

Parenting Styles as Correlates of In-School Adolescents' Sexual Behaviour in Cross-River and Akwa-Ibom States of Nigeria

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Abstract: The study investigated the relationship between parenting styles and in-school adolescents' sexual behavior in Cross-River and Akwa-Ibom States of Nigeria. The study looked at the prevalent sexual behaviors among in-school adolescents, the relationship between authoritative parenting style, permissive parenting style, and in-school adolescents' sexual behaviors. Three specific objectives with corresponding research questions guided the study, and two hypotheses were formulated and tested at a 0.05 level of significance. The study adopted a correlation research design. The population for the study comprises all 68 226 senior secondary school students (SS1 to SS3) in the 722 public secondary schools in Cross-River and Akwa-Ibom States of Nigeria. The sample size for the study was 385 students who were selected using proportionate stratified and convenience sampling techniques. The instrument used for data collection was a structured questionnaire titled "Parenting Styles and Adolescents' Sexual Behaviour Questionnaire (PSASBQ)". Three experts validated the questionnaire, and its reliability was established using the Cronbach Alpha method, which yielded a coefficient of 0.79. Data collected for the study were analyzed using Means, Standard Deviation, and Pearson Product Moment Correlation Coefficient. Findings of the study revealed that the prevalent sexual behaviors among in-school adolescents in Cross-River and Akwa-Ibom States include: watching videos/movies, magazines, and pictures of naked men and women, kissing, having oral and sexual intercourse with the opposite gender, and stimulating self-genital organ for sexual pleasure. The findings also revealed that authoritative parenting style had no significant relationship with in-school adolescents' sexual behaviors. Further, it was revealed that permissive parenting style was significantly related to in-school adolescents' sexual behaviors. The study concluded that adoption of a parenting style like that of authoritative could lower in-school adolescents' involvement in sexual behaviors. At the same time, permissive make in-school adolescents vulnerable to sexual behaviors that can ruin their lives. The study recommended that Counsellors establish centers for "Parenting Therapy" where parents will be acquainted with tools needed to function optimally within their family unit and bring up their children in such a manner that discourages early involvement in sexual behaviors.

Keywords: Parenting Styles, Authoritative Parenting, Permissive Parenting and In-School Adolescents

I. INTRODUCTION

Adolescents' sexual behaviour has been of public concern in Nigeria and other parts of the world. Parents and school authorities all over the world are worried about adolescents' sexual behavior. Generally, parents have distinct beliefs about the characteristics they would like to see in adolescents and ponder on child rearing practices they would adopt to attain them. This is because the most turbulent state of human development is agreeably the adolescent stage. At adolescent stage, adolescents may begin to question the legitimacy of parental authority and supervision and are particularly prone to defiant behaviour towards authority due to the need to be autonomous. Moreover as adolescents' transform from childhood to adults, they are at the beginning of their sexual and reproductive lives. Physiologically, the changes in reproductive organs that occur in the life of adolescents often spur them in their quest to experiment sexual activities. They explore sex relationships and particularly those who have sexual intercourse seem to change partners frequently and have more than one partner at the same time and engage in unprotected sex. Some are defiant towards parental authority and engage in other sexual behaviours like masturbation and watching of pornographic films or movies.

As adolescents begin to explore their sexuality and have sexual relationships, Krost, Forrest and Harlap in Inyang (2015) states that the period of adolescence is the most controversial of all developmental stages due to experimental risky behaviours associated with it. Some adolescents begin having sexual intercourse at adolescent stage and this places them in getting involved in risky life threatening behaviours such as unwanted pregnancies, unsafe abortions, sexually transmitted infections (STIs) and even deaths as a result of STIs and complications during delivery. Pullack (2004) states that youth of today are constantly bombarded with high rise of sexual tendency through films, advertising, music, motion, pictures, television and the internet Another worrisome aspect of these sexual behaviours among adolescents is that, it leads to school dropout particularly among female adolescents with cases of unwanted pregnancy leading to early marriage. This makes them to waste away as they hardly come back to school

to pursue their educational aspirations. Worst still is the fact that some female adolescents have lost their lives in the process of trying to abort such unwanted pregnancies; also the male adolescents are sometimes forced to drop out and marry the girls they impregnate.

