simple random sampling technique was used for this research. Based on findings, from the eleven council wards; the following metropolitan areas includes; North Bank Federal Locust, Gyado villa Gaadi, Apii, Lobi, High level, Ankpa Quarters, Modern market, Benue state University, Kanshio, Idye, Akpehe Fiidi, Airforce base, Wurukum, and Wadata out of which seven schools were selected and their population are detailed as follows: Tiley Gyado Secondary School (223)- North Bank, Jewel Academy(100) Wurukum, Airforce Secondary School (102) - Airforce, Elite Secondary School (372) Modern Market, Pardopas Harmony Secondary School(450)-High Level, and Community Secondary School (164) Wadata. This six schools were selected and total population summed to be 1411.

Sample size determination

$$n = \frac{N}{1+N(e)}$$

n= Sample size

N= Total population

e = level of significance (.05)

1 & 2 = Constant

N = 1411

Calculation

$$n = \frac{1411}{1+1411(0.05)^2}$$

$$n = \frac{1411}{1 + 1411 \times 0.05 \times 0.05}$$

$$n = \frac{1411}{1 + 1411 \times (0.0025)}$$

$$n = \frac{1411}{1 + 3.527}$$

$$n = \frac{1411}{4.527}$$

n= 399.49

Approximately n = 400

Therefore the sample size is = 400.

Instruments

Sexual Risk Survey Scale by Turchik and Garske (2009)

The SRS is a 23-item questionnaire developed by Turchik and Garske (2009), which assesses the prevalence of sexual risk behavior among a sample of college students. Although Turchik and Garske (2009) reported the following subscales, a) Sexual Risk Taking with Uncommitted Partners, b) Risky Sex Acts, c) Impulsive Sexual Behaviors, d) Intent to Engage in Risky Sexual Behaviors, and e) Risky Anal Sex Acts, with respective reliability coefficients 0.88, 0.80, 0.78, 0.89, and

0.61, the present study analyzed the dimensionality of the SRS more rigorously, and revealed a different set of underlying subscales.

Self-Efficacy Questionnaire by Peter Muris 2001

The self-efficacy questionnaire (SEQ) for developed by Peter Muris in 2001. The *SEQ-C* contains 24 items that are hypothesized to represent three domains of self-efficacy: (1) *social self-efficacy* that has to do with the perceived capability for peer relationships and assertiveness; (2) *academic self-efficacy* that is concerned with the perceived capability to manage one's own learning behavior, to master academic subjects, and to fulfill academic expectations; and (3) *emotional self-efficacy* that pertains to the perceived capability of coping with negative emotions Each item has to be scored on a 5-point scale with 1 D *not at all* and 5 D *very well*.

Peer Pressure scale by Santor, Messervey, Kusumakar (2000).

The 30 – item scale was developed with peer pressure, popularity and conformities in adolescent boys and girls. The developers developed and validated short measures of peer pressure, peer conformity, and popularity in a sample (n = 148) of adolescent boys and girls in grades 11 to 13. Results showed that all measures constructed for the study were internally consistent. Although all measures of peer pressure, conformity, and popularity were intercorrelated, peer pressure and peer conformity were stronger predictors of risk behaviors than measures assessing popularity, general conformity, or dysphoria. Despite a simplified scoring format, peer conformity vignettes were equal to if not better than the peer pressure measures in predicting risk behavior.

Validation of Report

The questionnaires were first administered to a smaller sample size of participants to ascertain whether or not and to what extent will the instruments test what is required for it to test. Upon conclusion, the following validity report was made.

Reliability of Peer Pressure

Result of the validation of peer pressure shows that, the scale has Guttman split half reliability coefficient of .671 and internal consistency of .801 Conbach's alpha indicating high consistency. When item analysis was conducted, items 19 (-.038), 21 (.206), 22 (.195), 23 (.024), 24 (.216), 26 (.081), 27 (.019) and 30 (.115) could not meet up with Cristobal, Flavián, & Guinalú, (2007)'s criterion for returning items on the scale which stated that an item must correlate at least .30 with the total correlation. Based on this criterion, items 19, 21, 22, 23, 24, 26, 27 and 30 should be removed.

Reliability of Self-Efficacy

On the basis of self-efficacy, the result indicated that the scale has Guttman split half reliability coefficient of .576 and internal consistency of .798 Conbach's alpha indicating

high consistency. When item analysis was conducted, items 7 (.279), 9 (.249), 10 (-.080), 11 (.103), 12 (.236), 14 (.135), 15 (.195), 16 (.247), 18 (.284) and 23 (.248) could not meet up with Cristobal, Flavián, & Guinalíu, (2007)'s criterion for returning items on the scale which stated that an item must correlate at least .30 with the total correlation. Based on this result, items 7, 9, 10, 11, 12, 14, 15, 16, 18 and 23 should be removed from the scale for use in this study.

