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Influence of Parental Counselling and Need Satisafaction on Premarital Sex Vulnerability among Secondary School Teenagers in Calabar Education Zone, Cross River State, Nigeria

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Abstract

The study examined the influence of parental counselling and need satisfaction on premarital sex vulnerability among secondary school teenagers in Calabar education zone, Cross River Nigeria. Parents counselling behavior, Students needs satisfaction, Parents counselling behavior and premarital sex vulnerability were the sub-variables considered in the study, and two corresponding research questions guided the study and the study tested two hypotheses. Empirical and theoretical review of related literature was also carried out on the two sub-variables of the study. Survey research design was adopted for the study; the study population consisted of all senior secondary school students in Calabar Education Zones, Cross River State. The sample size for the study consisted of seven hundred and seventy-four (774) drawn from 15 schools and 4 Local Government Areas using purposive and simple random sampling techniques. Main instrument used for data collection was a

questionnaire titled "Premarital Sex Vulnerability Questionnaire" (PCI-PSVQ). Data was analysed using mean, standard deviation, charts, simple linear regression, to answer the research questions and test the hypotheses, respectively. All hypotheses were tested at 0.05 Alpha level. Findings revealed that there is a statistically significant relationship between parental counseling and premarital sex vulnerability among teenagers in Cross River State. It was recommended that among others that all parents must assume the position of counselors for their children and wards in order to help them imbibe positive values.

Keywords; Counseling, parents, teenagers, premarital sex, need satisfaction.

Introduction

According to the Nigerian National Policy on Education (2004), secondary education is aimed at preparing the individual for useful living within the society and for higher education. The implication of this is that individuals at the secondary school level of education are expected to acquire relevant skills, values, attitudes, knowledge and competencies that can help them become useful to themselves as well as contribute to society's development. Unfortunately, this expectation of the society is gradually becoming dashed as some teenagers in school indulge in indiscipline activities like premarital sex. As a result of these activities, the victims may end up not being useful to themselves and the society due to far reaching negative consequences that challenge their health and school completion as a result of indulgence in pre-marital sex. Schools in their discipline practices are expected to mold students' character to conform to societal ideals. This is believed to be achieved through the school curriculum activities that are targeted at equipping the students to adopt positive lifestyles that will be beneficial to the individual, his immediate environment, and the society at large. Sexual permissiveness with regards to premarital sex vulnerability among students is not morally right, therefore not a desirable social behaviour. Consequently, it calls for ways to eradicate it. The researcher believes that the education of the child

starts from home before the school. Therefore, the school is to consolidate on whatever morality or behaviour pattern that the child brings with him or her to school. Isangedighi (2007) argues that there is need for each school learner to adopt a pattern of behaviour that is capable of aiding meaningful response to the realities of his own world. The author further explained that a child who fails to do so risks a life of frustration, regret, and despair.

Parental care indices are referred to as parents' responsibility towards their children or wards. The parents' roles are of maximum importance for personality development of the children. Basic traditional roles of being a parent are to nurture and educate the children, discipline them, manage the home, and financially support the family. Modern roles brought an active participation of fathers in children care. The education of the child starts from home before the school. Yet in some homes, parent-child relationship is a source of distress, trauma and unbelievably tragic realities. This has caused serious concern globally as the future of the child is affected by parent's rearing practices or parental care indices such as parents' religiosity, parents' communication about sex issues, parents' disciplinary practice, students' needs satisfaction and parents' counselling behaviour. Without proper parental care, these teenagers are easily susceptible to deviant behaviours and other social vices. A child who lack parental care and is brought up in a cruel and brutal condition grows up to be a maladaptive person, panic, afraid of people, ruthless and can cause a lot of indiscipline acts in the school and for the society at large.

This study believes that the home sets the pace for the acquisition of moral values to resist indiscipline behaviour such as premarital sex thus the home environment can shape teenagers into disciplined or in disciplined persons. The rationale for linking parental care indices as panacea for premarital sex vulnerability among teenagers finds support in the observation of some researcher. Edinyang, Ushie and Umoh (2018) noted that the central idea of education is mainly the transmission of knowledge and societal values and building human moral development that will last throughout lifetime. In this regard, parents should be the first educators of their teenagers; hence they are expected to transmit desirable social value such as those pertaining to healthy sexual behaviour and reproductive health to their teenagers. Starbird, Norton and Marcus (2016) discovered that teenage girls who are aware

of family planning gained more years of schooling, formal employment, determined their lives course and experience substantial social economic gains. Omotesho, Adeniyi and Bada (2012) also pointed that the causes of HIV in Nigeria include lack or little of sex education for young people and lack of accurate information. Based on the foregoing, the present study speculates that probably, teenagers lack accurate information about their sexuality, their reproductive health, and the demand for marital relationship from their parents as they socialize them. Thus, the study is determined to examine the relationship between Parental care indices; Parents religiosity, Parents communication about sex issues, Parents disciplinary practices, Students needs satisfaction, Parents counselling behavior and premarital sex vulnerability among teenagers in the Calabar Education Zone of Cross River State.

Statement of the problem

Premarital sex refers to the involvement in sexual intercourse by adolescents or young adults who are not married. Premarital sex habits among teenagers in the secondary school system have become a worrisome phenomenon in the world including Nigeria because of the far-reaching negative impact it has on victims and the society at large. In Nigeria, sexual relationship is viewed to be appropriate when it is between married couples. The researcher considers it as morally wrong for teenagers who are not married to be interested or involved in a sexual relationship with the opposite sex. The focus of this is the issue of premarital sex vulnerability among teenagers in secondary schools. This is becoming rampant in the society and thus has generated a lot of concern among stakeholders such as school guidance counsellors, principals, education policy makers, parents, and students. Some researchers have attributed the cause of this problem to some factors related to biological, psychological, and social. Others attributed this menace to lack of or inadequate social development. This study finds the new social menace absurd, particularly as teenagers in the secondary school system are attracted to explore an area that would be detrimental to their educational pursuit and future development. The consequences of premarital sex on teenagers are not farfetched. For the females, they may miss one or two years of schooling or total drop out as a result of unplanned motherhood responsibilities due to unwanted pregnancy. Many

develop low self-esteem and prolonged trauma particularly due to the absence of capable social support from friends and families. Sometimes the victims may be abandoned by parents for the shame brought to them, and are left to search for means of survival at an early age such as begging at street corners or moving from one home to another in search of employment as maids. Some resort to prostitution while a few others who are unlucky may lose their lives and that of the baby. For the males, they begin to struggle to cater for the girl and the baby if his family refuses to support or lend a helping hand. Thus, both the male and female could be out of school to look for menial jobs while some may resort to stealing, arm robbery, selling drugs, kidnapping, or become agents to kidnappers which may end them up in prison custody for life if no intervention is received.

