

Influence of Parent-Adolescent Direct and Indirect Communication About Sexuality on Adolescents' Early Sexual Activity

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Abstract

Communication between parents and adolescents is important, especially concerning sexuality because it affects adolescent's identity formation and role taking. When parents give limited information to their adolescents about sex, the adolescents are unable to cope with socio-psychological and physiological changes that come up at puberty. Approximately 50% to 70% of adolescents are sexually active between the ages of 13 to 17 years and almost 90% by the age of 18 years. This early sexual activity puts adolescents at high risk for sexually transmitted diseases and unplanned pregnancies as they do not have sufficient information on sexuality. The purpose of the study was to establish the influence of parent-adolescent communication about sexuality on early sexual activity among Form Two students in Rongai Sub - County, Nakuru County, Kenya. The research was guided by the social learning theory and Theory of Reasoned Action (TRA). The study used descriptive survey research design. The study was conducted in Rongai Sub - County, Nakuru County. Rongai Sub- County has 65 secondary schools in four divisions with a total of 4,414 Form Two students. Proportionate, purposive, stratified and random sampling techniques were used to select participants. From a population of 4,414, a sample of 351 students participated in the study. Data were collected using questionnaires and Focus Group Discussion. Experts from the Department of Psychology, Counselling and Educational Foundations were consulted to assess the face validity of the instruments. The reliability was determined by conducting a pilot study in Secondary schools at Njoro Sub-County. The reliability of the questionnaires was estimated using Cronbach alpha reliability coefficient where any value above 0.70 was accepted. For this study, reliability coefficient test yielded an alpha value of 0.85, which was further triangulated using multiple sources of data on study phenomenon. Data were analyzed using descriptive statistics (Means, Percentages and Frequencies) and inferential (Chi square) statistics with the help of the latest statistical package for social sciences (SPSS) version 24.0. The findings indicated that majority of the adolescents (72%) 234 had received communication from their parents/guardians about early sexual activity while (28%) 76 had not received communication regarding early sexual activity. The findings of the study revealed that there existed a significant relationship between the parent communication and early sexual activity among the adolescent ($r = 0.271, p = .000, p < 0.05$). The positive correlation between communication and sexual activity suggested that that the higher the parental communication and guidance and counseling the lesser the involvement on early sexual activity. This study found out that majority of parents used direct methods when communicating with their adolescents. This study established that most of the parent-adolescent communication on sexuality was based on physical changes, personal hygiene, abstinence, abortion, and saying "no" to forced sex. Majority (72%) 224 of the adolescent occasionally discussed early sexual matter with their parents thus many cases of early sexual activity, teenage pregnancy, and sexually transmitted infections. From the Focus group discussion, many parents expressed discomfort discussing sexual topics/activity with adolescents. Parents were protective of their girls than the boys when discussing issues on sexuality. These findings are expected to be useful in assisting all stakeholders to come up with intervention programs that may assist adolescents deal with early sexual activity in schools and society.

Keywords: Adolescent, Parent, Indirect Communication, Sexuality, Early Sexual Activity

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1. Introduction

Improving the sexual health of young people is a global priority. This is because sexual health is fundamental to physical and emotional well-being of individuals; and to the social and economic development of communities and countries (World Health Organization (WHO), 2017). Sexual health encompasses the right of all persons, including adolescents, to have the knowledge and opportunity to pursue a safe and pleasurable sex life. About 16 million women, 15 to 19 years old give birth each year, about 11% of all births worldwide. 95% of these births occur in low and middle-income countries (WHO, 2017). Despite the decline in adolescent pregnancies over the past twenty years, there are still approximately 750,000 United States females between the ages of 15 to 19 years who become pregnant annually (Centers for Disease Control and Prevention (CDC), 2017). The United States' adolescent pregnancy rate remains one of the highest in the developed world, followed by New Zealand,

51% and England and Wales, 47% (Guttmacher Institute, 2012). For example, 82 % of adolescent pregnancies are unplanned and make up 20 % of unplanned pregnancies overall that occur annually in the United States (Finer and Henshaw, 2016). With these numbers, and an almost 25% rate of sexually transmitted diseases among adolescent girls, it is important to stop or reduce this rate. The need to address adolescent sexual health is further emphasized by research which shows that seven out of ten adolescents have engaged in early sexual activity and nearly ninety percent of adolescents between 15 to 17 years have had sex at least once (Guttmacher Institute, 2012).

In several countries in Sub-Saharan Africa, for example Rwanda and Mozambique, direct parental involvement in the sexual socialization of adolescents has been minimal. In the past, the extended family, including grandparents and aunts were instrumental in imparting the necessary information and skills relevant for sexual relationships (Dimbuene, 2018). Increased urbanization and social change have greatly affected the family unit. This has consequently affected adolescent socialization. Parents can communicate important sexual information to their adolescents directly, indirectly or through modelling behaviour (Miller, Benson, and Galbraith, 2014; Fisher, 2004). Direct communication is straightforward verbal discussion between parents and adolescents on sexual activity (Fisher, 2004). Indirect communication involves communication of verbal attitudes through physical non-verbal behaviours such as physical affection and handling of privacy (Joffe and Franca-Koh, 2005).

Past research conducted in Kenya reveals that parents think that talking about sexuality encourages sex (Poulsen, Miller, Lin, Fasula, Vandenhoudt, Wyckoff, Ochura and Obong'o, 2010). The government has attempted to intervene through enactment of laws that allow adolescents, to access services on Reproductive Health. The bill on Reproductive Health that sought to allow children as young as ten years old to access Reproductive Health services brought to the floor of the legislative assembly in June 2014, caused a huge uproar. The reactions of Kenyans on social media mirrored the sour taste the proposed law left in many parents' mouth. This is a clear indication that something is wrong with a society that can contemplate on absolving ten year olds from seeking parental guidance on matters of sexual activity (Chacha, 2014).

Past studies conducted in developing countries suggest that sexuality education has the potential to positively impart attitude, norms and intentions. It has also been noted to be associated with a range of important psychosocial attributes including increased self-knowledge, better interpersonal communication skills, including sexual negotiation skills, and self –efficacy (Chang, Haytler and Lin, 2014). However, sexual behaviour change has been more limited (Kaaya, Flisher, Mbwambo, Schaalma, Aaro and Klepp 2009). This is an indication that despite the fact that parents provide sex education to their adolescents, there has been minimal positive behaviour change among adolescents.

Family is the fundamental socializing ground for communicating sexual behaviour (Day, 2010). It is primarily within families that adolescents learn ideas, values, and behaviors about their world, and socialization takes place through direct or indirect communication (Day, 2010). Socialization is a complex process that provides individuals with social knowledge that guides their decisions and actions (Medved, Brogan, McClanahan, Morris, and Shepherd, 2011). Although socialization occurs within peer groups, schools, and via mass media, one of the most powerful influential forces in creating and shaping adolescents' sexual behaviour is the parents (Galvin, 2003). In terms of sexual socialization, this usually begins at home where parents have the opportunity to stress their values and ideas about sexual activity, physical affection, and sexual behaviour (L'Engle and Jackson, 2008; Shtarkshall, Santelli, and Hirsch, 2007). Sexual socialization is the process through which young people learn and internalize sexual knowledge, attitudes, skills, norms, and expectations for sexual relationships" (L'Engle and Jackson, 2008). In addition, adolescents get ideas, values, and beliefs regarding appropriate behaviour and communication in relational and sexual contexts that shapes their approaches to sexual activity (Shtarkshall, Santelli and Hirsch, 2007).

Most Kenyan parents oppose the Government taking up the role of parents as educators on matters of sexuality (Chacha, 2014). Adolescents need education and information-from parents first, and then, any other authority second. According to Center for Study of adolescents (CSA), 2016), 11% of adolescent girls drop out of primary and secondary school education annually due to pregnancy in Kenya. In a study by CDC (2017), over 60% of new HIV and AIDS infections among women and 40% of those among men occur during adolescence while 25% of sexually active adolescents get a Sexually Transmitted Infection every year. National AIDS Control Council, (2014) indicates that three out of five parents have ever discussed sexual matters with their adolescents in Rongai Sub-county. However, sexual behaviour change has been more limited. In fact one in every ten adolescent girls and one in every two boys attending secondary school in Rongai Sub - county have had early sexual activity, with only a few using condoms. 40% of girls who are sexually active and 60% of boys who are sexually active report having more than one sexual partner, with 26% of boys having more than five partners (Bliss, 2014). Certainly, parents want to help their adolescents on sex education, yet these anticipated discussions leave many parents uncertain and anxious about what to say, how to say it and when to say it. It is therefore important to put in place interventions which aim to promote healthy sexual behaviours by delaying

sexual activity, decreasing the number of sexual partners and increasing condom use. The study attempts to determine whether parent- adolescent communication about sexuality influence adolescent's sexual activity.

1.1 Statement of the Problem

Adolescence is an important stage in human life in establishing healthy sexual behaviour, attitude and lifestyle that contribute to current and future health. It is a period during which significant physical and psychological changes occur; a time when adolescents become sexually active, leading to cases of pregnancy and other Sexually Transmitted Infections (STI's) including HIV and AIDS. To prevent early sexual activity, the adolescents need education and information, and there is no better placed person other than the parent. Parents thus have a crucial role of communicating to their adolescent's information about sexuality before they access other sources of sex education. Parent- adolescent communication on sexuality has the potential to positively impart attitudes, norms and intentions towards early sexual activity. Delayed sexual activity among adolescents improve their self - esteem, which in turn leads to good performance in school, entry into careers, job opportunities, and, therefore, better economy. Despite the potential advantage of parent-adolescent communication on sexuality, however, some parents find it uncomfortable talking about issues related to sexuality. Records at Rongai Sub- County Education Officer's office indicate that most adolescents in Rongai Sub- County, especially girls, drop out of school as a result of teenage pregnancy, miscarriage, and sexually transmitted infections. Thus, this study sought to establish the influence that parent - adolescent communication about sexuality have on early sexual activity among Form Two students in Rongai Sub- County, Nakuru, Kenya.