Reliability for Sexual Behavior

On the basis of sexual behavior, the result indicated that the scale has Guttman split half reliability coefficient of .898 and internal consistency of .816Cronbach's alpha indicating high consistency. When item analysis was conducted, items 3 (.205), 4 (.197), 6 (.259), 9 (.240), 11 (.205), 12 (.197), 14 (.259) and 17 (.240) could not meet up with Cristobal, Flavián, & Guinalíu, (2007)'s criterion for returning items on the scale which stated that an item must correlate atleast.30 with the total correlation. Based on this result, items 3, 4, 6, 9, 11, 12, 14and 17should be removed from the scale for this study.

Reliability of All Scales

On the reliability coefficient of all the items, the result indicated that internal consistency of .931 Cronbach's alpha was obtained which indicate a very high internal consistency.

Validity

On validity, face validity was conducted as well as discriminant and convergent validity and the validity result shows that there was a significant relationship between self-efficacy and peer pressure [$r = .303$; $p < .05$], sexual behavior and peer pressure [$r = .297$; $p < .05$] and sexual behavior and self-efficacy [$r = .731$; $p < .05$].

Procedure

The researcher engaged three (3) research assistants from the department of psychology, Benue State University, Makurdi in order to help in the distribution and retrieval of copies of the questionnaire that were distributed among participants with the intent to be able to explain portions of the questionnaires to the in-school adolescents and to be able to round off session on time. Prior to the distribution of questionnaires a detailed explanation of the aim and objective of this research was made known to the research assistants in order to help curtail or reduce extraneous variables that may infiltrate the result of the research.

Participation in this research was voluntary as consent were sought from all adolescents (that are in-schools) with the letter of introduction and confidentiality of information been assured by the researcher.

Data Analysis

The data for the study was analyzed using descriptive and inferential statistics. The descriptive statistics involving frequencies, percentages and tables was used to summarize respondents' demographic information. On the other hand, inferential statistics involving the ANOVA was used to test the hypotheses via the statistical package for social sciences (SPSS) Version 21.

III. RESULTS

Hypotheses Testing

Hypothesis 1

This hypothesis stated that peer pressure will significantly predict risky sexual behavior among in-school adolescents in Makurdi metropolis. This hypothesis was tested using regression analysis and the result is presented table 1.

Table 1: Simple linear regression analysis showing peer pressure as a predictor of risky sexual behavior among in-school adolescents in Makurdi metropolis

DV	Predictor (s)	R	R ²	F	df	β	T	p
Risky Sexual Behavior	Constant	.286	.082	35.459**	1, 398		11.555	<.001
	Peer Pressure					.286	5.955	<.001

** Sig at 0.001

Result in table 1 shows that peer pressure significantly predicted risky sexual behavior among in-school adolescents in Makurdi metropolis [$R = .286$ and $R^2 = .082$; $F(1, 398) = 35.459$; $p < .001$]. Observation ($R^2 = .230$) shows that peer pressure significant explains 8.2% in the variation on risky sexual behavior among in-school adolescents. The beta value [$\beta = .286$] shows a positive score meaning that the more pressure peers receive from friends, the more they engage in risky sexual behavior among in-school adolescents in Makurdi metropolis. Based on this result, hypothesis one which stated

that 'peer pressure will significantly predict risky sexual behavior among in-school adolescents in Makurdi metropolis' was therefore accepted.

Hypothesis 2

This hypothesis stated that self-efficacy will significantly predict risky sexual behavior among in-school adolescents in Makurdi metropolis. This hypothesis was tested using linear regression analysis and the result is presented in table 2.

Table 2: Simple linear regression analysis showing self-efficacy as a predictor of risky sexual behaviour among in-school adolescents

DV	Predictor(s)	R	R ²	F	df	β	T	p
Risky Sexual Behaviour	Constant	.726	.527	443.782**	1, 398		7.129	<.001
	Self-efficacy					.726	21.066	<.001

** Sig at 0.001

Result in table 2 shows that self-efficacy significantly predicted risky sexual behavior among in-school adolescents in Makurdi metropolis [R = .726 and R² = .527; F (1, 398) = 443.782; p<.001]. Observation of R² = .527 shows that self-efficacy significantly explains 52.7% of the variation in risky sexual behavior among in-school adolescents in Makurdi metropolis. The beta value [β = .726] shows a positive score meaning in-school adolescents who scored high in self-efficacy significantly scored high in risky sexual behavior while in-school adolescents who scored low on self-efficacy significantly scored low on risky sexual behavior. Based on

this result, hypothesis two which stated that ‘self-efficacy will significantly predict risky sexual behavior among in-school adolescents in Makurdi Metropolis’ was therefore upheld.

