

# Parenting Styles and Sexual Behaviour among Teenage Girls in Kieni East Sub-County– Nyeri County, Kenya

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**Abstract:** Teenage stage is when an individual is in the transitional years from childhood to adulthood. This stage marks the onset of cognitive, physical and emotional changes therefore a very important time for the teenagers as they struggle with self-identity and career issues. Different parenting styles influence the lifestyles of the teenagers. Teenagers learn attributes and societal expectations through the parenting styles in their families. Parents play a vital role in shaping and developing acceptable morals to protect teenagers. The study addressed five study objectives namely to establish the influence of an authoritative parenting style on sexual behaviour amongst teenage girls, to assess the effects of authoritarian parenting style on sexual behaviour amongst teenage girls, to analyse the extent of involvement of permissive parenting style on sexual behaviour amongst teenage girls, to evaluate the challenges of neglectful parenting style on sexual behaviour amongst teenage girls, and to identify strategies to enhance responsible sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya. The research was supported by social learning theory by Bandura 1977 and later modified by Hensley in 2004 and attachment theory by Bowlby and Ainsworth in 1950. Mixed research method (qualitative and quantitative) approach specifically sequential explanatory design was used. The target population were girls aged 13-19 years from girl schools in Kieni East Sub County. A sample size of 392 girls were drawn. Data was collected using a self-administered structured questionnaire on parenting styles using the Index Parental Style (IPS), data on teenage sexual behaviour was collected using the Scale on Sexual Risk Taking (SSRT) and coping measures was collected using the Brief Resilient Coping Scale (BRCS). The quantitative data was then analysed using Statistical Package for Social Sciences (SPSS) version 26 while the qualitative data was collected using interview guides and analysed using thematic analysis. The study showed that being high or low in responsiveness and demandingness affected the sexual behaviour of the teenage girls in various ways. The results from the teenagers showed that the teenagers were quite resilient. The score obtained from the resilience scale used gave a mean average of 15.43 out of the possible 19.00. This means that with a standard deviation of 1.94, the resilience levels of the teenagers were considerably high. The study recommends that parents should consciously embrace positive aspects of the various parenting styles to enhance their relationships with teenagers since this will improve their sexual behaviour.

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## I. INTRODUCTION

The family is a socio-cultural-economic arrangement that exerts significant influence on teenager's behaviour and the development of their characters. Any ignorance on the part of parents may lead to unwanted damaging effects on teenagers' growth.

Family environment, which includes parenting style and family structure, contributes significantly towards impacting a teenager's development of sexual behaviour, partly because teenagers spend a lot of their time with parents who play an influential role in molding and shaping their behaviour. Hoeve, (2011), points out that parents are more frequently blamed for the bad sexual behaviour displayed by the teenagers. Some of the courts even penalize parents for the inconsiderate or antisocial conduct of their children (Hoeve, et.al 2011)

Parents play a great role in teenagers' sexual behaviour. Parenting styles use different traits (responsiveness or demandingness) for the growth of teenagers. Modernization has shifted societal standards, particularly among teenagers, including their sexual behaviour (Nurmala, Ahiyanasari, Wulandari, & Pertiwi, 2019). Premarital sexual activity is a problem in teenage sexual behaviour (Pradanie, Armini, & Untari, 2020). Teenagers have a high level of curiosity and are on the lookout for information regarding human sexuality. Whether it is through books, magazines, or the internet, there is a lot of knowledge about sex out there in films or photographs that are made officially or unofficially. Risky sexual behaviour rises due to lack of dialogue between teenagers and adults. Concerns about sexual issues have been raised by parents and instructors. Most people still think it is forbidden to talk to teenagers about sexuality and issues encountered in daily life (Kusmiran, 2011).

Teenagers' sexual behaviour has a distinct pattern even though it automatically carries a negative connotation. There are numerous diverse interpretations. Sexual behaviour is a type of activity aimed at attracting the attention of others, in most cases the opposite sex. The abuse may be in the form of dressing up, rolling of eyes, seducing, teasing, and whistling. Sexual behaviours include a wide variety of activities individuals engage in to express their sexuality (Crooks & Baur, 2008) like daydreaming, menstruation, kissing on the lips or cheeks, petting, and having sex. (Kissing and touching are sexual behaviours that stimulate the erogenous zones of one's partner). There is a diverse array of activities that can be classified as sexual behaviour: masturbation, oral-genital stimulation (oral sex), penile-vaginal intercourse (vaginal sex), and anal stimulation or anal intercourse.

