

**INFLUENCE OF PARENTAL CARE AND SELF ESTEEM
ON SEXUAL BEHAVIOURS AMONG ADOLESCENTS.**

A CASE STUDY OF LWEMIGAGA SUB COUNTY SEMBABULE DISTRICT

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DECLARATION

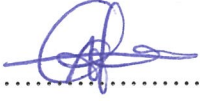
I declare that the work contained in this report is my own original work and has never been submitted to any university or institution of higher learning for any academic award.

Signature 

Date..... 

APPROVAL

This is to certify that this fieldwork report was carried out by KALEMBE MARIA..... under my supervision and it's ready for submission.

Signature..... ..... Date..... 26/09/2018.....

Dr. UZORKA AFAM

DEDICATION

I thank the ALMIGHTY GOD who has blessed me and guided me in everything that I have laid hands on throughout my lifetime.

I dedicate this piece of work to my Father Fr Bamutire Poul, and my mother Theopista auntie, uncle, cousins, brothers Gebbriel Markalios, Dimitross, Yonathan, Nicholus, sisters Dorcus, Babra, Relatives and friends, the family of Hon Ssekikuubo and Mr. Tom for their financial spiritual and guidance assistance they have rendered to me throughout my academics.

ACKNOWLEDGEMENT

For the creation of this research proposal, I want to extend my deepest gratitude to the following people for their invaluable assistance in making this research proposal for what it is now.

My deepest thanks go to my father and my mother for their faith in me, and the willingness to open up their minds, heart and resources towards my success.

To my lovely brothers and sisters who continuously encourage me to stick on education because it always grants success.

Friends dearly I cannot forget your help towards my success through the education motivation you shown me through out.

From the bottom of my heart, thank you all and May the ALMIGHTY GOD reward and bless you abundantly

LIST OF ACRONYMS

PIACY: Presidential Initiative on Aids Strategy Communication to The Youth

HIV : Human Immune Virus

AIDS :Acquired Immune Deficiency Syndrome

UNEB : Uganda National Examinations Board

UCE : Uganda Certificate of Examination

KIU : Kampala International University

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CHAPTER ONE

Introduction

This chapter presents an introduction to the study focusing on the back ground of the study, the statement of the problem, purpose of the study, objectives of the study and the research questions. The chapter also includes the scope of the study, significance and the anticipated problems and solutions of the study on the parental care, self esteem on sexual behaviors among adolescents in Lwemiyaga village Sembabule district

1.1background of the study

Traditionally parents Africans gave sex education in form of advice and discipline to the young people/ adolescents to help them avoid sexual behaviors like premarital sex, early pregnancy prostitution, abortion and less valuing of the virginity (Jesca 1992).

In this regard, some communities i.e. Bunyoro and Buganda severely punished anyone who had sex before marriage and other sexual behavior, were punishable with an aim of promoting social virtues and values (behaviors).

Parental care refers to the activities done by parents such s supplying physical sustenance, emotional support and instilling moral values in children. This is according to the USA military dictionary 1998.

Parental care according to Gloria Shante (2005) can also referred to as the process of providing a nurturing and constructive environment that promotes growth and development in a child.

Self esteem refers to how one feels about their concept. It is self worth ort it is how one values him/her self or counts themselves worthy to succeed in life (primary teachers' guide 2009).

Self esteem is the picture/image one has of him/her self. This includes values attributes and feeling, strengths in terms of talents, interests and abilities. Venance Kamanyire (2011).

Sexual behaviors are sexual actions displayed by an organism in response to its environmental (Connor D.F 2004).

PIASCY (2000) defines sexual behaviors as the person's sexual convictions about given standards and morals in the community. These behaviors range from mild, moderate, severe and profound depending on the age and sex of an adolescent.

According to Uganda's National adolescent health policy, Adolescents are people between the ages of 10-19 and therefore they constitute 25% of the population census (2006).

Adolescence is the transition period between childhood and adulthood in which the body develops in size strength and reproductive capacity. It may be defined as the period between 10-19 years of age (PIASCY 2006).

The period can slightly occur before 10years and continue beyond the age of 19. It is characterized by confusion and anxiety because of the physical and psychological changes that occur during this period.

Rutondoki E.N (2000) defines adolescence as the period of transition that is between late childhood and early adulthood.

Wako M.C (2005) defines an adolescent as a marginal man a person without any property, defined status in the society.

He continues that an adolescent is no longer a child and neither is he/she completely an adult though he/she has the physical characteristics like sexual maturation and size.

At this stage when the adolescents begin to think and depend more on themselves (self esteem) and at the care takes, they tend to put on sexual behaviors and as a result adolescent with such poor sexual behaviors tend to be rebellious, escape from schools and got out for sex, cohabitation and fornication.

Sex education talks, seminars, outreaches and counseling sessions were conducted to adolescents from such rolls, places of worship, homes/community centers and through media with an aim of imparting the appropriate and accepted sexual behaviors among the adolescents.

The president's initiative on aids strategy for communication to the youth (PIASCY) is being emphasizes in all schools primary and secondary in Uganda to enable adolescents develop positive life skills and behaviors mentioned above among the adolescents are increasingly surfacing and being reported each day that passes.

This provided the background upon which the researcher was inspired to carry out the study on influence of parent care, self esteem on sexual behavior among adolescents and perhaps come up with possible recommendations to combat the problems.

1.2 Statement of the problem.

Despite of the advocacy of teachers, parents and the opinion leaders against the morality among the youth's sexual behaviors among the adolescents was on increase.

