



Website: www.journalofoccupation.org.ng

JOURNAL OF
OCCUPATION
AND TRAINING *JOT*

Vol. 8 No. 1, January, 2021

A Publication of
School of Vocational and Technical Education,
Alvan Ikoku Federal College of Education, Owerri.



**JOURNAL OF OCCUPATION
AND TRAINING (JOT)**

Website: www.journalofoccupation.org.ng

Vol. 8, No.1 January, 2021



JOURNAL OF OCCUPATION AND TRAINING (JOT)

Vol. 8, No. 1 January, 2021

ISSN: 3446 – 6290

Published by

School of Vocational and Technical Education
Alvan Ikoku Federal College of Education, Owerri

Medicinal Plants in Igbo Land (A Case Study of Medicinal Plants in Owerri West L.G.A.) Okere, C.S., Nzewuihe, G.U. and Ugochukwu, M.G.	184
Non-Oil Sector and Nigerian Economic Growth Kalu, E. O., Enyeribe, V.A. and Nwachukwu, I. G.	188
Problem-Based Learning on Students' Critical Thinking Skills in Teaching Business Education: A Literature Review for Sustainable National Productivity Echetama, M., Okebaram, H. & Efughi, S.	195
The Methods of Teaching Art History in Tertiary Institutions in Nigeria Egornu, C.A., Agbo, F. E. and Okpolor, K. U.	206
Knowledge of Health Implications and Pre-Marital Sex among In-School Adolescents in Ikeduru L.G.A., Imo State Ipem, J.N., Ibe, M.O. and Alaribe, C.O.	211
Effects of Two Test Formats on Senior School Students Performance in Financial Accounting in Imo State Okike N. C. and Okike, C. O.	219
Folklore through Embroidered Illustration for Rekindling the Igbo Cultural Values in the 21st Century Onyebuchi-Igbokwe, G.C. and Ndebilie, C. E.	225
Analysis of the Challenges affecting Agricultural Student-Teachers during Teaching Practice Exercise in Tertiary Institutions in Imo State Nwarieji, F. and Asonye, N.	236
Availability of Instructional Materials required for Sustainable Entrepreneurship Education: Case of Alvan Ikoku Federal College of Education, Owerri. Dikeocha, L. U.	241

KNOWLEDGE OF HEALTH IMPLICATIONS AND PRE-MARITAL SEX AMONG IN-SCHOOL ADOLESCENTS IN IKEDURU L.G.A., IMO STATE

¹IPEM, J.N., ²IBE, M.O. and ³ALARIBE, C.O.

¹Department of Educational Psychology/G&C, Alvan Ikoku Federal College of Education, Owerri

²Department of Physical Science Education, Imo State University, Owerri

³Department of Educational Foundations, Nnamdi Azikiwe University, Awka

ABSTRACT

The study examined the knowledge and health implications pre-marital sex among in-school-adolescents in Ikeduru L.G.A. of Imo State. The study adopted-descriptive survey design. A total of 378 respondents drawn from the total population of 3549 students in the government secondary schools in Ikeduru L.G.A. Four research questions guided the study. the instrument for data collection was a structured questionnaire titled HIPMSAQ "Health Implications of Premarital Sex and Adolescents Questionnaire". This was validated by experts in Psychology, Sociology and Measurement and Evaluation (HIPMSAQ). To test the reliability of the instrument, Pearsons' Product Moment Correlation Statistics was use and a reliability index of 0.86 was obtained. Data collected was analyzed using mean statistics and the findings revealed among others that: adolescents are highly engaged in premarital sex because their attitude toward it is positive, peer influence, poverty, indecent dressing, parenting styles and failure to provide for the children were causes of premarital sex; also peer group influence leads to academic laxity. Based on the above findings, it was recommended among others that healthy awareness on sexuality should be giving, counselling service on the youth should be provided, sex education should be included in the curriculum, health care workers and health educators should be encourage to reach out to the youths. Adolescents should be properly guided by parents and teachers.