The researcher is therefore poised to ask the following questions. Could parents' negligence of their parental role be responsible for their wards premarital sex vulnerability? Could parents' avoidance of the teaching of sex education be responsible for premarital sex among their wards? Could parents' inability to counsel or refer their wards to a counselor for counseling be responsible for their premarital sex vulnerability? Could parents' inability to provide school needs and resources for their wards be responsible for their premarital sex vulnerability? This study was undertaken to examine the relationship between parental care indices and premarital sex vulnerability among teenagers in Calabar Education Zone of Cross River State, Nigeria.

Purpose of the study

The main purpose of the study was to examine the influence parental counselling and need satisfaction on premarital sex vulnerability among secondary school teenagers. Specifically,

The study sought;

1. To determine parents' counseling behaviour significantly influence premarital sex vulnerability
2. To determine if students' needs satisfaction significantly influence premarital sex vulnerability.

Research question

1. To what extent does parents' counseling behaviour significantly influence premarital sex vulnerability

2. To what extent does students' need satisfaction significantly influence premarital sex vulnerability?

Statement of hypotheses

1. Parents' counseling behaviour does not significantly influence premarital sex vulnerability.
2. Students' needs satisfaction does not significantly influence premarital sex vulnerability.

Significance of the study

The study will be of significant to school guidance counsellors, principals, education policy makers, parents, and students. To the guidance counsellors, it will help the school plan special guidance programmes that could address the premarital sex vulnerability among teenagers. To the principals, it will help them provide more conducive working environment to enhance the guidance counselors' approach to curb the problem. To the education policy makers, the findings will help them come up with policies to help secondary schools in the study are to curb the problem. To the parents, the study will reveal the parental care indices that influence premarital sex vulnerability among teenagers; hence they could address them in their socialization practice. To the students, it is hoped that the findings will help them to identify, understand and appreciate the importance of concentrating on their academic goal pursuit and how their involvement in premarital sex could lead to the disruption or termination of their studies. In addition, they may avoid the shame their indiscipline behaviour may bring to them and their families.

Premarital sex is sexual activity practiced by persons who are unmarried. It is any sexual activity with an opposite sex partner or with a same sex partner before he/she has started a marriage life. The term is usually used to refer to the intercourse before a marriage. Significant numbers of adolescents are involved in sexual activities at an early age which exposes them to the risk of unintended pregnancy, abortion and STIs. The term vulnerability is the degree to which a person is being exposed to the possibility of harm physically or emotionally.

Although, the reproductive health problem of young people is critical among both sexes, adolescent's girls are more affected because of their biological, economic, and social vulnerability (Abdissa & Wabareg, 2017).

The expression of this undesirable attitude among teenagers continues to agitate education stakeholders already mentioned, while blames are passed from one institution to another, yet no tangible way forward have been identified as solution to the problem. Adinma and Adinma (2011) regrettably noted that women reproductive health was to be embraced as a panacea for socioeconomic development and not to be a source for undesirable exploding population growth in Nigeria. The researcher is of the opinion that if premarital sex vulnerability among teenagers is not put under check, the school system may experience a serious epidemic that would ruin the society. Although, several efforts have been expended by government and well-meaning Nigerians to curb this problem, yet the problems persist. For example, interventions on STIs, and HIV/AIDS prevention, inclusion of the Family Life and HIV Education (FLHE) into the secondary school curriculum, campaign against child marriage and several awareness on the girl child education are targeted to make the male and female child sensitive to protect themselves from activities that can ruin their future.

Parents' Counselling Behaviour and Premarital Sex Vulnerability among Teenagers.

Counselling is defined as a concept of helping relationship in which the counsellor provides services to clients or students based on their needs, taking cognizance of their immediate environmental influences (Nwadinobi, 2008). Counselling program or activities provided us with the gateway out of the existing numerous youth problems in our present age of complex scientific and technological development. It is a broad area of all educational activities and services aimed at assisting individual students to understand themselves and adjust to school life. It is a psychological process of helping an individual to be equipped with self-understanding and skills of problem solving of everyday life in the society, home and school.

Babagide (2016) noted that the state of insecurity in Nigeria that the next serious issue facing the nation has to do with family and moral decline. Parents breed

immorality, raise armed robbers are observed as a greater moral confusion that is sweeping across the country. According to him, the reason for society's move towards sexual laxity and unbridled individualism is parental abdicating their roles and giving room to television, bad company and other agents to influence their children. In the same vein, Iheanacho (2014) posited that an individual's morality and ethics are based on the process of socialization as well as modeling and education from parents or caregivers. In essence, parents through their socialization role could encourage or discourage sexual misbehavior among teenagers.

Counseling is one of the control measures which can assist women to be socially, economically and academically advantaged. Starbird, Norton and Marcus (2016) discovered that teenage girls, who involved in counseling services gained more years of schooling, formal employment, determine their lives course and experience substantial socio-economic gains. The study by Ajidahun (2013) on the concept of sex counseling and its significance in the contemporary society. It also dissects the misconceptions upheld by adolescents and their implications on their moral development. The study addresses the reasons why adolescents engage in non-marital sex and its consequences. The counseling methods and approaches for tackling this are discussed. The study concluded that parents' counseling behavior reduces premarital sex vulnerability among Teenagers.

