

**PERCEIVED CAUSES AND EFFECTS OF TEENAGE PREGNANCY AMONG  
STUDENTS OF THE UNIVERSITY OF BENIN**

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**A RESEARCH PROJECT SUBMITTED TO THE DEPARTMENT OF HEALTH,  
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**MAY, 2024**

## **DEDICATION**

This Project work is solely dedicated to God Almighty and her mother, who saw the researcher through her undergraduate program in the University of Benin and gave her the grace and strength to complete it.

## CERTIFICATION

We, the underlined, certify that this research project was carried out by **Chloe Oghogho OBOH** with Matriculation Number: **EDU1904598** in the Department of Health, Safety and Environmental Education, University of Benin in partial fulfillment of the requirements for the award of a Bachelor of Science B.Sc. (Ed) degree in Health Education.

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## **ABSTRACT**

The study investigated the perceived causes and effects of teenage pregnancy among students of the University of Benin. Four research questions were to guide the study. The purpose of the study was to access and examine the awareness and effects of teenage pregnancy among students in the University of Benin.

The descriptive survey research design was adopted for this study. The population of the study consists of all (44,699) undergraduates from fourteen (14) faculties in the University of Benin. The instrument used in this study is the questionnaire titled “the Causes and Effects of Teenage Pregnancy Students in the University of Benin”

The finding from the study research revealed that the major causes of the teenage pregnancy are teenagers lack of Sexual Education and peer pressure, it cannot be totally ignored that Cultural Norms and Stigma surrounding discussions about sex also contribute to the teenage pregnancy necessary recommendation to the teenagers among the University of Benin undergraduate, general public, and government body as follows: students have access to confidential counseling services, Public awareness campaigns.

## CHAPTER ONE

### BACKGROUND OF STUDY

#### Introduction

One of the salient responsibilities of women is procreation as ordained by God. However, there are conditions to be met before a woman could start procreating. In African context, the act of procreation is a responsibility of grown-up young adults who have been found to be physically, economically, emotionally, spiritually and at large psychologically matured; that is why marriage act is highly contracted and celebrated in our present societies. The observed situation prevalent in both developed and underdeveloped world is such that there are, however, girls as young as ten who are sexually active and occasionally become pregnant and give birth, such that girls of between thirteen and nineteen years are now getting pregnant at an alarming rate. Surveys by investigators such as Briggs (2021), revealed that teenagers become sexually active at an early age with corresponding high fertility. This condition is widely referred to as teenage pregnancy. Teenage Pregnancy is defined as ‘a teenager or under-aged usually within ages of thirteen to nineteen years becoming pregnant’. The term in every day speech usually refers to women who have not reached legal adulthood who become pregnant, (Oguguo, 2015).

Teenage pregnancy is a situation where teens are getting pregnant. At the onset of sexual maturity at adolescence, the girl child develops an interest in sexuality and often

times become a victim of men who normally have an interest in breaking their virginity. As Bakken and Romig (2016) put it, many young women greet their seventeenth year with pregnancy and many of these will have one or two before they are twenty. Early sexual activity increases the risk of multiple sex partners, unprotected sex that ends up into sexual transmitted diseases such as acquired immunodeficiency syndrome (AIDS) and risk of premature rupture of membranes, preterm labour, and postpartum infection (Arnett, 2014). According to WHO (2010) among the teenage mothers, the neo-natal mortality rate is 41 per 1000 live births, compared with 22 per 1000 when the mother is older between 20 to 29 years.

Teenagers constitute a high-risk group requiring high priority services. At the onset of menstruation, 12-18 percent of pelvic growth in girls is still not completed. Giving birth at this stage can lead to fatal complications or leave the mother with lifelong morbidities. All these bring the teenager female at high risk of experiencing more adverse reproductive health outcomes. Pregnancy of a still growing girl means an increase in nutritional requirement, not only for the growth of foetus but also for the mother herself which inevitably leads the teenage mother to malnutrition and she has to suffer from various pregnancy complications like obstructed labour, retardation of foetal growth and premature birth. Slowing the rate of teenage pregnancy will help to reduce the risks.

The problem of teenage sexuality as evidenced by pregnancy must be seen as two sides of the same coin: 'Mothers too soon' for the married and out-of-wedlock pregnancy for the unmarried adolescent (Chui, 2018). Early child bearing exerts a heavy social and

economic toll on the teenager, her family and society at large. Teenage pregnancy is a problem because the victims become mothers too soon and endanger their own lives. They produce children they cannot care for since they are not even responsible to care for themselves. Their education is interrupted often prematurely, spoiling their life chances and any opportunities for betterment. Teenage pregnancies amount to tragic waste in view of lost chances and the heavy economic burden suddenly thrust on the young victim and her family.

In Nigeria, according to the Health and Demographic Survey in 2012, 47% of women aged between 20 to 24 years were married before 15 years, and 87% before 18 years. 53% of those surveyed also had given birth to a child before the age of 19 years (Allen & Kuperminc, 2012). A Save the Children report (2019) identified 10 countries including Nigeria where motherhood carried the most risks for young women and their babies. According to the report, most of the teenagers are not aware of family planning methods, something which leads to their being pregnant. Parents were also found to be ignorant and they feel as if it is a taboo to speak to their children about sexual matters. Also, poverty can be contributing a great deal in increasing the pregnancies because many teenagers lack their basic needs and are forced to engage into sexual activities in order to get money to cater for their daily needs as well as their families. Due to cultural activities, some girls enter early marriages by being forced by their parents and most of them are taught how to care for men sexually at a very young age which also creates a

problem because they start engaging themselves into early sexual activities leading them to unwanted pregnancies (Arnett & Balle-Jensen, 2018).

The majority of pregnant teenagers do not want to become mothers while they are in their teens and yet a substantial number of them have babies before they are twenty. It is therefore quite clear that the factors associated with this global problem are complex. In most of our societies, sexual and reproductive health issues have been considered as secret and undisclosed matters that are not allowed to be discussed in public and even at home with parents or close relatives. Hence, most teenagers get information from unreliable sources i.e. peer groups, friends at school, magazine and radio. Study by Ukekwe (2021) in South-South Nigeria evidenced that parents and adults do not give teenage information on sex and contraception because it is not considered culturally appropriate, hence they turn to their peers who give them inappropriate and/or inaccurate advice. The problem of teenage pregnancy is here with us, and its incidence seems to have reached an alarming rate. Society has got to accept it instead of turning a blind eye and pretending that the problem is not there or simply hoping that girls will not "do it". As this problem becomes explosive and especially with the high birth rate in the country, there is an urgent need to curb teenage pregnancy since these pregnant teenagers are not ready to become mothers. There is an equally urgent need to know what has led to this condition, to establish the social and economic factors associated with it or, to put it in other words, to find out what in society precipitates this type of occurrence.

Although prevention of teenage pregnancy is one of the national strategies, many teenagers continued to become pregnant and this has been complex and challenging issue for families, health workers, educators, societies, governments as well as teenagers themselves (Dangal, 2005). Teenage pregnancy should be considered from a scientific, not necessarily a moralistic point of view. This will enable us to note the thread of events which lead to a teenage girl who is inadequately equipped to become a mother before she has had herself prepared for such an eventuality and before she is even responsible for herself. Thus, this study will seek to establish the socio-economic factors which precede the state of pregnancy and from such information then make inferences and recommendations towards helping these young girls and the community at large.

### **Statement of the Problem**

Teenage pregnancy is a critical social issue that significantly impacts the lives of young individuals, particularly among students in institutions of higher learning such as the University of Benin. The absence of early sex education to the teenagers contributes to a lack of awareness, misinformation, and misguided decision-making regarding sexual health among university students, potentially leading to unintended pregnancies.

