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The Impact of Inclusion of Sex Education in The Nigeria Secondary School Curriculum in The Ongoing Fight against HIV/Aids, and Other STDs in Nigeria (a study of kwali area council of FCT, Abuja)

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Abstract: Despite the fact that other devastating diseases have overshadowed AIDs, in Africa, particularly this year of COVIC 19, pandemic, AIDs is still an issue in impoverished Africa. This study was undertaken to find out the impact of inclusion of sex education into the secondary school curriculum in the ongoing fight against HIV/AIDs, and other sexually transmitted diseases(STDs). The was carried out in five selected secondary schools in Kwali area council of federal capital territory(FCT), Nigeria. The population of the study comprise of 184 students and teachers across the selected schools, and the instrument used was a well-structured questionnaire. The result was analyzed using chi-square goodness of fit analysis test. The result showed the following amongst others: that the inclusion of sex education into the secondary school curriculum will have a significant impact in the fight against HIV/AIDs and other STDs at P>0.05, rejecting null hypothesis 1, and accepting the alternative hypothesis. It also affirmed that teaching sex education in Nigeria secondary schools will have significant impact in reviving the deteriorated sexual morality in the society at P>0.05, hence the null hypothesis was rejected and the alternative hypothesis retained. Above all teaching sex education in our secondary schools will have a significant impact on our national development at P>0.05. The following recommendations amongst others were made, that parents should relate well with their children in order to create the right atmosphere for the opportunity to teach their wards sexuality. School administrators should create avenues of teaching sexuality to students by creating club and societies, organizing quiz and debates centered on awareness on HIV/AIDs, and other STDs and others, and above all government should include its teaching in the curriculum.

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Introduction:

Youth as widely established are the bedrock of every society, hence, any society that lay emphasis on educating her youth, no doubt will be on a greater path to national development. However, in situation where the vounger generations are socialized into a maladaptive pattern in their reactions to life situations perhaps as a result of lack of quality and functional education, the development of such society is at risk. It is gratifying to acknowledge the fact that the development of every nation depends on the quality of her youth, however this can only be achieved through quality and functional education given to the younger generation. Therefore, with the above assertions, adequate and proper awareness given to the youth with regards to their social life is paramount in the achievement and sustenance of national development.

No wonder, the Holy Bible in proverbs 22:6 states that "train up a child in the way he should go so that when he grows old he will not depart from it"

hence, moral education is the key towards achieving any sustainable development in the society, otherwise, any society that is morally bankrupt can neither progress nor sustain any development. Sex education as defined by Giwa and Mohammed (2008), is the process of teaching the youth the reality of sexuality which involves among others cautioning them about the possible unpleasant outcome of premarital sex, teaching them how to take care of their body (sex organs), for the purpose of achieving healthy sexual life in future as well as teaching them the consequences of indulging into unhealthy sexual activities. Victorson (2015), defined sex education as the process of teaching the young ones, (teenagers and youth) about sexuality, their body changes and all that they need to know to prepare them for future. This implies that educating a child, teenagers and youth about sex is very important. Jude (2017), sees sex education as the type of education aimed at educating and strengthening the ability of young people to make conscious, satisfying, healthy and



peaceful choices regarding to relationships, sexuality, emotional and physical health.