Adebayo (2017) noted that education is the greatest and most efficient instrument to improve moral values, discipline and responsibility. For Edinyang, Ushie and Umoh (2018), the central idea of education is mainly the transmission of knowledge, societal values and building human moral development which aids to promote moral values, discipline and responsibility. Oladepo and Fayemi (2011) on perceptions about societal values and building human moral development that will last throughout lifetime, sexual abstinence and knowledge of HIV/AIDs prevention among in-school adolescents in a western Nigeria city. A total of 420 respondents (52% male and 48% females) selected through multistage sampling technique, completed a semi structure questionnaire. Data analysis revealed that HIV preventive measures which respondents knew included abstinence (81.0%), using new needles for each injection (77.6%), regular condom use (66.2%) and faithfulness to one partner (60.9%). Majority, 80.7% of male and 81.5% of female abstinent respondents favoured the promotion of abstinence as an HIV/AIDs

prevention strategy compared with 76% male and 64% females of the sexually active group. These attributed parents' counselling behavior on premarital sex vulnerability among teenagers.

Omotesho, Adeniyi and Bada (2012) noted that the causes of HIV in Nigeria include lack of counseling service, lack or little sex education for young people and lack of accurate information about sexual health. Sexual abstinence has been recommended to prevent adolescents from adverse outcome of premarital sexual relationships (Rahmam, Menghati-Khoe & Montezeri, 2016). Sexual abstinence before marriage is suggested as the best protective method for sexual transmitted diseases and their outcomes (Bomar, 2004). Fielder and Carney (2010) carried out a study on predictors and consequences of sexual 'hook ups' among college students in the USA. The findings revealed that parental discouragement of relationships emerged as an important predictor for oral sex hook-ups on college campuses. Owen and Fincham (2011) in a study on young adult's emotional reactions after 'hooping-up' encounters discovered that the stronger the student's perception of parental discouragement of premarital sex relationship, the greater the number of oral sex partners they reported.

Risman and Schwarts (2012) in their study, after the sexual revolution; gender politics in teed dating discovered that public beliefs about men and women sexually differs. For instance, male is expected to desire and pursue sexual behavior regardless of context, whereas female is expected to avoid casual sex and have sex only in love and in relationship. Therefore, parents counseling behavior could influence their child in premarital sex vulnerability. National Demographic Health Survey (2009) discovered that sexual activity of the youth is significantly related to parental sexual attitudes towards adequate sex education. The imply that parents counseling of the youth can have a positive effect on their sexual behavior.

Chibike (2018) conducted a study on parental counselling practices and adolescent sexual behaviour among s Public secondary students in Ebonyi State. In order to achieve this, four hypotheses were formulated and tested at 0.05 alpha level. The design adopted for the study was the ex-post facto. The sample for the study consisted of 460 students were selected through stratified and simple sampling techniques for the study. The instrument used for this study was an adapted 5-Likert rating scale questionnaire. The statistical analysis used was Pearson Product

Moment correlation coefficient. The results obtained amongst others, revealed that there is a significant relationship between parenting counselling practices and adolescent sexual behaviour. Similarly, Obiageli (2017). conducted a study on parenting guidance services and adolescent sexual behaviour among secondary school students in Oyo State. In order to achieve this, three hypotheses were formulated and tested at 0.05 alpha level. The design adopted for the study was the survey design. The sample for the study consisted of 500 students were selected through stratified and simple sampling techniques for the study. The instrument used for this study was 4- point Likert rating scale questionnaire. The statistical analysis used was independent t-test. The results obtained amongst others, revealed that there is a significant of parental counselling services on adolescent sexual behaviour.

Wilson (2018) conducted a study on parenting counselling role and Premarital Sex Vulnerability among Teenagers in secondary schools in Lagos State. In order to achieve this, three hypotheses were formulated and tested at 0.05 alpha level. The design adopted for the study was the survey design. The sample for the study consisted of 400 students were selected through stratified and simple sampling techniques for the study. The instrument used for this study was 4- point Likert rating scale questionnaire. The statistical analysis used was independent t-test. The results obtained amongst others, revealed that there is a significant of parental counseling attitude on Premarital Sex Vulnerability among Teenagers in secondary schools. In the same vein, Anene, Ojinaka, and Ndie, (2017) conducted a study to determine the prevalence and variables influencing pre-marital sex among secondary school adolescents in Anambra State of Nigeria. A cross-sectional descriptive study was conducted among secondary school adolescents in Anambra State. Data was collected using a pre-tested, structured, self-administered questionnaire. Respondents were selected using a multistage sampling technique. The instrument used for data collection in the study was the Secondary School Student Sex Variables Questionnaire (SSSVQ) which was constructed by the researcher. A total of 955 respondents were surveyed. More than half of the respondents (54.8%) are aged between 14 and 17 years of age. The prevalence of pre-marital sex among the respondents was 66.6%. Among the 636 respondents who have had pre-marital sex, 500 (78.6%) were males, while 136 (21.4%) were

females (X2=0.010, df=1, p=0.010). It was concluded that that the incidence of pre-marital sex among secondary school adolescents is high. It was recommended that Nurses who are in charge of school health clinics should counsel the adolescents on the dangers of pre-marital sex and also provide them with skills to be able to take the right decisions and parents and guardians should re-examine and sharpen their parenting skills with a view to instilling the desired strong moral and disciplinary attitudes in the youths. Counselling is a process by which a counselor provides information and reactions which stimulate the client to develop behavior which enables him to deal more effectively with himself and his environment.

Students' Needs Satisfaction and Premarital Sex Vulnerability among Teenagers

Needs satisfaction refers to meeting a student's basic necessity of food, cloths, health care, safe home and protection from abuse or deprivation of any kind. All children without discrimination have the right to survival, to develop to their fullest potentials, to be protected from harmful influence, abuse and exploitation to participate fully in family, cultural and social life, to express and have their views taken into account on all matters that affect them, to play, rest and enjoy leisure (Bruce & Meggitt, 2005).