The recent press report of oct.2012 on the sexual behaviors showed that 70% of the adolescents went to Nambole on sports days for sexual activities. The adolescent pregnancy and policy response in Uganda (09/11/2011) established that 25% adolescents cannot complete secondary education because of early sex activities.

The national representative survey of adolescent aged 12-19 years (2004), established that 14% had sex before the age of 15years 63% girls and 47% boys sex before the age of 18 years with two or more sexual partners.

1.3 Purpose of the study.

The main purpose of the study waste establishes the relationship between parental care, self esteem and sexual behaviors among adolescents.

1.4. Objectives of the study

- i. The study was guided by the following objectives
- ii. To establish the relationship between parental care and adolescents sexualbehaviors.
- iii. To establish the relationship between the adolescent's self esteem and their sexual behaviors.
- iv. To examine the influence of parental care on the self esteem of adolescents.

1.5 Research questions

- i. The study was directed by the following questions
- ii. How parental care does influences sexual behaviors among the adolescents?
- iii. To what extent does adolescent's self esteem influence their sexual behavior?
- iv. To what extent does parental care influence adolescents self esteem?

1.6 Scope of the study

The study will be carried out in Lwemiyaga, Sembabule district in central Uganda-Buganda kingdom.

In terms of central, the study and investigations were done in and outside schools and adolescent based organizations/groups, opinion leaders like the district community development officer, town councilor for the youth, district probation officer, same religious leaders and parents/,guardians.

The study deals with the relationship between parental care, self esteem and sexual behaviors among adolescents between the periods of August 2012 April 2013.

1.7 Significance of the study

The results of the study were expected to benefit and be useful to different categories in different ways as follows,

The results of the study were expected to give an insight understanding of parents to render a perfect care and security to their children to enable them avoid sexual behaviors/activities and their expected consequences.

Adolescents were expected to be exposed to the dangers of such sexual behaviors hence arousing a need to change, be upright and also develop their self esteem by highly valuing themselves as successful in life.

Town a council office is to be assisted by the results in order to establish a relationship between parental care, self esteem and combating the problem/situation and ensure a harmonious living in the society/town council.

Local officials would also be exposed to the relationship between parental care, self esteem and sexual behaviors among the adolescents so as to find means of improving and adjusting to the situation/problems accordingly within their localities.

Religious leaders would be exposed to the impact and dangers adolescents' sexual behaviors hence arousing their need to offer appropriate services and adjust in their teaching sermons and preaching against such sexual behaviors so as to create a harmonious, rightful and peaceful "Plock"/society before God.

Schools and head teachers were also expected to be helped by the results to create a conducive environment for learners at schools, carry out effective guidance and counseling and disciplining the

adolescents so as to help them develop their self esteem and live a peaceful life both at and outside schools.

Academicians would be provided with up to date literature and information where a concern/need of study is related to the sexual behaviors.

Lastly but not least the study was expected to lead the researcher to a practiced fulfillment of a bachelor's degree in arts with education.

Anticipated problems and solutions

The researcher anticipated that being on a village setting, would have limited access and time attend to questionnaires immediately.

For such respondents, the researcher decided to give them opportunity to fill questionnaires at their convenient time and decollated at the agreed upon time.

The researcher also anticipated that being on a village setting some people do not know how to read and write.

For such respondents the researcher decided to use interview methods.

1.8 Limitation of the study.

- In conducting this study a number of challenges were encountered including
- Attitudes towards the exercise. Some respondents were unwilling to freely share the u... (Especially negative information) this was mainly true at local level because of fear to not knowing whether the information could go to their superior with negative repercussions
- Nevertheless the researcher tried and overcame these limitations and collect sufficient and representative data to arrive to the conclusions made.
- Effects of parental care and self esteem on sexual behaviors among adolescents
- Other factors leading to sexual behaviors among adolescents

1.9 Research procedures

The researcher had an introductory letter from the university and presented it to the area authority to obtain permission for study. This gave directive to the local administration at grass root level for acceptance. After acceptance by authorities the major task of collecting data begun immediately.

Data analysis. The information collected was analyzed and edited to create consistency and completeness. After collecting the questionnaires they were edited for completeness and consistency across the respondents and to locate omissions. Information obtained from the research study was presented and analyzed using tables of statistical figures that is.

Descriptive statistics were used to measure central tendency, variability, mean score and percentage. Then summary statistics will be used in presentation of analysis. It included use of mean and percentages, summarized tabulations and frequency distribution.

CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This paper gives an elaborated review of related literature. The section basically considers the following aspects.

Relationship between parental care and sexual behaviors among adolescents.

Relationship between adolescents self esteem and their sexual behaviors.

Relationship between parental care and adolescent's self esteem.

2.1 Relationship between parental care and adolescent's sexual behaviors.

Museveni (2004) says that, parents are the first and most important sex educators of children. The values, facts and life skills that parents do or do not give to their children in form of parental care, have bearing on the children's delaying sex and staying safe from HIV/AIDS than any other factor.

While explaining the caretakers response and mode of conduct towards adolescents, Kathleen c (2005) asserts that "no matter what words we say, our children will look at our behaviors and follow actions not our words" parents therefore have to render a positive care and be good role models for the adolescents as they will not behave according to what they are told, but what they see and the care given to them by their care takers.

On analyzing and establishing the relationship between parental care and sexual behaviors among adolescents, Bandura (1977) says that a determinant factor of sex role learning is highlighted, the model that a child observes and imitates.

She continues to say that in case of girls, working and non-working mothers may provide somewhat different sex role models. For instance, a nurturing home maker parent, versus a home maker and an active achievement oriented adult. Bandura further explains that a mother who is unhappy and satisfied with her due career role may attempt to dissuade her daughter from adopting the behaviors reflective of that role.