There is also the issue of Sociocultural Pressures, the prevalence of sociocultural factors, including societal norms, traditions, and expectations, can exert significant pressure on university students. These pressures may influence early sexual initiation and contribute to the occurrence of teenage pregnancies, as individuals may feel compelled to conform to certain expectations or norms. Therefore, this study seeks to address these

issues comprehensively, shedding light on the underlying causes and examining the many-sided effects of teenage pregnancy among students in the University of Benin

### **Research Questions**

The following research questions are raise to guide the study

1. What are causes of teenage pregnancy among students in the University of Benin?
2. What are the effects of teenage pregnancy among students in the University of Benin?
3. What is the awareness level of teenage pregnancy among students in the University of Benin?
4. Do the socio-economic factors contribute to teenage pregnancy among students in the University of Benin?

### **Purpose of the Study**

The main objective of this study is to examine the causes and effects of teenage pregnancy among students in the University of Benin.

The specific objectives of this study are to:

1. Access causes of teenage pregnancy among students in the university of Benin
2. Examine the effects of teenage pregnancy among students in the university of Benin
3. Access the awareness of teenage pregnancy among students in the university of Benin

4. Examine the socio-economic factors contributing to teenage pregnancy among students in the University of Benin

### **Significance of the Study**

The significance of the study on the causes and effects of teenage pregnancy among students in the University of Benin is multi-faceted, encompassing academic, social, and policy implications. The study holds importance due to the following reasons:

**Informing Policy and Programs:** Understanding the specific causes and effects of teenage pregnancy in a university setting can inform the development of targeted policies and programs. This research can provide insights into the unique challenges faced by university students, guiding the formulation of evidence-based strategies to prevent and address teenage pregnancies within the educational context.

**Enhancing Reproductive Health Education:** The findings of the study can contribute to the enhancement of reproductive health education programs within the University of Benin. Identifying gaps in knowledge and addressing misconceptions can empower students with accurate information, promoting responsible sexual behavior and reducing the incidence of unintended pregnancies.

**Fostering a Supportive Academic Environment:** Addressing the causes and effects of teenage pregnancy contributes to the creation of a supportive and inclusive academic environment. This research can help raise awareness about the importance of empathy,

understanding, and non-judgmental support for students facing the challenges associated with teenage pregnancy.

**Promoting Gender Equity and Equality:** The study can shed light on gender dynamics related to teenage pregnancy, highlighting any disparities in how male and female students experience and navigate the consequences. This information is crucial for promoting gender equity and equality within the university and addressing any underlying factors that contribute to differential impacts.

**Contributing to Academic Literature:** The study adds to the existing body of academic literature on teenage pregnancy, particularly within the university context. The findings can serve as a valuable resource for researchers, educators, and policymakers interested in understanding and addressing the complex factors associated with teenage pregnancy among students.

**Raising Awareness and Reducing Stigma:** By exploring the sociocultural aspects of teenage pregnancy, the study can contribute to raising awareness and reducing societal stigma. This can help create an environment where affected individuals are not marginalized or discriminated against, fostering a more compassionate and understanding community.

### **Scope and Delimitation of the Study**

This study focuses on the causes and effects of teenage pregnancy but will be delimited to students in the University of Benin

### **Operational Definition of Terms**

**Teenagers or Teens:** These are young persons whose age falls within the range from 13-19. They are called teenagers or teens because their age number ends with "teen".

**Pregnancy:** This refers to the state in which a foetus develops in the uterus of a woman of childbearing age, during the period from conception to birth.

**Teenage pregnancy:** This refers to pregnancies in females under the age of 20.

**Adolescent:** Transitional stage of physical and psychological human development from puberty to adulthood.

**Socio-economic Factors:** These are characteristics such as education, income and occupation that define the quality of life in a society.

**Knowledge:** The fact of knowing about something, general understanding or familiarity with a subject, place, situation etc.

**Culture:** The learned behaviour of a group of people that is generally considered to be the tradition of that people and is transmitted from generation to generation.

**Experience:** Events regarded as affecting someone, the facts or processes of being affected.

## **CHAPTER TWO**

### **REVIEW OF RELATED LITERATURE**

The review of related literature will be discussed under the following sub-headings:

- Concept of Teenage Pregnancy
- Causes of Teenage Pregnancy
- Effect of teenage pregnancy among secondary school students,
- Influence of Age on Causes of Teenage Pregnancy
- Socio-economic Factors Contributing to Teenage Pregnancy
- Summary of Reviewed of Literature

#### **Concept of Teenage Pregnancy**

According to the World Health Organization |WIHO (2022), it is the period between the ages of 10-19 years that encompasses time from puberty onset to full legal age. This phase of life spurts physical, mental, emotional and social development where the individual learns about life making major decisions that leads to career path. During this time teenager feel a lot of peer pressure. Adolescence is generally a complex period where a number of factors may lead to sexual behaviors and reproductive health (RII)

risks. This is due to teenagers being less experienced and less informed in accessing RII services (Fufail, 2018).

Akakpo (2018) stated that during adolescence period, both boys and girls grow and gain weight quickly. Their genitals enlarge in size. Some changes occur in girls such as the ovaries beginning to release eggs and they begin to menstruate (for girls). In boys, the testes start to produce sperms. This normally happen between the ages of 13 to 16, even though it can happen earlier or later. Girls and boys become increasingly self-conscious and aware of the changes taking place in their bodies during adolescent period. They also start to be aware of their sexuality and teel sexually desired, sometimes quite strongly. This is a challenging time emotionally. as teenagers struggle to comprehend their own feelings and actions. Their thinking capacities are in abstract terms and empathy with others develops during this period.

According to Melgosa (2017), during adolescent period, boys and girls experience notable physiological changes which prepare them for more mature sociality, and then inclination towards sexual activity is due to a natural curiosity, to a vehement desire for affection and acceptance. At the same time, it seems to be a demonstration of the maturity which they believe they have reached in the group and even in themselves. They also find themselves in social contexts which include elements, cultural traditions, fashion, and family, and religion, inthience of communication, literature, cinema, radio,

television and advertisement. All these elements can encourage or repress teenagers' sexual urges.

### **Premarital Sex Experience**

Hipwell, Keenan, Loeber and Battista (2020) defined initiation of premarital activities as girls aged 14 and younger. According Hipwell, early initiation was associated with STDs, lower rates of contraception use, and increased rates of unwanted pregnancy. The issues of teenage pregnancies are complicated with conflicting attitudes and behaviors. Discussions about sex fill their air waves: younger girls are portrayed as sex objects; and sex used to sell everything from clothing to news. Yet we are shocked at the rising number of teenagers who are sexually active (Beaman & Bruckner, 2021)

According to Awotwi (2014), in our present, most of the youth are being exposed to premarital sexual relations. It is the background of this that most of the youth has experience in boy girl relation and the use of contraceptives to combat teenage pregnancy (Jolley, 2021). As has been shown from statistics in this last decades teenagers became sexually active at an earlier stage than they used to and almost one third of 15-16 year old adolescents have already experienced sexual intercourse (Jolley, 2021). Createas (2023) explains that adolescents develop biological maturity earlier than in past generations although they often do not reach psycho-social maturity and economic independence until later. It is obvious that there is a need for more information regarding safe sex which

will not only educate them about how to avoid an unwanted pregnancy but also will prepare them to know how to be protected from.

