

Family Counselling And Pre-Marital Sexuality Among In-School Female Students In Calabar Metropolis, Nigeria

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Abstract

The study examined Family Counselling and Pre-Marital Sexuality among In-School Female Students in Calabar Metropolis, Cross River State, Nigeria. To guide the study, three research questions and hypotheses were posed. The study adopted the ex-post facto research design, with a population of five thousand, nine hundred and eighteen (5,918) female students. The sample comprised 700 in-school female students drawn from the 2 Local Government Areas of the metropolis. A questionnaire developed by the researcher titled “Family counselling and Pre-Marital Sexuality Questionnaire (FCPSQ)” was used for data collection. The data gathered were analyzed with a one-way analysis of variance (ANOVA). The findings revealed that family communication counselling has a significant influence on pre-marital sexuality among in-school female students, family relationship counselling has a significant influence on pre-marital sexuality among in-school female students and there is a significant influence of family structural counselling on pre-marital sexuality among in-school female

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students (with the following dimensions: intimacy, romance and sexual promiscuity). It was recommended among others that family counsellors should intensify efforts at the propagation and re-orientation of moral values. Community leaders should use the family communication approach to address pre-marital sexuality among in-school female students. Family guidance counsellors should emphasize relationship counselling as it will help to eliminate sexual immorality among in-school female students. The government and policymakers should enforce laws that will enshrine the implementation of the nuclear family in society as it will reduce out-of-marriage sexual engagement.

Keywords: Family, Counselling, Pre-marital, sexuality, and In-school

Introduction

The problem of premarital sex vulnerability manifesting among female students in the secondary school system in Nigeria is raising so much concern as we seek ways to its eradication. The unwholesome attitude and behaviour among adolescents towards premarital sex have rendered many parents depressed, while school administrators on their part are anxious and seeking ways how to purge the school system of this growing menace of unhealthy sexual escapade among adolescents.

Premarital sex is sexual activity practiced by unmarried persons. It is any sexual activity with an opposite-sex partner or with a same-sex partner before he/she has started a married life. The term is usually used to refer the intercourse before marriage. Significant numbers of adolescents are involved in sexual activities at an early age which exposes them to the risk of unintended pregnancy, abortion, and sexually transmitted infections (STIs). The term vulnerability is the degree to which a person is exposed to the possibility of harm physically or emotionally. Although the reproductive health problem of young people is critical among both sexes, adolescent girls are more affected because of their biological, economic, and social vulnerability (Abdissa & Wabareg, 2017).

Human health is understood as a state of complete physical, mental, and social well-being, and not just the absence of disease or infirmity. These include diverse aspects such as physical health, mental health, social well-being, and psychosocial adjustment which is consistent with the bio-psychosocial model that includes biological, psychological, and social factors to understand human sexuality. Early support and adaptation processes which respect local customs in mental health or psychosocial healing allow an affected population to cope better with a difficult situation. Social effects are the shared experiences caused by disruptive events and consequent death, separation, sense of loss and feeling of helplessness. Hence, the rationale for linking family counselling indices and premarital sex among school girls. In this regard, parents should be the first educators of their teenagers; hence they are expected to transmit desirable social values such as those about healthy sexual behaviour and reproductive health to their teenagers. Starbird, Norton, and Marcus (2016) discovered that teenage girls who are aware of family planning through parental care gained more years of schooling, and formal employment, determined their lives course and experience substantial social economic gains. Also, Omotesho, Adeniyi and Bada (2012) pointed out that the causes of premarital sex vulnerability in Nigeria include a lack or little of sex education for young people and a lack of accurate information. Emotional problems such as symptoms of anxiety and depression may also develop due to social changes. Although many of these problems may not meet diagnostic thresholds, they may develop into more severe disorders which may impact human health and education.

A healthy sexual relationship is generally viewed as reserved for married spouses, either for pro-creation or for sex need satisfaction. Therefore, pre-marital sex can be regarded as not socially desirable by many members of society because it is perceived as an indiscipline act indulged by people not considered mature for the behaviour. Maturity is considered vital for this behaviour because the consequences are far-reaching and may be too weighty for the teenagers to bear especially as they are perceivably not prepared for marital confinement.

The most surprising about students' negative behaviour towards sex is that many of these secondary school students may be aware of the sacred nature of unprotected sex, yet they are found vulnerable to it. Without exaggeration in today's world, teenagers' attitude towards premarital sexual behaviour is absurd and needs to be curbed otherwise it will compound management challenges in the school and will eventually eat deep into society. According to Eneji, Petters, Esuabana, Onnoghen, Udumo, Ambe, Essien, Unimna, Alawa and Ikutal (2022), secondary education is aimed at preparing the individual for useful living within society and for higher education. The implication of this is that individuals at the secondary school level of education are expected to acquire relevant skills, values, attitudes, knowledge and competencies that can help them become useful to themselves as well as contribute to society's development. Unfortunately, this expectation of society is gradually becoming dashed as some teenagers in school indulge in indiscipline activities like premarital sex and deviant behaviours. As a result of these activities, the victims may end up not being useful to themselves and society due to far-reaching negative consequences that challenge their health and school completion.

Schools in their discipline practices are expected to mold students' character to conform to societal ideals. This is believed to be achieved through the school curriculum activities that are targeted at equipping the students to adopt positive lifestyles that will be beneficial to the individual, his immediate environment and society at large. Sexual permissiveness about premarital sex vulnerability among students is not morally right, therefore not desirable social behaviour. Consequently, it calls for ways to eradicate it.

Family therapy is a type of psychotherapy that involves all members of a nuclear family or stepfamily and, in some cases, members of the extended family (e.g., grandparents). A therapist or team of therapists conducts multiple sessions to help families deal with important issues that may interfere with the functioning of the family and the home environment. The goal of family therapy is to help family members improve communication, solve family problems, understand and handle special family situations (for example, death, serious physical or mental illness, or child and adolescent issues), and create a better-functioning home environment. For families with one member who has a serious physical or mental illness, family therapy can educate families about the illness and work out problems associated with the care of the family member. For children and adolescents, family therapy most often is used when the child or adolescent has a personality, anxiety, or mood disorder that impairs their family and social functioning, and when a stepfamily is formed or begins having difficulties adjusting to the new family life. Families with members from a mixture of racial, cultural, and religious backgrounds, as well as families made up of same-sex couples who are raising children, may also benefit from family therapy (Inah, Eneyo, Odey, Ushie, Udonwa, Esuabana, Ekpo, Akintoye, & Ajake, 2022; Denwigwe, 2015).

Family counselling can help when siblings are not getting on, or when parents and children are going through a divorce or separation. Forming a new family is a challenge and it is at this point that many parents contact relate for some support to help everyone settle. Family counseling or therapy is a type of psychological counseling (psychotherapy) that can help

family members improve communication and resolve conflicts. Family therapy is usually provided by a psychologist, clinical social worker, or licensed therapist.

Therapy for communication issues is a common need especially as it pertains to relationship therapy and the cited issue between the couple is lack of communication. Communication issues between individuals can start from differences in cultural backgrounds and/or personal experiences. Additional situations that may contribute to communication issues include trauma, secrecy, mental health issues, etc. There are many options for addressing communication issues whether it be for an individual's improvement or for two involved in an intimate relationship. A trained therapist can help an individual decide what the best strategies may be for improving communication skills and ability. Strategies include active listening, opening lines of communication and mediated communication.