INTRODUCTION

Adolescents are generally considered to be healthy, yet many of them die prematurely due to accidents, suicides, violence, pregnancy related complications such as hypertension, anemia, hemorrhage, vesico vaginal fistulae, uterine and other premature or treatable illness. Indeed, the period of adolescence is a life phase in which young people are particularly vulnerable to health risk, especially those related to sexuality and reproduction, premarital sex, . Unwanted pregnancy, unsafe abortion, early marriage, premature labor, obstructed labor, and early child bearing, poor nutrition, sexually transmitted diseases (STDS) such as gonorrhoea, syphilis, candidacies, cancrroid and human immune deficiency virus and acquired immune deficiency syndrome (HIV/AIDS) (Warshaw,2004). According to Ram (2019) more than two thirds of young people in developed nations have sexual intercourse while still in their teens. He noted that the most vulnerable group of premarital sexual behaviour are youths and adolescents. In this study, adolescents are considered to be people between the age of 10 – 19. During this period, there is rapid change in the physical, cognitive, social and emotional development.

Premarital sexuality is any sexual activity with an opposite sex partner or with same sex partner, before he or she starts a marital life. Sexual intercourse before the age of twenty (20) is common

among in school adolescents in Africa (Fikadu and Fikadu, 2001).

Daba (2016) defined adolescence as a transitional period from childhood to adulthood. It includes the peak development of the body, emotion and intelligence. During this period of life, many biological, physical, and psychological changes occur in terms of age it begins from 10-12 and continues until the age of 18 or 19 years (Eke, Dara & Agulanna, 2004). Adolescence is also a transitional stage during which youths begins to separate themselves from their parents but still lack a clearly defined role in the society.

Adolescents generally have very strong desire for sex. This is said to be motivated by hormonal increase and activity which create an upsurge of sexual interest in the adolescents. Psychologists believe that adolescence period is a time of sexual activeness with their sexual drive developing to the highest point (Agulanna, 2014). This period is the most critical and precarious stage in the adolescents which is marked with confusion and turbulence (Eke, Dara, Agulanna, 2017). This propels the adolescents to experiment on anything including rape in order to satisfy their sexual drive.

Sex refers to the biological and physiological characteristics that define men and women. It entails biological or physical distinctions between males and females, including primary sex characteristics (the reproductive system) and

secondary characteristics such as height and muscularity (Ipem, 2013). Sex is a component of gender. Specifically, sex is the term used to describe the physical or genetic making of a myth that there are only two sexes, "male and female" (Miller, 2013). It is also seen as existing solely for the purpose of procreation. Sexuality is the expression of sexual receptivity or interest especially when in excess and also, the condition of being characterized and distinguished by sex. Sexuality is otherwise known as the total expression of which encompasses our whole psychosocial development and our entire self-concept. It begins from birth and ends at death. It is a construct, multifaceted and needs understanding, therefore a child needs understanding as soon as he is ready for it.

Historically, premarital sex has been considered taboo in some culture and religious and it was seen that anybody who engages in sex before marriage will incur the wrath of the gods by the forefathers (Bong, 2012). But in recent times, premarital sex has been seen as one of the most social life involvement. Adolescents are sexually active beyond what parents, teachers, religious leaders think. The prevailing conditions are because they are at a stage of life characterized by intense sexual drive, peer pressure, perverse social environment, poor reproductive health knowledge and so on (Allen, 2003). In some cultures, the significance of premarital sex has been related to concept of virginity. There are cultural differences as to whether and in which circumstances premarital sex is socially accepted or tolerated. Social attitude to premarital sex in some culture have changed over time as the prevalence of premarital sex in various societies.