Steinberg (2016) stated that sexual intercourse once delayed until early adulthood is not part of the typical adolescent experience. More than half of all youth have sexual intercourse before graduating from senior high school. When teenagers peers are sexually active, they establish a normative standard that having sex is acceptable, peers influence each other sexual behaviour directly idea through communication among friends (you have not done it yet!). What is the matter with you or more commonly between sex partners (Steinberg. 1996)<sup>2</sup> He went on further to state that a sexual activity has become part of the normal practices of teenager's life. Even though educators, teachers, and others are concerned with sexual activities among the youth, adolescence, sexual involvement is accompanied by emotional involvement affection and commitment to the relationship. By no stretch of the imagination can majority of today youth be described as promiscuous or morally lax in matters of sex,

Awotwi (2104) states that, many of the unmarried pregnant girls, especially school girls who become pregnant first thinks of abortion which sometimes results in death Majority of teenagers have been trying this method all the time. Both junior and senior high school students are involved, and universities and colleges of education students are among. Steinberg (2016), stated that large availability of birth control pills, the overall liberalization of social behaviours and the earlier age of puberty have all been

suggested, the more pressing issue about how society ought to react to the change of nature of sex during the teenage period. Premarital sex is not limited to boys, to minority teenagers with emotional challenges. In fact, it is part of life for the average teenager. The more we ignore this by failing to provide adequate sex education, by limiting the accessibility to effective contraceptive: and by not dealing with the issue squarely, the more challenges adolescents will face.

### **Causes of Teenage Pregnancy**

According to Melgosa (2017), the home is the first and permanent environment of the teenager. It forms a beginning way of development of adolescent. It is home which brought up the inner life of a teenager. There is no doubt that the adolescent boy or girl who is brought up from well-established and better homes are found to be organised, well behaving, balance, less aggressive, socially developed where tolerance, discipline, independent, companionship are at home, the teenagers are well behaved.

Melgosa (2017) further stated that sometimes, some parents have permissive character, they contribute much emotional support but exhibit very little control. They are sometimes ready to listen to their teenagers and talk to them but they do not restrict them. In actual fact, some parents allow their own adolescents to dictate to them and even to some extent dictate to their own parents what they should buy and give to them, states that the permissive behaviour adopted by some parents give adolescents opportunity to do whatever they want to do in life. Adolescents with permissive parents always adopt

antisocial behaviours of indiscipline behaviour. Melgosa (2017) went further to state that sometimes, some fathers pamper their adolescent children too much and give them unceasing freedom to operate their own life.

In fact this behaviour of some fathers does not assist adolescent at all but rather about immoral lifestyle and attitude to the teenagers. Parents should not allow their adolescent children to behave in this way but rather shape the life style and behaviour of their own teenage children by punishing them when necessary and the child should be made to understand why he or she is being punished. Parent and society at large have become negligent and unconcerned about the moral behavior and discipline of children. Some believe that it is the order of the day so parents should not be too fussy about youth involvement in premarital sex (Melgosa, 2017).

Lack of parental love has resulted in lack of parental control on children especially girls. Girls have the tendency to find love and confidence in their peer groups who may not have anything good to offer except their pre-mature curious discoveries in the world of sex pregnancy is considered as one of the causes for female drop of education are both the Junior and Senior High School level. I or those who do not get access to education, teenage pregnancy becomes their portion. There is a saying that the devil finds work for idle hands. If a girl appreciates the value of education, she would have a goal in life to pursue. Her life becomes pre-occupied with activities that would help her realize her dreams and aspirations in life. Such a girl would be mindful of her

lifestyle. She wouldn't want to mess up her life. She would ensure that she develops values that would enable her avoid any unhealthy relationships with the opposite sex. Failure of parents to realize the intergenerational benefits of educating the girl-child has been the cause of high level illiteracy among vid (Melgosa, 2017).

Low value which is placed on girl-child education by parents also encouraged teenage pregnancy. It made the girls see themselves as fashioned only sex objects and for the making of babies. If that was the situation then, they had better start producing babies early: they might think (Melgosa, 2017). Similarly, Bour (2018) states that immoral character of some parents and teachers reflect strongly on their children. Adolescent are always influence in their behaviour by the adult world. Some parents are morally weak; some even train their own children by imparting their bad behaviour to their own children. He further stated it is the duty for every parent to provide the basic needs and every need of his or her child so that the child will not lack anything and also child will not be tempted to engage in pre-marital sex which will lead her to teenage pregnancy. This is confirmed by research conducted in the US-by-'S Public Health Service (2021) that young girls having problems at home would lead them to seek and establish intimate relationship outside the family, seeking warmth and support they lack at home. Also, girl experiencing sexual abuse in the family are linked to increasing risk of teenage pregnancy. Similarly, parent's inability to provide the basic need of girls drives the girls to accept present from the opposite sex which invariably may have to be paid back with sex resulting in pregnancy.

Furthermore, the use of girls for cheap labour in family commercially ventures expose them to irresponsible male adults and makes girls vulnerable to teenage pregnancy also. Teenager girls are more likely to get pregnant if they have limited or no guidance from their parents. Many parents have busy lives that prevent them from providing the guidance and support that their young teenagers need to make good decisions on issues such as sex. When a teenage girl does not feel that she can talk to her parents about sex either because they forbid sex talk or because they are not around, she will more than likely turn to friends for direction on whether or not to have sex resulting in misinformation and possible teenage pregnancy. Most people evade their own children from talking about sex. In some cases, they provide false information regarding sex and discourage their children to participate in any information discussion about sex. In some cases, teenage mothers are not well educated about sex before getting pregnant and thus lead to lack of communication between the parents and the children (Akakpo, 2018).

Ellis, Bates, Dodge, Fergusson, Horwood, Pettit, and Woodward (2023) have found that girls whose fathers left the family early in their lives had the highest rates of early sexual activity and pregnancy, such as behavioural problems and life adversity. Early father-absent girls were still about five times more likely in the United States and three times more likely in New Zealand to become pregnant as adolescents than were father-present girls. The apparent lack of sanctions for offenders that is, the one who impregnates and gives room for more people to indulge in exual immorality without regret.

Negligence of societies and absence of sanction: the society and country as a whole have become so negligent and unconcerned about how morality should be controlled, some even say that even the parents of the children not fussy about youth involvement in premarital sex, the lack of punishment or sanction for offenders gives room for more individuals to indulge in sexual immorality without regret. It is the absence of strong bye laws which even encourage teachers to abuse their own students sexually. Thirdly, lack of healthy recreational facilities: lack of educative out of-school recreational activities for girls' leads girls into unhealthy relationship with members of the opposite sex leading to premarital sex. Many youth have been saddled with premarital sex due to lack of sex education both at home and in school (Awotwi, 2014).

During adolescence, teenagers often feel pressure to make friends and fit in with their peers. Many times these teenagers who do not have adequate knowledge about sex are influenced by their peers. Teenagers have sex as a way to appear cool and sophisticated. But in some cases the end result is an unplanned teenager pregnancy. A study conducted by Afenyadu and Goparadu (2023) identified peer pressure influence as one of the very important factors driving the sexual behaviour of many male and female adolescents in the Dodowa Community.

The study also found out that six (6) out of every ten (10) teenage sexual activity might be due to peer pressure. A lot of teenagers indulge in early sexual behavior due to peer pressure. Teenagers growing in largely promiscuous societies tend to date far earlier

than others in slightly more conventional setups. This is due to the fact that they feel the great need to be 'hip' and 'accepted by their circle of friends. The only way they could probably achieve that would be by having a boyfriend or girlfriend or at least by dating and indulging in sexual acts often. This kind of rash behaviour could lead to unintended pregnancies (Fox, 2020).