The prevalence of risky sexual behaviours among adolescents in Nigeria seems to have increased drastically in recent times. This menace is becoming increasingly prevalent in the society and its effects are detrimental to the adolescent's health and psychological wellbeing as it affects the society. Reasons for such increase could be improper sex education programmes and social media which promote lustful, irresponsible sexual behaviour. Uya (2015) attributed it to peers through indecent dressing and abuse of drugs. Aliko, Akanni and Akanni (2016) broadened this perspective, recognizing a number of additional instigators such as parenting styles (characteristics) and environmental factors. Of these factors, parenting style is of concern to this study, this is because parents are considered as the primary shapers of their children's behaviour and thus, adolescents' sense of connectedness to their parents may influence their sexual behaviour.

Parenting generally is a complex task that includes many specific behaviours that work individually and together to influence child's behaviour. Parent-child relationship in the home can be seen as a major contributor to adolescents' sexual behaviours. Optimally, as parents prepare their children for adulthood, they engage in parenting to protect their adolescents from involvement in sexual risk behaviour; ultimately they also play a major role in raising individuals who are prepared for healthy intimacy and decision-making regarding sexual behaviours. As parents do their best to bring up their children in the best possible way, they also have a fair share of guilt of adolescents' engagement in sexual behaviours. Evidence from the Focused Group Discussions in the study of Ankomah, Mamman-Daura, Omoregie and Anyanti (2011) reported that parents could have either negative or positive influence on the sexual activity of their children.

Parenting styles represent behaviours and strategies used by parents to control and socialize their children (Lightfoot, Cole & Cole as cited in Shabbir & Ishaq, 2019). As used in this study, it refers to all strategies (behaviours, attitudes and values) parents use to interact with their children and influence the way they behave in relation or response to sexual activities. Generally there is no one way to parenting, that is, differences in parenting styles can happen within individual societies as well as between different cultures. This implies that there are several parenting styles that exist in which parents adopt in their child's upbringing. Baumrind (1991) as cited in Kuppens and Ceulemans (2019) identified four types of parenting styles - authoritarian, permissive, authoritative and neglectful or uninvolved. Among these parenting styles, the researchers are steered into ascertaining

the relationship that exists between authoritative, permissive and adolescents' sexual behaviours.

Authoritative parenting styles is the one in which parents listen and respect their children's point of view and offer them opportunities to their children to be independent. Siegler as cited in Hennessey (2015) states that the parent - child relationship that exists between authoritative parents and children is a unique one as children are given the opportunity to be heard, air their view, express their sadness, fear, worries and anxiety. The children according to Shah (2019) are characterized by having high self-esteem, with confidence in themselves, who strive to achieve their goals and do not give up easily; face new situations with confidence and enthusiasm, have good social skills and are socially competent, have great emotional intelligence which allows them to express, understand and control their own emotions, as well as understand those of others and have empathy. Researchers have shown that this style of parenting is the most successful for children because of its high degree of involvement and balanced levels of control. In regard to sexual behaviour among adolescents, positive relationships characterized by high levels of warmth and support may act as a conduit through which parents impart their views or morals and help guide youth in decision making skills, affecting their involvement in risk behaviour (Coley, Votruba-Drzal, & Schindler, 2009). Longmore, Manning and Giordano (2009) that when parents provide warmth/support, appropriately monitor behaviour and practice discipline in non-coercive ways, adolescents are more likely to develop interpersonal security and observe boundaries that shape involvement in sexual activity. These suggest that adolescents from authoritative parents may less involving in sexual practices.

Permissive parenting styles is one in which parents are loving with their children but do not set norms or limits. They are lenient; do not use punishment and allow their children to make their decisions without their guidance and regardless of the consequences. They try to be friends instead of parents showing little control in the children's lives. Baumrind (1991) as cited in Rahman, Shahrin and Kamaruzaman (2017) added that the parents usually fail to set proper discipline to their children, even they have few behavioural expectation on them. The parents also tend to encourage their children's autonomy and allow them to make their own decision and regulate their own activities. Cherry (2019) posited that children raised by permissive parents tend to make bad decisions; show more aggression and less emotional comprehension; prone to delinquency and unable to manage their time and their habits. However, a study by Mbua and Adigeb (2015) reported that with regard to sexual behaviour, adolescents with permissive parenting style do significantly better than their counterparts with authoritative and authoritarian parenting styles. From these reports, it remains unclear as regarding the direction of relationship between permissive parenting style and adolescents' sexual behaviour.

