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Beyond adolescents : The study of sexual behaviour of middle-aged men in Nigeria

Atolagbe, Afolabi Sulaimon

2008-12-01T11:32:00Z
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Abstract

Studies on sexual behaviour in Nigeria have rather been lopsided largely focussing on adolescents while neglecting the older men. This may not be unconnected with the fact that the young people are often seen as being more sexually active than the older men. In this study, the patterns and the determinants of sexual behaviour of middle-aged men were investigated.

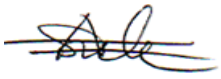
This study is based on secondary data analysis of the 2003 Nigeria Demographic and Health Survey male dataset. Data collected from a sample of 633 men whose ages fall between 40 and 59 years in Nigeria were extracted and analysed to achieve the set objectives. The variables of interest were analysed by using relevant statistical techniques with the aid of SAS enterprise guide. Sexual behaviour was measured by three variables namely: current sexual activity, extra marital partnership and condom use. Also, three hypotheses were tested. The Health Belief Model (HBM) was the theoretical model used for this study.

The study shows that a high proportion of men (71.2%) aged 40-59 years in Nigeria are sexually active. The study further reveals that about 12% of Nigerian middle-aged men engage in extramarital sex and 30% are in polygynous relationships (i.e. have multiple sex partners) while condom use is very low among them. Extramarital sex is more prevalent in the rural (7.05%) than urban (4.5%) areas. The study shows that the correlates of current sexual activity among the middle-aged men in Nigeria are education and religion while engagement in extramarital sexual activity is determined by ethnicity, age at first intercourse and knowledge of HIV/AIDS. Among the sexually active ones, condom use is influenced by ethnicity, marriage type and extramarital partnership. The sexual behaviour of middle-aged men in Nigeria follows the pattern described in the HBM. That is, individual, socio-economic and HIV/AIDS factors can influence the sexual behaviour of Middle-aged men.

The study concludes that in addressing the problems associated with sexual and reproductive health of Nigerian, focus should also be extended to middle-aged men, instead of the narrow focus on only adolescents and youths. Further investigation, using multiple methods of data collection is also suggested.

Declaration

I, Sulaimon Atolagbe Afolabi, declare that this research report is my own original work and that it is not plagiarised. It is being submitted to the Faculty of Humanities, University of the Witwatersrand, Johannesburg in partial fulfilment of the requirements for the degree of Master of Arts in the field of Demography and Population Studies. To the best of my knowledge, it has not been submitted before in part or in full for any degree or examination at this or any other university.



15th February, 2007

Acknowledgement

I would like to acknowledge my supervisor, Prof Clifford Odimegwu. Specifically, I want to use this medium to say thank you for your guidance, patience, tolerance and words of correction without which this study would have been impossible.

I would also like to thank my friends and colleagues for their encouragement and assistance. I would like to thank God for my brethren in the church for their words of prayers, comfort and encouragement. I would like to thank Mr. Segun Oyediran, whom God used as a source of blessing to me.

I would like to appreciate my family for their prayers, understanding, financial and moral support throughout the period of this study.

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List of Abbreviations

AIDS	Acquired Immune Deficiency Syndrome
CSWs	Commercial Sex Workers.
DHS	Demographic and Health Survey
EAs	Enumeration Areas
HBM	Health Belief Model
HIV	Human Immunodeficiency Virus
ICMR	Indian Council of Medical Research
LGAs	Local Government Area
MPL	Multi Sector Projects
NDHS	Nigeria Demographic and Health Survey
NPC	National Population Commission
SAS	Statistical Analysis System
STD	Sexually Transmitted Diseases
STIs	Sexually Transmitted Infections
UNAIDS	Joint United Nations Programme on HIV/AIDS
UNDH	United Nations Daily Highlights
UNFPA	United Nations Fund for Population Activities
WHO	World Health Organisation