In explanation of the Relationship between parental care and sexual behaviors among adolescents, radio Akaboozi fm in its news read on 24th September, 2012 at 10:00am, a head teacher of a certain secondary school in Mbale was report giving evidence of the increasing number of adolescents'

engorging in sexual activities hence early pregnancies. HIV/AIDS and increased cases of school drop outs.

The head teacher emphasized that “such sexual behaviors are a result of the little time and in appropriate care that parents and guardians give to their and not a responsibility of any school or the teachers.”

Parents should therefore realize that, the time and care they render to their children to a certain degree is responsible for the adolescent sexual behaviors as in the paragraphs above.

Another Scenario arises when parents neglect their role of being supporting and a caring to the adolescents.

According to Kasschaw A.R (1985) reporting on the study conducted in early 1970s says that 85% of adolescent want sex education to be taught in schools but adults still feels that this responsibility belongs to the parents. It therefore implies that, parents have the pole obligation to support, guide and counsel their growing children/adolescents in the crisis they experience.

Reporting on the sexual crisis that many made adolescents experience, a in a troubled senior student writes in a book called sex education that, “I often get over excited 3-4 days of masturbation, afterwards, I feel; a sense of weakness. I get a monetary pleasure in doing so. I would like to know how to stop the habit of masturbation which seems to be incurable in me. I am troubled very much with this sexual problem.”

This called for a proper parental care therefore; parental/guardians should have a parental concern of the adolescents first by understanding the excitements, troubles and confusions they experience during adolescence and then, help them develop methods of coping with the situation on order to put on good sexual morals.

Parents however, should realize that at this time the adolescents are not mature enough to take all the responsibilities of child bearing, be it psychological, physical or economical this compels the care takers to give a lot of attention in form of parental care to the adolescents.

Sexual maturation is the most important characteristic of adolescence period. Rutodoki E.N (2002). During this period, adolescents become curious of what is exactly involved in sexual intercourse.

Parents should therefore be aware that, the curiosity of adolescents arouses their feelings and thinking lowering their esteem towards sex play hence care takers should endeavor to give them appropriate care regarding sex play.

At adolescence young people develop love feelings and sexual attractions for the opposite sex and to some of them, this sparks off the beginning of sexual activities. (Straight talk, Feb 2002). Care takers should therefore be aware and ready to give intensive care and support to the adolescent.

2.2 Relationships between adolescents self esteem and their sexual behaviors.

Fagil Monday the UNEC chairperson in his response towards the poor performance of students from the UCE exams of 2012 gave majorly two reasons why students fail exams.

“Love affairs and low esteem are one of the biggest causes of examination failures” from research he made for over 5 years. Fagil Monday says that, indulging in sexual of the students topped the list of all the reasons contributing to the poor performance of many adolescent students in exams.

He discovered this by interacting with over 1,000,000 adolescent students in different secondary schools and according to him, adolescent students engage in unhealthy sexual relationships plus low self esteem explaining their poor performance in exams. (New vision, February and &, 2013 page 3).

Hopkins and Jones (2014) assert that, during adolescent teenagers rely. So heavily on age mates for support, self esteem, direction and identify. At this time, a good number of teenagers value the opinions of their friends and their own more than of their care takers.

Kathleen graver (2015) affirms that, peers, friends and the inner self can support on youth decision to abstain and delay sex.

Therefore, to some degree, it is right to believe that self esteem which originates from the inner individual ideas are substantial in enabling adolescents make responsible decisions against sexual behaviors.

Presently however, self esteem seems more often to encourage sexual behaviors among adolescents. In explaining this [points, Tumwesigye (2013) says that, “year partner may pressurize you into having ex to prove your love. Sometime she/he will even threaten to break off the relationship if do not have sex.” However the decision made here is determined by one’s level of self esteem.

The same point is stressed by Abalo C. in her report of straight talk, (Feb 2011). She says, “My boyfriend said he would leave me if I don’t have sex with him and keeps on complaining that I don’t care about him”.

Owachi B: (straight talk May, 2004) also adds on that “my friends tell me that having a good life is having a lover. They say that, if I do not have or get one, they will separate from me, I do not want to leave their group but I feel am too small to have a lover leave their group but I feel I

All the decisions made out of such influences are determined by one’s level of self esteem for instance ‘I do not want to leave their group but I feel I am too small to have a lover’ such as statement shows a high reasoning which comes from one’s high level of self esteem.

Another area, under self esteem concerns myths and beliefs. According to Plassy (2004), many adolescents come to hear of different myths basing on which many of them develop high and positive self esteem towards sexual activities. one adolescent was quoted saying “delayed sex can cause many problems such as future infertility and impotence, a hardened hymen, a blocked virgin and a withered small penis” from the source, a P.7 girls asked “if you are still a virgin until the age of 18 is it true that you will never have a child?”

Such myths and beliefs are in both sexes of adolescents for instance, is it true that if a boy doesn’t play sex early his sperms will not mature? Asked a 12 year old boy in P.6 PIASCY (2004)

Adolescents also have beliefs determined by their self esteem for instance, some girls believe that their bodies need sex in order to develop breasts, big hips and to begin menstruation periods. Whereas some male adolescents in their interactions, get over whelmed with a belief that, the bigger the penis size, the greater the potential to give sexual satisfaction to the females.

It is therefore important for the Adolescents to understand that, even if one abstains till marriage, it will not affect their marital roles when they grow up. They should as well realize that the development of different body parts does not have anything to do with playing sex, instead it just naturally unfolds and leading to poor sexual behaviors amongst themselves.

