

SOCIO-PSYCHOLOGICAL GROUPS OF NIGERIAN YOUTHS AND PERCEPTION OF MORALITY OF MASTURBATION

Chinenye Assumpta Nwazuluahu
Maria Regina Model Comprehensive Secondary School,
Nnewi, Anambra State, Nigeria.
Email: nwazuluahuc@gmail.com;
Phone: 07066142354

Okechukwu Dominic Nwankwo
Department of Psychology,
Chukwuemeka Odumegwu Ojukwu University,
Igbariam Campus, Anambra State, Nigeria.
Phone: +2348030809950 ; +2348120207053
Email: nwankwodo@gmail.com ,
nwankwodo@yahoo.com , od.nwankwo@coou.edu.ng

ABSTRACT: *This study explores how socio-psychological factors shape Nigerian youths' perceptions of masturbation, condom use, and sexual abstinence, and their impact on overall wellbeing. Anchored in social learning theory, the research investigates the influence of gender, ethnicity, education, and religion on these perceptions. Using a cross-sectional design, 103 participants (54 males, 49 females; mean age = 29.81 years) were recruited via respondent-driven sampling. Data were collected using structured online questionnaires, including the Sexual Abstinence Attitude Scale (SAAS), Masturbation Morality Scale (MMS), and Multidimensional Condom Attitude Scale (MCAS), validated by the Ethical Moral Self-Inventory (EMSI). Multiple Analysis of Variance (MANOVA) was employed to test hypotheses at a 0.05 significance level. Findings revealed no significant differences in masturbation morality across gender, ethnicity, education, or religion. Similarly, condom use attitudes showed no significant variations across these socio-psychological groups. However, sexual abstinence exhibited significant gender differences, with no significant variations across ethnicity, education, or religion. Interaction effects between gender and religion, as well as ethnicity and education, significantly influenced perceptions of sexual abstinence. The study highlights the need for culturally sensitive sexual health education programs, public health campaigns, and inclusive policies to address the challenges faced by Nigerian youths. Recommendations include expanding youth empowerment programs to provide safe spaces for open dialogue on sexuality. The insights gained contribute to knowledge by guiding culturally sensitive initiatives, promoting informed decision-making, and aligning health campaigns with cultural values. This research bridges traditional beliefs and modern health practices, fostering balanced perspectives to enhance the wellbeing of Nigerian youths.*

KEYWORDS: **Socio-Psychological Groups, Nigerian Youths, Morality Perception, Masturbation, Condom-Use Attitude, Sexual Abstinence Attitude**

INTRODUCTION

Nigeria, located in West Africa, is the most populous African country, with a significant percentage of youths comprising the population. The United Nations defines 'youth' as those persons between the ages of 15 to 24 (UNESCO, 2020). In Nigeria, where cultural and religious beliefs strongly influence attitudes towards sex and sexual behaviours, understanding the perception of morality is vital. Hence, this study aims to investigate the socio-psychological groups of Nigerian youths and their perception of morality regarding three

sexual health issues; such masturbation, condom use, and abstinence.

Masturbation is a sexual health issue often surrounded by stigma and taboo, primarily due to cultural and religious beliefs. Studies have shown that perceptions of morality regarding masturbation vary across different cultures and religious affiliations (Fisher et al., 2013). Understanding how Nigerian youths perceive the morality of masturbation will shed light on the impact of cultural and religious values on sexual behaviours.

Demographic attributes such as gender, age, educational level, and religion may play a significant role in influencing Nigerian youths' perception of masturbation, condom use, and abstinence. For example, a study by Johnson et al. (2020) revealed that male Nigerian youths had a higher likelihood of engaging in risky sexual behaviours compared to their female counterparts. Another study by Asekun et al. (2020) reported that higher educational levels were associated with increased knowledge about STIs and better condom use practices.

Statement of Problem

A major psychological issue in the socio-psychological groups of Nigerian youths and perception of morality of masturbation. Nigerian society, deeply rooted in cultural and religious beliefs, often view discussions of sexuality as inappropriate or sinful (Ajayi et al., 2020). This societal attitude makes it difficult for young people to openly discuss their sexual health concerns, including their perception of the morality of masturbation among Nigerian youths.

Furthermore, the lack of comprehensive sexual education within the Nigerian educational system has created a lot of loopholes in the sexual lives of youths. The absence of a formal and consistent curriculum on sexual health subjects leaves Nigerian youths without proper knowledge about contraception methods such as condom use and the importance of abstinence (Brieger et al., 2018).

Research has found that individuals who strongly adhere to religious teachings tend to view masturbation as sinful and morally wrong (Olley, 2008). This perception can lead to feelings of guilt and shame, which may negatively impact young people's sexual wellbeing and overall sexual health practices. The research aims to address this gap by exploring the role of education, or the lack thereof, in shaping attitudes towards masturbation (Brieger et al., 2018).

The gap this research seeks to fill lies in providing a comprehensive and contextually informed understanding of how various societal, cultural, religious, and educational factors intersect to shape Nigerian youths' perceptions of the morality of masturbation. By addressing this gap, the study aims to inform targeted interventions and policies that promote

positive sexual health outcomes among Nigerian youths.

Purpose of the Study

The main purpose of this study is to investigate the perception of morality of masturbation among Nigerian youths. Specifically, this study intends to:

1. Determine the extent to which gender as a socio-psychological group will not significantly differ in perception of morality of masturbation among Nigerian youths.
2. Examine if ethnic socio-psychological groups will significantly differ in perception of morality of masturbation among Nigerian youths.
3. Determine the extent to which educational socio-psychological group will significantly differ in perception of morality of masturbation among youths.
4. Investigate if educational socio-psychological group will significantly differ in perception of morality of masturbation among youths.

Research Questions

1. To what extent will gender as a socio-psychological group influence perception of morality of masturbation among Nigerian youths?
2. In what ways will ethnic socio-psychological group impact perception of morality of masturbation among Nigerian youths?
3. To what degree will educational socio-psychological group influence perception of morality of masturbation among youths?
4. Will religious socio-psychological group influence the perception of morality of masturbation among Nigerian youths?

Significance of the Study

Educators will benefit from the insights gained regarding the perceptions of sexual morality among students. By understanding the socio-cultural influences on these perceptions, educators can design more effective sexual health education programs that are culturally sensitive and address the unique challenges faced by different genders.

Public health officials can utilize the findings to develop targeted interventions that resonate with the cultural and religious beliefs of Nigerian youths. Health campaigns can

promote safer sexual practices without alienating the target audience. This approach will improve the effectiveness of public health initiatives aimed at reducing sexually transmitted infections and unintended pregnancies.

Parents and guardians can also benefit from the insights provided by the study. Understanding the socio-cultural influences on their children's perceptions of sexual morality can encourage open dialogues about sexuality within families. This can foster an environment where youths feel safe to discuss their beliefs and concerns regarding sexual health, leading to more informed decision-making.

Operational Definition of Terms

Masturbation Morality Perception: This is an individual's understanding and feeling concerning self-induced sexual pleasure or stimulation as measured with Masturbation Morality Scale adopted from Abramson and Mosher (1975) Masturbation Attitude Scale.

Youths: This refers to those persons between the ages 18-30.

LITERATURE REVIEW

Conceptual Review

Psychological Effects of Masturbation

Masturbation can serve as a coping mechanism for stress and anxiety. Engaging in self-stimulation can provide temporary relief from tension, frustration, or negative emotions, as it releases endorphins and other feel-good hormones in the brain (Exton et al., 2001). Masturbation offers individuals a means of self-soothing and self-regulation, helping them manage psychological distress and promote emotional resilience (Weinberg et al., 2010).

Additionally, masturbation plays a crucial role in sexual development and self-discovery. During adolescence, masturbation often becomes more frequent as individuals explore their emerging sexuality and navigate hormonal changes (Hogarth & Ingham, 2009). Masturbation allows adolescents to learn about their bodies, sexual responses, and preferences, laying the foundation for healthy sexual relationships and behaviours later in life (Fortenberry et al., 2010).

However, despite its potential benefits, masturbation is not without its psychological complexities and challenges. In some cases, excessive or compulsive masturbation can lead to feelings of guilt, shame, or embarrassment,

particularly in cultures or religious traditions that stigmatize or condemn sexual behaviour (Coleman et al., 2003). Individuals may struggle with conflicting beliefs or moral judgments about masturbation, leading to internal conflict or distress (Wells & Twenge, 2005).

Moreover, excessive masturbation can sometimes interfere with daily functioning or interpersonal relationships, as individuals prioritize self-stimulation over other activities or responsibilities (Böthe et al., 2019). Compulsive masturbation, akin to other behavioural addictions, may require intervention or support to address underlying psychological issues or triggers (Reid et al., 2011). In such cases, therapy or counseling can help individuals explore the root causes of their excessive masturbation and develop healthier coping strategies (Daneback et al., 2008).

Theoretical Review

Moral Relativism Theory by Edward (1932)

Moral relativism theory posits that moral judgments are subjective and vary across different individuals and cultures. According to this theory, the perception of the morality of masturbation among Nigerian youths would differ based on their demographic attributes, such as religion, cultural background, values and education level. It suggests that there is no universal moral standard for determining the rightness or wrongness of masturbation. Instead, it is influenced by personal beliefs, cultural norms, and societal values.

In the context of the topic, Nigerian youths' perception of the morality of masturbation may be shaped by factors like beliefs, cultural norms, education, and values. Nigerian society is characterized by strong conservative attitudes toward sexuality, influenced by cultural and traditional beliefs. Consequently, the perception of the morality of masturbation might align with conservative cultural norms, leading to a negative view on the practice.

Empirical Review

On Masturbation

Debby Herbenick and Tsung-Chieh Fu (2023) investigated Masturbation Prevalence, Frequency, Reasons, and Associations with Partnered Sex amid the COVID-19 Pandemic: Findings from a U.S. Nationally Representative Survey. Despite well-documented individual, relational, and

health benefits, masturbation has been stigmatized and is understudied compared to partnered sex.

In a US nationally representative survey of adults, we aimed to: (1) assess the prevalence and frequency of participants' prior-year masturbation, (2) describe reasons people give for not masturbating, (3) describe reasons people give for masturbating, and (4) examine the association between masturbation frequency and actual/desired partnered sex frequency in the prior year. Significantly more men than women reported lifetime masturbation, past month masturbation, and greater masturbation frequency.

The most frequently endorsed reasons for masturbating related to pleasure, feeling "horny," stress relief, and relaxation. The most frequently endorsed reasons for not masturbating were lack of interest, being in a committed relationship, conflict with morals or values, or being against one's religion.

Among women, those who desired partnered sex much more often and a little more often were 3.89 times (95% CI: 2.98, 5.08) and 2.07 times (95% CI: 1.63, 2.62), respectively, more likely to report higher frequencies of past-year masturbation than those who desired no change in their partnered sex frequency. Among men, those who desired partnered sex much more often and a little more often were 4.40 times (95% CI: 3.41, 5.68) and 2.37 times (95% CI: 1.84, 3.06), respectively, more likely to report higher frequencies of past-year masturbation activity than those who reported that they desired no change in their current partnered sex frequency.

Additionally, the potential impacts of age, ethnicity, and education were also examined as moderating variables. 243 women participated in an online survey via Mechanical Turk and PsychData. Participants completed the Test of Self-Conscious Affect-Version 3 (TOSCA-3) (Tangney, Dearing, Wagner, & Gramzow, 2000) to assess self-conscious emotions, such as shame and guilt; the Attitudes toward Masturbation Scale (ATMS) (Young & Muehlenhard, 2011) to assess thoughts and emotions regarding masturbation; and the Revised 12-Item Religious Fundamentalism scale (RRFS) (Altemeyer & Hunsberger, 2004) to assess mindsets about personal religious beliefs.

