

Original Research Article**PSYCHOLOGICAL INCLINATIONS ASSOCIATED WITH
ADOLESCENTS' SEXUAL BEHAVIOUR: THE MODERATING
EFFECT OF GENDER****Abstract**

The magnitude of the present day hetero-sexual behaviour can be traceable to several factors ranging from the developmental increase in height, size and weight to the high libido, lopsidedness in societal values, modern technology, and individual's psychological dispositions. The study examined some psychological inclinations associated with adolescents' sexual behaviour among Nigerian adolescents. Also, the study investigated the moderated effect of gender on psychological inclinations associated with adolescents' sexual behaviour. Three thousand (3000) randomly selected adolescents from the Senior Secondary School students in the four (4) educational zones (Remo, Ijebu, Yewa&Egba) in Ogun State, Nigeria took part in the study. Two instruments were used for collection of data; Multidimensional Relationship Questionnaire (Snell, et. al., 2002), and a self-developed questionnaire tagged "Sexual Relationship Behaviour Inventory (SRBI)". Data collected were analyzed using descriptive analysis, Multiple Regression Analysis, and correlation coefficient statistical tools. Findings revealed no significant gender difference in adolescents' sexual behaviour ($t = 1.791$, $p < .05$) while a significant difference was observed in the level of psychological inclinations between male and female adolescents ($t = 3.007$, $p < .05$). A significant relationship was found between adolescents' sexual behaviour and psychological inclinations ($r = .697$; $p < .05$). Result also showed that 27.4 percent of the total variance in adolescents' sexual behaviour is accounted for by the combination of the psychological inclinations ($F_{(12, 2948)} = 18.704$; $P < 0.05$). Male adolescents were found to have higher quality of relational esteem, internal control, relational motivation, and relational satisfaction, while the female higher on relational preoccupation, consciousness, anxiety, assertiveness, depression, monitoring and fear. On the basis of the

findings, it was suggested that adequate parent-child interpersonal relationship and active listening to teens' languages and emotional concerns should be employed by the parents, if they are to assist their teens in building a viable sexual lives.

Key words: Psychological inclinations, adolescents, sexual behaviour, gender

Introduction

In the Nigeria today just as in the western world, a high proportion of young adults irrespective of their educational level as college students or not, living in urban or rural area are believed to be sexually active, and many engage in unprotected sex (Falaye&Moronkola, 1999; Akindele-Oscar & Ayodele, 2004; Olusakin, & Parmer, 2007; Ogunsanya, 2007; Ayodele, 2009, 2011,). As noted by Adebayo, Udegbe and Sunmola (2006) this ever growing premarital behavioural pattern of youngsters continually exposes today's teenagers to be living in the world of great explorations. It has been observed also that premarital activities of today's youth that give liberty to close intimacy of unhealthy romantic explorations during dating (Inyang, 2007; Akinawo and Owoniki, 2007).

Most behavioural responses of young people habitually revolve around sexual activities. Inyang (2007) rightly noted the usual aftermath of intimacy in emotion-laden romantic relationships. Since one thing will always lead to another, engagement in the pleasure of romantic intimacy, more often than not, usually end up in sexual intercourse between the youngsters. And because sexual relations proffer the most passionate pleasure, young people are not usually emotionally balanced to control the urge for the fun. This seems to explain the insatiable feelings in youngsters to always desire intimate relationship with the opposite sex; the practice that often sustains the inherent danger of unhealthy romantic activities (Ogunsola, 2012).

Indeed some researchers found that increased incidence of adolescents' sexual behaviour as well as the decreased age of sexual debut is a function of several variables such as parents' socio-economic background and poverty (Ayodele, Iro-Idoro, & Bello, 2008), adoption of

western culture (Ikpe 2004; Akinwale 2009), lopsidedness in societal values (Ariyo, 2004); developmental increase in height, size and weight to the high libido (Falaye&Moronkola, 1999; McDowell, 2002; Akindele-oscar& Ayodele, 2004; Ogunsanya, 2007); adolescents' perception of sex symbol, values, risks and misconceptions (Ogunsanya, 2007).

There are enough observable indicators in our society to suggest that male and female adolescents no longer regarded virginity as a virtue as no sex before marriage is fading out gradually. Unintended, unwanted and unwise pregnancies sounded to be the first alarm of sexuality and poor display of knowledge on reproductive health, followed by the contemporary horrors of sexually transmissible infections. These situations affirm the urgency of the attention that adolescent sexual issues demand.