Therefore, sex education neither encourage nor advices children and young people to practice premarital sex, rather it inculcates an awareness, perception and attitudes towards safer sexual life in future. Pramod (2018), advocates that education it's the key towards getting rid (curbing) of HIV/AIDS as well as other STDs and social disorders in the society. He further opined that sex education should be taught to all teenagers in our schools so that they can be aware of diseases associated with unwholesome sexual practices. He also suggested that group discussion should be encouraged on sex education. Secondary school age children (teenagers) are faced with diverse of challenges; Physiologists refers to this stage of life as the most vulnerable stage. This is because as development reaches it' peak in the young adolescent, the development of secondary sex characters begins this also come along with hormonal secretions such as estrogen and testosterone, which triggers the urge for sex, this can lead to experimentation of sex among the young people of this age group. Philip (2012), in one of his teenage blues series, refers to exploitation and experimentation of sex among the teenagers as "friendly fire". A very dangerous and disastrous fire which has the ability to burn down virtually every part of the teenager's future leaving his/her life in doomed. This happened to teenagers that are ignorant about the dangers of premarital sex. The problems associated with being ignorant of basic issues of premarital sex especially among the teenagers cannot be over emphasized, and it is against this backdrop that this research is undertaken. Samuel (2009), stipulates that there are many dangers associated with sexual intercourse between people who are not husband and wife. These includes among others; unwanted pregnancy and the possibility of being infected with sexual transmitted diseases e.g. gonorrhea, syphilis, trichomonas, HIV/AIDS etc. Considering the vulnerability of the adolescent child especially in this contemporary time where the society is faced with numerous challenges of sexual immoralities such as homosexuality, prostitution, pedophilia, rape, continue upsurge of HIV/AIDS and other sexual transmitted diseases such as Hepatitis disease, herpes simplex virus disease, amongst host of others. In view of the above assertion, the need for functional sex education to be taught in our secondary schools is necessary so that the teenage child can be kept abreast of the consequences of premarital sex, homosexual activities, molestation and other sexual assaults by adults and fellow teenagers of opposite sex. In addition, the rise in sexual immorality among the teenage age group in

the society also call for concern and this has succeeded in the deteriorating the moral standard in the society posing a very great challenge to our health care system, increase in poverty, increasing number of school drop-out especially among the girl-child as a result of teenage and unwanted pregnancies.

Research hypothesis:

For the purpose of this study, the following research hypotheses are proposed:

- a. That the inclusion of sex education in Nigeria secondary curriculum will have no significant impact in the fight against continued spread of HIV/AIDs and other STDs in our society.
- b. That the inclusion of sex education in Nigeria secondary school curriculum will have no significant impact in minimizing the rate of sexual immorality in our society.
- c. That the inclusion of sex education in Nigeria secondary school curriculum will have no significant impact in reducing the rate of teenage pregnancy in our society.
- d. That the inclusion of sex education in Nigeria secondary school curriculum will have no significant impact in the development of our society.

Materials and Methods: Research design:

Due to the large size of the target population, survey research design has been adopted which is aimed at finding out the impact of inclusion of sex education in the ongoing fight against HIV/AIDS and other STDs in the Nigeria secondary school curriculum. Survey research as defined by Wikipedia is type of research design aimed at extracting specific data from a particular group of people. Survey research is often used to assess though, opinion, and feelings of the targeted population. Therefore, the choice of survey research design for this study is justifies the above assertion.

Population of study:

The populations for the study comprises pupils are teachers of five (5) secondary schools in Kwali area council of the federal territory. Abuja namely,

- Government Science and Technical i. College Kwali
- Government Secondary School Kwali ii.
- iii Government Secondary School Pai
- Government Secondary School iv. Yangoji
- Government Secondary School Yebu V.



Sampling size and technique:

The sampling process adopted for this research work is the simple random sampling. This is because it is perceived that the simple random sampling will produce an average experience of the respondents which is the representation of the sampled population. The research adopts (selects) a population of one hundred and eighty-four (184) comprising of fifty (50) teachers and one hundred and thirty-four (134) students of both sexes.

Research instrument:

The researcher employed and developed the use of questionnaire. Kobiowu (2006), viewed questionnaire as a set item systematically arranged which would ask from the respondents about the subject matter that is under investigation. The questionnaire however, is closed ended and divided into two sections; A and B.

Section "A" of the questionnaire is designed to seek for personal data of the respondents.

Sections "B" of the questionnaire contain questions on the respondent perception on the impact of inclusion of sex education in the ongoing fight against HIV/AIDs and other STDs in Nigeria secondary school curriculum.

Validity of the instrument:

Glory (2008), opined that research instrument is only adjudged valid when it measures what it meant to measure. Also Joshua and Aduwa (2011) summits that the validity of any research instrument can only be ascertained on how well it really measured what it intends to measure

Therefore, to ascertain the validity of the research instrument, the researcher ensured that resource persons in measurement and evaluation in School of education, Niger state college of education went through the questions and validated them before they were finally produced for administration.

Reliability of the instrument:

Joshua & Aduwa (2011), opined that research instrument is said to be reliable when it is relevant and accurate to its purpose. For this purpose, the instrument underwent vigorous check to ensure that it was authentic, valid and reliable before it was administered.