The purpose of this study is to establish the impact of parenting styles on teenage sexual behaviour in Kieni East Sub-County- Nyeri County, Kenya.

## **II. METHODS**

### **Research Design**

The study adopted mixed methods approach specifically sequential explanatory design. Mixing two methods might be superior to a single method as it is likely to provide rich insights into the research phenomena that cannot be fully understood by using only qualitative or quantitative methods. A mixed-methods design can integrate and synergize multiple data sources which can assist to study complex problems (Poth & Munce, 2020). The application of mixed method was purposeful data consolidation which allowed the researchers to seek a wide view of their study by enabling them to view a phenomenon from different perspectives and research lenses (Shorten & Smith, 2017). The aim of the quantitative data was to promote understanding of the general research problem as well as the relationship between variables and answering the research questions. The qualitative data on the other hand was aimed at explaining the patterns that emerged from the quantitative analysis.

### **Location of the Study**

The study was conducted in Nyeri County, the specific locality being Kieni East Sub County. The researcher selected the area because according to UNESCCO, Health Education Resources, 2020 the teenage pregnancy and motherhood rate in Kenya stood at 18%. This implied that about 1 in every 5 teenage girls between the ages of 13-19 years, have either had a live birth or are pregnant with their first child. The rate increases rapidly with age from 3% among girls aged 13, to 40% among girls aged 19. The situation varies by county with some counties being disproportionately affected than the others. Based on the UNESCCO statistics the researcher settled on Kieni East Subcounty being one subcounty in Kenya to establish how parenting styles relate to sexual behaviour among teenage girls as presented in the national percentage. Participants from both private and public secondary schools for girls in the Sub-County participated in the study.

The sub-county is composed of three zones mainly; Narumoru, Gakawa, and Kabaruru zones. It is located between Nanyuki and Nyeri towns and on the southern slopes of Mt. Kenya. It borders Nyeri Central and Mathira West.

### The target population

Mugenda and Mugenda (2012) define the target population as the overall number of participant that the researcher intends to gather information from. This study targeted the teenage girls in selected secondary schools in Kieni East Sub County. According to the records obtained from Kieni East Sub-county Education Office (2022), there is a total of 32 secondary schools both private and public in the Sub-County. The study targeted 14 girl schools from which 5 schools were selected using 30% Mugenda Mugenda with a population of 3370 students. The population was appropriate since the secondary schools' students are generally at the teenage stage.

### Sample size and sampling procedures

Mugenda and Mugenda (2003) defined sampling as the process of selecting a number of individuals for study in such a way that the characters selected represent the large group from which they were selected. This implies that a sample is a small proportion of a population selected for observation and analysis. To get the required sample for this study, Yamane's formula was employed (Yamane, 1967).

$$\text{Yamane's formula is: } n = \frac{N}{1 + N(e)^2}$$

Where n= desired sample size

N=the population size

e=error

In this study the population size will be N= 3170 for girl students and e=0.05.

$$n = \frac{3370}{1 + 3370(0.05)^2}$$

$$n = 392$$

### Procedure

There is no exact size of sample, but it depends on the purpose of the study and the nature of the population under scrutiny (Cohen, et al, 2007). According to the data of the ministry of education, there are a total of 32 secondary schools of which 14 are girls' secondary schools in the sub County. Kothari (2017) recommended that in the cases where targeted population is insignificant (below 1000), a sample of about 30% of that population is sufficient for educational study. Simple random sampling procedure was used to arrive at 5 schools. The study took 43% of the 14 schools in the county. Further, simple random sampling was used to draw the participating students from each selected school. Therefore, the 392 students represented 11 % of all the 3370 students from the 14 schools in the Sub County was selected using simple random sampling technique so as to take control of the sample size. With this technique, the students had an equal opportunity of participating in the study. This technique therefore allowed the researcher to use a small sample to represent a large population of students in Kieni East Sub County, (Kombo & Tromp, 2007).