Also, the degree of sexual explosion among peers both at home and school and, more specifically, the sexual exploratory and experimenting behaviour of the young adults is a major challenge to psychosocial adjustment and mental health in adolescence. Sexual and/or romantic relationships occupy a major role in the lives of most young adults and its perception either negatively or positively as being satisfying are believed to promote emotional well-being and physical health. Attachment theory (Bowlby, 1973; Hazan& Shaver, 1987) provides a coherent framework to understand individual differences in such relationships. One of the main assumptions of the theory is that adults enter relationships with a history of interpersonal experiences and a unique set of memories, beliefs, and expectations that shape how they think and feel about their relationships and how they behave in those relationships (Collins, Ford, Guichard, & Allard, 2006).

Gender and gender roles are one of the factors that influence the definitions of sex and appropriate sexual behavior. Traditional sexual behavior roles state that women are supposed to be restrained in their sexual interests, but men are expected to show this interest continuously and to engage in active pursuit of sexual pleasure (O'Sullivan, 1995; Falaye&Moronkola, 1999; McDowell, 2002; Akindele-oscar& Ayodele, 2004; Ogunsanya, 2007). It is generally considered more appropriate for a man to have many sexual partners than for a woman (Clayton & Trafimow, 2007).

According to Medora and Medora, (1990), Akindele-Oscar and Ayodele (2004), Makinde (2004), and Ogunsanya (2007) males report sexual behavior to be more appropriate when it happens in the context of a casual acquaintance than females, who find it appropriate primarily

within the context of steady dating. This gendered perception of sexual activity is not only influenced by the relational context, but also by the behavior type. Men report a higher incidence of kissing, petting, and intercourse than women (Oliver & Hyde, 1993; Ayodele, 2009). Furthermore, males rate oral sex and anal sex as more appropriate behaviors than females while women tend to perceive penile-vaginal intercourse as less appealing than men (Medora & Medora, 1990, Michael et al. 1995). On the other hand, women tend to include more behaviors in their definitions of “having sex” than males (Trotter & Alderson, 2007).

In an examination of early sexual initiation, it was found that being a male was a good predictor of transitioning into sexual activity (Whitbeck, Yoder, Hoyt, & Conger, 1999). Similarly, a study looking at the factors associated with early sexual activity among urban adolescents found a greater number of boys than girls initiated sexual intercourse before age 16 (Smith, 1997). Research also indicates that boys report significantly more sexual partners (Luster & Small, 1994) and higher levels of sexual risk behavior (number of partners and condom use jointly) (Dutra, Miller, & Forehand, 1999)

Sexual behaviour depends not only on learning and pleasurable reinforcements but also on opportunities and limitations including those established by the individual’s own standards, concepts, perception, and wellbeing. Adebayo, Udegbe and Sunmola, (2006) noted that the ever growing change in premarital behavioural patterns of youngsters continually exposes today’s teenagers to be living in the world of great explorations. However, Snell, Schicke and Arbeiter (2002) identified various psychological variants that could be related with close relationships. These were: relational esteem, relational preoccupation, internal relational control; relational consciousness; relational motivation; relational anxiety; relational assertiveness; relational depression; external relational control; relational monitoring; fear of relationship; and relational satisfaction. The psychological dispositions believed to have influence on individual sexual behaviour can be summarised as follows in Table 1 below:

Table 1: *Psychological inclinations associated with adolescents' sexual behaviour*

SN	Variable	Meaning
1	Relationship Esteem	It is the extent to which people derive a sense of esteem from the intimate aspects of their life, and the extent to which they feel confident about their intimate relationships.
2	Relationship Preoccupation	Is the tendency to become absorbed in, obsessed with, and engrossed with the intimate aspects of one's life, to the extent that one virtually excludes from one's mind thoughts of other matters.
3	Internal Relationship Control	It is the people's expectation that they themselves can exert an influence on their intimate relationships.
4	Relationship Consciousness	It is the people's tendency to think about and to reflect about the nature of their intimate relationships.
5	Relationship Motivation	It is the people's motivation to be involved in an intimate relationship.
6	Relationship Anxiety	It is the people's feelings of tension, discomfort and anxiety about their intimate relationships.
7	Relationship Assertiveness	It is the characteristic of being intimately assertive (i.e., decisive about one's intimate relationships and self-reliant about the pursuit and fulfillment of one's intimate relationships.
8	Relationship Depression	It is the tendency to evaluate one's intimate relationship in a negative fashion and to feel depressed about the status on one's intimate relationship.
9	External Relationship Control	It is the people's expectation that their intimate relationships are largely determined by forces which they themselves can neither anticipate nor influence.
10	Relationship Monitoring	It is the awareness of other people's reactions to one's intimate relationships.
11	Fear of Relationship	It is the extent to which people are afraid of intimate activity.
12	Relationship Satisfaction	It is the extent to which people indicate that their intimate needs are currently being met.