Dating is another scenario to consider as far as the relationship between self-esteem and sexual behaviors among Adolescents is concerned. In middle and late Adolescence, mixed sex groupings become increasingly common.

Hallian 91997) more Adolescents sit in pairs of opposite sex to discuss issues including sexual activities and at times they make dating in form of outing for leisure and recreation. During dating, the two often put themselves in a romantic atmosphere in which they start such sexual behaviors of kissing, petting and caressing. Such sexual behaviors arouse and stimulate strong sexual feelings and desires as a result of the low self esteem hence sex playing at a early age.

Therefore, self esteem plays a big role as far as he Adolescents sexual behavior is concerned.

Kathleen C. (2005) asserts that “biological forces in young growing bodies are very strong. If two people start experiment in with kissing and touching, feeling of sexual arousal can be very strong. Even if the two never intended to play sex, it can be very hard to control the impulses unless one is having a good and positive image of him/herself, they may end up acting irresponsible and regret it.

However, Adolescents should know that, dating is not a permit for sex and no one should force the other into sex though this is determined by one’s level of self esteem.

According to Tumwesigye E (2003), a loving partner is caring and considerate. He/she listens to what the other partners says and takes it seriously, he also says that when a girls says “No’ to a boy , she means it and when she as “stop” she really means it as well. However, as mentioned in the paragraphs above, such answers of No and stop, come from certain degree of one’s self esteem.

Barbara C. (1989) articulates that the purpose of physical love is the creation of a new human being and that is why all human societies everywhere ask that, two people who are really in love should marry before they unit their bodies (sex play). She goes ahead to emphasize that, although there is no substitute for sexual love, it does not mean that Adolescents are like animals that live is just another name for mating!!.

This therefore compel Adolescents to obtain and if possible avoid all situations that promote their sexual desires and feelings and lower their self esteem into any kind of sexual behavior. Some of the

recent evidences on changing self esteem levels towards sexual behavior of Adolescents bring in new phenomenon of sexual revolution.

Barbara asserts that, because today young people mature earlier, their sexual desires and thoughts emerge a long time before marriage is possible being in regulated by their self esteem hence teens engage in sexual behaviors at earlier ages than in the past.

Adolescents should therefore realize that sexual happiness does not exist simply in the performance of genital activities like birds and animals do bit, it is a holistic offer of oneself to the partners as planned by God. Thus should avoid all situations that can entice them into sexual activities until they are officially married.

However, this stand is determined by the Adolescents self esteem coming from their positive and potential image.

2.3 Relationship between parental care and adolescents self –esteem

While illustrating the relationship between parental and Adolescents self esteem the attachment theory developed by John Bowlby, a child psychiatrist and Mary Anisworth a psychologist (1999) asserts that, the bond between the child and the care taker is the crucial and has a primary influence in child development and as such forms the basis of coping development or relationships and formation of personality.

The theory has it, that the behaviors seen in the Adolescents are a direct reflection and result of the influence from their care takers especially in their initial stages /days.

John and Mary in their theory therefore support the view that there is a strong relationship between parental care and the Adolescents self esteem which also has a close link to their sexual behaviors.

While establishing the relationship between parental care and the Adolescents' self esteem, Catalano and Hawkins (1996) in their social leaning and control theory, they assert that, Adolescents who are poorly attached to their social peers and their own are more likely to engage in many problems and behaviors such as early sexual activities.

Dishion and McMahon (1998) asserted that, the parental management of the Adolescents behavior through the close attachment with them can have an upper hand in lowering their esteem which drives them into early sexual practices and other anti-social behavior

According to the 2003 youth risk behavior survey, Elise R Divorce say that, parental care towards the Adolescents highly influences their self esteem and that: positive parental activities protect Adolescents against risk behaviors.

According to the 2003 youth risk behavior survey, Elise R, Divorce says that, parental care towards the Adolescents highly influence their self esteem and that: positive parental activities protect Adolescents against risk behaviors

Elise reports that risky sexual behavior among Adolescents increases and decrease depending on one's level of self esteem which is determined by parental activities and other care takers.

CHAPTER THREE

RESEARCH METHODOLOGY

3.0 Introduction.

This chapter represents the methods that will be employed when carrying out the study. The section includes the research design ,area of study, study population, sample size, sampling techniques, data collection methods, data collection instrument, measurement of variables, analysis and presentation, ethical issues and study limitation.

3.1 Research design

The researcher uses a descriptive research design. This design was adopted because it allowed in-depth exploration of the problems under study and extrapolation to make inference of the results. Both qualitative and quantitative techniques are be used in gathering and analyzing data. Therefore a cross section deigns was used. Both interview and questionnaires are used to generate data. Questionnaires are to be used on Adolescents because day is collected from a large population (30) both from outside schools. Interviews were to be used on parents (30) and opinion leaders (10) for they were good for sharing ideas given a busy population which had limited time for questionnaires hence generating relevant data to the study.

3.2 Area of the study population

The respondents include parents /guardians, other care takers (opinion leaders) and adolescents both in and outside schools. During the course of study, interviews and questions were used for proper data collection.

3.3 Study population.

This comprised of people staying at Lwamiyaga Sub County Ssembabule District, the researcher used the Morgan (1970) to determine the total population of 100 respondents. According to observation, there are many people who stay at Lwamiyaga Sub County Ssembabule District and therefore a few were selected using random sampling that comprises of the population of the study and there was an attempt to collect data from all these respondents.

