

ISSN: 0794 - 3474



**NIGERIAN**  
**SCHOOL**  
**HEALTH**  
**JOURNAL**

VOLUME 15

NUMBERS 1 & 2, 2003

# CONDOM USE AMONG ADOLESCENTS: AN ANTIDOTE TO THE PREVENTION OF HIV/AIDS IN OSHODI/ISOLO LOCAL EDUCATIO DISTRICT

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## ABSTRACT

The study examined condom use among adolescents in Oshodi/Isolo Local Education District Area of Lagos State. A self-constructed questionnaire was the main instrument for data collection. A total of 200 students were randomly selected as subjects for the study. The chi-square was used in testing the hypotheses and the result obtained revealed that the sampled subjects were sexually active, and had a good level of awareness [78%] about condom use. However, adolescents were reported not to have been using condom for the prevention of HIV/AIDS. It was recommended among others that sex education should be incorporated into the secondary school curriculum.

## INTRODUCTION

In the year 2000, Africa's population was estimated at 865 million, out of which adolescent females aged 10-19 was estimated to be about 90 million and the males somewhat higher. As children in sub-Saharan Africa reach adolescence, they confront sexual health challenges in a climate of rapid urbanization and social changes. They often rely on peers and the media for information on sexuality, which too often give incorrect or inaccurate information [Association for Reproductive and Family Health, 1996].

According to Gateway [1999] adolescents are sexually active; the median age at the first intercourse for girls is just over 16 years, three quarters of a year earlier than median age at marriage. By age 18, 63 percent and by age 20 approximately 80 percent of women have experienced intercourse.

In a similar study by Essiet [1999] a survey of 5,500 urban youth aged 12-14 was carried out, 81 percent of this group had experienced sexual intercourse before the age of 19. About 60 percent of youth surveyed did not know that pregnancy was possible at first intercourse. The survey also revealed that 5.9% of adolescents currently use contraceptives and these are the traditional methods, withdrawal. Only one percent of the youths surveyed use oral contraceptive, condoms and foaming tablets.

Ajayi [1992] in a study of 200 male secondary students found out that 80 percent were sexually active. More than half reported having multiple sexual partners, out of this, only 8 percent has condom during intercourse. 61 percent believed that condoms are only useful to prevent pregnancy.

Condom is a family planning method commonly used among adolescents and young adults in the prevention of pregnancy and sexually transmitted infection and Human immunodeficiency virus.

[HIV] that causes AIDS. Condom is a safe and effective method of birth control. It is the only non-permanent method of birth control for men, the benefits of condom, extend far beyond contraception [Alakija, 2000]. It has been proven that condoms effectively prevent the transmission of sexual pathogens including HIV and that HTV and other retroviruses are too large to pass through latex condom membrane, [Gultmacher, 1997]. Gold, Haignere and McDaniel [ noted that the latex condom prevents pregnancies and STIS effectively with failure rates between 0.05% and 17%.

In Thailand about seventy million condoms were distributed free each year. and much more made available for sale over the counter. The impact of this programme on the incidence of both STIS and HEY infection was assessed and it was found out that HIV infections declined from rate of 2.48 per 1000 persons to 0.55 [ The incidence of STIS showed an even greater decline with a 10-fold decrease over the same period [ Health Report 1996].

In New York a programme on condom availability among the public high schools was carried out. The study was to compare the rate of sexual activity and condom use for New York and Chicago students. The study found out that the rate of sexual activity was equal but condom use was greater in New York than in Chicago [ 1997]. It was further suggested that school based condom availability can lower the risk of HIV and others STIs for urban teenagers in the United States.

Withholding family planning services from adolescent in urban or rural communities does not lead to a decline in the number of adolescents experimenting with sex [Sai, 1998]. Adolescent sexual activity is high and increasing in most African countries. Several studies have investigated the level of sexual activity among young people. In Liberia 82 percent of adolescents have had intercourse before the age of 19 while in Botswana, Ghana, Mali, Togo and Uganda about 60% have had intercourse. In Nigeria, 7 out of every 10 males and 5 out of every 10 females in secondary school are sexually active or have had intercourse at least once [Makinwa 1992] .

Santelli, Paxman and Zuclerman [1997] declared that the level of sexual activity among adolescents is on the increase. About 37% of females and 52% of males claim that condom is the primary method of preventing STIs. Despite this it was perceived as a poor choice in Indonesia where it is technically a criminal offence to distribute instruments of contraception of any type to adolescents. This is contrary to a policy that states that marriageable age for people in this country [Durbar} is 6.

This study therefore examined the rate at which adolescents use condom and the factors that influence the use of condom. The study was delimited to use of condom as prevention against STIs and HIV/AIDS.

## METHODOLOGY

### Population/Sample

The population for the study was made up of all the students in public secondary schools in Oshodi/Isolo Local Education District. A total of two hundred [ students made up the sample. The subjects were randomly selected.

### Instrument

A self-constructed questionnaire containing seventeen question items was used in eliciting responses from the subjects.

