

FACEBOOK ADDICTION AS A PREDICTOR OF RISKY SEXUAL BEHAVIOUR AMONG SCHOOLING ADOLESCENTS IN NSUKKA EDUCATION ZONE OF ENUGU STATE, NIGERIA

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Abstract

The study investigated Facebook addiction as a predictor of risky sexual behaviour among schooling adolescents in Nsukka Education Zone of Enugu State, Nigeria. One research question and one corresponding null hypothesis guided the study. A correlational survey research design was adopted. The population of the study consists of 378 SS II students who were identified during a preliminary study on Facebook addiction and risky sexual behaviour of schooling adolescents. The entire population of 378 schooling adolescents was used as sample. In this case, there was no sample because the number can be managed. Data were collected using two instruments: “Schooling Adolescents’ Risky Behaviour Questionnaire (SARBQ)” and “Facebook Addiction Questionnaire (FAQ)”. The instruments were face validated by three experts in the relevant fields from Faculty of Education, University of Nigeria, Nsukka. The internal consistency reliability coefficient of SARBQ and FAQ were determined using cronbach alpha and reliability estimate values of 0.69 and 0.71 were obtained for SARBQ and FAQ respectively. The data collected were analyzed using coefficient of determination (R^2) for research question while linear regression was used in testing the hypothesis at $p < 0.05$ level of significance. The result of the study indicated that Facebook addiction positively predicts risky sexual behaviour of school adolescents. Based on the findings, it was recommended among others that secondary school guidance counsellors should organize seminar on Facebook addiction and risky sexual behaviour since it predicts to help improve the life of schooling adolescents.

Keywords: Facebook, adolescents, addiction, risky sexual behaviour

Introduction

Risky sexual behaviour among schooling adolescents are on the increase. This could be based on the rising use of social media of which Facebook platform is one of them. Indecent dressing and watching of pornographies are now the order of the day. This situation has led to so many students especially schooling adolescents to exhibit risky sexual behaviour. These schooling adolescents are exposed to social media on daily basis without proper guide and check of what are done in the social media. Adolescents are individuals in the phase of life that stretches between childhood and adulthood (Sawyer, Azzopardi, & Patton, 2018). Bennett and Robards (2019) define adolescents as people in the transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. According to Crosone and Johnson (2020), adolescents are persons in the period of rapid changes in one’s life ranging from twelve to eighteen years. These are persons in the late primary, secondary schools and tertiary period of studies. The researchers’ interest in this study is on secondary school students who are known to be schooling adolescents.

An adolescent is a period when an individual makes effort to determine through studies and experiences how to see and interact with self, other people and things around the world at large (Boyd, 2021). Adolescents are full of vitality, energetic and so, very adventurous. Ejedimu

(2022) posits that the adolescent is in turbulent and difficult stage, both for the adolescent, the parents and the entire society. The author further noted that the different physical, psychological, social, emotional and cognitive changes that the adolescents undergo move them to occasionally display impulsive, unpredictable, capricious behaviours and turbulences. In this age, a young individual, also an adolescent wants to be respected as an adult while still behaves like a child (Jemie, 2022). The author further noted that adolescents' behaviour is ambiguous and confusing. They rebuff influence and modes offered by adults, feel rejected by environment where they live and usually have false sense of power. Menkiti (2023) posits that adolescents seek to clarify and develop personal identity as they seek to know and criticize existing social structures and tend to rebel when an institution is disorganized. This implies, that adolescents seek to lead to unhealthy relationship when there is no guide from parents or significant others. However, schooling adolescents in this study are adolescents in secondary schools seeking to determine how to see and interact with self, and other people around the world at large. Moreso, the different physical, psychological, social, emotional and cognitive changes that the schooling adolescents undergo, move them to risky sexual behaviour. The effect of these changes usually causes a lot of problems not only to the adolescents but to the parents, teachers and the entire society. According to Cabanatuan (2021), social media to a high extent influence students' risky sexual behaviour. Adubale (2022) found out that WhatsApp platform influences risky sexual behaviour of students. Similarly, Igbo and IHEME (2023) found out that social media to a high extent impacts negatively to maladaptive behaviour of secondary school students.

