



## SELF-CONCEPT, MATERNAL ATTACHMENT AND RELIGIOSITY AS PREDICTORS OF SEXUAL DEBUT AMONG SCHOOL-GOING ADOLESCENTS IN OYO STATE, NIGERIA

**Samuel Toyin AKANBI  
and  
Lawrence Olagoke ADIKA**

*Department of Educational Psychology,  
School of Education,  
Emmanuel Alayande College of Education,  
Oyo, Oyo State, Nigeria*

*Corresponding author: Email: akanbi\_toyin@yahoo.co.uk*

### ABSTRACT

*This study investigated the joint and relative contributions of self-concepts, maternal attachment and religiosity to the prediction of adolescents' sexual debut. A descriptive survey design through correlational approach was employed. Four hundred and ninety six adolescents from selected secondary schools in Ogbomoso and Oyo areas of Oyo State were randomly selected through a purposive random sampling technique. Four psychological instruments were employed for the study: Self Concept Clarity Scale ( $\alpha = .83$ ) Inventory of Parents and Peers Attachment ( $\alpha = .92$ ); Religiosity Measure ( $\alpha = .84$ ), and Sexual Behaviour Experience Questionnaire ( $\alpha = .78$ ). Multiple Regression statistics was employed for analysis of the data generated. The outcomes of the study revealed that the three independent variables jointly accounted for about 50% of the total variance in sexual debut. ( $F(3,495) = 162.95; P < .001$ ). The study further revealed that religiosity ( $\beta = -.884; t = -10.828, P < 0.01$ ) is the most potent determinant of sexual debut, followed by maternal attachment ( $\beta = -.220; t = -8.461 P < 0.01$ ) and self concept ( $\beta = -.225, t = -6.997, P < 0.01$ ) in that order. The outcomes of the study were discussed and it was recommended among others that moral education through religious bodies should be given a chance in Nigerian schools for curtailing some of the undesirable behaviours among youths.*

**Keywords:** *Sexual debut, self concept, religiosity, maternal attachment, adolescents.*

### INTRODUCTION

The campaign for delay in sexual initiation among adolescents could be borne out of the fact that, although sexual activities have physiological and sociological origin and developmentally conventional, the upshot of early and uncontrolled sexual activities among youths on their psychological wellness, health and socio-educational wellbeing is mammoth. Past research studies have identified that early sexual debut is highly linked with copious unsafe sexual activities like multiplying number of sexual partners, recurrent sexual activities (Durbin, DiClemente, Siegel, Krasnovsky, Lazarus & Camacho, 1993); engagement in unprotected sex and other sexual risk-taking and liability to sexually transmitted diseases together with HIV infection (Gupta & Mahy, 2003) which could be traced to a biological predisposition of the immature cervix to infection if exposed (Kahn, Rosenthal, Succop, Ho & Burk 2002). Also, early onset of sexual activities has been associated with vulnerability to teenage pregnancy due to less usage of contraceptive (O'Donnell, O'Donnell & Stueve 2001; Johnson & Tyler, 2007); depression, loss of self-esteem and other psychological distress (Davila, 2008, Joyner & Udry 2000, Seth, Rajji, DiClemente, Wingood & Rose, 2009); abortion, premature birth and birth related complications, as well as maternal death (Mensch, Singh & Casterline. 2005). Most of these probable outcomes of early sexual debut among adolescents further affect their academic attainment and future career aspirations (Gupta & Mahy, 2003, Marston, Beguy Kabiru & Cleland, 2013). All these necessitate constant research on adolescents' sexual debut with the view of findings ways of helping young adolescents to overcome sexual challenges confronting them at this stage of life.



The timing of sexual debut among adolescents has been a major concern among researchers globally. For example, the Department of Health, Medical Research Council and OrcMacro (2007) reported that six percent and twelve percent of male and female youth respectively reported that they have had sex by age 15 in South Africa. Similarly in United States, Steinberg (2002) found that 40% and about 50% of males and female adolescents had engaged in sexual experiences by age of 16. The trend increases to roughly 50 and 60% in the same order by age 17. Finer (2007) and Cavazos-Rehg, Spitznagel, Bucholz, Nurnberger, Edenberg, Kramer, Bierut (2010) also noted that the average age of sexual debut among adolescents in 2009 is 15 years. In Nigeria however, Anochie and Ikpeme (2001) observed that in some cases, age at first intercourse has been reported to be as low as 11 years. Perhaps, these divergent views across cultures have made it difficult to define what constitutes early sexual debut.