Ram (2019), consider premarital sex as the involvement in sexual intercourse by persons who have not engaged in marital vow or culturally recognized as having been enrolled in marriage institution. Pre-marital sex is generally used in reference to individuals who are presumed not yet of marriageable age, or between adults who will presumably marry eventually, but who are engaging in sexual activity prior to marriage (Meneses, 2008). Pre-marital sex is sexual activity practiced by persons who are unmarried. It has become more commonly accepted in developed and developing countries such as Nigeria and Ikeduru in particular causing a lot of havoc among their teens. It is against this background that these researchers decided to explore on the knowledge of health implications.

Statement of the Problem

In most Nigerian towns and villages, one of the contemporary social problems among adolescents is sexual promiscuity particularly

premarital sex. Premarital sex among adolescents is seen as a taboo that should be frowned at and those who practice it or favor it are seen as deviant in all culture in Africa. Premarital sex has a great effect due to its heightened risk of teenage pregnancy, clandestine abortion, vesico vaginal fistulae, ruptured uterus, pelvic inflammation. Due to unlimited freedom adolescents have; they involve themselves into behaviors and practices that are very risky to their health which requires maximum concentration.

The attitudes in which today's in-school adolescents that are expected to have acquired and use the knowledge of sex education to abstain from sexual activities, exhibit obscene sexual tendencies. This high rate of practice of premarital sex among in-school adolescents which they claim to give them physical and emotional satisfaction is not worthwhile, considering the various consequences. The attitudes of premarital sexual activity has an overwhelming prevalence and it is a common practice and have become a tradition for in-school adolescents in Ikeduru Local Government Area and this prompted the researcher to find out if the secondary school adolescents in Ikeduru Local Government Area are aware of the hazards involved in premarital sexual practice.

Purpose of the Study

The main purpose of the study is to investigate the health implications of pre-marital sex among in-school adolescents in Public Secondary Schools in Ikeduru Local Government Area.

Specifically the study tried to:

1. Investigate the attitude of in-school adolescents towards pre-marital sex.
2. Find out possible factors that induce in-school adolescents to involve in Pre-specifically, the study direction to: marital sex.
3. Ascertain the extent to which peer groups influence pre-marital sex of in-school adolescents.
4. Find out the possible consequences of pre-marital sex on in-school adolescents.

Research Questions

This study tried to answer the following questions:

1. What are the attitude of in-school adolescents to pre-marital sex?
2. What are the possible causes of pre-marital sex involvement among in-school adolescents in Ikeduru L.G.A.?
3. To what extent does the peer groups influence in-school adolescents in Ikeduru L.G.A
4. What are the possible consequences of pre-marital sex on the in-school adolescents?

Pre-marital sex is generally used in reference to individuals who are presumed not yet of marriageable age or between adolescent who will presumably marry eventually, but who are engaging in sexual activity prior to marriage (Arega, 2019). Pre-marital sex is sex before marriage and it is generally found among adolescents. It involves fornication, rape, defilement, and incest. The causes behind it have been established including curiosity among the youth, proof of man-hood, lust, pornography and its adverse effects, insanity and sex promiscuity as well as moral decadence among the youths (Abdisa, Abdisie & Seifu, 2020).

Health according to Svalastog (2017) is the level of functional or metabolic efficiency of a living organism. In humans, it is the general condition of a person's mind and body usually meaning to be free from illness, injury, or pain as in good health or healthy (Nursing Essay writing service, 2020).

The World Health Organization (WHO) (2015) defined health in its broader sense as a state of complete physical, mental, social well-being and not merely the absence of disease or infirmity. Health is a multi-faceted concept consisting of six dimensions namely physical, mental, social, emotional, spiritual and occupational health (Norrozi, Taleghan, Sadat, Tarahkoh & Gholami, 2014).

This study was also interested in the possible causes of premarital sex among in-school adolescents. Ukor (2020) peer, group influence, economic reasons and parents related issues. Uymattao (2008) pointed indecent dressing, advice from friends, failure to provide the needs of the family dictated making teenagers prisoner sat home poverty, divorce, Onuwuka (2009).

