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 - (c) Disseminating information on nursing related development that are not usually easily available to academics and practitioners.
3. The Journal will accordingly encourage the publication of the following categories of papers.
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 - (c) Documents emanating from national and international conferences, as well as from largescale research work that emerging trends and thinking in nursing related development.
4. LJN is published biannually in any area of nursing interest or relevant to needs of academics and practitioners.

In this volume, sixteen (16) manuscripts scale through the eye of the needle of the Editor-in Chief. The title of the papers in this edition are: Evaluation of Nurses' Actions and Opinion on Pain Assessment of Hospitalised Patients; Ultraviolet Radiation on Gunshot Wounds: Clinical Case Reports; Assessment of Knowledge and Compliance with Coronavirus Protocols Among Healthcare Professionals; Availability of Essential Components of Maternal Healthcare in Health Institutions; Factors Associated with Overweight and Obesity among Adolescents; Health-Seeking Behaviours, of Women Presenting with Advanced Stages of Breast Cancer: Sociocultural Beliefs and Practices on Placenta Disposal and Processing among Multiparous Women; Parental Control, Social Media Utilisation And Risky Sexual Behaviour Among Adolescents; Assessment of Nosocomial Infection Preventive Measures Utilized by Clinician Nurses in Intensive Care Unit; Alternative Medicine Use and its Perceived Effectiveness in Management of Hypertension; Assessment of Modern Contraceptives Uptake among Women of Reproductive Age; Community Health Extension Workers and Traditional Birth Attendants' Neonatal Resuscitation Practices of Babies Born with Asphyxia; Midwives' Current Screening Practice of Intimate Partner Violence among Pregnant Women in Northern Nigeria; Assessment of Cancer Patients' Quality of Life; Knowledge, Attitude and Practice of School Health Program among Secondary School Teachers and Traditional Birth Attendants' Knowledge of First-Aid Management and Skills of Selected Labour Emergencies in Ogbomosho, Oyo State, Nigeria: an Intervention Study.

EDITORIAL DESK

Welcome to LAUTECH Journal of Nursing!

LAUTECH Journal of Nursing focuses on but not limited to research findings in the different areas of nursing: Nursing Care, Nursing Education, Medical Surgical Nursing, Maternal and Child Health Nursing, Community Public Health Nursing, and Psychiatric/Mental Nursing. This journal is published to promote quality scholarly writing and hence instigating and generating vibrant discourse in the different areas of nursing. Apart from providing an outlet for publications of research findings, it offers opportunities for professionals and students to disseminate their views or position on topical issues and emerging theories within the scope of the journal. The Journal is peer reviewed by seasoned scholar. Six-three authors have contributed in one way or the other to the tenth edition of the journal.

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PARENTAL CONTROL, SOCIAL MEDIA UTILISATION AND RISKY SEXUAL BEHAVIOUR AMONG ADOLESCENTS

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ABSTRACT

The aim of this study was to assess relationship between parental control on social media utilisation and risky sexual behaviour among adolescents in public secondary schools in Ekpoma, Edo State, Nigeria. The study employed a descriptive study design and simple random sampling method to select 336 adolescents for the study. A self-developed questionnaire was used as the instrument for data collection. Data collected was analysed through descriptive statistics (frequencies and percentages) while research hypotheses were tested using the Chi-square (χ^2) and Multiple Linear Regression Analysis were used to test the analysis. Statistical Package for Social Sciences (SPSS) version 23.0 was used to input the data and analyse data. Findings from the study showed there was low level of parental control on utilization of social media among the adolescents. The relationship between parental control on social media utilisation and risky sexual behaviour among adolescents in public secondary schools in Ekpoma, Edo State was not statistically significant ($\chi^2 = 0.763$; $p = 0.382$). However, mother's age was the only significant socio-demographic characteristics that had positive relationship with parental control on social media utilisation among adolescents in public secondary schools in Ekpoma, Edo State ($p = 0.029 < 0.05$). It was therefore recommended that parents should devise methods to increase their level of control on the utilisation of social media by their children.