Sexual debut is conceptualized as the first oral, vaginal or and sexual experience (Donenberg, Bryant, Emerson, Wilson & Pasch, 2003). There have been two major ways through which early sexual debut is defined by researchers. This comprised of age and academic level. Among those who defined early sexual debut in term of age, there is a variation in time of age limit of sexual onset. For instance, while Longmore, Manning, Giordano and Rudolph (2004) defined early sexual onset as that which happens between ages of 13 and 17; researchers like Rafaelli and Crockett (2003) described early sexual initiation as that which occurs before the age of 14 or 15. However, in the view of Ream and Savin-Williams (2005), any sexual activity before graduation from high school is too early. In the lights of these definitions, this study focuses on adolescents in secondary schools since they have the characteristics of the two groups of definitions.

In search of variables which reinforce early sexual onset among adolescents, various factors have been identified by researchers. Among these variables are family socio-economic status (Santelli, Lowry, Brener & Robin 2000), maternal age (Ensminger, 1990), family disruption (Oman, Vesely, & Aspy, 2005), self-efficacy, peer norms and parents attachment (Black, Ricardo & Stanton, 1997; Miller, Norton, Curtis, Hill, Schvaneveldt and Young, 1997). However, other intrapsychic and interpersonal factors which could also influence adolescents' sexual debut have not been well documented especially in the background of Nigeria. For instance, self-perception, home background and religious attachment which are believed to have strong weight on adolescents decision making and behavior have not been well focused in relation to sexual debut at least within Nigeria context. In the light of this, the current study focuses on adolescents self concept maternal attachment and their religious involvement as they predict the sexual onset of adolescents.

The importance of self-concept in explaining the behaviour of man has been confirmed by Muhammad (2007) when he noted that an individual's concept of self provides grounds by which we can understand and predict a good measure of behaviour. Describing the concept, Olowu (1990) perceived self-concept as the system of perception which the organism formulates of the self in awareness of its unique being. In addition, Salawu and Bagudo (2000) described self-concept as individual awareness of self, developed as a consequence of experience with environment, contact with significant others and attribution of his or her own behaviour.

Meanwhile, in the study of adolescents' self-concept and their sexual debut, there have been incongruent results. Although, the few available research evidences showed that significant results exist in the measures of self-concept and sexual activities, the direction of the relationship are not consistent. For instance, while some researchers found adolescents with high and positive self-concept to engage in activities that promote protected sexual activities (Salazar, Crosby, DiClemente, Wingood, Lescano, Brown, and Davies, 2005; Salazar, Di Clemente, Wingood, Crosby, Harrington, Davies and Oh, 2004), others found initiation of sexual intercourse to be associated with an increase in self-concept (Houlihan, Gibbons, Gerrard, Yeh, Reimer and Murry, 2008). Specifically, Udell, Sandfort, Reitz, Bos and Dekovic (2010) found that adolescents with earlier sexual debut possessed a significantly decrease in self-concept. These incongruent results demand a further probe into the contribution of self-concept towards adolescents' sexual onset.

The concept "attachment" is described by Bowlby (1973) as the close emotional relationship between two persons, characterized by mutual affection and desire to maintain proximity. Hence, parental attachment could be described as that passionate warmth which is portrayed by share affection and a sense of yearning for continuous closeness. Generally, adolescents' interactions with their parents have been observed to have



influence on their sexual behaviour. For example, Ikramullah, Manlove, Cui and Moore (2009) in their study found out that adolescents with higher degree of parental attachment were less likely to have sexual intercourse before the age of 16, even when controlling for other background factors. In addition Lauritsen (1994) found that greater family attachment is associated with decrease possibility of sexual initiation.

However, the need to specifically study the relationship between maternal attachment and adolescents' sexual initiation might perhaps be borne out of the assertion of DiClemente, Wingood, Crosby, Cobb, Harrington and Davies (2001) that mothers have been spotted to be the parents mainly in charge of offering direct education about sexuality. Unfortunately, mother-daughter relationship as a source of sexual socialization has been an aspect of research that has been underutilized and overlooked in research (Fox, 1980). However, a speck of accessible research supports showed that the level of direct communication about sex between mothers and daughters has an effect on the debut and sexual life of the daughter.