The supply and amount of parental emotional resources (parenting style) for control can have a significant influence on the youth to have or not to engage in premarital sex (Uymatino, 2008). Additionally, the need to control Children particularly adolescents may increase their risk to engage in premarital sex. In cases where the parents or guardians control of the child is limited, it increases the likelihood of the child to engage in sexual activities while when such control is too much, the child's perception may also change his/her behaviors thus engaging in premarital sex.

Peer influence is another serious factor. They often build tension as they are always a source of information as well as being close to them. (Eze, 2014) founded that peers behaviours has positive effect on prevalence of premarital sex. In his study he found that those students whose close friends had premarital sexual experience had false very high level of premarital sex. In this, he concluded that regarding peer -sexual behavior, prevalence of

premarital sex is far higher for those who had close unmarried friends with sexual experience. The prevalence of premarital sex is varied with different settings. There are some indications that many of the individual characteristics, family variables and peer characteristics had significant association with experience of premarital sex. Individual characteristics such as alcohol consumption, smoking habits, drug use, and attitude towards male and female virginity, family characteristics such as parental status, fathers and mothers' educational status and peer characteristics such as peer sexual behavior have significant association with experience of premarital sex among adolescents.

There are many implications of premarital sex on adolescent Researchers like Bong (2012) noted that premarital sex is associated with unwanted pregnancy, abortion, Dike (2006) noted that unsuccessful abortion could lead to death. Okoye (2006) identified sexually transmitted infections (STI) such as AIDS, HIV, chlamydis, Gonorrhoea, Genital herpes, genital warts, Trichomoniasis, syphilis just to mention but few. Brennen (2011) documented school dropout; It was noted that, it can lead to poor academic performance, frequent failure due to missing of classes, assignment, tests and other school activities. Historically, premarital sex is considered a taboo in many cultures and considered as sin in numerous religions. However, in the present time it is commonly accepted in developed and developing countries like Nigeria and Ikeduru in particular; and the act is causing a lot of havoc among teens. It is against this background that the researchers decided to explore on the knowledge of health implications of premarital sex among in-school adolescents in Ikeduru LGA of Imo State.

Method

This study adopted a descriptive survey research design. The population for the study comprised all SS students in public secondary schools in Ikeduru L.G.A. of Imo State giving a total of 3549 students (Data from SEMB 2018/2019). The sample for the study comprised only 378 respondents randomly selected from the target population of five schools using multi stage sampling techniques; where out of 14 secondary schools in Ikeduru, the researcher randomly selected five schools which constituted the target population. Then from the five schools, the research randomly selected 378 respondents using ballot method. The use of this technique was justified because it gave the respondents a chance of being selected. However, only those who are between 10 – 19 years were allowed to participate in the study. The instrument for data collection was a structured questionnaire by the

researchers titled “Health Implications of Premarital Sex and Adolescents’ Questionnaire” (HIPMSAQ) with four point Likert Scale of Strongly Agree, (SA) Agree (A) Disagree (D) and Strongly Disagree (SD).

The instrument was made up of five sections. Section 'A' constitutes the students' demographic data. Section 'B' dealt with information on attitude of students towards premarital sex. Section 'C' elicited information on the cause of premarital sex relationship among in-school adolescents. Section 'D' gave information on the impact of peer group on in-school adolescents and Section 'E' on “the implications or pre-marital sex on the in-school adolescents.

The instrument was validated by experts in sociology, psychology and measurement and evaluation, all from AIFCE Owerri. Test re-test method of an interval of two weeks was given to secondary school students from Mbaitoli who has the same characteristics with the area of the present study. The two sets of scores were subjected to Pearson's Product Moment Correlation Statistics and a reliability coefficient of $r = 0.86$ was obtained. The instrument administered, were fully collected and analyzed using mean statistics. It was decided that any mean score above the decision point of 2.50 should be accepted and those below the decision mean of 2.50 would be rejected.

