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EXPLORING THE INFLUENCE OF SOCIAL MEDIA USE ON SOCIAL HEALTH AND ROMANTIC BEHAVIOURS AMONG IN-SCHOOL ADOLESCENTS IN GOMBE STATE

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Abstract

This study examined the problems of social media influence by adolescents at various secondary schools across the eleven local governments in Gombe state. It mainly focuses on how the social media influence the adolescents' sexual behaviours and their social wellbeing. The study was guided by five research objectives, three research questions and four hypotheses that were tested at 0.05 alpha levels. Descriptive survey research method was employed as the research design. However, the study area was Gombe state with only secondary school students as target population. A multistage sampling technique was used to get the representative sample for the study. Ten (10) schools representing 20% were randomly selected using simple random sampling technique. Systematic sampling technique was used to obtain 5% of the population of students out of each selected school, and then convenience sampling was finally employed by the researcher. Structured questionnaire was designed and used for data collection. Data in this study were analysed using frequency counts and percentages, mean and standard deviation as swell as Chi-square. The finding reveals that there was a significant influence in the romantic behaviour engaged by male participants and female participants in the study; X^2 (398) = 6.085. P < .05 level of significance. Hence, male participants engaged in high level of sexual behaviours than their female counterpart. Also, there was a great influence of social media on social health of adolescents. The independent variable accounted for 52.8% (X^2=0.528). This implies that the social media has an influence on social health of

Keywords: Social Media, Social Health, Romantic Behaviour, In-School Adolescents and Influence.

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in-school adolescents. Based on this finding, it was recommended among others that both parents and teachers should try as much as possible to set good examples for their adolescent children to follow on sexuality.

Introduction

Generally, social media is a computer-based technology that facilitates the sharing of ideas, thoughts, and information through the building of virtual networks and communities. By design, social media is internet-based and give users quick electronic communications of content (Boldin, Rose & House, 2007). This content includes personal information, documents, videos and photos. Users engage in social media via computers, tablets or smartphones through web-based software or applications. According to Caire, Heinston and Maisto (2010), the power of social media is the ability to connect and share information with anyone on earth or with many people simultaneously. Social media allows young people especially adolescents to manufacture an image they want the world to see (Yoli, 2004). According to Michel (2003), social media use has significant impact on social health and sexual behaviour of adolescents. Many adolescents display limited self-regulation and judgement skills that are not yet fully matured which led to risky behaviours especially on Social Networking Sites (SNSs). Furthermore, sexual behaviour that indoctrinated by the adolescents' abuse of social media can be viewed as an involvement in the number of situations that increase the likelihood of occurrence of sexual consequences to self or others. Livingstone (2014) opined that adolescents misuse internet generally to look for the information mostly about sexual experience, to flirt and maintain sexual conversation with other internet user. Adolescents are the category of people who undergo a transition that ranges between the ages of lo to 19, it is a period characterized by rapid growth and development. Although adolescence is a normal transition, but sexual activity during adolescence can serve as a risk factor for an array of problematic behaviours. (Adio-Moses 2013)

Today, adolescents use social media to create new identities, communicate with others and build new social networks. These networks can provide adolescents with valuable support and information. According to Jessor (2011), adolescents obtain many benefits from the use of social media, many adolescents engage in social media for entertainment, and self-expression. And the platform can expose them to current events, allows them to interact across geographical barriers and teach them about a variety of subjects. However, majority of these social media opportunities are risk to adolescents' involvement. The survey conducted by Pew Research Centre (2018) found that nearly 55 per cent of Nigerian adolescents are online almost constantly and 97% of them use different social medial platforms such as You tube, Snap chat, Instagram, Facebook among others, and this can affect their real face to face social connections with other people.