In Enugu State, specifically Nsukka Education Zone, the researchers' observation during their yearly practicum supervision exercise in public secondary schools indicate that risky sexual behaviour among school adolescents are on the increase. For instance, schooling adolescents now go to school with Android phones. These schooling adolescents now send their nude pictures to their classmates and teachers via Facebook platform and other social media platforms. These school adolescents are seen on Facebook twenty-four hours and as such do not have time to read their books. In addition, doing assignments through smart phones is the order of the day in secondary schools. In the course of doing this assignment, these schooling adolescents deviate to unauthorized sites and this usually lead them to risky sexual behaviour. Equally, schooling adolescents in the study area engage in unprotected intercourse which is intercourse with opposite sex without condom use. These adolescents also have multiple sex partners. There have been cases of senior male students touching the breast of female students in the classroom, sending of unwanted e-mail messages and sexual assaults. These are clear indications that schooling adolescents are engaging in risky sexual behaviour in the study area. To buttress the above claim, Odoh (2021) found out that most senior student in Enugu State public secondary schools engage in unprotected intercourse without condom use as there are many cases of teenage pregnancy in the area. Ezugwu (2022) found out that secondary school students send unwanted messages to their classmates regarding intimate relationship. Similarly, Ben (2022) found out that social media to a high extent influences risky sexual behaviour of students in Enugu State. Engaging in risky sexual behaviours can lead to HIV infection, sexually transmitted infections, and unintended pregnancy among schooling adolescents.

Risky sexual behaviour is not good for the schooling adolescents due to its negative consequences. Risky sexual behaviour is defined as any sexual activity that increases the risk of contracting sexually transmitted infections (STIs) and unintended pregnancy, which includes having sex with multiple sexual partners, early initiation of sexual intercourse under the age of 18 years and unprotected sex (Odoh, 2021). Risky behaviour might include unprotected sexual

activity, sexting and other risky uses of social media, tobacco smoking and alcohol use including binge-drinking (Ezugwu, 2022). Risky sexual behaviour is defined as activity that will increase the probability that a person engaging in sexual activity with another person is infected (Ezugwu, 2022). Risky sexual behaviour encompasses all activities which gratify an individual's sexual needs (Luiz, 2022). It is any sexual behaviour (typically condom-unprotected, oral, vaginal or anal intercourse) that puts one at risk for an adverse health outcome (Dum, 2023). In this study therefore, risky sexual behaviour includes all activities which gratify schooling adolescents' sexual needs. This risky sexual behaviour of schooling adolescents usually cause a lot of problems not only to the adolescents but to the entire society. This ugly situation is usually caused by a number of factors. There are numerous factors that could lead to these risky sexual behaviour of schooling adolescents. Too numerous to mention but among these factors is Facebook addiction. Facebook addiction is the most trending and common social media platform that has more disadvantage than the advantage. Facebook is a website which allows users, who sign-up for free profiles, to connect with friends, work colleagues or people they do not know online (Shuka, 2021). Facebook is a social media and social networking service owned by the Americana Technology Conglomerate Meta (Strong, 2021). The author further noted that Facebook is a popular social networking website. This network platform can be used in positive or negative directions. The negative direction is the focus of this research.

Facebook addiction is not helpful to its users. Facebook addiction is a behavioural addiction where someone compulsively engages in online interactions to the point where it interferes with their functioning at home, work, and school (Udosoro, 2020). The author further noted that the signs of Facebook addiction include; obsessive thoughts about Facebook. Facebook addiction is a problematic compulsive use of Facebook network that impairs an individual's function over a prolonged period of time (Stingh, 2024). The causes of Facebook addiction according to Righn (2024) includes biological causes like the brain's reward and gratification circuits, psychological factors such as low self-esteem and confidence, neuroticism and narcissism, and social or environmental causes like lack of family cohesiveness. Facebook addiction and other related social media addiction is a disorder that affects those that engage in it. Risky sexual behaviour among schooling adolescents in Enugu State Nigeria, specifically Nsukka Education Zone is on the increase. Parents, teachers, counsellors among others have often worried that the risky sexual behaviour of schooling adolescents would lead to school dropout and failed society. In spite of several efforts made to reduce this ugly phenomenon, it is on the increase. It is based on this background that the researchers sought to investigate Facebook addiction as a predictor of risky sexual behaviour of schooling adolescents in Nsukka Education Zone of Enugu State, Nigeria.

Purpose of the Study

The general purpose of this study was to investigate Facebook addiction as a predictor of risky sexual behaviour among schooling adolescents in Nsukka Education Zone of Enugu State, Nigeria. Specifically, the study sought to:

1. Determine the predictive power of Facebook addiction on risky sexual behavior among schooling adolescents.

Research Question

1. What is the predictive power of Facebook addiction on risky sexual behavior among schooling adolescents?

Hypothesis

Ho₁: There is no significant predictive power between Facebook addiction and risky sexual behavior among schooling adolescents.