Keywords: Parental Control; Social Media Utilization; Risky Sexual Behaviour, Adolescents

INTRODUCTION

Social media, according to Stockwell *et al.*, (2015) is a good avenue to deliver quality health messages on health promotion and disease prevention. However, some authors have argued that internet and social media platforms might have negative effect on the health of adolescents due to undue exposure to sexually explicit contents leading to risky behaviours and discussion on sex, violence, drinking, and bullying among peers, coupled with

less parental monitoring (Houlihan & Houlihan, 2014). Oladeji and Anyagunna (2017) opined that many social media sites give users the opportunity to paste profiles with pictures and information that is personal to them, they also allow for the use of web cameras and sending of pictures. Lenhart *et al.*, (2012) further asserted that social media users can create their own screen names which may be their given name or a name adopted. Pictures can also be uploaded by users and profiles that display personal information can be created. Social networking has become basic to the rational and social lives of the adolescents. Their often unrestricted access to sexually explicit content and associated inauspicious sexual health may account for their risky sexual behaviour which has become a public health concern (Wong, Merchant & Moreno, 2014).

The advent of social media may have dramatic effect on both the adolescents and the family (Amoo, Adetoro & Olawole-Isaac, 2013). Furthermore, adolescents are more likely to indulge in behaviours that are risky to their health if there is little or no control on what they view on the social media by parents or guardians. The family as a social group is also undeniably changing. The association existing between the family and technology and its incorporation into family's life is of vital importance in order to understand the change taking place (Ofole & Agokei, 2014). Also, when matters related to sex cannot be discussed with parents, adolescents more often than not may turn to social media platform to discuss such issues. In the view of Lenhart *et al.*, (2012), they do this because they are sure answers will be provided for their questions on such platforms.

Adolescence is a developmental stages characterized as a period of change, opportunity, and vulnerability (Landry, Turner, Vyas & Wood, 2017). It is also a phase of rapid physical, cognitive, and emotional development (World Health Organisation, 2018). Many adolescents are now living in a world that is influenced heavily by computer devices, smart phones, social media applications and internet surfing (International

Telecommunications Union (ITU), 2012). Many parents are said to be faced with challenges of how to monitor effectively their children's use of social media (Pop & Rusu, 2015). As a result, parents report devising methods of monitoring adolescents' behaviour while on social media platforms. This includes assessing what they do while online and the average time spent on the different social media applications (Anderson, 2016).

With the proliferation and escalating rate of online activity by adolescents, parents may not have control over online activities of their children (Adeoye *et al.*, 2010). With African culture where there are restrictions on some pieces of information, especially, those related to sex among adolescent's, social media becomes the alternative and serves as a gap-filler and a dependable source of the much-desired information (Amoo, *et al.*, 2013). Amoo *et al.*, (2013) opined that supervision by parents is a major factor in the protection of adolescents from risk-taking behaviours. Parental monitoring of adolescents' media use could mitigate the various ill effects of both the media content and quantity (Nathanson, 2013). Parental monitoring includes active mediation, which in other words, is talking with children about media content and restrictive monitoring or mediation which mounts restriction on adolescents' media view and the content.

When parents offer opinions and guidance on the media content to watch, when they explain and educate them on the reasons for the use of various social media, then it said that they are actively mediating and controlling the use of social media by the adolescents (Nathanson, 2013). Killoren & Deutsch, (2014) further stated that, one protective factor in reducing sexual risk behaviours during adolescence is parental monitoring. Other investigators have linked higher parental support to a delay in sexual debut for both girls and boys (DeGraaf, Vanwesenbeeck, Woertman & Meeus, 2011).