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Therefore, on this note, the researcher sees that social media use can negatively affect adolescents, distracting them, disrupting their sleep and exposing them to cyber bullying, rumour spreading, unrealistic view of other peoples' life and peer pressure. Based on Mukadas's assertion (2015), it is due to adolescents' impulsive nature that those who post content on social media are at risk of sharing intimate photos or highly personal stories and this can result in them being harmed, harassed, disgraced or seduced by the recipients, and in turn, can lead them to depression, anxiety and romantic or sexual behaviours. However, this trend calls for urgent scholastic attempt in to the matter, and it is definitely not being unconnected to the facts that this study was to be conducted.

STATEMENT OF THE PROBLEM

The key concern about the health of young people is the extent to which they have access to resources that promote their development. This is where information technology, such as the Internet, is expected to play a critical role as a source of valuable information. The internet is a global system that can be used for sharing information, providing world-wide services and communication. Daily updates are easily and instantly available in the internet. Through internet today, we can search for any information we are looking for, in today's world, all companies, institutions, governments and organizations are able to operate with the use of internet. A lot of products and services are sold and provided through internet today. Therefore, the internet has intruded globally in to everything than we could imagine. Internet has emerged in such a way that we happen to use it to run our daily life in so many ways. In education for instance, internet is valuable sources for a lot of information, all related fields of study are uploaded in the internet, and students can spend a few minutes in the internet to read relevant materials.

But unfortunately, many internet purposes have been replaced with negative attitudes supposedly affecting our behaviours, attitudes and even our health in many dimensions especially among adolescents. Internet has negatively influenced adolescents and young adults in their endeavours. Most often, sex-related information on the net are not well guided or tailored towards education. Adolescents' involvement in assessing information is mostly because of sexuality purpose. Fears are therefore ripe about the possible negative consequences that uncensored internet contents will have on the social well-being and sexual behaviour of varying categories of users and especially teens and their peers in Gombe State. It is on this premise that this study wants to investigate the influence of social media use on sexual behaviours and social well-being of in-school adolescents in Gombe state, Nigeria.

OBJECTIVES OF THE STUDY

This study aims to primarily study the Influence of social media use on social health and romantic behaviours of in-school adolescents. The study will thus, specifically look into the following objectives:

1. To analyse the implications of incessant use of this social media platforms (WhatsApp, Facebook, Instagram etc.) among in-school adolescents, in Gombe State.
2. To examine the problems by which this social media use posed on adolescents' inability to interact with other people in the real world face-to-face, as they spend hours interacting with friends online.
3. To identify the key areas which social media might play a vital role in influencing sexual behaviours of in-school adolescents in selected secondary schools in Gombe state.
4. To assess the major challenges, and
5. To suggest possible solutions to overcome the challenges.

RESEARCH QUESTIONS

The following Research Questions will be answered.

1. What are the types of sexual behaviours exhibited as a result of social media influence among in-school adolescents in Gombe State Nigeria?
2. Do social media have influence on sexual behaviour of in-school adolescents in Gombe State Nigeria?
3. Do social media have influence on social health of in-school adolescents in Gombe State Nigeria?

HYPOTHESES

The following hypotheses will be tested at 0.05 level of significance.

Ho_1 There is no significant influence of social media (WhatsApp, Facebook & Instagram) on sexual behaviours of in- school adolescents in Gombe State Nigeria.

Ho_2 There is no significant influence of social media (WhatsApp, Facebook & Instagram) on social health of in-school adolescents in Gombe State Nigeria.

Ho_3 Age difference will not significantly influence the use of social media (WhatsApp, Facebook & Instagram) among adolescents in Gombe State.

Ho_4 There is no significant influence in gender on the use of social media (WhatsApp, Facebook & Instagram) among Adolescents in Gombe State Nigeria.

METHODOLOGY

This section was discussed under the following sub-headings:

3.1 Research Design
3.2 Population and Sample
3.3 Research Instrument
3.4 Procedures for Data Collection
3.5 Method of Data Analyses

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Research Design

This study employed descriptive survey research design because of its suitability to the goal and objective of the study. Njodi and Bwala (2014) described descriptive research as a design appropriate for the gathering of information about prevailing conditions or situations for the purpose of depiction and interpretation.

