

EFFECTIVENESS OF SEXUALITY EDUCATION ON KNOWLEDGE AND ATTITUDE OF MALE UNDERGRADUATE STUDENTS TOWARDS THE USE OF FAMILY PLANNING METHODS IN IJEBU-ODE, OGUN STATE

BY

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Abstract

This study examined the effectiveness of sexuality education on knowledge and attitude of male undergraduate students towards the use of family planning methods in ijebu-ode, Ogun State. The study employed quasi-experimental pre-test - post test control group design. The population comprised male students from 100 to 400 levels in Tai solarin federal university of education, Ijebu-Ode. Multi-stage sampling procedure was used to select Sixty (60) volunteers' participants. Two hypotheses were generated and tested. Two instruments, questionnaire and sexuality education (Family planning) training package was used. A reliability coefficient of $r = 0.78$ & 0.75 was obtained respectively for the questionnaire on knowledge and attitude. Data were analyzed using independent sample T-test. The results showed a significant effects of treatment on the participants ($t = 4.141$, sig. $0.000 < 0.05$) and a mean gain of 1.88462 . The findings also revealed that there was no significant difference in the sexual attitude of male students towards the use of family planning methods in Tai Solarin Federal University of Education ($t = 0.152$ sig. $0.881 \geq 0.05$) and a mean gain of 1.15385 . The study concluded that there was a significant effect of sexuality education on the knowledge of male undergraduate students towards the use of family planning methods. It therefore recommends among others based on findings that Sexual and Reproductive Health Education be given to male students, male-targeted campaigns and workshops should be organized as it will contribute to healthier sexual behaviours and improved family planning outcomes among male students.

Keywords: Sexuality education, Knowledge, Attitude, Family planning, Male undergraduate

Introduction

Unintended pregnancies remain a significant public health issue globally, particularly in sub-Saharan Africa, including Nigeria. Family planning helps individuals or couples achieve a number of goals, including reducing the distance between pregnancies, preventing unexpected pregnancies, and regulating birth, it may also involve contraception, condoms, male and female sterilization, etc.

Nigeria's family planning campaigns are numerous. Couples and individuals male undergraduates in Nigeria are less likely to use family planning methods due to lack of understanding, cultural attitudes, poor education, poverty, and restricted access to contraceptive information (Etokidem, 2017). According to Elite Project writers (2023) family planning is now recognized as a basic human right and it must be seen as part of preventive health. However, despite all endeavours to reduce the number of births through family planning in Nigeria, there are a lot of problems still emanating. In Nigeria, male involvement in contraceptive use is low, with many misconceptions about its purpose and methods. Despite this, research indicates that improving male knowledge and attitudes toward family planning methods can reduce unintended pregnancies and sexually transmitted infections (STIs), thus improving overall public health (Akinyemi, et al., 2023). The promotion of reproductive and sexual health among young adults involves equipping them with the relevant knowledge, motivation and behavioural skills to enhance sexual health and avoid sexual health related problems.

Sexuality education is instruction that teaches the cognitive, emotional, physical, and social aspects of sexuality, helping young people gain knowledge, skills, attitudes, and values to support healthy relationships, informed choices, and overall well-being. Sexuality education is a **curriculum-based, age-appropriate, and scientifically accurate approach** to teaching children and adolescents about the cognitive, emotional, physical, and social aspects of sexuality (WHO, 2024). It aims to empower young people to understand their bodies, develop healthy relationships, make informed decisions, and protect their health and rights. It emphasizes values such as **respect, consent, inclusion, gender equality, empathy, and responsibility**. Sexuality education is a **critical tool for promoting health, well-being, and empowerment** among children and adolescents, preparing them to navigate relationships and sexuality safely and responsibly throughout their lives. Sexual health is an important component of the overall health of an individual. Sexual health includes issues of sexual development, sexual orientation, sexual behaviours, pregnancy, contraception as well as sexually transmitted diseases. Promotion of sexual health is highly beneficial as it greatly enhances general well-being and functioning, thereby preventing several other medical conditions, including physical and psychological ill-health. Sexual health may be influenced by various factors such as personal values and beliefs, culture, religion and spirituality, socioeconomic factors, societal influences, and physical health.