Source: *Snell, Schicke, &Arbeiter (2002); Adenuga& Ayodele, (2010)*

The Problem

Until now, there has been no study that evaluates close relationships among adolescents in a multidimensional and multivariable manner, and there is paucity of researches on the psychological inclinations associated with sexual behaviour among Nigerian young adults (adolescents). Therefore, this study is designed to fill such research gaps in Nigeria. Against this background, this study will investigate the relationship between psychological dispositions and sexual behaviour in adolescence, and the extent at which gender (being a male or female) will moderate adolescents' sexual behaviour.

Purpose of the Study

The purpose of this study therefore was to investigate some psychological factors and their relationship to adolescents' sexual behaviour. And also the extent at which gender will moderate the relationship between the psychological factors and adolescents' sexual behaviour. This will help to give direction to programmes aimed at improving the mental health of young adults through their sexual behaviour. There are inconsistencies in previous research on the social factors predicting adolescents' sexual behaviour as well as the scarcity of researches on the psychological factors influencing their sexual exploration. Therefore, this study is crucial to the understanding of the sexual behaviour among Nigerian young adults.

Research Questions

In orders to achieve the purpose of this study, the following questions were formulated for testing at the 5% error margin.

1. Would there be any significant gender difference in the adolescents' sexual behaviour and psychological inclinations associated it?
2. Would there be any significant positive relationship between adolescents' sexual behaviour and psychological inclinations associated with it?
3. Would there be a significant combine effect of psychological inclinations on adolescents' sexual behaviour?
4. Would there be any significant gender differential effect of psychological inclinationson adolescents' sexual behaviour?

166 **Methodology**

167 **Design:** The research design adopted in this study is descriptive survey method. With this
168 design, a systematic inquiry on the differential and interactive effect of
169 psychological inclinations associated with adolescents' sexual behaviour was
170 conducted without any direct intervention on the outcome variables.

171 **Sample:** The sample of the study was drawn was the Senior Secondary School students in
172 Ogun State, Nigeria. All the secondary schools in the four (4) educational zones
173 (Remo, Ijebu, Yewa&Egba) in the state were given equal opportunity of being
174 selected for the research. The table of random numbers was used to select five (5)
175 schools from each zone,making a total of twenty schools in all.Participants were
176 then randomly selected from the schools with due cognizance to gender. Initial
177 samples of three thousand (3000) respondents were contacted for the survey (50
178 students each from SS1, SS2, and SS3). Out of this group, 1,478 were females
179 while 1471 were males. The age range was between 13 and 19 years. The mean
180 age was 15.3 years. Out of the 3000 questionnaire returned, 2,949 were deemed to
181 have been properly completed for analysis. Therefore, 98.3% of questionnaire
182 administration was ensured

183 **Instruments:** The Multidimensional Relationship Questionnaire (MRQ) by Snell, et. al (2002)
184 was used in this study,which measures intimate relationship with sexual attraction
185 along 12 psychological dispositions. It is a 60 – item scale which consists of
186 twelve positive relationship oriented subscales. Participants are to rate the extent
187 at which each of the item applied to them on a 5-point likert scaling format
188 ranging from 1 (not at all characteristics of me) to 5 (very characteristic of me). In
189 this study, MRQ reported an estimate of reliability of .68, and was found to be
190 correlated with social association at .89 (Adenuga& Ayodele, 2011; Ayodele,
191 2013)

192 (2) The second instrument is the “Sexual Relationship Behaviour Inventory
193 (SRBI).” It is a24-item scale constructed in five-point likert format measured
194 along Very characteristicof me (5) toNot all characteristic of me (1). Sample items
195 include: “It would bother me if my sexual partner neglected my needs”; “When I
196 make love with someone I generally expect something in return”; and “If I were

197 to make love with a sexual partner, I'd take that person's needs & feelings into
198 account”.