Research Question 1: What is the attitude of in-school adolescents towards Premarital Sex?

Table 1: Mean Ratings of the Respondents on the Attitude of In-School Adolescents towards Premarital Sex.

S/N	Variables	SA	A	SD	D	Total	Respondents	\bar{X}
1	Most in-school adolescents engage in pre -marital sex freely.	253 1012	120 360	03 9	02 2	1389		3.7
2	In such adolescents I like to have sexual relationships before marriage	210 849	158 474	08 24	02 02			3.6
3	They desire romantic behaviour with the opposite sex.	235 940	140 420	3 9	-	378		3.6
4	They enjoy sex plays	964	130 390	6 12	1 01			3.6
5	In-school adolescents make use of pornographic materials	200 824	166 498	06 12	-	378		3.5
6	They enjoy having intimate kissing	280 112	95 285	3 6	-	378		3.7
7	They Cherish casual kissing/hugging	299 1196	70 60	5 10	4 4	378		3.5
8	They enjoy sexy massages	195 780	183 549	-		378		3.5
9	Most of them desire oral genital sex	234 936	136 408	6 12	2 2	378		3.5

Grand Mean = 3.6

The table above shows the analysis of various attitudes of the in-school adolescents towards premarital sex. The result on table 1, revealed a grand mean of 3.6 which is greater than the decision mean of 2.50. This implies that the

respondents agreed to the items on the attitude of in-school adolescents. This shows that most adolescents engage in premarital sex freely, they like having sexual relationships before marriage, desires romantic behaviours, making use of pornographic materials, kissing and desires oral genital sex.

Research Question 2: What are the causes of premarital sexual relationships among in-school adolescents?

Table 2: Mean Ratings of the Respondents on the Causes of Premarital Sex Relationship among In-School Adolescents.

S/N	Variable	SA	A	D	SD	Total	No. of Respondents	X	Remark
		4	3	2	1				
1	Peer influence	235	100	23	20	1306	378	3.5	Agreed
2	Failure to provide the needs(s) of the family.	256	80	15	27	1321	378	3.5	Agreed
3	Indecent/ careless dressing among students	233	82	35	28	1276	378	3.4	Agreed
4	Parents styles can cause adolescents to get involved in premarital sex	200	170	6	2		378	3.5	Agreed
		800	510	12	2		1,324		
5	Poverty can cause adolescents to engage in premarital sex.	217	153	8	1	1087	378	3.5	Agreed
		868	459	16	1		1344		

Grand Mean = 3.5

Results on table 2 above revealed the grand mean of 3.5 which is greater than the decision mean of 2.50. This implies that the respondents agreed on

the cause of pre-marital sex as: Peer influence, non-provision of their need by families indecent dressing, parenting style and poverty.

Research Question 3: What are the impacts of peer group on in-school adolescents?

Table 3: Mean Ratings on the Impact of Peer Group on In-School Adolescents.

S/N	Variables	SA	A	D	SD	No. of Respondents	Total	X	Remark
1.	Relationship with peers leads to academic laxity	290	80	5	3	378	1413	3.7	Agreed
		1160	240	10	3				
2.	Relationship with peers can result us into premarital sex	270	100	6	2	378	1394	3.6	Agreed
		1080	300	12	2				
3.	Peer group can help inspire learning more about maladaptive behaviours	250	120	5	3	378	1373	3.6	Agreed
		1000	360	10	3				

Grand Mean = 3.6

From the table above, 3.7 of the respondents agreed that relationship with the peer group leads to academic laxity, 3.6 agreed that it can lead to sexual

intercourse while 3.6 respondents agreed that peer group relations inspires them to learn more. Also with the respondents agree strongly that peer group influenced premarital sex among adolescent.

Research Question 4: What are the health implications of premarital sex on In-school adolescents?

