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**SOCIAL RISK FACTORS AND EFFECTS OF HOOK-UPS  
AND PROMISCUOUS SEXUAL BEHAVIOURS AMONG  
FEMALE UNDERGRADUATES IN OGUN STATE**

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**Abstract**

*Sexual promiscuity among students could adversely affect the quality of education they receive, and predisposes them to academic failure, drop-out, depression and truancy among others. Hook-ups and promiscuity behaviours distracts students and hinder them to be mentally disposed to learning. The alarming increase of this ill on Nigerian campuses has instigated research concerns, hence, this study examined the social risk factors of hook-ups and promiscuous behaviours among female undergraduates. Descriptive survey design was adopted with the use of self-constructed questionnaire distributed among 100 undergraduate students living in Ijebu-Ode, Ilese, Ago-Iwoye and Ijebu-Igbo. These are locations of tertiary institutions such as university, polytechnic and college of health sciences in Ijebu Area. Data were collected using the Hook-Ups and Promiscuous Behaviours Questionnaire (HU-PBQ,  $r = 0.82$ ) which was validated. Descriptive statistics of frequency table, mean and standard deviation was used to analyse the research questions. The results showed that the social risk factors and effects of hook-*

*ups and promiscuous sexual behaviours among female undergraduates include unprotected sex and having multiple sexual partners, parents' neglect of their social responsibility, alcohol, pornographic movies, truancy and carry overs. The study recommended that parents should be more concerned and observant of their young girls and ladies. Also, school administrators should adopt discussions to educate students on the sexual promiscuity through counselling and workshops.*

**Keywords:** Hook-ups and promiscuous sexual behaviour, low academic performance, unprotected sex and having multiple sexual partners.

### **Introduction**

The foundation of any society is the youth. Students of tertiary institutions form part of this group and have the human right to exercise their sexuality. Students otherwise known as young people are important segment of Nigerian society where it makes a huge proportion of Nigeria's large and growing population. To Arogundade (2022), students share certain characteristics that distinguish them from older generations. Such characteristic includes, desire for independence, zealousness, radicalism, rebellions, curiosity, sexual risk behaviours, etc. It is both a period of opportunity as well as a time of vulnerability- a time of experimentation with new ideas and options and marked with vulnerability to health risk and those related to unsafe reproductive health outcomes.

Students are beginning to experiment with risky sexual behaviour at younger ages, in part due to the mass media, peer pressure, and the lack of supervision by parents and other adults (Wolfson & Leung, 2020). Not only are youths at-risk for disease or pregnancy, but they are also experimenting with drugs and alcohol, which may also lead to unplanned sex. These risky behaviours include: early debut in sexual activities, sex with many partners, low and inconsistent use of condoms, use of drugs and alcohol, anal sexual intercourse and mouth to genital contact (Martinez,

Frongillo, Leung & Ritchie, 2020).

The university campus according to Broom and Allen (2017), is known to provide academic stimulant as well as variety of activities and opportunities. Unfortunately, unprotected sexual behaviour is on the increase among university students across the country. This is made possible because university students enjoy freedom from their parents and the staff may not be bothered about how they live their lives. Sexual behaviour according to Ajagunna and Oladeji (2017), includes conducts and activities which are intended to arouse the sexual interest of another. The students engage in a variety of sexual acts which includes kissing, masturbation and penetrative intercourse, etc.

Gleason, Banik, Braverman, and Coleman (2021), opined that sexual promiscuity can take several forms ranging from a large number of sexual partners or engage in risky sexual activities to sexual intercourse under the influence of substances such as alcohol or cocaine. These behaviours are considered in two broad categories namely: indiscriminate behaviours including having multiple sex partners, having risk, causal or unknown partners and failure to discuss risk topics prior to intercourse. Another is failure to take protective actions such as use of condoms and birth control.

According to Rubens, Batra, Sebekos, Tanaka, Gabbidon, and Darrow (2019), the moral legacy of our forefathers has been eroded by the so-called civilization. They lamented that it is pathetic and storming to note that the world is fast turning upside down. It is also noted also that acceptable behaviours like morality, respects among others are fading amongst the youth (students) of secondary school age. Sexual promiscuity can take any form. For example, the so called hook-up. A hook-up is a commonly used term to describe casual sexual behaviour ranging from kissing to intercourse, with a partner with whom there is no current romantic commitment and with whom no future romantic commitment is expected. This as a matter of fact leads to an act of indulging or having sexual intercourse with several casual acquaintances.