3.4 sample size and selection

Random sampling deign was employed to get respondents. This was so because the population of interest had equal chances of being selected to be member of a sample

Simple random sampling procedures were used to select a sample for the study. This method was used in order to avoid bias and ensure objectivity.

Table showing the sample size

Category	Study population	Sample size
Adolescent	40	34
Parents	40	34
Opinion leaders	20	12
Total	100	80

3.5.0 Data collection methods and instruments.

3.5.1 Data source

The primary data was obtained through field survey as well as secondary data through tabulation, interpretation diagrammatic representation. These were supplemented by the statistical records and collections from the concerned departments.

3.5.2. Sampling techniques.

The sampling techniques are processes for selecting suitable or representative part of population for the purpose of determining characteristics of the whole population. The selection population was homogeneous and the researcher also used purposive sampling and stratified random sampling to choose specific respondents basing on their familiarity with the subject and their ability to give information.

3.6.0 Data collection instruments

Information /data to be collected through the use of library literate review findings, use of questionnaires, interviews and group discussions

3.6.1 Questionnaires.

Questionnaire is a formulated written set of questions to which respondents' records their answers, usually within closely defined alternatives. These questions are in line with the study objectives. The researcher chose the questioner because the study is descriptive in nature and it is easy to collect data, time saving and cost effective. This involves only the Adolescents, open ended questionnaires are used for they are cheap and easy to administer the chosen respondents to get day and ideas in relation to the sexual behavior of Adolescents.

3.6.2 Interview guides.

An interview is a dialogue between an interviewer and interviewee and an organized conversation aimed at gathering data about a particular topic (Amin, 2015). The researcher pre-designed interview guide schedule (both close and opened ended questions) to collect data from key informants who are top managers and workers in madhvani group of companies.

Interview included face to face interaction with the parents, guardians and other care takers (opinion leaders) in order to gather enough detailed and deeper information from the respondents personal experiences and perspective on sexual behavioral of Adolescents.

3.6.3 Focus group discussion

The study employees' group discussion method as another form of guiding questions that would help in collecting necessary data from the respondents and it was used for the opinion leaders and other caretaker/ guardians of Adolescents

3.7.0 Data management and analysis

After the information /data were successfully collected using the relevant research tools/ instruments and methods, reduced tables are to be used to interpret the research findings. The data is analyzed using both quantitative and qualitative methods.

3.7.1 Quantitative data.

The researcher collected data, coded it and classified them into categories; the data was edited and entered into data editor for statistical package for social scientists (SPSS) software for analyzing to the objectives of the study using tables, graphs and figures.

3.7.2 Qualitative data

Qualitative data was provided in to a manageable form and a narrative constructed around it (Amin 2010). Qualitative data were obtained by way of interview guide, the research also contacted the respondents for clarification where need be.

3.8 Ethical consideration

It is the relationship built between the researcher and the respondents. This involves confidentiality, privacy keeping truth and trust respect for people's lives, giving freedom of expression and consideration.

Elise gives percentage regarding sexual behavior reported from the survey carried out in various secondary school students. 46% are having sex, 14.4% having four or more life time sexual partners , 34.3%, were currently sexually active students, 25.4% had used a substance at last sex and 63% used a condom at last sex.

That Adolescents' risky sexual behavior remains a persistent problem and a significant cause of youth morality and mortality. Parenting practices are known to be closely related to many aspects of high development and that, Adolescents who come from families of high authoritative parenting, generally have high self-esteem level which have a direct reflection on the time and practice of sexual activities.

Elise says that the postponement of sexual activities and practices among Adolescents is strongly associated with high parental care.

Fagil Monday the UNEB chairperson in his response towards the poor performance of students form UCE exams of 2012 gave majority two reasons why students fail exams.

“love affairs and the low self esteem are one of the biggest causes of examination failures” from the research he made for over 5 years, Fagil Monday says that, indulging in sexual affairs which also come as a result of the low self esteem of the students, topped the list of all the reasons contributing to the poor performance of many Adolescents students in exams.

He discovered this by interacting with over 1,000,000 Adolescents students in different secondary school and according to him, Adolescents students engage in unhealthy sexual relationships plus low self esteem explaining their poor performance in exams. However Monday emphasis that these two reasons of love affairs and self esteem has a close relationship with the activities of the students. Care takers 9New vision Friday, February 8, 2013 page 3 page 3) . This gives a strong assurance and proof of the relationship between parental care and the Adolescents self esteem

3.9.0 Quality control methods quality.

3.9.1 Validity

The validity of this study is concerned with the extent to which data collection instruments accurately measure what they intend to. Validity refers to the appropriateness of the best instrument in collecting the data that is supposed to be collected. (Amin, 2015). Validity will be measured by both content and face validity. Face validity is a property of a test intended to measure same thing it is the validity of a test of value.

Content validity measures the extent to which the content of the instrument corresponds to the content of the theoretical frame work of the study (Amin 2015).here the expert view will be obtained by talking to experts both academicians and practitioners in the field.

3.9.2 Reliability

Reliability refers to its consistency in measuring whatever it is intended to measure (Amin 2015). The researcher ensured that the instruction minimizes error and hence increase the reliability of the data collected.

3.10.0 Data analysis and presentation.

Limitations of the study

The following were the constraints the researcher encountered while carrying out the study:

Financing of the research from university was sometimes difficult to facilitate the investigation. Processing, compiling and actual presentation of the research proposal needed the researcher to supplement the funding from private means.