An undergraduate is a student who is studying for their first college or university degree, typically a bachelor's degree, after completing high school. Undergraduate education may also include associate degrees or other first-level postsecondary qualifications, mostly undergraduates are youths. .As an undergraduate youth, they become independent and more exposed, striking changes may occur in their behaviour, reasoning, and decision-making (Akinyemi, et al., 2023). Physical development in the words of Akinyemi, et al., (2023) is associated with puberty becomes more pronounced, and sexual maturation is heightened. Initiation of sexual activity may vary by region, country, and sex. According to Adeniregun, et al., (2023) young people globally, are reaching puberty earlier than in the past and becoming sexually active at younger ages. Unsafe sexual practices, which can lead to negative consequences, are commonly practiced by undergraduates. These include unprotected sex, multiple sexual partners, and having sex while under the influence of alcohol or drugs. Hence, sexually transmitted diseases (STDs) and pregnancy complications, including abortion, constitute important causes of morbidity and mortality among youths worldwide.. Based on the fact that a sizeable number of young people experience the adverse health consequences of early, unprotected sexual activity, it has been advocated that education on contraception and, more importantly, access to contraception should be greatly improved among adolescents and youths (Adeniregun, et al., 2023). Ojo, et al., (2021) indicated that, knowledge and use of contraceptives are considered important indicators of the sexual health of adolescents and youths. High levels of contraceptive awareness have been reported in Nigeria, but the level of utilization of these contraceptives has been disproportionately low (Nwaozuru, et al., 2019). Among adolescents and youths, the male condom has been featured as the most popular contraceptive (CDC, 2023). Inconsistent condom use according to Elebiju et al., (2025) persists globally, alongside a rise in multiple sexual partnerships due to socio-cultural shifts and delayed marriages driven by higher education. In the context of sub-Saharan Africa, these health concerns are compounded by socio-cultural and religious factors that influence attitudes toward sexual health, particularly in conservative and patriarchal societies (Elebiju, et al., 2025). Religious and cultural influences often result in significant gaps in sexual and reproductive health knowledge among young people, leading to risky behaviours, including early sexual debut, unprotected sex, and a reluctance to seek out information on contraception or STI prevention. This is reflected in data from across the region, where studies show that despite widespread awareness of HIV and other STIs, contraceptive use remains low, particularly among young adults, due to cultural and religious restrictions on contraception (Ugwu, et al., 2022). These factors, according to Omisore, et al., (2022) contribute to the rapid escalation of STIs and HIV/AIDS among

young people, particularly in tertiary institutions in Nigeria, where social freedom often leads to heightened sexual activity. An analysis of data from the Nigeria Demographic and Health Surveys undertaken in 2008, 2013, and 2018 indicated that a significant number of unmarried youths (aged 15–24 years) participated in at least one risky sexual activity annually (NPC, 2018).

Despite this, Akinbajo, et al., (2024) indicated that contraceptive usage remains low, with only 11.1% reported usage in 2018. Alarming, about one-third of new HIV infections occur among adolescents and young people highlighting the urgency of addressing contraceptive practices among this demographic (CDC, 2023). Despite the presence of studies on contraception among students in Nigeria, there is a glaring dearth of research exploring contraceptive attitudes and practices, specifically among male adolescents in tertiary institutions (Nmadu, et al., 2019). During adolescence and young adulthood, valuable opportunities arise for introducing or improving information about reproductive health, developing healthy interpersonal skills, and influencing behaviours. Hence, intervention efforts specifically designed for males must be based on evidence that directly addresses their experiences and attitudes. The limited data on men's views, attitudes, and behaviours concerning family planning (FP) in Nigeria according to Nmadu, et al, (2024) underscore the urgency of addressing this gap, particularly among young men. Despite the recognized importance of men's involvement in reproductive health since the International Conference on Population and Development (ICPD), research and programmes have historically focused on women's behaviours, neglecting the critical role of men in family planning decisions. Studies reveal significant gaps in young men's knowledge of contraceptive methods (Nmadu, et al, 2024), including emergency contraception, reflecting a broader need for comprehensive reproductive health education.

Students attending Nigerian tertiary institutions are identified as a high-risk group for reproductive health concerns, including engaging in unprotected sexual intercourse and having multiple sexual partners (Nmadu, et al, 2024),. Male students, in particular, can play a critical role in contraceptive decision-making, yet their attitudes and behaviours regarding family planning methods remain underexplored. The research intends to offer valuable insights for shaping health policies and practices. Ultimately, the goal is to encourage greater male involvement in family planning methods and the prevention of sexually transmitted infections, particularly during the pivotal college years.

Statement of the Problem

The prevalence of unintended pregnancies among adolescents represents a significant public health challenge in Nigeria, contributing to elevated maternal mortality rates and the widespread occurrence of unsafe abortions (Elebiju et al., 2025). This issue is particularly acute within university environments, where young adults, particularly male students, encounter critical decisions related to their sexual and reproductive health. Despite a substantial awareness of contraceptive methods, there exists a persistent gap in the utilization of these methods, stemming from entrenched misconceptions, cultural norms, and limited access to accurate information. There is a notable contrast between the high levels of knowledge regarding contraception and the low rates of contraceptive use, especially among male students.