Ajayi, Nwokocha, Akpan, Adeniyi and Goon (2017) emphasised that hook ups and sexual promiscuity have become a part of campus

culture in Nigeria. Though, it may have some benefits for adults in terms of satisfaction, such as increases self-esteem, sexual pleasure, and feeling attractive. Nonetheless, hooking up involves risky, physically unhealthy behaviour and outcomes, including negative emotional reactions, unplanned pregnancy, sexually transmitted diseases (STDs) infection and non-consensual sex.

As stated by Holway and Hernandez (2018), the major cause of the rampant sexual promiscuity and hook-up is as a result of technological advancement. This has made the world to become a global village providing unlimited access to information about sex from other countries of the world to the youths. Most of the information received from the internets are defective and as such have effects on the sexual behaviour of students and youths. This risk sexual behaviour among undergraduates in the university has continued to lure them to engage in early sexual debut, unsafe sexual activity, multiple and casual sexual partners (Arulogun, Ogbu & Dipeolu, 2016). On this premise, this study investigated the social risk factors of hook-ups and promiscuous behaviours among female undergraduates.

The majority of students in tertiary institutions are single, young adults who easily fall prey to exuberance coupled with the liberal nature of campus life that predisposes them to high-risk sexual behaviour. Apparently, the social activities of teens and young adults predispose them to risky sexual behaviour than adults due to peer pressure/influence. Concerns regarding the implications of these behaviours have led to this study. Sexual promiscuity among students could affect adversely the quality of education they receive. For instance, it can lead to self – devaluation, promotion of drop – out of students from schools, depression and truancy among others. All the above vices could affect the quality of education because the hook-up and promiscuity behaviour will not allow the students to be mentally disposed to learn. Hence, this study intends to examine the social risk factors of hook-ups and promiscuous behaviours among female undergraduates.

This study was premised on Problem Behaviour Theory (PBT). Problem Behaviour Theory was developed by Jessor, Jessor, and

Finney in 1973. It was further reviewed by Donovan and Jessor (1984) to explain the variation in behaviours among students. The fundamental rationale of the problem behaviour perspective is the interpretation of many of the important transitions that occur during adolescence as behaviours that depart from the regulatory norms defining what is appropriate for that age or stage in life (Jessor and Jessor, 1975).

Early sexual experience, problem drinking, delinquency, and illicit drug use represent in adolescence, a claim on more adult status or a transition in development and engaging in such behaviours at a time that is considered too early constitutes a departure from regulatory norms (Adinma, Umeononihu, Adinma & Eke, 2016). Within each of three systems – the personality, the perceived environment, and the behaviour – the proneness for problem behaviour may be defined. The important personality constructs are favourable attitudes, values, beliefs and expectations to problem behaviour. High value on independence and low expectation for academic goals are both conceptualized as favourable to problem behaviour.

In the perceived environment system, low support and control from significant others and approval for and models for engaging in problem behaviour are the important constructs. Within the behaviour system, the degree of involvement in other problem behaviours on one hand, and in conventional behaviours, such as church attendance and school performance on the other, are expected to predict problem behaviour.

### **Objectives of the Study**

The objective of this study is to examine the social risk factors of hook-ups and promiscuous behaviours among female undergraduates. Therefore, the study seeks to:

- i. identify the risky sexual behaviour exhibited among female undergraduates during hook-ups;
- ii. examine the factors contributing sexual promiscuity among female undergraduates during hook-ups;

- iii. investigate the negative effect of hook-ups and sexual promiscuity among female undergraduates; and
- iv. examine the effects of hook-ups and sexual promiscuity on learning behaviour among female undergraduates.

### **Research Questions**

The following research questions guided the study:

- i. What are the risky sexual behaviour exhibited among female undergraduates during hook-ups?
- ii. What are the factors contributing sexual promiscuity among female undergraduates during hook-ups?
- iii. What are the negative effect of hook-ups and sexual promiscuity among female undergraduates?
- iv. What are the effects of hook-ups and sexual promiscuity on learning behaviour among female undergraduates?

### **Methods**

Descriptive survey design was adopted with the use of self-constructed questionnaire distributed among 100 undergraduate students living in Ijebu-Ode, Ilese, Ago-Iwoye and Ijebu-Igbo. These are locations of tertiary institutions such as university, polytechnic and college of health sciences. The instrument titled; Hook-Ups and Promiscuous Behaviours Questionnaire (HU-PBQ,  $r = 0.82$ ) was validated. Descriptive statistics of frequency table, mean and standard deviation was used to analyse the research questions.