### Research instruments

The researcher used three sets of research instruments to measure the constructs among the respondents, given the depth of the study. The study required a deep exploration of opinion on parenting styles and sexual behaviour of teenage girls, and the researcher used three sets of research instruments to measure the constructs among the respondents. For the collection of quantitative data, the researcher used an Index Parental Style (IPS) established by Harrel in 2004, to establish the parenting styles, a Scale of Sexual Risk Taking developed by Metzler, Noell, and Biglan in 1992, to measure the sexual behaviour and a Brief COPE developed by Sinclair and Wallston in 2004 to measure the coping level. For the collection of qualitative data interviews were done to guide the result.

### III. RESULTS

The research sought to establish the relationship between parenting styles and sexual behaviour of teenage girls in terms of mean score of the students in Kieni East Sub County, Kenya.

Table 1: Descriptive Statistics of Parenting Styles

	N	Minimum	Maximum	Mean	Std. Deviation
Father Demandingness	348	1.00	6.87	4.8256	.91585
Father Responsiveness	347	1.00	6.64	4.9557	.91877
Mother Demandingness	350	2.21	7.00	5.2696	.78708
Mother Responsiveness	349	1.94	6.11	4.6679	.68691
Valid N (listwise)	345				

The results obtained showed that mothers demandingness scored the highest mean (Mean = 5.27 standard deviation 0.79) however mothers responsiveness had the lowest standard deviation. (Mean = 4.67 standard deviation 0.69). This means therefore that between the two parents, mothers were more responsive than the fathers who were more demanding (Mean = 4.83 standard deviation 0.92). This notion was supported by one of the participants who upon being asked the trait of her parents responded:

My mother is good and hardworking. She is free with me and teaches me many things. I consider her lovable and social. In many things she listens to me and even gives me support. She can be inquisitive sometimes but I like the way she understands me. When I am in problems, she is always available since she listens and is ready to understand. When we do discussions I feel that she has a listening ear. My father however, despite the fact that he becomes very happy when drunk, spends more time in his drinking sprees. Sometimes however, especially when sober, he is harsh, quite, strict, defensive high tempered and strict disciplinarian. (Teen 7, 2022)

#### 1.1 What is the influence of authoritative parenting style on sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya?

The first research objective was to assess the influence of an authoritative parenting style on sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya. When a parent scores high in both responsiveness and demandingness, they are considered authoritative. A correlation was done between these high scores and sexual behaviour. The results are presented in Table 2.

Table 2: Correlation Between Authoritative Parenting Style and Sexual Behaviour

		Sexual Behaviour
Mother Responsiveness (High)	Pearson Correlation	-.569
	Sig. (2-tailed)	.030
	N	203
Father Responsiveness (High)	Pearson Correlation	-.212
	Sig. (2-tailed)	.001
	N	200
Father Demandingness (High)	Pearson Correlation	.264
	Sig. (2-tailed)	.006
	N	87
Mother Demandingness (High)	Pearson Correlation	0.181
	Sig. (2-tailed)	.002
	N	233

Results obtained showed that there is a significant moderate negative correlation between a mother's responsiveness and sexual behaviour ( $p < 0.05$ ,  $r = -.569$ ). Similarly a weak negative correlation was found between the father's responsiveness and sexual behaviour ( $p < 0.05$ ,  $r = -.212$ ). This therefore means that for both parents a decrease in high responsiveness is related to increase in sexual behaviour. For instance the sexual behaviour of the teenager will increase when both the mother and father figure are no longer interested in the teenage girl telling them their troubles or when the parents no longer respects the teenagers' privacy. These results were in tandem with Piko&Balazs, (2012) who wrote that authoritative Parents opt to advice teenagers about the downsides of having sexual relationships while still in school, authoritative parents should always encourage open communication with teenagers. Other indicators of decrease in responsiveness include the parents not encouraging the girls to talk to them honestly and not spending time talking to them including doing things that are fun together. The parents may also lack interest in knowing where their teenagers are and what they do at their free time with friends they have chosen.