According to Amoako (2015), the major contributing factor to teenage pregnancy poverty. Many children in Ghana are victims of teenage pregnancy just because their parents do not have enough money to support their education or even provide three square meals for the family. Based on this, they are forced to engage in premature sex to earn some money to support their education or even provide three square meals for the family. The probability that the teen will become pregnant also relate to poverty's persistence and concentration in the community, and its far-reaching effects on the culture and the social network of which the teen is a part. This is because strong social networks and institutions can buffer teens from the effects c poverty (Portman, 2019).

Meade et al. (2018) concur that Hispanic race, poverty, deviant peer norms, and low parental monitoring all represented risk factors. The objective of Mead et al's (2018) research was to determine if daughters of teenage mothers were at increased risk of becoming teenage mothers, thereby perpetuating an intergenerational cycle of teenage pregnancy. In addition to the risk factors noted above, additional factors influencing daughters of teenage mothers included the teen's mother's marital status and education,

and the teen's school performance, dating history, and environment in terms of race and enrichment. Daughters of teenage mothers were 66% more likely to become teenage mothers themselves (Meade et al, 2018).

Martino et al, (2015), exposure to media such as music videos, movies, and television contribute to early premarital activity. Of these, the researchers believe television had the greatest impact. As shown in their study, sexual content averaged 10 sexual references per hour during primetime television. "Media consumption gives adolescents a sense of being connected to a larger peer network" (p. 524). Adolescents look to television, magazine, and movies to help them find and define their station and place in society. Because adolescents have not reached the cognitive level to critically analyze and determine reasonable levels of realistic goals, they are more vulnerable to media images (Hargreaves & Tiggemann, 2003).

Adolescent girls are more consumers of media. The images and messages presented in the media have strong influence on how an adolescent girl views the world and life in it. Television is an important part of North American culture. As of 2013 it was estimated that 99% of Canadian households owned at least one colour television: 61.25% owned at least two (Statistics Canada, 2015). Because of its prevalence in everyday life, television is an important source for sociological analysis (Fouts & Burggraf, 2000). Murnen and Smolak (2020) confirm that television, more than the movie industry and the media contribute to teenage pregnancy by glamorizing teenage pregnancy in news stories

and movies. Movies that depict teenage pregnancy as something to be desired encourages teenager to engage in reckless sexual activity.

Today's television programmes and movies also contain frequent scenes that provide graphic depictions of sexual activity (Comstock & Scharrer, 2019), Research clearly shows that television portrayals contribute to sexual socialization especially programmes on cable networks. Watching programmes high in inappropriate content has a correlation with the early initiation of adolescent premarital sexual activity and relationships. In addition to this already troubling media impact, is the problem of illegitimacy? According to Comstock and Scharrer (2019), "The rapid growth in recent years of interactive media (e.g., videogames and the Internet) is garnering significant attention as a potential source of influence on children's development. However, this growth has overshadowed the dominant media influence television. Martino et al., (2015) agreed, further noting that social cognitive processes mediate the relationship between inappropriate behaviour of teenagers and sexual content on television programmes. These researchers hypothesized that exposure to television may be a contributor to early premarital sexual activity. According to Melgosa (2017), the media is explicit when we talk about adolescent sexuality and criticism. It is now everywhere and available to all adolescents. Radios, movies, television are now having many ways of advertising through continuous use of pornographic as direct attraction to keep the consumers attention.

Bleakley, Hennessy, Fishbean, Coles, and Jordan (2019) concluded that adolescents reported learning the most about inappropriate premarital behavior from television. Television and modern technology devices, programmes, and activities have had a significant impact on learning about inappropriate behaviour and premarital activities among teenagers. Explicit deviant behaviour, inappropriate language, and sexual references occur regularly on television programmes during family and prime time hours when children are awake to listen and watch.

Akakpo (2023) states that sometimes some teenagers move from rural areas to urban in Ghana such as Kumasi, Accra and Kasoa to find some jobs in order for them to improve their lives and because they do not have accommodations and also proper living conditions they often end up in prostitution. Sometimes because of financial challenges some of teenage girls face, they take men for money without thinking of the dangers ahead. Most of these teenagers within a short time become pregnant and eventually bear the responsibility on their own if the men decide not to accept the baby and responsibility attached to it.

According to White (2021), fashion rules in the world. It is a tyrannical mistress often compelling her devotees to submit to the greatest inconvenience and discomfort. Fashion taxes without reason and collect without mercy. It has fascinating power and stands ready to citizens and ridicules all who do not follow her wake. Both rich and poor are following its styles. According to Brocke (2021) in our world today a girl will not

dress without a complete makeup painted lips with coloured lip-stick. Painted face with heavy pan-cake powder. All these things promote premarital sex through carnal sexual pleasure are aroused and it also attract boys or men. If a lady dresses in this way, she is telling the whole world that she ready for sex and noting more.

White (2021) claimed that idolatry of dress destroys all that is humble, meek and lovely in character. Terrible is the effect of fashion on the physical, mental and moral pleasure in dress is drawing our youth away from moral life. According to White (2021), love of lax dress endangers the morals and make women the opposite of the good lady, characterized by modesty and sobriety show, extravagant dress too often encourages lust in the heart of the wearer and weakens base passions in that heart of the beholder. People see that the ruin for the character is frequently preceded by the indulgence of pride and vanity in dress,

According to Awotwi (2014), lack of sex education is one of the causes of teenage pregnancy in the world. Most girls have been saddled with teenage pregnancy for one reason or the other due to lack of sex education both in homes and at school. Because most of the parents and teachers fail to educate adolescent about sex, most of the youth today find themselves in the pre-marital sex which eventually resulted in the teenage pregnancy. Lack of sex education has been the cause of teenage pregnancy among girls. Most girls have been saddled with teenage pregnancy for one reason or the other due to lack of sex education both in the home and at school, furthermore, Awortwi stated that

some possible causes of premarital sex include failure of some teachers to act as loco-parents: Some of the teachers have already lost their integrity and respect before their own students and have sex with their students. Teachers are expected to act as parent to students. In fact some of the teachers do not consider their professional code of ethics and throw integrity to the wind and sexually abuse school girls.

### **Effects of Teenage Pregnancy**

According to Awotwi (2014), the immediate effect of teenage pregnancy is a disgrace to the girl and the family. The male sometimes deny responsibility of the pregnancy and so the possibility of a girl having a responsible husband only becomes a dream which never be fulfilled. Awotwi (2014) stated that teenage pregnancy could have inter-generational effect on children and grandchildren. There may be no man to take responsibility of the pregnancy. For lack of paternal identity the child may be denied a biologically paternal name. The child may be left at the mercy of generous uncle or step father.

Poverty as a developmental constraint could sometimes be traced through generation because of the mother's past life, the way a mother conducted herself sexually, such teenage lack the emotional intellectual maturity for responsible family life. As a result, the mother together with the child undergoes poor development. One can be sure that this teenage mother's life would also stand the risk of operating the vicious circle of poverty. This will definitely have some effects on the family, society and nation as a

whole. The family members are disgraced as this shows the inability to bring upon ideal responsible and respectful lady. It also affects the family budget as the victim would need the material support from the other family members. Pregnant school girls are not only likely to be expelled but they face stigmatisation, public reduced and also low self-esteem. They sometimes lose their jobs, drop out of school which affect their future life and even the life of their future generation. According to Awortwi (2014), desperate girls normally school girl's first think of the possibility of a successful abortion. The practice of aborting the pregnancy sometimes result in death, the methods that have been tried by girls to achieve what should be desired as criminal abortion are many varied. Quack medical practitioners under unhygienic conditions may do the abortion for the girls illegally. This has been known to result in serious infection and death. Some girls even lose their fertility and never have children in life. Some of these methods of abortion involve highly concentrated drugs and substances. All such substances are toxic to the body and may destroy other organisms in the body.