199 **Data Analysis:** This study employs descriptive analysis, Multiple Regression Analysis, as well
200 as correlationcoefficient statistical tools.
201
202

203 RESULTS

204 Preliminary findings

205 **Table 2:Descriptive Results of the Respondents’ Sexual Behaviour in the last 6 months**

S/N	Variables	Male N=1471	Female N= 1478	Mean
1	Has a boyfriend/girlfriend	1159 (78.8%)	987 (66.8%)	72.8%
2	Has once had sexual intercourse	1111 (75.5%)	956 (64.7%)	70.1%
3	Had sexual intercourse in the last six month	1111 (75.5%)	929 (62.9%)	69.2%
4	Had experienced attempted forced (coerced) sex	106 (7.2%)	501 (33.9%)	20.6%
5	Sexual initiating behaviour e.g. wooing, touching	907 (61.7%)	437 (29.6%)	45.7%
6	Sexual experimenting behaviour e.g. kissing, caressing	1007 (68.5%)	950 (64.3%)	66.4%
Others				
7	Age: 13-15 years	575	941	
	16-18 years	869	528	
	19years above	27	09	
	Mean age	16.5	15.5	16years
8	Mean age of sexual debut	15.5	13.5	14.5
9	Mean number of sexual partners	3.5	1.5	2.5

206
207 The results presented in Table 2 above revealed that 78.8 percent(1159) male has girlfriends and
208 75.5 percent (1111) has once had sexual intercourse while66.8 percent (987) female has boyfriends
209 and 64.7 percent (956) has once had sexual intercourse. Out of the 75.5 percent male and 64.7
210 percent female that has once had sexual intercourse, all the 75.5 percent male and 62.9 percent
211 female has had sexual intercourse in the last six month respectively. The participants’ sexual life
212 revealed that 7.2 percent males had experienced forced sex while 33.9 percent of female
213 experienced same. It was revealed further thatmale adolescents (61.7%) are more protruding in
214 sexual initiating behaviour such as wooing, touching compared to their female counterpart (29.6%),

215 while both male (68.5%) and female (64.3%) adolescents are actually sexually active. The table
216 revealed further the mean age of sexual debut for male was 15.5 years and 13.5 years for
217 female. The mean number of sexual partners for male was 3.5 and 1.5 for female. The implication of
218 all these findings is that the socio-cultural values of Nigeria favours male than the female.

219
220 **Table 3: T-test analysis showing gender difference in the adolescents' sexual behaviour and**
221 **psychological inclinations associated it**
222

Variable	Factors	N	X	SD	Df	t-cal.	t-crit.	P
Sexual Behaviour	Male	1471	33.868	13.861	2947	1.791	1.96	NS
	Female	1478	32.327	11.436				
Psych. Inclination	Male	1471	69.321	15.288	2947	3.007*	1.96	S*
	Female	1478	64.789	10.174				

223 *NS= Not significant; S= Significant*
224

225 The results presented in Table 3 revealed that the obtained value of t is 1.791 for the sexual
226 behaviour which is less than the t- critical value of 1.96 at 2947 degree of freedom and 0.05 level
227 of significance ($t = 1.791, p < .05$). This implies that there is no significant gender difference in
228 adolescents' sexual behaviour. On the other hand, significant difference was observed in the level
229 of psychological inclinations between male and female adolescents ($t = 3.007, p < .05$).

230
231 **Table 4: Relationship between Adolescents' Sexual Behaviour and Psychological**
232 **Inclinations**
233

		Psychological inclination	Sexual behaviour
Psychological inclination	Pearson Correlation	1	.697*
	Sig. (2-tailed)		.000
	N	2949	2949
Sexual behaviour	Pearson Correlation	.697*	.697*
	Sig. (2-tailed)	.000	
	N	2949	2949

234 ** Significant at .05 alpha level*

235 The result in Table 4 revealed a significant relationship between adolescents' sexual behaviour
236 and psychological inclinations ($r = .697; p < .05$). This implies that psychological inclination to a
237 great extent will influence adolescents' sexual behaviour.