1.2. Purpose of the Study

This study sought to establish the influence of parent- adolescent communication about sexuality on early sexual activity among Form Two students in Rongai Sub-County, Nakuru County, Kenya.

1.3 Research Hypotheses

H₀₁: There is no statistically significant influence of parent – adolescent direct and indirect communication about sexuality on early sexual activity.

H₀₂: There is no statistically significant influence of timing parent- adolescent communication about sexuality on early sexual activity

2.0. LITERATURE REVIEW

2.1 Parent – Adolescent Communication on Sexuality

The process of acquiring knowledge about sexuality and safe sex practices is an important aspect of socialization. Unsafe sexual practices contribute to the contracting and spread of HIV and AIDS infection / sexually transmitted infections (STI's). HIV and AIDS is a leading cause of deaths in Africa (The Joint United Nations Programme on HIV and AIDS (UNAIDS) and WHO, 2017), where 76% of all AIDS related deaths in the world were recorded in Sub-Saharan Africa. Large populations of people infected are adolescents. This is largely as a result of the recognition that Sub-Saharan populations are largely young (Ashford, Clifton, and Kaneda, 2018). In spite of the dire need for adolescents to be given the right knowledge on reproductive health and safe sex practices, parents hardly discuss sexuality with their adolescents.

A study by Bankable, Biddlecom, Guiella, Singh and Zulu (2007) on adolescents in Sub-Saharan Africa shows differences in sexual behaviours. Even among very young adolescents within the age bracket of 12 – 14 years, involvement in different sexual activities such as sexual intercourse, kissing or having a “boyfriend or girlfriend” constitutes a significant proportion of the adolescent population. Even those who indicate they have knowledge on consequences of risky sexual behaviour still engage in early sexual activity (Center for the Study of Adolescents (CSA), 2016; Odhiambo, Bukusu and Waweru, 2009). According to the study, mass media contribute a major source of information on sexuality among adolescents. This is a clear indication that parents may not have as much influence on adolescents in their sexual behaviours as do their peers and the media.

Parents can play a greater role in protecting adolescents from risky sexual behaviors. Programs that sensitize parents to play a greater role in advising as well as shaping the sexual values and behaviour of adolescents are likely to increase responsible sexual decisions and behaviours among adolescents. Having sex at adolescence is psychologically damaging. It exposes adolescents to low self-esteem, depression and self-loathing, which, in turn, lead to deviant behaviour, anger and eventually a drop in grades and even dropping out of school. They might then take up risky habits such as substance abuse and prostitution to numb the overwhelming emotions of engaging in early sexual activity before they were emotionally ready (Chacha, 2014).

A Kenya population situation analysis report released in 2013 suggested that Kenya is among the countries with a large number of adolescent pregnancies globally. A report by the United Nations Children's Fund titled “Monitoring the Situation of Children and Women” released on June 2015 indicates that adolescents account for a significant proportion of people living with HIV and AIDS worldwide. About 670,000 young people between

ages of 15-24 years were newly infected with HIV and AIDS, of whom about 250,000 were adolescents of ages 15-19 years. This is because most adolescents start to engage in sexual activity as early as six years (Leftie, 2015). Adolescents, compared to other age groups who are sexually active, have the highest rate of STI's (CDC, 2017; Guttmacher, 2012).

Parental communication is necessary to ensure that adolescents are receiving the information they need to prevent early sexual activity (Rosenthal, 2014). This is because parents are able to communicate to adolescents about sexuality and tailor the information in a way that is consistent with parental values and morals, adolescents' personal characteristics, life circumstances, personality characteristics, maturity level, and emotional, physical, and moral development. The more often parents communicate to their adolescents' on sex and sex related issues, such as pubertal development, birth control, pregnancy, sexually transmitted diseases and social factors, the less likely was their adolescents be to engage in early sexual activity as compared to adolescents whose parents do not communicate to adolescents on sexuality (Aspy, Vesely, Oman, Rodine, Marshall, and McLeroy 2014; Karofsky, Zeng and Kosorok, 2010).

Aspy, Vesely, Oman, Rodine, Marshall and McLeroy (2014) in particular found that when parents set clear boundaries regarding sexuality, teach adolescents about how to say no, talk about negative aspects of early sexual activity and discuss birth control and sexually transmitted diseases, the adolescents are less likely to engage in early sexual activity than if parents do not engage in these discussions. If the adolescents are sexually active, they are more likely to have one sexual partner and use birth control more consistently than adolescents whose parents do not communicate about sex to them. Thus, the present study sought to establish the influence of direct and indirect parent-adolescent communication on sexuality on early sexual activity.

2.1.1. Direct parent- adolescent communication on sexuality

Direct communication is straightforward verbal discussion between parents and adolescents about sexual topics (Fisher, 2004). A number of studies have found little or no relationship between parent-adolescent communication and early sexual activity. For example, a few studies found no relationship between mother-daughter communication and daughter's sexual activity or contraception use (Furstenberg, Herceg-Baron, Shea and Webb, 2010; Inazu and Fox, 2010). Darling and Hicks (2013) also found parent communication unrelated to daughter's behavior, suggesting that this was because daughters remembered little about these conversations, and their memories tended to focus on highly negative communication. Quantity and frequency (Rodgers, 2011) of direct parental communication have also been unrelated to adolescent sexual activity.

Fingerson (2013) found that more frequent mother- adolescent communication was related to a greater risk of sexual behavior for both males and females. Jaccard and Dittus (2002) found that parent-adolescent communication specifically about contraception correlated with adolescents being more likely to engage in early sexual activity, and for sons, also associated with appropriate use of birth control. In addition to the frequency of sexual communication, the tone of parent-child sexual communication is also related to adolescent sexual activity. Ward and Wyatt (1994) found that parental sexual messages of a negative nature (e.g. 'sex is dirty') were related to more adolescent early sexual activity. Darling and Hicks (2013) found that high levels of both positive and negative sexual messages were related to more sexual behavior in sons.

Furthermore, the manner in which parents communicate with their children has been found to relate to early sexual activity. In other words, no matter how well intended the parent is in their messages about sex, it is clear that the adolescents' perception of how parents communicate and conduct themselves during the conversations matters. Whitaker, Miller, May, and Levin (2008) found that for Mothers low in responsiveness to their adolescents, there was a positive relationship between mother-adolescent communication and inconsistent adolescent contraception use. Unsurprisingly, communication with parents who have permissive sexual attitudes is associated with higher rates of early sexual activity, at least, in daughters (Fisher, 1989). The results of these studies seem to indicate that high levels of conversation about sex, especially in a context of low parent support or negative sexual messages, is related to increased sexual activity in adolescents.

Some parent-adolescent sexual communication may also show negative relationships with early sexual activity. The quality of, or the degree to which adolescents report satisfaction with communication has been found to be related to delayed sexual activity (Miller, Benson and Galbraith, 2013). Hutchinson (2002) found that an increase in quality of father-daughter communication was related to a decrease in the likelihood of daughters engaging in early sexual activity. Fisher (1988) found that the quality of sexual communication correlated inversely with the likelihood of males engaging in early sexual activity; quantity of mother-daughter communication was positively related to contraceptive use.

Open and receptive mother-adolescent sexual communication has been found to relate to lower chances of early sexual activity (Kotchick, Dorsey, Miller, and Forehand, 2014). On the other hand, Lehr, DiIorio, Dudley and Lipana (2015) found that mother adolescent open communication had a curvilinear relationship such that both the highest and the lowest levels of open communication were related to earlier sexual activity than the average level of open communication. The authors hypothesize that the increased risk in the extreme groups could be due to different mechanisms; for example, high levels of open parental communication might reflect

permissive parental attitudes or might indicate parents responding to a perception that adolescents have or are ready to engage in early sexual activity. Lower levels of open communication, on the other hand, might indicate an inappropriately lax and uninvolved or overly strict and highly controlling parental-adolescent relationship, both of which have been associated with higher rates of early sexual activity. The results of this and the other studies in this group indicate that, for direct parent-child communication to be protective against early sexual activity, it seems important that it occur in the context of a positive, open and supportive parent-adolescent relationship in which parents are responsive to their adolescents but who present a clear message that they disapprove of early sexual activity.

Joffe and Franca-Koh 2005 question why high levels of verbal sexual communication, unlike high levels of non-verbal sexual communication, are linked to later onset of sexual activity and higher levels of contraceptive usage, a perspective they invoke by selectively focusing on existing studies that showed positive outcomes for verbal communication. They posit that while verbal communications about sexuality are likely to include messages about responsible sexual behavior and contraception, covert, nonverbal messages on the other hand, serve to model a sense of how the body is regarded.