From the foregoing, it can be seen that parents play a pivotal role in acting as social control and attachment models for their adolescents by providing emotional connections, behavioural constraints and modeling of relationship processes. It is sufficed to state that these parenting styles discussed may go a long way in determining how adolescents got engaged sexual behaviours. Hence, the type of parenting style adopted by parents is significant in predicting adolescents' outcome in sexual activities.

Previous Studies

Researches have been conducted on adolescents prevalent sexual behaviours and on the relationship between parenting styles and adolescents involvement in sexual behaviours. Laddunuri (2013) conducted a study on understanding the patterns and trends of adolescent students' sexual behaviour and found that more than one third of the adolescents had experienced intercourse and one sixth of them had multiple sexual partners. Similarly, Oluyemi, Yinusa, Abdullateef, Kehinde and Adejoke (2017) investigated parental influence on adolescent sexual behaviour among secondary school students and found that most of the studied adolescents already had boyfriend/girlfriend, had kissed and had previously had sexual intercourse. Amakali-Nauseb and Mitonga (2016) conducted a study to determine the sexual patterns among in-school and out-of-school adolescents in Kavango region, Namibia. It was found from the study that early sexual debut, first sexual intercourse, keeping a number of sexual partners were prevalent among adolescents. With reference to parenting styles and sexual behaviours, Ugoji and Ebebuwa-Okoh (2015) conducted a study that examined parenting styles, peer group influence as correlates of risky sexual behaviour among undergraduate adolescents of Delta State University, Abraka. democratic (authoritative) parenting style has no significant relationship with risky sexual behavior. It was also found that laissez-faire (permissive) parenting style has a significant relationship with risky sexual behavior. Shannon, Cheryl, Ashley, Hillman and Partridge (2014) investigated maternal and paternal parenting style patterns and adolescent emotional and behavioural outcomes and found that when both parents were authoritative, there were more optimal outcomes in adolescents' personal adjustment, more confident in themselves, and are less likely to have behavioural and clinical problems than any other parenting style combination. Similarly, Kincaid, Jonnes, Sterrett and McKee (2013) conducted a study on a review of parenting and adolescent sexual behavior and found that warmth and emotional connection was more protective against sexual risk behavior. Abu and Akerele (2006) conducted a study on parental influence and adolescents' sexual behaviour in Ibadan North Local Government Area of Oyo State and found that spending time with children by parents hold sway on sexual behaviour of adolescents in any of the known stage of adolescence. The study also found that giving freedom to children by parents hold sway on sexual behaviour of adolescents in any of the known stage of adolescence. The

study of Somers and Ali (2011) however found that parental support and parent-adolescent communication about sexuality did not predicted adolescents' intentions to avoid pregnancy, plans sexual intercourse debut, or plans for continuing sexual intercourse if already started. Mbua and Adigeb (2015) reported that with regard to sexual behaviour, adolescents with permissive parenting style do significantly better than their counterparts with authoritative and authoritarian parenting styles. Also, Ugwu (2011) conducted a study titled "parenting style and Gender as predictors of disposition towards antisocial behaviour in Enugu Metropolis. It was found from the study that permissive parenting was not an indicator of antisocial behaviour among adolescents

From the foregoing therefore, a great deal remains to be done in addressing parenting styles and in-school adolescents' sexual behaviours to add to a body of existing literature. Nowadays, some parents even seem to encourage their teens into early sexual intercourse and prostitution, knowingly or unknowingly by neglecting their responsibilities towards them. Hence, adolescent's sexual behaviour may be deeply affected by parenting styles as parents are primary sources of influence and also credible sources to adolescents. This study is therefore an attempt to investigate how parenting styles correlate with in-school adolescents' sexual behaviours in Cross-River and Akwa-Ibom States of Nigeria.

