



PEER-PRESSURE AND SOCIAL-MEDIA AS PREDICTORS OF TEENAGE PREGNANCY IN OYO STATE, NIGERIA

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Abstract

Teenage pregnancy in this day and age has increased amongst schoolgirls. This could be due to peer pressure and exposure to the social media. This study investigates Peer pressure and social media as predictors of teenage pregnancy among secondary school girls in Ibarapa Division of Oyo State. Using descriptive survey design, multistage sampling was done to select 100 schoolgirls with an age range of 13-19 across selected secondary schools. Teenage Pregnancy and Peer Pressure Questionnaire (TEPAPP-Q) and social media and Sex Questionnaire (SMAS-Q) developed and validated were used to collect data. Data collected was analyzed using frequency count and analysis of variance (ANOVA). Findings revealed peer pressure (F-ratio=.5863; $p<.05$) and social media (F-ratio=.3716; $p<.05$) to have significant effects on teenage pregnancy among the participants, while peer pressure show greater influence. Conclusively, a climate that is sensitive to sexual identity development and appropriate health information is necessary. Early counselling orientation on the impact of succumbing to pressure and parental guidance to avoid abuse of the social media were recommended.

Keywords: Peer-pressure, social-media, teenage pregnancy, adolescents.

INTRODUCTION

Teenage pregnancy has become one of the very common challenges among adolescents in Nigeria. Teenage pregnancy occur within the ages of 13 to 19 and about half of these pregnancies are by chance and definitely not by choice as more than half end in abortion, unfortunately, in an unsafe conditions. An estimated 3.9 million girls aged 15 to 19 go through dangerous abortions ending in pregnancy related complications (Kassa, Arowojolu, Odukogbe, & Yalew, 2018; Ojo & Asebiomo, 2019). The negative consequences and outcomes tends to cause stigmatization and entrenched stereotyping as pregnant teenagers are not likely to continue their career path, secure a job or finish school (Alabi & Oni, 2017; Mathewos & Mekuria, 2018). The world Health Organization (WHO) are committed to constant advocacy, and capacity building of adolescents and are constantly collaborating in global partnership with a collection of stakeholders to empower at least 120 million women and girls to have access to contraceptives by the year 2020.

The transit from childhood to teenage may be coloured with insecure emotions, in some cases, this could result to complex immature and negligent behaviours. Teenage has to do with age which is between 13 to 19 and ending there, while adolescence is an adjective that describes the stages a child experiences during the period of teenage age. It represents the transitional phase of growth and development cognitive abilities and social interactions between childhood and adulthood which is characterized by rapid physical growth



and development, with notable emotional intensity such as anger and sadness (Reitsema, Jeronimus, van Dijk, & de Jonge, 2021) and social changes.

The World Health Organization (WHO) (2021), described the adolescent as any person(s) who is within the ages of 10 to 19 years. This critical developmental period is usually understood as the years between the onset of puberty and the establishment of social independence (Allen and Waterman, 2019). During the passage of early adolescence, physical changes become rapid, changes in attitudes and behaviour are also observed. The many physical, sexual, cognitive, social, and emotional changes that happen during this period come with anticipation and anxiety for both adolescent and family connectedness (Odimegwu & Mkwanaenzi, 2018).

The first phase of adolescent development is the period of establishing a sense of autonomy (Allen and Waterman, 2019), as they make effort establishing emotional independence from parents. A lot of adolescents at this stage usually have passionate quarrels with their parents and significant others as they struggle to acquire extra independence. A lack of affection and attention from home is a recipe for a teen to seek love outside the home and attention from the opposite sex. Less time is craved with family as against the cherished time with peers. The struggle at this period is characterized by same-sex peer groups with a reduction in commitment to family activities and a lack of adherence to parental influence. At the mid-adolescent stage, they initiate passionate love relationships. It is not uncommon for adolescents to have crushes on adults during this stage. There is a development of emotional aptitude (the ability to understand and manage one's own emotions) and social competence (the ability to successfully relate with others), otherwise referred to as emotional intelligence, which is the ability to identify and manage own feelings and the feelings of others (Molokwu & Olabisi, 2020).