Risky sexual behaviour is so rampant among adolescents as many of them engage in risky sexual behaviours by trying to demonstrate what they see on social media, things they read about social celebrities, sexually motivated movies and music clips among others (Ochieng, 2013). Ofole and Agokei (2014) observed that many parents have neglected their roles of child management and thereby consider it unnecessary to monitor social media activities of their children. Consequently, child of such parents take

advantage of their parents' inability to control their social media life style and engage in various risky sexual acts such as unprotected sexual intercourse, multiple sexual partners, watching/reading of pornographic materials, forced or coerced sexual intercourse and sexual intercourse for reward (Eliasm, 2014). Risky sexual behaviour such as having unprotected sex may occur when parents become insensitive to monitor the social-media life of their children (Ahmadian, Hamsan, Abdullah, Samah & Noor, 2014).

Studies in selected African countries have been carried out. In Western Ethiopia, for instance, Elias (2014) used a comparative cross-sectional design triangulated with qualitative study to assess the influences of families and peers on risky sexual behaviours and risk perception among youths. The result of the study showed that over one third of in-school and 41.4% out-of-school youths reported unprotected sex during the 12 months period prior to the interview and a substantial proportion of out-of-school youths engaged in risky sexual behaviours than in-school youths. In Nairobi, Kenya, Ochieng (2013) made use of descriptive cross sectional study to evaluate risky sexual behaviour among 499 adolescents drawn using the convenient sampling techniques from secondary schools. The result from the Chi-square analysis showed that there was a significant association between the academic qualification of parents and first risky sexual behaviour among children.

In Nigeria, Abu and Akerele (2016) conducted a study on parental influence on adolescents' sexual behaviour in Ibadan North Local Government Area of Oyo State, Nigeria. The study adopted the descriptive survey research design. The population of the study comprised of both males and female adolescents in all senior secondary schools in Ibadan North Local Government Area of Oyo State within the age range of 14-21 years. Simple random sampling technique was adopted to select five secondary schools in the study area. Descriptive statistics of frequency and percentages was applied to the data collected, while inferential statistics of multiple regression and Chi-square (X^2) were used to test hypotheses at 0.05 level of significance. Results showed that educational status of parents, to a large extent, determined adolescents' risky sexual behaviour in Ibadan North Local Government Area of Oyo State, Nigeria.

Nwankwo and Nwoke (2009) examined the risky sexual behaviours (RSBs) of adolescents in Owerri Municipal in Imo State. Adopting the descriptive Survey research design, a stratified sampling technique was used to enroll 1008 adolescents aged 10 – 19 from 4 secondary schools. A structured questionnaire was used for data collection. Result showed that majority of the adolescents (47.4%) have had sexual experience and many have engaged in one form of RSBs or another. Peer group seem to be the major source of the sexual information (55.6%) and influencing factor (52.3%). Significant association was found to exist between adolescents RSBs, their age at first sexual experience and parents' educational qualification.

In a related study, Ofole and Agokei (2014) examined risky sexual behaviours among females in-school adolescents in Delta, Nigeria. The study adopted descriptive survey design of ex-post type. Four hundred adolescents whose age ranged from 15 to 19 (SD = 17.37) were drawn using multi-stage sampling technique. Three standardized and one researcher developed self-report measures were used for data collection. Pearson Product Moment Correlation Coefficient and regression statistics were used to analyse data at 0.05 level of significance. Results showed that self-esteem, parental socio-economic background and religious inclination influenced participants' risky sexual behaviours. The independent variables accounted for 30.3% of the variance in prediction of risky sexual behaviour. They concluded based on results that parents' socio-economic background has the second highest order of effect in predicting risky sexual behaviours among adolescents in Delta State.