2.1.2 Indirect parent- adolescent communication

Indirect communication is the communication of sexual attitudes through physical, non-verbal behaviors, such as physical affection and the handling of privacy (Joffe and Franca-Koh, 2005). Non-verbal communication includes all unwritten and unspoken messages. These may be sent intentionally or unintentionally. In one study, certain maternal non-verbal behaviours, for example, premarital pregnancy and a younger age of marriage were related to more liberal sexual attitudes among adolescents (Thorton and Camburn, 1987). In another study, women who remembered perceiving their mothers being affectionate towards their fathers during their childhoods had more positive attitudes towards being affectionate in current relationships (Koblinsky and Palmeter, 1984). This indirect communication can be especially important, since there is so little direct communication about sexual topics within the family (Darling and Hicks, 2013; Fox and Inazu, 2010). Despite its importance, little research has been done on indirect parental sexual communication and its influence on early sexual activity, perhaps because of the challenges inherent in measuring such sensitive family interactions. In one of the few studies to address this relationship, Ward and Wyatt (1994) found that adolescents who recalled no sex-related nonverbal messages from childhood experienced riskier sexual behavior than their peers. Open and sex-positive indirect parental sexual communication, or the presence of more frequent physical affection between parents, was related to adolescents' first sexual activity, fewer sexual partners, and less sexual guilt (Joffe and Franca-Koh, 2005). Though these studies clearly indicate that indirect parental communication influences adolescent sexual behavior, neither takes into account adolescent perceptions of parental attitudes, which, considering their influence on direct parental communication, are likely to play an essential role with indirect communication, as well.

Adolescents are more likely to notice negative than positive nonverbal behaviour (Manusov, 2014). There can also be a difference in male and female non-verbal communication. Mothers tend to be more expressive and more skilled at sending and receiving nonverbal messages to and from their adolescents. Fathers tend to be louder and more likely to interrupt and to be more nervous and uneasy about the use of non-verbal messages (Briton and Hall, 1995). Therefore, parents cannot depend on non-verbal messages alone because of risk of being misunderstood by their adolescents. It is important to find out verbally whether an adolescent is getting the right message on sexuality.

2.2. Theoretical Framework

The proposed study was anchored on the Theory on two theoretical conceptions, which include social learning theory and the Theory of Reasoned Action.

2.2.1 Social Learning Theory

Social learning theory was proposed by Bandura in (2008). The key concepts of this theory is that learning is not purely behavioral, but rather, it is a cognitive process that takes place in a social context. Learning can also occur by observing a behavior and by observing the consequences of the behavior; vicarious reinforcement. Learning involves observation, extraction of information from those observations, and making decisions about the performance of the behavior (observational learning or modeling). Hence learning can occur without an observable change in behavior. This means that adolescents may be knowledgeable about the dangers of early sexual activity but still engage in early sexual activity because they would have convinced themselves that they will not be victims of unplanned pregnancy, abortion, miscarriage, infections and even school dropout.

Mental states are key to learning. This is what Bandura (2008) termed as Intrinsic Reinforcement. Bandura noted that external environmental reinforcement was not the only factors to influence learning and behaviour. He described intrinsic reinforcement as a form of internal reward, such as pride, satisfaction, and a sense of accomplishment. This emphasis on internal thoughts and cognitions help connect learning theories to cognitive developmental theories. The approach holds that people weigh the benefits and consequences of future actions

before making a decision whether to engage in them or not. If the potential pain associated with behaviour outweighs the suspected gain, they will refrain from the action. However if they feel they can gain, they will engage in early sexual activity. Therefore, adolescents' decision to engage in early sexual activity is determined by the perceived consequences of their action. If the consequences are positive they will engage in early sexual activity, but if negative they will desist from early sexual activity. Adolescents who have information on consequences of risky sexual activity through parental direct and indirect communication are likely to refrain from such activities until the right time. Also, adolescents who experience educational and job success and do perceive positive future opportunities for themselves have stronger motivation for avoiding early pregnancy and parenthood.

Bandura (2008) outlines the three types of modeling: Line model in which an actual person is demonstrating the desired behavior; verbal instruction in which an individual describes the desired behavior in detail and instructs the participants on how to engage in the behavior and symbolic model in which modeling occurs by means of the media, including movies, television, internet, literature and radio. Adolescents receive few if any positive models for healthy sexual behavior. The only information adolescents receive is through verbal/direct communication from parents that is characterized by threats and warning. Because sexual behaviors often happen in private settings, much of what adolescents observe takes place on televisions, movies, popular music and magazines. Media makes sex glamorous and fashionable. Most advertisements that are shown on television, internet or broadcast on radio have sexual connotation to them. According to Blakemore and Mills (2014), the media is mainly concerned with attracting audiences and selling products. The media is less concerned about healthy sexual behaviours. The media thus would be seen to be promoting early sexual activity. Therefore parents should enhance their roles as the main communicators to their adolescents on sexual issues.

Social learning theory outlines three requirements for people to learn and model behaviors which include attention (attending to the modeled behavior) retention (remembering what one observes), reproduction (ability to reproduce behavior), and motivation (good reason) to want to adopt the behavior. Adolescents' sexual behaviour is modeled by observing parents' behaviour. This happens intentionally or unintentionally. Also adolescents adapt their sexual behaviours to what is going on around them and they have a tendency of imitating what they see being done by parents. The study attempts to establish if communication between parents and adolescents on sexuality equip adolescents with the information that was enable them make the right decisions concerning their sexual behaviours.

2.2.2 The Theory of Reasoned Action

Fishbein and Ajzen (2010) proposed the Theory of Reasoned Action (TRA) in an attempt to establish a relationship among belief, attitudes, intentions and behaviours. The study is based on two assumptions; first, that human beings are usually quite rational and present the ability to process information available to them. Secondly, humans use the information they process to achieve a reasonable behaviour decision, by considering the implication of their action in a given context at a given time before they decide to engage in a given behavior, and that most action of social relevance is under volitional control (Ajzen, 2010). It focuses on perceived susceptibility, perceived benefits and constraints to changing behavior.

The theory of reasoned action specifically focuses on the role of personal intention in determining whether a behavior will occur. Theory of reasoned action argues that a person's intention to change behavior is based on the attitude towards the behavior and social influence. Theory of reasoned action is relevant to sexuality education because it focuses on cognitive factors – beliefs and values. Beliefs and values about sexuality influence adolescents' decision-making about their sexual behaviour. Information on sexuality that adolescents receive was influence their decisions to or not to engage in risky sexual behaviour. Therefore, if parent – adolescent communication goal is to influence early sexual activity, then concern should be about the attitude results and its accessibility from adolescents' memory (Sartian, 2012). This is because attitudes don't directly predict behaviour; they predict intention and intention predicts behaviour. Studies done by Brown and Larry, reveal that information alone is not sufficient to cause a positive attitude in adolescent behavior towards sexual activity, but there are other factors (Brown and Larry, 2000). The fact that adolescents receive sex education is not a guarantee that they was not engage themselves in early sexual activity.

Subjective norms are individual's beliefs that most of his or her important associates think that she or he should or should not perform a specific behavior. It is a function of a person's normative beliefs for salient referents, and motivation to comply with those different referents. Subjective norms are formed only in relation to the opinion of persons considered to be significant or important to the individual. For each referent, the person has specific level of motivation to comply with their wishes and for any given behavior at a given time; an individual was have a set of salient referents (Sartian, 2012). Adolescents' decisions on sexual activity are greatly influenced by the opinion of significant others on the subject. Adolescents have different reasons as to why they engage in early sexual activity. Some do it out of curiosity and for gifts while others do it to prove their womanhood or manhood.

In a research conducted by Brown (2000) entitled Sexual Behaviour Change Among Human

Immunodeficiency Virus - infected Adolescents with Haemophilia, the findings support TRA by indicating that promotion of delayed sexual activity is associated with specific influence (subjective norm). A change in peer support (subjective norm) for non-intercourse sexual behaviour was five times more likely to be associated with abstinence. Perceived peer norms (subjective norm) were associated with maintenance of safer sexual behaviours among HIV positive adolescents and young men. Attitudes and subjective norms were both significantly related to behaviour intention.

According to Fishbein (2010), behaviour is also determined by intention; intention is determined by attitude and social norms towards behavior. Adolescents have motives or anticipated outcomes for sex which can be negative, for example, unintended pregnancy, disease, disapproval, school dropout; or, positive, for example, pleasure, intimacy, regard. Thus, trying to achieve a goal is determined by intention to try, which is then determined by attitude and social norm towards trying. Both attitudes and norms are formed on the basis of beliefs about the consequence of engaging in sexual activity, for example, “I will get pregnant”, and belief about how significant others feel about individual performing the behaviour, for example, “my best friends’ beliefs”. Intention is often not more than a general feeling of like and dislike and, as such, is not closely linked to actual sexual behavior. Behaviour is, for the most part, under conscious control or under the control of behavioral intention (Feldman and Lynch, 1988). The Beliefs, attitudes, intentions and behavior are activated spontaneously and influence each other in a fixed causal hierarchy according to (Feldman, and Lynch, 1988). They offer the example that beliefs are integrated into an affective reaction, which then influence intention, and then the immediate antecedents of behavior (Fishbein and Ajzen, 2010). Basically, research has shown that if memories of beliefs, attitude, intentions, or past behaviour exist, cues directing activation of any of these can cause it to be direct reason of adolescents’ early sexual activity.

Adolescents are rational and can process information available to them on sexuality. They in turn use the information they process to achieve a reasonable behavior decision. Hence adolescents’ decision to or not to engage on early sexual activity is influenced by information they receive from parents and by the opinion of significant others on the subject. Adolescents also have intentions or anticipated outcome for sex which can be positive or negative. Therefore trying to achieve a goal is determined by intention to try which influences adolescents’ sexual behaviour.

