

## **Parental influence on reproductive health behaviour of youths in Ibadan, Nigeria**

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### **Summary**

The study was carried out to document parental influence on the reproductive health behaviour of youths in Ibadan, Nigeria. A cross-sectional survey of 274 youths from Idikan community was carried out. Information on the socio-demographic characteristics, parental communication, parental monitoring and sexual practices of respondents were collected using a structured interviewer-administered questionnaire. A total of 274 youths were interviewed, 111 (40.5%) were sexually active. The overall mean age at first sexual exposure was  $15.2 \pm 3.0$  yrs (males =  $15.4 \pm 3.5$  yrs, females  $14.90 \pm 2.6$  yrs). Fifty-two (19.0%) respondents used condom regularly. More out of school youths (42.2%) were more sexually active than those in school (38.7%) ( $X^2 = 0.32$   $p=0.573$ ). Youths (50.8%) with secondary school education used condom regularly than those with primary education 40.4% ( $p>0.05$ ). Mothers were more involved in family life education than fathers (40.9% vs. 16.8%  $p<0.05$ ) and family life education was found to promote condom use ( $p<0.001$ ). Predictors of regular condom use among the youths were comprehensive family life education by mothers (OR=6.24, C.I.= 2.47-15.75,  $p=0.001$ ), respondents' level of education (OR=0.415, C.I.= 0.211-0.814  $p=0.011$ ) and occupation (OR=0.48, C.I.= 0.24-0.95  $p= 0.034$ ). While comprehensive family life education by mothers (OR= 2.11, C.I.= 1.04-4.28,  $p=0.038$ ), female sex (OR=2.2, C.I.= 1.28-3.83  $p=0.005$ ) and liberal monitoring pattern by mother (OR=2.16, C.I.= 1.03-4.53  $p=0.04$ ) were predictors of increased sexual activity. Parents particularly mothers can promote safe sexual practices by giving information and education on reproductive health matters.

**Keywords:** *Parental influence, youths, reproductive health behaviour, Ibadan, Nigeria*

### **Résumé**

L'étude était faite pour documenter l'influence parentale sur le comportement sexuel reproductif des jeunes à Ibadan, Nigeria. Au total 274 jeunes de la communauté d'Idikan étaient interviewés, 111 (40.5%) étaient sexuellement active. Les informations sur les caractéristiques socio-démographiques, la communication parentale, la surveillance parentale et les pratiques sexuelles des participants étaient enregistrées utilisant un questionnaire structuré sur interview. La moyenne d'âge à la première exposition au rapport sexuelle était de  $15.2 \pm 3.0$  ans (males =  $15.4 \pm 3.5$  ans, femelles  $14.90 \pm 2.6$  ans). Cinquante-deux (19.0%) des participants utilisaient les condoms régulièrement. Plus des jeunes non scolarisés (42.2%) étaient plus sexuellement active que ceux à l'école (38.7%) ( $X^2 = 0.32$   $p=0.573$ ). Les jeunes (50.8%) avec une éducation secondaire utilisaient les condoms régulièrement que ceux ayant une éducation primaire 40.4% ( $p>0.05$ ). Les mères étaient plus dévouées dans l'éducation familiale que les pères (40.9% vs. 16.8%  $p<0.05$ ) et l'éducation de la famille promettait l'usage du condom ( $p<0.001$ ). Prédicateurs régulier de l'usage du condom parmi les jeunes étaient l'éducation compréhensive de la famille par les mères (OR=6.24, C.I.= 2.47-15.75,  $p=0.001$ ), le niveau d'éducation des participants (OR=0.415, C.I.= 0.211-0.814  $p=0.011$ ) et l'occupation (OR=0.48, C.I.= 0.24-0.95  $p= 0.034$ ). Cependant la compréhensive de l'éducation familiale chez les mères (OR= 2.11, C.I.= 1.04-4.28,  $p=0.038$ ), sexe femelle (OR=2.2, C.I.= 1.28-3.83  $p=0.005$ ) et le contrôle libre de la fréquence ou cycle chez les mères

(OR=2.16, C.I= 1.03-4.53 p=0.04) étaient des prédicateurs de l'augmentation de l'activité sexuelle. Les parents, particulièrement les mères peuvent promouvoir les pratiques sexuelles saines en donnant des informations et d'éducation en santé reproductive.

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