Population of the Study

The population for this study comprise all the adolescent students of secondary schools across the eleven local government of Gombe state. A multistage sampling technique was employed for this study. First, simple random sampling was used to select two local governments from each senatorial district in the state, while systematic sampling was used to select twenty seven secondary schools from the six local government areas. Purposive sampling was finally adopted to select ten (10) students from each selected secondary school.

List of Selected Secondary Schools from Each Senatorial District.

Gombe North Senatorial District

S/N	Name of Schools	Local Government	Word
1	Govn't Sci. Secondary School Gombe	Gombe LGA	J/Fari Ward
2	Govnt day Decondary School Gandu	Gombe LGA	Ajiya Ward
3	Govnt Secondary School Bojude	Kwmi LGA	Bojude Ward
4	Gombe Children and High School	Gombe LGA	J/Fari Ward
5	Govnt Day Secondary School Ashaka	F/Kaye	Ashaka Ward
6	Govnt Day Sec. School Birin Fulani	Nafada LGA	Biri Ward
7	Govnt Day Secondary School Dukku	Dukku LGA	Judge Ward

Gombe Central Senatorial District

S/N	Name of Schools	Local Government	Ward
1	Govnt Junior Secondary School Jauroji	Akko LGA	Kumo West
2	Govnt Central Secondary School	Akko LGA	Kumo West
3	Asad Secondary School Kumo	Akko LGA	Kumo West
4	Govnt Junior Secondary School Kwali	Y/Deba LGA	Gwani Ward
5	Govnt Secondary School D/Kowa	Y/Deba LGA	Hinna Ward
6	Govnt Technical College Deba	Y/Deba LGA	Deba East
7	Govnt Day Secondary School Kashere	Akko LGA	Kashere
8	Govnt Junior Secondary School Tumu	Akko LGA	Tumu Ward

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9	Govnt Day Secondary School Zambuk	Y/Deba	Zambuk Ward
10	Govnt Girls College Doma	Akko LGA	Garko Ward
11	Govnt Day Secondary School Kwadon	Y/Deba	Kwadon Ward
12	Ubaidah International Academy	Akko LGA	Garko Ward

Gombe South Senatorial District

S/N	Name of Schools	Local Government	Ward
1	Ibinola Secondary School Billiri	Billiri LGA	Bare Ward
2	Govnt Day Secondary School Baganje	Billiri LGA	Baganje Ward
3	Govnt Day Secondary School Kugera	Shongom LGA	Filiya Ward
4	Waltagawance Secondary School	Billiri LGA	Kalkulum Ward
5	Govnt Sci. Secondary School Kaltungo	Kaltungo LGA	Kaltungo East
6	Govnt Technical College Talase	Balanga LGA	Talase Ward
7	Govnt Junior Secondary School Gundale	Shongom LGA	Filiya Ward
8	Govnt Day Secondary School Awak	Kaltungo LGA	Awak Ward

Research Instrument

The research instrument used for this study was a twenty-item self-developed questionnaire. The questionnaire was divided in to three (3) sections. Section A sought for information on demographic characteristics of the respondents, section B sought for information on the influence of social media on romantic behaviours of in-school adolescents, and information on the influence of social media on social health of in-school adolescents in Gombe State was sought in section C.

Procedure for Data Collection

The researcher obtained a signed letter of introduction from the director, Directorate of Research and Development, College of Education Billiri, Gombe State. For the permission to collect data.500 copies of the questionnaire were administered by the researcher with the help of four research assistance. Completed copies of the questionnaire were retrieved from the participants while 7 instruments were found invalid. Hence, 493 valid instruments were used for the analysis.

Method of Data Analysis

Descriptive statistics of frequency counts and percentages was used to describe demographic data of the respondents and answered the research questions, while inferential statistics of Chi-square was used to test the hypotheses at 0.05 level of significance.