On the other hand however, Authoritative parents, since they still have high demandingness, had a weak positive correlation with sexual behaviour, Father ( $p > 0.05$ ,  $r = .264$ ). Mother ( $p < 0.05$ ,  $r = .181$ ). This therefore means that the more the parent is demanding from the teenager, the high chances they have to increase sexual behaviour. High in demandingness in this case implies that the parent is strict in making the teenager follow family rules, expects them to dress and act differently in places like church or arestaurant, than they do when with their friends, imposes their ideas on teenagers in such a way they shouldn't question them, punishes them and even makes decision for them.

Simons, Simons, & Wallace, (2004) recommend that Parents display acts of affection and support on one side and put forward disciplinary measures when boundaries are crossed. This balance between affection and discipline helps a teen to distinguish right from wrong. Such parents are helpful to the teenagers to develop into sensible individuals. Also, teenagers are aware of the consequences when found in any sexual relationship.

### 1.2 What are the effects of authoritarian parenting style on sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya?

The second research objective was to assess the influence of an authoritarian parenting style on sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya. When a parent scores low in responsiveness and high in demandingness, they are considered authoritarians. A correlation was done between these scores and sexual behaviour. The results are presented in Table 3.

Table 3: Correlation Between Authoritarian Parenting Style and Sexual Behaviour

		Sexual Behaviour
Mother Responsiveness (low)	Pearson Correlation	.369
	Sig. (2-tailed)	.021
	N	145
Father Responsiveness (low)	Pearson Correlation	.312
	Sig. (2-tailed)	.005
	N	148
Father Demandingness (High)	Pearson Correlation	.264
	Sig. (2-tailed)	.006
	N	87
Mother Demandingness (High)	Pearson Correlation	0.81
	Sig. (2-tailed)	.002
	N	233

The results obtained after the correlations were run showed that there was a positive correlation across all the indicators of authoritarian parenting style and sexual behaviour. The low parental responsiveness had a weak and positive correlation with sexual behaviour. Father ( $p = 0.05$ ,  $r = .312$ ). Mother ( $p < 0.05$ ,  $r = .369$ ). This therefore implies that, the more the parents score lower in responsiveness, the more the sexual behaviour of teenager increases and vice versa. This notion agrees with Odhiambo, Sifuna & Kombo (2020) who reported that authoritarian parents who demanded respect from teenagers, responded to misbehaviour by punishment, discouraged open communication, and expected obedience to rules without questioning resorted to teenagers abusing substances, while others became teenage mothers and street children.

On the other hand however, authoritarian parents are high in demandingness, this therefore means that they are strict in making the teenager follow family rules, expects them to dress and act differently in places like church or arestaurant, than they do when with my friends, imposes their ideas on teenagers in such a way they should not question them, punishes them and even makes decision for them. The results showed that the more demanding a parent was, the more likely the teenager increased their sexual behaviour. This was shown by the positive correlation weak positive correlation between demandingness of the parents and sexual behaviour Father ( $p > 0.05$ ,  $r = .264$ ). Mother ( $p < 0.05$ ,  $r = .181$ ). This notion is supported by cherry, (2015) who opine that the authoritarian parents are associated with the set of rules and standards that have to be followed, and in return, they offer no support or warmth. They focused only on obedience since they deem themselves superior to them. They, therefore, expected absolute obedience without any questions. They rarely engaged the teenagers in communication or activities that link them to the teenagers. They were also known not to trust the teenagers. They got information from outsiders about the teenager's behaviour and beliefs rather than asking the other party for a detailed explanation. They tended to be forceful in implementing set rules and believed that a teenager has no say whatsoever.

According to Cherry, (2015), authoritarian parents strongly warned teenagers about getting involved in any sexual activity, or else they faced heavy punishment such as corporal punishment or grounding. They often expected the teenagers to look after them in their old age and provide financial and psychological support, especially in their old age. The teenagers, however, had feelings of low self-esteem and unworthiness. The lack of support from their parents led them to sexual activities, (Zelege, 2013).

### 1.3 What is the extent of involvement of permissive parenting style and sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya?