Administration of instrument:

For the purpose of collection of data, the researcher visited the five (5) selected schools to administer the questionnaire and collected them back immediately for computation and further analysis of the data.

Data analysis:

The researcher adopted statistical tool of frequency and percentage in analyzing the responses of the respondents on each item and the hypothesis tested using chi-square goodness of fit analysis test.

Results:

Table 1: showing the responses of the respondents on the basic information about HIV/AIDs and other STDs.

S/N	Questions	Agreed F &%	Disagree F & %	Total Respondents
1	HIV/AIDs and other sexually transmitted diseases (STDs) are the most common causes of human health challenge	175 (95.1%)	9 (4.9%)	184 (100%)
2	HIV/AIDs and other STDs are mostly spread from one person to another through unprotected intercourse	179 (97.2%)	5 (2.8%)	184 (100%)
3	HIV/AIDs a threat to human existence worldwide due to its incurable nature	181 (98.3%)	3 (1.7%)	184 (100%)
4	Workshop, seminars and other awareness campaigns on how to prevent the continue spread of HIV/AIDs and other STDs has been carried out in your school before	23 (12.5%)	161 (87.5%)	184 (100%)
5	Sex education is part of subject that is taught in your school	12 (6.5%)	172 (93.5%)	184 (100%)

Key F= Frequency, %= Percentage

Sources: Field Survey, 2019

Table 2: showing responses of the respondents as to whether inclusion of sex education in school curriculum will have positive impact in the fight against HIV/AIDs.

S/N	Questions	Agreed F& %	Disagreed F& %	Total Respondents
1	Inclusion of sex education into secondary school curriculum will be a good idea because it our youth on the best approach to prevent the continued spread of HIV/AIDs and other STDs	182 (98.9%)	(1.1%)	184 (100%)
2	If sex education is induced in our secondary school curriculum it will help to teach our young people the negative effect of prostitution and other immoralities in our society thereby minimizing the spread of HIV/AIDs and other STDs	182 (98.9%)	(1.19%)	184 (100%)

Key F=Frequency, %=Percentage

Sources: Field Survey, 2019

From the above table, 98.9% of the respondents agreed that the inclusion of sex education into the Nigeria secondary school will have a positive impact in the fight against HIV/AIDs and other STDs.

Table 3, showing the responses of the respondents as to whether inclusion of sex education in secondary

school curriculum will help to improve sexual morality among the youths.

S/N	Questions	Agreed F& %	Disagreed F& %	Total Respondents
1	Factor such as abject poverty, poor parental training, peer group, pressure amongst others are the causative agents of prostitution and other sexual immorality in the society	178 (96.7%	6	184 (100%)
2	Functional and effective sex education will help to reduce prostitution and other sexual immorality among the youth	175 (95%)	9 (5%)	184(100%)
3	Functional and effective sex education will help to create awareness to the youths on how to live a sexual upright life style in other to attain a healthy reproductive future	180 (97.8%)	4 (2.2%)	184 (100)
4	Effective and functional sex education will help to regain and retain the moral standard in our society as youth will be thoroughly taught the consequences of sexual immoralities and other vices perpetrated by the youths	172 (93.4%)	14 (7.7%)	184 (100)
Avera	1 1 2 2	95.7%	4.3%	100%

Sources: Field Survey, 2019

Table 3, above shows that averagely, 95.7% respondents agreed that inclusion of sex education into the secondary school curriculum will help to improve sexual morality among the youths, while 4.3% of the respondents disagreed with the statement.



Table 4: showing responses of the respondents on whether inclusion of sex education into the Nigeria secondary school curriculum will help to reduce the rate of teenage pregnancy in our society.

S/N	Questions	Agreed	Disagreed	Total
		F &%	F &%	Respondents
1	Teenage pregnancy is one of the paramount factor that is posing negative effect on girl-child education in Nigeria	170 (92.3%)	14 (7.7%)	184 (100%)
2	Ignorance is one the factor that has continued to promote teenage pregnancy in our society	174 (94.5%)	10 (5.5%)	184 (100%)
3	Functional and effective sex education will help to reduce our youths on the causes, effects and preventive measures of teenage pregnancy in our society	180 (97.8%)	4 (2.2%)	184 (100)
4	Effective and functional sex education will help to create awareness to our youths on how to minimize the spread of HIV/AIDs and other STDs through pre-marital sex	172 (93.4%)	12 (6.6%)	184 (1000)

Sources: Field Survey, 2019

Table 4 above, shows that averagely, 94.5% of the respondents agreed with the assertion that inclusion of sex education into the secondary school curriculum will help to reduce the rate of teenage pregnancy in the society, however, only 5.5% of the respondents disagreed with the statement.