Relationships are not easy and simple problems in your daily life can cause stress or add strain to any relationship. Additional problems that can contribute to stress include chronic illness, a lack of communication effectively, cultural differences, infidelity and mental health issues. Couples may also face issues of sexual intimacy, emotional distancing, financial difficulties and a general lack of trust. Relationship counseling begins usually when a couple is trying to decide whether to work out their problems and continue to be together or if they should move on.

Structural family therapy is focused on five specific principles. These five specific principles include i. the structural therapist focuses on the interactions between people rather than their individual psyches, ii. "Matrix of identity" based on personal interactions within the family, iii. Family structure based on social interactions, iv. "Well-functioning family" is based on how the family responds and develops according to family needs. The position of a family therapist is to help the family outgrow constraining growth patterns and develop as a stronger entity (Eneyo, Ushie, Akeh, Udonwa, Esuabana, Idika, Itu & Antai, 2022).

Family plays an important role in our emotional, physical and spiritual development since each individual in the family system impacts and is impacted by the others. Family therapy may be helpful to resolve a specific issue and prepare the family for a major life change such as a divorce or remarriage. Families can be a source of support, encouragement and love but, sometimes, relationships within families are put under strain. Perhaps you're a parent worried about your child's behaviour or how a divorce may impact your family. You might be part of a stepfamily and need help adjusting, or you may be arguing with parents or siblings and need support communicating with each other.

The family is not just meant for procreation but it enhances the learning of values, attitudes, knowledge, skills and techniques of a given culture (Eneyo, Ushie, Akeh, Udonwa, Esuabana, Idika, Itu & Antai, 2022). Esuabana (2019) opines that in the family, individuals are closely bound to each other, both because of blood or marriage, and because of living together. By this, individuals in the family exert some positive and negative influence on each other. Similarly, it was also suggested that it may not be an overstatement to say that family background influences individual social adjustment. This is to say that the family background where the adolescent student lives have a dual effect or influence on social development.

Families can benefit from therapy when they experience any stressful event that may strain family relationships, such as financial hardship, divorce, or the death of a loved one. In addition, it can be effective in treating mental health concerns that impact the family as a whole, such as depression, substance abuse, chronic illness, and food issues, or everyday concerns, like communication problems, interpersonal conflict, or behavioral problems in children and

adolescents. Family counseling aims to promote understanding and collaboration among family members in order to solve the problems of one or more individuals. For example, if a child is having social and academic problems, therapy will focus on the family patterns that may contribute to the child acting out, rather than evaluating the child's behavior alone. As the family uncovers the source of the problem, they can learn to support the child and other family members and work proactively on minimizing or altering the conditions that contribute to the child's unwanted behaviour. The influence of family counselling on pre-marital sexuality among in-school female students is the focus of this paper.

Literature Review

The theory of predicted behaviour by Fishbein, (1967) stated that demographic variables, observations, and knowledge influence values and beliefs which in turn affect attitudes, intentions and finally one's behaviour. The theories suggest that teenagers' past experiences, values and observations about their parent's care practices influence their opinions, confidence level and ultimately their decisions to behave the way they do whether socially desirable (disciplined) or antisocial (indiscipline).

The relevance of theory to this study is that parents' role in their care practices is very important in developing the morality of their children. Understanding the relationship that exists between these two variables: family counselling indices and premarital sex among female school students could help determine how probably parents would have to modify their socialization practices to raise disciplined teenagers who will be less vulnerable to premarital sex and adjust to the accepted norm. This simply means that family counselling significantly influences premarital sexuality among female students. Parental care in terms of counseling, disciplinary practice and communication can help teenagers recognize and change negative thoughts about sexuality and adjust to societal values.

Sigmund Freud's Psychosexual Theory of Personality Development stated that for a child to have sexual urges and he or she must pass through five series of psychosexual stages within a time frame in a life span. These five stages include; oral, anal, phallic, latency, and genital. The oral stage is from birth to 1 year, the erogenous zone is in the mouth. Fixation at this stage might result in a passive, gullible, immature, and manipulative personality. The anal stage occurs between 1 year to 3 years, the erogenous zone is in bowel and bladder elimination. Fixation at this stage may lead to a reckless, careless, defiant, and disorganized personality. Phallic stage occurs between 3 to 6 years with an erogenous zone at the genital area. At this stage, boys experience Oedipus complex while girls experience Electra complex. Latency stage occurs at puberty where individuals have dormant sexual feelings. At this stage, sexual unfulfillment occurs as a result of fixation. The genital stage occurs from puberty to death where sexual interest matures. Fixation leads to frigidity, impotence and unsatisfactory relationship. These stages ensure that the individual continues having sexual urges once adulthood is reached. According to the theory, if a person becomes fixated on any of these five stages, the person will develop personality traits that coincide with the specific stage.

According to Freud, children's pleasure-seeking urges governed by the instinctual drive (Id) are focused on a different area of the body. Freud's three aspects of the mind, the Id, ego and superego make up a person's personality. Freud believed people are simply actors in the drama of their minds, pushed by desires (Id) and pulled by conscience (superego). Underneath the surface, a person's personality represents the activities of the Id, ego and superego. Freud noted that most of the content of the mind is hidden in man's unconsciousness, though a person may be unaware of this, it affects his or her behaviour to a large extent. For example, when the

ego listens to the ID more than to the superego, the person is said to be egocentric (self-seeking and selfish). When the ego listens to the superego more than to the Id, the person is seen as a conformist and self-denying. When the needs of the Id are well balanced with the needs of the superego, the person is seen as well-grounded.

The Id is the pleasure-seeking aspect of the mind. It explains why people behave in certain ways when it is not in line with the ego or superego. The ego is responsible for creating a balance between pleasure and pain. Although the ego vagina. Freud thus considered a girl's Oedipus conflict to be more emotionally intense than that of the boy, resulting potentially, in a submissive woman with an insecure personality. This may explain premarital sex vulnerability among teenagers.

The relevance of Freud's psychosexual theory to this study is that parent's role in their care practices is very important in developing morality in their children. For example, children should be taught to delay gratification. For both boys and girls, it is important they resolve their complexes satisfactorily. Fathers and mothers have to play specific roles in educating their children about their sexuality and the importance of waiting for the right time to have sexual relations. Fathers in their parental care practices should help their male children identify with them while mothers should also help their female children identify with them as this is normal. Failure of their parental obligation in these regards mentioned may be responsible for the poor or inappropriate resolution of the psychological stages which ultimately explains premarital sex vulnerability among teenagers.

Parents' communication about sexual issues refers to parents educating their wards about their sexuality, premarital sex, and the advantages and disadvantages of involvement outside marriage. Sexual communication can be seen to include both the acts of obtaining information and consulting others for advice or support regarding all issues about sexuality, as well as the acts of providing information and responding to others who want to engage in conversations about sexuality (Esuabana,2019)

Adolescent girls are confronted with numerous challenges, and the decisions they make can have both short-term and long-term consequences for their health and well-being. Neglecting this population would lead to serious reproductive health hazards (Esuabana, 2019). Parent-adolescent sexual communication is the most effective way of helping adolescents understand their surroundings and be equipped to make a better decisions about sexually related issues (Wagman, Cooper & Todd, 2011). According to Esuabana (2019), when discussions on sex and human sexuality are held among adolescents, the language used is mythological. Thus, it is intended to hide the true meaning of what is being discussed because of the inherent culture of silence that surrounds sexuality in Africa.