In one of their studies, Johnson and Tyler (2007) found that the age at which youths initiate sexual intercourse is related to the structural attributes of their grandmothers and mothers. Similarly, Davis and Friel (2001) found that compared with adolescents who experience close attachment to their mother, youths who are deprived of quality maternal rapports have tendency to start sexual activities at tender age. In the same direction, Cooper, Shaver and Collins (1998) found insecure maternal attachment or poor quality relationships with mothers to be associated with risky sexual behaviour and other problem behaviours.

The word religiosity is conceptualized as ritualistic or liturgical practices, organized belief systems and doctrines, and desire to relate to the sacred and divine (Kim & Esquivel, 2011). Going by this notion, it could be concluded that Nigeria as a nation is a religious nation since a greater percentage of its populace is attached to one form of religion or the other which influence virtually all aspects of their behaviours. In relation to sexual practices of adolescents, research has shown that religion has inverse relationship with tendency and timing of sexual onset (Rostosky, Wilcox, Wright & Randall, 2004; Hull, Hennessy, Bleakley, Fishbein & Jordan 2011). Generally, religious adolescents have a greater possibility of avoiding premarital sexual intercourse than their peers who are less religious (Donahue, 1994, Litchfield, Thomas & Li 1997, Etzkin 2004). Explaining perceived reasons why religion may have a potent influence in curbing adolescents from undesirable social vices, Rohrbaugh and Jessor (1975) explained that religion inculcates in youths a sense and awareness of norms, moral order issues and standard or appropriate behaviour; establishes the individual in conservative activities in a systematized sanctioning network; and proffers a creed that is based on the nature of the deity as a source of punishment and wrath.

Etzkin (2004) identified three facets of religions which can influence adolescents timing of sexual debut. These include: affiliation, attendance and community religiosity. While discussing which of these indices of religiosity underpin sexual debut among adolescents, Thornton and Camburn (1987) argued that religious involvement rather than ordinary religious membership is a better predictor of sexual behaviour. In addition, the more regularly adolescents attend religious services, the more likely they are to delay sexual debut whereas, the earlier an adolescent's sexual debut the less likely he or she is to attend religious services (Thornton & Camburn, 1989, Etzkin, 2004).

Although research has been carried out on adolescents' sexual behaviour in Nigeria, the focus has often been on areas like teenage pregnancy, sexual risk-taking, sex education and dynamism in sexual activities (Olaitan, 2010, Adeuga, 2013, Uwakwe, Amusa-Ikpa, Ofole Akanbi, Ojukwu & Ejiofor, 2014). Nevertheless few research studies have been on issues regarding the sexual onset of adolescents. If complete abstinence has been a sure way of preventing sexually transmitted diseases, unwanted pregnancy and abortion as well as their problems associated with adolescents' sexual behavior, a look into some of the factors that could facilitate early sexual debut is necessitated. This study therefore aimed at increasing the few available studies on adolescents' sexual behaviour.

The following questions guide the study:

1. To what extent do self-concept, maternal attachment and religiosity compositely influence adolescents' sexual debut?
2. What is the comparative influence of each of the predictor variables (self-concept, maternal attachment and religiosity) on the criterion measure (sexual debut)?



## METHOD AND MEASURES

This study employed a descriptive research design using correlational method. This is due to the fact that the study examines the correlation between existing variables for the purpose of making inference from the perception of an estimated population.

The population for this study consist all the adolescents in secondary schools in Ogbornoso and Oyo areas of Oyo State. These are the two largest towns in Oyo State after Ibadan. Out of this target population, a total number of 496 participants were randomly selected from selected secondary schools within the main towns through a purposive random sampling method.

A breakdown of the participants by sex type revealed that 268 (54.03%) were females while the remaining 228 (45.97%) were male adolescents. The age range of the participants is between 12 and 16 years with the mean age of 14.79. Four major instruments were employed for the study. They are:

**Self Concept Clarity Scale:** This is a scale designed to measure self-concept by Campbell, Trapnell, Heine, Katz, Lavalley and Lehman (1996). It is a 12- item type with response format ranging from 1 (strongly disagree) to 5 (strongly agree). A typical item is "I spent a lot of time wondering about what kind of person I really am". 10 items (1, 2, 3, 4, 5, 7, 8, 9, 10 and 12) were scored in reverse order since they are negatively worded, while items 6 and 11 were constructed in favour of high self-concept. The score of each of the participants were added together and a higher score indicates high self-concept. The reliability of the instruments using Cronbach alpha for internal consistency read  $\alpha = 0.83$  which is considered a very high reliability co-efficient.