### **Results**

**Research Question One:** What are the risky sexual behaviour exhibited among female undergraduates during hook-ups?

**Table 1:** Frequency distribution on risky sexual behaviour exhibited among female undergraduates during hook-ups

S/N	Items	SA	A	D	SD	Mean	Std
1	Unprotected sex	58	20	22	-	2.5412	.06798
2	Multiple sexual partner	88	22	-	-	3.5276	1.0329
3	Sex with animals	22	15	49	14	2.2520	.98840

Table 1 showed the result of risky sexual behaviour exhibited among female undergraduates during hook-ups. The table used 2.50 mean as benchmark to place each item either as agreed or disagreed. The table showed that one of the items is rated disagreed for having score below the criterion mean while other two items was rated as agreed. Hence, it was agreed that the risky sexual behaviour exhibited among female undergraduates during hook-ups are unprotected sex and having multiple sexual partners.

**Research Question Two:** What are the factors contributing to sexual promiscuity among female undergraduates during hook-ups?

**Table 2:** Factors contributing to sexual promiscuity among female undergraduates during hook-ups

S/N	Items	SA	A	D	SD	Mean	Std
4	In their efforts to meet the economic need of their offspring, parents neglect the social responsibility of teaching and guiding their children on norms and values in their society.	80	20	-	-	3.5261	1.0286
5	Some students live alone, therefore responsible for all their needs while meeting such needs would include compromising on moral standard	37	49	12	3	2.7040	1.1383
6	Some students drink alcohol which makes them to misbehave and unknowingly engage in sexual promiscuity	96	4			3.6236	1.0461
7	Some of the students watch pornographic movie regardless of their religious believe	45	28	18	19	2.0511	.51247
8	The students do not have sex education.	21	27	6	48	2.2747	1.5116

Table 2 showed the result on factors contributing to sexual promiscuity among female undergraduates during hook-ups. The table used 2.50 mean as benchmark to place each item either as agreed or disagreed. The table showed that four items were rated as agreed for having score above the criterion mean. Hence, the result revealed that the factors contributing to sexual promiscuity among female undergraduates are: parents neglect of their social responsibility of teaching and guiding their children on norms and values in their society; some students live alone, therefore responsible for all their needs while meeting such needs would include compromising on moral standard; some students drink alcohol which makes them to misbehave and unknowingly engage in sexual promiscuity while some of the students watch pornographic movie regardless of their religious believe.



**Research Question Three:** What are the negative effect of hook-ups and sexual promiscuity among female undergraduates?

**Table 3:** Frequency distribution of negative effect of hook-ups and sexual promiscuity among female undergraduates

S/N	Items	SA	A	D	SD	Mean	Std
9	Unwanted pregnancy	81	19	–	–	3.5700	.5236
10	Risk of being kidnapped	36	52	12	–	3.3300	.3229
11	Risk of contracting deadly and incurable diseases	5	77	16	2	3.2900	.5079
12	Theft	11	80	8	1	3.4000	.3605
13	Risk of being trafficked	65	33	2	–	3.4700	.3301

Table 3 showed the result of negative effect of hook-ups and sexual promiscuity among female undergraduates? The table used 2.50 mean as benchmark to place each item as either agreed or disagreed. The table shows that all of the five items were rated as agreed for having score above the criterion mean. Hence, this study has revealed that the negative effect of hook-ups and sexual promiscuity among female undergraduates are: unwanted pregnancy, risk of being kidnapped, risk of contracting deadly and incurable diseases, theft and risk of being trafficked.

**Research Question Four:** What are the effects of hook-ups and sexual promiscuity on learning behavior among female undergraduates?

**Table 4:** Frequency distribution of hook-ups and sexual promiscuity on learning behaviour among female undergraduates

S/N	ITEMS	SA	A	D	SD	Mean	Std
13	Inability to concentrate in the classroom due to distractions	54	32	9	5	2.8496	1.2163
14	Most girls who engage in hook-ups and sexual promiscuity are always in one trouble or the other which affect their ability to effectively learn.	37	53	2	8	2.8412	1.2855
15	In most cases, hook-ups take most girls far away from their learning environment and hence could not participate in class.	22	61	5	12	2.7067	1.3651
16	When they are mistakenly pregnant, they hardly attend lectures.	15	71	7	7	2.7151	1.3127
17	Most of them do have carry-overs in their courses which at times affect their learning behaviour.	45	40	9	6	2.7992	1.3042

Table 4 showed the result on the effects of hook-ups and sexual promiscuity on learning behaviour among female undergraduates? The table used 2.50 mean as benchmark to place each item as either agreed or disagreed. The table showed that all of the five items were rated as agreed for having score above the criterion mean. Hence, this study has revealed that undergraduates who engage in hook-ups and sexual promiscuity are hardly concentrate in classroom due to distractions, always in one trouble or the other which affect their ability to effectively learn, always far away from their learning environment, hardly attend lectures if they are pregnant, do have carry overs in the courses.