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DATA ANALYSIS, RESULTS AND DISCUSION

Introductions

This chapter focuses on the results, analysis and discussion of findings for the study. A total number of five hundred (500) copies of questionnaire were administered and 493 retrieved. Seven were found invalid thus four hundred and ninety three (493) questionnaires representing 94% were used for the analysis.

Table 4.1 Demographic Information of the Respondents

variables	respondents	frequency	Percentage
Age	10 – 15	273	65.8%
	16 - 19	220	44.2%
Total		**493**	**100%**
Gender	Males	321	72.4%
	Females	172	27.6%
Total		**493**	**100%**

The table 4.1 shows that 127 (65.8%) of the respondents indicates their age range to fall between 10–15 years while 108 (44.2%) of the respondents indicates their age range to fall between 16-19 years. This implies that majority of the respondents fall within the age range of 16–19 years. The gender of the respondents shows that 159 (72.4%) of the respondents were males while 76 (27.6%) of the respondents indicate female as their gender. This reveals that majority of the respondents that participated in the study are males by gender.

Research Question 1:

Does social media has influence on sexual behaviours of in- school adolescents in Gombe Metropolis, Gombe state Nigeria?

TABLE 4.3: INFLUENCE OF SOCIAL MEDIA ON SEXUAL BEHAVIOURS OF IN-SCHOOL ADOLESCENTS

Table 4.2: Online Sexual Behaviour of In-school Adolescents

S/N	Statement	SA	A	D	SD	mean	Std. dev.
1	I have some sexual sites bookmarked.	74 (38.5%)	165 (71.3%)	139 (74.8)	22 (35.5%)	2.73	.825
2	I joint sexual sites to gain access to sexual materials	23 (5.8%)	260 (65%)	94 (23.5)	23 (5.8)	2.71	.662
3	I search for sexual materials through internet search tool	48 (22%)	211 (82%)	141 (55.3)	145 (45.1%)	2.77	.648

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4	I participated in sexually related chats	46 (31.5%)	188 (57.3)	94 (63.5)	72 (38%)	2.52	.917
5	I have sexualized user name online	73 (38%)	164 (51%)	140 (45.5)	23 (15.8%)	2.72	.827
6	I run across some illegal sexual materials on the internet	69 (27.3%)	215 (83.8%)	93 (43.3%)	23 (15.8%)	2.83	.778

Table 4.2 shows that 46 (31.5%) of the respondents agreed that they spent more than five hours per week using their phones/computers for sexual pursuits while 48 (22%) disagreed with the statement. This implies that majority of the respondents spent more than five hours per week perusing sexual activities using their phones/computers. The table also reveals that 215 (82.8%) of the respondents agreed that internet sex has sometimes interfered with their certain aspect of their lives while 165 (71.5%) disagreed that internet sex has never interfered with certain aspects of their lives. This show that majority of the respondents indicated that internet sex has interfered with their certain aspects of their lives. Also, 188 (57.3%) of the respondents disagreed that they have participated in sexually related chats while 72 (38%) of the respondents agreed that they have participated in sexually related chats. This shows that majority of the respondents have not participated in sexually related chats. The result also reveals that 22(29.3%) of the respondents agreed that they have spent more money for online sexual material than planned while 114(28.5%) disagreed that they spent more than they planned for online sexual material. This implies that majority of the respondents that participated in this study spent more money on sexual material. Considering the activities done online among the adolescents, 140 (58.8%) of the respondents agreed that they had masturbated while on internet 69 (30.8%) disagreed that they have masturbated while they were on internet. In addition to this, 93(36.8%) of the respondents agreed that they used internet to experiment with different aspects of sexuality,

Research Question 2:

Do social media have influence on social health of in-school adolescents in Gombe Metropolis, Gombe State?

