

## Father Involvement in Delaying Sexual Debut among Adolescents in Nigeria Schools

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**Abstract :** Context: Empirical studies show that through dual primary attachment mothers and fathers contribute to children's development and behaviours. While the contribution of mothers is well documented in past researches, fathers' involvement in Nigeria has received much less attention. As such, exploring fathers' involvement in sexual behaviours will provide insight for policy implementation and programming designed to delay sexual debut among sexually inexperienced young people in Nigeria. Objective of study: This study examined the extent to which father involvement (father's parenting style, attitude, father-child communication, father's marital status, and father's socio-economic status) could predict delay in sexual debut of a representative sample of Nigeria adolescents in lower secondary. Materials and Methods: Multistage sampling technique was adopted to draw a cross section of 1023 adolescents with the age range of 10-23 years and mean years of  $12 \pm 2.1$  who reported sexually inexperience from six geographical zones in Nigeria. Multiple Regressions was used to analyze the data collected with four standardized self-report measures at 0.05 level of significance. Results: Findings of this study revealed that the independent variables (father's parenting style, paternal attitudes, paternal-child communication, paternal marital status and paternal socio-economic status) contributed significantly to the delay of sexual debut. However, fathers' attitude made the most potent contribution ( $\beta = 0.255$ ,  $P < 0.05$ ). Conclusions: The outcomes of this study have implications for programs that are designed to reduce high-risk behaviors among adolescents. It concluded that sexuality education and interventions should involve the fathers in a more integrated and collaborative fashion.

**Keywords :** father, sexual debut, adolescents, Nigeria

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