Because of its achievement in developing a model to predict behaviour, the TRA has been the basis of researches and studies in a wide variety of fields, including psychology, management and education. One of the most important topics in psychology to which the research can be applied is adolescents’ sexual behaviour. Figure 1 gives a diagrammatic relationship between attitudes, subjective norms and behaviour.

2.3. Conceptual Framework

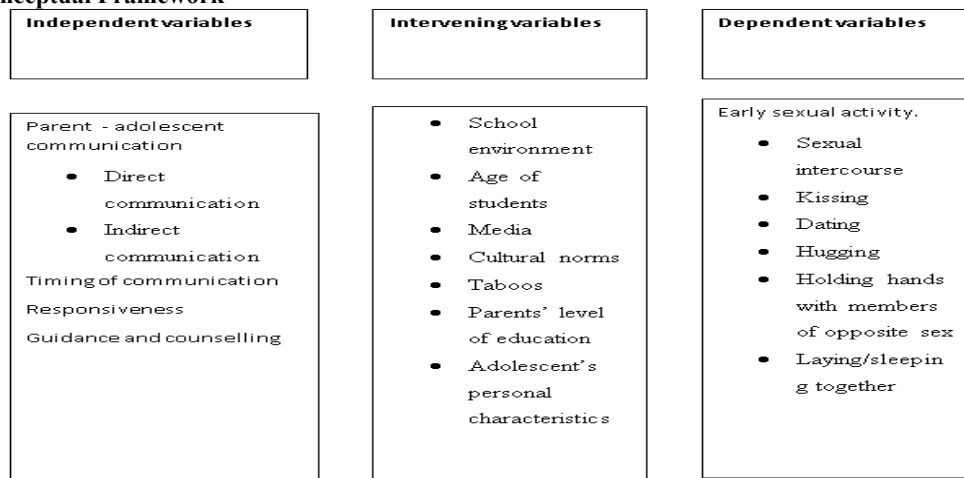


Figure 2.1: Conceptual framework

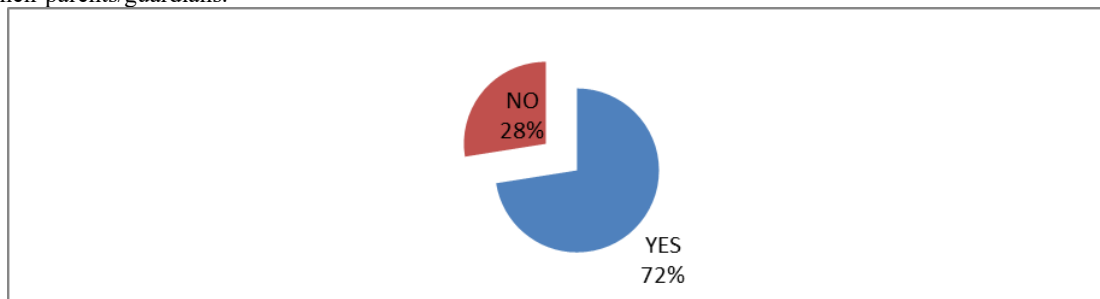
3.0. Research Methodology

The study adopted the descriptive survey research design. The researcher used this design because the researcher had no control over variables was only report what is or has happened. This design is functional when seeking to establish how variables influence each other and that these variables cannot be manipulated directly by the researcher (Fraenkel, and Wallen, 2006). A phenomenon is observed, described and documented as it is in the natural setting. The researcher attempted to establish the influence that parent-adolescent communication about sexuality has on early sexual activity among adolescents. It also attempted to determine the reason for the results.

Data of the study was collected using the questionnaires made mostly of closed-ended questions. The questionnaire was reviewed by the researcher's supervisors from the Department of Psychology, Counselling and Educational Foundations in assessing and verifying the content, construct and face validity of instruments. The data was analyzed using both descriptive and inferential statistics. Chi square, Correlation Co-efficient (r) and regression was used to determine relationship between the two variables at 0.05 significant level.

4.0. Results and Findings

The study sought to investigate from the adolescents if they had been exposed to any talks/ sex education by their parents/guardians.



The findings indicated that majority of the adolescents (72%) 224 has received communication from their parents/guardians about early sexual activity while (28%) 85 had not received communication regarding early sexual activity. This indicates that most parents communicate to their adolescents on sexuality. In cases where parents cannot talk their adolescents on sexuality, other family members can play a crucial role in guiding adolescents on sexuality matters.

• 4.3.1 Close friendship with member of opposite sex

The research sought to examine whether adolescent at the time of interview had a close friendship with member of opposite sex; the results are presented in below;

Table 4.4: Close friendship with member of opposite sex

	Frequency	Percent
Yes	230	74.2
No	80	25.8
Total	310	100.0

Source; Field Data 2019

The table 4.4 above, indicate that at the time of data collection, majority of adolescents (74.2%) 230 had close relationship with members of opposite sex and only a few did not have close friendship with the member of opposite sex (25.8%) 80.

Table 4.5: Age of involvement in early sexual activity

Sources; Filed data 2019

Table 4.5 above, indicates whether adolescent had a close friendship with member of opposite sex. The results indicates that majority of adolescent 230 (74.2%) out of the sampled 310 confirmed having a close friendship with member of opposite sex. Results also indicated that those who have a close friendship with members of opposite sex started such behaviors when they were 15 years old.

Table 4.6 Influencer into sexual relationship

The respondents were asked to indicate their influencer into sexual activity and the findings are shown in the table 4.7 below;

Table 4.6: Influencer into sexual relationship

Variables	Frequency	Valid Percent
Self-decision	97	31.3
seduced by boyfriend/girl friend	20	6.5
peer pressure	124	40.0
iRaped	17	5.5
not in relationship	52	16.8
Total	310	100.0

Sources; Filed data 2019

Results in Table 4.6 above show the influencer into the sexual relationship. Majority of the respondents 124(40.0%) indicated peer pressure as influencer into sexual activity. This is due to lack of parental/guardian communication on sexual issues which lead adolescent to be easily influenced by other school mates or age mates to engage in early sexual activity. According to the study, mass media contributed a major source of information on sexuality among adolescents. Therefore parents may not have as much influence on adolescents in their sexual behaviours as do their peers and the mass media (Odhiambo, Bukusu and Waweru, 2009). This study further sought to probe on times the adolescents had engage in early sexual activity.

Table 4.8: Number of sexual partners

	Frequency	Percent
None	41	13.2
1	64	20.6
2	66	21.3
3	66	21.3
4 or more	73	23.5
Total	310	100.0

Source; Field Data 2019

Results in shown in Table 4.8 above indicates that amongst adolescents who had engaged in early sexual activity, most had involved themselves with four or more partners,73(23.5%). This implies that despite parent communication, adolescents still engage on early sexual activity.

4.3.2 Methods used by parents to communicate to their adolescents on sexuality

The first objective of this study intended to establish how parents communicate to their adolescents on sexuality. Their responses were analyzed and presented descriptively as shown in the figure below;

The findings reveal that the most common method used by parents to discuss sex related issues with adolescents is question and answer (47%) this was followed use of learning aids (26%), dialogue/discussion (22%), and arguments (5%). This portrays that sex related issues are discussed using various methods including dialogue/discussion, question/answer methods, use of learning aids for demonstration as well as arguments. This shows that parents use direct methods of communication more than indirect methods and answer method was the most preferred and this can be explained by the fact that it allows both the parents and adolescents to express their views. The key informants were also asked for their opinion on how different methodologies of parent-adolescent communication on sexual and reproductive behavior are associated with early sexual activity among adolescents. The following were the parent’s opinion from focus group discussion;

“Many parents use quarrel methods or shout to communicate on sexual matters with adolescents, this might be met by rebellion by the adolescents. In the end the adolescents might end up engaging in indiscriminate behaviors. On the other hand, “consultative” methods of parent-adolescent communication on sexual and reproductive issues give adolescents the feeling that they are being heard and their concerns taken into consideration. This might lead to safe sexual behavior among adolescents as they are informed about what is right or wrong and the reasons why.”(Group B, Parent Views)

The findings implied that even the parents were of the opinion that open and non-judgmental communication methodologies with adolescents on issues of sexual behavior and reproductive behavior may lower the tendencies of this adolescent in engaging in different types of sexual behavior. They posit that while verbal communications about sexuality are likely to include messages about responsible sexual behavior and contraception, covert, nonverbal messages on the other hand; serve to model a sense of how the body is regarded. Some parents had to say this concerning how they talk to their adolescents on sexuality during one of focus group discussions;

Seeing something in the media that is obviously sexually charged can be a springboard for conversation between adolescent and parent. “Is the advertisement bad or good? What’s the advertisement trying to say? Use this moment as an opportunity to teach and encourage, not to pronounce a harsh, dismissive judgment. By engaging the child and building his/her self-esteem and her confidence in her ability to make judgments, you’re showing him/her that you respect what he/she learning and how she/he is growing in her decision-making.”