TABLE 4.4: INFLUENCE OF SOCIAL MEDIA ON SOCIAL HEALTH OF IN-SCHOOL ADOLESCENTS

S/N	Statement	SA	A	DA	SD	mean	Std.
1	I wake up at midnight and chat with my friends online	139 (34.8%)	74 (18.5%)	165 (41.3%)	22 (5.5%)	2.75	.467
2	I always have limited sleep whenever I am online at midnight	73 (38.3%)	185 (66.3%)	118 (44.7%)	24 (7.5%)	2.77	.866

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3	I feel very anxious, depressed and disturbed whenever I was unable to log in to my account on social media	197 (88.2%)	116 (48.4%)	98 (43.8%)	74 (35.6%)	2.56	.452
4	I have too much of friends on social media than I really have in the real environment	117 (55.9%)	124 (53.6%)	105 (48.9%)	23 (15.6%)	2.45	.675
5	Being engaged in social media has interfered in my good relationship with people around me	146 (62.5%)	189 (81.6%)	30 (27.2%)	84 (35.4%)	2.43	.765
6	I always log in to my account on social media because of loneliness	187 (72.4%)	214 (87.6)	23 (16.5%)	41 (28.6%)	2.78	.556
7	I can't manage a single day without login in to my account because I am addicted to social media	178 (66.5%)	206 (82.4%)	39 (28.5%)	28 (21.9%)	2.64	.791

Table 4.4 which is influence of social media on social health of in-school adolescents shows that 156(76.3%) agreed that they wake up at midnight and chat with their friends while 119(24.8%) disagreed, this implies that majority of the respondents use to wake up and chat at midnight. Also 105(42.8%) of the respondents agreed that they always have limited sleep whenever they are online at the night while 134(62.3%) disagreed with the statement. This implies that majority of the respondents have had limited sleep whenever they are online. The table also reveals that 188(77.5%) agreed that they fell anxious, disturbed and depressed whenever they were unable to log in to their account, however 94(43.5%) disagreed with the statement that they never feel depressed or disturbed when they could not be able to log in to their account, also 164(67%) of the respondents agreed to have too much of friends online than they have in the real environment, while 140(65%) of the respondents disagreed that they have too much of friends than have offline. The result also reveals that 137(59.3%) of the respondents agreed that they always isolate themselves form people when they are online, while 114(48.5%) disagreed that they never isolate themselves from people when they are chatting online. This implies that majority of the respondents that participated in this study spent more time in isolation whenever they are online.

The table also reveals that 211(82.8%) of the respondents agreed that being always engage in social media has interfered with their good relationship with people around them, wile 166(71.5%) disagreed with the statement that online engagement has interfered with their relationship with people around them. This show that majority of the respondents indicated that being engaged online never affect their good relationship with people around them. Also, 209(72.3%) of the respondents disagreed that to always be on social media because of loneliness while 120(30%) of the respondents agreed that they loneliness makes them to be always online. This shows that majority of the respondents have never

be online because of loneliness. It was also agreed on by 178(79%) of the respondents that they can't manage a single day without logging in to social media because of addiction, while 95(23.8%) of the respondents disagreed the statement. This implies that majority of the respondents agreed that they never spend a day without logging in to their accounts because they are addicted to it.

$H_{o}1$: There is no Significant Influence of Social Media (WhatsApp, Facebook & Instagram) on sexual behaviours of In-school Adolescents in Gombe Metropolis, Gombe State.

Table 4.7: Summary of Chi-square Analysis of Responses on the Influence of Social Media (WhatsApp, Facebook & Instagram) on Sexual Behaviour of In-school Adolescents.