**Maternal Attachment:** The part I of Greenberg and Armsdem (2009) Inventory of Parent and Peer Attachment (IPPA) was used for measuring maternal attachment. It is a 25- item scale measuring attachment of adolescents to their mother. It is a scale measured on a 5-points format ranging from 'Almost Never or Never True' (1) to Almost Always or Always True (5). The scale measured parents' trust, parents' communication and parents' alienation. Items 3, 6, 8, 9, 10, 11, 14, 17, 18 and 23 were reverse scored since they are antithesis of parental attachment. A typical item is 'My mother helps me talk about my difficulties'. The sum of each of the respondents scores were determined, the high the score, the higher the maternal attachment. The reliability co-efficient of the scale using Cronbach alpha is  $\alpha = 0.92$ .

**Religiosity:** The Religiosity Measure by O'Brien Denny, Clark, Fleming, Teevale and Robinson (2013) was utilized for measuring the level of adolescents' religious involvement. It is a 6 item scale. The item responses vary based on each question. However items 3 - 6 had response options of "not at all"(1), "a little" (2), "some"(3) and "a lot" (4). Higher score suggests high level of involvement in religion. The Cronbach alpha for the scale is  $\alpha = 0.85$ .

**Sexual Debut:** The criterion measure (sexual debut) was determined by the Sexual Behaviour Experience, a questionnaire developed by Deutsch (2012). The scale included questions about nine different nonsocial behaviours from lower intimacy (kissing and genital touching) to higher intimacy (oral, vaginal and anal sex). Questions asked about each behavior include ever engaging in sexual behavior, number of lifetime partners engaged in the behaviour with, and frequency of engaging in the behaviour in the past. Lifetime partners were weighed on a six point scale from 1 person (1) to 6 people or more (6). The regularity of engaging in behavior in the past were measured on a five point scale from never (1) to daily (5). The Cronbach internal consistency of the instrument read  $\alpha = 0.78$ .

Permission to administer questionnaire was obtained from each of the authorities of the schools where the study was carried out. The school authorities thereby introduced the researchers to either the school counsellor or the officers in charge of such duty. The administration of the questionnaire became easier through the help of two research proctors who were trained in the administration of these instruments. The purpose of the study was explained to the participants, their consent was sought and it was explained to them that they were free to quit the exercise when they feel they could no longer continue. Out of 520 copies of the



research instrument administered, only four hundred and ninety six were found useable. The rest were either not properly filled or the participants were above the age 16 which was considered the limit of early sexual in this study. Hence, the researchers recorded 95.8% of the questionnaire administration. The Data collected for the study were analyzed using Multiple Regression statistics to find the relationship between the criterion measure and the predictor variables.

**RESULTS**

The first research question asked “To what extent do self-concept, maternal attachment and religiosity, compositely influence adolescents’ sexual debuts?” The above question was answered and the result is as shown in Table 1 below.

**Table1  
Multiple Regression Analysis Showing the Joint Contributions of Predictor Variables to Sexual Debut**

Model		Sum of Squares	df	Mean Square	F	Sig.
R= .706 R-Square= .498 Adj R-Square=.495 Std Err Est= 6.34741	Regression	19695.592	3	6565.197	162.950	.000 <sup>b</sup>
	Residual	19822.519	492	40.290		
	Total	39518.111	495			

Table 1 above demonstrated that the three predictor variables (self-concept, maternal attachment and religiosity) jointly contributed significantly to the prediction of early sexual debut among adolescents (F(3,495) = 162.95; R<sup>2</sup>.498, P < .001). The dependents variables jointly explained about 50% variance in adolescents’ early sexual debut. However, the rest variance not explained by the joint contribution of the predictor variables examined in this study might be explained by the effect of other variables outside the scope of this study. It could therefore be said that the predictor variables when taken together are potent to predict sexual debut among adolescents.