Table 5, showing the responses of the respondents on whether the inclusion of sex education in secondary

school curriculum will contribute positively to our national development.

S/N	Questions	Agreed F &%	Disagreed F &%	Total Respondents
1	Effective and function sex education help to reduce the burden HIV/AIDs and other STDs possess to our health care system in country because the rate of HIV/AIDs transmission will be minimize	160 (86.9%)	24 (13.1%)	184 (100%)
2	Effective sex education will help to improve the standard of living in the society as money spent in treating HIV/AIDs and other STDs will be used for other daily needs	158 (85.8%)	26 (14.2%)	184 (100%)
3	Effective and functional sex education will to create awareness for equal opportunity among the male and female or child in the society	134 (72.8%)	50 (27.2%)	184 (100)
4	Effective and functional sex education will help in giving effective parenting as most upcoming parents will have the effective knowledge of parenting and they will also bear children at their will.	164 (89.1%)	20 (10.9%	184 (100)
5	Effective and functional sex education will contribute to our national development as the resources the government is spending to provide treatment for HIV/AIDs patients will be channel to other areas that will better the standard of living in Nigeria	174 (94.5%)	10 (5.5%)	184 (1000)

Sources: Field Survey, 2019. Key F= frequency, %=Percentage

From table 5 above, it shows that 94.5% of the respondents agreed with the assertion that inclusion of sex education into the secondary school curriculum will contribute to our national development. Meanwhile, 5.5% of the respondents disagreed with such assertion.

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Table 6; Showing the responses of the respondents on the professional trainings that sex education teachers should acquire.

S/N	Questions	Agreed F &%	Disagreed F & %	Total Respondents
1	Sex education teacher should be given adequate training by experts on how to guide and counsel the victims of sexual immoralities such as rape, prostitution and teenage mothers	168 (91.3%)	16 (8.7%)	184 (100%)
2	Sex education teachers should be given adequate training by experts on how to give effective guidance and counseling to the victims of HIV/AIDs and other STDs among the secondary school children	160 (8.7%)	24 (1.3%)	184 (100%)
3	Parent should create a cordial relationship with their children/wards and give them correct information about their sex organs and sexual life in general to avoid young ones going out to seek information from their peers or wrong hands	192 (93.4%)	12 (6.6)	184 (100)

Sources: Field Survey, 2019.

Key F=frequency, %=percentage

From table six (6) above, it shows that 91.3% and 87% of the respondents agreed that the sex education teachers should be given sufficient training on guidance and counseling aside the knowledge of sexuality while 8.7% and 13% of the respondents disagreed with such assertion. In the same vein, 93.4% of the respondents also agreed that parents should also have the responsibility of teaching their children sexuality education to avoid them falling into wrong hands in search of knowledge of sexuality, only 6.6% of the respondents disagreed with such assertion.

Statistical analysis:

Table 7: showing chi-square analysis of responses of the respondents as to whether inclusion of sex education in secondary school curriculum will have impact in the fight against HIV/AIDs and other STDs in society.

Variables	Sum Total of Responses	Chi-square Cal. (x²-value)	DF	P-value	Remark
Agreed	182 (98.9%)				
Disagreed	2 (1.1%)	88.043	1	3.846	Significant
	Total 184 (100%)				

Sources: Field Survey, 2019

Table 7 above shows that inclusion of sex education in the secondary school curriculum will have a significant impact in the fight against HIV/AIDs and other STDs in Nigeria at(P> 0.05).