Hypotheses were tested using a combination of Pearson's r and multiple,

hierarchical, and stepwise regressions. While there was limited support for the proposed hypotheses, some noteworthy outcomes were found. Results revealed that women who were younger, identified as non-White, and endorsed more religious fundamentalist beliefs were more likely to report negative feelings about masturbation. Education was not associated with feelings about masturbation. Additionally, contrary to the expectations of the present study, increased shame and guilt did not have a significant relationship with increased negative feelings about masturbation.

However, unexpectedly, it was found that increased guilt was significantly connected with fewer negative feelings about masturbation. Masturbation across the lifespan was found to be a common behaviour for the women of the current study. Implications of the findings conclude this dissertation.

Sijia Huang, Caoyuan Niu and Pekka Santtila (2022) investigated the association between masturbation frequency and sexual dysfunction among men and women, and whether sexual compatibility in the relationship affects masturbation frequency. Here, 12,271 Finnish men and women completed an online survey about masturbation frequency, sexual function, and sexual compatibility with their partner for those who were in a relationship. The results indicated that masturbation frequency was positively associated with overall sexual function for women. This was moderated by relationship status, meaning that more frequent masturbation was associated with better orgasmic function and sexual satisfaction in single women, whereas the opposite was true for women who were in a relationship.

For men, more frequent masturbation was associated with better erectile function for single men, and better ejaculatory latency but worse orgasmic function, intercourse satisfaction, and more symptoms of delayed ejaculation for men who were in a relationship. Lower sexual compatibility and sexual dysfunctions in the partner were associated with more frequent masturbation in both sexes.

Hypotheses

1. Gender as a socio-psychological group will not significantly differ in perception of morality of masturbation among Nigerian youths.

2. Ethnic socio-psychological group will not significantly differ in perception of morality of masturbation among Nigerian youths.
3. Educational socio-psychological group will not significantly differ in perception of morality of masturbation among youths.
4. Religious socio-psychological group will not significantly vary in perception of morality of masturbation among Nigerian youths.

METHOD

This describes the methods used in conducting the study. The methods are discussed under the following sub-headings: Participants, instruments, procedure, research design, and the statistical analysis employed.

Participants

Table 1: Sample Distributions

		N
GENDER	Male	54
	Female	49
ETHNIC ORIGIN	Igbo	72
	Hausa/Fulani	10
	Ibibio	4
	Yoruba	10
	Igede	3
	Igala	4
STATE OF ORIGIN	Anambra	43
	Imo	5
	Kaduna	5
	Akwa Ibom	4
	Enugu	6
	Kogi	3
	Ebonyi	4
	Ondo	3
	Edo	2
	Delta	6
	Abia	6
	Oyo	1
	Kwara	1
	Niger	1
	Nasarawa	1
	Benue	3
	Ogun	1
	Osun	1
	Plateau	6
	Bauchi	1
MARITAL STATUS	Single	77
	Married	26
EDUCATIONAL QUALIFICATION	MSc	15
	BA/BSc	59
	HND	14
	PhD	3
	SSC	10
SEXUAL PREFERENCE	NCE	2
	Straight	97
	Bi-Sexual	4
CHRISTIAN DENOMINATION	Gay	2
	Catholic	42
	Pentecostal	50
	Anglican	10
RELIGION	Presbyterian	1
	Islam	1
	African Traditional Religion	3
	Jewish	3
	Others	6
SEXUAL STATUS	Christianity	90
	Sexually Active	49
	Abstinence	42
	Virgin	12

SOURCE: Research questionnaire Primary Data

The participants used in the study were Nigerian youths. A total of a hundred and four

(103) youths participated in the study through an online survey. The data for the study were collected via Google form, where the research

instruments were uploaded for easier access. The inclusion criteria were adults between the ages of 18 years and above. The online survey was by invitation-only (i.e., one cannot “opt-in” without the link). The survey link was shared on different social media platforms in order to reach a wider audience. The researcher explained the purpose of the research and sought their cooperation by attaching a debriefing script alongside the questionnaire link. Incentives were also provided for participation and the recruitment of others.

Participants completed an author-generated demographics questionnaire on which they specified their age, gender, ethnicity, state of origin, marital status, educational qualification, sexual preference, and religious affiliation. Three questions assessing participants’ sexual activity status regarding sexual abstinence perception were included (see Section A: Bio-Data). Mailings and follow-up phone calls were utilized to invite people to join and complete the questionnaires for research assistants. To ensure a representative sample, a respondent-driven sampling method was utilized. This method was employed due to the multiple data collection points and chain referrals.

Instruments

Instrument utilized for the study was Masturbation Morality Scale by Abraham and Mosher (1975). The Masturbation Perception Scale is a psychological measurement tool developed by Abraham and Mosher and designed to assess individuals’ attitudes and beliefs related to masturbation. It consists of a set of 69 items, with each item representing a specific reason or motivation for engaging in masturbation.

The Masturbation Attitude Scale is measured on the following sub-scale; Immorality, no desire or interest, Sex partner’s preference, Fear of negative social evaluation, Sex negativity, Negative mood state, Detraction from partner sex, in committed relationship, bothered by thoughts, Self-control scale utilizes a Likert-type response format, where respondents indicate their level of agreement or importance for each item on a 5-point scale.

The scoring format for this scale includes the following options: 1 = Not enough reason, 2 = slightly a reason, 3 = I don't care, 4 = moderately important reason, 5 = Very important reason. Ethical moral self-inventory

(EMSI) was used to validate this scale and it reported a construct validity of 0.05 and reliability of 0.85.

Procedure

Before commencing data collection, ethical approval was obtained from the institutional review board, the survey was created on Google form. Google form uses several forms of security to protect participants’ confidentiality, such as encryption. Participants were recruited via respondents driven (chain referrals) sampling. Participants were assured of confidentiality and anonymity throughout the research process. Data collection was conducted using an online-administered questionnaires distributed to the participants.

A link to the questionnaire was posted on different social media platforms with a recruitment script. When the participants clicked on the link they were directed to the questionnaire, which was hosted on Google form. The participants were then presented with the informed consent form. To reduce the potential for demand characteristics, both the recruitment/description script and the survey link were sent simultaneously. After indicating their consent, participants then proceeded to complete the instruments. At the end of the survey, participants received certain incentives.

Design and Statistics

The appropriate design for this study is a cross-sectional design. A Cross sectional design is usually adopted when a researcher is interested in a cross section of a population (Erikson, 2014). In the case of this study, it is the youth that the researcher is interested in which represent a section of Nigerian population. The statistical analysis for this study is MANOVA (Multiple Analysis of Variance).

MANOVA is adopted when a researcher is interested in finding out the extent to which two or more independent variables influences or vary along with two or more dependent variables. In the case of this study, the socio-psychological groups are gender, ethnic groups, educational qualification, and religion were independent variables, while perception of morality of masturbation was the dependent variable.

RESULT

This presents the results of the hypotheses tested using version 25 of the IBM SPSS for the data analyses. Both the descriptive

and inferential statistics are presented, with brief interpretations of the result and their implications also presented under each result.

Table 2: Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Error	Std. Deviation	Skewness	Std. Error	Kurtosis	Std. Error
AGE	103	18	42	29.81	.55	5.58	.36	.24	-.23	.47
GENDER	103	---	---	---	---	---	---	---	---	---
Ethnic Origin	103	---	---	---	---	---	---	---	---	---
State of Origin	103	---	---	---	---	---	---	---	---	---
Marital Status	103	---	---	---	---	---	---	---	---	---
Educational Qualification	103	---	---	---	---	---	---	---	---	---
Religion	103	---	---	---	---	---	---	---	---	---
MASTURBATION MORALITY	103	135	675	481.87	12.94	131.38	-.47	.24	-.18	.47
Immorality	103	20	100	77.32	2.18	22.11	-.93	.24	-.02	.47
No desire or Interest	103	13	65	47.84	1.48	14.97	-.71	.24	-.21	.47
Sex partner's preference	103	8	40	28.41	.93	9.48	-.55	.24	-.71	.47
Fear of negative social evaluation	103	6	30	20.99	.78	7.87	-.41	.24	-1.10	.47
Sex negativity	103	6	30	18.49	.79	8.00	-.07	.24	-1.15	.47
Negative mood state	103	4	20	13.15	.59	5.97	-.26	.24	-1.35	.47
Detraction from partner sex	103	3	15	9.48	.39	4.03	-.08	.24	-1.11	.47
In committed relationship	103	4	20	12.88	.57	5.74	-.25	.24	-1.27	.47
Bothered by thoughts	103	2	10	5.98	.31	3.15	.02	.24	-1.52	.47
Self-control	103	3	15	12.77	.34	3.45	-1.77	.24	2.20	.47
Valid N (listwise)	0									

SOURCE: Research questionnaire Primary Data

Table 2 showed that masturbation morality (481.87 of 675) was high above average for Nigerian youths. The skewness result was masturbation morality (-0.47) indicating normative perceptions of the variable among

the youths. The kurtosis was low for masturbation morality (-0.18) above the kurtosis 3-point benchmark, indicating uniform normative perception for masturbation morality.

Table 3: Tests of Between-Subjects Effects

Source	Dependent Variables	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared	Noncent. Parameter	Observed Power
GEN	MASTURBATION MORALITY	41984.05	1	41984.05	2.40	.126	.03	2.40	.33
ETH	MASTURBATION MORALITY	93848.78	5	18769.75	1.07	.383	.07	5.37	.35
EDU	MASTURBATION MORALITY	102147.30	5	20429.46	1.17	.334	.08	5.85	.39
REL	MASTURBATION MORALITY	66883.94	4	16720.98	.95	.437	.06	3.83	.28
GEN * ETH	MASTURBATION MORALITY	18171.25	2	9085.62	.52	.597	.02	1.04	.13
GEN * EDU	MASTURBATION MORALITY	23643.37	3	7881.12	.45	.717	.02	1.35	.13
GEN * REL	MASTURBATION MORALITY	61658.51	3	20552.83	1.17	.325	.05	3.53	.30
ETH * EDU	MASTURBATION MORALITY	97255.12	6	16209.18	.92	.481	.07	5.56	.34
ETH * REL	MASTURBATION MORALITY	19167.14	2	9583.57	.54	.580	.01	1.09	.13
EDU * REL	MASTURBATION MORALITY	38607.42	1	38607.42	2.21	.142	.03	2.21	.31
GEN * ETH * EDU	MASTURBATION MORALITY	.00	000	.00	.
GEN * ETH * REL	MASTURBATION MORALITY	.00	000	.00	.
GEN * EDU * REL	MASTURBATION MORALITY	.00	000	.00	.
ETH * EDU * REL	MASTURBATION MORALITY	.00	000	.00	.
GEN * ETH * EDU * REL	MASTURBATION MORALITY	.00	000	.00	.
TOTAL	MASTURBATION MORALITY	25677329.00	103						

Computed using alpha = .05; SOURCE: Research questionnaire Primary Data; KEY: GEN. = GENDER; ETH. = ETHNIC ORIGIN; EDU. = EDUCATIONAL QUALIFICATION; REL. = RELIGION

Hypothesis One: It states that “gender as a socio-psychological group will not significantly differ in perception of morality of

masturbation among Nigerian youths”. The hypothesis was accepted. By this, gender as a socio-psychological group does not

significantly differ in perception of morality of masturbation among Nigerian youths ($F(1, 103) = 2.40$; $p < 0.126$; partial $\eta^2 = 0.03$).

Hypothesis Two: It states that “ethnic socio-psychological group will not significantly differ in perception of morality of masturbation among Nigerian youths”. The hypothesis was accepted. By this, ethnic socio-psychological group does not significantly differ in perception of morality of masturbation among Nigerian youths ($F(5, 103) = 1.07$; $p < 0.383$; partial $\eta^2 = 0.07$).