At emotional development stage, they cultivate the ability to think abstractly, fall in love, go through the experience of infatuation and become interested in romantic and sexual relationships. This stage is bedeviled with the incidence of unwanted and unplanned pregnancy which has become a worrisome situation in our society today as it constitutes a health hazard to both the mother and the fetus. This infatuation is built on imaginary audience or make-believe audience (peers) that are observing them. Appearance at this age, is paramount subsequently, unhealthy sexual awareness is ventured into exposure to drugs, and the resultant consequences is an unwanted pregnancy (Mathewos & Mekuria, 2018). A number of risk factors that contribute to teenage pregnancy include unsafe sexual engagement, abuse of contraceptives (Iyanda, Dinkins, Osayomi, Adeusi, Lu & Oppong, 2020), risks associated with multiple intimate partners, drug/substance use and misuse, deprivation, truancy and low family income or single parent family. It further leads to disruption in academic pursuit and contributes to school dropout (Ayamolowo, Ayamolowo & Odetola, 2020).

Peer pressure is a factor that is worthy of note when it comes to teenage pregnancy. Molokwu (2022) submitted that this is a very potent factor as peers evidently form social groups and norms to which members are expected to conform. As they are constantly pre-occupied with how they appear to others, they constantly worry about the way others perceive them as a result, they express their vulnerability through keen interest in appearance measured in clothing, hair-dos and language. The bearing and pressing pressure to belong to and fit in with peers is constantly, demanding a necessity to act, look, think or behave in a certain ways so as to receive approval, validation and appreciation from peers, and a sense of being accepted by friends and peers. The peer group, often through a naive attachment wields a strong influence on the adolescent's development. Secondary school years is a period of dramatic personal, social, and cognitive change where peer pressure is prevalent. Socio-demographic characteristics are usually the strongest predictors of friendship formation. Peer groups which is typically a same-sex group, have unique capacities to encourage negative or positive behaviour in their members.



Social media became an essential and integral part of the adolescents' life in this millennium. It is used in different sectors and domains like in health, education and communication. It includes Facebook, Whatsapp, Instagram, Snap chat, Telegram and a host of others which uses the internet. The swelling trends in the use of social media and influence of peer pressure are among the understandable concerns of adolescence, especially with the incursion of the covid-19 pandemic (Mufta, 2022) and the required lockdown of schools which necessitated the discard of face- face teaching and learning and replaced with the e-learning. It has regrettably influenced the taste and desire for fashion and trends among teenagers. They become victims of a number of unpleasant consequences like internet obsession, cyberbullying, anxiety, pornography addiction and sleep disorders. Alfakoro, Yahaya and Abdul, (2021) posits that depending on the side it falls on, social media wields negative and positive impacts.

Many youth are now addicted to watching movies on the social media in the process they get exposed to sexthings and pornography in the social media, and as a consequence become prone to engaging in practical carnal activity and as a result, they end up in committing abortion (Onasoga & Arunachallam, 2018). The resultant effect on education is the truncation of academic activities and syllabus, increased health risk particularly for the special needs child, isolation, and rejection by family members and in some cases, lack of affection and care from both parents and family.

A physical manifestation of the consequences of constant use of or addiction to social media is discomforts from prolonged immobility and decreased exercise. This inactivity in life style could cause increased weight gain and fear of missing out and not fitting in among peers. Therefore, the researcher is motivated to undertake this study in order to determine the effects of peer pressure and media on teenage pregnancy among secondary school adolescent girls in Ibarapa Division of Oyo.

Statement of the Problem

Teenage pregnancy has become a recurrent issue in Nigerian society as it has a direct implication on school dropout among girls and a subsequent contributor to the disparities experienced in the education of both girls and boys. Despite the extensive attention given to adolescent sexuality and teenage pregnancy in the last two decades, the incidence has not abated and many adolescent mothers often experience a lack of equal career opportunities and a high rate of unemployment. Social-Media networks possibly will make Adolescents susceptible to taking risky choices or decisions, which consist of but are not limited to risky sexual behaviour, alcohol, drugs, and violence. Oftentimes, the sexual behaviour of teenagers is traceable to quest and drive to experiment the dictates of peer pressure.