### Data collection Procedure

To ensure a substantial return of the questionnaire, they were administered and collected on the s

## Results

**Table: Distribution sex**

| Sex    | Response | %    |
|--------|----------|------|
| Male   | 117      | 58.5 |
| Female | 83       | 41.5 |
|        | 200      | 100  |

The above table, which presents respondents distribution by sex, indicates that male respondents were [ 60% while female were [ 40%.

**Table 2**

**Responses based on respondents' sexual activity**

| Response | Frequency | %    |
|----------|-----------|------|
| Yes      | 143       | 71.5 |
| No       | 57        | 28.5 |
|          | 200       | 100  |

Table 4 shows that respondents who use condom for the prevention of unwanted pregnancy were 58, which represents 78.38%. Those who use condom for the prevention of STIs and HIV/AIDS were 13 [ while those who use condom because of partner's insistence were 03 [ The reasons given for non-usage of condom by respondents range from non-availability, inaccessibility, not having sensation during intercourse and feeling of shyness.

**Testing of Hypotheses**

**Table 5**

**Summary of chi-square table**

| Variable            | Cal $\chi^2$ | df $\chi^2$ | Critical $\chi$ | $\mu$ |
|---------------------|--------------|-------------|-----------------|-------|
| Sexually active     | 6.34         | 2           | 5.99            | \     |
| Awareness           | 11.65        | 2           | 5.99            | 0.05  |
| HIV/AIDS prevention | 3.17         | 3           | 7.82            |       |

**DISCUSSION**

**Hypothesis One**

Hypothesis one, which states that adolescents sampled are not sexually active, was statistically tested and the result obtained in table 5 revealed that the calculated chi-square value of 6.34 was higher than the critical value of 5.99 at 0.05 level of significance and 2 degree of freedom. Hence we reject the null hypothesis and assert that the sampled adolescents were sexually active. Table 2 also shows that 71.5% of the respondents have involved in sexual relationships. This was particularly in line with Ajayi [ who reported that 80% of the sampled secondary school students

were sexually active. This also corroborates submission of Makinwa [ that in Nigeria 7 out of 10 males [70%] and 5

Table two shows respondents' sexual activity. It revealed that respondents who have sexual relationship were [ 143] 71.5% while those who do not are [57] 28. 5% this shows that respondents are sexually active.

**Table 3**

**Responses on use of condom**

| Response | Frequency | %   |
|----------|-----------|-----|
| Yes      | 74        | 37  |
| No       | 126       | 63- |
|          | 200       | 100 |

Table 3 above shows that respondents who do not use condom were 126 which represents 63% of the total respondents while those who use condoms are 74 which represents 37%.

**Table 4**

**Factors influencing the use of condom**

| Responses                        | Frequency | %     |
|----------------------------------|-----------|-------|
| Prevention of unwanted pregnancy | 58        | 78.38 |
| Prevention of STIs & HIV/AIDS    | 13        | 17.57 |
| Partners encouragement           | 03        | 4.05  |
|                                  | 74        | 100   |

out of 10 females [ 0%] secondary school students were sexually active or have had sexUai intercourse at least once.

## **Hypothesis Two**

Hypothesis two which states that adolescents would not be aware of condom use was tested statistically and the result obtained in table 5 revealed that the calculated chi-square value of 11.65 was higher than the table value of 5.99 at 105 level of significance and 2 degrees of freedom. Hence we fail to accept the hypothesis and assert that adolescents are aware of condom use. However, the study observed that the rate of condom use was not equal to the rate of sexual activity. This was contrary to Guttmachers [ who reported that the rate of sexual activity was equal to rate of condom use in New York.

## **Hypothesis Three**

Hypothesis three which states that adolescents do not use condom for the prevention of HIV/AIDS was subjected to statistical testing and the result obtained in table 5 revealed that the calculated chi-square value of 3.17 was lower than the critical value of 7.82 at 3 degree of freedom and 0.05 level of significance. Hence we accept the hypothesis and maintain that adolescents do not use condom for the prevention of HIV/AIDS. However, condom has been described by Alakija [ as a family planning method commonly used for the prevention pregnancy and sexually transmitted infections and HIV that can cause AIDS. Gold, Haignere and McDaniel [1999} noted that latex condom prevents pregnancies and STIs effectively with failure rates between 0.05% and 7% but with user failure rate between 12% and 17%.

## **Conclusion/Recommendations**

Adolescent is a stage of experimenting with several things including sex At this stage, children are quite rebellious and learn a lot from peers and the media The adolescents sampled a sexually active; they are not quite comfortable using condoms especially carrying them around. Based on the aforementioned, the following recommendations are made:

- the importance of the use of condom should be emphasized among adolescents so that they could cultivate positive attitude towards its use. Condoms should be made available and accessible to this group of people.
- sex education should be incorporated into the secondary school curriculum. The different types of contraceptives, their applications, advantages and disadvantages should be emphasized. They should be encouraged to talk freely about sex and ask questions where necessary. The different classifications of STIs and the HIV/AIDS should be discussed and emphasis placed on mode of transmission, signs and symptoms and prevention.
- adolescents should be encouraged to visit family planning clinics and be counseled on the importance of preventing unwanted pregnancies.

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