(Respondent, Group F, July 2019)

Communication about sexuality and its influence on sexual activity

The adolescents were asked tick the best statements that suites their communication with their parents on sexuality and the results were analyzed and presented descriptively as shown in table 4.9below;

Table 4.9: Communication about sexuality and its influence on sexual activity

Statement about communication with parents on sexuality	SD	D	U	A	SA	Total	Chi-Square	df	Asymp. Sig.
My mum/maternal guardian has discussion with me on sexuality.	47(15.2)	43 (13.9)	24(7.7)	120(38.7)	76(24.5)	310(100)	90.16	4	0.000
My dad/paternal guardian has open discussion with me on sexuality.	117(37.7)	82(26.5)	19(6.1)	57(18.4)	35(11.3)	310(100)	97.23	4	0.000
We often discuss matters on sexuality with my brothers/sisters	112(36.1)	54(17.4)	24(7.7)	90(29)	30(9.7)	310(100)	93.81	4	0.000
We always have an open discussion on sexuality with both parents	154(49.7)	67(21.6)	28(9)	36(11.6)	25(8.1)	310(100)	188.55	4	0.000
My parents/guardian discourages me from discussing matters on sexuality.	59(19)	60(19.4)	27(8.7)	51(16.5)	113(36.5)	310(100)	63.87	4	0.000
Am not allowed to challenge my parent's/ guardian's opinions on sexuality.	93(30)	62(20)	23(7.4)	70(22.6)	62(20)	310(100)	41.07	4	0.000
My parents/guardians like to hear my opinions even when I don't agree with their opinions on sexuality.	70(22.6)	55(17.7)	36(11.6)	78(25.2)	71(22.9)	310(100)	18.16	4	0.001
My parents/guardian sometimes becomes angry with me when my opinion on sexuality is different from theirs.	70(22.6)	43(13.9)	26(8.4)	19(6.1)	152(49)	310(100)	188.23	4	0.000

Source field Data, 2019

Majority of the adolescents agreed on the statement that; “My mum/maternal guardian has discussion with me on sexuality as represented by 38.7% of the total responses. An additional 24.5% of the respondents strongly agreed with the statement. A few respondents disagreed (13.9%) and strongly disagreed (15.2%) with the statement while others were undecided (7.7%). The Chi-square analysis results (Table 4.9) indicate a calculated value of 90.16 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). Therefore null hypothesis that postulate that no statistical significant influence of parents – adolescent direct communication about sexuality on early sexual activity was rejected and conclude that communication significantly lower engagement sexual activity among the adolescent. This implies that maternal and female guardian occasionally had communication with their adolescents. Therefore these findings affirm Fingerson (2013) that more frequent mother- adolescent communication was related to a greater risk of sexual behavior for both males and females. Additionally, parents especially mothers are able to communicate to adolescents about sexuality and tailor the information in a way that is consistent with parental values and morals, adolescents’ personal characteristics, life circumstances, personality characteristics, maturity level, and emotional, physical, and moral development.

Majority of the adolescents disagreed with the statement, “My dad/paternal guardian has open discussion with me on sexuality.” Specifically, about 37.7% and 26.5% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 18.4 % (agreed) and 11.3% (strongly agreed). About 6.1% of the respondents were undecided. The Chi-square analysis results (Table 4.9) indicate a calculated value of 97.23 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies that, adolescent mutual believe that parent/guardian open discussion about sexuality bear fruit on delay sexual activity.

Majority of the adolescents agreed on the statement that; “We often discuss matters on sexuality with my brothers/sisters as represented by 29% of the total responses. An additional 9.7% of the respondents strongly agreed with the statement. A few respondents disagreed (17.4%) and strongly disagreed (36.1%) with the statement while others were undecided (7.7%). The Chi-square analysis results (Table 4.9) indicate a calculated value of 93.81 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). The above findings are affirms Rosental (2014) that parental communication is necessary to ensure that adolescents are receiving the information they need to prevent early sexual activity. This is because parents are able to communicate to adolescents about sexuality and tailor the information in a way that is consistent with parental values and morals, adolescents’ personal characteristics, life circumstances, personality characteristics, maturity level, and emotional, physical, and moral development.

Majority of the adolescents disagreed with the statement, “We always have an open discussion on sexuality with both parents”. Specifically, about 49.7% and 21.6% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 11.6%(agreed) and 8.1% (strongly agreed). About 9% of the respondents were undecided. The Chi-square analysis results (Table 4.9) indicate a calculated value of 188.55 at

4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This depicts why majority of adolescents in the community have engaged in early sexual activity and therefore some dropping from school due to teenage pregnancy. Lehr, DiIorio, Dudley and Lipana (2015) found that mother adolescent open communication had a curvilinear relationship such that both the highest and the lowest levels of open communication were related to earlier sexual activity than the average level of open communication. The authors hypothesize that the increased risk in the extreme groups could be due to different mechanisms; for example, high levels of open parental communication might reflect permissive parental attitudes or might indicate parents responding to a perception that adolescents have or are ready to engage in early sexual activity.

Majority of the adolescents disagreed with the statement, “My parents/guardian discourages me from discussing matters on sexuality.” Specifically, about 19% and 19.4% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 16.5 % (agreed) and 36.5% (strongly agreed). About 8.7% of the respondents were undecided. The Chi-square analysis results (Table 4.9) indicate a calculated value of 63.87 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies that parent communication unrelated to adolescents behavior, suggesting that direct parental communication have also been unrelated to adolescent sexual activity. Therefore, the finding concurs with those Rosenthal and Feldman’s (1999) survey of 298 Australian 16-year-old high-school students examining the frequency and importance of mother and father communication about 20 different sex-related topics, reported an infrequency of reported communication between parents and adolescents on sexuality.

Majority of the adolescents disagreed with the statement, “Am not allowed to challenge my parent’s/guardian’s opinions on sexuality.” Specifically, about 30% strongly disagreed and 20% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 22.6 % (agreed) and 20% (strongly agreed). About 7.4% of the respondents were undecided. The Chi-square analysis results (Table 4.9) indicate a calculated value of 41.07 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies that the quality of, or the degree to which adolescents report satisfaction with communication has been found to be related to delayed sexual activity. Therefore, the frequency of sexual communication, the tone of parent-child sexual communication is also related to adolescent sexual activity. Ward and Wyatt (1994) found that parental sexual messages of a negative nature (e.g. ‘sex is dirty’) were related to more adolescent early sexual activity. Darling and Hicks (2013) found that high levels of both positive and negative sexual messages were related to more sexual behavior in sons.

Majority of the adolescents agreed that on the statement, “My parents/guardians like to hear my opinions even when I don’t agree with their opinions on sexuality as represented by 25.2% of the total responses. An additional 22.9% of the respondents strongly agreed with the statement. A few respondents disagreed (17.7%) and strongly disagreed (22.6%) with the statement while others were undecided (11.6%). The Chi-square analysis results (Table 4.9) indicate a calculated value of 18.16 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.001 was calculated). Adolescents who indicate they have knowledge on consequences of risky sexual behaviour still engage in early sexual activity. According to the study, mass media contribute a major source of information on sexuality among adolescents. This is a clear indication that parents may not have as much influence on adolescents in their sexual behaviours as do their peers and the media.

Majority of the adolescents disagreed with the statement, “My parents/guardian sometimes becomes angry with me when my opinion on sexuality is different from theirs”. Specifically, about 22.6% and 13.9% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 6.1 % (agreed) and 49% (strongly agreed). About 8.4% of the respondents were undecided. The Chi-square analysis results (Table 4.9) indicate a calculated value of 188.23 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). Aspy, Vesely, Oman, Rodine, Marshall and McLeroy (2014) in particular found that when parents set clear boundaries regarding sexuality, teach adolescents about how to say no, talk about negative aspects of early sexual activity and discuss birth control and sexually transmitted diseases, the adolescents are less likely to engage in early sexual activity than if parents do not engage in these discussions.

• 4.3.4 Direct parent-adolescent communication on sexuality

The study sought to establish the methods that parents use to communicate to their adolescents on sexuality and the results were analyzed and presented descriptive as shown in table 4.11 below;

Table4.10: Direct methods used by parents to communicate sexual activity issues

Methods used by parents to communicate on sexuality	SD	D	U	A	SA	Total	Chi-Square	df	Asymp. Sig.
We have open discussions on sexuality with my parents/ guardians	62(20)	85(27.4)	22(7.1)	57(18.4)	84(27.1)	310(100)	42.55	4	0.000
My parent/ guardian is very strict when talking to me on sexuality issues	68(21.9)	51(16.5)	27(8.7)	20(6.5)	144(46.5)	310(100)	159.19	4	0.000
My parents/ guardians encourage me to ask questions on sexual activity	1(0.3)	16(5.2)	14(4.5)	174(56.1)	105(33.9)	310(100)	363.45	4	0.000
My parents/ guardians ask me to make notes as we discuss matters on sexual activity.	74(23.9)	35(11.3)	36(11.6)	87(28.1)	78(25.2)	310(100)	39.19	4	0.000
My parents/ guardians talk to me frequently on sexuality issues.	70(22.6)	55(17.7)	36(11.6)	78(25.2)	71(22.9)	310(100)	18.16	4	0.001
My parents/guardians rarely talk to me on matters on sexuality	95(30.6)	40(12.9)	11(3.5)	75(24.2)	89(28.7)	310(100)	81.81	4	0.000
My parents/ guardians shout at me when talking to me on matters on sexuality.	70(22.6)	55(17.7)	36(11.6)	78(25.2)	71(22.9)	310(100)	18.16	4	0.001
My parents/ guardians are friendly when talking to me matters on sexuality.	70(22.6)	55(17.7)	36(11.6)	78(25.2)	71(22.9)	310(100)	18.16	4	0.001

Source Field Data, (2019)

Majority of the adolescents disagreed with the statement, “We have open discussions on sexuality with my parents/ guardians”. Specifically, about 20% and 27.4% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 18.4 % (agreed) and 27.1% (strongly agreed). About 7.1% of the respondents were undecided. Majority of the adolescents agreed that on the statement, “My parent/ guardian is very strict when talking to me on sexuality issues as represented by 6.5% of the total responses. An additional 46.5% of the respondents strongly agreed with the statement. A few respondents disagreed (16.5%) and strongly disagreed (21.9%) with the statement while others were undecided (8.7%). The Chi-square analysis results (Table 4.10) indicate a calculated value of 42.55 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies that adolescent found hard to communicate with their parents on matters sexual due to fear.