The study by Ogunsanmi, Olusanya and Olusanya (2014) investigated the influence of parent-child relationship quality on communication styles on social adjustment among teenagers in public secondary schools in Ondo State. The study design was descriptive. The population of adolescents in public secondary schools from the three senatorial districts in Ondo State was used. A sample of 588 adolescents was used. A questionnaire was the instrument used for data collection. Findings revealed that 56.6% of the subjects did not talk about sex with their parents while 66.7% indicated that they did get along with their parents and discussed intimately with them. Also, parental communication styles have a significant relationship with psychosocial adjustment. It was recommended that reorientation integration of parents into various intervention programmes on adolescents' sexual behaviour are needed in society.

This study by Nwagwu, Ezeali, Nwosuji and Achonwa (2017) investigated peoples' perception of mother-daughter sexual communication patterns and adolescents' reproductive health in Enugu state, Nigeria. A sample of 294 respondents selected through the multi-stage sampling technique was used for the study. The instruments used for data collection comprised of structured questionnaire and an in-depth interview (IDI) guide. The findings among other things show that private face-to-face communication pattern on adolescents' sexuality is adopted by a majority of mothers in Enugu which aid to reduce sexually related problem among adolescents. Based on the findings, systematic and effective use of face-to-face patterns of communication, and improved sexual communication skills in sex education were recommended. Conclusively, parental sexual communication skills significantly influence adolescents' psychosocial adjustment.

According to Ikpe (2004), most adolescents came to know about their sexual side through self-discovery. Adolescents especially girls are constrained from seeking information from elderly ones about sexual matters for fear of being labeled prostitutes (Obono, 2012). Studies have found little association between teenage sexual experience and parental relationships. The lack of attentive and nurturing parents was linked to early sexual activity while a stable family environment was associated with later initiation of sexual intercourse. Parent involvement in adolescent television viewing could moderate the relationship between viewing and initiating intercourse. Adolescents who do not discuss television with their parents have higher rates of intercourse compared to those who do discuss television content with their parents. Parents should also discuss the implications of pre-marital sex such as sexually transmitted diseases (STDs) and the psycho-social effects of pre-marital sex with their children and advise them to develop an interest in issues that promote decent sexual behaviours.

Thoma, and Huebner (2018) examined associations between parental monitoring, communication about 'sex, outness and psychosocial adjustment among youth from 14-19 years. A sample of 257 teenagers from ages 14-19 years was used. A correlation survey design was used. The finding revealed that parental monitoring and communication about 'sex significantly relate to psychosocial adjustment

The study by Abu and Akerle (2017) examined the parental influence on adolescents' adolescent psychosocial adjustment in Ibadan North Local Government Area of Oyo State, Nigeria. The study adopted a survey research design and a multi-stage sampling procedure was used to select the three hundred respondents(300). A self-constructed and validated questionnaire tagged Adolescent Sexual Behaviour Scale (ASBS) was used for data collection. A reliability coefficient of 0.82, was obtained for the instrument using the Pearson-moment correlation formula. The instrument was complimented with oral interviews to elicit information from the students sampled for the study. Five research hypotheses were postulated and tested at a 0.05 level of significance. Data collection was analyzed using frequency count, percent, or chi-square. The result showed that there was a significant influence on parental care in terms of communicative skills on adolescent sexual behaviours. The study concluded that parental communication skills influence contributed significantly to adolescent psychosocial adjustment.

Dittus, Michael, Becasen, Gloppen, McCarthy, and Guilamo-Ramos, (2014) performed a meta-analysis to assess the magnitude of the association between parental monitoring and adolescent sexual intercourse, condom use and contraceptive use. The researcher conducted searches of Medline, the Cumulative Index to Nursing and Allied Health Literature, PsycInfo, and Cochrane Education Resources Information Center Social Services. The results show that

provider-initiated family-based interventions focused on parental monitoring and communication represent a novel mechanism for enhancing reproductive health and reducing adolescent sexual intercourse. Parental monitoring skills influence contributed significantly to adolescent psychosocial adjustment.

Widman, Nesi, and Garrett (2014) examined the effect of parent-adolescent sexual communication on youth safer sex behavior and explored potential moderators of this association. A systematic search was conducted of studies published through June 2014 using Medline, PsycINFO, and Communication and Mass Media Complete databases and relevant review articles. A sample of adolescents aged less than 18 years were used. Several methodological issues were identified in the literature; future studies can improve these by measuring parent-adolescent communication with robust, multi-item measures, clearly specifying the target parent, and applying multi-method longitudinal designs. Sexual communication with parents, particularly mothers, plays a small protective role in adolescent safer sex behavior, and this protective effect which is more pronounced for girls than boys. Implications for practice and suggestions for future research on parent-adolescent communication were discussed.

Similarly, Kingsley (2016) conducted a study on parenting practices and adolescent sexual behavior among students in Plateau State. To achieve this, three hypotheses were formulated and tested at 0.05 alpha level. The design adopted for the study was the ex-post facto. The sample for the study consisted of 450 students and was selected through stratified and simple sampling techniques for the study. The instrument used for this study was an adapted 21-item, 4- points Likert rating scale questionnaire. The statistical analysis used was the Pearson Product Moment correlation coefficient. The results obtained amongst others revealed that there is a significant relationship between communication skills and adolescent sexual behavior. In the same vein, Mahe (2016) conducted a study on parental communicative techniques and adolescent psychosocial adjustment among students in Edo State. To achieve this, three hypotheses were formulated and tested at 0.05 alpha level. The design adopted for the study was the ex-post facto. The sample for the study consisted of 500 students selected through stratified and simple sampling techniques for the study. The instrument used for this study was an adapted 30-item, 4-point Likert rating scale questionnaire. The statistical analysis used was One Way Analysis of Variance. The results obtained amongst others revealed that there is a significant influence of parental communication skills on adolescent psychosocial adjustment among students.

Helen and Geri (2017) examined the quality of parent communication about sex and its relationship to risky sexual behavior and social adjustment among youth in Zamfara state. The survey design was a cross-sectional study. A sample of 450 respondents 250 males and 200 females participated in the study. Using a questionnaire, three hypotheses were tested using Regression and Analysis of variance (ANOVA). It was found that parental communication skills influence sexual attitudes and behavior among the youths (psychosocial adjustment).

Esuabana's (2019) study proposed a conceptual model describing the processes by which parent-adolescent sexual communication influences adolescents' sexual intentions and behaviors and also conducted a systematic review to locate evidence for this model Guided by the Integrative Model of Behavioural Change. The proposed conceptual model focuses on the social cognitive pathways that act as explanatory mechanisms of the relations between parent-adolescent sexual communication and adolescents' sexual intentions and behaviors, as well as the characteristics of this communication that determine its effectiveness in influencing these sexual cognitions. Thirty-eight peer-reviewed studies were systematically located and synthesized. Findings showed consistent links between parent-adolescent sexual

communication and adolescents' sexual attitudes/safe-sex efficacy (though links with perceived sexual norms were more), which in turn may influence their sexual intentions and behaviors. Evidence also emerged to suggest that the characteristics of the communication itself (e.g., extent, content, quality) may influence its effectiveness over adolescents' sexual cognitions. The identification of these processes advances theory on parent-adolescent sexual communication which has, to date, been unclear regarding these partway. As such, these findings can inform future research efforts as well as prevention efforts seeking to promote adolescent sexual health.