## **Discussions**

From the result of the findings, it was revealed that the risky sexual behaviour exhibited among female undergraduates during hook-ups are unprotected sex and having multiple sexual partners. This corroborated the findings of Arogundade (2022), which revealed that students are experimenting with drugs and alcohol, which may lead to unplanned sex. To Akhuetie, Uzobo, and Ogbeide (2017) students engage in risky behaviours which include early debut in sexual activities, sex with many partners, low and inconsistent use of condoms, use of drugs and alcohol, anal sexual intercourse and mouth to genital contact.

The findings is also corroborated by Nesoff, Dunkle and Lang (2016) and Ashiekpe and Ugande (2017) which opined that sexual promiscuity among students can take several forms ranging from a large number of sexual partners or engage in risky sexual activities to sexual intercourse under the influence of substances such as alcohol or cocaine. These behaviours are considered in two broad categories namely: indiscriminate behaviours including having multiple sex partners, having risk, casual or unknown partners and failure to discuss risk topics prior to intercourse.

The result also revealed that the factors contributing to sexual promiscuity among female undergraduates are: parents neglect of their social responsibility of teaching and guiding their children on norms and values in their society; some students live alone. Therefore responsible for all their needs while meeting such needs would include compromising on moral standard; some students drink alcohol which makes them to misbehave and unknowingly engage in sexual promiscuity while some of the students watch pornographic movie regardless of their religious believe.

This result is in consonance with Awoke, Mekonnen, Daniel and Fantahun (2016), who explained that in a single parent family system, children and young people miss love and security of parents who are committed to each other and to their children. This is also supported by Kugbey, Ayanore, Amu, Asante and Adam (2018), who revealed that family breakdown, the absence of a biological father following a divorce or separation, and poor parent-child interactions,

particularly during early childhood and maturation, are factors that contribute to earlier menarche, earlier sexual activity, and a higher frequency of teenage pregnancies.

It was also revealed that the negative effect of hook-ups and sexual promiscuity among female undergraduates are: unwanted pregnancy, risk of being kidnapped, risk of contracting deadly and incurable diseases, theft and risk of being trafficked. From the result, it was revealed that undergraduates who engage in hook-ups and sexual promiscuity hardly concentrate in classroom learning due to distractions, always in one trouble or the other which affect their ability to effectively learn, always far away from their learning environment, hardly attend lectures if they are pregnant, do have carry overs in the courses.

This result is consistent with the findings of Asrese and Mekonnen (2018), who asserted that promiscuous sexual behaviours frequently lead to outcomes like unintended pregnancy and STIs. Asyraaf and Badayai (2022) also supported this when he revealed that most students engage in unprotected vaginal, oral, or anal intercourse with consequences such as higher risk of STIs, including HIV and unintended pregnancy.

### **Conclusion**

Sex is thought to be one of our most basic physiological needs. According to Maslow's Hierarchy of needs, these physiological needs must be fulfilled before other needs can be addressed. In this respect, the fulfilment of sexual needs is important not only for continuation of the specie, but for maintaining personal wellbeing. Meanwhile, promiscuous behavior refers to engaging in sexual activity with multiple partners without a strong commitment to a monogamous or exclusive relationship. It involves having sexual encounters with different individuals, often without the intention of forming long-term emotional bonds. The concept of promiscuity can be understood within a sociocultural context and can vary in meaning and interpretation across different cultures and historical periods.

## **Recommendations**

Based on the findings of the study, it was recommended that parents should be more concerned and observant of their young girls and ladies. School administrators should adopt discussions to educate students on the sexual promiscuity. Also, the school administrators should set up a disciplinary committee that will be watching the actions of students especially in the area of sexual habit. School counsellors should organize group guidance for the students on the adverse effect of sexual promiscuity on their academic pursuits. A well-articulated curriculum for secondary education should be emphasized in the school especially in the area of sexual feelings, sexual terms, sexual deviations, sexually transmitted diseases and their damaging effect. Furthermore, workshop/seminars should be organized in the school on the use of photographs and films that has negative impact on students. This will discourage sexual promiscuity among the students.

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