Poverty or economic depravity has been strongly associated to premarital sex activity among young girls (Ilim, Aver & Amali, 2017). It has also been speculated that girls who are inadequately provided for in terms of basic needs are often exposed to the temptation of seeking financial rewards from young and older men for sexual favours in return (Madise, Zulu & Ciera, 2007).

Okonkwo (2013) averred that lack of material possession associated with poverty is an influence on premarital sex. A study by Glynn, Carael, Auvert, Kahindo, Chege, Musonda, Kaona and Buve(2012) on 'why do young women have a much higher prevalence of HIV/AIDs than young men' found that more than half of the participants in the study (58.9percent of 56) agree that poverty directly influence premarital sex among young people. Similarly, the study's result shows that the quest for marital gains influences more young females than males. The reason is that females tend to need money more desperately for their numerous needs than males.

The study by Gollakota, Mylavarapu and Padmarathi (2015) assessed the extent of awareness of reproductive health among girls of Visakhapatnam city, Andhra Pradesh. It was a college study based on the administration of a predesigned questionnaire. The results revealed that one third of the girls had knowledge about investigations and one third knew about iron supplementation. Regarding contraception, condoms and female sterilization were known to most of them. Most of the girls knew about HIV infection and they had this knowledge through television. According to them, if adolescents can be sensitized about issues of reproductive health, it may contribute to reduction of unwanted pregnancies production in the incidence of STDs and reduced maternal and infant mortality rates.

A review study by Kothwal, Khan and Kant (2014) assessed adolescent reproductive health interventions in different developing countries. Twenty-one studies were included. The specific objective of this study was to improve the knowledge on sexual and reproductive health issues among the adolescent's girls aged 10-19 years. The review assessed interventions of the school-based and community programs. Educational materials were delivered using lectures, discussions and demonstration by posters, flipcharts, printed material, overhead projectors, backboard, booklets and discussion by community and peer educators. Statistics for data analysis included univariate, multivariate, paired t-test and chi-square test. Results showed that the knowledge of girls regarding health aspects improved significantly after intervention. There was a considerable increase in the awareness level of girls with regard to knowledge of health problems, environmental health, nutritional awareness and reproductive and child health. The researchers averred that needs satisfaction in terms of informative and educative interventions seems to have a positive effect on awareness levels the participants, which would eventually encourage expansion of knowledge and positive health habit.

Chibike, C (2018). Parental counseling practices and adolescent sexual behaviour among s Public secondary students in Ebonyi State. Unpublished PhD thesis, Ebonyi State University, Abakaliki, Nigeria**.** Chuke (2017) examined Students' Needs Satisfaction and adolescent sexual behaviour among s Public secondary

students in Cross River State. In order to achieve this, three hypotheses were formulated and tested at 0.05 alpha level. The design adopted for the study was the ex-post facto. The sample for the study consisted of 450 students were selected through stratified and simple sampling techniques for the study. The instrument used for this study was an adapted 5- Likert rating scale questionnaire. The statistical analysis used was Pearson Product Moment correlation coefficient. The results obtained amongst others, revealed that there is a significant relationship between Students' Needs Satisfaction and adolescent sexual attitude. Similarly, Obi (2017). conducted a study on parenting care and Premarital Sex Vulnerability among secondary school students in Ogun State. In order to achieve this, three hypotheses were formulated and tested at 0.05 alpha level. The design adopted for the study was the survey design. The sample for the study consisted of 500 students were selected through stratified and simple sampling techniques for the study. The instrument used for this study was 4- point Likert rating scale questionnaire. The statistical analysis used was independent t-test. The results obtained amongst others, revealed that there is a significant of Students' Needs Satisfaction on Premarital Sex Vulnerability among secondary school students in Ogun State.

Ojong, Chiotu, Duke and Uka (2015) in a study which examined adolescents' opinion on premarital sex in selected secondary schools in Yakurr local government area of Cross River State. A cross-sectional descriptive survey design was used. Simple random sampling was used to select 313 senior secondary school from four public secondary schools in the study area. Instrument for data collection was a structured questionnaire with a reliability coefficient of 0.79 established through Cronbach's alpha credibility method. Data were analyzed using chi-square test and independent t-test at 0.05 significant level. Results showed the result also showed that there was no significant difference between gender and opinion on premarital sex. There was a significant influence students' needs satisfaction on premarital sex vulnerability among teenagers.

This systematic review and meta-analysis by Piotrowska, Stride, Craft and Rome (2015) aimed to summarize evidence on the relationship between socioeconomic status and broadly conceptualized antisocial behavior. The investigation variation across a range of antisocial subtypes and other potential moderators, including age, sex and informant. Identified 133 studies containing data suitable for effect size

calculation, and 139 independent effect sizes were analyzed. The global meta-analysis showed that lower family socioeconomic status was associated with higher levels of antisocial behavior. Moderation analyses revealed this relationship was stronger where callous-unemotional traits were the outcome, and where antisocial behavior was reported by parents or teachers rather than self-reported. The relationship between family SES and antisocial behavior, however, was independent of higher-level constructs such as national income inequality. These results indicate that SES can be considered a robust correlate of broadly conceptualized antisocial behavior, but the strength of this relationship may depend on the antisocial subtype under investigation and the design of the study. Maia, Jan, and Nicole (2014) study examined the combined and unique ability of different aspects of family functioning to predict involvement in antisocial behavior in a large nonclinical (community) sample of adolescents. Distinction was made between global (e.g., family socio-economic status), distal (dispositional characteristics of parents), contextual (family characteristics), and proximal (parent-child interaction) factors that operate within families. Results show that proximal factors were significant predictors of antisocial behavior, Independent of their shared variance with other factors. Consistent with the hypothesized meditational model, the effects of distal and contextual factors appear to be mostly indirect after their association with proximal factors was considered, these factors were no longer significantly related to antisocial behavior. The implication of these findings is to developmentally appropriate interventions for adolescent and their family.