Aronen (2003) carried out a longitudinal approach to the effect of family counselling on the mental health of 10-11-year-old children in low- and high-risk families. The study investigated the effect of family counselling on the child's mental health in low- and high-risk families. The material consisted of 160 families with a baby born in 1975-76. First, the families were classified with a weighted risk index into low- and high-risk families. Eighty of the families attended a five-year-long family counselling program. The results of a ten-year follow-up study showed that both the initial family risk and the counselling made a statistically significant contribution to the 10-11-year-old child's mental health. This implies that family counselling had a positive effect both in low- and high-risk families.

Francisco, Loios and Pedro (2016) studied the mediating role of coping strategies in family functioning and adolescent psychological maladjustment. The study aimed to analyze the mediating role of coping strategies in the relationship between family functioning and youth maladjustment. A community sample of 341 adolescents ($M = 15.11$ years old; $SD = 1.71$) completed self-report measures about such variables. Results showed that a perception of inadequate family functioning was associated with the use of maladaptive coping strategies, as well as with youth psychological maladjustment. The results also revealed that rumination and support-seeking mediated the relationship between family functioning and internalizing behavior, and hostile expression of feelings played a mediating role between family functioning and externalizing behavior. No gender differences were found in the relationship between variables. This study emphasizes the importance of coping strategies used by adolescents to understand the relationship between family functioning and youth psychological maladjustment.

The participation of children and adolescents in family counselling: The German experience was studied by Vossler (2004). The paper reflected on the experiences of young people in child guidance and family counselling. For this purpose, first, the institutional background of these counselling services in Germany is outlined. The fact that the adolescents concerned feel partly excluded and insufficiently integrated into the counselling process is illustrated through qualitative analysis of the experiences 17 young people had during their counselling process. These empirical findings are critically discussed in terms of the institutional conditions and methodical approaches which counteract the involvement of the actual addressees of the counselling service. The closing thoughts include methodical options for a stronger orientation of professional behaviour toward facilitating participation

Loneliness, Family Communication, and School Adjustment in a Sample of Cyber victimized Adolescents were studied by Canas, Estévez, Leon and Musitu (2020). The objective of the study was to compare individual, family, and social variables, such as the perception of loneliness, family communication, and school adjustment in a sample of 2399 Andalusian (Spanish) adolescents aged 12 to 18 ($M = 14.63$, $SD = 1.91$) suffering from cyber victimization (low, moderate and high). The results show that adolescents suffering from high cyber victimization report more loneliness, more problematic communication with both parents and worse school adjustment than the rest of the groups. Regarding gender, differences are

observed in open communication with the mother and the dimensions of school adjustment, being more favorable for girls. However, there were no significant differences between girls and boys in the loneliness variable. The interaction effects indicate, on the one hand, that female severe cyber-victims present more avoidant communication with the mother than the other groups, and, on the other hand, that male cyber-victims of all three groups and female severe cyber-victims have lower academic competence than the group of female low cyber victims, followed by female moderate cyber victim. These data support the idea that, depending on its intensity and duration, cyber victimization affects girls and boys differently in terms of individual, family, and social variables. This implies that a positive family environment can favor cyber victims' emotional state, even mitigating the feeling of loneliness they report. However, scientific evidence has shown that cyber victims' family relationships tend to be more problematic than those of adolescents not involved in cyberbullying, expressed in evasive and conflicting family communication. This pattern of communication, in turn, makes it difficult for parents to transmit to their children the personal and social support and resources needed to deal with difficult situations.

Kobielski (2010) carried out a preliminary implication for psychological maltreatment research in parent-child attachment and communication quality as indicators of psychological adjustment. The study examined the dynamics of the parent-child relationship by determining whether or not the quality of parent-child attachment and communication patterns are related to child-endorsed adjustment outcomes. In addition, examination of the parent-child relationship is a useful way to better understand the domain of psychological maltreatment, and likewise, attachment and communication quality is suggested to be major contributing factors to the development of psychological maltreatment. 42 children completed the Parent-Adolescent Communication scale (PACS), the Inventory of Parent and Peer Attachment (IPPA), and the Emotional Symptoms Index (ESI). 22 parents completed the Child Behavior Checklist (CBCL) and the Matson Evaluation of Social Skills for Youngsters (MESSY). Results indicated that both attachment and communication quality is significantly related to psychopathological symptoms and measures of social adjustment, emotional adjustment, and self-esteem. In addition, our results suggest that psychologically maltreated children are especially prone to developing both social and emotional maladjustment.

Esuabana (2019) carried out a study on parental harmony and students' tendencies to social behaviour in University environment in Cross River State, Nigeria. The study examined parental harmony and students' tendencies to social behaviour in the university environment in cross river state, Nigeria. Two research hypotheses were formulated to guide the study. The review of the literature was done based on the variable in the study. The population of the study was made up of final-year students in the faculty of education, at the University of Calabar. The sample of the study was 140 final-year students selected from the faculty of education. The instrument for data collection was Parental Harmony/Student's Tendencies to Social Behaviour in University (PHSTSBU) which comprised 20 items and was validated by experts in measurement and evaluation at the university of Calabar. The reliability coefficient stood at 0.80 using the Cronbach alpha method. The tool for the study was Pearson Product Moment correlation used to analysed hypotheses 1 and 2. The study revealed that parental harmony influences students' tendencies to social behaviour. This implies that family harmony is a function of students' social behaviour in Cross River State, Nigeria.

Ngotho (2013) carried out a study on counseling methods in promoting student discipline in public secondary schools in Kiambu County, Kenya. The study posited that student indiscipline in secondary schools has continued in recent times signified by the recent strikes reported over the month of October in local media. Guidance and counseling were

introduced in secondary schools as an alternative method of dealing with indiscipline following the abolishment of caning in schools. The study, therefore, sought to establish the influence of different counseling methods in promoting indiscipline in district public secondary schools in Kikuyu District. The study was guided by objectives that included; investigating the cases of indiscipline, establishing the perceptions of students on the role of the school guidance and counselor, establishing the guidance and counseling methods adopted and investigating the factors affecting school administrations in the implementation of guidance and counseling programs in public secondary schools. The study was carried out in four secondary schools in the four Kikuyu educational zones; Kabete, Karai, Thogoto and Muguga which were identified through a simple random sampling procedure. The sample of the study was 132 from four students, four head teachers and heads of guidance and counseling corresponding to one in each school. Data collected were analyzed using the Statistical Packages for Social Science (SPSS) in form of frequency and percentages and were presented in charts and tables. Study findings indicated that group counseling was the most popular method of guidance and counseling compared to individual counseling and peer counseling. Lack of parent participation in their children's discipline was also identified as a challenge that school head teachers faced in promoting discipline in the schools. Headteachers and teacher guidance and counselors also indicated a lack of resources as a challenge to the implementation of successful and effective school guidance and counseling programme. Lack of ministerial support was the reason for the lack of resources for schools' guidance and counseling services. Based on the study findings the study made the following recommendations; there should be more communication between the different stakeholders in developing and educating on the school guidance and counseling objectives. There should be continuous training of teacher counselors in schools facilitated by cooperation among stakeholders given the decentralization of education management which would suit the different guidance and counseling challenges faced in schools and the ministry should allocate each school a head of guidance and counseling department who should have commensurate experience and expertise in children counseling.