238
239 **Table 5: Summary of Multiple Regression Analysis of the combine effect of psychological**
240 **inclinations on adolescents' sexual behaviour**
241

Source of variation	Sum of Squares	Df	Mean Square	F-Ratio	P
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Regression	3718.968	12	309.914	18.704	.012*
Residual	48640.712	2936	16.567		
Total	52359.680	2948			
Multiple R (Adjusted) = .523					
Multiple R ² (Adjusted) = .274					
Stand error estimate = 15.432					

Going by the result presented in Table 5, all the psychological inclinations when put together yielded a coefficient of multiple regression (R) of .523 and a multiple regression square of .274. This shows that 27.4 percent of the total variance in adolescents' sexual behaviour is accounted for by the combination of the psychological inclinations. The table also indicates that the analysis of variance of the multiple regression data produced an F-ratio value significant at 0.05 level ($F(12, 2948) = 18.704; P < 0.05$).

Table 6: *Differential effectiveness of the Psychological Inclinations associated with Adolescents' Sexual Behaviour (separately for males and females)*

	Predictors	Overall N = 2949		Male N = 1471		Female N = 1478					
		X	SD	X	SD	X	SD	B	β	t-value	sig
1	Relationship Esteem	53.43	10.77	54.48	8.90	52.37	10.03	1.917	.404	3.001	.011
2	Relationship preoccupation	50.39	11.13	49.56	13.13	51.26	10.89	4.019	.489	3.424	.003
3	Internal Relationship Control	51.96	10.57	53.39	9.86	50.58	11.17	1.048	.307	-2.276	.020
4	Relationship Consciousness	51.56	10.69	50.19	11.19	52.91	9.89	1.017	.301	-2.191	.000
5	Relationship Motivation	50.97	11.59	51.84	10.80	50.11	11.18	3.707	.479	3.297	.101
6	Relationship Anxiety	50.39	11.31	49.71	13.11	51.07	10.99	1.889	.401	2.903	.021
7	Relationship Assertiveness	50.53	11.53	50.70	11.10	53.51	9.03	1.007	.490	-2.081	.054
8	Relationship Depression	52.11	10.17	50.81	11.00	53.03	9.93	1.500	.387	2.707	.023
9	External Relationship Control	50.50	11.72	50.51	11.04	50.49	11.13	1.363	.355	2.633	.013
10	Relationship Monitoring	52.17	10.09	51.26	10.63	53.08	9.79	2.060	.424	3.098	.111
11	Relationship Fear	50.98	10.17	50.17	9.05	51.78	10.69	1.329	.336	2.486	.054
12	Relationship Satisfaction	52.29	10.51	53.58	10.69	51.01	10.97	1.222	.319	2.303	.000

Generally, the study established a significant gender differential effect of psychological inclinations on adolescents' sexual behaviour. Specifically, gender effect on the psychological

inclinations associated with adolescents' sexualbehaviour indicated that male reported significantly higher quality of relational esteem, internal control, relational motivation, and relational satisfaction, while having less effect of relational preoccupation, relational consciousness, anxiety, depression, monitoring and fear than female did. The female on the other hand have higher quality of relational preoccupation, consciousness,anxiety, assertiveness, depression, monitoring and fear. The results in Table 5 above revealed no significant differential effectof psychological inclination of external relational control on male and female adolescents' sexual behaviour.

Discussion

The study investigated psychological inclinations associated with adolescents' sexual behaviour, and also the extent at which gender will moderate the relationship between the psychological factors and adolescents' sexual behaviour. Findings of the first questions revealed no statistical significant gender difference in the adolescents' sexual behaviour. The only assumption that can be deduced from this finding is that both male and female adolescents of today cannot distinguish between love, infatuation, and sex. To them sex is love. Specifically, gendered perception of sexual activity is not only influenced by the relational context, but also by the behavior type. The finding of this study is line with the position of Ogunsanya (2007) that adolescents nowadays sees abstinence as a forced value and that having sex early makes them discover their identity. Also, this result is in support of Akindele Oscar and Ayodele (2004) that engaging in casual sex among their subjects was not necessarily a deliberate choice, often times it was due to lack of adequate knowledge or complete ignorance on the subject matter.