Kipping, Smith, Heron, Hickman and Campbell (2015) aimed to examine possible associations between individual and multiple risk behaviors and three measures of SES in mid-adolescence. The sample of 6406 comprised participants from the Avon Longitudinal Study of Parents and Children, a UK birth cohort. Thirteen risk behaviors spanning sexual health, substance use, self-harm, vehicle- related injury, criminality and physical inactivity were assessed in mid-adolescence (age 15-16 years). Associations between three measures o SES (maternal education, household income and parental social class). The individual risk behavior, and the total number of risk behaviors were examined. For a one-category reduction in social class, maternal education or income having a greater number of multiple

risks behaviors increased by 22, 15 and 12%, respectively. At the individual level, there was evidence of a strong relationship with decreasing SES across all three measures of SES and criminality, car passenger risk, TV viewing, scooter risk, early sexual behavior and weekly tobacco use but insufficient evidence of a relationship for physical inactivity, cycling without a helmet and illicit substance use. There was weak evidence of association between SES hazardous drinking, self-harm, cannabis use and unprotected sex, but as lot consistent across the SES measures. The association between multiple risk behavior and SES suggests that prevention strategies should apply the principle proportionate universalism with a focus on mere deprived populations, within a population strategy, to prevent widening of social inequalities.

Summary of literature review

The review of related literature was carried out to explore both theoretical and empirical studies related to parental indices and premarital sex vulnerability among teenagers. The literature also provided direction to this study, for example, information gathered highlighted those areas of interest to the researcher. The review further broadened the researcher's perspective and knowledge on some of the reasons for the observed premarital sex vulnerability and behaviour among teenagers.

Moreover, research have showed that parental Counselling behaviour provides information and reactions which stimulate the teenagers to develop behavior which enables him to deal more effectively with himself and his environments. Also, satisfying the child's psychological needs like love, warmth, acceptance, encouragement and security, the child will develop self-confidence, good personality and acceptable behaviour. Thus, reduce the rate of premarital vulnerability among the teenagers.

Research design

The study adopted Survey research design. According to Isangedighi, Joshua, Asim and Ekuri (2004), a survey research design involves the collection of data to accurately and objectively describe existing phenomena. Studies that make used of this approach are employed to obtain a picture of the present conditions of

particular phenomena. Kerlinger (1976) for instance sees the survey research as that which is directed towards determining the nature of a situation as it exists at the time of investigation. He further describes it as a type of research that studies large and small populations by selecting and studying samples chosen from the population to discover the relative incidence, distribution, interrelations of sociological and psychological variables.

Survey research is therefore very useful for opinion, attitude and ability studies. It depends basically on questionnaires and interviews, and many other instruments as means of data collection. The survey research design was also chosen because it is economical; as it permits the studying of representative samples which could be used for making inferences and generalizations on larger populations that could be too expensive to study as a whole.

Area of the Study

The study was carried out in the Calabar Education zone, Cross River State, Nigeria. The Calabar Education Zone covers seven (7) local government areas namely, Akamkpa, Akpabuyo, Bakassi, Biase, Calabar Municipality, Calabar South and Odukpani all located within the Southern Cross River State. It falls within latitude $4^{0}27'$ and $3^{0}32^{1}$ North of the equator, and longitude 7^{0} 50^{1} and $9^{0}28^{'}$ East of the Greenwich Meridian. It covers an area of 18,074,435 square kilo meters. To the North and South, it shares boundary with Cross River Central (Yakurr and Abi Local Government Areas), and Bight of Bonny and Atlantic Ocean respectively. To the West, it is bounded by Akwa Ibom and Abia States while to the East, it shares boundary with Republic of Cameroun. Calabar Education Zone has an estimated population of 1,189,800 estimated population of 1,189,801 million (National Population Commission, 2000).

The people are very hospitable, they belong to different ethnic groups, including Efiks, Quas, Efuts and Ejaghams. The language spoken is Efik and English or broken English. Festivals in the area include; Ekpe festival in Calabar and Edok Yam Festival in Enei Biase LGA. The occupation of the people is mainly civil service while the indigenous people in the rural part engage in farming, fishing and trading. The area is rich with exquisite natural features such as Akamkpa rain forest and forest reserved solid minerals deposits, such as limestone, quartzite, sand and

manganese. Liquid mineral deposits include crude oil and a large water resource (the Cross River, the Akpabuyo River, Streams and Springs).

A number of investors have been attracted to the state. They include store cracking companies, road construction companies, flour mills (Dangite, Golden Remy) cement companies (The United Cement Company, UNICEM) now Larfarge. Federal Government structures are represented in full capacities in the area and a host of smaller service providers. All these companies have specialized skilled labour as employees. There are many hotels, eateries and event center where people go for social gathering. There are many schools in the area both private and public where educational activities are carried out.

Population of the Study

The population of the study consisted of all senior secondary school 11 students in Calabar Education Zones, Cross River State. There are seven Local Government Areas making up Calabar Education Zone with a total of eighty-five (85) government owned schools. In figures the population of SS11 students is 14,773 comprising of 6,692 males and 8,081 females in the 2019/2020 school year (Planning, Research and Statistics Department, Secondary School Education Board, 2020).

Sampling Technique

Stratified, simple random and accidental sampling techniques was adopted in selecting sample for the study. The study area was first divided into 7 strata based on Local Government Areas. Next, four (4) Local Government Areas in the Calabar Education Zone were selected for the study using simple random sampling involving hat and draw method. The names of all the Local Government Areas in the zone was written on pieces of papers and put into a container from where the researcher blind folded, randomly picked four local government areas. The four Local Government Areas picked are Akamkpa, Akpabuyo, Calabar Municipality and Calabar South.

The next stage of sampling was the selection of schools under each local government area. Simple random sampling was further used for this purpose. Sampling was carried out from one Local Government to the other for effective

sampling process. As a result of the large number of schools in the various Local Government Areas, 30 per cent of schools in each of the sampled Local Government Areas were selected using simple random sampling (that is writing the names of each school in the sampled Local Government Area on pieces of paper, put them into a container and picking out 30 per cent of the number of schools. This exercise led to the selection of a total of fifteen (15) schools where 6, 2, 5 and 2 were selected from Akamkpa, Akpabuyo, Calabar Municipality and Calabar South local government areas respectively.