Table 4: Mean Ratings of the Respondents on the Implications of Premarital Sex on In-School Adolescents?

S/N	Item	SA	A	D	SD	No of Respondents	Total	X	Remarks
1.	Premarital sex leads to unwanted pregnancy	240	135	3	-	378	1371	3.6	Agreed
		960	405	6					
2.	Poor academic performance	269	90	10	9	378	1375	3.6	Agreed
		1076	270	20	9				
3.	It leads to drooping out of school	233	75	2	0	378	1161	3.7	Agreed
		932	225	4	0				
4.	Cand lead to death	225	147	2	4	378	1349	3.5	Agreed
		900	441	4	4				
5.	Lack of good image on the part of students	177	197	12	2	378	1325	3.5	Agreed
		708	591	24	2				
6.	It causes disease	1000	324	22	9	378	1355	3.5	Agreed

Grand Mean = 3.6

Results on table 4 above showed a grand mean of 3.6, which is greater than a decision mean of 2.5. This shows that the respondents agreed that premarital sex can lead to unwanted pregnancy, drop out of school diseases and death.

Discussions

Findings from the study revealed that most adolescents engage in premarital sex feely without fear; they are engaged in sexual relationships before marriage, they desire romantic behaviours and make use of pornographic material, they involve in kissing and desire oral genital sex. This result is in line with Eze (2014), Okonkwo (2000) who noted that there are more than 20 different permissive attitudes towards premarital sex and they ranges from kissing, petting, fondling of the breast, watching of pornographic films, and romancing are very plausible reason for this could be as a result of moral laxity and lack of proper directive from the parents and teachers.

The findings of this study also revealed the causes of premarital sex among in-school adolescents. It was discovered that influence of peer, lack of family provisions indecent dressing, parenting styles and poverty were among the causes

of premarital sex among youth. This is in consonance with Ukor (2020) who identified peer group influence, economic reasons, parent related issues Uymatiao (2008) identified indecent dressing, Onuwuka (2009) portrayed divorce and poverty. It was also the finding of this study that peer group has a lot of impact on the in-school adolescents. Such relationships lead to poor academic performance, premarital sex, and inspires them to learn more on maladaptive behaviours. This is in corroboration with that of Eze (2014) who found that peers behaviour has serious effect on adolescents premarital sex. He equally noted that prevalence of premarital sex is far higher for those who has close unmarried friends.

Also the study found that there are many implications of premarital sex such as unwanted pregnancy poor academic achievement, drop out of school shame, diseases and death. This finding is in line with Bong (2012) who associated premarital sex with unwanted pregnancy, Dike (2002) who noted that unsuccessful abortion leads to death, Brennen (2011) documented school dropouts.

Conclusion

This study is on the knowledge of health implication and premarital sex among in-school adolescents in Ikeduru L.G.A, Imo State. It was

found that most in-school adolescents engage freely in premarital sex activities such as kissing, romancing, using pornographic materials. This shows that they are at a high risk of sexual practices. The causes of their involvement in this act were as a result of peer, parents and social factors as indecent dressing, peer influence could lead to academic and moral laxity and the implications could be disastrous for example involvement in premarital sex can lead to deadly disease, drop outs, poor performance and finally death.

Recommendations

Based on the findings of the study, the following recommendations were drawn.

- Based on the attitude of adolescents to towards premarital sex, there is need to create awareness on healthy sexuality.
- Youths should be allowed to mingle with the opposite sex in a matured way not hiding them in their rooms.
- There is need to establish counselling unit in the schools that will be banned by a professional counsellor.
- Health care workers and health educators should encourage public enlightenment campaign on the health implications of premarital sex on a regular basis through the mass media.
- Government should as a matter of fact recruit and train more health personnel to assist in health matters specially adolescent health.

REFERENCES

Abdissa, B Addisie, M. and Seifu, W. (2020). Premarital sexual practices, consequences and associated factors among regular undergraduates female students in Ambo University Oromia Regional State central Ethiopia. *Health science journal* <https://www.hsj.gr/med>.