Majority of the adolescents agreed that on the statement, “My parents/ guardians encourage me to ask questions on sexual activity as represented by 56.1% of the total responses. An additional 33.9% of the respondents strongly agreed with the statement. A few respondents disagreed (5.2%) and strongly disagreed (0.3%) with the statement while others were undecided (4.5%). The Chi-square analysis results (Table 4.10) indicate a calculated value of 159.19 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies that parents who communicate to their adolescents on sexuality want to ensure that they adolescents have information to refer to as they struggle through adolescence period.

Majority of the adolescents agreed that on the statement, “My parents/ guardians ask me to make notes as we discuss matters on sexual activity as represented by 28.1% of the total responses. An additional 25.2% of the respondents strongly agreed with the statement. A few respondents disagreed (11.3%) and strongly disagreed (23.9%) with the statement while others were undecided (11.6%). The Chi-square analysis results (Table 4.10) indicate a calculated value of 363.45 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies that parents attempt to come up with mechanisms of ensuring that they capture the attention of their children as they communicate on matters on sexuality.

Majority of the adolescents agreed that on the statement, “My parents/ guardians talk to me frequently on sexuality issues as represented by 25.2% of the total responses. An additional 22.9% of the respondents strongly agreed with the statement. A few respondents disagreed (17.7%) and strongly disagreed (22.6%) with the statement while others were undecided (11.6%). The Chi-square analysis results (Table 4.10) indicate a calculated value of 39.19 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). These results agrees with those of Fingerson (2013) who found out that more frequent mother- adolescent communication was related to a greater risk of early sexual activity for both males and females. More frequent open parental communication might reflect permissive parental attitudes or might indicate parents responding to a perception that adolescents have or are ready to engage in early sexual activity.

Majority of the adolescents agreed that on the statement, “My parents/guardians rarely talk to me on matters on sexuality as represented by 24.2% of the total responses. An additional 28.7% of the respondents strongly agreed with the statement. A few respondents disagreed (12.9%) and strongly disagreed (30.6%) with the statement while others were undecided (3.5%). The Chi-square analysis results (Table 4.10) indicate a calculated

value of 18.16 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.001 was calculated). Lower levels of communication on the other hand, might indicate an inappropriately lax and uninvolved or overly strict and highly controlling parent-adolescent relationship. This has been associated with higher rates of early sexual activity.

Majority of the adolescents agreed that on the statement, “My parents/ guardians shout at me when talking to me on matters on sexuality as represented by 25.2% of the total responses. An additional 22.9% of the respondents strongly agreed with the statement. A few respondents disagreed (17.7%) and strongly disagreed (22.6%) with the statement while others were undecided (11.6%). The Chi-square analysis results (Table 4.10) indicate a calculated value of 81.81 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated).

Majority of the adolescents agreed that on the statement, “My parents/ guardians are friendly when talking to me matters on sexuality as represented by 25.2% of the total responses. An additional 22.9% of the respondents strongly agreed with the statement. A few respondents disagreed (17.7%) and strongly disagreed (22.6%) with the statement while others were undecided (11.6%). The Chi-square analysis results (Table 4.10) indicate a calculated value of 18.16 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.001 was calculated). This shows that the quality of, or the degree to which adolescents report satisfaction with communication has been found to be related to delayed sexual activity (Miller, Benson and Galbraith, 2013). Hutchinson (2002) found that an increase in quality of father-daughter communication was related to a decrease in the likelihood of daughters engaging in early sexual activity. Fisher (1988) found that the quality of sexual communication correlated inversely with the likelihood of males engaging in early sexual activity; quantity of mother-daughter communication was positively related to contraceptive use.

• **4.3.5 Indirect parent adolescent communication**

The study sought to determine the non-verbal behaviours that parents use to communicate to their adolescents on sexuality and the results are depicted as follow in Table 4.11

Table 4.11: Indirect methods used by parents to communicate sexual activity issues

	SD	D	U	A	SA	Total	Chi-Square	df	Asymp. Sig.
My parents/ guardians kiss one another in my presence.	109(35.2)	62(20)	38(12.3)	56(18.1)	45(14.5)	310(100)	50.16	4	0.000
My parents/guardians hug one another in my presence.	50(16.1)	76(24.5)	30(9.7)	48(15.5)	106(34.2)	310(100)	56.39	4	0.000
My parents/ guardians insist on privacy when they are in bedroom and bathroom.	50(16.1)	75(24.2)	27(8.7)	51(16.5)	107(34.5)	310(100)	59.42	4	0.000
My parents/ guardians got married at an early age	76(24.5)	35(11.3)	36(11.6)	85(27.4)	78(25.2)	310(100)	38.48	4	0.000
My mother/ Female guardian got pregnant before marriage.	139(44.8)	67(21.6)	27(8.7)	28(9)	49(15.8)	310(100)	137.16	4	0.000

Source field Data, (2019)

Majority of the adolescents disagreed with the statement, “My parents/ guardians kiss one another in my presence”. Specifically, about 35.2% and 20% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 18.1 % (agreed) and 14.5% (strongly agreed). About 12.3% of the respondents were undecided. The Chi-square analysis results (Table 4.11) indicate a calculated value of 50.16 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies that majority of the parents are very secretive on matters sexuality on their adolescents. These findings concurs with (Darling and Hicks, 2013; Fox and Inazu, 2010) indirect communication can be especially important, when there is no or little direct communication about sexual topics within the family.

Majority of the adolescents strongly agreed on the statement that, “My parents/guardians hug one another in my presences represented by 34.2% of the total responses. An additional 15.5% of the respondents agreed with the statement. A few respondents disagreed (24.5%) and strongly disagreed (16.1%) with the statement while others were undecided (9.7%). The Chi-square analysis results (Table 4.11) indicate a calculated value of 56.39 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This indicates that, for indirect parent-child communication to be protective against early sexual activity, it seems important that it occur in the context of a positive, open and supportive parent-adolescent relationship in which parents are responsive to their adolescents but who present a clear message that they disapprove of early sexual activity.

Majority of the adolescents agreed that on the statement, “My parents/ guardians insist on privacy when they are in bedroom and bathroom as represented by 16.5% of the total responses. An additional 34.5% of the respondents strongly agreed with the statement. A few respondents disagreed (24.2%) and strongly disagreed (16.1%) with the statement while others were undecided (8.7%). The Chi-square analysis results (Table 4.11) indicate a calculated value of 59.42 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies that open and sex-positive indirect parental sexual communication, or the presence of more frequent physical affection between parents, was related to adolescents’ first sexual activity,

fewer sexual partners, and less sexual guilt (Joffe and Franca-Koh, 2005).

Majority of the adolescents agreed that on the statement, “My parents/ guardians got married at an early age as represented by 27.4% of the total responses. An additional 25.2% of the respondents strongly agreed with the statement. A few respondents disagreed (11.3%) and strongly disagreed (24.5%) with the statement while others were undecided (11.6%). The Chi-square analysis results (Table 4.11) indicate a calculated value of 38.48 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies why some adolescents found it fit to engage in early sexual activity. Some adolescents also get into early sexual activity due to negative perception in their family. Adolescents are more likely to notice negative than positive nonverbal behaviour (Manusov, 2014).

Majority of the adolescents disagreed with the statement, “My mother/ Female guardian got pregnant before marriage. Specifically, about 44.8% and 21.6% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 9%(agreed) and 15.8% (strongly agreed). About 8.7% of the respondents were undecided. The Chi-square analysis results (Table 4.11) indicate a calculated value of 137.16 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This implies that mothers tend to be more expressive and more skilled at sending and receiving nonverbal messages to and from their adolescents. These findings supports those by Joffe and Franca-Koh’s (2001) whose UK research called into the question the corollary between greater sexual communication on the part of parents and later age of initiation of sexual activity. They explored the link between remembered non-verbal sexual communication at home and current sexual behaviour among 137 (78 female, 59 male) young British adolescents. The researchers found that higher levels of parental non-verbal sexual communication were linked to: (i) earlier onset of sexual activity, (ii) fewer sexual partners and (iii) lower feelings of sexual guilt. Greater openness about nudity in the home, in particular, was linked to earlier onset of sexual activity. In addition, while greater expression of affection between parents was associated with having fewer sexual partners, this had no relationship to contraceptive usage. Additionally using data from the National Survey of Sexual Attitudes and Lifestyles (NSSL), Wellings, Wadsworth, Johnson, Field and Macdowall (1999) found that the most important factor influencing the chances of becoming an adolescent mother was the quality of communication about sexual matters in the home.

This study also sought parent’s opinion on how they should communicate to their adolescents on sexuality.

(Q). If you were given a chance to advice other parents on regarding discussion on sexuality issues with their children, what would you tell them?

The opinions are presented below

Group F, 2019: “The most important thing to teach your child is responsibility. Discuss with your child how to make decisions and help them understand the consequences of the decisions they will make. You can start by discussing decisions and consequences that don’t involve sexuality and move the conversations towards sexuality. After all, there are some consequences of having sex or not having sex and every child is going to get a lot of misinformation along the way from their peers and media”.