The twenty-first century is a digital age characterized by exposure to social media, information and communication technology. The love for adventure exposes them to unhealthy sexual behaviours through the social media. Some of them visit sites with explicit contents and as such are predisposed to the urge to experiment what they see and watch. The risk of maternal and prenatal health is of apprehension for both the pregnant teen and the health sector as the frequency of premature birth and low birth weight is prevalent amongst teenage mothers.

A teen mother to be (the pregnant teen) could easily be exasperated and prone to violence in order to overcome grief and distraught feeling of failure and suicide. Ordinarily, pregnancy predisposes to hypertension, anemia combined with prolonged labour and the severe complications associated with early pregnancy and complications. On the long run, the education is disrupted and the teen stigmatized. The consequences is that the teen may never return to school but may live with the burden of guilt and regret. Resting on this backdrop, this study set out to investigate the effects of peer pressure and social media on teenage pregnancy among adolescents' in selected secondary schools in Oyo Town.



Purpose of the Study

The main purpose of this study was to investigate peer pressure and social media as predictors of teenage pregnancy among secondary school girls in Ibarapa Division of Oyo State and in precise terms to:

1. Determine the peer influence on teenage pregnancy in Ibarapa Division of Oyo State.
2. Examine the influence of social - media on teenage pregnancy in Ibarapa Division of Oyo State.

Hypotheses

Two hypotheses were tested:

- i. There will be no significant effect of peer influence on teenage pregnancy in Ibarapa Division of Oyo State.
- ii. There will be no significant effect of media on teenage pregnancy in Ibarapa Division of Oyo State.

METHOD

Research Design

The descriptive survey research design was used for this study. Multi-stage sampling was adopted for the study. Two of the three local governments were randomly selected while 12 schools were selected from each of the two local government (5 schools from each local government).

The Participants

The population of this study comprised all female students between the ages of 13 and 19 years in secondary schools. Ten (10) female students were randomly selected from each of the twelve schools. A total of one hundred (100) female secondary school students participated in this study within Ibarapa Division of Oyo State, Nigeria. Ibarapa Division has three local government areas namely Ibarapa East, Ibarapa Central and Ibarapa North Local Government Areas.

Research Instrument

The research tool through which responses were elicited from the respondents according to the variables that were tested in the hypotheses. The questionnaire consisted of three sections. Section A is the bio-data of the participants; Section B is 9-item Teenage Pregnancy and Peer Pressure Questionnaire (TEPAPP-Q) which uses two likert scale (Yes=1 and No=2) and seeks to elicit response on how peer pressure influence the participants to be involved in sexual activities while Section C is the 8-item Media and Sex Questionnaire (MAS-Q) which uses three-likert scale (Never=1, Once in a while=2 and Often=3) and elicit response on participants use of the media/internet to access sexually explicit contents.

Reliability and Validity

These questionnaires were developed and validated by the investigator. Face validity was done on the instrument by the researcher and other experts in the field. The reliability of the instrument was calculated using Kudas Richardson method with reliability coefficient of 0.72 considered reliable for use.

Procedure for Data Collection

The researcher assisted by research assistants administered the questionnaire in selected secondary schools within the study area after seeking the permission of the school principals. Copies of the questionnaire were distributed to participants and retrieved after they had been filled.

Analysis of Data

The data collected was analysed using Analysis of Variance (ANOVA). The significance level was taken as .05 in the study.



RESULTS

The socio-demographic characteristics of the participants included in the study are given in Table 1.

Table 1. Participants' socio-demographic data

Class	AGE		Total
	13-15 years	16-19 years	
JSS 1	4	2	6
JSS 2	14	4	18
JSS 3	18	16	34
Subtotal	36	22	58
SS 1	6	16	22
SS 2	2	18	20
Subtotal	8	34	42
Total	44	56	100