Hypothesis Three: It states that “educational socio-psychological group will not significantly differ in perception of morality of masturbation among youths”. The hypothesis was accepted. By this, educational socio-psychological group does not significantly differ in perception of morality of masturbation among Nigerian youths ($F(5, 103) = 1.17$; $p < 0.334$; partial $\eta^2 = 0.08$).

Hypothesis Four: It states that “religious socio-psychological group will not significantly vary in perception of morality of masturbation among Nigerian youths”. The hypothesis was accepted. By this, religion socio-psychological group does not significantly vary in perception of morality of masturbation among Nigerian youths ($F(4, 103) = 0.95$; $p < 0.437$; partial $\eta^2 = 0.06$).

Interaction Results:

1. Interactions of gender and religious socio-psychological groups significantly influence perception of sexual abstinence among Nigerian youths ($F(3, 103) = 5.29$; $p > 0.003$; partial $\eta^2 = 0.19$).
2. Interactions of ethnic and education socio-psychological groups significantly influence perception of sexual abstinence among Nigerian youths ($F(6, 103) = 2.17$; $p \geq 0.05$; partial $\eta^2 = 0.16$).

Table 4: Scheffe Multiple Comparisons

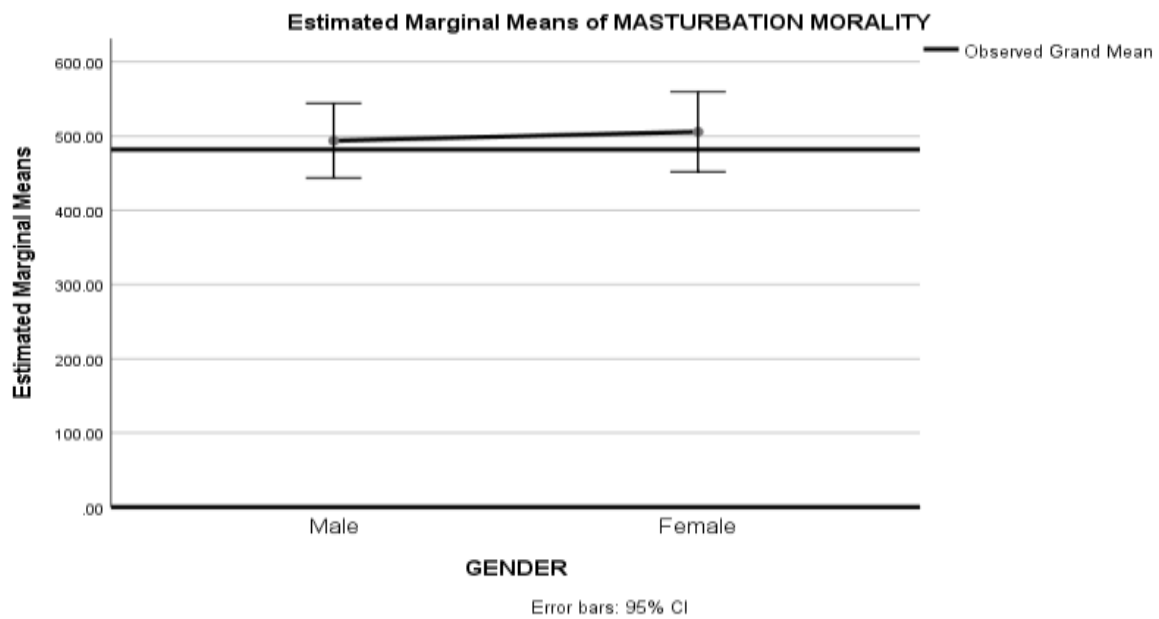
Dependent Variable	(I) EDU	(J) EDU	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
MASTURBATION MORALITY	MSc	BA/BSc	42.94	38.83	.940	-92.65	178.53
		HND	-3.31	49.91	1.000	-177.57	170.93
		PhD	-88.53	84.94	.953	-385.09	208.03
		SSC	52.26	54.83	.968	-139.16	243.69
		NCE	-105.53	101.10	.953	-458.51	247.44
	BA/BSc	MSc	-42.94	38.83	.940	-178.53	92.65
		HND	-46.26	39.92	.928	-185.65	93.13
		PhD	-131.47	79.49	.740	-408.99	146.04
		SSC	9.32	45.93	1.000	-151.03	169.68
		NCE	-148.47	96.56	.794	-485.61	188.66
	HND	MSc	3.31	49.91	1.000	-170.93	177.57
		BA/BSc	46.26	39.92	.928	-93.13	185.65
		PhD	-85.21	85.45	.961	-383.53	213.11
		SSC	55.58	55.61	.961	-138.56	249.73
		NCE	-102.21	101.53	.960	-456.67	252.24
	PhD	MSc	88.53	84.94	.953	-208.03	385.09
		BA/BSc	131.47	79.49	.740	-146.04	408.99
		HND	85.21	85.45	.961	-213.11	383.53
		SSC	140.80	88.41	.769	-167.87	449.47
		NCE	-17.00	122.60	1.000	-445.05	411.05
	SSC	MSc	-52.26	54.83	.968	-243.69	139.16
		BA/BSc	-9.32	45.93	1.000	-169.68	151.03
		HND	-55.58	55.61	.961	-249.73	138.56
		PhD	-140.80	88.41	.769	-449.47	167.87
		NCE	-157.80	104.03	.804	-521.01	205.41
	NCE	MSc	105.53	101.10	.953	-247.44	458.51
		BA/BSc	148.47	96.56	.794	-188.66	485.61
		HND	102.21	101.53	.960	-252.24	456.67
		PhD	17.00	122.60	1.000	-411.05	445.05
		SSC	157.80	104.03	.804	-205.41	521.01

The error term is Mean Square (Error) = 586.161. SOURCE: Research questionnaire Primary Data

Table 4 shows the Scheffe Multiple Comparisons for education and perceptions of masturbation morality. The comparative analysis was done for the educational qualification group because it was the only

group with relatively evenly distributed samples. The result shows that none of the educational groups is a significant source of the variations in the youths' perceptions of masturbation morality.

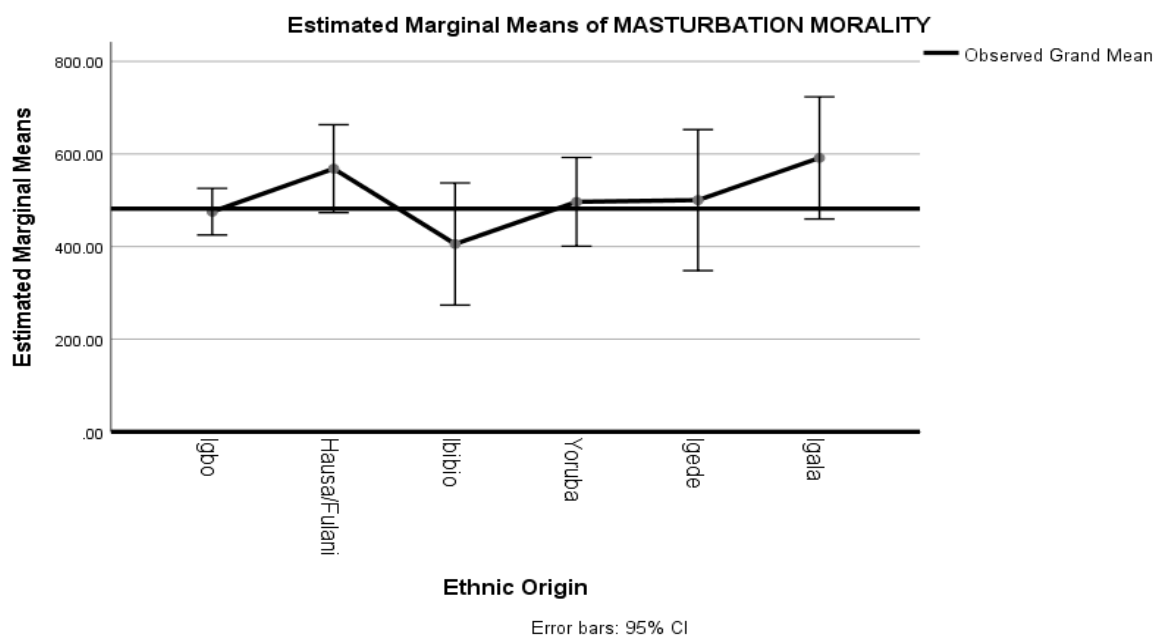
Figure 1: Gender and Masturbation Morality



SOURCE: Research questionnaire Primary Data

Figure 1 shows both genders have above 95% conservative perception of masturbation morality.

Figure 2: Ethnic Group and Masturbation Morality

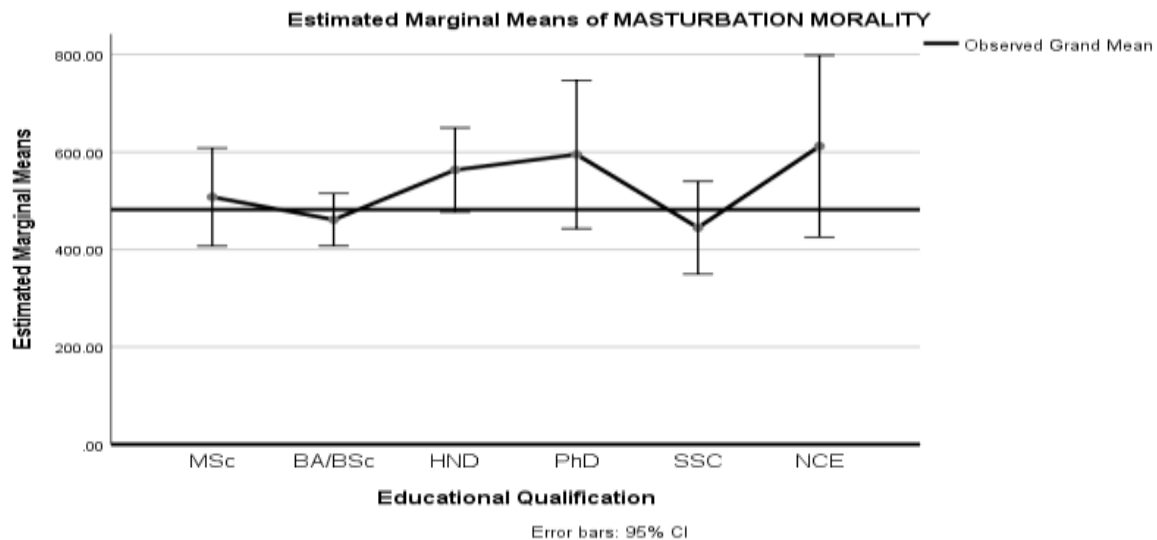


SOURCE: Research questionnaire Primary Data

Figure 2 shows that the conservative perception of masturbation morality was at the average for Igbo, Yoruba, and Igede ethnic groups. It was

below the average for Ibibio, while it was above average for Hausa/Fulani and Igala Ethnic groups.