Nduta and Gichuho (2012) studied the Role of Guidance and Counselling in Curbing Student Indiscipline in Secondary Schools in Kambaa Division, Kiambu County, Kenya. Guidance and counselling services were introduced in Kenyan schools in 1963 after independence. These services were meant to substitute corporal punishment which was the only tool used to deter indiscipline among the students. To achieve this goal, there have been several developments, the latest one being the posting of a professionally trained teacher counsellor by the TSC to secondary schools to head counselling departments. However, despite all these efforts, the attainment of this goal seems to be elusive. The purpose of this study was, therefore, to investigate the role of guidance and counselling in curbing student indiscipline in secondary schools in Kambaa Division, Kiambu District. a descriptive survey method of data collection was employed. Public-day mixed secondary schools were targeted in the division because they are heavily infested with varied and complex indiscipline cases. However, one boarding mixed school was studied to be able to generalize the results. The subjects comprised one teacher counsellor, five teaching staff and twenty students from every school. The sample consisted of one hundred and thirty subjects. Three sets of questionnaires were used as the instruments of data collection. After the study, the relationship between guidance and counseling and discipline was determined. The outcome of this study generated knowledge on how best counselling can be implemented to halt or reduce indiscipline cases among students. The findings of the study revealed that most students do not utilize the counseling services as they faintly understand what they can offer. Many teachers are not supportive of the guidance and counselling department because they are busy with other academic duties. They also don't understand its importance in their profession. Counselling services should be popularized among teachers and students to elicit their voluntary involvement.

Ojewola (2016) studied the relative efficacy of reality therapy procedures in reducing indiscipline among in-school adolescents. The study investigated the effectiveness of reality therapy procedures in reducing indiscipline among in-school adolescents. The study adopted the pre-test, post-test, and control quasi-experimental design using a 2x2 factorial matrix. A total of 48 students were randomly selected from two secondary schools in Ogbomosho Township to participate in the study. A questionnaire titled Disciplinary Issues among Secondary School Students (DIASSS) was administered to the students to assess their indiscipline behaviour. Analysis of Covariance was used to analyze the two hypotheses raised. The result revealed that the reality therapeutic techniques proved effective in reducing indiscipline behaviour among the respondents. A significant difference was also found based on gender. The result of the finding has far-reaching implications for counseling psychologists, Educational administrators, policymakers, and the Nigerian government.

Objectives Of The Study

The study aimed at determining the influence of family counselling on pre-marital sexuality among in-school female students in Calabar metropolis, Cross River State, Nigeria.

The specific objectives are to:

1. Determine the influence of family communication counselling on pre-marital sexuality among in-school female students in Calabar metropolis in terms of intimacy, romance and sexual Promiscuity.
2. Examine the influence of family relationship counseling on pre-marital sexuality among in-school female students in Calabar metropolis in terms of intimacy, romance and sexual Promiscuity.
3. Investigate the influence of family structural counselling on pre-marital sexuality among in-school female students in Calabar metropolis in terms of intimacy, romance and sexual Promiscuity.

Research Questions

The following research questions were posed to give direction to the study:

1. How does family communication counselling influence pre-marital sexuality among in-school female students in Calabar metropolis?
2. What influence has family relationship counselling had on pre-marital sexuality among in-school female students in Calabar metropolis?
3. To what extent does family structural counselling influence pre-marital sexuality among in-school female students in Calabar metropolis?

Statement Of Hypotheses

The study deals with the following three null hypotheses:

1. There is no significant influence of family communication counselling on pre-marital sexuality among in-school female students in Calabar metropolis in terms of intimacy, romance and sexual Promiscuity.
2. There is no significant influence of family relationship counselling on pre-marital sexuality among in-school female students in Calabar metropolis in terms of intimacy, romance and sexual Promiscuity
3. There is no significant influence of family structural counselling on pre-marital sexuality among in-school female students in Calabar metropolis in terms of intimacy, romance and sexual Promiscuity.

Research Methodology

Research design

The research design adopted in this study was an ex-post facto. This design is used in a study where the researcher does not have control of the variables and as such, could not manipulate them because they had already occurred before the desire to conduct the research. According to Isangedighi, Asim, Joshua and Ekuri (2004), ex-post facto research is a systematic empirical inquiry in which the scientist does not have direct control of independent variables; family communication, relationship and structural counselling have already occurred and the researcher is only studying in the retrospective.

Population/Sample of the study

The population of the study comprised five thousand, nine hundred and eighteen (5,918) In-school female adolescent students in Senior Secondary two (SS 2) in Calabar metropolis, Cross River State, Nigeria. From the total of 5,918 SS2 students in the secondary schools of the study area, a sample of 700 students was drawn for the study. of which 441 were males and 559 were females.

Instrumentation

The instrument used for data collection was the "Family counselling and Pre-Marital Sexuality Questionnaire (FCPSQ)". The instrument was designed by the researcher with the help of the supervisor and one expert in the field of Measurement and Evaluation.

Data Analysis And Discussion

General description of variables

The study examined the influence of family counselling on pre-marital sexuality among in-school female students in Calabar Metropolis, Cross River State, Nigeria. The major variable was the family counselling variables and pre-marital sexuality among in-school female students. The independent variable was made up of three sub-variables and the following variations; family communication, family relationship and family structural, while the dependent variable is pre-marital sexuality among in-school female students in terms of intimacy, romance and sexual Promiscuity and it is measured continuously.

The sub-variables were measured on a five-point Likert-type scale, using six questionnaire items to measure intimacy, romance and sexual Promiscuity. The scale requested respondents to indicate the extent to which they agreed or disagreed with the items listed. Data gathered from the exercise were subjected to analysis using version 21.0 of the Statistical Package for Social Sciences (SPSS).

Presentation of results

This section covered the analysis of data based on each research question and hypothesis formulated for the study. This was followed by interpretation of results and discussion of findings. The hypotheses were tested at a 0.05 level of significance.

Research question/Hypothesis one

How does family communication counselling influence pre-marital sexuality among in-school female students in Calabar metropolis? The dependent variable in this hypothesis was the influence of pre-marital sexuality among in-school female students while the independent variable is family communication counselling. The scores obtained from the respondents were split into three categories of family communication counselling. The highest score a respondent was expected to have was 24, the lowest 6 and the average score was 12. Any respondent that scored 11 or below the average was considered to have been applying low family communication counselling, between 12 and 17 scores were within the average and were seen as applying moderate family communication counselling while those with scored 18 and above were above average and these were considered to be applying a high level of family communication counselling.

Table 1 *Descriptive Analysis of Variance of the influence of family communication counselling on pre-marital sexuality among in-school female students N=700*

Pre-marital Sexuality	Family Communication	N	\bar{X}	SD
Intimacy	High	234	20.24	3.97
	Moderate	175	18.05	2.05
	Low	291	15.36	3.11
	Total	700	17.67	3.84
Romance	High	234	21.50	4.03
	Moderate	175	17.14	2.25
	Low	291	17.23	1.99
	Total	700	18.63	3.53
Sexual Promiscuity	High	234	20.44	4.29
	Moderate	175	16.37	3.22
	Low	291	14.76	3.73
	Total	700	17.07	4.54

To answer the descriptive statistics for the three levels of family communication counselling on pre-marital sexuality with the following dimensions: intimacy, romance and sexual promiscuity, the result as presented in the Table indicates that for the level of intimacy, high has a mean of 20.24 and standard deviation of 3.97, moderate has a mean of 18.05 and standard deviation of 2.05 and low has a mean of 15.36 and standard deviation of 3.11. For the level of romance, high has a mean of 21.50 and a standard deviation of 4.03, moderate has a mean of 17.14 and a standard deviation of 2.25 and low has a mean of 17.23 and a standard deviation of 1.99. For the level of sexual promiscuity, high has a mean of 20.44 and standard deviation of 4.29, moderate has a mean of 16.37 and a standard deviation of 3.22 and low has a mean of 14.76 and a standard deviation of 3.73.