Furthermore, Ekwueme (2012) investigated the environmental determinants of risky sexual behaviours among secondary school adolescents in Obollo-Afor Education zone of Enugu State. The population covered all the secondary schools in Obollo-Afor education Zone. The sampling technique was adopted and six secondary schools were randomly selected for the study. Stratified random sampling was used to select three hundred students, and data were obtained through questionnaires. The data collected were analysed using mean and t-test statistics to answer the research questions and to test the hypotheses respectively. It was found that what constitutes risky sexual behaviours among adolescents include indulging in sexual acts because others are doing it, watching of pornographic films and pictures,

having unprotected sexual intercourse among others. Findings also revealed that the environmental factors that influence adolescents' risky sexual behaviours include having friends that indulge in risky sexual behaviours, excessive intake of alcohol, lack of discipline in schools, watching of pornographic films, urge for material gratification and parents' low control over their children's social media life. Based on the foregoing it becomes imperative to examine the influence of the social media on adolescents in secondary schools, especially, as it relates to their behaviours on sexual mutters and the extent of parental control on the children.

Objectives of the study

The study examined the relationship between parental control on social media utilization and risky sexual behaviour among adolescents attending public secondary schools in Ekpoma, Edo state with the following objectives:

1. To determine the level of parental control of social media utilisation among adolescents in public secondary schools.
2. To evaluate the relationship between parental control on social media utilisation and risky sexual behaviour among adolescents in public secondary schools.
3. To examine if there is a relationship between social demography of parents and parental control on social media utilisation among adolescents in public secondary schools.

METHODOLOGY

This study employed a descriptive design to examine the relationship between parental control of social media utilisation and risky sexual behaviour among adolescents attending public secondary schools in Ekpoma. The study was conducted in Ekpoma, the administrative headquarters of Esan West Local Government Area, Edo State. The area has a humid tropical climate characterized by wet and dry seasons and a projected population of about 162849 (National Population Commission, 2015). Ekpoma receives immigrants from the entire state, the country and beyond due to the present of a tertiary institution.

The study population was 2734 students in Senior Secondary (SS) I to III in the 9 public secondary schools. The sample size for the study was

determined using Cochran equation (Cochran, 1977). A total sample of 336 was drawn using simple random sampling technique after proportionately determining the number of participants from each school based on percentages. Out of the 336 participants 164 were males while females were 169 between age 11 and 19 years, with mean age at 16.1 years.

The research instrument used for this study was a self-developed questionnaire. The research instrument used for this study was a self developed questionnaire titled Parental Control, Social Media Utilisation and adolescents' Risky Sexual Behaviour. the questionnaire (PCSMUARSB) consists of three parts of Parts I, II and III. Part I deals with parental demographic characteristics such as their age and educational status items, and Part II contained questions on the level of parental control on the use of various social media such as Facebook, YouTube, Twitter, WhatsApp and many others while Part III deals with risky sexual behaviour such as unprotected sexual intercourse and having multiple sexual partners with adolescents. These items on the level of parental control on social media and risky sexual behaviour were developed from relevant literature.

The items on the questionnaire as developed in line with the objectives from relevant literature were subjected to content validity. The researchers ensured content validity of the questionnaire by consulting with experts in the field of Measurement and Evaluation and Nursing Sciences to scrutinize the instrument and check for appropriateness of the items in order to ascertain that the items measure appropriately. The reliability of the instrument was determined using the Split-half reliability technique. Forty (40) copies of the instrument were administered to students in a public secondary school, in a neighbouring town which share similar characteristics with the study population and a reliability alpha (α) of 0.74 was obtained. Since the Split-half reliability alpha ($\alpha = 0.74$) is greater than the reliability threshold value of 0.70 considered suitable for the study. That is, reliability α of 0.74 0 is greater than stipulated benchmark of 0.70. Hence, the instrument was adjudged reliable and fit for use.

Ethical approval for the use of the questionnaire was obtained from the Department of Planning, Research and Statistics of the Post Basic Education Board, under the Ministry of Education, for access to the schools and from the principals of the various schools before distributing the questionnaires. Consent was also obtained from parents of the respondents who were below age 18years and from the respondents who were aged 18years and above before distributing questionnaires. Respondents were given the assurances of anonymity and confidentiality of information provided. They were given the choice of not partaking or withdrawing from the study as desired by them.