The second research question asked “what is the comparative influence of each of the predictor variables (self-concept, maternal attachment and religiosity) on the criterion measure (Sexual debut)? Table 2 below equally provides the answer to the question above.

**Table 2:Relative Contribution of independent Variables to the Prediction of Sexual Debut**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	
	B	Std. Error	Beta			
1	(Constant)	43.104	1.437		29.989	.000
	Self- Concept	-.225	.032	-.245	-6.997	.000
	maternal attachment	-.220	.026	-.310	-8.461	.000
	Religiosity	-.884	.082	-.378	-10.828	.000





Going by result on Table 2 above, it could be deduced that the use of standardized regression coefficient to find out the relative contributions of the predictor variables to the explanation of sexual debut, demonstrated that the three independent variables examined were forceful independently to influence sexual debut among adolescents. The findings showed that religiosity ( $\beta = -.884$ ;  $t = -10.828$ ,  $P < 0.01$ ) is the most potent determinant of sexual debut. This is followed by maternal attachment ( $\beta = -.220$ ;  $t = -8.461$ ,  $P < 0.01$ ) and self concept ( $\beta = -.225$ ,  $t = -6.997$ ,  $P < 0.01$ ) in that order. One other significant discovery of the current study is that the relationship between the predictor variable and criterion measure is in reverse order. This suggests that the higher the self-concept, maternal attachment and level of religious involvement, the lower the tendency to involve in early sexual debut.

## DISCUSSION OF FINDINGS

The current study has two major goals; one is to examine the composite contribution of each of the predictor variables to the measure of sexual debut and the other to find out the linear contribution of each of the independent variables to the prediction of sexual debut. It is however evident from the outcomes of the study that the three independent variables when combined have significant large influence on determination of adolescents to engage (or otherwise) in sexual behaviour early in life. The value of about fifty percentile which the independent variables contributed to the prediction of sexual debut could not have occurred by chance. This suggests that while looking for ways of getting adolescents delay their sexual debut, the three variables (self concept, maternal attachment and religious involvement) should not be ignored.

In relation to the linear contribution of each of the independent variables to the prediction of sexual debut, it was found that religious involvement made the highest impact. This significant contribution of religiosity to the prediction of sexual debut is not astonishing. It has only confirmed the earlier studies of Litchfield et al. (1997), Rostosky et al. (2004), Etzkin et al. (2004) and Hull et al. (2011), who found that adolescents who are deeply involved in religious activities have the greater tendency to avoid premarital sexual behaviour than those who are less religious. The possible reason for the outcomes of this study could be connected with the fact that religion has the power to inculcate "the fear of God" into the adolescents. Hence, adolescents who are religious would do all things possible to avoid anything that would "break" the relationship between them and the deity and as well avoid the likely punishment that could follow the act of breaking the laws of the deity.

Also, it is of note that maternal attachment has significant impact in the prediction of adolescents' sexual debut. This result also corroborates the studies of Cooper et al, 1998, Davis and Friel (2001), Johnson and Tyler (2007), Manlover et al (2009) who found that the degree of attachment of adolescents with their mother determines the extent to which they delay sexual activities. The rationale for the outcome of this study could be associated with the fact that when adolescents experience a good rapport with their parents (mother especially), they are free to ask questions bothering them. Such adolescents take instruction more from their mothers than their peers, they have better understanding about their sexuality than their peers, and as such they will not like to disappoint their parents by engaging in sexual activities, the topic which might have been taught in the past by their mothers.

The inverse relationship found between self-concept and sexual debut in the current study negates the earlier findings of Salazar et al (2004, 2005) who noted that adolescents with high positive self-concepts are likely to engage in sexual activity early in life. The study however supports the studies of Salazar et al. (2004, 2005) who found that adolescents with positive self-concept are likely to engage in activities that can promote protected sexual activities and that of Udell et al (2010) who in their study found that early sexual debut is associated with a decrease in sexual low self-concept. The perceived reason for such a finding like this could be attached to the reality that adolescents with poor self-concept are likely to have poor self worth and may wish to compensate their negative self-image with antisocial behaviour and sexual advances from people around them. Besides, adolescents with poor self-image are likely to act based on the dictate and influence of their peers.