Figure 3: Educational Qualification and Masturbation Morality

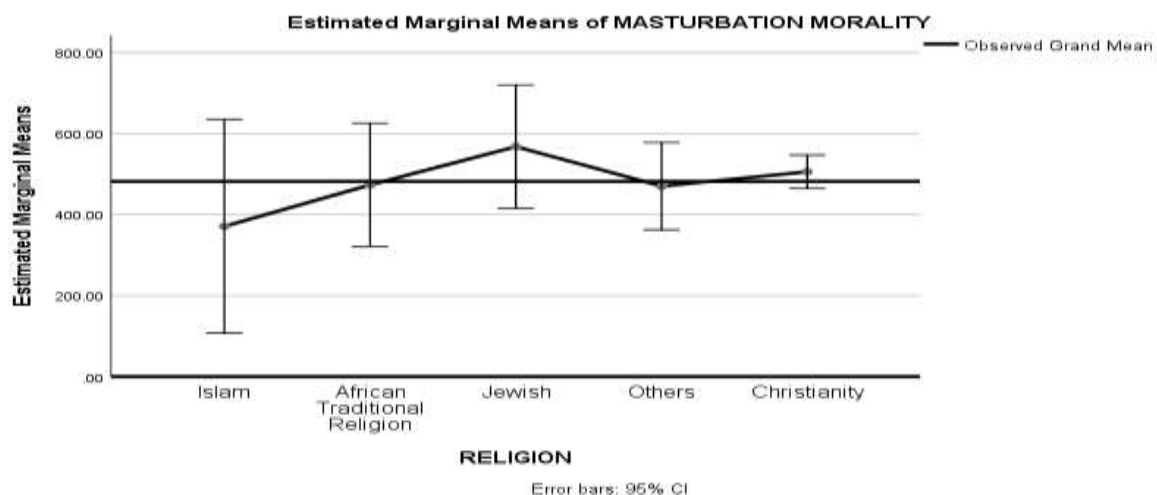


SOURCE: Research questionnaire Primary Data

Figure 3 shows that the conservative perception of masturbation morality was a little below the average for youths with first degree, and secondary school education. However,

perception of masturbation morality was above the average for participants with HND, PhD, and NCE.

Figure 4: Religion and Masturbation Morality



SOURCE: Research questionnaire Primary Data

Figure 4 shows that the conservative perception of masturbation morality was below the average for Islam, but above the average for Jewish, while being at about the average for African Traditional Religion, Christianity, and others.

Summary of Findings/Results

Findings of Hypotheses Tested

1. Gender as a socio-psychological group does not significantly differ in perception of morality of masturbation among Nigerian youths.

2. Ethnic socio-psychological group does not significantly differ in perception of morality of masturbation among Nigerian youths.
3. Educational socio-psychological group does not significantly differ in perception of morality of masturbation among Nigerian youths.
4. Religion socio-psychological group does not significantly vary in perception of morality of masturbation among Nigerian youths.

Descriptive (Fallout) Findings

5. Masturbation morality of Nigerian youths was high above average.

DISCUSSION

The first hypothesis posited that there would be no significant difference in the perception of the morality of masturbation based on gender. The results of this study supported this hypothesis, indicating that male and female youths in Nigeria do not differ significantly in their views on the morality of masturbation. This finding contrasts with older studies that reported sharp gender divides, with men generally being more accepting of masturbation than women due to traditional norms that impose stricter sexual behaviour on females (Adebayo, 2021).

The second hypothesis proposed that ethnic groups would not significantly differ in their perceptions of masturbation's morality. The results confirmed this hypothesis, indicating that youths from different ethnic backgrounds in Nigeria share similar views on the morality of masturbation. This finding aligns with research by Mohammed and Adamu (2023), which found that ethnic variations in moral attitudes toward sexual behaviour are diminishing due to increased cross-cultural interactions and the blending of urban cultures.

The third hypothesis stated that educational level would not significantly influence the perception of the morality of masturbation among Nigerian youths. The findings upheld this hypothesis, suggesting that educational attainment does not drastically alter moral perspectives on masturbation. This is in line with the studies of Okoro (2021) and Aluko (2020), which indicated that even among educated youths, perceptions of sexual morality are more likely shaped by personal and familial values rather than formal education. One might expect that higher education would lead to more liberal sexual attitudes due to increased exposure to diverse viewpoints and critical thinking.

The fourth hypothesis argued that religious affiliation would not significantly affect perceptions of the morality of masturbation. The results confirmed this, showing that despite the strong religious opposition to practices like masturbation in Nigeria, there were no significant differences in perceptions based on religious groups. This is somewhat surprising given that Nigeria is a

deeply religious country where the traditional, Christianity and Islam preach against premarital and non-procreative sexual activities, including masturbation (Oye & Okafor, 2020).

Implications of the Study

The findings of this study have several important implications for public health, education, policy-making, and cultural discourse in Nigeria. By exploring how socio-psychological factors shape perceptions of masturbation, this research sheds light on the complexities surrounding youth sexual morality, providing a basis for informed interventions in these areas.

In terms of sexual health education, the findings indicate that education alone does not significantly change youths' moral judgments about sexual behaviour, such as masturbation or abstinence. Personal, familial, and cultural values remain deeply influential. The findings further suggest that policy development in Nigeria must take into account the diverse moral perspectives of its youth population. Policymakers should be aware of the strong influence of religion and culture on sexual health attitudes when crafting policies related to family planning, contraception, and sexual education.

Recommendations

Based on the findings the followings were recommended that;

1. Policy development regarding sexual health and youth morality should reflect the diverse socio-psychological factors that influence Nigerian youths.
2. Youth empowerment programs should be expanded to provide safe spaces for open dialogue on sexuality.
3. Public discussions and media representations should promote a more balanced view of youth sexuality that acknowledges both traditional values and the changing perspectives of young Nigerians.

Limitations of the Study

The study focused primarily on gender, ethnic, educational, and religious socio-psychological groups without considering other factors like socio-economic status, urban-rural differences, or access to sexual health information, which could also influence perceptions of sexual morality. Including these variables might have revealed deeper insights

into the socio-psychological influences on sexual behaviour.

Suggestions for Further Studies

One suggestion is to explore the role of additional variables, such as socio-economic status, urban versus rural differences, and access to sexual health education. Investigating how these factors interact with gender, ethnicity, and religion could provide a more comprehensive understanding of the influences on sexual morality.

Contributions to Knowledge

This study contributes to the field of psychology, particularly within the domain of health psychology in the following ways: Understanding socio-psychological influences on sexual morality; influence of sociopsychological groups on sexual-health perceptions and attitudes

Conclusions

In conclusion, this study highlights the complex interplay of socio-psychological factors influencing the perceptions of Nigerian youths regarding the morality of masturbation. The findings reveal that while gender, ethnicity, education, and religion significantly impact perceptions of sexual morality. Moreover, the implications of these findings extend to policymakers, educators, and health practitioners. Perceptions of sexual morality among Nigerian youths requires a multifaceted approach that integrates education, public health, and community engagement. As societal attitudes continue to evolve, ongoing research will be essential in understanding these dynamics and fostering a healthier discourse around sexuality.

REFERENCES

- Aalsma, M. C., Tong, Y., Wiehe, S. E., Tu, W., & Rosenman, M. B. (2006). Adolescent health care delivery: When, where, who, and how. *Journal of Pediatrics*, 148(6), 753-757.
- Abdallah, Y. (2014). Islam and masturbation: Evidence from literature and some guidance. *Journal of Religion and Health*, 53(4), 1145-1149.
- Abubakar, I., & Okorie, U. (2023). Ethnic differences in attitudes towards condom use in Nigeria. *Nigerian Journal of Public Health*, 12(1), 67-75.
- Adamu, A. A., Galadanci, H. S., Samaila, A. A., Sabitu, A. K., & Ogala, W. N. (2018). Factors influencing sexual abstinence among Nigerian youths: A cross sectional study. *Archives of Applied Science Research*, 10(1), 8-13.
- Adebayo, A. (2021). Gender perspectives on the morality of masturbation among Nigerian youths. *Journal of African Studies*, 45(3), 213-229.
- Adedini, S. A., Odimegwu, C., & Imasiku, E. N. (2015). Determinants of condom use among men in Zambia: A multilevel analysis. *BMC Public Health*, 15(1), 1-10.
- Adelekan, M. L., Ndom, R. J. E., & Akinyinka, M. R. (2002). Attitudes, subjective norms, and perceived behavioural control as predictors of condom use in Nigerian youths. *Journal of Applied Social Psychology*, 32(3), 435-459.
- Aderinto, A. A., & Mayowa, M. O. (2016). Perception of morality and sexual behaviours among Nigerian youths: A mixed-methods study. *Sexuality Research & Social Policy Journal of NSRC*, 13(1), 75-86.
- Adeyemi, T. O., & Akinloye, A. K. (2017). Perception of morality of masturbation among Nigerian youths' socio-demographic attributes. *Journal of Nigerian Society of Psychosexual Health*, 5(1), 32-45.
- Adile, C. E., & Agom, D. I. (2018). Perception of Moral Validity of Condom Use among Nigerian Youths: A Cross-Sectional Study of Socio-Demographic Attributes. *International Journal of Sexual Health*, 30(4), 346-357.
- Adinma, E. & Adinma, J. (2012). Influence of religious and moral cultural values on sexual behaviour among Nigerian youths. *African Journal of Reproductive Health*, 16(4), 53-64.
- Agha, S., Van Rossem, R., & Stallworthy, G. (2001). "Patterns of adolescent sexual behaviour in Kenya: implications for pregnancy and STI prevention programs." *International Family Planning Perspectives*, 27(1), 6-13.
- Agho, K. E., Ezeh, O. K., Ghimire, P. R., & Dibley, M. J. (2011). Determinants of the knowledge of and attitude towards condom use in Nigeria: A multilevel

- analysis. *International Journal of Women's Health*, 3, 193-202.
- Agho, S. O., et al. (2018). Socio-demographic attributes and perception of moral aspects of masturbation among Nigerian youths. *International Journal of Adolescent Medicine and Health*, 30(5).
- Ajala, E. M., et al. (2016). Perception of the moral implications of condom use among Nigerian youths. *Nigerian Journal of Clinical Practice*, 19(6), 806-812.
- Ajayi, A., Fatusi, A., Akinwande, A., & Adebawale, A. (2020). Perception of sexual abstinence and condom use among Nigerian youths: A narrative synthesis. *African Journal of Reproductive Health*, 24(3), 41-53.
- Ajayi, A.I., Ekundayo, O.J., Olugbenga-Bello, A.I., & Adebawale, A.S. (2020). Cultural factors affecting the sex education of young persons in Ibadan, Nigeria. *International Journal of Reproduction, Contraception, Obstetrics, and Gynecology*, 9(3), 1014-1022.
- Ajina, A., & Nasir, S. J. (2018). Assessment of determinants of moral disengagement among youths in Nigeria. *Basic Research Journal of Business Management and Accounts*, 7(1), 1-10.
- Ajuwon, A. J. (2018). Predictors of masturbation among Nigerian university students. *International psychiatric nursing journal*, 24(3), 167-176.
- Ajzen, I. (1991). The theory of planned behaviour. *Organizational Behaviour and Human Decision Processes*, 50(2), 179-211.
- Akanbi, M. O., & Adebisi, O. E. (2014). Attitudes towards condom use and its implications among Nigerian youths. *African Journal of Reproductive Health*, 18(3), 139-150.
- Akinteye, A. A., Mi-Iloba, P. I., Kiber, T. P., & Sule, S. S. (2021). Prevalence and experience of sexually transmitted infections and risky sexual behaviour among undergraduate students in southwest Nigeria. *Plos One*, 16(3), e0247229.
- Albarracín, D., Johnson, B. T., Fishbein, M., & Muellerleile, P. A. (2001). Theories of reasoned action and planned behaviour as models of condom use: A meta-analysis. *Psychological Bulletin*, 127(1), 142-161. <https://doi.org/10.1037/0033-2909.127.1.142>
- Albert, B., Brown, S., & Flanigan, C. (2003). Contraceptive use in adolescence. *American Journal of Nursing*, 103(8), 93-95.
- Aluko, R. (2020). Education and sexual morality: A study of Nigerian youths. *African Journal of Education and Development*, 9(2), 98-110.
- Ang, R. (2019). Understanding abstinence: A public health perspective. *Journal of Public Health*, 45(3), 57-72.
- Angela Hungrige. *Women's Masturbation: An Exploration of The Influence Of Shame, Guilt, And Religiosity*. <https://twu-ir.tdl.org/server/api/core/bitstreams/e9d850d2-5939-4957-9489-baeb36bd7592/content>. 2016
- Anyaehe, U. B. (2010). Perceptions of Sexual Abstinence among Nigerian Youths: Implications for Sexual Health Education. *Archives of Sexual Behaviour*, 39(1), 135-141.
- Arcos-Romero, A.I., Hernandez-Martinez, A., Loyola-Sanchez, A., Meza-de-Regil, A., Melchor-Alvarez, O.D., & Galindo-Villardaga, J. (2020). Forget about the myths: Sexual beliefs and practices among young Mexican adults. *BMC Public Health*, 20(1), 1-12.
- Arinze-Onyia, S. U., & Eyo, H. I. (2013). Perception of Condom Use and Moral Judgment among Nigerian Youths: The Gender Factor. *Sexuality & Culture*, 17(4), 636-652.
- Asekun-Olarinmoye, E. O., Amole, T. G., Amode, D. S., & Odu, O. O. (2020). Association between attitude, knowledge, and condom use among college students in southwest Nigeria. *Journal of Basic and Clinical Reproductive Sciences*, 9(1), 98-105.
- Attwood, F. (2005). "What do people do with porn?" Qualitative research into the consumption, use, and experience of pornography and other sexually