Data collected were sorted for errors and completeness and imputed using Statistical Package for Social Sciences (SPSS) version 23.0 Descriptive statistics of frequencies, percentages, mean and standard deviation presented in tables were used to analyze and present the data. A response of 'Yes' was 1 while 'No' was 0 giving a maximum point of four and a minimum of zero was used to measure the level of parental control. Level of parental control: A mean score of less than 1.0 was No parental control, a mean score of 1.1-2.0 was low parental control, a mean score of 2.1-3.0 was moderate parental control and a mean score of 3.1- 4 was high parental control. Risky sexual behaviour: A response of 'Yes' was 0 while 'No' was 1 given a maximum point of three and a minimum of zero. A mean score of less than 1.0 was 'No risky sexual behaviour, a mean score of 1.1-2.0 was low risky sexual behaviour, and a mean score of 2.1-3.0 was high risky sexual behaviour. The Chi-square (χ^2) and multiple linear regression analysis was used to test the analysis.

RESULTS

The result from the analysis is shown on table 1 below. Table 1 show that the age category of majority of the fathers and mothers ranged between 35-40years while the educational level of majority of the fathers and mothers showed that they were holders of tertiary educational certificats.

Table 1: Demographics of parents

Socio-demographic variables	Options	Frequency (n=329)
Father's age	Below 35years	62
	35-40years	197*
	41years & above	70
Mother's age	Below 35years	47
	35-40years	209*
	41years & above	73
Father's educational level	No formal education	Nil
	Primary education	24
	Secondary education	147
	Tertiary education	158*
Mother's educational level	No formal education	10
	Primary education	39
	Secondary education	132
	Tertiary education	148*

**Frequency with highest count among the options*

Objective 2:

Relationship between parental control on social media utilisation and risky sexual behaviour among adolescents in public secondary schools.

Table 2 showed that majority 310 (94%) of the

respondents a mean score of 0 – 1.0 have no parental control on utilisation of social media while 19(6%) with a mean score of 1.1 – 2.0 have low parental control. This indicates that majority of the adolescents in the study experience little or no parental control on their utilisation of social media.

Table 2: Level of parental control on social media utilisation

Level of parental control on social media utilization	Mean score	Frequency	Percentage (%)
No parental control	0 – 1.0	310	94.2
Low parental control	1.1-2.0	19	5.8
Moderate parental control	2.1 – 3.0	0	0
High parental control	3.1 – 4	0	0
Total		329	100

Objective 3:

Relationship between Parents' Socio-demography and Parental Control on Social Media Utilisation among Adolescents in Public Secondary Schools.

Table 3 showed that the proportion of those who engaged in risky behaviour who have no parental control 12(3.6%) is higher than those who have low parental control 0(0.0%). This shows that the relationship between parental control on social

media utilisation and risky sexual behaviour among adolescents in public secondary schools in Ekpoma, Edo State is not statistically significant ($\chi^2 = 0.763$; $p = 0.382$). We therefore accept the null hypothesis which states that there is no significant relationship between parental control on social media utilisation and risky sexual behaviour among adolescents in public secondary schools in Ekpoma, Edo State.

Table 3: Parental Control and Risky Sexual behaviour

	Not risky	Risky	χ^2	p-value	Sig.
No control	298(90.6)	12(3.6)	0.763	0.382	0.05
Low control	19(5.7)	0(0.0)			

Not significant

Table 4 showed that the **coefficients (β)** for mother's age is positive ($\beta = 0.01$) and statistically significant ($p < 0.05$) while the other parental socio-demographic characteristics (fathers' age and educational level and mothers' educational level) had no relationship with the level of parental control on utilisation of social media. It can therefore be concluded that the other variables in demography of parents were not statistically

significant ($p > 0.05$). This implies that there is a positive relationship between mothers' age and level of parental control on social media utilisation. This revealed that increase in mothers' age is associated with increase in level of parental control on adolescents' social media utilisation. The r-squared (R^2) of 0.234 explains that socio-demographic variables contribute 23.4 percent variations in the level of parental control on social media utilisation.