Male undergraduate students, as significant decision-makers in sexual and reproductive matters, are often underrepresented in their engagement with contraceptive-seeking behaviours. This underrepresentation exacerbates the risks associated with unintended pregnancies and sexually transmitted infections. Furthermore, existing studies largely focus on female contraceptive usage, (Nnadu et al., 2019 & Elebiju, et al., 2025) thereby leaving a critical gap in understanding the knowledge and attitudes of male students' towards the use of family planning methods. Hence this study investigates male students' knowledge and attitudes towards the use of family planning methods in Ijebu-ode, Ogun State.

Objectives of the Study

The main objective of this study is to assess the effectiveness of sexuality education on male student's knowledge & attitude towards the use of family planning methods in Ijebu-ode, Ogun state. The specific objectives are to:

1. assess the knowledge of contraceptive-seeking behaviour among male undergraduate students in Tai Solarin Federal University of Education
2. evaluate the sexual attitudes of male undergraduate students towards contraceptive use.
3. examine the contraceptive-seeking behaviours of male undergraduate students in Tai Solarin Federal University of Education, Ogun State

Hypotheses

The following hypotheses were tested at 0.05 level of significance

H₀₁: There is no significant difference in the pretest- posttest scores of male students' knowledge of family planning methods among undergraduate's students following a 6 weeks sexuality education programmes in the experimental and control groups

H₀₂: There is no significant difference in the pretest- posttest scores of male students' sexual attitudes towards the use of family planning methods following a 6 weeks sexuality education programmes in the experimental and control groups

Methodology

This study adopted the non-randomized pretest-posttest control group quasi-experimental design. The population for the study comprised the male students from 100 to 400 levels in Tai solarin federal university of education, Ijebu-Ode. Multi-stage sampling procedure was used to select participants. The first stage involved the use of purposive sampling technique to select a faculty in Tai solarin federal university of education, Ijebu-Ode, purposive sampling technique was used to select a department from the faculty chosen for the study in the second stage, in the third stage, Sixty (60) male volunteers' students consisting of thirty for each group were randomly selected for the study. Thereafter, fifteen students (15) were randomly chosen from the four levels for the study, after which a pretest was taken from the two groups, the treatment followed thereafter for six weeks, a week after the pretest had been taken. Two instruments, questionnaire and sexuality education training package was used. The self-structured Likert scale questionnaire has two sections, A & B, while the training package was based on comprehensive sexuality education (Family planning methods) using the intervention mapping tool kit format for the family planning programmes. The test-re-test reliability method was used to obtain the reliability. The reliability of the instrument on knowledge of family planning has an alpha coefficient value of 0.78, while that of sexual attitude towards family planning has an alpha coefficient value of 0.75 using cronbach alpha reliability estimates. Inferential statistics of T- Test was used to test the hypotheses formulated at 0.05 level of significance.

Hypotheses Testing

H₀1: There is no significant difference in the pretest- posttest scores of male students' knowledge of family planning methods among undergraduate's students following a 6 weeks sexuality education programmes in the experimental and control groups

Table 1: Analysis of respondent's response on knowledge of family planning methods

Group	Pre-test			Post- test			t	df
	N	MEAN	SD	MEAN	SD	MEAN		
				sig		GAIN		
Experimental	30	9.00		10.8846	1.92514	1.88462	4.141	29
		1.29615		.000				
Control	30	11.1667	2.2604	11.2667	2.3771	0.1000	4.255	29
				.000				

The above table shows the analysis of respondents on knowledge of family planning methods. The male students in the experimental group had a higher mean value both in the pretest 9.000 and posttest 10.8846 in the knowledge of family planning methods. The mean gain was 1.88462 for the experimental group and is higher than the mean gain of 0.1000 in the control group. This simply suggests that the intervention programme on male students' knowledge of family planning was effective. Hypotheses one was further subjected to paired sample test, in hypotheses one there was a significant effect of the sexuality education intervention on male students' knowledge of family planning methods by the experimental group. The one recorded a high mean score of the posttest score (10.8846) and a standard deviation of 1.92514 to the experimental group than the mean of 11.2667 and standard deviation of 2.3771 for the control group. When the data was subjected to paired sample test, the result showed that there was a statistically significant effect of the treatment on the experimental group (t 4.141, $p \leq 0.05$). Thus the hypothesis was hereby rejected. This means that there is a significant effect of sexuality education intervention on male student's knowledge of family planning methods in the experimental group.