Table 8, showing chi-square analysis of the responses of the respondents as to whether inclusion of sex education in the secondary school curriculum will have impact in improving sexual morality among the youth at n > 0.05

Variables	Sum Total of Responses	Chi-square Cal. (x²-value)	DF	P-value	Remark
Agreed	176 (95.7%)	76.695	1	3.846	Significant
Disagreed	8 (4.3%)				
	Total 184 (100%)				

Sources: Field Survey, 2019

Table 8 above, shows that inclusion of sex education into the secondary school curriculum will have a significant impact in improving the sexual morality among the secondary school age students at(p> 0.05.)

Table 9, showing chi-square analysis of the responses of respondents as to whether inclusion of sex education in the secondary school curriculum will have impact in reducing the rate of teenage pregnancy in the society.

Variables	Sum Total of Responses	Chi-square Cal. (x ² -value)	DF	P-value	Remark
Agreed	174 (94.6%)				
Disagreed	10 (5.4%)	73.086	1	3.846	Significant
	Total 184 (100%)				

Sources: Field Survey, 2019

Table 9 above, shows that the inclusion of sex education into the secondary school curriculum will have a significant impact in reducing the rate of teenage pregnancy in the society at (P > 0.05)

Tale 10, showing the chi-square analysis of responses of the respondents as to whether inclusion of sex

education into the secondary school curriculum will have impact in the society.

Variables	Sum Total Responses	of Chi-square Cal. (x²-value	DF e)	P-value	Remark
Agreed	158 (85.8%)				
Disagreed	26 (14.2%)	47.347	1	3.841	Significant
	Total 184 (100%)				

Sources: Field Survey, 2019

Table 10 above, shows that inclusion of sex education into the secondary school curriculum will have a significant impact in our national development at (p > 0.05)

N/B. **Keys:**

Chi-square cal. $(X^2$ -value) = is the calculated value of chi-square

DF=Degree of freedom

P-value=is the table value of chi-square in relation to the DF



Discussion:

From the results obtained, (see table 1).it shows that 95.% of the respondents agreed that HIV/AIDS and the other sexually transmitted diseases are the most common causes of human health challenge in the society, 97.2% of the respondents also agreed that HIV/AIDs and others sexually transmitted diseases are mostly spread from one person to another through sexual intercourse, similarly,98.3% of the respondents agreed that HIV/AIDS is a threat to human existence worldwide due to its incurable nature. However,87.5% of the respondents disagreed with the statement that says workshop, seminar and others awareness campaign on HIV/AIDs on how to prevent the continued spread of HIV/AIDS and other STDs has not been carried on how to prevent the continued spread of HIV/AIDs and other STDs has not been carried out in their schools and 93.5% of the respondents also subscribed to the fact that sex education is taught in their school as a subject.

Table 2, showed that 98.9% of the respondents agreed that the inclusion of sex education in the secondary school curriculum will be a good idea because it will help to create awareness to the youths on the best approach to prevent the continued spread of HIV/AIDS 'and other STDS in the society. Similarly, 98.9 (see table 2) of the respondents also spread that if sex education is divided in the secondary school curriculum will help to teach the young people or the negative effect of prostitution and other sexual immoralities in the society and this agrees with the finding of premed (2018) who stated that education is the key towards getting rid (curbing)of HIV/AIDS as well as other STDS and other social disorders in the society such as prostitution among others. Also, then chi-square goodness of fit analysis test carried out on hypothesis one to determine whether inclusion of sex education into the Nigeria secondary school curriculum have any impact in the fight against the continued spread of HIV/AIDS and other STDS in our society, shows that the inclusion of sex education into the secondary school curriculum will have a significant impact in the fight against the continued spread of HIV/AIDs and STDs in our society (see table 7).

Table 3 shows that averagely 95.7% of the respondents subscribed to the fact that inclusion of sex education into the Nigeria secondary school curriculum will help to improve sexual immorality among the youths as it as it will create an awareness to the youth on how to live a discipline life style in order to attain a healthy reproductive future, it will also provide an avenue to teach the youth thoroughly the consequences of sexual immoralities and other social vice perpetrated by youth in the society. This is

in conformity with world health organization (2001), which suggested that sex education should be intensity in the African region so that the young people can be aware of the dangers of premarital sex. Also, Okonofua (2002), suggested that proper information should be given to the young people on sexuality in order to create an awareness to the young people on the impending dangers of unwholesome sexual practices. Similarly, Nicolas and Otolorin (2005), opined that sex cannot be divorced from human life, therefore, quality and sufficient information can save our youth from unnecessary dangers. In the same vein the chi-square goodness of fit test analysis carried out on the research hypothesis2, shows that the inclusion of sex calculation into the secondary school curriculum will have a significant impact in improving sexual morality among the youth, this led to the rejection of null hypothesis while the alterative hypothesis was retained. (See table 8).