Problem Statement

Adolescents are known to be sex-crazed and hormone driven individuals whose sexuality has been viewed negatively as inappropriate and troublesome rather than normal and healthy. In Cross River and Akwa-Ibom States of the South-South Geo-Political Zone of Nigeria, the researchers have observed high cases of in-school adolescents' involvement in sexual behaviours. In confirmation of this, a study carried out by Adesegun and Blum (2008) on predictors of early sexual initiation among a nationally representative sample of Nigerian adolescents (15-19 years old), revealed that in the Southern part of Nigeria like Cross River and Akwa-Ibom States, male and female adolescents initiates sexual intercourse early compared to those of the Northern part of the country. Despite the efforts made by government, school administrators and counsellors in secondary schools in Cross River and Akwa-Ibom States to instil moral values and appropriate moral behaviour into the lives of the students, adolescents' in this area still seem to develop negative personalities which seem to have hampered and overwhelmed these efforts. The researcher is worried that most adolescents in Cross River and Akwa-Ibom States of the South-South Zone of Nigeria indulge in indiscriminate sexual behaviour such as indecent dressing, premarital sex, rape, homosexuality, lesbianism, masturbation, voyeurism among others which may have resulted to unwanted pregnancies, abortion and sexually transmitted disease, especially HIV/AIDS in Cross River and Akwa-Ibom States. Worst of all, is the fact that most female adolescents seem to have

dropped out of school and abandon their educational career as a result of unwanted pregnancy through pre-marital sex.

The researchers are concerned that the parenting styles adopted by families in child upbringing in Cross-River and Akwa-Ibom States which are characterized by lack of attention, love, acceptance, care and attachment to the child may have effect on the sexual behaviour of most adolescents in secondary schools. In view of this, the researchers deemed it necessary to ask ‘is there any relationship between parenting styles and in-school adolescents’ sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria?’

Objectives of the Study

The study sought to achieve the following objectives:

1. Determine the prevalent sexual behaviours among in-school adolescents in Cross-River and Akwa-Ibom States of Nigeria.
 - i. Determine the prevalent sexual behaviours among in-school adolescents in Cross-River and Akwa-Ibom States of Nigeria.
 - ii. Ascertain the relationship between authoritative parenting style and in-school adolescents’ sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria.
 - iii. Find out the relationship between permissive parenting style and in-school adolescents’ sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria.

Research Questions

The following research questions guided the study

1. What are the prevalent sexual behaviours among in-school adolescents in Cross-River and Akwa-Ibom States of Nigeria?
2. What is the relationship between authoritative parenting style and in-school adolescents’ sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria?
3. What relationship exists between permissive parenting style and in-school adolescents’ sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria?

Hypotheses

The following hypotheses were formulated and tested at 0.05 level of significance

1. There is no significant relationship between authoritative parenting style and in-school adolescents’ sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria.
2. There is no significant relationship between permissive parenting style and in-school adolescents’ sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria.

II. METHODOLOGY

The study adopted a correlation research design. The population for this study comprises all 68, 226 senior secondary school students (SS1 to SS3) in the 722 public secondary schools in Cross-River and Akwa-Ibom States of Nigeria. Specifically, Cross River State has 487 public secondary schools with 37,236 senior secondary school students (SS1 to SS3) while Akwa - Ibom State has 235 public secondary schools with 30,990 senior secondary school students. The sample size for the study was 385 students. This sample size was determined using Glenn Formular for sample size determination. In composing the sample, proportionate stratified and convenience sampling techniques were adopted. The instrument used for data collection was a structured questionnaire titled ‘Parenting Styles and Adolescents’ Sexual Behaviour Questionnaire (PSASBQ). The questionnaire was validated by experts and its reliability of the questionnaire was established using Cronbach Alpha and a reliability coefficient of 0.79 was obtained. Data was collected personally by the researchers with the aid of research assistants in the studied states. Data collected for the study was analyzed using Means, Standard Deviation and Pearson Product Moment Correlation Coefficient

III. RESULTS

Research Question 1: What are the prevalent sexual behaviours among in-school adolescents in Cross-River and Akwa-Ibom States of Nigeria?