### **Conclusion**

The current study has been able to establish the fact that self-concept, maternal attachment and level of involvement in religion are very potent in determining adolescents' sexual debut. These three variables accounted for almost half of the total variance in sexual debut. Consequently, they are not to be neglected in the struggle to delay sexual initiation among adolescents. It therefore behooves policy makers. in their campaign of "abstinence only" as a means of curbing early sexual debut, together with its attendant menace, to consider these variables as powerful influence upon which sexual debut could be delayed or enhanced. It is therefore necessary that religious education should be taken with outmost importance in schools and religious organizations should be partnered in campaign against sexual debuts. Additionally, parents need to be educated (especially mothers) on the need to be involved in the affairs of their children. The young adolescents need to be warmly attached with by their parents in order to avoid external influence on their sexual behaviour. The psychologist also needs to devise means through which adolescents could develop positive concept of themselves. The consequences of early sexual debut on individuals and society at large is grievous, therefore psychologists and policy makers should do their best to reduce the vices to the barest minimum.

**REFERENCES**

- Adeuga, I. T. (2013). Socio-economical and sociological factors as predictors of illegal abortion among adolescent in Akoko West Local Government Area of Ondo State, Nigeria. *Public Health Research*, 3(3): 33-36
- Anochie, I.C. & Ikpeme, F.E. (2001). Prevalence of sexual activity and outcome among female secondary school students in Port Harcourt, Nigeria. *African Journal of Reproductive Health* 5:63-67.
- Black, M., Ricardo, I, & Stanton B. (1997) Social and psychological factors associated with AIDS risk behaviors among low income, urban, African-American adolescents. *Journal of Research on Adolescence*. 7:173–195
- Bowlby, J. (1973). *Attachment and loss: Volume II: Separation: Anxiety and anger*. New York, NY: Basic.
- Campbell, J. D., Trapnell, P. D., Heine, S. J., Katz, I. M., Lavallee, L. F., & Lehman, D. R. (1996). Self-concept clarity: Measurement, personality correlates, and cultural boundaries. *Journal of Personality and Social Psychology*, 70(1), 141-156.
- Cavazos-Rehg, P. A., Spitznagel, E. L., Buchholz, K. K., Nurnberger, J., Edenberg, H. J., Kramer, J. R., Bierut, L. J. (2009). Predictors of sexual debut at age 16 or younger. *Archives of Sexual Behavior*, 39(3):664-73.
- Cooper, M. L., Shaver, P. R., & Collins, N. L. (1998). Attachment styles, emotion regulation, and adjustment in adolescence. *Journal of Personality and Social Psychology*, 74, 1380-1397.
- Davila, J. (2008). Depressive symptoms and adolescent romance: Theory, research, and implications. *Child Development Perspectives*, 2(1), 26-31.
- Davis, E. C., & Friel, L. V. (2001). Adolescent sexuality: Disentangling the effects of family structure and family context. *Journal of Marriage and Family*, 63(3), 669 - 681
- Department of Health, Medical Research Council & OrcMacro, (2007) *South Africa Demographic and Health Survey 2003*. Pretoria: Department of Health.
- Deutsch, A. R., (2012). A Test of a Conceptual Model of Sexual Self-Concept and its Relation to Other Dimensions of Sexuality. Theses, Dissertations, and Student Research: Department of Psychology. Paper 48. Retrieved on 12-07-2014 from <http://digitalcommons.unl.edu/psychdiss/48>
- DiClemente, R. J., Wingood, G. M., Crosby, R., Cobb, B. K., Harrington, K., Davies, S. L. (2001). Parent- adolescent communication and sexual risk behaviors among African American adolescent females. *Journal of Pediatrics* 139(3):407–412
- Donahue, M. (1994). Positive youth development in religiously-based youth programs. *Paper presented at the biennial meeting of the Society for Research on Adolescence*, San Diego.
- Donenberg, G. R., Bryant, F. B., Emerson, E., Wilson, H.W. & Pasch, K.E.(2003). Tracing the roots of early sexual debut among adolescents in psychiatric care. *Journal of the American Academy of Child and Adolescent Psychiatry*. 42:594–608.
- Durbin, M., DiClemente, R. J., Siegel, D., Krasnovsky, F., Lazarus, N. & Camacho, T (1993) Factors associated with multiple sex partners among junior high school students. *Journal of Adolescents Health* 14:202–207
- Ensminger, M. E. (1990) Sexual activity and problem behaviors among black, urban adolescents. *Child Development* 61:2032–2046
- Etzkin, R. (2004). *How parenting style and religiosity affect the timing of jewish adolescents' sexual debut*. Unpublished M. Sc. Thesis University of Florida
- Finer, L. B. (2007). Trends in premarital sex in the United States, 1954–2003. *Public Health Reports*, 122, 73–78.
- Fox, G. L. (1980). The mother-adolescent daughter relationship as a sexual socialization structure: A research review, *Family Relations*, 29(1):21–27;
- Greenberg, M. T. & Armsden, G. (2009). Inventory of Parent and Peer Attachment (IPPA) Retrieved on 18- 08-2014 <http://prevention.psu.edu/pubs/documents/IPPAmanual0809.pdf>
- Gupta, N. & Mahy, M.(2003) Sexual initiation among adolescent girls and boys: trends and differentials in sub-Saharan Africa, *Archives*