At the school level, accidental sampling technique was adopted for the study. Here only SS11 students', who were present in school at the time of the researcher's visited.

Sample

The study sample comprised of 809 Senior Secondary II students (794 females and 554 male) from 15 the schools in the selected four Local Government Areas in Calabar Education Zone.

Instrumentation

The data collection instrument for this study was a questionnaire titled: "Influence Parental Counseling behavior and need satisfaction on Premarital Sex Vulnerability Questionnaire" (IPCNSPSVQ). The construction of the instrument was based on the knowledge derived from literature review. A set of items were developed into questionnaire that could be used to obtain information about the variables under study. The questionnaires was divided into three sections, namely Section A, section B and Section C. Section A elicited respondents demographic information such as sex, age, school location. The respondents were required to indicate by a tick (√) sex, age and location of school. Section B measured respondents view in a modified four-point Likert type scale, with the response options Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Agreed (SD) respectively. The respondents were required to indicate by a tick (√) the level of agreement and disagreement based on four-point Likert type scale.

Validity of the Instrument

After the construction of the instrument, it was subjected to face and content validity. To ascertain the content and face validation of the instrument (questionnaire), it was given to three experts in tests and measurement in the Faculty of Education, University of Calabar for content validation after construction, and two professionals in Guidance and Counselling who assessed the items to ensure their appropriateness and to certify its suitability for the study. Their suggestions and comments were used to modify and come up with the final instrument (IPCNSPSVQ). It was considered valid to be used for the study.

Reliability of Instrument

To determine the reliability of the research instrument (the questionnaire, IPCNSPSVQ), was subjected to a trial test using 50 SS II students selected from a school which was not included in the schools used for this study but within the study area. The Cronbach coefficient Alpha estimation method was used in testing the reliability. The estimate obtained ranged from .74 to .85 (See Table 4). The coefficients were considered high enough for the instrument to be used for this study.

Procedure for Data Collection

The researcher personally visited each school selected for the study and administered copies of the questionnaire to the number of subjects selected for that school. In each school, the researcher obtained permission from the school principal. In the case where the principal was absent, permission was obtained from the vice principal. In most schools, permission was solicited from the principals for the class teachers of the participants to assist in distributing and retrieval of the questionnaire copies.

Before administering the questionnaire, the researcher briefly explained what was required of the participants and how they were expected to fill their own copies of the instrument. The researcher went round to ensure that the participants were actually filling out the questionnaire appropriately. On completion, the questionnaire copies were retrieved. The researcher thanked the participants,

teachers and the principals for their participation, assistance and consent respectively.

Procedure for Data Analyses

The data was analyzed with descriptive statistics (involving frequency and simple percentages) to answer research questions and inferential statistics (involving simple linear regression) to test hypothesis. All the hypotheses were tested at .05 Alpha level.

Presentation of results

Results of the study are presented here under based on the research questions and hypotheses of the study.

Research question five

To what extent does parents' counseling behaviour predict premarital sex vulnerability among teenagers in Calabar Education Zone?

Descriptive statistics involving frequency and simple percentages was used to answer the research question, and results of participants responses is presented in Table 1.

Table 1 presents participants' responses on parents' counseling behaviour and premarital sex vulnerability among teenagers as follows; On whether parents keep telling their wards that bad company corrupts good manners; strongly agree = 641 (82.81), agree =122 (15.76), disagree = 8 (1.03), strongly disagree = 3 (0.38). Parents advices their wards to keep good friends; strongly agree = 518 (66.92), agree = 244 (31.52), disagree = 12 (1.55), strongly disagree = 0 (0.00). Parents caution their wards against premarital sex; strongly agree = 614 (79.32), agree =155 (20.02), disagree =2 (0.25) strongly disagree =3 (0.38). Parents tells their wards of the advantage and disadvantages of premarital sex; strongly agree =377 (48.70), agree =315 (40.69), disagree = 52 (6.71), strongly disagree =30 (3.87). Parents always encourage their wards to say the truth; strongly agree = 555 (71.70), agree = 182 (23.51), disagree = 18 (2.32), strongly disagree =19 (2.45). Parents instill the fear of God in their wards; strongly agree = 445 (57.49), agree = 320 (41.34), disagree = 4 (0.51), strongly disagree =5 (0.64).

TABLE 1

Responses on parents' counseling behaviour and premarital sex vulnerability among teenagers

S/N	Statements	N	SA f (%)	A f (%)	D f (%)	SD f (%)
1.	Parents keep telling their wards that bad company corrupts good manners.	774	641 (82.81)	122 (15.76)	8 (1.03)	3 (0.38)
2.	Parents advices their wards to keep good friends.	774	518 (66.92)	244 (31.52)	12 (1.55)	0 (0.00)
3.	Parents caution their wards against premarital sex	774	614 (79.32)	155 (20.02)	2 (0.25)	3 (0.38)
4.	Parents tells their wards of the advantage and disadvantages of premarital sex	774	377 (48.70)	315 (40.69)	52 (6.71)	30 (3.87)
5.	Parents always encourage their wards to say the truth.	774	555 (71.70)	182 (23.51)	18 (2.32)	19 (2.45)
6.	Parents tell their wards to resist pressure from friends to experiment with sex.	774	615 (79.45)	151 (19.50)	8 (1.03)	0 (0.00)
7.	Parents tell their wards not to go to lone places with the opposite sex.	774	372 (48.06)	326 (42.11)	55 (7.10)	21 (2.71)
8.	Parents instill the fear of God in their wards.	774	445 (57.49)	320 (41.34)	4 (0.51)	5 (0.64)