Table 1: Mean and Standard Deviation of the Prevalent Sexual Behaviours among in-school Adolescents in Cross-River and Akwa-Ibom States of Nigeria

S/N	Item Statement	SA	A	D	SD	Mean	SD	Decision
1	I derive pleasure watching naked videos/movies of men and women	81	169	70	65	2.69	.98	Agree
2	I feel sexually satisfied watching magazines of naked people	84	150	81	70	2.64	1.02	Agree
3	I look out for posters of naked people to watch	120	119	77	69	2.75	1.08	Agree
4	I look out for books with naked pictures to read to derive sexual satisfaction	102	125	82	76	2.66	1.07	Agree
5	I have a friend of the opposite sex whom we often have sexual intercourse	122	99	91	73	2.70	1.11	Agree

6	It's always a pleasure for me kissing someone of opposite sex	108	118	79	80	2.66	1.10	Agree
7	I sometimes play with my boyfriend/girlfriend's sex organ to derive pleasure	82	139	83	81	2.58	1.05	Agree
8	I sometimes have my mouth on my girlfriend's vagina/I put my boyfriend's penis in my mouth	95	73	101	116	2.38	1.16	Disagree
9	I sometimes allow my boyfriend to play with my breast/ I allow my girlfriend to play with my penis	110	115	86	74	2.68	1.09	Agree
10	I sometimes have anal sex with my partner	94	61	123	107	2.37	1.13	Disagree
11	I sometimes play with my sex organ (penis/vagina) for sexual pleasure	93	125	84	83	2.59	1.08	Agree
12	I derive pleasure kissing people of the same sex	90	69	104	122	2.32	1.15	Disagree
13	I enjoy intercourse with people of the same sex	75	95	105	110	2.35	1.09	Disagree
14	I derive pleasure playing with the sex organ of people of my sex	102	100	92	91	2.55	1.12	Agree
15	I feel sexually attracted to people of my sex	83	62	85	155	2.19	1.18	Disagree

Analysis of data presented on Table 1 revealed that, except for items 8, 10, 12, 13 and 15 with mean values ranging from 2.18 - 2.38 which are below the benchmark of 2.50, the respondents agreed to the other items (1, 2, 3, 4, 5, 6, 7, 9, 11 and 14) with mean values ranging from 2.55 – 2.75 which are above the benchmark of 2.50. Hence, these item with their mean scores above the benchmark of 2.50 are considered the prevalent sexual behaviours among in-school adolescents in Cross-River and Akwa-Ibom States of Nigeria.

Research Question 2: What is the relationship between authoritative parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria?

Table 2: Relationship between authoritative parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria using PPMC

		Authoritative	Sexual Behaviour
Authoritative	Pearson Correlation	1	-.207**
	N	62	62
Sexual Behaviour	Pearson Correlation	-.207**	1
	N	62	62

Table 2 revealed a correlation value of -0.207. This means that there is a low negative relationship between authoritative parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria. The implication of this is that as authoritative parenting style increases, involvement in sexual behaviour decreases.

Hypothesis 1: There is no significant relationship between authoritative parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria

Table 3: Significance of Relationship between authoritative parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria using PPMC

		Authoritative	Sexual Behaviour
Authoritative	Pearson Correlation	1	-.207
	P-value (Sig. (2-tailed))		.509
	N	62	62
Sexual Behaviour	Pearson Correlation	-.207	1
	P-value (Sig. (2-tailed))	.509	
	N	62	62

Table 3 revealed a P-value = 0.509 which is greater than 0.05 (P>0.05). Since P>0.05, the result is not significant, hence the null hypothesis is not rejected. This means that is no significant relationship between authoritative parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria

Research Question 3: What relationship exists between permissive parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria?

Table 4: Relationship between permissive parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria using PPMC

		Permissive	Sexual Behaviour
Permissive	Pearson Correlation	1	.792**
	N	74	74
Sexual Behaviour	Pearson Correlation	.792**	1
	N	74	74

Table 4 revealed a correlation value of 0.792. This means that there is a high positive relationship between permissive parenting style and in-school adolescents' sexual behaviour in

Cross-River and Akwa-Ibom States of Nigeria. The implication of this is that as permissive parenting style increases, involvement in sexual behaviour increases

Hypothesis 2: There is no significant relationship between permissive parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria.