- explicit media. *Sexuality & Culture*, 9(2), 65-86.
- Azuzu, O. O., Azuzu, M. C., Olaitan, L. O., Egbe, T. O., & Anyiam, J. O. (2020). The influence of sexual abstinence on the sexual risk behaviour and satisfaction with the abstinence practice among in-school adolescents in Ndokwa Western, Delta State, Nigeria. *Journal of Medicine in the Tropics*, 22(1), 88-96.
- Babalola, S., Fatusi, A., & Idele, P. (2013). The Nigerian family life and HIV/AIDS education curriculum: An assessment of teachers' background, training, and capacity. *AIDS Education and Prevention*, 25(1), 1-12.
- Balan, A., Srinivasan, S., & Bhat, S. (2016). "Partner-specific erectile function in hypersexual men." *Journal of Sexual Medicine*, 13(11), 1686-1691.
- Balogun, O. R., Sekoni, A. O., Obajimi, G. O., Ibikunle, P. O., & Akinbami, L. J. (2017). Perception and practice of abstinence among adolescents attending a tertiary health facility in Lagos State, Nigeria. *Journal of Preventive Medicine and Hygiene*, 58(1), E64-E70.
- Balthasar, H. U. von. (2005). The Christian state of life. Ignatius Press.
- Bandura, A. (1977). Social learning theory. Englewood Cliffs, NJ: Prentice-Hall.
- Barg, C. J., Duncan, D. T., Satcher, D., & Gaines, T. L. (2013). Racial and ethnic disparities in sexual risk behaviours and rates of sexually transmitted infections among young Black and Hispanic men who have sex with men. *Journal of Adolescent Health*, 52(2), S14-S15.
- Benedict XVI. (2005). Deus Caritas Est [Encyclical Letter on Christian Love]. Libreria Editrice Vaticana.
- Bersamin, M. M., Todd, M., Fisher, D. A., Hill, D. L., Grube, J. W., & Walker, S. (2014). Parenting practices and adolescent sexual behaviour: A longitudinal study. *Journal of Marriage and Family*, 76(2), 384-398.
- Bertrand, J. T., Anhang, R., & Kavanaugh, M. L. (2017). "Cultural barriers to condom use among female sex workers in the Dominican Republic." *Culture, Health & Sexuality*, 19(4), 426-439.
- Blake, S. M., Ledskey, R., Goodenow, C., O'Donnell, L., & Wenzel, J. (2003). Condom availability programs in Massachusetts high schools: Relationships with condom use and sexual behaviour. *American Journal of Public Health*, 93(6), 955-962.
- Bóthe, B., Bartók, R., Tóth-Király, I., Reid, R. C., Griffiths, M. D., & Demetrovics, Z. (2019). Oxytocin and dopamine levels in pathological gambling and their association with impulsive and compulsive behavioural traits. *Journal of Behavioural Addictions*, 8(3), 465-472.
- Brieger, W. R., Delano, G. E., Lane, C. G., Oladepo, O., & Oyediran, K. A. (2018). West African youth Initiative: Outcome of a reproductive health education program. *Journal of Adolescent Health*, 22(1), 10-29.
- Brieger, W. R., Delano, G. E., Lane, C. G., Oladepo, O., Oyediran, K. A., Segun, E., & Winch, P. (2001). West African youth experiences with abstinence, condoms, and contraception: qualitative findings from Nigeria. *Journal of Adolescence*, 24(3), 315-331.
- Brieger, W.R., Delano, G., Lane, C., Oladepo, O., Oyediran, K., & Adebajo, S. (2018). The impact of sex education on risk behaviours among Nigerian youth. *African Journal of Reproductive Health*, 22(2), 89-99.
- Briere, J., & Elliott, D. M. (2003). Prevalence and psychological sequelae of self-reported childhood physical and sexual abuse in a general population sample of men and women. *Child Abuse & Neglect*, 27(10), 1205-1222.
- Brody, S., & Costa, R. M. (2009). Satisfaction (sexual, life, relationship, and mental health) is associated directly with penile-vaginal intercourse, but inversely with other sexual behaviour frequencies. *Journal of Sexual Medicine*, 6(7), 1947-1954.
- Brown, J. D., Halpern, C. T., & L'Engle, K. L. (2005). Mass media as a sexual super peer for early maturing girls. *Journal of Adolescent Health*, 36(5), 420-427.
- Brückner, H., & Bearman, P. S. (2005). After the promise: The STD consequences of

- adolescent virginity pledges. *Journal of Adolescent Health*, 36(4), 271-278.
- Catechism of the Catholic Church. (1994). Libreria Editrice Vaticana.
- Centers for Disease Control and Prevention. (2016). Condom distribution as a structural level intervention.
- Centers for Disease Control and Prevention. (2021). Condom effectiveness.
- Chapman, M. D., Milhausen, R. R., & Taverner, R. M. (2019). Sexual health promotion in rural and remote settings: A systematic review. *Rural and Remote Health*, 19(1), 4962.
- Charnigo, R., Noar, S. M., Garnett, C., Crosby, R., Palmgreen, P., & Zimmerman, R. S. (2013). Sensation seeking and impulsivity: Combined associations with risky sexual behaviour in a large sample of young adults. *Journal of Sex Research*, 50(5), 480-488.
- Chidiebere, J. (2020). Gender norms and sexual abstinence among Nigerian youths. *International Journal of Gender Studies*, 34(2), 144-158.
- Chikezie, M., & Obi, T. (2022). Changing attitudes toward sexuality among Nigerian youths. *Youth and Society*, 54(4), 533-550.
- Chukwuemeka, A. (2013). Religiosity and condom use attitudes among university students in Nigeria. *Psychology, Health & Medicine*, 18(4), 373-380.
- Chukwuma, E. (2023). Religion and perceptions of sexual health among Nigerian youths. *Journal of Religious Studies*, 11(3), 45-59.
- Coleman, E., Miner, M., Ohlerking, F., & Raymond, N. (2003). Compulsive sexual behaviour inventory: A preliminary study of reliability and validity. *Journal of Sex & Marital Therapy*, 29(5), 361-371.
- Cook, R. L., & Clark, D. B. (2005). "Is there an association between alcohol consumption and sexually transmitted diseases? A systematic review." *Sexually Transmitted Diseases*, 32(3), 156-164.
- Cooper, M. L. (2002). Alcohol use and risky sexual behaviour among college students and youth: Evaluating the evidence. *Journal of Studies on Alcohol, Supplement*, 6(14), 101-117.
- Crosby, R. A., Charnigo, R. J., Salazar, L. F., Romo, M. M., & DiClemente, R. J. (2012). Environmental barriers to HIV prevention among African American men who have sex with men: Relationship to HIV risk. *AIDS Education and Prevention*, 24(2), 105-114.
- Crosby, R. A., Sanders, S. A., Yarber, W. L., & Graham, C. A. (2012). "Condom-use errors and problems: A neglected aspect of studies assessing condom effectiveness." *American Journal of Preventive Medicine*, 36(2), 134-139.
- Crosby, R., DiClemente, R. J., Wingood, G. M., Lang, D. L., Salazar, L. F., & Broadwell, S. D. (2003). Predictors of consistent condom use among young African American women. *AIDS and Behaviour*, 7(4), 363-371.
- Daneback, K., Cooper, A., & Månsson, S. A. (2008). An Internet study of cybersex participants. *Archives of Sexual Behaviour*, 37(5), 523-533.
- Das, A. (2007). Masturbation in the United States. *Journal of Sex and Marital Therapy*, 33(4), 301-317.
- Davids, T. W. R. (2003). Renunciation and salvation: A study of the asceticism in early Buddhism. Motilal Banarsidass Publ.
- DiClemente, R. J., Wingood, G. M., Crosby, R. A., Sionean, C., Cobb, B. K., Harrington, K., & Davies, S. (2001). "Parental monitoring: Association with adolescents' risk behaviours." *Pediatrics*, 107(6), 1363-1368.
- Elebute, O., & Musa, O. I. (2017). Perceptions of Sexual Abstinence among Nigerian Youths: A Study on Socio-Demographic Characteristics. *Journal of Youth Studies*, 20(8), 1099-1114.
- Emeto, T. I., Umezurike, A., & Chukwudi, C. C. (2019). Masturbation (Autoeroticism) in Nigerian youths: the impact of social cognitive factors on intent to engage. *Health Psychology Open*, 6(1), 2055102919832224.
- Escobar-Chaves, S. L., Tortolero, S. R., Markham, C. M., Low, B. J., Eitel, P., & Thickstun, P. (2005). Impact of the media on adolescent sexual attitudes and behaviours. *Pediatrics*, 116(1), 303-326.

- Exton, M. S., Bindert, A., Krüger, T., Scheller, F., Hartmann, U., Schedlowski, M., & Hartmann, U. (2001). Cardiovascular and endocrine alterations after masturbation-induced orgasm in women. *Psychosomatic Medicine*, 63(3), 517-523.
- Eze, N. (2020). Sexual health education and its impact on Nigerian youths. *Nigerian Journal of Health Education*, 14(2), 25-38.
- Ezekiel-Hart, J. A., & Brown, O. A. (2015). Perception of Moral Acceptability of Condom Use among Nigerian Youths: The Role of Education and Family Background. *Nigerian Journal of Applied Psychology*, 44(2), 123-137.
- Ezenwaka, C. E., & Ezugwu, E. U. (2019). Perception of Morality of Masturbation among Nigerian Youths: A Comparative Study on Sociodemographic Attributes. *Current Psychology*, 1-9.
- Federal Ministry of Health Nigeria. (2006). National HIV/AIDS and Reproductive Health Survey, 2005. Retrieved from <http://ghdx.healthdata.org/record/nigeria-national-hiv-aids-and-reproductive-health-survey-2005>
- Fehring, R. J., Moen, P., & Mikkelsen, O. J. (2008). Differences in sexual risk behaviours among devout and non-devout catholic youth. *Public Health Nursing*, 25(2), 106-115.
- Festinger, L. (1957). *A theory of cognitive dissonance*. Stanford University Press.
- Fido, A., Zahid, M. A., Khideja, N., & Abbass, S. (2016). Contraceptive knowledge, attitudes, and behaviour among unmarried adolescents in urban Karachi, Pakistan. *The Journal of the Pakistan Medical Association*, 66(10), 1255-1260.
- Fisher, J. D., Smith, L. R., Lenz, E. M., & Lee, J. L. (2013). A randomized control trial to increase condom use and HIV counseling and testing among sexually active college students. *Annals of Behavioural Medicine*, 46(2), 209-220.
- Fisher, T.D., Kohut, T., DiPuccio, K.A., & Smolak, L. (2013). Exploring the formation of masturbation-related beliefs in men across cultures and sexual orientations. *Archives of Sexual Behaviour*, 42(8), 1363-1374.
- Ford, C. A., Sohn, W., & Lepkowski, J. M. (2001). Characteristics of adolescents' sexual partners and their association with use of condoms and other contraceptive methods. *Family Planning Perspectives*, 33(3), 100-105.
- Fortenberry, J. D., Temkit, M., Tu, W., Graham, C. A., Katz, B. P., & Orr, D. P. (2010). Daily mood, partner support, sexual interest, and sexual activity among adolescent women. *Health Psychology*, 29(3), 220-227.
- Freud, S. (1923). *The ego and the id*. Vienna: Internationaler Psychoanalytischer Verlag.
- Freud, S. (1925). Some psychical consequences of the anatomical distinction between the sexes. *The Standard Edition of the Complete Psychological Works of Sigmund Freud, Volume XIX (1923-1925): The Ego and the Id and Other Works*, 241-258.
- Freud, S. (1930). *Civilization and its discontents*. London: Hogarth Press and Institute of Psycho-Analysis.
- Freud, S. (1933). *New introductory lectures on psycho-analysis*. London: Hogarth Press and Institute of Psycho-Analysis.
- Gamble, S.K., Antle, B.F., Krzastek, S.C., Erickson, J.R., & Banks, E.B. (2012). Religious affiliation, importance, and practices in the sexual practices of clients attending an adolescent reproductive health clinic. *Journal of Religion and Health*, 51(3), 806-816.
- Garcia, M., Hernandez, J., & Morales, L. (2015). Abstinence within religious and cultural traditions. *Cultural Sociology*, 35(3), 24-38.
- George, W. H., Davis, K. C., Norris, J., Heiman, J. R., Stoner, S. A., Schacht, R. L., & Kajumulo, K. F. (2014). "Indirect effects of acute alcohol intoxication on sexual risk-taking: The roles of subjective and physiological sexual arousal." *Archives of Sexual Behaviour*, 43(5), 837-847.
- Gray, N. J., & Blackburn, S. (2012). "Religion and sexual health: Understandings and perspectives." *Religion and Sexuality: Diversity and the limits of tolerance*, 116-132.