The study sought to establish how permissive parenting style influenced sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya. A permissive parent is one that is high in responsiveness and low in demandingness. Results from the correlation obtained are presented in table 4.

Table 4: Correlation Between Permissive Parenting Style and Sexual Behaviour

		Sexual Behaviour
Mother Responsiveness (High)	Pearson Correlation	-.569
	Sig. (2-tailed)	.030
	N	203
Father Responsiveness (High)	Pearson Correlation	-.212
	Sig. (2-tailed)	.001
	N	200
Father Demandingness (low)	Pearson Correlation	-.214
	Sig. (2-tailed)	.011
	N	261



Mother Demandingness (low)	Pearson Correlation	- 0.381
	Sig. (2-tailed)	.023
	N	115

Results obtained clearly indicated that all the aspect of a permissive parenting style which include high responsiveness and low demandingness had a negative correlation with sexual behaviour. This therefore implies that the more the parents increased in high responsiveness, the more sexual behaviors decreased for teenagers. This was both for the mother ( $p < 0.05$ ,  $r = -.569$ ) and similarly a weak negative correlation was found between the high father's responsiveness and sexual behaviour ( $p < 0.05$ ,  $r = -.212$ ).

On the other hand, the lower the levels of parental demandingness, the more the sexual behaviour increased. Father ( $p > 0.05$ ,  $r = -.214$ ). Mother ( $p < 0.05$ ,  $r = -.381$ ). This notion is in tandem with the proposition by Baumrind, (2012) who suggested that permissive parents ascertained freedom every time, and minimized supervision hence giving the teenagers much free time, meaning that they were prone to getting involved in sexual activities. The lack of restrictions molded them into carefree people. Teenagers with permissive parents were more likely to engage in sexual activities (Baumrind, 2012). The lower levels of demandingness that was found in these parents may have increased the sexual behaviour of the of the teenagers since this is a concept Ofosu-Asiamah, (2013) agree with when he concludes from his study that teenagers from permissive households experienced several drawbacks and mostly became delinquents. In this case the delinquency is visible in their sexual behaviour.

#### 1.4 What are the challenges of neglectful parenting style on sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya?

The research question sought to establish the challenges of neglectful parenting style on sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya. A neglectful parent is one deemed low in responsiveness as well as in demandingness. The results obtained for the correlation of the two variables are presented in table 5.

Table 5: Correlation Between Neglectful Parenting Style and Sexual Behaviour

		Sexual Behavior
Mother Responsiveness (low)	Pearson Correlation	.369
	Sig. (2-tailed)	.021
	N	145
Father Responsiveness (low)	Pearson Correlation	.312
	Sig. (2-tailed)	.005
	N	148
Father Demandingness (low)	Pearson Correlation	-.214
	Sig. (2-tailed)	.011
	N	261
Mother Demandingness (low)	Pearson Correlation	- 0.381
	Sig. (2-tailed)	.023
	N	115

The results obtained from the correlation showed that there was a significant weak positive correlation between the low parental responsiveness and teenagers sexual behaviour. Father ( $p = 0.05$ ,  $r = .312$ ), Mother ( $p < 0.05$ ,  $r =$

.369). This therefore implies that the more the parents went into lower responsiveness to teenagers, the more their sexual behaviour increased. The parents are therefore supposed to be more responsive. Azoro (2010) stated that teenagers who faced rejection from their parents were most likely to engage themselves in sexual behaviours that negatively impacted in their lives. Some parents were neglectful and thus rejected their teenagers at any given point. This rejection made these teenagers develop hate towards family. They redirected the lost love to friends. These friends were sometimes known to mislead teenagers with neglectful parents into engaging in sexual activities.