Some of the girls become successful with these concoctions and preparation from quack medical practitioners: others die from these preparations. Others may not die but they may have health complications later in life.

According to Bour (2014), teenage pregnancy brings or resulted in population growth. Teenage birth constitutes more than 10% of Ghana total birth. He further stated that the results of a rapid increase in population in a developing country such as Nigeria

are evident. Teenage pregnancy will bring pressure on transport. Education, food, health, employment, housing and other facilities, saving capital formation and investment are negligibly thus setting emotion a circle of poverty. Bour (2014) stated that some teenager girls are potential human resources. These potential resources are lost to the nation, community and the family as a whole these skills and talent are destroyed as a result of teenage pregnancy for example who know if any of these teenage girls can be very important person in the country like a minister of the state, member of parliament district chief executive, medical doctor, lecturer, lawyer.

Akakpo (2023) stated that in rural communities, family financial exigencies and social custom induce girls to stay out of school and enter into early sexual relationships which lead them into getting pregnant at early stages of their lives thereby making them continue to be in the cycle of poverty.

Cunningham and Boulton (2016) reported that teenage pregnancy has a lot of social effects which such as: school drop-out, failing prey to criminal activity, abortion, ostracism, child neglect, school adjustment difficulties for their children, adoption, lack of social security, repeated pregnancy and negative effect on domestic life. Poverty and its related ill are clearly connected with teenage pregnancy and childbearing. Poor teenagers are more likely to get pregnant and have children, and teenage who begin families are more likely to be poor. Therefore, poverty and other manifestations of social disorganization can be both the consequences and causes of teenage pregnancy and

childbearing. About two-thirds of all students have sex before graduating from senior high school potentially exposing themselves to pregnancy and STD's. More than four in ten adolescent girls still get pregnant at least once before age of 20 (Kaisear Family Foundation. 2022).

When teenagers give birth, their future prospects become bleaker. They become less likely to be completing school and more likely to be single parents, for instance. Their children's prospects are even worse. They have less supportive and stimulating home environment's poorer health, lower cognitive development, worse educational outcomes more behaviour problems, and are more likely to become teenager parents themselves. Children born to teenagers are also at greater risk of neglect and abuse, have worse educational outcomes and less likely to receive adequate health care than children born to women over 20 years of age. The child of a teenage mother also faces serious challenges; Babies born to teenagers are more at risk for premature birth and low birth weight, raising mental retardation, mental illness, cerebral palsy. dyslexia, and hyperactivity (Kaisear Family Foundation 2022).

Most experts agree that disadvantaged backgrounds account for much of the burden teens carry, having a baby during adolescence only exacerbates the situation (Bridgeland, 2006). Research indicates that the children of teen mothers bear the greatest burden of teen pregnancy and childbearing and are at significantly increased risk for a number of economic, social, and health problems. A reduction in teenage pregnancy,

especially through pregnancy prevention programmes, is beneficial to society as it can strengthen the future workforce (Brace, 2009). In the view of Kirby(2007), today's economy demands a sophisticated and educated workforce, but pregnancy often causes girls to terminate their education prematurely, and is alsora factor preventing adolescents from preparing themselves for employment and becoming established in the labor force. Opportunities significantly decrease when children have children, and their future is often one of continual poverty.

### **Consequences of Teenage Pregnancy**

Being a young mother in an industrialized society can affect one's education. According to Boyer (2020) young motherhood in an industrialized society can affect employment opportunities and social class. He found that less than one third of teenage mothers received any form of child support, vastly increasing the likelihood of turning to the government for assistance. This shows that, the correlation between early childbearing and failure to complete high school reduces career opportunities for many young women. Based on the above premise it could be said that teenage mother are likely to be impoverished at the time of giving birth and seek social assistance within the first five years of their child's life,

Early motherhood can affect the psychosocial development of the infant. The occurrence of developmental disabilities and behavioural issues is increased in children born to teen mothers. A study reveals by Akindele Oscar (2019) that adolescent mothers

are less likely to stimulate their infant through affectionate behaviours such as touch, smelling and verbal communication, or to be sensitive and accepting toward his or her needs. It is also believe that those who had more social support were less likely to show anger toward their children, in the children of teenage mother has also been noted with many of them being more likely than average to fail to graduate from secondary schools, be held back a grade level or score lower on standardized test. Teenage pregnancy and motherhood can influence younger siblings. Taylor (2019) found that the younger sister of teenage mother were less likely to emphasize the importance of education and employment and more likely to accept human sexual behaviour, parenting and manage at younger ages; younger brothers too were found to be more tolerant of non-material and early birth In addition to being more susceptible to high-risk behaviors, if the younger sisters of teenage parents baby sit, they have an increased risk of getting pregnant themselves.

### **Problems Associated with Teenage Pregnancy**

A lot of pregnant teenagers don't know where to turn when they find out they are pregnant. They don't want to tell their parents and end up trying to hide the pregnancy as long as they can. The effect of this is bad prenatal care. The teen doesn't realize the importance of good nutrition to promote good health for them and their child. They (Teenage mothers) also don't realize the major effects of drug and alcohol use and getting an accurate amount of sleep at night. Thus, the problems associated with teenage

pregnancy are seeing in the following itemization as put forward by Dum and Alarie (2019),

(1) Physical changes in the body system which is detrimental to the health of the teenagers.

(2) Early responsibility, the teenage mother is to found adequately equipped to cope with the pregnancy.

(3) Body-system not attuned to early pregnancies and can result in miscarriage or pregnant defects.

(4) Emotional trauma of handling a child at such an early age.

(5) Pregnant complications due to lack of knowledge of handling it.

(6) Changes in life styles affecting the overall personality of pregnant teenagers

Dum and Alarie (2019) observed that the problems of pregnancy on teenagers are many in number. It include making decisions that they aren't ready to make like whether or not to keep the baby, abort the baby, or give the baby up for adoption. Then there are problems of each of those decisions mentioned above. Also the body is changing at a rapid speed.

Furthermore, finishing school and participating in activities after the child is born becomes a big chore. The mother may be able to get help and do some of the activities that she likes to do but may be guilty and feeling like they don't fit in with the other

young ladies of their age mates and this makes those activities unattractive to them (teenage mothers). All of this is natural for a teenage pregnancy

### **Socio-economic Factors Contributing to Teenage Pregnancy**

Economic status of the family has an impact on the teenager. At this age teenagers are faced with different demand to support day to day life and thus needs financial assistance to basic needs such as clothes, body makeup, entertainment etc. The absence of support from the parents has been causing the teenage to seek support from outside the home, as a result starts engaging in sexual activities as return of gifts or assistance received. One of the reasons that came instantly on the question as to why girls get pregnant was poverty. In many cases it was noted that the lack of basic requirements tends to expose girls to risks of pregnancy (Ahikire and Madada, 2021).

Opeyemi (2020) conducted a study on social and economic influences of teenage pregnancies in Africa and found that teenage pregnancy remains an important and a complex issue around the world, with reports indicating that Africa has higher rates than other continents. Data sets from the World Bank Organisation between 2008 and 2010 specific to 51 African countries were obtained to conduct this study based on availability. Independent t-test, Spearman's correlation and regression analysis were performed. The eight social and economic variables used in this study were: GDP per capita, GINI index (World Bank estimate), female literacy rate, health expenditure, unemployed female rate, gender equality, contraceptive prevalence and urban population rate. Independent t-test

revealed that in countries where teenage pregnancies rate was high, literacy rate, contraceptive prevalence rate and healthcare expenditure rate was low. Spearman correlation indicated that female literacy rate, Healthcare expenditure, GDP per capita and Contraceptive prevalence had a significant inverse relationship with teenage pregnancy rate. Logistic regression indicated that female literacy rate is the best predictor of teenage pregnancy in Africa.