S/N	Social media	SA	A	DA	SD	Total
1	WhatsApp	53(57.4)	59(62.5)	45(47.5)	38(31.2)	195
2	Facebook	45(49.7)	52(54.2)	49(41.1)	23 (27)	169
3	Instagram	47(37.9)	38(41.3)	26(31.4)	18(20.7)	129
	Total	145	158	120	79	**493**
X^2	=18. 49					
P -	**Value** = 12.59					
Df	= 6					

KEY: figures outside bracket are observed frequency while inside brackets are expected frequency

Table 4.7 Summary of Chi-square analysis on the influence of social media on sexual behaviours of in-school adolescents

**Sig.at 0.05 level

It is shown in the table that there was significant relationship between the influence of social media (WhatsApp, Facebook & Instagram) and adolescents' sexual behaviours in Gombe Metropolis, Gombe State. (x^2=12.49**,N=493 df=6, P<.05). Hence, social media had influence adolescents' sexual behaviours. Null hypothesis is rejected.

$H_{o}2$: There is no Significant Influence of Social Media (WhatsApp, Facebook & Instagram) on Social Health of In-school adolescents in Gombe Metropolis, Gombe State.

Table 4.8 Summary of X- square Analysis on the Influence of Social Media on Social Health of In-school Adolescents in Gombe Metropolis.

S/N	Social Media	SA	A	DA	SD	Total
1	WhatsApp	42(46.6)	56(41.9)	31(40.9)	35(34.6)	164
2	Facebook	57(55.7)	44(50.0)	56(48.9)	39(41.3)	196

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3	Instagram	41(37.8)	26(33.9)	36(33.2)	30(28.0)	133
	Total	140	126	123	104	**493**
X^2	=16.899					
P -	**Value** = 11.43					
Df	= 6					

**Sig.at 0.05 level

It is shown in table 4.8 that there was significant relationship between the influence of social media (WhatsApp, Facebook & Instagram) and adolescents' social health in Gombe Metropolis, Gombe State. (x^2=16.899**,N=493 df=6, P<.05). Hence, social media had influence adolescents' social health. Null hypothesis is rejected.

H_o3: There is no Significant Influence of Social Media (WhatsApp, Facebook & Instagram) on Sexual Behaviours of In-school Adolescents Based on Age, in Gombe Metropolis, Gombe State.

Table 4.9 Summary of X- Square Analysis on the Influence of Social Media on Sexual Behaviours of In-school Adolescents based on age, in Gombe Metropolis.

Age

S/N	Items	(13 – 15)	(16 – 19)	Total	X2	df	P-value	
1	WhatsApp	89(80.33)	72(80.7)	161	8.91	4	.487	
2	Facebook	73(80.9)	89(81.2)	162				
3	Instagram	84(85.2)	86(85.2)	170				
	Total	246	247	**493**				

**Sig.at 0.05 level

Table 4.9 Summary of Significant Influence on the Use of Social Media Among In-school Adolescents based on age, in Gombe Metropolis, Gombe State.

It is shown in table 4.9 that there was no any significant relationship between the influence of social media (WhatsApp, Facebook & Instagram) and adolescents' sexual behaviours based on age, (x^2=8.91**,N=493 df=4, P=9.487). Hence, age differences do not influence the use of social media among in-school adolescents in Gombe Metropolis. Null hypothesis is retained while alternative hypothesis is rejected.

H_o4: Social Media (WhatsApp, Facebook & Instagram) will not Significantly Influence Social Health of In-school Adolescents Based on Gender in Gombe Metropolis, Gombe State.

Table 4.12 Showing the Analysis of X-square on the Influence of Social Media on Social Health of In-school Adolescents based on gender, in Gombe Metropolis, Gombe State

Gender

S/N	Items	Males	Females	Total	X^2	Df	Pvalue	
1	WhatsApp	97(106.2)	121(111.9)	218	12.13	4	.769	
2	Facebook	83(76.4)	74(80.6)	157				

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3	Instagram	60(57.4)	58(60.6)	118				
	Total	240	253	**493**				

**Sig.at 0.05 level

Table 4.11 shows that there was a significant relationship between the influence of social media (WhatsApp, Facebook & Instagram) and adolescents' social health based on gender, in Gombe Metropolis, Gombe State. (x^2=12.13**N=493 df=4, P-value=9.769). Hence, gender difference influence adolescents' social health of in-school adolescents, in Gombe Metropolis, Gombe State. Null hypothesis is rejected.