On the same length, neglectful parents were also low in demandingness. When they went lower in demandingness, sexual behaviour increased. The results for the correlation in this study present the same. Father ( $p > 0.05$ ,  $r = -.214$ ), Mother ( $p < 0.05$ ,  $r = -.381$ ). This is line with Calafat et al., (2014) who pointed out that neglectful parents showed low responsiveness, and warmth to the teenagers, paid less attention, and offered little or no care and in the process therefore these parents appeared disconnected, low on sensitivity, undemanding, and not often set limits for the teenagers. They also did not pay any attention to the opinion and emotions of the teenagers. When respondents were asked for challenges they went through in their sexual life a respondent said:

I have nobody to share with about my sex life. My parents really don't care or have never talked to me about anything. They just let me be. However, I have realized that I am addicted to sex. This mostly happens when I am drunk. Even my friends have abandoned me because when I drink beer, I love having sex. Besides this also I have my problems that I have never shared with people. For example sometimes I even do not have sanitary towels and I can't share this. I lack guidelines from elderly people and therefore I end up experimenting. And for sure peer pressure is also real. ( Teen 5, 2022)

### **1.5 What are some strategies that can be used to enhance responsible sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya?**

The study sought to identify strategies that would enhance re responsible sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya. The qualitative data collected presented a number of themes on strategies that were suggested.

The respondents suggested that abstinence was a key strategy in enhancing responsible sexual behaviour. That the teenagers should learn how to say no to sex till marriage. This would require that the teenagers learn to wait. The other strategy echoed was avoiding being in isolated places with people that the teen is in love with. This would avoid temptations to engage in irresponsible sexual behaviour.

For those who admitted that they were not able to control themselves, they gave opinions that they needed to stick to one partner. The teenagers also suggested use of contraceptives to avoid the increase in pregnancies.

Guidance from the elderly people was also another strategy suggested by the youths in enhancing responsible sexual behaviour. This can be done through sharing with parents or getting role models from older youth who would guide the young ones.

The respondents also opined that respect for self and others would be key in enhancing responsible sexual behaviour. Teenagers should respect themselves by turning down offers that compromise their dignity. The teenagers need to make effective decisions that help them not to be exploited by anyone.

The researcher considered resilience as a strategy to enhance sexual behaviour and therefore measured the levels of resilience of the teenagers. The resilience levels of the teenagers were measured and results presented in Table 6.

*Table 6: Descriptive Statistics on Resilience*

	N	Minimum	Maximum	Mean	Std. Deviation
Resilience	350	9.00	19.00	15.4314	1.94174
Valid N (listwise)	350				



The results from the table shows that the students were quite resilient. The score obtained from the resilience scale used gave a mean average of 15.43 out of the possible 19.00. This therefore means that with a standard deviation of 1.94, the resilience levels of the teenagers were considerably high. The various aspects of resilience as measured by the scale are reported in Table 7.

Table 7: Aspects of Resilience

	N	Minimum	Maximum	Mean	Std. Deviation
I look for creative ways to alter difficult situations	350	1	5	3.63	1.543
Regardless of what happens to me, I believe I can control my reaction to it	350	1	5	3.87	1.273
I believe I can grow in positive ways by dealing with difficult situations	350	1	5	3.95	1.141
I actively look for ways to replace the losses I encounter in life	350	1	5	3.98	1.251
Valid N (listwise)	350				

The results presented in table 13 indicate that, the teenagers can actively look for ways to replace the losses they encounter in life. This is indicated by the highest means obtained for this aspect of resilience (Mean = 3.98,  $\pm$  1.25). Other factors of resilience were also examined and results presented in the table. These other factors were how the teenagers, regardless of what happens to them are able to control their reaction as well as their belief in the fact that they can grow in positive ways by dealing with difficult situations. The lowest mean was obtained in how the teenagers look for creative ways to alter difficult situations with a mean of 3.63 and a standard deviation of 1.54. Risky sexual behaviours are very difficult situation that the teenagers ought to disengage themselves from yet the results give this factor for resilience as the lowest in score.

#### IV. DISCUSSION

**Objective one:** The first research question investigated the relationship between authoritative parenting style and sexual behaviour of teenage girls in Kieni East Sub county, Nyeri County, Kenya. Results obtained showed that there is a significant moderate negative correlation between a mother's responsiveness and sexual behaviour ( $p < 0.05$ ,  $r = -.569$ ). Similarly a weak negative correlation was found between the fathers responsiveness and sexual behaviour ( $p < 0.05$ ,  $r = -.212$ ). This therefore means that for both parents a decrease in high responsiveness is related to increase in sexual behaviour.