According to Chen et al., (2023), young people growing up in disadvantaged economic, familial and social circumstances are more likely than those who did not to engage in risky behaviour to have a child during their adolescent years. Among teens aged 15-17, income inequality and per capita income were independently associated with birth rate; the mean birth rate was 54 per 1,000 in counties with low income and high income inequality, and 19 per 1,000 in counties with high income and low inequality. Among older teens (aged 18-19) only per capita income was significantly associated with birth rate.

Although teen childbearing is the result of individual behaviours, community-level factors such as income and income inequality may contribute significantly to differences in teen birth rates. In a study conducted on factors contributing to adolescent pregnancy among secondary student in Kinondoni by Peter (2019), it was observed that low socioeconomic status is one of the causes for adolescent pregnancies. Other factors responsible were luxury and deprivation of education to girls (43.5% and 16.5%

respectively). Acharya et al. (2020) explained that socio- economic status, educational attainment, cultural factor and family structure were all identified as risk factors for teenage pregnancies in South Asia. Teenage pregnancies are significantly higher in the lower social classes (52%) than in the higher social classes (26%).

Teenage pregnancy is associated with the most deprived and socially excluded of young people. Difficulties in young people's lives such as poor family, relationships. Low self-esteem and unhappiness at school also put them at greater risk. These are among the reasons that contribute to school dropout. Once a girl has become pregnant are not allowed to continue with classes and are discriminated by the family as well as the community. The event has great consequences to the overall wellbeing of a teenager, family and the whole community; spoil her future career and threatening their future economic prospects.

A study conducted in Morocco, Egypt and Turkey by Sutay (2020) on teenage pregnancy by using data from recent Demographic and Health Surveys (DHS) Morocco 2003/04, Egypt 2005 and Turkey 2013 to estimate the timing and determinants of first births among teenage women (under age 20) after controlling the effects of various socioeconomic and cultural characteristics. The study focused on married teenagers who had significantly different experiences than their unmarried counterparts. The results suggested that the probability of having a first birth before the age of 20 had substantially declined since the mid-1990s in Morocco and in Turkey, but had declined only

moderately in Egypt. In Morocco and Turkey the decline in teenage childbearing had been driven by all socioeconomic segments. While in Egypt the decline had been driven by women with the lowest educational attainment. Early marriage, low educational attainment of women, poor welfare status and high spousal age difference constituted the major socioeconomic and socio-cultural factors facilitating teenage childbearing in all three countries.

A study conducted in Nepal by Akina (2021) on causes of teenage pregnancies in Nepal was committed to achieving healthy life including sexual and reproductive health of its teenagers. The aim of this study was to explore and analyze the factors contributing to teenage pregnancy and motherhood in Nepal, its consequences, current policy and program responses in order to improve the reproductive health program. The method used was carried out by doing literature reviews, articles, published and unpublished literature. The conceptual framework was adapted and modified from Ecological and Health Belief Model. The findings showed that worldwide and in Nepal, teenage pregnancy and motherhood of teenage girl was a threat to the mothers and their new born children with serious impact on health, social life and economy. Part of the vulnerability of pregnant teenagers was related to the socio-economic determinants that led to early pregnancy.

Margareth (2020) carried out a study on factors contributing to teenage pregnancies in Tanzania a case study of Kinondoni Municipal Council. The major

discoveries made from this study were that the educational status, availability of contraceptives, and knowledge of reproductive health of these teenagers was low, even the means to which they heard about reproductive health was from different sources other than health facilities or schools which made some of them to be misled. Some were already dropouts from schools, and others were deprived of the chance to continue with secondary education. They had nothing tangible to do because of their low education and coupled with their low economic status, they were at risk of being involved in sexual activities at an early age ending in pregnancies. In addition, their parents' educational and economic statuses were also found to be low.

## **CHAPTER THREE**

### **METHOD OF THE STUDY**

This chapter deals with the method and procedure that was used in this study. It was discussed under the following sub-heading.

- Design of the Study
- Population of the Study
- Sample and Sampling Procedure
- Research Instrument
- Validity of the Instrument
- Reliability of the Instrument
- Method of Data Collection
- Method of Data Analysis

#### **Design of the Study**

The descriptive survey research design was adopted for this study. Survey research design is defined as the systematic collection and analysis of information from a large number of people through their responses (Chinweuba. Ilo. Agbapuonwu. Ogbonnaya.

Obasi, Makata & Iheanacho, 2014). It is considered the most frequently used and easy because it makes use of structured questions and it's fast.

### **Population of the Study**

The population of the study consists of all forty four thousand, six hundred and ninety nine (44,699) undergraduates from fourteen (14) faculties in University of Benin (Source: student affairs division 2022).

### **Sample and Sampling Technique**

The sample size consisted of 100 undergraduate i.e 20 undergraduate each from the faculty of education, faculty of engineering, faculty of agricultural science, Faculty of arts and faculty of social science. The sampling Technique that was used for this study is the purposive sampling technique

### **Research Instrument**

The instrument that will be used for data collection in this study is a structured questionnaire. The questionnaire contains two sections. Section A identify the socio-demographic characteristics of the respondents in the study; section B contains the causes and effects of teenage pregnancy among students in the University of Benin

### **Validity of the Instrument**

The instrument will be submitted to the project supervisor and two other experts in Health Education validated the questionnaire. Their observations, modifications and suggestions will be effected in the implementation of the final copies of the questionnaire,

### **Reliability of the Instrument**

A test re-test reliability method will be used to test the reliability of the instrument To ensure the reliability of the instrument, the questionnaire will be administered to undergraduate who were not be captured in the population of the study to elicit information to measure the consistency of the instrument, the same instrument will be administered to the same student within two-week interval, this is to ensure that the instrument is reliable The result from the test was analyzed using Pearson Product moment correlation coefficient to obtain a coefficient score will be determined.

### **Method of Data Collection**

Copies of the questionnaires will be administered and collected by the researcher and three other assistant. The researcher and his assistance ensured that the questionnaires are rightly filled and all questioned filled correctly before statically analysis.

### **Method of Data Analysis**

The data were analyzed using frequency count mean and simple percentage for the research questions raised.

## CHAPTER FOUR

### PRESENTATION OF DATA AND DISCUSSION OF RESULTS

This chapter deals with the presentation of data collected for this study. A total number of 100 questionnaires were distributed 20 undergraduate each from the faculty of education, faculty of engineering, faculty of agricultural science, Faculty of arts and faculty of social science. That was randomly selected to represent the forty four thousand, six hundred and ninety nine (44,699) undergraduates from fourteen (14) faculties in University of Benin The section A of the questionnaire covers the demographic information of respondent, while section B comprises questionnaire “On the Causes and Effects of Teenage Pregnancy Students in the University of Benin” which is core of this research work.

#### **Demographic Data**

The questionnaire was randomly administered to the female and selected across the targeted age distribution. Between the ages 12-15, the questionnaire was administered to 30% of the population. Also 40% of the questionnaire was administered to respondents between the ages of 16-20 and 25% of the age between 21-25. While 5% of the respondents are age 25years and above.