Some respondents especially those who did not know English and were fluent in other language, which the researcher may not be able to understand thus calling for a translator. To handle language barriers between the researcher and the respondents it required prior establishment of the common understanding in terms of which language to be used so as the research is designed in the language(s) understood by both sides.

The time from which the researcher was required to conduct the research sometimes was sufficient to reach every part of the study area.

CHAPTER FOUR.

Presentation, data analysis and Interpretation.

4.0. Introduction.

This chapter presents the findings of the study .the presentation was done in accordance with the research objectives and questions that guided the study. the view of the different respondents using data collection techniques were presented separately in order to come up with concrete and appropriate conclusion and recommendation about the study.

4.1. Demographic information.

- i. The researcher used 70 respondents who included 30 adolescents .30 care takers/ parents ad 10 opinion leaders and out of the 70 respondents 40(57%) were female while 30(43%) were male. This represents a ratio of approximately 3:2 male and female respectively.
- ii. Adolescent age distribution. Data pertaining to the ages of respondents was grouped for easy distribution and assessment of the frequencies .table 4.0 presents the respondents age distribution including adolescent, care takers and opinion leaders who provided the data.

Table 1: Age distribution of respondents.

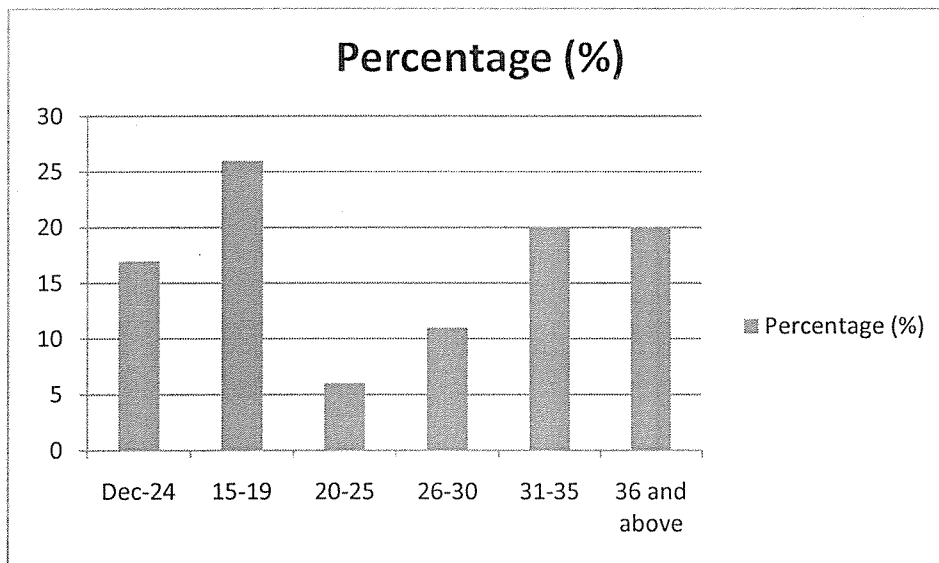
Age brackets (ages)	Frequency	Percentage (%)
12-14	14	17
15-19	21	26
20-25	5	6
26-30	8	11
31-35	16	20
36 and above	16	20
Total	80	100

From the table labove which shows age distribution of respondents, majority of the adolescent's respondents were within the age brackets of 15-19 years (26%),majority of the are takers were in the bracket of 31-35 (20%), and majority of the opinion leaders were in the brackets of 36 and bove years (20%). The sexual activities' age brackets constituted to 66% of the total number of respondents used in the study.

The brackets of adolescent (15-19) years constituted to respondents in active adolescence, love affairs and sexual activities.

Adolescents who were below the age of 15 year were 12(17%) of all the respondents. parents and care takers between the age brackets of 20-25 were 4 totaling to 6% of the respondents and parents with in the age brackets of 20-25 were 4 totaling to 6% of the respondents and parents with in the age brackets of 26-30 were 8 scoring 11%of the respondents.

It is illustrated below.



4.2. Parental care and adolescent sexual behavior.

This sought to find out how parental care influences sexual behaviors ‘

The respondents were to strongly agree, agree, disagree or strongly disagree and are seen below.

Table 2: Response on parental care influence on adolescentsexual behavior.

Item	Response	Frequency	Percentage%
Parental care influence on adolescents’ sexual behaviors.	<u>Adolescents</u>		
	1. Strongly Agree	12	33
	2. Agree	9	27
	3. Disagree	9	27
	4. Strongly Disagree	5	13
	Total	35	100
	<u>Parents</u>		
1. Strongly Agree	11	30	
2. Agree	9	27	

	3. Disagree	9	27
	4. Strongly Disagree	6	16
	Total	35	100
	<u>Opinion leaders</u>		
	1. Strongly Agree	4	40
	2. Agree	2	20
	3. Disagree	3	30
	4. Strongly Disagree	1	10
	Total	10	100
<u>Grand total</u>		<u>80</u>	<u>100</u>

From the table 2 above result indicate that, 10/30 adolescent (33%) strongly agree that parental care influences sexual behaviors, 8/30 (27%) fairly agreed 8/30(27%) fairly disagreed and 4/30 (13%) strongly disagree. This implies that majority adolescents agreed upon a relationship between parental care and adolescent sexual behavior.

From the same table results from the parent respondents indicate that 9/30(30%) strongly agreed 8/30(27%) fairly greed 8/30(27%) fairly agreed and 5/30(16%) strongly disagreed that parental care influences sexual behaviors. this means that majority of the parents also agreed upon a relationship between parental care and adolescent sexual behavior.

