

Assessing the Relationship Between Sex Education and Adolescent Pregnancy Rates Among Pregnant Adolescents in Madalla, Niger State

Enegache Comfort Adama*, Prosper Okonkwo

Department of Community Medicine and Primary Healthcare

*Corresponding Author

ABSTRACT

Introduction: Adolescent pregnancy remains a pressing public health challenge in Nigeria, with serious implications for maternal health, education, and future opportunities.

Objective: This study assessed the relationship between sex education and adolescent pregnancy among pregnant adolescents in Madalla, Niger State.

Methodology: Using a cross-sectional design, 365 pregnant adolescents aged 13–19 years attending antenatal clinics were studied using structured questionnaires. Data were analyzed through descriptive and inferential statistics.

Results: Findings showed a mean age of 16.6 years, with most respondents married (61.6%) and not in school (54.5%). Although awareness of menstruation was high (96.7%), gaps existed in knowledge of pregnancy risk at first sex (15.3% uncertain) and contraceptive methods, with only 10.7% aware of pills. High-risk practices included early sexual debut (mean 15.5 years), coerced first sex (44.1%), and non-use of contraception at debut (54.5%). While 56.7% believed sex education could reduce early pregnancy, only 35.9% had received it before pregnancy. Exposure to sex education was significantly associated with correct knowledge of pregnancy risk and contraceptive use at first debut ($p < 0.05$).

Conclusion: The study concludes that sex education improves SRH knowledge and protective behaviors, highlighting education level as a critical determinant. It recommends strengthening comprehensive school-based and community sex education, enhancing youth-friendly services, and engaging families and stakeholders to reduce adolescent pregnancy in Nigeria.