Table 4: shows that, averagely 94.5% of the respondents agreed with the fact that inclusion of sex education into the secondary school curriculum will help to reduce the rate of teenage pregnancy in our society as it will help to educate the young people on the causes, effects and the preventive measures of teenage pregnancy in the society. This is in conformity with (WHO 2005) report on west African region on the need for sex education, the report states that most social problems of street within and the so called boys are mostly perpetrated by the product of unplanned pregnancies, children of the poor people overwhelmed by large number of children they cannot cope with. Children of teenagers who cannot cope with child bearing because they are ill equip for the task of child upbringing which constitute a large proportion of social miscreants.

Also, the chi-square goodness of fit analysis test carried out on research hypothesis 3 to determine whether inclusion of sex education will have impact in reducing the rate of teenage pregnancy in the society, showed that the incorporation of sex education into the secondary school curriculum will have a significant impact in reducing the rate of teenage pregnancy in the society at P> 0.05.

Table 5, shows that 94.5% of the respondents agreed with the assertion that inclusion of sex education into the secondary school curriculum will help in contributing to the national development because rate of HIV/AIDs and other STDs transmission from one person to another especially among the young people will be reduced as such, the resources spent by families and friends in treating such infectious diseases will be channel to other family needs. The government will also channel the money spent in providing treatment for the victims of



HIV/AIDs and other sexually transmitted diseases towards other areas that could enhance our national development and this finding is in line with Olanivan (2008), who stipulated that amongst the benefits of sex education to the society and the nation, that sex education gives factual and correct information to the young ones on the eminent consequences of unwholesome practices of sex to the practitioner, the society and the nation at large.

Similarly, the chi-square goodness of fit analysis test carried out on research hypothesis to determine whether inclusion of sex education into the secondary school curriculum will have a significant impact in our national development (see table 10).

Table 6, shows that 91.3% of the respondents agreed that sex education teachers should be given adequate training by experts on how to guide and counsel the victim's sexual immoralities such as rape, prostitution, teenage mother, etc. likewise 87% of the respondents agreed that sex education teachers should also be trained and counsel the victims of HIV/AIDs and other STDs among the secondary school age students. Finally, 93.4% of the respondents agreed that parents have a vital role to play in educating their children about sexuality in order to avoid young ones going to seek information from their peers and other wrong hands.

Recommendations:

- Sex education should be incorporated into the secondary school curriculum because to have the significant impact in the control of transmission of HIV/AIDs and other STDs especially among the secondary school age students.
- ii. Functional and effective sex education will help in reducing the rate of lives lost during the abortion and poor care during pregnancies especially among the teenagers.
- Teaching sex education in our secondary school iii curriculum will exert the positive impact in reviving and sustaining the deteriorated sexual morality among the youths.
- Teaching sex education in our secondary school iv. will have a positive impact on promoting the girl child education as it will help in reducing the rate of teenage pregnancy in the society.
- Teachers of sex education should be given V. adequate and professional training on how to give appropriate guidance and counseling to those children that are victims of sexual abuse. HIV/AIDs and other STDs teenage mothers amongst others.
- School administrators should create avenue that vi. can bring about the creation of awareness to their students on the issues that has to do with

- their sexual lives such as quiz and debates on health matters, creates clubs and societies such as HIV/AIDs, healthy living clubs amongst others.
- Parents should create cordial relationships with vii. their children and teach them all the need to know about sexuality in order prevent their children from seeking for knowledge of sexuality from wrong hands where they can easily fall prey.
- Nigeria Education Research and Development Council (NERDC) should ensure that sex education as a subject is fully incorporated into the secondary school curriculum and other agencies charged with policy implementation and supervision in our schools should ensure that the course is fully implemented irrespective of the location of the school that is both rural and urban schools.
- ix. Pharmaceutical and other researchers in health industry both locally and internationally should intensify effort in the search for complete cure of HIV/AIDs.

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