Agulanna, G.G. (2014). Issues in adolescence: Gender issues in deviant behaviours and moral values. *The Educational Psychologist* 8(1)9–21.

Arega, W.L. (2019). Premarital sexual practice and associated factors high school youths in Debetabor town, south Gonchar zone, North West Ethiopia *BMC Res. Noted* 12, 314. <https://doi.org/10.1186/s13104-019-4348-3>.

Bong, D. (2012). “Premarital sex” <http://ezinearticles.com/?> The-issue about premarital sexual-Relationships-Among-Teens&id=2663293.

Brennen, B.H. (2011). “Why should I not have sex before marriage?” <http://www.soencouragement.org/nosexbeforemarriage.htm>.

Daba, B. (2016). Assessment of premarital sexual practices and factors related to it among Ambo high students <http://etd.aa.u.edu.et/handle/123456789/8550>.

Dike, C.C. (2000). Understanding friendship, love, sex, Enugli Rabboni publishers.

Eke, U.c, Dara, N.F. & Agulanna, G.G. (2017). Psycho-social factors associated with deviant behaviours among secondary school students. *The Nigerian society for Educational psychologist* 89–94.

Eze, I. (2014). Adolescents' attitude towards premarital sex *Mediterranean journal of social sciences* 5 (10) Doi:10.5901/mjss.2014.v5n10p491.

Meneses, M.B. (2008). “The issue about premarital sexual relationships Among Teens” <http://www.studymode.com/essays/Premarital-Sex-1532760.html>

Miller, V.M. Morrissa, R. MHA & Lynne, T.S. (2013). Embedding concepts of sex and gender health differences into medical curricula. *Journal of women's health* //www.ncbi.nlm.nih.gov.

Ipem, J.N. (2013). Gender variations in stress level, behavioural ratings and academic achievement of students in Nigerian university. A PhD Thesis submitted to the Department of Arts and Social Science Education, School of Education, University of Ilorin.

Norrozi, M, taleghan, F, Sadat E, M, Tarakoh, M, and Gholami A. (2014). Premarital sexual relationships explanation of the actions and functions of family *Iranian journal of Nursing and midwifery research* 19(4) 4 24-431.

Nursing Essay Writing Service (2020). Discuss the concepts of Health //nursinganswers.net Retrieved 20/10/2020.

- Okonkwo Eze, R.I. (2000). "Attitude of Nigerian Adolescents to pre-marital sexual behaviour. Implications for sex education". *J. Counsel*, 1(1) 21–26.
- Okoye, R.C, (2006). *The Untold Origin of HIV-AIDS and Lies about Condom*, Port Harcourt: Save A Life Publication
- Onwuka, C.C. (2009). *Divorce and the Challenges of Children Upbringing in the Contemporary Family Life*. Arts and Social Sciences International Research Journal, Vol. 1.
- Ram, B.S. (2019). Premarital sex behaviour and its impact on Health among adolescents. *Journal of health promotion* 7, 43 – 52. Doi: <https://doi.org/10.3126/jhp.v7i10.25496>.
- Svalastog, A.L, (2017). Concepts and definitions of health and related values in the knowledge landscapes of the digital society *Croatian medical journal* www.ncbi.nlm.nih.gov.Retreived 20/10/2020.
- Uymatiao, S.J. (2008). "The Causes and Effects on Premarital Sex" [http://www.studymode.com/ essays/The-Causes-And-Effects-Of-Pre-Marital1036128.html](http://www.studymode.com/essays/The-Causes-And-Effects-Of-Pre-Marital1036128.html).
- World Health Organization (WHO) (2015). Definition and concepts of health-slide share <https://www.google.com>.Retreived 20/10/2020.



ISSN: 3446-6290

Website: www.journalofoccupation.org.ng