Hypothesis 3

This hypothesis stated that peer pressure and self-efficacy will significantly and jointly predict risky sexual behavior among in-school adolescents in Makurdi metropolis. This hypothesis was tested using multiple regression analysis and the result is presented in table 3.

Table 3: Multiple regression analysis summary table showing the joint prediction of peer pressure and self-efficacy on risky sexual behavior among in-school adolescents in Makurdi metropolis

DV	Predictor(s)	R	R ²	F	df	β	T	p
Risky Sexual Behavior	Constant	.730	.533	226.576**	2, 397		3.918	<.001
	Peer Pressure					.280	9.227	<.001
	Self-Efficacy					.703	19.586	<.001

** Sig at 0.001

Result in table 3 shows that peer pressure and self-efficacy significantly and jointly predicted risky sexual behavior among in-school adolescents in Makurdi metropolis [R = .730 and R² = .533; F (2, 397) = 226.576; p<.001]. Observation of coefficient of determination [R² = .533] shows that both peer pressure and self-efficacy significantly and jointly explains 53.3% variation in risky sexual behavior among in-school adolescents in Makurdi metropolis. Based on this result, hypothesis three which stated that ‘peer pressure and self-efficacy will significantly and jointly predict risky sexual behavior among in-school adolescents in Makurdi Metropolis’ was therefore accepted.

Incidental Findings

Other demographic characteristics that were included in the research were not captured in the statement of hypotheses. This section seeks to identify if there will be a significant main and interactive effect of sex, religion and tribe on risky sexual behavior among in-school adolescents in Makurdi metropolis. This was conducted using univariate analysis of variance and the result is presented in table 4.

Table 4: Univariate analysis of variance summary table for the main and interactive effect of sex, religion and tribe on risky sexual behavior among in-school adolescents in Makurdi metropolis

Source	Type III SSq	df	MSq	F	Sig	η
Sex	13.856	1	13.856	.210	.647	.001

Religion	.691	1	.691	.010	.919	.000
Tribe	1195.654	3	398.551	6.046	.000	.045
Sex * Religion * Tribe	324.145	2	324.145	2.356	.156	.014
Error	25642.074	389	65.918			
Total	707128.000	400				

R² = .149 and Adjusted R² = .127

Result in table 4 shows that there was a significant main effect of tribe on risky sexual behavior among in-school adolescents in Makurdi metropolis [F (3, 389) = 6.046; p<.001]. On the other hand, the result in table 4 shows that there was no significant main effect of sex [F (1, 389) = .210; p>.05] and religion [F(1, 389) = .919; p>.05] on risky sexual behavior among in-school adolescents in Makurdi metropolis.

In the same vein, the result shows that there was no significant interactive effect of sex, religion and tribe on risky sexual behavior among in-school adolescents in Makurdi metropolis [F (2, 389) = 2.356; p>.05].

IV. CONCLUSION

This study assessed the influence of peer pressure and self-efficacy on risky sexual behavior among in-school adolescents in Makurdi metropolis. The present study has shown that there was a significant joint influence of peer-pressure and self-

efficacy on risky sexual behavior among in-school adolescents in Makurdi Metropolis. Also there is a significant independent influence of peer pressure and self-efficacy on risky sexual behavior among in-school adolescents in Makurdi metropolis. As findings proved, a high record of self-efficacy implies a high tendency of engaging in risky sexual behaviors. On the contrary, a low record of self-efficacy implies a low tendency of engaging in risky sexual behaviors. Thus, peer pressure can increase or decrease peer pressure. Hence, the more pressure received from peers the more risky behaviors an adolescent is likely to display

V. RECOMMENDATIONS

Based on the findings of this study, the following recommendations are made;

- i. Care givers and parents should ensure that only positive peer pressures are allowed around students. As the implication of negative peer pressure can result to risky sexual behavior which may result to unwanted pregnancies or being infected with sexually transmitted diseases amongst others.
- ii. School curriculums and organizations should allow for policies and teachings that will discourage risky sexual behaviors amongst adolescents generally (in-school adolescents especially).
- iii. There should be a watch on students self-efficacies as it is key to what they (in-school adolescents) do per time.

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