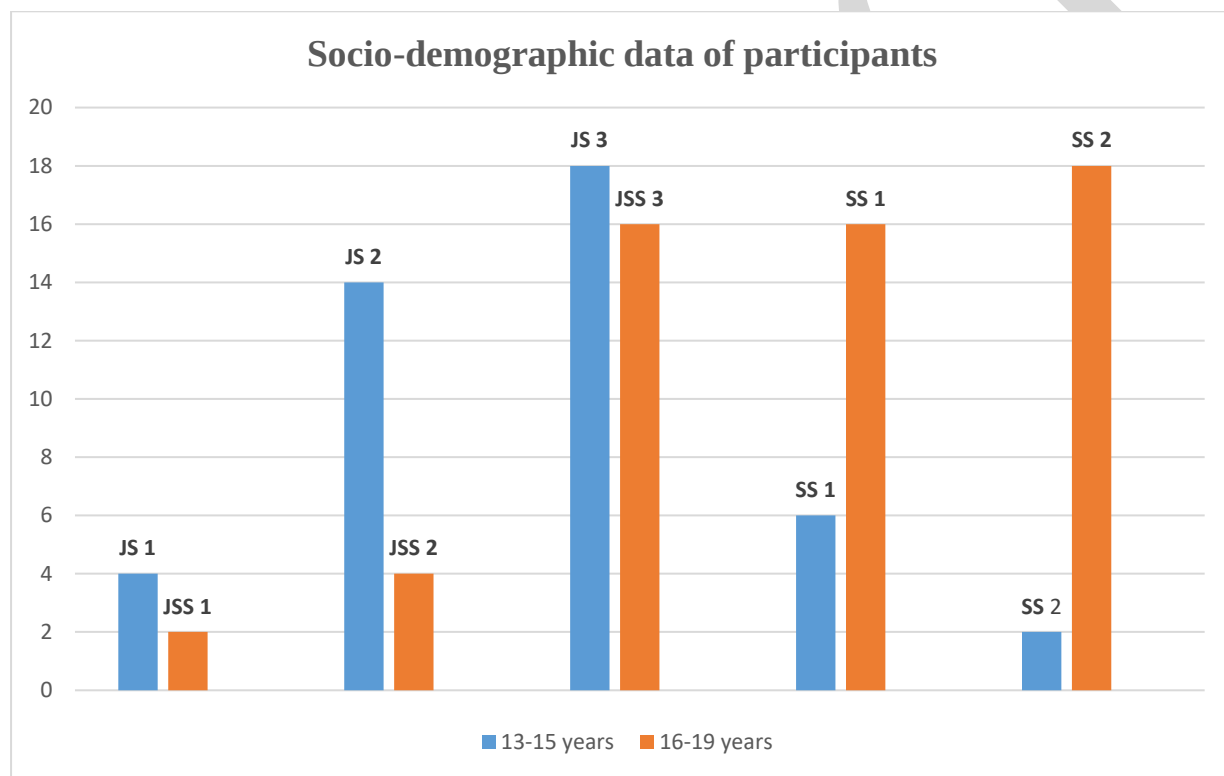


Figure 1. Bar chart showing participants socio-demographic data

Table 1 above and the bar chart show the participants' socio-demographic data in terms of age and class. The table shows that 36 of the participants in Junior Secondary classes were within the age range of 13-15 years while 22 were within the age range of 16-19 years. Table 1 also shows that participants in Senior Secondary classes within the age range of 13-15 years were 8 while those within the age range of 15-19 years were 34. The table further shows that more participants (56) were within the age range of 16-19 years than those (44) within the age range of 13-15 years. This data shows that most of the participants were matured adolescents in JSS 3, JSS 2, SS 1 and SS 2.

In order to test the first hypothesis of the research, "There will be no significant effect of peer influence on teenage pregnancy in Ibarapa Division of Oyo State", ANOVA test was applied to the data. ANOVA test result is given in Table 2.



Table 2. Analysis of Variance (ANOVA) of effect of peer influence on teenage pregnancy.

Model Summary

Model	R	R-Square	Adjusted R-Square	Std Error of the Estimate
1	.209 ^a	.044	.034	6.397

ANOVA

Source of variation	Sum of Squares	Df	Mean Square	F	Sig
Regression	183.959	1	183.959	4.495	.037 ^{b*}
Residual	4010.681	98	40.925		
Total	3294.390	99			

a. Dependent variable: Teenage pregnancy

b. Predictor: (Constant) Peer Pressure

*Significant at .037

Table 2 above which has two parts shows the model summary and ANOVA. The model summary reveals an R-square (i.e. the coefficient of determination) of 0.44. This means the proportion of variance of the dependent variable (teenage pregnancy) account for 44% of the difference in the independent variable (peer pressure). The table further shows the analysis of variance of peer influence on teenage pregnancy. It shows that F-ratio (4.495) is greater than the level of significance (0.037) i.e. [F (1, 98) = 4.495; p< 0.037]. Therefore, the null hypotheses is rejected. Peer influence therefore influenced teenage pregnancy in the study area.