H₀2: There is no significant difference in the pretest- posttest scores of male students' sexual attitudes towards the use of family planning methods following a 6 weeks sexuality education programmes in the experimental and control groups

Table 2: Analysis of male students' sexual attitude

Group	Pre-test			Post- test			t	df
	N	MEAN	SD	MEAN	SD	MEAN		
						GAIN		
Experimental	30	15.2308		16.3846	3.12508	1.15385	.152	29
		3.43287		.881				
Control	30	16.9000		17.1667	4.09443	0.26667	.230	29
		4.30997		.820				

Table 2 shows that male students in the experimental group had a high mean posttest score of 16.3846 and SD of 3.1208 on their sexual attitude compared to that of the control group with mean score of 17.1667 and SD of 4.099443. The mean gain of the posttest in the experimental group is 1.15385 which is higher than that of the control group 0.26667. This revealed that the experimental group score was higher than the control group. The hypothesis was further subjected to paired sample test. The result showed that there was no significant difference in the male students' sexual attitude towards family planning methods ($t(0.152) = .881 \geq 0.05$) the hypothesis was thus accepted, since there was no significant difference in the posttest score of students in the experimental group.

Discussion of findings

The results of this study provide an important contribution to understanding the knowledge, attitudes, and behaviors of male undergraduate students toward family planning methods, particularly in the context of Nigerian universities. While the findings reflect a generally positive attitude and relatively high levels of knowledge regarding contraceptive methods, they also highlight key barriers that hinder the effective use of contraception. These findings align with some previous research but diverge significantly in other areas, leading to a deeper reflection on the role of culture, education, and healthcare access in shaping male contraceptive-seeking behaviours. The study revealed that the

majority of male students in demonstrated a high level of knowledge about family planning methods, Tai Solarin Federal University of education especially in relation to preventing sexually transmitted infections (STIs) and unintended pregnancies.

This finding is consistent with that of Adebayo, et al., (2018), who observed a relatively high contraceptive knowledge among male undergraduates in Nigerian universities. However, the study also found significant gaps in understanding, particularly around the effectiveness of contraceptives in preventing unintended pregnancies and STIs. These discrepancies suggest a need for targeted educational interventions. While Akinyemi, et al., (2023) reported that knowledge of contraceptive methods among Nigerian men has improved in recent years, it is clear that knowledge gaps remain, especially regarding the effectiveness of contraception. This point to a need for more focused efforts to correct misconceptions and reinforce the importance of contraceptive use beyond just the prevention of pregnancy, as also highlighted by Bearak, et al. (2020).

The result of the findings in table 2 highlighted the ambivalent attitudes male students hold toward contraceptive use. This is consistent with the findings of Elebiju, et al., (2025) who in his study reflected a broader societal trend where male involvement in reproductive health decisions is often undermined by traditional gender roles and cultural beliefs that frame contraception as a “female” responsibility. These findings resonate with the works of Nwaozuru, et al., (2019) and Matthews, et al., (2017), who similarly argue that patriarchal norms and expectations play a significant role in shaping attitudes toward family planning methods. Contrary to the prevailing literature that emphasizes the role of cultural factors in inhibiting male contraceptive involvement (Gupta, et al., 2018). This findings suggests that, while cultural barriers exist, there may be room for shifting attitudes toward contraceptive responsibility with the right educational interventions and support systems.

CONCLUSION

The study concluded that there was a significant effect of sexuality education on the knowledge of male undergraduate students towards the use of family planning methods in Tai Solarin Federal University of education. It is evident from the results that only a few numbers of the respondents have positive attitudes towards family planning programmes. The findings indicate the importance of addressing not just knowledge gaps but also societal attitudes and healthcare accessibility to promote responsible sexual health behaviours among male students while Policy implications should include comprehensive sexual health education.

RECOMMENDATIONS

1. Sexual and Reproductive Health Education

Comprehensive educational programmes on contraceptive methods should be regularly given to students in all the Nigeria tertiary institutions, these programmes should aim to dispel misconceptions about family planning methods. Utilizing peer Health education and digital platforms can also enhance the reach and engagement of these programmes.

2. Promotion of Male Involvement in Family Planning Methods

Given the high levels of knowledge but low contraceptive-seeking behaviour, there is a critical need to promote greater male involvement in contraceptive use and family planning which can be achieved through adequate health educational programmes and teaching among male students in Nigerian tertiary institutions. This can be done by organizing male-targeted campaigns and workshops, this will contribute to healthier sexual behaviours and improved family planning outcomes.

3. Addressing Attitudinal Barriers to Family Planning Methods

Since attitudes towards contraception significantly influence contraceptive-seeking behaviour, it is of paramount importance to address negative attitudes such as the perception that contraceptive use is inconvenient or not their responsibility through adequate health education. Therefore Nigerian tertiary institutions should engage the services of health educators, while counseling centers should be used as platforms for open discussions in order to fully address attitudinal barriers to family planning methods among male undergraduates.

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