Group I, 2019: “I know it maybe a lot of work, but parents/guardians need to monitor their children, see and be there, be available them, to provide information. For example, find out the movies they watch, what programs they watch and what is on the internet site before they watch. As you communicate, give truthful and honest information and let your adolescent know what you expect of them. Above all help you adolescent feel good about themselves”.

Group A, 2019: “Some factors affect communication on sexuality. If a parent is stressed as a result of financial difficulties, communication will definitely drop because parent/ guardian will shift focus on the immediate day to day needs of their families and put off these types of communication. Therefore, let us try as much as possible to ensure that we create time for our children, otherwise we may meet all their needs but miss out on their matters on sexuality”.

Therefore parents play a very important role in shaping sexual behaviours of adolescents. Adolescents need education and information from parents first, and then any other authority, second.

Determinants of Students' Sexual Activity

The study sought to measure adolescent's sexual activity using the parameter presented in the Table 4.12 below;

Table 4.12: Determinants of Students' Sexual Activity

	SD	D	U	A	SA	Total	Chi-Square	df	Asymp. Sig.
Am old enough to engage in sexual activities	101(32.6)	43(13.9)	34(11)	61(19.7)	71(22.9)	310(100)	44.32	4	0.000
I hug my boy/girl friend	42(13.5)	19(6.1)	13(4.2)	110(35.5)	126(40.6)	310(100)	178.23	4	0.000
I hold hands with my girl/boy friend	60(19.4)	29(9.4)	6(1.9)	101(32.6)	114(36.8)	310(100)	136.36	4	0.000
I spend time alone with my girl/boy friend	63(20.3)	50(16.1)	3(1)	90(29)	104(33.5)	310(100)	99.58	4	0.000
I often kiss my girl/boy friend	128(41.3)	62(20)	10(3.2)	45(14.5)	65(21)	310(100)	118.68	4	0.000
I date my girl/boy friend	90(29)	39(12.6)	13(4.2)	91(29.4)	77(24.8)	310(100)	77.10	4	0.000
I lie with my girl/ boy friend.	114(36.8)	86(27.7)	3(1)	42(13.5)	65(21)	310(100)	115.65	4	0.000

Source Field Data, (2019)

Majority of the adolescents disagreed with the statement, "Am old enough to engage in sexual activities". Specifically, about 32.6% and 13.9% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 19.7%(agreed) and 22.9% (strongly agreed). About 11% of the respondents were undecided. The Chi-square analysis results (Table 4.12) indicate a calculated value of 44.32 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated).

Majority of the adolescents agreed that on the statement, "I hug my boy/girlfriend as represented by 35.5% of the total responses. An additional 40.6% of the respondents strongly agreed with the statement. A few respondents disagreed (6.1%) and strongly disagreed (13.5%) with the statement while others were undecided (4.2%). The Chi-square analysis results (Table 4.12) indicate a calculated value of 178.23 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated).

Majority of the adolescents agreed that on the statement, "I hold hands with my girl/boyfriend as represented by 32.6% of the total responses. An additional 36.8% of the respondents strongly agreed with the statement. A few respondents disagreed (9.4%) and strongly disagreed (19.4%) with the statement while others were undecided (1.9%).The Chi-square analysis results (Table 4.12) indicate a calculated value of 99.58 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated).

Majority of the adolescents agreed that on the statement, "I spend time alone with my girl/boyfriend as represented by 29% of the total responses. An additional 33.5% of the respondents strongly agreed with the statement. A few respondents disagreed (16.1%) and strongly disagreed (20.3%) with the statement while others were undecided (1%).The Chi-square analysis results (Table 4.12) indicate a calculated value of 118.68 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated).

Majority of the adolescents disagreed with the statement, "I often kiss my girl/boyfriend". Specifically, about 41.3% and 20% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 14.5 % (agreed) and 21% (strongly agreed). About 3.2% of the respondents were undecided.The Chi-square analysis results (Table 4.12) indicate a calculated value of 77.1 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated).

Majority of the adolescents agreed that on the statement, "I date my girl/boyfriend as represented by 29.4% of the total responses. An additional 24.8% of the respondents strongly agreed with the statement. A few respondents disagreed (12.6%) and strongly disagreed (29%) with the statement while others were undecided (4.2%).The Chi-square analysis results (Table 4.12) indicate a calculated value of 77.1 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated).

Majority of the adolescents disagreed with the statement, "I lie with my girl/ boyfriend.". Specifically, about 36.8% and 27.7% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 13.5 % (agreed) and 21% (strongly agreed). About 1% of the respondents were undecided.The Chi-square analysis results (Table 4.12) indicate a calculated value of 115.65 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). The results above indicate that adolescents engage themselves on various sexual activities.

The extent to which parent- adolescent communication influence adolescent’s sexual activity.

Adolescents were asked to indicate if parent – adolescent communication change their engagement on early sexual activity. Their responses are presented in the Table 4.12 below;

Table 4.13; Influence of parent’s communication on adolescents’ sexual activity

Statements	SD	D	U	A	SA	Total	Chi-Square	df	Asymp. Sig.
I have not engaged in sexual activity	107(34.5)	8(2.6)	5(1.6)	120(38.7)	70(22.6)	310(100)	187.39	4	0.000
I don’t frequently engage myself in early sexual activity	1(0.3)	16(5.2)	14(4.5)	174(56.1)	105(33.9)	310(100)	363.45	4	0.000
I use condoms and/ or other contraceptive when am engaging in sexual activity.	81(26.1)	121(39)	5(1.6)	28(9)	75(24.2)	310(100)	135.74	4	0.000
I talk about sex with my sex partners	36(11.6)	3(1)	11(3.5)	144(46.5)	116(37.4)	310(100)	264.48	4	0.000
Am at lower risk of getting pregnant	5(1.6)	7(2.3)	40(12.9)	101(32.6)	157(50.6)	310(100)	279.10	4	0.000

Sources; Field 2019

Majority of the adolescents agreed that on the statement, “I have not engaged in sexual activity as represented by 38.7% of the total responses. An additional 22.6% of the respondents strongly agreed with the statement. A few respondents disagreed (2.6%) and strongly disagreed (34.5%) with the statement while others were undecided (1.6%). The Chi-square analysis results (Table 4.13) indicate a calculated value of 187.39 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This suggests that parents should begin talking to their adolescents before they begin dating. Unfortunately, many parents wait to initiate such conversations until it is too late. Many parents underestimate the extent of their adolescent’s involvement in risky sexual behavior (Albert, Brown and Flanigan, 2011).

Majority of the adolescents agreed that on the statement, “I don’t frequently engage myself in early sexual activity as represented by 56.1% of the total responses. An additional 33.9% of the respondents strongly agreed with the statement. A few respondents disagreed (5.2%) and strongly disagreed (0.3%) with the statement while others were undecided (4.5%). The Chi-square analysis results (Table 4.13) indicate a calculated value of 363.45 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). Many parents in the absence of clear signs of sexual activity assume that their adolescent is sexually inactive. Parents need to understand that talking about sex with their adolescent is critical and should begin in early adolescence (Guilamo – Ramos, 2011).

Majority of the adolescents disagreed with the statement, “I use condoms and/ or other contraceptive when am engaging in sexual activity.” Specifically, about 26.1% and 39% of the respondents disagreed. A few respondents were in agreement with the statement as represented by 9%(agreed) and 24.2% (strongly agreed). About 1.6% of the respondents were undecided. The Chi-square analysis results (Table 4.13) indicate a calculated value of 135.74 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). This finding concurs with Miller and Levin (2008) who compared adolescents’ age when they first discussed condom use with their mother with the age at which they first engaged in sexual activity. Only discussions with mothers that occurred prior to first sexual activity were associated with more condom use (i.e., with more protected intercourse), compared to no discussion.

Majority of the adolescents agreed on the statement, “I talk about sex with my sex partners as represented by 46.5% of the total responses. An additional 37.4% of the respondents strongly agreed with the statement. A few respondents disagreed (1%) and strongly disagreed (11.6%) with the statement while others were undecided (3.5%). The Chi-square analysis results (Table 4.13) indicate a calculated value of 264.48 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). The findings are in agreement with Jaccard, Dittus, & Gordon (1996); Romo, Lefkowitz, & Sigman (2002) that adolescents, whose parents clearly express their values and beliefs, including those who communicate strong disapproval of sexual activity or unprotected sex, are more likely to avoid risky sexual behaviors. Parent communication about sexuality with adolescents has the potential to impart attitudes and norms. When parents communicate to their adolescents on sexuality, they develop high self- esteem, better interpersonal communication skills including sexual negotiation skills. That is why majority of adolescents talk about sexual activity with their sex partners.

Majority of the adolescents agreed that on the statement, “Am at lower risk of getting pregnant as represented by 32.6% of the total responses. An additional 50.6% of the respondents strongly agreed with the statement. A few respondents disagreed (2.3%) and strongly disagreed (1.6%) with the statement while others were undecided (12.9%). The Chi-square analysis results (Table 4.13) indicate a calculated value of 279.1 at 4 degrees of freedom (significant at 5% alpha level since the p-value of 0.000 was calculated). The findings imply that parent-adolescent communication positively influence sexual activity and reproductive behavior among adolescents by enabling them to understand the consequences of early sexual activity and how to go about sexual and

reproductive behavior.