Table 1 presents participant' responses on premarital sex vulnerability among teenagers, and the responses were; asked if there is nothing wrong in wearing clothes that exposes part of their body; strongly agree =0 (0.00), agree = 0 (0.00), disagree = 162 (20.93), strongly disagree = 612 (79.06). There is nothing wrong with playing with the opposite sex; strongly agree =142 (18.34), agree =155 (20.02), disagree = 222 (28.68), strongly disagree =225 (29.06). Kissing an opposite sex does not imply loving him; strongly agree = 0 (0.00), agree = 0 (0.00), disagree =98 (12.66), strongly disagree =646 (83.46). There is nothing with having heart to heart talks with the opposite sex; strongly agree = 0 (0.00), agree = 1 (0.12), disagree = 225 (29.06), strongly disagree = 518 (66.92). There is nothing wrong with having more friends from the opposite sex; strongly agree =24 (3.10), agree

=45 (5.81), disagree = 188 (24.28), strongly disagree =487 (62.91). Watching pornographic movies is part of learning; strongly agree = 0 (0.00), agree = 0 (0.00), disagree =34 (4.39), and strongly disagree =710 (91.73). It is not a shame to loose ones virginity before marriage; strongly agree = 0 (0.00), agree =0 (0.00), disagree = 16 (2.06), strongly disagree =723 (94.05). There is nothing wrong with having sex if you are of age; strongly agree = 10 (1.29), agree = 20 (2.58), disagree = 300 (38.75), strongly disagree =444 (57.36).

TABLE 2

Responses on premarital sex vulnerability among teenagers

S/N	Statements	N	SA f (%)	A f (%)	D f (%)	SD f (%)
9	There is nothing wrong in wearing clothes that exposes part of your body.	774	0 (0.00)	0 (0.00)	162 (20.93)	612 (79.06)
1	There is nothing wrong with playing with the opposite sex.	774	142 (18.34)	155 (20.02)	222 (28.68)	225 (29.06)
1	Kissing an opposite sex does not imply loving him.	774	0 (0.00)	0 (0.00)	98 (12.66)	646 (83.46)
1	There is nothing with having heart to heart talks with the opposite sex.	774	0 (0.00)	1 (0.12)	225 (29.06)	518 (66.92)
1	There is nothing wrong with having more friends from the opposite sex.	774	24 (3.10)	45 (5.81)	188 (24.28)	487 (62.91)
1	Watching pornographic movies is part of learning.	774	0 (0.00)	0 (0.00)	34 (4.39)	710 (91.73)
1	It is not a shame to loose ones virginity before marriage.	774	0 (0.00)	0 (0.00)	16 (2.06)	723 (94.05)
1	There is nothing wrong with having sex if you are of age.	774	10 (1.29)	20 (2.58)	300 (38.75)	444 (57.36)

Hypothesis one

Parents' counseling behaviour does not significantly influence premarital sex vulnerability among teenagers in Calabar Education Zone

The independent variable in this hypothesis is Parents' counseling behaviour, while the dependent variable is premarital sex vulnerability among teenagers. Both variables were measured continuously and inferential statistics involving simple

linear regression was used to test the hypothesis at .05 Alpha level. The result is presented in table 15.

Table 2 presents the result of data analysis on the relationship between needs satisfaction and premarital sex vulnerability among teenagers.

Results revealed R-value of .247, R^2 = .061, adjusted R^2 = .060, p = .000[a] and < .05 for relationship between parents' counseling behaviour and premarital sex vulnerability among teenagers. The R-value (Correlation coefficient) is a standardized measure of an observed degree of relationship between variables, it is a commonly used measure of the size of an effect, and that values of ±.1 represent a small effect, ±.3 is a medium effect and ±.5 is a large effect.

Basically, the R^2 –value of .061 imply that only 6.1% of total variance is accounted for by predictor variable (parents' counseling behaviour). However, the regression ANOVA revealed that the F (2, 772) 50.157; p < .000 is significant; therefore the null hypothesis was rejected. This implies that there is a linear relationship (association) between the predictor variable (parents' counseling behaviour) and premarital sex vulnerability among teenagers. The adjusted R^2 (.060) shows some shrinkage of the unadjusted R-value (.061) indicating that the model could be generalized on the population.

Based on the results, it was concluded that; parents' counseling behaviour significantly predict premarital sex vulnerability manifestation among teenagers.

TABLE 3

Summary simple linear regression analysis: parents' counseling behaviour and premarital sex vulnerability among teenagers

Model	Sum of Squares	Df	Mean Square	F	R	R Square	Adjusted R Square	Sig
Regression	1314.880	2	1314.880	50.157	.247[a]	.061	.060	.000[a]
Residual	20238.212	772	26.215					
Total	21553.092	774						

a. Predictor variable: (Constant), PARENTS' COUNSELING BEHAVIOUR

b. Dependent Variable: PREMARITAL SEX VULNERABILITY

Research question two

To what extent does students' need satisfaction influence premarital sex vulnerability among teenagers in Calabar Education Zone?

Descriptive statistics involving frequency and simple percentages was used to answer the research question, and results of participants responses is presented in Table 4.

Table 4 presents participants' responses on need satisfaction practice and premarital sex vulnerability among teenagers, and their responses were in the following order; I don't feel inferior before my friends; strongly agree = 224 (22.4), agree =201 (25.96), disagree = 115 (14.85), strongly disagree = 234 (30.23). I am not afraid of what happens when I feel ill; strongly agree =0 (0.00), agree = 0 (0.00), disagree = 220 (28.42), strongly agree = 554 (71.57). I am placed on a monthly allowance; strongly agree =32 (4.13), agree = 15 (1.93), disagree = 361 (46.64), strongly disagree = 366 (47.28). My school fee is paid as at when due; strongly agree = 344 (44.44), agree = 287 (37.08), disagree = 111 (14.34), strongly disagree = 32 (4.13). Parents don't allow gifts from strange people; strongly agree = 525 (67.82), agree =249 (32.17), disagree = 0 (0.00), strongly disagree =0 (0.00). Parents always visit their wards in school to provide for their upkeep; strongly agree = 566 (73.12), agree = 188 (24.28), disagree = 12 (1.55) strongly disagree = 8 (1.03).