From the some table 2.4/20 (40%) of the opinion leaders strongly agreed 2/10(20%) fairy agreed 3/10. (10%) strongly disagreed. This implies that also majority of the opinion leaders agreed that there is a relationship between parental care and adolescent sexual behavior.

4.3. Adolescents' self esteem influence on their sexual behavior.

This sought to establish the relationship between adolescents' self esteem and heir sexual behaviors under research questions to which stated that. To what extent does adolescents' self esteem influence their sexual behavior? The respondents were accepting with either, very true, fairly true, fairly untrue and the results are as seen n table 3.

Table 3. Response on the influence of adolescents' self esteem on their sexual behavior

Item	Response	Frequency	Percentage%
Influence of adolescents' self esteem on their sexual behaviors.	<u>Adolescents</u>		
	1. Very true	14	40
	2. Fairly true	10	30
	3. Fairly true	7	20
	4. Very untrue	4	10
	Total	35	100
	<u>Parents</u>		
	1. Very true	13	37
	2. Fairly true	12	33
	3. Fairly true	7	23
	4. Very untrue	3	7
	Total	35	100
	<u>Opinion leaders</u>		
	1. Very true	5	50
	2. Fairly true	3	30
3. Fairly true	1	10	
4. Very untrue	1	10	
Total	10	100	
<u>Grand total</u>		<u>80</u>	<u>100</u>

From table 3 above, 12/30(40%) of the adolescent respondents confirmed a relationship between adolescents' self esteem and their sexual behaviors', 9/30(30%) fairly accepted 6/30 (20%) fairly disagreed and 3/30(10%) highly disagreed. This gave an implication that majority of the adolescent respondents 21/30 (70%) were in full agreement with a relationship between adolescent s' self esteem and their sexual behaviors.

Data from the same table 3 on the parents respondents also clearly indicated that majority of parents accepted that adolescents' sexual behaviors are influenced by their own self esteem .this is given by a big percentage of 11/30 (37%) very true,10/30(33%) fairly true 7/30(23%) fairly untrue and 2/30 (7%) very un true.

On the same table 3, 5/10 (50%) of the opinion leaders accepted with very true response on the influence of adolescents 'self esteem on their sexual behaviors' ,3/10 (30%) fairly true,1/10 (10%) fairly untrue 1/10(10%) very true.

This implies that even opinion leaders agree upon a relationship between adolescents'' self esteem and their sexual behaviors with the majority vote of 8/10 (80%) acceptance.

4.4 Parental care and adolescents'' self esteem

This sought to find out how parental care influences the adolescents'' self esteem and it was guided by research question three which stated that. To what extent does parental care influence adolescents'' self esteem? The respondents were to strongly agree, agree, disagree or strongly disagree and the results are as seen on table 4

CHAPTER FIVE.

DISCUSSION, RECOMMENDATION AND CONCLUSIONS

5:1 INTRODUCTION:

This chapter presents a brief discussion of the findings of this study. The discussion was done in accordance with the research questions that guided this study. The major view of the respondents was cited against the literature that was reviewed. The corresponding conclusion and recommendations pertaining to this study were subsequently made. The study sought to answer three questions and each research question was discussed differently.

5.1 Parental cares and adolescents' sexual behavior.

In general, research findings on research question one (how does parental care influence sexual behaviors among adolescents?) results show that majority of the adolescent respondents strongly agreed that parental care has a big contribution to the adolescents' sexual behaviors. This gives an implication that there is a big relationship between parental care and adolescents' sexual behavior as per the response of adolescents' respondents.

Parent respondents also gave a highly accepted that parental care has a direct bearing on the adolescents' sexual behaviors. Therefore there is a relationship between parental care and adolescent sexual behaviors.

Opinion leaders too strongly agreed that adolescent sexual behaviors have a close link to the influence of parental care.

Referring to Sunday vision 04/01/2018 Segirinya a sociologist says that, the strongest influence on any person's life come from the care takers .he adds on that adolescents' learn how to behave in society by watching their parents and other care takers.

Defense for human rights association Uganda in its report on adolescents' sexual behavior and human sacrifice also puts it clear that many adolescent boys and girls have been sexually used and killed and the strongest cause of this is inadequate parental care given to children.

These sexual behaviors are highly practiced in the town center and at all corners of Bombo town council where adolescents' meet and discuss love affairs and sexual issues and there after they put them in practice (sexual activities). The finding further gave clarity from the date given by

adolescents' parents and opinion leaders in their response to research question one about the influence of parental care on adolescent sexual behaviors.

5.2 Adolescents self esteem and their sexual behaviors

The highlight of results generated from adolescent respondents' indicated that adolescent sexual behaviors' are highly influenced by their self esteem.

Data from the parent respondents also clearly indicates that adolescent sexual behaviors are influenced by their own self esteem. Opinion leaders all accepted that adolescents self esteem has a close link and relationship with their sexual behavior.

Referring to the view of related literature, Gilbert Kidimu (Sunday vision 04/Dec 2011 page 6 said that in our world today, with round the clock schedules , we get so caught with work and providing for the family that we neglect the need to actually be a family. The TV of maid becomes the parent giving children a low self esteem which might lead them into immoral activities like sexual behaviors'.

The above citation clearly shows that adolescents self esteem influence their sexual behaviors. Self esteem can either be high or low depending on how one sees him / herself worthy to succeed in life .high self esteem gives a high defense against all negative upheavals while a low self esteem leads to many negative decisions including sexual behaviors.

According to the citation, there is no difference between it and the finding as shown by the percentages of agreement above.

5.3 parental care and adolescents self esteem.

On establishing the relationship between parental care and adolescents' self esteem, the highlight from the results from adolescents' respondents showed a balanced response upon the parental care influence on adolescent self esteem.