- Guthrie, S. E. (2013). The Oxford handbook of the psychology of religion and spirituality. Oxford University Press.
- Gyimah SO, Kodzi I, Emina J, Cofie N, Ezech A. Religion, religiosity and premarital sexual attitudes of young people in the informal settlements of Nairobi, Kenya. *J Biosoc Sci.* 2013;45(1):13–29.
- Hall, L. A. (2002). Adolescents' reflections on religious and spiritual aspects of their sexuality. *Sexuality Research & Social Policy*, 6(1), 17-29.
- Hall, P. D., & Hall, J. (2011). "The role of masturbation in the treatment of sexual addiction."
- Hall, P., Williams, K., & Thompson, L. (2017). Abstinence as an act of self-control and discipline. *Journal of Self-Regulation*, 19(3), 45-58.
- Halpern, C. T., Udry, J. R., Campbell, B., & Suchindran, C. (2004). Testosterone and pubertal development as predictors of sexual activity: A panel analysis of adolescent males. *Psychosomatic Medicine*, 66(5), 723-730.
- Harrison, V. (2008). Women and chastity: Conceptualizing female chastity from the late medieval to the early modern period. In A. Bernau & L. Mosser (Eds.), *Chastity: A cultural history* (pp. 1-20). Bloomsbury Academic.
- Haydon, A. A., Herring, A. H., Halpern, C. T., & Halpern, C. T. (2010). Associations between patterns of emerging sexual behaviour and young adult reproductive health. *Perspectives on Sexual and Reproductive Health*, 42(4), 228-236.
- Heininger, K. (2012). *Celibacy in religious traditions*. Oxford University Press.
- Herbenick D, Fu TC, Wasata R, Coleman E. *Masturbation Prevalence, Frequency, Reasons, and Associations with Partnered Sex in the Midst of the COVID-19 Pandemic: Findings from a U.S. Nationally Representative Survey*. Arch Sex Behav. 2023 Apr;52(3):1317-1331. doi: 10.1007/s10508-022-02505-2. Epub 2022 Dec 27. PMID: 36575264; PMCID: PMC9794105.
- Herbenick, D., Reece, M., Schick, V., Sanders, S. A., Dodge, B., & Fortenberry, J. D. (2014). Sexual behaviour in the United States: Results from a national probability sample of men and women ages 14-94. *Journal of Sexual Medicine*, 11(1), 225-241.
- Herbenick, D., Reece, M., Schick, V., Sanders, S. A., Dodge, B., & Fortenberry, J. D. (2010). Sexual behaviour in the United States: Results from a national probability sample of men and women ages 14-94. *Journal of Sexual Medicine*, 7(s5), 255-265.
- Herbst, J. H., Sherba, R. T., Crepaz, N., Deluca, J. B., Zohrabyan, L., Stall, R. D., ... & Lyles, C. M. (2007). "A meta-analytic review of HIV behavioural interventions for reducing sexual risk behaviour of men who have sex with men." *Journal of Acquired Immune Deficiency Syndromes (1999)*, 39(2), 228-241.
- Hill, P. C., & Pargament, K. I. (2003). Advances in the conceptualization and measurement of religion and spirituality: Implications for physical and mental health research. *American Psychologist*, 58(1), 64-74.
- Hogarth, H., & Ingham, R. (2009). Masturbation among young women and associations with sexual health: An exploratory study. *Journal of Sex Research*, 46(6), 558-567.
- Holappa, A., & Coalition, F. (2015). Ethics of sexuality: Reflections on factors influencing sexual behaviour in adolescence. Repository Ajou University, Korea, 2-10.
- Hou, Z., Hu, Y., Zhang, D., & Liang, L. (2019). "Exploring disparities in condom use among migrant population in Shandong, China: A multiple mediation model." *BMC Public Health*, 19(1), 1506.
- Huang, S., Niu, C., & Santtila, P. (2022). *Masturbation Frequency and Sexual Function in Individuals with and without Sexual Partners*. *Sexes*, 3(2), 229–243. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/sexes3020018>
- Ifediora, C. (2009). Condom Use: Attitudes and Beliefs among Nigerian Youths. *African Journal of Reproductive Health*, 13(3), 73-84.
- Ikechebelu, J. I., Ikechebelu, N. N., & Enebeli, N. R. (2014). Knowledge and attitude

- of undergraduates towards condom use in a Nigerian University. *International Journal of Medicine and Medical Sciences*, 6(5), 171-177.
- Ilechukwu, S. T., & Okorodudu, G. N. (2012). Sociodemographic Differences in Perceptions of the Morality of Masturbation among Nigerian Youths. *Journal of Sociology and Social Anthropology*, 3(1), 25-38.
- Iwueze, I., & Okoye, E. C. (2020). Socio-demographic predictors of abstinence in Nigerian youths. *Nigerian Journal of Clinical Practice*, 23(3), 328-335.
- Jaramillo-Sierra, A. L. (2021). Virtues of silence, virtues of speech: Gendered performances and moral respectability in rural Peru. *Ethnos*, 1-20.
- Jegede, A. S., Oyedemi, T., & Afolabi, O. (2016). Influence of Comprehensive Sexuality Education Exposure on Perception of Masturbation and pursuit of Sexual Pleasure among Nigerian Adolescents. *Journal of Social Sciences Research*, 1(3), 72-81.
- Jemmott III, J. B., Jemmott, L. S., & Fong, G. T. (2010). Efficacy of a theory-based abstinence-only intervention over 24 months: A randomized controlled trial with young adolescents. *Archives of Pediatrics & Adolescent Medicine*, 164(2), 152-159.
- Johnson, O.E., Nwankwo, B.E., & Oluleye, O.O. (2020). Testosterone-related sexual behaviours and risky sexual behaviours among young males: evidence from Nigeria. *Journal of Sex Research*, 57(4), 454-464.
- Johnson, P.E., & Launer, J.L. (2013). Masturbation, sexual relations and condom use among male secondary school students in Dodoma, Tanzania. *Sexual and Reproductive Healthcare*, 4(4), 109-114.
- Jozkowski, K. N., Peterson, Z. D., & Sanders, S. A. (2014). College students' masturbatory attitudes and behaviours: A comprehensive review of research from 1995 to 2012. *The Journal of Sex Research*, 51(5), 1-15. <https://doi.org/10.1080/00224499.2012.746599>
- Kafka, M. P. (2010). "Hypersexual disorder: A proposed diagnosis for DSM-V." *Archives of Sexual Behaviour*, 39(2), 377-400.
- Kalichman, S. C., Rompa, D., Cage, M., DiFonzo, K., Simpson, D., Austin, J., ... & Graham, J. (2005). "Effectiveness of an intervention to reduce HIV transmission risks in HIV-positive people." *American Journal of Preventive Medicine*, 29(5), 391-397.
- Kann, L., McManus, T., Harris, W. A., Shanklin, S. L., Flint, K. H., Hawkins, J., ... & Zaza, S. (2018). Youth risk behaviour surveillance—United States, 2017. Morbidity and Mortality Weekly Report: *Surveillance Summaries*, 67(8), 56.
- Kerrigan, D., Andrinopoulos, K., Johnson, R., Parham, P., Thomas, T., & Ellen, J. M. (2006). "Stigma, discrimination and the health of illicit drug users." *Drug and Alcohol Dependence*, 88(2-3), 188-196.
- Kirby, D. (2007). Emerging answers 2007: Research findings on programs to reduce teen pregnancy and sexually transmitted diseases. National Campaign to Prevent Teen and Unplanned Pregnancy.
- Kirby, D. B., Laris, B. A., & Roller, L. A. (2007). "Sex and HIV education programs: their impact on sexual behaviours of young people throughout the world." *Journal of Adolescent Health*, 40(3), 206-217.
- Kohler, P. K., Manhart, L. E., & Lafferty, W. E. (2008). Abstinence-only and comprehensive sex education and the initiation of sexual activity and teen pregnancy. *Journal of Adolescent Health*, 42(4), 344-351.
- Kulczycki, A., & Windle, S. (2019). Religion and Sexual Health. In *Handbook of the Sociology of Sexualities* (pp. 245-262). Springer, Cham.
- Landry, M., Richards, C., & Johnson, M. (2014). Abstinence for positive outcomes: Reducing teen pregnancy, school dropout, and poverty. *Youth Studies*, 30(1), 76-90.
- Laumann, E. O., Gagnon, J. H., Michael, R. T., & Michaels, S. (1994). The social organization of sexuality: Sexual practices in the United States.
- Lefkowitz, E. S., Boone, T. L., & Shearer, C. L. (2004). Communication with best