Table 5: Significance of the Relationship between permissive parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria using PPMC

		Permissive	Sexual Behaviour
Permissive	Pearson Correlation	1	.792
	P-value (Sig. (2-tailed))		.007
	N	74	74
Sexual Behaviour	Pearson Correlation	.792	1
	P-value (Sig. (2-tailed))	.007	
	N	74	74

Table 5 revealed a P-value = 0.007 which is less than 0.05 ($P < 0.05$). Since $P < 0.05$, the result is significant, hence the null hypothesis is rejected. This means that is a significant relationship between permissive parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria

IV. DISCUSSION

The first finding of the study revealed that watching videos/movies, magazines and pictures of naked men and women; kissing, having oral and sexual intercourse with opposite gender, and stimulating self-genital organ for sexual pleasure are the prevalent sexual behaviours among in-school adolescents in Cross-River and Akwa-Ibom States of Nigeria. This finding corroborate with that of Laddunuri (2013) whose study on understanding the patterns and trends of adolescent students' sexual behaviour found that more than one third of the adolescents had experienced intercourse and one sixth of them had multiple sexual partners. The findings also corroborate with that of Oluyemi *et al* (2017) who investigated parental influence on adolescent sexual behaviour among secondary school students and found that most of the studied adolescents already had boyfriend/girlfriend, had kissed and had previously had sexual intercourse. Furthermore, the finding corroborates with that of Udigwe, *et al* (2014) who found that the highest proportion of students who had ever had sex was found among the 16 -17 years age group. This finding is in tandem with the findings of Edobor and Okechukwu (2014) who revealed that adolescents as a result of the active sex hormones due to puberty are usually very sexually active or rather sex-crazed and would always want to exploit the world of sex without interference from the older adult.

The finding of this present study conforms to the submission of Pullack (2004) that the youth of today are constantly bombarded with high rise of sexual tendency through films, advertising, music, motion, pictures, television and the internet. The findings as observed could be why the Federal Ministry of Health (2007); Adinma *et al*, (2011) stated that in Nigeria, adolescents aged 13-19 are sexually active and engage in risky behaviours which 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. Many adolescents within this age bracket become sexually active as they begin engaging in increasingly adventurous activities, such as petting and kissing with tongues. Engaging in sexual risk behaviors—such as having sex at an early age, having more than one sex partner, and not using condoms or other contraceptives—can lead to unintended pregnancy, school drop-out, sexually transmitted diseases, and HIV infection. Similarly, Amakali-Nauseb and Mitonga (2016) found that early sexual debut, first sexual intercourse, keeping a number of sexual partners were prevalent among adolescents.

It is a known fact that adolescence, a period of transition from childhood to young adulthood is a critical period of human development characterized by rapid physical changes that result in awakening of sexual feelings and development of sexual behaviours. However, it is worthy of note from this findings that the potential vulnerability of adolescents to early sexual behaviours in Cross River and Akwa-Ibom States could lead to Sexually Transmitted Infections (STI). For the female adolescents, pregnancy and early unplanned motherhood in most cases could mark the end of school attendance. These adolescents generally lack credible access to reproductive health information as well as skills to resist sexual pressure from more experienced, older peers and men. Parents need to recognize that adolescence is a very sensitive stage in child development and children must be well guided in the area of sex so that adolescents' future life is not ruined. Adolescents are known to be influenced by their parents' values, beliefs, and expectations of appropriate behaviours and hence, parents must understand that having children and understanding how to parent are two totally different things. Parents who have a good understanding of what it takes to be a good parent would ensure that their wards are not exposed to early sexual behaviours that could ruin their lives. The expectations parents have for adolescents' behaviour; the actions parents take to keep track of adolescents and the ways parents respond when adolescents breaks the rules could affect their involvement in early sexual behaviours.

The findings of the study also revealed that no significant relationship exist between authoritative parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria. From this finding, a low negative relationship between authoritative parenting style and in-school adolescents' sexual behaviour was

observed meaning that as authoritative parenting style increases, involvement in sexual behaviour decreases. This finding conforms to that of Ugoji and Ebinuwa-Okoh (2015) whose study on parenting styles, peer group influence as correlates of risky sexual behaviour among undergraduate adolescents found that democratic (authoritative) parenting style has no significant relationship with risky sexual behavior. The findings also corroborate with that of Shannon *et al* (2014) whose study on maternal and paternal parenting style patterns and adolescent emotional and behavioural outcomes found that when both parents were authoritative, there were more optimal outcomes in adolescents' personal adjustment, more confident in themselves, and are less likely to have behavioural and clinical problems than any other parenting style combination. This finding is as revealed by Sarwar (2016) that authoritative parenting style is effective for children. Kincaid, Jonnes, Sterrett and McKee (2013) also found that warmth and emotional connection was more protective against sexual risk behaviour.