Methods

The research design used for the study was a correlational survey design. The population of the study consisted of 378 schooling adolescents identified in public secondary schools in the study area with risky sexual behaviour by counsellors. The entire population of 378 identified schooling adolescents was used as sample. In this case, there was no sampling. The instrument for data collection was two sets of questionnaire titled “Schooling Adolescents Risky Sexual Behaviour Questionnaire (SARSBQ)” and “Facebook Addiction Questionnaire (FAQ)”. The instruments were developed by the researchers with much insight from literature reviewed and was face validated by three experts in Faculty of Education, University of Nigeria, Nsukka. The internal consistency reliability coefficient of SARSBQ and FAQ were determined using Cronbach Alpha Statistics and reliability estimate values of 0.69 and 0.71 were obtained for SARSBQ and FAQ respectively. The data collected was analyzed using coefficient of determination (R^2) for research question while linear regression was used for testing the hypothesis at $p < 0.05$ level of significance.

Results

Research Question One: What is the predictive power of Facebook addiction on risky sexual behavior among schooling adolescents?

Table 1: Regression analysis on the predictive power between Facebook addiction and risky sexual behaviour among schooling adolescents

Variable	R	R ²
Facebook addiction and risky sexual behaviour of schooling adolescents	0.70	0.86

R^2 = Coefficient of determination

The result on Table 1 shows that the coefficient between of Facebook addiction and risky sexual behavior among schooling adolescents was 0.70. This implies that there exists a high positive prediction between of Facebook addiction and risky sexual behavior among schooling adolescents. Table 1 also revealed that the coefficient of determination (R^2) associated with the correlation coefficient of 0.70 was 0.85. This coefficient of determination (R^2) indicates that 70% of variation in risky sexual behavior among schooling adolescents is attributed to Facebook addiction. Thus, Facebook addiction predicts risky sexual behavior among schooling adolescents.

Hypothesis: There is no significant predictive power between Facebook addiction and risky sexual behavior among schooling adolescents.

Table 2: Regression analysis on the significant predictive power between Facebook addiction and risky sexual behaviour among schooling adolescents

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	.213	1	.213	1.000	.002 ^a
Residual	56.312	375	.148		
Total	56.213	376			

The result on Table 2 shows an F-ratio of 1.000 with associated exact probability value of .002 which is less than 0.05. Thus, the null hypothesis was rejected. The researchers therefore

conclude that there is a significant predictive power between Facebook addiction and risky sexual behavior among schooling adolescents.

Discussion

The result shows that the correlation coefficient between Facebook addictions on risky sexual behavior among schooling adolescents was high. This means that there exists a high positive prediction between Facebook addiction and risky sexual behavior among schooling adolescents. By implication, it means that the efficient of determination with a high percentage variation in the risky sexual behavior among schooling adolescents was attributed to Facebook addition. It also shows that increase in Facebook addiction predicts high risky sexual behavior among schooling adolescents. Further analysis of the prediction between Facebook addiction on risky sexual behaviour of schooling adolescents revealed that at the associated probability for the calculated value of F; is less than the level of significance, the null hypothesis was rejected. This implies that there is a significant prediction Facebook addiction on risky sexual behavior among schooling adolescents.

The findings of this study is in agreement with the study of Cabanatuan (2021), which found out that social media to high extent influence students' risky sexual behaviour. Also, Adubale (2022) found out that WhatsApp platform influence risky sexual behaviour of students. Similarly, Igbo and Iheme (2023) found out that social media to high extent impacts negatively to maladaptive behavior among secondary school students. These findings appear the way it is because schooling adolescents are not aware that Facebook addiction leads to risky sexual behaviour. The study suggests that schooling adolescents should avoid being addicted to Facebook since it predicts to a high extent risky sexual behaviour.

Conclusion

The research is as a result of the solution to reduce risky sexual behavior among schooling adolescents. The study revealed among others that high positive prediction exists between Facebook addiction and risky sexual behavior among schooling adolescents. Therefore, schooling adolescents should avoid Facebook addiction since it predicts to a high extent risky sexual behaviour.

Implication of the Findings

The result of the study revealed that among others that Facebook addiction predicts risky sexual behavior among schooling adolescents. By implication, schooling adolescents should be encouraged to avoid Facebook addiction since it predicts to a high extent risky sexual behaviour.

Recommendations

School guidance counsellors should organize workshops on Facebook addiction on risky sexual behavior among schooling adolescents.

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