To test this hypothesis, the three categories of family communication counselling were compared with pre-marital sexuality with the following dimensions: intimacy, romance and

sexual promiscuity using One-way analysis of variance (ANOVA). The results of this analysis are presented in the Table below.

It can be discerned from the Table that with descriptive statistics of the 700 respondents sampled from Calabar Metropolis, the result showed that respondents who applied high family communication counselling are 342. Those who applied a moderate level of family communication counselling are 231 while those who applied low level of family communication counselling are 145 respectively.

Table 2 *One-way Analysis of Variance of the influence of family communication counselling on pre-marital sexuality among in-school female students N=700*

Family Communication	Source of Variance	Ss	df	MS	F-cal
Intimacy	Between Group	3128.329	2	1564.165	170.782
	Within Group	7230.441	697	10.374	
	Total	10358.770	699		
Romance	Between Group	2884.605	2	1442.302	171.917
	Within Group	5847.502	697	8.390	
	Total	8732.107	699		
Sexual Promiscuity	Between Group	4289.635	2	2144.818	147.223
	Within Group	10154.209	699	14.568	
	Total	14443.844			

**P<.05, df = 2 and 699, F-critical = 3.00.*

The results of the analysis from Table 2 revealed that the calculated F-value for each dimension of pre-marital sexuality was higher than the critical F-value of 3.00, at .05 level of significance, at 2 and 697 degrees of freedom as follows:

- a. Intimacy, $F = 45.742$, $df = 2 \text{ \& } 697$, $P < .05$
- b. Romance, $F = 47.857$, $df = 2 \text{ \& } 697$, $P < .05$
- c. Sexual Promiscuity, $F = 57.339$, $df = 2 \text{ \& } 697$, $P < .05$.

With these results, the null hypothesis which stated that there is no significant influence of family communication counselling on pre-marital sexuality among in-school female students in Calabar metropolis in terms of intimacy, romance and sexual Promiscuity is rejected. This implies that family communication counselling has a significant influence on each of the dimensions of pre-marital sexuality among in-school female students in Calabar metropolis in terms of intimacy, romance and sexual Promiscuity in Calabar Metropolis. The direction of this influence was examined using the Fishers' Least Significance Difference (LSD) multiple comparison analyses. The results of the analyses are presented in Table 3.

Table 3 Fisher's least significant difference (LSD) multiple comparison analysis of the influence of family communication counselling on pre-marital sexuality among in-school female students

Dimensions of Family Communication Counselling			
(I) FCC	(J) FCC	(I-J) Mean Difference	Sig
Intimacy	Moderate	1.48942*	.000
	Low	3.42209*	.000
Moderate	High	-1.48942*	.000
	Low	1.93268*	.000
Low	High	-3.42209*	.000
	Moderate	-1.93268*	.000
Dimensions of Family Communication Counselling			
(I) FCC	(J) FCC	(I-J) Mean Difference	Sig
Romance	Moderate	11.08009*	.000
	Low	.84253*	.016
Moderate	High	-11.08009*	.000
	Low	-.23753	.522
Low	High	-.84253*	.000
	Moderate	.23756	.0522
Dimensions of Family Communication Counselling			
(I) FCC	(J) FCC	(I-J) Mean Difference	Sig
Sexual promiscuity	Moderate	3.88195*	.000
	Low	1.34378*	.001
Moderate	High	-3.88195*	.000
	Low	-2.53817*	.000
Low	High	-1.34378*	.001
	Moderate	2.53817*	.000

*. The mean difference is significant at the 0.05 level.

As presented in Table 3, the results of the post hoc test showed that respondents who applied high family communication are significantly different from those who applied moderate and low in terms of intimacy pre-marital sexuality. Also, respondents who applied moderate family communication differed significantly from those who applied low and high family communication counselling. Similarly, respondents who applied low family communication are significantly different from those who applied high and moderate family communication respectively.

In terms of romance pre-marital sexuality, the result of the post hoc test showed that respondents who applied high levels of family communication are significantly different from those who applied moderate and low-level of family communication. Also, respondents who applied moderate family communication are significantly different from those who applied high family communication. However, respondents who applied moderate family communication does not differ significantly from those who applied low family communication. Similarly, respondents who applied low levels of family communication are significantly different from those who applied high family communication, while those who applied low and moderate are not significantly different.

For sexual promiscuity, respondents who applied high family communication are significantly different from those who applied moderate and low family communication

respectively. Also, the result showed that there is a significant difference between students who applied moderate family communication and those who applied low family communication. Similarly, respondents who applied low level of family communication are significantly different from those who applied high and moderate family communication respectively.

Research questions/Hypothesis two

What influence has family relationship counselling had on pre-marital sexuality among in-school female students in Calabar metropolis? The dependent variable in this hypothesis was pre-marital sexuality among in-school female students while the independent variable is family relationship counselling. The scores obtained from the respondents were split into three categories of family relationship counselling. The highest score a respondent was expected to have was 24, the lowest 6 and the average score was 12. Any respondent that scored 11 or below the average was considered to have been applying low family relationship counselling, between 11 and 17 scores were within the average and were seen as applying a moderate level of family relationship counselling while those with scores 18 and above were above the average and these were considered to be applying a high level of family relationship counselling.

Table 4 *Descriptive Analysis of the influence of family relationship counselling on pre-marital sexuality among in-school female students N=700*

Pre-marital Sexuality	Family Relationship	N	\bar{X}	SD
Intimacy	High	239	18.32	3.51
	Moderate	248	16.18	4.37
	Low	213	18.65	2.95
	Total	700	17.67	3.84
Romance	High	239	19.56	3.88
	Moderate	248	18.48	3.64
	Low	213	17.77	2.65
	Total	700	18.63	3.53
Sexual Promiscuity	High	239	17.82	3.78
	Moderate	248	17.60	4.90
	Low	213	15.59	4.56
	Total	700	17.06	4.54

To answer the descriptive statistics for the three levels of family relationship counselling on pre-marital sexuality with the following dimensions: intimacy, romance and sexual promiscuity, the result as presented in Table 4 indicated that for the level of intimacy, high has a mean of 18.32 and standard deviation of 3.31, moderate has a mean of 16.18 and standard deviation of 4.37 and low has a mean of 18.65 and standard deviation of 2.95, for the level of romance, high has a mean of 19.56 and standard deviation of 3.88, moderate has a mean of 18.48 and standard deviation of 3.64 and low has a mean of 17.77 and standard deviation of 2.65. For level of sexual promiscuity, high has a mean of 17.82 and standard deviation of 3.78, moderate has a mean of 17.60 and standard deviation of 4.90 and low has a mean of 15.59 and standard deviation of 4.56.

To test this hypothesis, the three categories of family relationship counselling were compared with each of the dimensions of pre-marital sexuality with the following dimensions: intimacy, romance and sexual promiscuity using One-way analysis of variance (ANOVA). The results of this analysis are presented in Table 5.

Table 5 Summary of One-way Analysis of Variance of the influence of family relationship counselling on pre-marital sexuality among in-school female students N=700

Pre-marital Sexuality	Source of Variance	SS	df	MS	F-cal
Intimacy	Between Group	854.152	2	427.076	31.319
	Within Group	9504.618	697	13.636	
	Total	10358.770	699		
Romance	Between Group	371.699	2	185.850	15.494
	Within Group	8360.408	697	11.995	
	Total	8732.107	699		
Sexual Promiscuity	Between Group	672.055	2	336.028	17.007
	Within Group	13771.789	699	19.759	
	Total	14443.844			

* $P < .05$, $df = 2$ and 699 , F -critical = 3.00.