DISCUSSIONS OF FINDINGS

In response to research question one which asked how does a social media influence sexual behaviour of adolescents in Gombe metropolis, Gombe State? The result showed that social media has influence adolescents' sexual behaviours in Gombe Metropolis, Gombe State. This finding suggests that the perceived behaviour of peers may be more important in the explanation of adolescents' sexual behaviour than what adolescents engage in social media. Several studies have shown that social norm interventions targeting adolescents' perceptions of the incessant use of social media is successful. It also corroborates the findings of Berkowitz (2005) that these internet activities engaged by adolescents most be tailored toward Education. The finding of this study also reveals that social media contributed to the influence of social wellbeing among adolescents in Gombe Metropolis, Gombe State. This implies that the contribution of internet is highly alarming when it comes to the ability of an individual to communicate effectively with other people in the real world society.

It is in line with Jessor (2011) that young people who engaged more actively in online chats find it very difficult in their relationship with people around them in the real world. It has been proven with relevant evidence that those who are well integrated in a society have longer and healthier life. The way individual connects to the people around, adapt to different social situations and experience a sense of belonging all contribute to his/her social health. In response to research hypothesis one, the findings reveal that there was significant relationship between social media and adolescents online sexual behaviour. This implies that social media are associated with online sexual behaviour (Ball et al., 2010; Lally et al., 2011; Povey et al., 2000). This is also in line with suggestions that social media influence may depend on whether individuals have the cognitive resources necessary to inhibit external cues on their behaviour or not (Burkley et al., 2011; Wills et al., 2011). However, individual differences in self-control were not found to moderate the relationship between personal and perceived social media engagement. The finding also is in consonance with Manning (2009) that social media consistently predicted risk engagement. The result also showed that there was significant difference in the online sexual behaviour engaged by male participant than female participant. Baumgartner et

al. (2010) established that an assessment of peers' norms was the most influential factor in online sexting, confirming the role that conformity plays in adolescent decisions. Although these studies did not comment on gender differences, other studies showed that girls were more resistant to peers' influence, especially regarding involvement in antisocial behaviours in the real world (Steinberg and Monahan 2007).

CONCLUSION AND RECOMMENDATIONS

Conclusion

This study provided more details to the existing information on the use of social media as a factor that requires an immediate solution. Adolescence period is a stage of transition biologically, physiologically, socially and emotionally from childhood to adulthood. This is a period when every child looks forward to and has the belief that he is no longer a child. They are free to probe into many things because of their physique. It is a period when an individual become aware of how he or she feels, thinks, looks and behaves. From the explanation above, it can be seen that adolescence period is a critical stage in human life and is a period of make or mar. Research evidence confirms that sexuality education brings about improvement in the reproductive health of young persons. Unfortunately, access to sexually related materials online through internet among adolescent has become a phenomenon in Nigeria. The influence of social media on social health and sexual behaviour is very worrisome and calls for urgent attention by government, parent and teachers as regards to how adolescents engage in the use of social media at this technological era.

Recommendations

Based on the findings of this study, the following recommendations are made:

1. Both parents and teachers should try as much as possible to set good examples for their adolescent children to follow on sexuality. This they could do by encouraging the development of a set of values in the adolescents that would guide their sexual behaviours.
2. Parenting style should be democratic enough so that the adolescents will be close to their parents and share what they see online with their parents.
3. Close monitoring of children activities particularly at the adolescence period should be inculcated by parents/guardians. Since sex is a powerful force, its meaning has to be exposed to adolescents both at home and in schools to enable them make wise decision based on self-control and personal code of conduct.
4. Schools, as agents of change and socialization should open more counselling clinics so as to meet the needs of the adolescents.
5. Government and non-governmental organizations should workhand-in-hand with parents to solve problems of the adolescents by providing censors to messages uploaded that are sexually related in nature.

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