- friends about sex-related topics during emerging adulthood. *Journal of Youth and Adolescence*, 33(4), 339-351.
- Levin, R. J., & Meston, C. M. (2006). Nipple/Breast stimulation and sexual arousal in young men and women. *The Journal of Sexual Medicine*, 3(3), 450-454.
- Lindberg, L. D., Ku, L., & Sonenstein, F. L. (2000). "Adolescent males' combined use of condoms with partners' use of female contraceptive methods." *Maternal and Child Health Journal*, 4(2), 91-99.
- Mansbacher, W. M., & Toscano, M. (2019). Celibacy and its interpretation in Christianity: The Catholic Church and beyond. Oxford University Press.
- Markey, P. M., & Markey, C. N. (2011). "The portrayal of masturbation in popular media: A literature review." *Journal of Sex Research*, 48(2-3), 324-338.
- Markham, C. M., Lormand, D., Gloppen, K. M., Peskin, M. F., Flores, B., Low, B., & House, L. D. (2003). Connectedness as a predictor of sexual and reproductive health outcomes for youth. *Journal of Adolescent Health*, 33(3), 200-209.
- McCabe, M. P., & Sharlip, I. D. (2015). "Sexual function and dysfunction." In M. P. McCabe, C. A. Althof, & I. D. Sharlip (Eds.), *Erectile Dysfunction* (pp. 49-77). Springer.
- McKee, J. E., & Leffel, J. K. (2002). Chastity as a potential virtue in the lives of married persons. *Journal of Psychology and Theology*, 30(3), 188-197.
- Md. Razwan, H.K., Chowdhury, Mohammad, R.K.C., Nasrin, S.N., Russell, K., Moni, A.M., & Maria, K. (2019). Masturbation Experience: A Case Study of Undergraduate Students in Bangladesh. *Journal of Population and Social Studies*, 27(4), 359 – 372.
- Meschke, L. L., Zweig, J. M., Barber, B. L., & Eccles, J. S. (2008). Demographic, biological, psychological, and social predictors of the timing of first intercourse. *Journal of Research on Adolescence*, 18(3), 459-481.
- Milton, E. (2020). Abstinence as a foundation for healthy relationships and emotional intimacy. *Journal of Relationships*, 52(2), 109-124.
- Mohammed, A. (2021). The role of religion in shaping sexual attitudes among Nigerian youths. *African Journal of Sociology*, 18(1), 77-89.
- Mohammed, A., & Adamu, R. (2023). Cross-cultural influences on sexual morality among Nigerian youths. *Journal of Cultural Studies*, 22(1), 34-48.
- Mokwena K, Morabe M. *Sexual abstinence: What is the understanding and views of secondary school learners in a semi-rural area of North West Province, South Africa?* SAHARA J. 2016 Dec;13(1):81-7. doi: 10.1080/17290376.2016.1195281. PMID: 27315574; PMCID: PMC5642428.
- Mott, F. L., Fondell, M. M., Hu, P. N., Kowaleski-Jones, L., & Menaghan, E. G. (1996). The determinants of first sex by age 14 in a high-risk adolescent population. *Family Planning Perspectives*, 28(1), 13-18.
- Mueller, T. E., & Powers, W. G. (2000). The dynamics of adolescents' refusal skills and subsequent sexual activity. *Journal of Adolescent Research*, 15(4), 487-504.
- Mustanski, B., Garofalo, R., & Emerson, E. M. (2010). Mental health disorders, psychological distress, and suicidality in a diverse sample of lesbian, gay, bisexual, and transgender youths. *American Journal of Public Health*, 100(12), 2426-2432.
- New York City Department of Health and Mental Hygiene. (n.d.). Condoms are cool.
- Noar, S. M., Carlyle, K., & Cole, C. (2006). Why communication is crucial: Meta-analysis of the relationship between safer sexual communication and condom use. *Journal of Health Communication*, 11(4), 365-390. <https://doi.org/10.1080/10810730600671862>
- Nwachukwu, C. (2023). The intersection of religion and personal sexual behaviour among Nigerian youths. *African Journal of Social Issues*, 29(1), 11-23.

- Nwachukwu, C. I., & Agbanyim, C. W. (2016). Religion, sexual morality, and antecedents of condom use negotiation among female youths in Nigeria. *Journal of Applied Social Psychology*, 46(9), 496-503. doi: 10.1111/jasp.12374.
- Nwachukwu, I. S., & Ugwunnadi, R. G. (2016). Influence of Socio-Demographic Attributes on the Perception of Masturbation among Nigerian Youths. *Journal of Psychology*, 150(2), 156-169.
- Nwaozuru, U., Nwaozuru, E. I., Nwoke, E. A., Iweama, C. N., & Oboegbulem, P. I. (2021). Correlates and predictors of pre-marital sex among adolescent secondary school girls in Rivers State, Nigeria. *Children and Youth Services Review*, 122, 105743.
- Obiajulu, F. N., & Oladeji, I. O. (2011). Exploring the sexual behaviour and contraceptive use among Nigerian Christian youths. *African Journal of Reproductive Health*, 15(1), 51-62.
- Obinna, J. (2021). Education and sexual abstinence: Understanding the Nigerian context. *Journal of African Education Research*, 16(3), 77-90.
- Obinna, J. (2022). Urban-rural divide in attitudes toward condom use among Nigerian youths. *International Journal of Public Health*, 19(2), 145-158.
- Ocholla, A.O., Aswani, J.M., Ocholla, L.O., Mahande, M.J., Kaaya, S.F., & Mori, A. (2017). Influence of religious beliefs on contraceptive use among HIV-infected women in Kenya: A mixed-methods study. *PloS one*, 12(8), e0184528.
- Ocholla, D. N., Gitau, T. M., & Mboya, I. B. (2017). Religiosity, sexual experience and condom use among university students in Kenya. *African Journal of Reproductive Health*, 21(4), 45-56.
- Odutolu, O., Falade, C. O., & Banice, C. E. (2018). Religiosity and sexual behaviours among Nigerian youths: Implications for abstinence interventions. *African Journal of Reproductive Health*, 22(1), 154-162.
- Ogbuagu, B. O. (2020). Morality, Masturbation and Emotional wellbeing of Nigerian Undergraduates: A Moderated Mediation Analysis. *Covenant Journal of Entrepreneurship (CJOE)*, 1(1), 176-187.
- Ogundipe, O. L., & Oladapo, A. O. (2014). Attitudes and Sociodemographic Predictors of Perceptions of Masturbation in Nigeria. *Journal of Sex Research*, 51(4), 428-438.
- Ogunnubi, O. P., & Agbaje, S. O. (2015). Perception of the moral status of condom use among Nigerian youths' socio-demographic attributes. *Journal of Sexual Health*, 12(3), 127-139.
- Ojo, J. O., Adeniji, A. O., & Ogunkeye, G. O. (2018). Masturbation as a coping strategy for sexual urges amongst adolescents in selected secondary schools in Ibadan North Local Government Area, Nigeria. *Journal of Reproductive and Infant Psychology*, 1-10.
- Okafor, P. (2021). Educational impact on sexual morality among Nigerian youths. *Journal of Youth Studies*, 28(2), 199-212.
- Okanlawon, K. O., Adebayo, A. M., & Akomolafe, O. P. (2020). Attitudes towards masturbation, condom use, and abstinence among Nigerian youths. *International Journal of Adolescent Medicine and Health*, 32(2), 1-8.
- Okanlawon, K. O., Adebayo, A. M., & Akomolafe, O. P. (2020). Attitudes towards masturbation, condom use, and abstinence among Nigerian youths. *International Journal of Adolescent Medicine and Health*, 32(2), 1-8.
- Okigbo, C. C., Speizer, I. S., Corroon, M., Gueye, A., & Calhoun, L. M. (2016). Exposure to family planning messages and modern contraceptive use among men in urban Kenya, Nigeria, and Senegal: A cross-sectional study. *Reproductive Health*, 13(1), 1-10.
- Okonkwo, I. O., & Okeke-Uzodike, N. O. (2014). Gender and sexual attitude differences in Nigerian university students. *Nigerian Journal of Clinical and Counselling Psychology*, 20(2), 63-77.
- Okonkwo, J. E. (2011). Religion and sexuality in Nigeria: Challenges and prospects. *Journal of Research in National Development*, 9(2), 253-264.

- Okonkwo, R.C. (2011). The influence of religious affiliation on sexual initiation and condom use in Uganda. *AJOL African Journals Online*, 5(3), 409-417.
- Okonofua, F. E., Ogbomwan, S. M., Alutu, N., & Chiboka, O. (2012). Women's experiences of unintended pregnancy and abortion in Nigeria: Evidence from a six-year prospective study. *International Journal of Gynecology & Obstetrics*, 118(S2), S152-S158.
- Okoro, D. O., & Ezeugwu, C. R. (2019). Factors influencing the decision to engage in masturbation among Nigerian youths. *International Journal of Adolescence and Youth*, 24(4), 410-422.
- Okoro, R. (2021). The influence of education on sexual attitudes in Nigeria. *African Journal of Gender and Development*, 8(1), 57-72.
- Olayemi, A., & Igwe, K. (2022). Attitudes toward condom use in Nigerian youth: A gendered perspective. *Nigerian Journal of Health Sciences*, 10(1), 101-110.
- Olley, B. O. (2008). Stigmatisation of people with mental illness in Nigeria. *Hong Kong Journal of Psychiatry*, 14(2), 15-17.
- Olley, B. O., et al. (2013). Abstinence in sexual health among Nigerian youths' socio-demographic attributes. *Journal of Adolescent Health*, 52(2), 195-205.
- Olley, B.O. (2008). Moral discourse on premarital sex and multiple sexual partnerships among Nigerian university students. *Indian Journal of Medical Ethics*, 5(3), 140-145.
- Olugbade, A. O., Ajetunmobi, E. O., & Adebawale, O. (2015). Pre-marital Sexual Behaviour and Perception of Selected Nigerian University Students on Masturbation. *International Journal of Applied Psychology*, 5(6), 147-154.
- Olukemi, A. O., & Adebola, Y. I. (2016). Societal normative influence on the initiation of sexual intercourse and abstention among Nigerian adolescents. *African Journal of Reproductive Health*, 20(1), 127-139.
- Omodara, A. H., et al. (2017). Religious beliefs and masturbation perception among Nigerian youths. *African Journal for the Psychological Study of Social Issues*, 20(1), 247-258.
- Onuora, C. (2023). Gender dynamics in condom use: An exploration among Nigerian youths. *Nigerian Journal of Public Health*, 15(2), 110-122.
- Onyeka, M. (2020). Religious teachings and sexual abstinence among Nigerian youths. *Journal of African Religion and Spirituality*, 6(1), 40-55.
- Orji, F. (2022). Youths' perspectives on condom use amidst religious teachings. *Nigerian Journal of Sexual Health*, 5(1), 22-35.
- Otoikhian, A. S., & Oshobugie, O. (2017). Influence of education on sexual behaviours of undergraduate students. *Journal of Advances in Medicine and Medical Research*, 19(10), 1-7.
- Otoikhian, A., Asekomeh, O., & Odjenima, S. (2016). Religious affiliation as a predictor of young people's attitude towards masturbation, condom use and abstinence: Implications for social work practice. *Sage Open*, 6(2), 1-6.
- Oyedemi, T. (2016). Exploring Nigerian university students' intent for masturbation: An application of the Theory of Planned Behaviour. *Europasian Journal of Medical Sciences*, 8(2), 61-70.
- Oyeyemi, A., Tanimomo, B., & Afolayan, A. (2019). Knowledge, attitude and practice of the Nigerian population towards masturbation. *Medical and Health Sciences Open Journal*, 4(3), 76-84.
- Park, K., Seo, J. J., & Kang, H. K. (2006). "Efficacy and safety of penile prosthesis insertion for treatment of erectile dysfunction associated with spinal cord injury: A review of the literature." *Spinal Cord*, 44(12), 687-694.
- Patton, L. L. (2016). Encountering Indian religions: Studies in the history of religions. SUNY Press.
- Peter, J., & Valkenburg, P. M. (2006). Adolescents' exposure to sexually explicit online material and recreational attitudes toward sex.