In order to test the second hypothesis of the research, "There will be no significant effect of media on teenage pregnancy in Ibarapa Division of Oyo State", ANOVA test was applied to the data. ANOVA test result is given in Table 3.

Table 3. Analysis of Variance (ANOVA) of Effect of Media/Internet on Teenage Pregnancy

Model Summary

Model	R	R-Square	Adjusted R-Square	Std Error of the Estimate
1	.205 ^a	.042	.032	6.404

ANOVA

Source of variation	Sum of Squares	Df	Mean Square	F	Sig
Regression	175.909	1	175.909	4.290	.041 ^{b*}
Residual	4018.731	98	41.007		
Total	4194.640	99			

a. Dependent variable: Media/Internet

b. Predictor: (Constant) Peer Pressure

*Significant at .041

Table 3 above which has two parts showing the model summary and ANOVA. The model summary reveals an R-square (i.e. the coefficient of determination) of 0.42. This means the proportion of variance of the dependent variable (teenage pregnancy) account for 42% of the difference in the independent variable (media/internet). The table further reveals the analysis of variance of effect of media on teenage pregnancy. It shows that F-ratio (4.290) is greater than the level of significance (0.041) i.e. [F_(1,98)=4.352; p<.041].



Therefore, the null hypotheses is rejected. Media therefore have significant effect on teenage pregnancy in the study area.

DISCUSSION, CONCLUSIONS, and RECOMMENDATIONS

Being an investigation into the effects of peer pressure and media on teenage pregnancy in Ibarapa Division of Oyo State, the researcher found that though both peer pressure and media had significant effects on teenage pregnancy of adolescent girls, peer pressure exerted greater effect than media. This finding is consistent with that of Ojo and Asebiomo (2019) who reported that adolescents spend more time with peer groups more than with their parents, as a result, they often choose and decide to conform to their peers desires and expectations. The findings of Isuku, (2015) in an earlier research found that cliques are formed and distinguished through the extent of influence wielded, such as affiliation to socio-demographic characteristics as predictors.

The study also revealed that exposure to social media is a causative variable in the incidence of teenage pregnancy. Going by the submissions of Pikhart and Botezat, (2021), the social media indisputably have a positive use however, some of the sites may well be misused and abused by teenagers through viewing lascivious and sensuous related lurid pop-up (advertisements), explicit images and video clips. This is similar to what has been reported in earlier studies and it is expected because adolescents are active users of the social media. The findings of Molokwu, (2022) collaborated the findings of Pikhart and Botezat, (2021). Further, that peer pressure added to misdemeanors which is in consistency with the reports submitted by Osuntuyi, Ireymi and Aluko (2021) that unaccepted norms displayed by young ones are as a result of impact of peer pressure caused by lack of parental positive presence.

The accessibility to internet was also found to be a significant contributor to cybercrime in the study area. This finding is consistent with Oloworekende (2019) who reported that various social media platforms have also help in sustaining the practice of cyber fraud as most of online personalities also known as online influencer's are in one way or the other linked to the lifestyle of fraud. Flaunting their ill-gotten wealth over the various social media platforms and reiterating the notion of hard work which is mostly referred to as fraud or scamming is used to mount pressure on most youth massively to engage in all. This finding is corroborated by the work of Mushwana, Monareng, Richter and Muller (2015) whose surmise is that access to sexual content in music, movies, television and magazines had an influence on early sexual activity among the young. It has allowed numerous adolescents to come across like-minded individuals for intellectual support and it has also fortified healthy way of life through peer influence, and also acting as a basis of stress relief and entertainment.

Social media undoubtedly is a double-edged sword, particularly relating to peer pressure amongst adolescents. It is a getaway route for stressors, an avenue to pick up both positive and negative hobbies. The inability to get constant money to buy data for recharge could make a teenager tilt towards pilfering and theft. It is imperative to concede the benefits of social media, but the hazards cannot be disregarded (Molokwu, 2022). Enhancing adolescents' inner strength is effective at lessening problematic behaviors, such as addiction to Internet (Shek, 2020). The inextricable usefulness of school guidance counsellors, the involvement of parents and teachers tilt towards instilling explicable expected moral ideology. For example, positive youth development programmes in schools and societies might possibly enhance this ability (Shek, 2021a ; Shek, 2021b). Furthermore, schools play active role in averting possible harm by integrating into education an online fraud and virtual dating formal curricula. Teachers also can do more to encourage healthy communications and facilitate productive peer connections.