TABLE 4

Responses on need satisfaction practice and premarital sex vulnerability among teenagers

S/N	Statements	N	SA F (%)	A F (%)	D F (%)	SD F (%)
25	I don't feel inferior before my friends.	774	224 (22.4)	201 (25.96)	115 (14.85)	234 (30.23)
26	I am not afraid of what happens when I feel ill.	774	0 (0.00)	0 (0.00)	220 (28.42)	554 (71.57)
27	I am placed on a monthly allowance.	774	32 (4.13)	15 (1.93)	361 (46.64)	366 (47.28)
28	My school fee is paid as at when due.	774	344 (44.44)	287 (37.08)	111 (14.34)	32 (4.13)
29	Parents don't allow gifts from strange people.	774	525 (67.82)	249 (32.17)	0 (0.00)	0 (0.00)
30	Parents always visit their wards in school to provide for their upkeep.	774	566 (73.12)	188 (24.28)	12 (1.55)	8 (1.03)

Hypothesis two

Students' needs satisfaction significantly influence premarital sex vulnerability among teenagers in Calabar Education Zone

The independent variable in this hypothesis is Students' needs satisfaction, while the dependent variable is premarital sex vulnerability among teenagers. Both variables were measured continuously and inferential statistics involving simple linear regression was used to test the hypothesis at .05 Alpha level. The result is presented in Table 4

Table 4 presents the result of data analysis on the relationship between needs satisfaction and premarital sex vulnerability among teenagers.

Results revealed R-value of .152, $R^2 = .023$, adjusted $R^2 = .022$, $p = .000^a$ and < .05 for relationship between needs satisfaction and premarital sex vulnerability among teenagers. The R-value (Correlation coefficient) is a standardized measure of an observed degree of relationship between variables, it is a commonly used measure of the size of an effect, and that values of ±.1 represent a small effect, ±.3 is a medium effect and ±.5 is a large effect.

The R^2 –value of .023 imply that only 2.3% of total variance is accounted for by predictor variable (needs satisfaction). The regression ANOVA revealed that the F (2, 772) 18.382; p < .000 is significant; therefore the null hypothesis was rejected. This implies that there is a linear relationship (association) between the predictor variable (needs satisfaction) and premarital sex vulnerability among teenagers. The adjusted R^2 (.022) shows some shrinkage of the unadjusted R-value (.023) indicating that the model could be generalized on the population.

Based on the results, it was concluded that; needs satisfaction significantly predict premarital sex vulnerability manifestation among teenagers.

TABLE 5

Summary simple linear regression analysis: parents' students' needs satisfaction and premarital sex vulnerability among teenagers

Model	Sum of Squares	Df	Mean Square	F	R	R Square	Adjusted R Square	Sig
Regression	497.382	2	497.382	18.236	.152[a]	.023	.022	.000[a]
Residual	21055.710	772	27.274					
Total	21553.092	774						

a. Predictors: (Constant), STUDENTS' NEED SATISFACTION

b. Dependent Variable: PREMARITALSEXVULNERABILITY

Discussion of findings

Parents' counseling behaviour and premarital sex vulnerability among teenagers.

Based on the result of the hypothesis, it was concluded that parents' counselling behaviour significantly predict premarital sex vulnerability manifestation among teenagers in Calabar Education Zone, Cross River State, Nigeria. This finding find support in the works of Ajidahun (2013) that studied the reasons why adolescents engage in non-marital sex and its consequences. The study's finding that parents' counselling behaviour reduces premarital sex vulnerability among teenagers corroborates this present finding. The finding of the study is also supported by that of Chibike (2018) who found a significant relationship between parenting counselling practices and adolescent sexual behaviour. This corroborates that of Obiageli (2017) that found a significant influence of parental counseling services on adolescent sexual behaviour. The observed results is substantiated by the recommendation proferred by Anene, Ojinaka and Ndie (2017) that found a significant influence of parental counseling services on adolescent sexual behavioural. The observed results is substantiated by the recommended proferred by Anene, Ojinaka and Ndia (2017) that parents and guardians should re-examine and sharpen their parenting skills with a view to instilling the desired strong moral and disciplinary attitudes in the youths that reduces their vulnerability to premarital sex.

Students' needs satisfaction and premarital sex vulnerability among teenagers.

Based on the result of this hypothesis, it was concluded that needs satisfaction significantly predict premarital sex vulnerability manifestation among teenagers in Calabar Education Zone of Cross River State, Nigeria. Avers supported by the findings of Okonkwo (2015) and Afulus (2017) IIim, Aver and Amali (2017) asserted that poverty or economic depriority is strongly associated to premarital sex activities among young girls.

Students need satisfaction and premarital sex vulnerability among teenagers

Other studies which support this finding include that of Chuke (2017) and Obi (2017) who found a significant relationship between students' needs satisfaction and adolescent sexual attitude and premarital sex vulnerability respectively. There is no study reviewed in this work that contradicts the finding of this study.

Okonkwo (2013) averred that lack of material possession associated with poverty is an influence on premarital sex vulnerability. However, studies have shown that needs satisfaction in terms of informative and educative interventions about their sexuality and reproductive health improved their awareness levels. This awareness education according to Gollakota, Mylararapu and Padmarathi (2015) contribute

to reduction of unwanted pregnancies which are one among the consequences of premarital sex.

Summary of the study

All hypotheses were tested at 0.05 level of significance. The findings revealed that:

1. There is a statistically significant relation between Parents counseling behavior and premarital sex vulnerability among teenagers in Calabar Education zone of Cross River State.
2. There is a statistically significant relation between students' need satisfaction and premarital sex vulnerability among teenagers in Calabar Education zone of Cross River State.

Conclusion

From the findings of the study, it was concluded that parental care counselling and need satisfaction significantly influence premarital sex vulnerability among secondary school teenagers. Therefore, the way parents counsel their children impacts on the behavior manifested by their children.

Recommendations

Based on the findings of the study, it was recommended that;

1. All parents must assume the position of counselors for their wards.
2. Parents must provide their wards with basic needs as lack could make them vulnerable to premarital sex

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