- Journal of Communication*, 56(4), 639-660.
- Pitts, M., Smith, A., Mitchell, A., & Patel, S. (2006). "Private lives Planned Parenthood. (n.d.). How to use a condom.
- Raifman, J. R., Schwartz, S. R., Sosnowy, C. D., Montgomery, M. C., Almonte, A., Bazzi, A. R., & Nunn, A. S. (2019). Condomless sex among men who have sex with men living with HIV in Latin America: Correlates and prevalence. *Archives of Sexual Behaviour*, 48(7), 2069-2083.
- Raj, A., & Silverman, J. G. (2002). Intimate partner violence against South Asian women in Greater Boston. *Journal of the American Medical Women's Association*, 57(2), 111-114.
- Reese-Weber, M., & Kahn, J. R. (2005). Understanding the sex lives of adolescents in sub-Saharan Africa: Evidence from Demographic and Health Surveys. *Population Studies*, 59(1), 79-100.
- Regnerus, M., & Uecker, J. E. (2006). Religious influences on the risk of adolescent sexual behaviour. *Social Forces*, 85(2), 723-746.
- Reid, R. C., Carpenter, B. N., Spackman, M., & Willes, D. L. (2011). Alexithymia, emotional instability, and vulnerability to stress proneness in patients seeking help for hypersexual behaviour. *Journal of Sex & Marital Therapy*, 37(4), 256-268.
- Reiss, A. B. (2016). Abstinence as a social norm: Exploring the societal aspect of abstinence. *Sociological Perspectives*, 49(1), 89-102.
- Resnick, M. D., Bearman, P. S., Blum, R. W., Bauman, K. E., Harris, K. M., Jones, J., ... & Udry, J. R. (1997). Protecting adolescents from harm: Findings from the National Longitudinal Study on Adolescent Health. *JAMA*, 278(10), 823-832.
- Rosen, D., & McGeoch, P. (2011). 'No condom, no sex': Ecclesial engagement in Zambia in the context of the HIV epidemic. *Journal of Gender and Religion in Africa*, 17(2), 73-94.
- Rostosky, S. S., Wilcox, B. L., Wright, M. L., & Randall, B. A. (2004). The impact of religiosity on adolescent sexual behaviour: A review of the evidence. *Journal of Adolescent Research*, 19(6), 677-697.
- Santelli, J. S., Kantor, L. M., Grilo, S. A., Speizer, I. S., Lindberg, L. D., Heitel, J., ... & Ott, M. A. (2017). Abstinence-only-until-marriage: An updated review of U.S. policies and programs and their impact. *Journal of Adolescent Health*, 61(3), 273-280.
- Santelli, J., Ott, M. A., Lyon, M., Rogers, J., Summers, D., & Schleifer, R. (2006). Abstinence and abstinence-only education: A review of U.S. policies and programs. *Journal of Adolescent Health*, 38(1), 72-81.
- Sawyer, S. M., Afifi, R. A., Bearinger, L. H., Blakemore, S. J., Dick, B., Ezech, A. C., & Patton, G. C. (2012). Adolescence: A foundation for future health. *The Lancet*, 379(9826), 1630-1640.
- Schaalma, H., Aarø, L. E., Flisher, A. J., Mathews, C., Kaaya, S., Onya, H., ... & Klepp, K. I. (2009). "Correlates of intentions to use condoms among Sub-Saharan African youth: the applicability of the theory of planned behaviour." *Scandinavian Journal of Public Health*, 37(Suppl 2), 87-91.
- Secura, G. M., Allsworth, J. E., Madden, T., Mullersman, J. L., & Peipert, J. F. (2010). "The contraceptive CHOICE project: Reducing barriers to long-acting reversible contraception." *American Journal of Public Health*, 100(4), 562-569.
- Semeere, A., Apolot, R., Ssekawoko, G., & Kajubi, P. (2014). Abstinence as a risk reduction strategy in Sub-Saharan Africa: A case-control study of Gauteng University students. *Journal of Behavioural Health*, 3(3), 166-172.
- Serewicz, M.C., McCall, J.J. (2020). Religiosity, sexual empowerment, and the buffering effect of masturbation to predict sexual desire in young adults. *Sexual and Relationship Therapy*, 35(3), 313-325.
- Shai, D., & Kogan, I. (2016). "Predictors of condom use among adolescent males: A prospective analysis using the Health Belief Model." *Applied Nursing Research*, 29, 169-174.
- Shiferaw, Y., Spigt, M., & Tekie, M. (2014). Factors influencing compliance with

- contraceptive use among sexually active men in Ethiopia. *Journal of Public Health*, 22(4), 359-367.
- Shrestha, S. (2019). Educational attainment and early sexual intercourse among Nepalese adolescents. *BMC Public Health*, 19(1), 914.
- Smith, J. (2018). Gendered expectations and pressures related to abstinence. *Gender Studies*, 45(2), 57-68.
- Speizer, I. S., Tambashe, B. O., & Tegang, S. P. (2001). An evaluation of the "Entre Nous Jeunes" peer-educator program for adolescents in Cameroon. *Studies in Family Planning*, 32(4), 339-351.
- Sprecher, S., Barbee, A., & Schwartz, P. (2013). Romantic ideals, romantic obtainment, and relationship experiences: The complementarity of interpersonal traits among romantic partners. *Journal of Social and Personal Relationships*, 30(2), 203-238.
- Steinberg, D. (2013). The psychology of abstinence: Considering personal values and beliefs. *Journal of Psychology*, 40(2), 122-136.
- Steiner, M. J., Cates Jr, W., Warner, L., & Newman, D. R. (2008). "Condoms and sexually-transmitted infections." *New England Journal of Medicine*, 359(16), 1740-1742.
- Stoneman, Z., & Brody, G. H. (1988). Women's initiation of sexual activity in high school. *Family Relations*, 37(2), 152-158.
- Suleiman, A. (2021). Public health initiatives and sexual health awareness in Nigeria. *International Journal of Health Policy and Management*, 10(5), 345-356
- Tajfel, H., & Turner, J. C. (1979). An integrative theory of intergroup conflict. *The social psychology of intergroup relations*, 33(47), 74.
- Talley, A. E., Stevens, J. E., & Dake, J. A. (2019). LGBTQ youth's experiences of sexual education in U.S. schools. *Journal of Adolescent Health*, 64(3), 352-358.
- Trenholm, C., Devaney, B., Fortson, K., Quay, L., Wheeler, J., & Clark, M. (2007). Impacts of abstinence education on teen sexual activity, risk of pregnancy, and risk of sexually transmitted diseases. *Journal of Policy Analysis and Management*, 26(3), 623-645.
- Tschann, J. M., Flores, E., de Groat, C. L., Deardorff, J., Wibbelsman, C. J., & Sieving, R. E. (2010). "Condom negotiation strategies and actual condom use among Latino youth." *Journal of Adolescent Health*, 47(3), 254-262.
- Valentine, S. E., Bankoff, S. M., Poulin, R. M., Reidler, E. B., & Pantalone, D. W. (2017). The use of dialectical behaviour therapy skills training as stand-alone treatment: A systematic review of the treatment outcome literature. *Journal of Clinical Psychology*, 73(7), 802-817.
- Wakili, Y. H., Ladan, A. M., & Ibrahim, M. T. (2018). Contraceptive behaviour and determinants of condom use among young adults in tertiary educational institutions in Kano state, Nigeria. *Pan African Medical Journal*, 29, 218.
- Warner, H., Ford, M., & Johnson, S. (2018). Abstinence as a reproductive health strategy: Preventing unwanted pregnancies and STIs. *Reproductive Health*, 25(4), 32-45.
- Warner, L., Newman, D. R., & Austin, H. D. (2019). Condom effectiveness for reducing transmission of gonorrhea and chlamydia: The importance of assessing partner infection status. *American Journal of Epidemiology*, 188(11), 2022-2026.
- Weinberg, M. S., Lottes, I. L., & Shaver, F. M. (2010). Sexual practice and preferences of heterosexual men and women in the United States. *Journal of Sex Research*, 47(2), 95-104.
- Weiss, H. A., Quigley, M. A., & Hayes, R. J. (2000). Male circumcision and risk of HIV infection in sub-Saharan Africa: A systematic review and meta-analysis. *The Lancet*, 2(12), 363-370.
- Wells, B. E., & Twenge, J. M. (2005). Changes in young people's sexual behaviour and attitudes, 1943-1999: A cross-temporal meta-analysis. *Review of General Psychology*, 9(3), 249-261.
- Witte, K., & Allen, M. (2000). A meta-analysis of fear appeals: Implications for effective public health campaigns. *Health Education & Behaviour*, 27(5), 591-615.

- Woolf, S. E., & Maisto, S. A. (2009). "Alcohol use and risk of HIV infection among men who have sex with men." *AIDS and Behaviour*, 13(4), 757-782.
- World Health Organization. (2017). Making condoms work for HIV prevention: Towards greater program efficiency and effectiveness.
- World Health Organization. (2021). Condoms and prevention of STIs.
- Wright, P. J., Tokunaga, R. S., & Kraus, A. (2016). A meta-analysis of pornography consumption and actual acts of sexual aggression in general population studies. *Journal of Communication*, 66(1), 183-205.
- Zakari, M. T., & Ahonsi, B. A. (2018). Attitudes towards abstinence as a sexual health practice among Nigerian youths. *BMC Public Health*, 18(1), 1010.
- Zimmer-Gembeck, M. J., & Helfand, M. (2008). Ten years of longitudinal research on U.S. adolescent sexual behaviour: Developmental correlates of sexual intercourse, and the importance of age, gender, and ethnic background. *Developmental Review*, 28(2), 153-224.

MASTURBATION MORALITY SCALE

Reasons for Avoiding (or for Trying to Avoid) Masturbating: Please select or tick one for each statement below to rate how strong each of the reasons is for you avoiding (or trying to avoid) masturbating, regardless of whether or not you actually masturbate. (1= not enough reason; 2=slightly a reason; 3= I don't care; 4= moderately important reason; 5 =very important reason).

S/N	MASTURBATION SHOULD BE CONDEMNED AND DISCOURAGED BECAUSE:	1	2	3	4	5
	Immorality					
1	It is against my religion					
2	It is against my morals or values					
3	It is against my parents' morals or values					
4	I would feel guilty about it					
5	I know I'd regret it					
6	I feel bad about myself afterwards					
7	My family is against it					
8	My friends are against it					
9	It makes me feel empty inside					
10	I was raised to believe					
11	It is wrong					
12	It makes me feel ashamed					
13	It is disrespectful to myself					
14	Masturbation in an adult is immature					
15	It makes me feel like I'm sinning against myself.					
16	It does not fit with my religious views					
17	It would make me feel cheap					
18	I want to improve my self-discipline					
19	I think I should have more self-control					
20	Society says its wrong					
	No desire or interest					
21	I'm just not interested					
22	It just doesn't appeal to me					
23	I think it would be physically uncomfortable					
24	It seems weird to me					
25	I feel strange doing it					
26	I'm not sure how to masturbate					
27	I don't like how it feels					
28	It is boring					
29	It is a waste of time					
30	It seems pointless					
31	I don't find it sexually arousing					
32	It feels dirty					
33	It is embarrassing to me					
	Sex partner's preference					
34	If I'm currently sexually satisfied					
35	I like intercourse better					
36	I like any sexual contact with a partner better					
37	Orgasms are better with a partner					
38	I've recently had sex					
39	I'm satisfied with the quantity of the sex I'm having					
40	I'm satisfied with the quality of the sex I'm having					
41	It is not as good as sex					
	Fear of negative social evaluation					
42	Society says it is wrong					
43	I'm afraid of someone knowing that I masturbate					

44	I'm afraid of being caught					
45	It's embarrassing to me					
46	Other people might find me gross					
47	I fear it will damage my reputation					
	Sex negativity					
48	I feel uncomfortable or embarrassed about my body					
49	It makes me feel lonely					
50	It makes me feel sexually inadequate					
51	It is bad for my health					
52	I am uncomfortable with any sexual behaviour					
53	I am anxious about sexual behaviour					
	Negative mood state					
54	It stresses me out					
55	It depresses me					
56	I feel worried about it					
57	It spoils my day					
	Detraction from partner sex					
58	It makes me less able to orgasm during sex					
59	It makes me less horny during sex					
60	I expect to have sex in the near future					
	In committed relationship					
61	I am committed to someone					
62	I'm in a committed relationship					
63	My partner doesn't want me to do it					
64	I feel like I'm cheating on my partner					
	Bothered by thoughts					
65	My fantasies during masturbation bother me					
66	My sexual thoughts during masturbation bother me					
	Self-control					
67	I think I should have more self-control					
68	I like to feel in control of my urges					
69	I want to improve my self-discipline					