On the way forward, it is vital for us to make certain that we are cultivating in adolescent users knowledge of these risks and empowering them to take cognizant actions and informed decisions devoid of yielding to peer pressure. The findings of this study concluded that: Teenage pregnancy can be as a result of the



influence of the negative impact of social media and the negative influence of peer pressure among in Ibarapa Division of Oyo State. Against this backdrop, recommendations were made below:

Recommendations

The following recommendations were made based on the findings in the study:

- i. Female students should receive early counsel and orientation on the danger that lurks around the social media and the internet and especially on how their choice of peers and friends can impact negatively on their lives.
- ii. Parents should monitor the changes, interest in courting, intimacy, and sexual related conducts of these teens as they grow and develop.
- iii. A climate that is sensitive to individual issues, sexual identity development and also sexual orientation, is necessary to create a comfortable atmosphere where diverse types of sexual related topics, imaginations, interests and appropriate health information about avoiding risk-taking behaviour, such as drug use and unsafe sexual behaviour, is important and should be provided by all stakeholders.
- iv. It is also pertinent to introduce skills that will develop and enhance capacity to handle and proffer solutions to challenging circumstances with peers, and career guidance.
- v. Since pregnant adolescents experience stigmatization, negligence of care and access to adequate health care services, the need to review health delivery and planned interventions services by the Government for those with abortion complications becomes imperative.

Limitations of the Study

The findings of this study offer some valuable and thought-provoking awareness with respect to investigating peer pressure and social media as predictors of teenage pregnancy among secondary school girls in Ibarapa Division of Oyo State. However, the study has some limitations which might have implications for further research. First is limitation of sample size of the study as it was carried out only among teenagers in secondary school in Ibarapa Division of Oyo State.

Second, is that the study used measures that could make the correlation among the variables to be exaggerated by common method variance also, the respondents could have tended to offer responses that were socially right. Consequently, future researchers may design better scale structure together with the outline of results which may need substantiation using a grander representative sample comprising of several cultures, since the study conveyed a continuum to the knowledge base that support ethnically pluralistic environment.

Ethics and Conflict of Interest

As the authors of this study, we declare that we collected data in accordance with ethical rules during the research process and acted in accordance with all ethical rules. We also declare that there is no conflict among the authors.

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Appendix 1

INSTRUCTION

This is a questionnaire for the above study. Information provided is intended for academic purpose and kept confidential. Please fill as applicable.

SECTION A

BIO-DATA

Age: 13-15 years (), 16 -19 years ()

Class: JSS 1 (), JSS 2 (), JSS 3 (), SS 1 (), SS 2 (), SS 3 ()

SECTION B

TEENAGE PREGNANCY AND PEER PRESSURE QUESTIONNAIRE (TEPAPP-Q)

SN	Statement	Yes	No
1.	There is nothing wrong in being influenced by my friends.		
2.	At times, I have done some things because others dared me to.		
3.	If my friends are drinking, I will also like to have a drink.		
4.	I am being influenced by my friends to doing things I wouldn't do normally.		
5.	Some of my friends want to have sex because a lot of people of their age have already had sex.		
6.	I have been friends with some people, just because others liked them.		
7.	I have gone to parties, just to feel I belong.		
8.	I often do things just to be popular with the people at school.		
9.	At times, I have hung out with some people, so others wouldn't think I was unpopular.		
10.	I feel pressured to have sex.		

SECTION C

MEDIA AND SEX QUESTIONNAIRE (SMAS-Q)

SN	Statement	Never	Once in a while	Often
1.	I have a social media account.			
2.	I see pornography on social media.			
3.	I have watched explicit sexual content on television sometimes.			
4.	I have read sex stories.			
5.	I have friends who watch sex on their phone.			
6.	I have never seen a sexual video before.			
7.	I can search and download anything on my phone.			
8.	I do what I like with my phone anytime I want.			