Upon further inquiry from a parent during study in Mercy Njeri on whether parent- adolescent communication promotes healthy sexual behaviors, she asserted that;

Parent-adolescent communication contributes to healthy sexual behavior of adolescents in most cases. When adolescents are warned against engaging in early sexual activity or given advice on safe ways to engage in sexual activity. Parents advocate for only mutual friendship and more often on matter academics or immediate family members. A few parents even go to an extent of undertaking HIV/AIDS tests regularly on adolescents they suspect are engaging in early sexual activity. (Group G, July 2019)

The following was the views of a single parent/guardian whose child was from a public school in Rongai;

"It influences adolescent's sexual and reproductive behavior to a great extent for various reasons. Firstly, adolescents are told about the changes to expect as they mature into puberty. This includes menstrual periods for girls and body changes for both girls and boys which signal sexual maturity for adolescents. They are also advised not to engage in sexual behavior on the basis of being too young/mental immaturity, bible teachings and the disease and pregnancy risks associated with such behaviours. Therefore, with this kind of information, adolescents are bound to understand and keep their sexual activity on check." (Group K, July, 2019)

4.3.8 Hypothesis testing

Ho₁: There is no statistically significant influence of parent – adolescent direct and indirect communication about sexuality on early sexual activity.

The four metrics of indirect communication was combined using transformation tool in SPSS and new average variable computed. Although there was inverse relationship between number of sexual activities with indirect communication (P=-0.096) the relationship was not significant at 95% significance level (P=0.095). Unlike indirect communication, the influence of indirect communication on sexuality activities was not significant and not strongly related. This results supports the findings in other studies who also found parent communication unrelated to daughter's behavior, suggesting that this was because daughters remembered little about these conversations, and their memories tended to focus on highly negative communication (Darling and Hicks, 2013).

Table 4.14: Correlations analysis between indirect communication and early sexual activities

	Adolescent early sexual activity	Indirect_Comm_Composite
Adolescent early sexual activity	Pearson Correlation 1	-.096
	Sig. (2-tailed)	0.095
	N	305
Indirect_Comm_Composite	Pearson Correlation -.096	1
	Sig. (2-tailed)	0.095
	N	305

** Correlation is significant at the alpha=0.05(2-tailed).

Source Field Data, (2019)

Table 4.15: Correlation Analysis of influence of parental communication on early sexual activity

	Influence of parental communication	Effectiveness of parental communication Services
Early sexual activity	Pearson Correlation 1	.271**
	Sig. (2-tailed)	.000
	N	310
Influence of parental communication	Pearson Correlation .276**	1
	Sig. (2-tailed)	.000
	N	310

** Correlation is significant at the 0.05 level (2-tailed). (r = 0.271, p >0.05)

Source Field Data, (2019)

Results in Table 4.15 indicates that early sexual activity with influence of parent sexual communication was positively correlated (r = 0.271, p=.000, p<0.05). The positive correlation between influences of parental communication on early sexual behaviour suggests the more the communication the less engagement on early sexual activity. Thus the null hypothesis is rejected at 0.05 level of significance and at 1%. Since p value in this case is also equal to 0.000 which is less than the significance level of 0.05. Therefore, there is a significant influence of parent communication on adolescents' early sexual activity. Results obtained from Pearson's correlation were counter-checked using Regression model in order to establish any significant difference in the adolescent sexual activity.

Table 4.16: Analysis of Variance for Test of Significance of the Regression

Model	Sum of Squares	Df	Mean Square	F	Sig.
Regression	879.239	1	879.239	28.890	.000 ^b
Residual	10621.427	299	30.434		
Total	11500.667	309			

a. Dependent Variable: Influence of parental communication

b. Predictors: (Constant), early sexual activity

Source Field Data, (2019)

Table 4.17: Coefficients of Level early sexual activity

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.
	B	Std. Error	Beta		
(Constant)	10.446	1.441		6.428	.000
Influence of parental communication	.311	.088	.271	5.375	.000

a. Dependent Variable: effectiveness of counselling services

Source Field Data, (2019)

Results in form Table 4.16 above, y is the dependent variable (parent communication) and x_1 is the adolescent early sexual activity. Level of awareness had unstandardized coefficient (B) of 0.473. This meant that increasing values of level of awareness by one unit it increased the effectiveness of counselling services by 0.473 when other independent variables were held constant. The regression equation of level of awareness on effective counselling services then becomes;

$$y = 10.446 + 0.473x_1$$

This finding concurs with Amoran and Fawole, 2008; Babalola, Tambashe and Vondrasek, 2005; Biddlecom, Awusabo-Asare and Bankole, 2009; Karim et al., 2003; Kumi-Kyereme et al., 2007). Parental sexuality communication was associated with delayed sexual debut for girls in the Ivory Coast, and boys in Ghana, but a greater likelihood of having sex early for Malawian males, Ugandan females, boys in Ivory Coast, Nigerian adolescents and Ghanaian girls. In some studies conducted in Ghana and Tanzania, there was no association between parental communication and the timing of first sex after controlling for other factors (Adu-Mireku, 2003; Kawai et al., 2008). These studies are limited by differences in the conceptualization of parent-child communication and lack of information about the timing of events. Parents may communicate with their children once they suspect them of being sexually-active, which could explain the positive association between communication and sexual experience.

Studies show, however, that many parents face challenges in discussing issues related to relationships, development and sex with their children. Many parents do not have the information that young people need, or if they do, they find it difficult to initiate the conversation (Bastien, Kajula and Muhwezi, 2011).

5.1. Summary of the Study Findings

5.1.1 Parent – Adolescent Communication on Sexuality

This study demonstrates that parent-adolescents communication has a significant impact on early sexual activity for adolescents, but the effects vary depending on the topic discussed. Nonetheless, findings indicate that sexuality communication between parents and adolescent at any time can positively influence early sexual activity. Direct communication is straightforward verbal discussion between parents and adolescents about sexual topics. Majority of adolescents had received information on sexuality (76%) and only a few had not received information on sexuality (24%). In addition, majority of the adolescent reported that their parents do not discourage them from discussing matters on sexuality (50%) and not allowed to challenge their parents and guardians' opinions on sexuality (28.7%). On the positive note, majority agreed that their parents or guardians would like to hear their opinions even when the adolescent don't agree with their opinion on sexuality (27.1%). Higher proportion also strongly disagreed that their parents or guardians sometimes becomes angry when their opinions differs (31.6%). This is important since adolescents need information on sexuality although they may not accept it when given in a domineering and authoritative manner. Parents and guardians need to deliver the information on sexual activities in more comprehensive and holistic manner to their adolescents.

The findings of the study revealed that there existed a significant relationship between the parent communication and early sexual activity among the adolescent ($r = 0.271$, $p = .000$, $p < 0.05$). The positive correlation between communication and sexual activity suggested that the higher the level parental communication and guidance and counseling the lesser the engagement on early sexual activity.

Findings revealed that the conversations between adolescents and their parents were found to influence

sexual activity as fifty-one percent of the adolescents agreed that conversations between them and their parents influence their sexual behavior. Thirty-two percent of the parents agreed that conversations between them and adolescents influence their adolescent's sexual behavior.

5.2 Conclusion and Recommendation

In terms of quantity and adequacy of the parental information on sexuality, significantly higher proportion agreed that what parents talk to them on sexuality was adequate and having a discussion with parents on sexuality help change their attitude towards sexual activity. This is attributed to the fact that adolescents regard sex education from parents as important and it equips them with skills to negotiate sexual pressures. The attitudes held by students towards seeking information on sexuality from parents determine how effectively communication will be. Adolescents with positive attitudes towards seeking help are more likely to seek help than those with somewhat negative attitudes.

The study concludes that parents and adolescents in Rongai Sub County occasionally engage on discussions concerning matters on sexuality. Therefore, null hypothesis that postulate that no statistical significant relationship between parents – adolescent direct communication about sexuality on early sexual activity was rejected and conclude that communication significantly lower the number of sexual activity among the adolescent. In the case of parents, the most commonly taught topic in sex education was; HIV/AIDS and STIs, the advantages of adolescents avoiding sexual behavior, puberty, issues in becoming sexually active, sex before marriage or peer pressure, coercion and assault, social issues relating to sex, human reproduction, safe sex, contraception, importance of using protection and lastly where to get condoms.

5.3 Recommendations for Further Research

- i. Parent-adolescent communication should occur more often unlike the current monthly frequency to enhance the observed positive effects on sexual behaviors amongst adolescents.
- ii. Parent-adolescent topics on sexual and reproductive behavior should also include topics on the sexual activeness of adolescent so as to reduce the variance on the awareness about adolescent's sexual activeness between parents/guardian and the adolescents.
- iii. Since parents and adolescents have a positive attitude towards the teaching and learning sex education, adolescents should be encouraged to utilize any available time that they have to get sex-related information from parents.
- iv. With regard to challenges faced by parents and adolescents in communicating sex- related issues, the government should fund training programmes on communicating sex- related issues. Involving the wider community in appreciating the significance of parent- adolescent sexuality communication and identifying interventions to enhance communication on sexuality should be considered to overcome challenges to communication.
- v. Parents and adolescents should be encouraged to openly talk about issues related to sex. They should be provided with information and skills to enable them overcome the communication challenges related to talking about sexuality issues. This can be done through involving them in seminars and workshops hence minimizing the cultural bottlenecks related to sexuality communication. This is based on the premise that, in this study, some adolescents mentioned that peer pressure affects sexual and reproductive behavior..

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