Table 4: Parents' socio-demographic variables and adolescents social media utilisation

R-squared (R^2) = 0.234

Variables	Coefficients (β)	Std. Error	T	Pvalue
Constant	0.33	0.11	3.142	0.002
Father's age	0.00	0.00	-1.720	0.086
Mother's age	0.01*	0.00	2.191	0.029
Father's educational level	0.02	0.02	0.708	0.479
Mother's educational level	0.01	0.02	0.506	0.613

Dependent variable: Parental control on Adolescents' Social Media Utilisation

*Coefficient is significant

DISCUSSION

Findings from the study revealed that there is little or no parental control on social media utilisation. Majority (94%) had no parental control. This is in contrast with the findings of Lenhart *et al.*, (2012) in a survey by Pew research on how parents monitor their teens in America, they found that 61% of the respondents had parental control on the utilisation of social media. This low level of parental control could be because most of the parents of the respondents in the study are farmers and traders who are not always at home to monitor these adolescents. Also, some of the educated parents may have other businesses beside their work which is time consuming and even the educated ones may not be literate in the area of information communication and technology which include internet surfing and use of social media sites.

This study findings revealed that there is no statistically significant relationship between parental control on social media utilisation and risky sexual behaviour ($r^2 = 0.763$; $p = 0.382$). This finding is in contrast with the findings of Landry *et al.*, (2015) in a study on new media use and sexual behaviour among Latino adolescents which reported that parental monitoring was suggested to be a protective factor to the adolescent's life styles. They also reported in another study on social media and sexual behaviour among adolescents that, parental monitoring was associated with lower levels of risky sexual behaviours (Landry *et al.*, 2017). It also corroborates the findings of Ofole & Agokei, (2014) who reported that parental monitoring has negative relationship with risky sexual behaviour.

The study found that the only social demographic characteristic that is positively related with the level of parental control on social media utilisation is the mother's age. This finding is in support of Anderson (2016) who reported that age of the parents has a role to play in digital monitoring, the younger the parents the more likely for them to monitor their children as compared to the older parents. The significant parental factor was mother's age ($\beta = 0.01$, $p = 0.029$) which showed that older mothers are more likely to have control on social media utilisation of their adolescent children.

Implication for Nursing Practice

Adolescence is a period that requires critical monitoring, observation and control by parents and guardians, where there is a gap, the adolescent will fill this gap by turning to the social media. The nurse has a stake in the education of parents and adolescents on the negative influence of social media, especially, in the area of reproductive health which includes risky sexual behaviour and its consequences. This can be done through education on adolescent sexuality in these contemporary times. Educating parents on the need to work on their knowledge gap in the homes by becoming better educated about the different information technologies that are being utilized by their children. There is the need to encourage parents to talk to their children about their social media utilisation and the various issues faced by adolescents' today and parents should be educated to have an open and supportive healthy family communication especially with the adolescents by allowing them to express their concern and giving positive responses.

CONCLUSION AND RECOMMENDATIONS

This study assessed the relationship between parental control on social media utilisation and risky sexual behaviour among adolescents in public secondary schools in Ekpoma, Edo State. The result from the study revealed that parental control on the utilization of social media has no relationship with risky sexual behaviour among the adolescent students. However, the study found that the age of the mother showed a significant influence of parental control on social media utilisation and the risky sexual behaviour of adolescents. There is need for parents to create time to increase the monitoring of their adolescents' mobile devices to enable them to know what they do with their mobile phones and the sites they visit on the internet. This will enable them to be sure that the children are not exposed to uncensored sources of information about sexuality which may lead to risky sexual behaviour. The internet can be used for academic purposes by the students and so adolescents should be guided when surfing the internet.

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