of *Sexual Behavior*, 32(1):41–53.

- Houlihan, A.E., Gibbons, F. X., Gerrard, M., Yeh H., Reimer, R. A. & Murry, V. M. (2008). Sex and the self: The impact of early sexual onset on the self-concept and subsequent risky behavior of African American adolescents. *Journal of Early Adolescence*. 28:70–91.
- Hull, S., Hennessy, H., Bleakley, A., Fishbein, A. & Jordan, A. (2011). Identifying the causal pathways from religiosity to delayed adolescent sexual behavior. *Journal of Sex Research*, 48(6): 543-553.
- Ikramullah, E., Manlove, J., Cui, C., Moore, K.A. (2009). Parents matter: The role of parents in teens' decisions about sex. *Child Trends Research Brief*. Washington, D.C.: Child Trends., 1-7
- Johnson, K. & Tyler, K. (2007) "Adolescent Sexual Onset: An Intergenerational Analysis" (2007). *Sociology Department, Faculty Publications*. Paper 50. Retrieved on 22-07-2014 from <http://digitalcommons.unl.edu/sociologyfacpub/50>
- Joyner, K. & Udry, J. (2000). You don't bring me anything but down: Adolescent romance and depression. *Journal of Health and Social Behavior*, 41(4), 369-391.
- Kahn, J. A. Rosenthal, S. L., Succop, P. A., Ho, Y. F. & Burk, R. D, (2002). Mediators of the association between age of first sexual intercourse and subsequent human papillomavirus infection. *Pediatrics* 109 (1) Retrieved on 21/03/2014 from <http://www.pediatrics.org/cgi/content/full/109/1/e5>
- Kim, S. & Esquivel, G. B (2011). Adolescent spirituality and resilience: Theory, research, and educational practices. *Psychology in the Schools* 48(7): 755-763.
- Lauritsen, J (1994) Explaining race and gender differences in adolescent sexual behavior. *Social Forces*, 72:859–883
- Litchfield, A., Thomas, D., & Li, B. (1997). Dimensions of religiosity as mediators of the relations between parenting and adolescent deviant behavior. *Journal of Adolescent Research*, 12, 199-226.
- Longmore, M. A., Manning, W. D., Giordano, P. C. & Rudolph, J. L. (2004). Self-esteem, depressive symptoms, and adolescents' sexual onset. *Social Psychology Quarterly* 67:279–295
- Marston, M., Beguy, D., Kabiru, C. & Cleland, J. (2013). Predictors of sexual debut among young adolescents in Nairobi's informal settlements. *International Perspectives on Sex and Reproductive Health*;39(1): 22-31
- Mensch, B. S., Singh, S. & Casterline, J. B. (2005) Trends in the timing of first marriage among men and women in the developing world, in: C. B. Lloyd, .R. Behrman, N. P. Stromquist, and B. Cohen (eds.) *Growing Up Global: The Changing Transitions to Adulthood in Developing Countries*, Washington, DC: National Academies Press, pp. 118–171.
- Miller, B, Norton, M, Curtis T, Hill, E, Schvaneveldt, P, & Young, M. (1997). The timing of sexual intercourse among adolescents: Family, peer and other antecedents. *Youth and Society*, 29: 54–83.
- Muhammad, R. (2007). *The relationship between Self-concept, Family Background and Academic Achievement among Female Science Secondary School Students in Sokoto State*. Unpublished Ph. D. thesis, Usman Danfodiyo University, Sokoto.
- O'Brien, L., Denny, S. Clark, T., Fleming, T., Teevale, T. & Robinson, E. (2013). The impact of religion and spirituality on the risk behaviours of young people in Aotearoa, New Zealand. *Youth Studies Australia* . 32(4)
- O'Donnell, L., O'Donnell, C. R., Stueve, A. (2001). Early sexual initiation and subsequent sex- related risks among urban minority youth: The reach for health study. *Family Planning Perspective* 33:268–276.
- Olaitan, O. L. (2010). Perception of university students on unwanted pregnancy in South –West Nigeria. *American Journal of Social and Management Sciences* 1(2): 196-200
- Olowu, A. A.(1990). Vocational choice and self-concept. In A. A Olowu(Ed.) *Contemporary Issues in Self- Concept Studies*. Ibadan, C. I. Company Ltd.
- Oman, R. F., Vesely S. K., Aspy, C. B. (2005). Youth assets and sexual risk behavior: The importance of assets for youth residing in one-parent households. *Perspectives in Sexual Reproductive Health* 37:25–31
- Rafaelli, M., Crockett, L. J. (2003). Sexual risk taking in adolescence: The role of self-regulation and attraction to risk. *Developmental Psychology* 39:1036–1046