It can be discerned from Table 5 that with descriptive statistic of the 700 respondents sampled from Calabar Metropolis in Cross River State, the result showed that respondents who applied high level of family relationship counselling are 239. Those who applied moderate level of family relationship counselling are 248 while those who applied low level of family relationship counselling 213 respectively.

The results of the analysis revealed that the calculated F-value for each dimension of pre-marital sexuality was higher than the critical F-value of 3.00, at .05 level of significance, at 2 and 697 degrees of freedom as follows:

- Intimacy, $F = 31.319$, $df = 2$ & 697 , $P < .05$
- Romance, $F = 15.494$, $df = 2$ & 697 , $P < .05$
- Sexual Promiscuity, $F = 17.007$, $df = 2$ & 697 , $P < .05$.

With these results, the null hypothesis which stated that there is no significant influence of family relationship counselling on pre-marital sexuality among in-school female students in Calabar metropolis in terms intimacy, romance and sexual Promiscuity is rejected. This implies that the application of family relationship counselling has a significant influence on each of the dimensions of pre-marital sexuality among in-school female students in Calabar metropolis in terms intimacy, romance and sexual Promiscuity. The direction of this influence was examined using the Fishers' Least Significance Difference (LSD) multiple comparison analyses. The results of the analyses are presented in Table 6.

Table 6 Fisher's least significant difference (LSD) multiple comparison analysis of the influence of family relationship counselling on pre-marital sexuality among in-school female students

Dimensions of Family Relationship Counselling				
(I) FCC	(J) FCC	(I-J) Mean Difference	Sig	
Intimacy	High	Moderate	2.13684*	.000
		Low	-.33092	.342
	Moderate	High	-2.13684*	.000
		Low	-2.46776*	.000
	Low	High	.33092	.342
		Moderate	2.46776*	.000
Dimensions of Family Relationship Counselling				
(I) FCC	(J) FCC	(I-J) Mean Difference	Sig	
Romance	High	Moderate	1.08098*	.001
		Low	1.79490*	.000
	Moderate	High	-1.08098*	.001
		Low	.71392 *	.028
	Low	High	-1.79490*	.000
		Moderate	-.71392*	.028
Dimensions of Family Relationship Counselling				
(I) FCC	(J) FCC	(I-J) Mean Difference	Sig	
Sexual promiscuity	High	Moderate	.21121	.600
		Low	2.22853*	.000
	Moderate	High	-.21121	.600
		Low	2.01732*	.000
	Low	High	-2.22853*	.000
		Moderate	-2.01732*	.000

*. The mean difference is significant at the 0.05 level.

As presented in Table 6, the results of the post hoc test showed that respondents who applied high family relationship is significantly different from those who applied moderate in terms of intimacy. The result showed no difference between high and low application of family relationship counselling. The result showed a significant difference between moderate application of family relationship counselling and high and low family relationship counselling. Also, there exists no difference between low and high family relationship counselling application, while a significant difference exist between low and moderate application of family relationship counselling.

In terms of romance pre-marital sexuality, the result of the post hoc test showed that respondents who applied high level of family relationship counselling are significantly different from those who applied moderate and low level family relationship counselling. Also, respondents who applied moderate family relationship counselling are significantly different from those who applied high and low family relationship counselling. Similarly, those who applied low level of family relationship counselling are significantly different from those who applied high and moderate family relationship counselling.

For sexual promiscuity, respondents who applied high family relationship counselling are not significantly different from those who applied moderate family relationship counselling, but are significant with those who applied low family relationship counselling. Also, the result showed that there is no significant difference between respondents who applied moderate family relationship counselling and those who applied high family relationship counselling; however, a significant difference exists between moderate family relationship counselling and low family relationship counselling application. Similarly, respondents who applied low level of family relationship counselling are significantly different from those who applied high and low family relationship counselling.

Research questions/Hypothesis two

What influence has family structural counselling on pre-marital sexuality among in-school female students in Calabar metropolis? The dependent variable in this hypothesis was pre-marital sexuality among in-school female students while the independent variable is family structural counselling. The scores obtained from the respondents were split into three categories of family structural counselling. The highest score a respondent was expected to have was 24, lowest 6 and average score was 12. Any respondent that scored 11 or below the average was considered to have been applying low family structural counselling, between 11 and 17 scores were within the average and were seen as applying moderate level of family structural counselling while those with the score 18 and above were above the average and these were considered to be applying high level of family structural counselling.

Table 7 Descriptive Analysis of the influence of family structural counselling on pre-marital sexuality among in-school female students N=700

Pre-marital Sexuality	Family Structural Counselling	N	\bar{X}	SD
Intimacy	High	209	16.80	4.69
	Moderate	194	17.95	3.73
	Low	297	20.09	3.10
	Total	700	17.67	3.84
Romance	High	209	20.65	3.29
	Moderate	194	18.55	3.41
	Low	297	18.67	3.77
	Total	700	18.63	3.53
Sexual Promiscuity	High	209	26.57	4.70
	Moderate	194	16.55	4.13
	Low	297	17.75	4.61
	Total	700	17.06	4.54

It can be discerned from Table 7 that with descriptive statistic of the 700 respondents sampled from Calabar Metropolis in Cross River State, the result showed that students who applied high level of family structural counselling are 209. Those who applied moderate level of family structural counselling are 194 while those who applied low level of family structural counselling are 297 respectively.

To answer the descriptive statistics for the three levels of family structural counselling on pre-marital sexuality with the following dimensions: intimacy, romance and sexual promiscuity, the result as presented in Table 7 indicated that for level of intimacy, high has a mean of 16.80 and standard deviation of 4.69, moderate has a mean of 17.95 and standard deviation of 3.73 and low has a mean of 20.09 and standard deviation of 3.10. For level of romance, high has a mean of 20.65 and standard deviation of 3.29, moderate has a mean of 18.55 and standard deviation of 3.41 and low has a mean of 18.67 and standard deviation of

3.77. For level of sexual promiscuity, high has a mean of 26.57 and standard deviation of 4.70, moderate has a mean of 16.55 and standard deviation of 4.13 and low has a mean of 17.75 and standard deviation of 4.61.

To test this hypothesis, the three categories of family structural counselling were compared with each of the dimensions of pre-marital sexuality with the following dimensions: intimacy, romance and sexual promiscuity using One-way analysis of variance (ANOVA). The results of this analysis are presented in Table 8.

Table 8 Summary of One-way Analysis of Variance of the influence of family structural counselling on pre-marital sexuality among in-school female students $N=700$

Pre-marital Sexuality	Source of Variance	SS	df	MS	F-cal
Intimacy	Between Group	925.598	2	462.500	31.813
	Within Group	10133.172	697	14.538	
	Total	11058.770	699		
Romance	Between Group	671.715	2	335.507	26.782
	Within Group	8730.392	697	12.526	
	Total	8732.107	699		
Sexual Promiscuity	Between Group	841.197	2	420.958	20.636
	Within Group	14202.647	699	20.377	
	Total	15043.844			

**P<.05, df = 2 and 699, F-critical = 3.00.*

The results of the analysis revealed that the calculated F-value for each dimension of pre-marital sexuality among in-school female students was higher than the critical F-value of 3.00, at .05 level of significance, at 2 and 697 degrees of freedom as follows:

- d. Intimacy, $F = 31.813$, $df = 2 \text{ \& } 697$, $P <.05$
- e. Romance, $F = 26.782$, $df = 2 \text{ \& } 697$, $P <.05$
- f. Sexual promiscuity, $F = 20.636$, $df = 2 \text{ \& } 697$, $P <.05$.