The opinion leaders and parents respondents on contrary majority accepted the view that parental care and adolescents' self esteem. According to their response, it gave an implication that, there is a strong relationship between parental care and adolescents self esteem.

Referring to review of related literature, wako MC 2015 Says that, adolescents learn much from their care takers like how to behave in society and therefore parents are key contributors to adolescents

self esteem. He adds on that children who do not value family time with their parents are likely to have allowed self esteem there by being influenced by their peers hence misleading them.

This citation therefore bears no contrary conclusion from the findings that there is a strong relationship between parental care and adolescents self esteem. Similarly Backer T 20014 says that children develop their self esteem from their care takers especially mothers , that children that are brought up well with enough care from mothers tend to have high self esteem during adolescent stage and at maturity stage.

The research question was therefore well answered and the relationship was also well established from the finding of the study.

Conclusion

From the discussion held above, the researcher is hereby proposing for the following conclusions

1. Parental care highly influences the adolescents' sexual behavior since charity begins at home.
2. To a greater extent adolescents' sexual behavior are influenced by their self esteem showing a great relationship between adolescents self esteem and their sexual behaviors'
3. Parental care greatly influences adolescents' self esteem since children in most cases and practice directly what they see and hear from their care taker.

5.5 Recommendation

1. Parents and other care takers should always ensure enough and appropriate care and nurturing of their children from their childhood to the later problems such as the sexual behaviors.
2. Adolescents should be conscious and always think positive of their lives worthy to succeed and also be thankful and satisfied with what they have.
3. Religious leaders, local council leaders and teachers should also take part in the development of adolescents self esteem and behaviors to prepare them for a bright future.
4. Further research on how the town council can fight and avoid such sexual behaviors from adolescents.

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Dear respondent, I am **KALEMBE MARIA** a student of Kampala international university carrying out a study on parental care, self esteem and sexual behaviors among adolescents. You are humbly requested to give information to the best of your knowledge.

All the information collected will only be used for academic purposes and will be handled with maximum privacy and confidentiality. This is so because the study is a requirement for the award of a Bachelor's Degree in Education of Kampala International University.

Therefore your corporation will be highly appreciated and may the good lord bless you.

SECTION A: Biographical data of respondents please tick in the appropriate box for the questions below;

Sex	Respondents
Male	
Female	

Age brackets (ages)	Respondents
12-14	
15-19	
20-25	
26-30	
31-35	
36 and above	

Level of education	Respondents
Primary	
Secondary	
Certificate	
Diploma	
Degree	
Postgraduate	

SECTION B. parental care and adolescents' Sexual behavior

Tick SA if you strongly agree with the sentence, A if you agree D if you disagree and SD if you strongly disagree.

1	Strongly agree	SA
2	Agree	A
3	Disagree	D
4	Strongly Disagree	SD

Parental activities and behaviors towards children

		SA	A	D	SD
1.	Do your parents speak to you with a friendly and warm voice?				
2.	Do your parents give you enough time and listen to you always?				
3.	Do your parents let you do things you like doing?				
4.	Do they show feelings for you?				
5.	Do they Enjoy discussions and talking with you?				
6.	Do they let you go out often as you want?				
7.	Do they make you feel better whenever you are upset?				
8.	Do they give you freedom as much as you want?				

SECTION C: parental care and Adolescents' Sexual

Tick SA IF you strongly agree with the sentence, A if you agree, D if you disagree and SD if you strongly disagree.

1.	strongly agree	SA
2	Agree	A
3	Disagree	D
4	Strongly disagree	SD

NO	Parental activities and behaviors towards children	SA	A	D	SD
1.	Do you speak to your children with a friendly and warm voice?				
2.	Do you help children to achieve what they want?				
3.	Do you Let children do things they like doing?				
4.	Do you show feelings of love to them?				
5.	Do you Understand their problems and worries and certainly help them?				
6.	Do you Like them to make their own decisions?				
7.	Do you praise them for what they do?				
8.	How often do you talk to them?				
9.	Do you Enjoy discussing and talking issues about love affairs with them?				
10.	Do you understand what they need and want?				
11.	Do you Make them feel they are wanted?				
12.	Do you Make them feel better whenever they are upset?				
13.	Do you Let them go out with their peers as often as they want?				
14.	Do you Give them freedom as much as they need?				
15.	Do you Speak to them about the sexual activities and education				

Section D: Self-Esteem and Adolescents' Sexual Behaviors

Tick VT if the sentence is very true, FT if the sentence is fairly true, FU if the sentence is fairly Un true and VU if the sentence is very un true.

1	very true	VT
2	fairly true	FT
3	fairly untrue	FU
4	very untrue	VU

NO	Items of feelings about self-esteem	VT	FT	FU	VU
1.	Do Adolescents think well of themselves?				
2.	Do they Feel they are persons worth at times at least as good as others?				
3.	Do they At times think they are not good at all?				
4.	Do they/you feel that they are failures in life?				
5.	Do you think they are satisfied with themselves?				
6.	Do they feel that they have a number of good things about themselves?				
7.	Are they able to think productively as well as other people ?				
8.	Do they feel that they can achieve as well as the great achievers?				
9.	Do you think they certainly feel useless at times?				
10.	Do they feel that, they do not have much to be proud of?				
11.	Do they have respect for themselves?				
12.	Do they do exactly that their peers do?				
13.	Do you think they want to discover much about and around themselves?				
14.	Do they Feel like satisfying their lust sexual feeling often?				
15.	Do they think of having experience of everything about and around them				