This finding corroborate with that of Abu and Akerele (2006) who found that spending time with children by parents hold sway on sexual behaviour of adolescents in any of the known stage of adolescence. This style of parenting is the most successful for adolescents' involvement in sexual behaviour because of its high degree of involvement and balanced levels of control. This finding also supports the assertion of Longmore, Manning and Giordano (2009) that when parents provide warmth/support, appropriately monitor behaviour and practice discipline in non-coercive ways, adolescents are more likely to develop interpersonal security and observe boundaries that shape involvement in sexual activity. The finding however is at variance with that of Somers and Ali (2011) who found that parental support and parent-adolescent communication about sexuality did not predicted adolescents' intentions to avoid pregnancy, plans sexual intercourse debut, or plans for continuing sexual intercourse if already started. From this finding, it can thus be said that parents who know and understand self-reliance in children, encourage oral communication, involving children in making decisions and want their children to carry out responsibilities based on the needs and abilities of their family members hold sway on adolescents' involvement in sexual behaviours that could ruin their life. This parenting style is therefore most often associated with positive adolescent outcomes like lack of early exposure to sexual behaviours. Adolescents with authoritative parents are hence less prone to externalizing behaviours, and specifically are less likely to engage early risky sexual behaviours.

Lastly, the findings of the study revealed that there is a significant relationship between permissive parenting style and in-school adolescents' sexual behaviour in Cross-River and Akwa-Ibom States of Nigeria. It was observed from this finding that a high positive exist between permissive parenting style and in-school adolescents' sexual behaviour which means that as permissive parenting style increases,

involvement in sexual behaviour increases. This finding is in tandem with the findings Ugoji and Ebinuwa-Okoh (2015) who investigated parenting styles, peer group influence as correlates of risky sexual behaviour among undergraduate adolescents and found that laissez-faire (permissive) parenting style has a significant relationship with risky sexual behavior. The findings however disagrees with that of Abu and Akerele (2006) whose study on parental influence on adolescents' sexual behavior found that giving freedom to children by parents hold sway on sexual behaviour of adolescents in any of the known stage of adolescence. The findings disagrees with that of Mbua and Adigeb (2015) who reported that with regard to sexual behaviour, adolescents with permissive parenting style do significantly better than their counterparts with authoritative and authoritarian parenting styles. Also in disagreement with this finding is that of Ugwu (2011) who found that permissive parenting was not an indicator of antisocial behaviour among adolescents.

The findings of this study as observed could be why Luyckx *et al* (2011) asserted that permissive parents showed steep decreases in monitoring once their children reached adolescence and these children increased their levels of externalizing behaviour. This externalizing behaviour could be in the form of adolescents' sensitivity to sexual behaviours. Also, Nancy (2011) asserted that parents with permissive parenting style do not respond or have control over their children. These parents are preoccupied with their own problems without discharging their responsibilities as parents, as such children who are raised by permissive parents are not able to control themselves, they are impulsive and less self-reliant. Permissive parents do not set rules, engaging in behavioural control, and set few behavioural expectations for adolescents, this could expose the adolescents to early sexual bahviours that can ruin their lives.

V. CONCLUSION AND RECOMMENDATIONS

The study concluded that parenting styles are major factors that contribute to in-school adolescents' involvement in sexual behaviours. Adoption of parenting style like that of authoritative can lower in-school adolescents' involvement in sexual behaviours while that of permissive makes in-school adolescents become vulnerable to sexual behaviours that can ruin their lives.

Based on the findings of the study, the study recommend that:

- i. Counsellors should establish centers for "Parenting Therapy" where parents will be acquainted with tools needed to function optimally within their family unit and bring up their children in such as manner that discourages early involvement in sexual behaviours.
- ii. Parents should ensure that they keep an eye on their adolescents so that they do not become vulnerable to risky sexual behaviour by monitoring them from time to time especially in relation to what they watch and

their relationship with the opposite sex to avoid the consequences of their action at this age

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