However, the differences observed in the psychological inclinations associated with adolescents' sexual behaviour could not have occurred by chance. The only assumption that can be deduced from this finding is that male and female preferred proportions of the varying physical attributes to what constitute love. And as noted by O'Sullivan (1995) that traditional sexual behavior roles state that women are supposed to be restrained in their sexual interests, but men are expected to show this interest continuously and to engage in active pursuit of sexual pleasure. It might also be that society still holds lenient attitudes toward male sexual activity that provide a lax context in which males are likely to translate their sexual desires into behavior. On the other hand, less permissive attitudes toward female sexual activity might prevent female adolescents from engaging in sexual behavior even if the desire is present. The findings lend

credence to the issue of culture supporting male sexual behaviour (Akindele-Oscar and Ayodele, 2004; McDowell, 2002), whereby male show more preferences to sexuality than female (Jiali-Ye, 2006).

The outcome of the second research questions revealed a significant positive relationship between adolescents' sexual behaviour and psychological inclinations associated with it. The implication of this is that how knowledgeable the adolescent is in terms of reproductive health determines the totality of his/her sexual behaviour and wellbeing. Thus, these psychological inclinations provide a distinct perspective wherein adolescents' sexual behaviour is considered on a more macroscopic, rather than microscopic, level. This corroborates the report of Steinberg (2007) that the most recent perspectives on adolescent risk sexual behaviour are consistent with the notion that the increase of risk sexual behaviour in adolescence is a function of typical development.

Results examining combine effect of psychological inclinations on adolescents' sexual behaviour showed that 27.4 percent of the total variance in adolescents' sexual behaviour is accounted for by the combination of the psychological factors. The reason for these findings is that a sociable adolescent could display adequate psychological adjustment, cooperation, good intra and interpersonal relationship. Quality social relationship can also bring about high mental health, morale, trust, respect, social competence, as well as relationship productivity that can transcend into workplace and family life. This finding support the work of previous researchers who found that emotional regulation difficulties (Cassidy, 1994; Thompson, 1994), feelings of insecurity and of the self as unworthy (Granot & Mayseless, 2001), feelings of loneliness and social isolation (Kerns, Klepac & Cole, 1996), and sexual promiscuity in young adults are manifestation of social maladjustment and poor psychological functioning (Rubin *et. al*, 2004).

The last research question established gender differential effect of psychological inclinations on adolescents' sexual behaviour. It was reported that male adolescents have higher quality of relational esteem, internal control, relational motivation, and relational satisfaction, while the female have higher quality of relational preoccupation, consciousness, anxiety, assertiveness, depression, monitoring and fear. The results is in favour of male adolescents which is in line with the work of earlier scholars who found that girls may be more likely and strongly

affected than boys by tensions and strains in their best friendship (Clark & Ayers, 1992). Also, Rubin *et. al*(2004) affirmed that girls may be more influenced by close relationship / friendship than boys are. Research generally shows that men are more oriented towards sexual acts and women are more oriented towards romance or the emotional aspects of sex (Missildine, Feldstein, Punzalau, & Parsons, 2005), which would tend to support common social and cultural assumptions in the western world today. Also, various studies attribute a tendency towards sexually driven behavior to men compared with women (Baumeister, Catanese, & Vohs, 2001; Dodge, Reece, Cole, & Sandfort, 2004).

Conclusion

Something no one tends to talk about is sex, yet everybody wants it – young and old, male and female alike. Sex is universal and from ancient time, is still remain one of the most taboo topics not to be discussed in the presence of the young ones. However, sexual behaviors bring about a number of longings for both the self and partner: procreation, pleasure, and intimacy. This study however, highlights the psychological inclinations associated with adolescents' sexual behaviour in Nigeria. It could be deduced from the outcome of these findings that young adults' perception of sex and sexual behavioural patterns are manifestation of some psychological inclinations enriched within the cultural milieu in which the adolescents find themselves.

The result of the study revealed that there are psychological inclinations that are associated with quality sexual behavioural patterns of young adults. These psychological depositions have their foundation from the early social attachment, which have direct influence on individual mental health and psychological functioning.

The implication of this study is that there is need for government, school management and / school counsellors (counselling psychologist) to design quality programmes at different level of education that will enhance positive sexual behaviour among students at all levels, promote students' intra and interpersonal relationship skills, psychological functioning, and through skill building programs such as sex education, peer counseling, interpersonal communication, critical thinking and problem-solving skill trainings, and the likes.

Also parents as the primary caregiver and the first socialization agents should provide conducive home environment and provide quality interaction that must cater for the needs and

yearnings of their children. Parents must come to the knowledge of how their teens grow and change; if they are to assist them through this important developmental stage of sexual exploration. Adequate parent-child interpersonal relationship and active listening to teens' languages and emotional concerns could be of great help.

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