- Ream, G. L., Savin-Williams, R. C. (2005). Reciprocal associations between adolescent sexual activity and quality of youth-parent interactions. *Journal of Family Psychology* 19:171–179
- Rohrbaugh, J., & Jessor, R. (1975). Religiosity in youth: A personal control against deviant behavior. *Journal of Personality*, 43, 136-155.
- Rostovsky, S. S., Wilcox, B. L., Wright, M. L. C. & Randall, B. A. (2004). The Impact of religiosity on adolescent sexual behavior: A review of the evidence. *Journal of Adolescent Research*. 19 ( 6 ) : 677-697
- Salawu, A. A. & Bagudo, A. (2000). Self-concept as a correlate of career choice of students in tertiary institutions in Sokoto State . *Nigerian Journal of Guidance and Counselling*, 7(1); 1-11
- Salazar, L.F., Crosby, R. A., DiClemente, R. J., Wingood, G. M., Lescano, C. M., Brown, L. K. & Davies, S. (2005). Self-esteem and theoretical mediators of safer sex among African American female adolescents: Implications for sexual risk reduction interventions. *Health Education and Behavior*, 32: 413–427
- Salazar, L. F., DiClemente, R. J., Wingood, G. M., Crosby, R. A., Harrington, K., Davies S. & Oh, M. K. (2004). Self-concept and adolescents' refusal of unprotected sex: A test of mediating mechanisms among African American girls. *Prevention Science*, 5:137–149.
- Santelli, J. S., Lowry R., Brener, N. D., & Robin, L (2000) Adolescent sexual behavior: Estimates and trends from four nationally representative surveys. *Family Planning Perspective* 32:156–165
- Seth, P., Raiji, P. T., DiClemente, R. J., Wingood, G. M., & Rose, E. (2009). Psychological distress as a correlate of a biologically confirmed STI, risky sexual practices, self-efficacy and communication with male sex partners in African-American female adolescents. *Psychology, Health & Medicine*, 14(3), 291-300.
- Steinberg, L. (2002). *Adolescence*. McGraw-Hill, New York, NY
- Thornton, A.D., & Camburn, D. (1987). The influence of the family on premarital sexual attitudes and behavior. *Demography*, 24, 323-340.
- Thornton, A., & Camburn, D. (1989). Religious participation and adolescent sexual behavior and attitudes. *Journal of Marriage and the Family*, 51, 641-653.
- Udell, W., Sandfort, T., Reitz, E., Bos, H. & Dekovic, M. (2010). The relationship between early sexual debut and psychosocial outcomes: A longitudinal study of Dutch adolescents. *Archive of Sexual Behaviour*; 39(5): 1133–1145.
- Uwakwe, C. B. U, Amusa-Ikpa, S., Ofole, N. M., Akanbi, S. T., Ojukwu, M. & Ejiofor, N. (2014). Socio-demographic factors as predictors of parents perspectives of incorporating HIV and AIDs education in Lagos state secondary schools, Nigeria: Behavioural science intervention implications . *The Counsellor*, 33(2) 30-43