With these results, the null hypothesis which stated that there is no significant influence of family structural counselling on pre-marital sexuality among in-school female students is rejected. This implies that the application of family structural counselling has a significant influence on each of the dimensions of pre-marital sexuality with the following dimensions: intimacy, romance and sexual promiscuity. The direction of this influence was examined using the Fishers' Least Significance Difference (LSD) multiple comparison analyses. The results of the analyses are presented in Table 9.

Table 9 Fisher's least significant difference (LSD) multiple comparison analysis of the influence family structural counselling on pre-marital sexuality among in-school female students

Dimensions of Family Structural Counselling				
(I) FCC	(J) FCC	(I-J) Mean Difference	Sig	
Intimacy	High	Moderate	-1.15494*	.000
		Low	-3.28708*	.000
Moderate	High	High	1.15494*	.002
		Low	-2.13215*	.007
Low	High	High	4.28708*	.000
		Moderate	2.13215*	.007
Dimensions of Family Structural Counselling				
(I) FCC	(J) FCC	(I-J) Mean Difference	Sig	
Romance	High	Moderate	2.09880*	.000
		Low	1.98210*	.000
Moderate	High	High	-2.09880*	.001
		Low	-.11670	.721
Low	High	High	2.01790*	.000
		Moderate	.11670	.072
Dimensions of Family Structural Counselling				
(I) FCC	(J) FCC	(I-J) Mean Difference	Sig	
Sexual promiscuity	High	Moderate	10.02271*	.000
		Low	8.8234*	.000
Moderate	High	High	-10.02271*	.000
		Low	-1.19930*	.004
Low	High	High	-9.50712*	.000
		Moderate	1.19930*	.000

*. The mean difference is significant at the 0.05 level.

As presented in Table 9, the results of the post hoc test showed that respondents who applied high family structural counselling is significantly different from those who applied moderate and low family structural counselling in terms of intimacy pre-marital sexuality. The result showed a difference between respondents who applied moderate family structural counselling and those who applied high and low family structural counselling. The result showed a significant difference between low application of family structural counselling and high and low family structural counselling application.

In terms romance sexual pre-marital sexuality, the result of the post hoc test showed that respondents who applied high level of family structural counselling are significantly different from those who applied moderate and low level family structural counselling. Also, respondents who applied moderate family structural counselling are significantly different from those who applied high family structural counselling, but no significant difference between moderate family structural counselling application and low family structural counselling. Similarly, respondents who applied low level of family structural counselling are significantly different from those who applied high family structural counselling, but no difference exist between low and moderate family structural counselling.

For sexual promiscuity pre-marital sexuality, respondents who applied high family structural counselling are not significantly different from those who applied moderate and low family structural counselling. Also, the result showed that there is a significant difference between respondents who applied moderate family structural counselling and those who applied high and low family structural counselling. Similarly, respondents who applied low level of family structural counselling are significantly different from those who applied high and moderate family structural counselling.

Discussion Of Findings

The aim of this study was to examine the influence of family counselling on pre-marital sexuality in terms of intimacy, romance and sexual promiscuity among in-school female students in Calabar Metropolis, Cross River State, Nigeria. Three aspects of family counselling were investigated for this purpose: the family communication counseling, family relationship counselling and family structural counselling vis-à-vis pre-marital sexuality in terms of intimacy, romance and sexual promiscuity among in-school female students. The results revealed several notable outcomes about the influence of family counselling on pre-marital sexuality. The result of the three research questions and hypotheses revealed that there is a significant influence of family communication, relationship and structural counselling on pre-marital sexuality in terms of intimacy, romance and sexual promiscuity among in-school female students. The result is in line with Nwagwu, Ezeali, Nwosuji and Achonwa (2017) who investigated peoples' perceptions of mother-daughter sexual communication patterns and adolescents' reproductive health in Enugu state, Nigeria. The findings concluded that parental sexual communication skills significantly influence adolescents' psychosocial adjustment. Also, Thoma and Huebner's (2018) study on the associations between parental monitoring, communication about 'sex, outness and psychosocial adjustment among youth from 14-19 years supported this finding. The finding revealed that parental monitoring, and communication about 'sex significantly relate to psychosocial adjustment

The study of Abu and Akerele(2017) on parental influence on adolescents' adolescent psychosocial adjustment in Ibadan North Local Government Area of Oyo State, Nigeria is in harmony with the present study. The result showed that there was a significant influence parental care in term of communicative skills on adolescent sexual behaviours. The study concluded that parental communication skills influence contributed significantly to adolescent psychosocial adjustment. Similarly, Dittus, Michael, Becasen, Gloppen, McCarthy and Guilamo-Ramos (2014) who performed a meta-analysis to assess the magnitude of association between parental monitoring and adolescent sexual intercourse, condom use and contraceptive use is in line with the present study. The researchers concluded that provider-initiated family-based interventions focused on parental monitoring and communication represent a novel mechanism for enhancing reproductive health and reducing adolescent sexual intercourse. Parental monitoring skills influence contributed significantly to adolescent psychosocial adjustment.

The result of the study of Ngotho (2013) on counseling methods in promoting student discipline in public secondary schools in Kiambu County, Kenya supported the present study. Findings indicated that group counseling was the most popular method of guidance and counseling compared to individual counseling and peer counseling. Lack of parent participation in their children's discipline was also identified as a challenge that school head teachers faced in promoting discipline in the schools. Head teachers and teacher guidance and counselors also indicated a lack of resources as a challenge to the implementation of successful and effective school guidance and counseling programme. Lack of ministerial support was the

reason of the lack of resources for schools guidance and counseling services. Based on the study findings the study made the following recommendations; there should be more communication between the different stakeholders in developing and education on the school guidance and counseling objectives. There should be continuous training of teacher counselors in schools facilitated by cooperation among stakeholders given the decentralization of education management which would suit the different guidance and counseling challenges faced in schools and the ministry should allocate each school a head of guidance and counseling department who should have commensurate experience and expertise in children counseling.

Also in harmony with the present study is that of Nduta and Gichuho (2012) on the Role of Guidance and Counselling in Curbing Student Indiscipline in Secondary Schools in Kambaa Division, Kiambu County, Kenya. The outcome of the study generated knowledge on how best counselling can be implemented in order to halt or reduce indiscipline cases among the students. The findings of the study revealed that most students do not utilize the counselling services as they faintly understand what it can offer. Many teachers are not supportive towards guidance and counselling department because they are busy with other academic duties. They also don't understand its importance in their profession. Counselling services should be popularized among the teachers and the students in order to elicit their voluntary involvement.

Conclusion/Recommendations

Sequel to the findings of this research, some recommendations were made:

1. Family counsellors should intensify efforts at the propagation and re-orientation of moral values.
2. Community leaders should use the family communication approach to addressing pre-marital sexuality among in-school female students.
3. Family guidance-counsellors should emphasize on relationship counselling as it will help to eliminate sexual immorality among in-school female students.
4. The government and policy makers should enforce laws that will enshrine the implementation of nuclear family in the society as it will reduce out of marriage sexual engagement.
5. The school authorities should through PTA meetings ensure that there is an harmonious relationship between the school and parents as this will help in minimizing pre-marital sexuality among students.

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