The second important demographic data is the current level of the respondents. The 100 and 200 level got a total forty and thirty (44) respectively, while 300 and 400 level has 20

respondents each which represent 20% and 20% of both 300 level and 400 level respectively.

On the other hand of the 300 and 400 level got a twenty (20) and ten (10) respectively which represent 20% and 10% of both 300 level and 400 level respectively.

## **Section B**

This is an itemized questionnaire which catered for the respondents' opinion which was based on the evaluation of the research question one and two.

### **Research Question One**

**What are causes of teenage pregnancy among students in the University of Benin?**

**Table 1: Causes of teenage pregnancy among students in the University of Benin**

<b>S/N</b>	<b>Item</b>	<b>Agree (%)</b>	<b>Disagree (%)</b>	<b>Total (%)</b>
1	Lack of comprehensive Sexual Education contributes to teenage pregnancy	90(90%)	10(10%)	100%
2	Peer Pressure plays a significant role in teenage pregnancy	84(84%)	16(16%)	100%
3	Lack of access to contraceptives affects the prevalence of teenage pregnancy	76(76%)	24(24%)	100%
4	Cultural Norms and Stigma surrounding discussions about sex contribute to teenage pregnancy	60(60%)	40(40%)	100%

5	Influence of Media, including portrayal of sex	82(82%)	18(18%)	100%
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The table one (1) above seeks to examine the respondents' opinion on the causes of teenage pregnancy among students in the University of Benin. The table further analyzed data collected as follows:

90% of the respondents agreed that lack of comprehensive Sexual Education contributes to teenage pregnancy while 10% of the respondents disagreed. Also the second item of the research question one showed that 80% of the respondent agreed that peer pressure plays a significant role in teenage pregnancy, while 20% of the total respondents also disagreed.

Sixty (60) respondents on the third item of the research question one out of the total respondent showed and agreed that Cultural Norms and Stigma surrounding discussions about sex contribute to teenage pregnancy, while forty (40) respondents on their hands which is the 40% of the respondents disagreed that Cultural Norms and Stigma surrounding discussions about sex contribute to teenage pregnancy eighty two (82) respondents which is 82% of the total population agreed, while a total of eighteen (18) respondents which is 18% of the total respondents, disagreed influence of Media, including portrayal of sex may cause teenage pregnancy.

## Research Question Two

**What are the effects of teenage pregnancy among students in the University of Benin?**

**Table 2: The effects of teenage pregnancy among students in the University of Benin**

S/N	Item	Agree (%)	Disagree (%)	Total (%)
6	Teenage pregnancy negatively impacts a student's academic performance	88(88%)	12(12%)	100%
7	Teenage pregnancy increases the risk of dropping out of school among affected students	94(94%)	6(6%)	100%
8	Teenage pregnancy contributes to psychological stress	84(84%)	16(16%)	100%
9	Teenage pregnancy leads to financial strain increased	90(90%)	10(10%)	100%
10	Teenage pregnancy increases responsibilities for both the student and their family	82(82%)	18(18%)	100%

The table two (2) above explored the respondents' opinion on the effects of teenage pregnancy among students in the University of Benin the table further analyzed data collected as follows:

88% of the total respondents showed that Teenage pregnancy negatively impacts a student's academic performance while, 12 out of the total respondents disagreed. And the second item on the research question two, 94 % of the total respondents agreed that

teenage pregnancy increases the risk of dropping out of school among affected students while 6% of the total population disagreed.

A total of 78 respondents agreed that teenage pregnancy increases responsibilities for both the student and their family while, 22 respondents on the other hand also disagreed. Also 82% of the total population agreed that teenage pregnancy increases the population of the country. While, 18% of the total respondents also disagreed that teenage pregnancy increases the population of the country.

### Research Question 3

**What is the awareness level of teenage pregnancy among students in the University of Benin?**

**TABLE 3: The awareness level of teenage pregnancy among students in the University of Benin**

S/N	Item	Agree (%)	Disagree (%)	Total (%)
11	Teenage pregnancy affects the social relationships	78(78%)	22(22%)	100%
12	Teenage pregnancy increases the population of the country	82(82%)	18(18%)	100%
13	teenage pregnancy leads to stigma on the girl child	88(88%)	12(12%)	100%
14	Teenage pregnancy contributes to emotional challenges for the pregnant student	92(92%)	8(8%)	100%
15	Teenage pregnancy leads to child abuse	86(86%)	14(14%)	100%

	and abandonment			
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A total of 78 respondents agreed that teenage pregnancy increases responsibilities for both the student and their family while, 22 respondents on the other hand also disagreed. Also 82% of the total population agreed that teenage pregnancy increases the population of the country. While, 18% of the total respondents also disagreed that teenage pregnancy increases the population of the country.

88% and 12% of the respondent on the item 18<sup>th</sup> of the research question two also agreed and disagreed respectively that teenage pregnancy leads to stigma on the girl child. However, 92% and 8% of the total respondents also agreed and disagreed respectively that teenage pregnancy contributes to emotional challenges for the pregnant student.

The last on the research question two item 86% of the total respondents agreed that teenage pregnancy leads to child abuse and abandonment while a total of 14% of the respondents disagreed that teenage pregnancy may lead to child abuse and abandonment.

#### Research Question Four

**Do the socio-economic factors contribute to teenage pregnancy among students in the University of Benin?**

**Table 4: The socio-economic factors contribute to teenage pregnancy among students in the University of Benin**

S/N	Item	Agree (%)	Disagree (%)	Total (%)
16	relationships, impacts teenage pregnancy rates	74(74%)	26(26%)	100%
17	Poverty encourages teenagers to engage in premarital sex which may lead to teenage pregnancy	70(70%)	30(30%)	100%
18	teenage pregnancy leads to sexually transmitted infections such as HIV/AIDS	68(68%)	32(32%)	100%
19	Exposure to pornographic content on the internet and the media can lead to teenage pregnancy	82(82%)	18(18%)	100%
20	Teenagers do not adequately use students' guidance and counseling lead to teenage pregnancy	72(72%)	28(28%)	100%

The sixteen item of the above research question showed that relationships, impacts teenage pregnancy rates. Therefore, seventy four (74) which is 74% respondents agreed while twenty six (26) respondents disagreed with the assertion and that marked 26% of population. Seventy (70) respondents 70% and thirty (30) respondents 40% agreed and

disagreed respectively that Poverty encourages teenagers to engage in premarital sex which may lead to teenage pregnancy. 68% of the total respondents responded agreed that teenage pregnancy leads to sexually transmitted infections such as HIV/AIDS, while thirty two (32) respondents of the total respondents disagreed that teenage pregnancy leads to sexually transmitted infections such as HIV/AIDS;

The tenth item of the research question one showed that one of the causes of the teenage pregnancy is that Teenagers do not adequately use students' guidance and counseling lead to teenage pregnancy, this is because 72 respondents and 28 respondents agreed and disagreed respectively on the notion that Teenagers do not adequately use students' guidance and counseling lead to teenage pregnancy.

### **Discussion of Results**

The above data was collected so as to carry out research on “the Causes and Effects of Teenage Pregnancy Students in the University of Benin” from the demography of the respondents in the section A of the research questionnaire. It revealed that majority of respondents are female, Christians with age between 16–20 and 21-25 years and mostly between the level of 100 and 200 levels. This revealed that the Causes and Effects of Teenage Pregnancy Students in the University of Benin dependent largely on the female gender and their current level in the university.

The section B of this research study further revealed as follows; lack of comprehensive Sexual Education contributes to teenage pregnancy and peer pressure play a significant

role in causing teenage pregnancy this is because a large number of the respondents agreed on the assertion, however less respondents agreed that Cultural Norms and Stigma surrounding discussions about sex contribute to teenage pregnancy. This can be further interpreted that cultural norms and teenage pregnancy may dependently on the regional and religion affiliation of the teenagers.

The research also discovered that one of the causes of teenage pregnancy is the fact that teenagers do not adequately use students' guidance and counseling and this over time has led to teenage pregnancy, this is relatable with the one of the study of related reviewed.

The table two (2) above also analysed the research question on the effects of teenage pregnancy among students in the University of Benin and the study discovered as follows;

The academic performance of teenagers who involved in early pregnancy according to this study negatively impacts a student's academic success and performance. Another effect of teenage pregnancy is that it increases the risk of dropping out of school among affected students and this will contributes to emotional challenges for the pregnant student. However, teenage pregnancy leads to stigma on the girl child, increase the population of the country which may negatively affect the economy of the country if not properly controlled and in addition teenage pregnancy leads to child abuse and abandonment.

In conclusion, this research revealed that the major causes of the teenage pregnancy are teenagers lack of Sexual Education and peer pressure, it cannot be totally ignored that

Cultural Norms and Stigma surrounding discussions about sex also contribute to the teenage pregnancy. And on the effect of teenage pregnancy one of the major effect is that teenage pregnancy negatively affect the academic performance of the teenage student involved. And this can lead to teenage student drop out.

## **CHAPTER 5**

### **SUMMARY, CONCLUSION AND RECOMMENDATIONS**

#### **Summary**

The purpose of the research was to critically investigate the causes and effects of teenage pregnancy among students in the University of Benin. To guide the study, some research questions were raised and this includes; what are causes of teenage pregnancy among students in the University of Benin? What are the effects of teenage pregnancy among students in the University of Benin? What is the awareness level of teenage pregnancy among students in the University of Benin?

to mention a few. However, all the research questions were also raised to ascertain the purpose of the study.

The purpose of the study is to ascertain and examine the causes and effects of teenage pregnancy among students in the University of Benin. The population of the study was made up 100 students that were randomly selected to represent the total population of over 44,699 students in University of Benin. A simple random sampling technique was adopted; data was then analyzed using frequency counts and simple percentage.

#### **Conclusion**

Based on the analysis of data, conclusions were drawn concerning the research question and it was inferred that In conclusion, this research revealed that the major causes of the

teenage pregnancy are teenagers lack of Sexual Education and peer pressure, it cannot be totally ignored that Cultural Norms and Stigma surrounding discussions about sex also contribute to the teenage pregnancy. Further, it was observed that while other factor causes teenage pregnancy, the research also identified that lack adequate use students' guidance and counseling lead to teenage pregnancy which largely on the other hand result to increase in dropping out of school among affected students

However, this research also revealed the effect of teenage pregnancy, teenage pregnancy contributes to psychological stress, these stress did not only further reduces the level of academic performance of the affect students. While the majority of the respondents agree on the effect the teenage pregnancy may cause the affected student the study further revealed the aftermath effect on the family and the country at large and thus, this effect have a significant effect on the country this is because it may lead o population explosion of the country and it can increase responsibilities for both the student and the family.

It is concluded that prerequisite knowledge and necessary public awareness programme facilities should be created and make available to student at their teenage.

### **Recommendation**

The analysis of the research work has shown the causes and the effects of teenage pregnancy among students in the University of Benin. In order to have a positive change towards a positive society sound minded teenagers. This research work makes necessary

recommendation to the teenagers among the University of Benin undergraduate, general public, and government body.

**For Undergraduate Students:**

1. Peer-led workshops and support groups to discuss sexual health, relationships, and contraception.
2. Access to confidential counseling services and reproductive healthcare.
3. Inclusive curriculum addressing teenage pregnancy, its consequences, and healthy decision-making.
4. Campus resources and referrals for pregnant students, such as parental support and academic accommodations.

**For the General Public:**

1. Public awareness campaigns highlighting the risks and challenges of teenage pregnancy.
2. Community-based education programs focusing on family planning, sexual health, and youth development.
3. Support groups and resources for teenage parents, including parenting skills training and economic empowerment initiatives.
4. Encouraging open conversations and reducing stigma around teenage pregnancy.

**For Government Bodies:**

1. Implement policies and programs addressing teenage pregnancy, such as comprehensive sex education and youth-friendly healthcare services.
2. Increase access to contraception and family planning resources for young people.
3. Provide economic support and incentives for pregnant students to continue their education.
4. Develop and fund initiatives focusing on youth empowerment, gender equality, and community development.

Additionally, consider collaborating with university administrators, healthcare providers, and community organizations to ensure a comprehensive approach to addressing teenage pregnancy among students.

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**APPENDIX**  
**QUESTIONNAIRE**  
**DEPARTMENT OF HEALTH SAFETY AND ENVIRONMENTAL**  
**EDUCATION**  
**FACULTY OF EDUCATION**  
**UNIVERSITY OF BENIN**  
**BENIN CITY**

**SECTION A; Demographic Data of Respondents**

Dear respondents,

I am a 400 level student of the above named Department and Institution, I am currently conducting a research on the “On the Causes and Effects of Teenage Pregnancy Students in the University of Benin” as part of the fulfillment of my B.Sc. degree programme. It will be appreciated if the questions below are answered correctly by ticking  $\{\sqrt{\quad}\}$  in the appropriate space provided, your responses will be treated with high confidentiality.

Yours' faithfully

Age: 12-15 ( ) 16-20 ( ) 21-25( ) 25 and above ( )

A. Gender: Male ( ) Female ( )

B. Religion: Islamic ( ), Christianity ( ), Traditionalist ( )

Others \_\_\_\_\_

C. Current Level: 100 level ( ), 200 level ( ), 300 ( ), 400 level ( )

Others \_\_\_\_\_

D.

### SECTION B

Please {√} the most appropriate option for the each item. Each option is denoted with the following keys, Strongly Agree (SA), Agree (A), Disagree (D) Strongly Disagree (A)

S/N	ITEM	Strongly Agree (SA)	Agree (A)	Disagree (D)	Strongly Disagree (A)
	<b>What are causes of teenage pregnancy among students in the university of Benin?</b>				
1	Lack of comprehensive Sexual Education contributes to teenage pregnancy				
2	Peer Pressure plays a significant role in teenage pregnancy				
3	Lack of access to contraceptives affects the prevalence of teenage pregnancy				
4	Cultural Norms and Stigma surrounding discussions about sex contribute to teenage pregnancy				
5	Influence of Media, including portrayal of sex				
6	relationships, impacts teenage pregnancy rates				

7	Poverty encourages teenagers to engage in premarital sex which may lead to teenage pregnancy				
8	teenage pregnancy leads to sexually transmitted infections such as HIV/AIDS				
9	Exposure to pornographic content on the internet and the media can lead to teenage pregnancy				
10	Teenagers do not adequately use students' guidance and counseling lead to teenage pregnancy				
<b>What are the effects of teenage pregnancy among students in the university of Benin?</b>					
11	Teenage pregnancy negatively impacts a student's academic performance				
12	Teenage pregnancy increases the risk of dropping out of school among affected students				
13	Teenage pregnancy contributes to psychological stress				
14	Teenage pregnancy leads to financial strain increased				
15	Teenage pregnancy responsibilities for both				

	the student and their family				
16	Teenage pregnancy affects the social relationships				
17	Teenage pregnancy increases the population of the country				
18	teenage pregnancy leads to stigma on the girl child				
19	Teenage pregnancy contributes to emotional challenges for the pregnant student				
20	Teenage pregnancy leads to child abuse and abandonment				