On the other hand however, Authoritative parents, since they still have high demandingness, had a weak positive correlation with sexual behaviour, Father ( $p > 0.05$ ,  $r = .264$ ). Mother ( $p < 0.05$ ,  $r = .181$ ). This therefore means that the more the parent is demanding from the teenager, the high chances they have to increase sexual behaviour. High in demandingness in this case implies that the parent is strict in making the teenager follow rules.

**Objective two:** The second research objective was to assess the influence of an authoritarian parenting style on sexual behaviour amongst teenage girls in Kieni East Sub-County, Nyeri County, Kenya. When a parent scores low in responsiveness and high in demandingness, they are considered authoritarians.

The results obtained after the correlations showed that there was a positive correlation across all the indicators of authoritarian parenting style and sexual behaviour. The low parental responsiveness had a weak and positive correlation with sexual behaviour. Father ( $p = 0.05$ ,  $r = .312$ ). Mother ( $p < 0.05$ ,  $r = .369$ ). This therefore implies the more the parents score lower in responsiveness, the more the sexual behaviour of teenager increase and vice versa. The results showed that the more demanding a parent was, the more likely the teenager increased their

sexual behavior. This was shown by the positive correlation weak positive correlation between demandingness of the parents and sexual behaviour of the teenager, Father ( $p > 0.05$ ,  $r = .264$ ). Mother ( $p < 0.05$ ,  $r = .181$ ).

**Objective three:** The study sought to establish how permissive parenting style influenced sexual behaviour amongst teenage girls in Kiieni East Sub-County, Nyeri County, Kenya. A permissive parent is one that is high in responsiveness and low in demandingness. Results obtained clearly indicated that all the aspect of a permissive parenting style which include high responsiveness and low demandingness had a negative correlation with sexual behaviour. This therefore implies that the more the parents increased in high responsiveness, the more sexual behaviours decreased for teenagers. This was both for the mother ( $p < 0.05$ ,  $r = -.569$ ) and similarly a weak negative correlation was found between the high father's responsiveness and sexual behaviour ( $p < 0.05$ ,  $r = -.212$ ). On the other hand the lower the levels of parents' demandingness, the more the sexual behaviour increased. Father ( $p > 0.05$ ,  $r = -.214$ ). Mother ( $p < 0.05$ ,  $r = -.381$ ).

**Objective Four:** The research sought to establish the challenges of neglectful parenting style on sexual behaviour amongst teenage girls in Kiieni East Sub-County, Nyeri County, Kenya. A neglectful parent is one deemed low in responsiveness as well as in demandingness. The results obtained from the correlation showed that there was a significant weak positive correlation between the low parental responsiveness and teenagers sexual behaviour, Father ( $p = 0.05$ ,  $r = .312$ ). Mother ( $p < 0.05$ ,  $r = .369$ ). This therefore implies that the more the parents went into lower responsiveness to teenagers, the more their sexual behaviour increase. The parents are therefore supposed to be more responsive. On the same length, neglectful parents were also low in demandingness. When they went lower in demandingness, sexual behaviour increased. The results for the correlation in this study present the same. Father ( $p > 0.05$ ,  $r = -.214$ ), Mother ( $p < 0.05$ ,  $r = -.381$ ).

**Objective Five:** The study sought to identify strategies that would enhance responsible sexual behaviour amongst teenage girls in Kiieni East Sub-County, Nyeri County, Kenya. The resilience levels of the teenager were measured. The results from the teenagers showed that the teenagers were quite resilient. The score obtained from the resilience scale used gave a mean average of 15.43 out of the possible 19.00. This therefore means that with a standard deviation of 1.94, the resilience levels of the teenagers were considerably high.

## V. CONCLUSION

The study sought to establish the relationship between the four parenting styles and sexual behaviour of the teenage girls. The parenting styles were measured using the parameter of a mother's and a father's responsiveness and demandingness. When a parent scores low in responsiveness and high in demandingness, they are considered authoritarians. However, a parent who scores low in responsiveness and high in demandingness, are considered authoritarians. Permissive parents were low in demandingness but high in responsiveness. Neglectful parents had low responsiveness and demandingness. Findings from the study therefore clearly showed that being high or low in responsiveness and demandingness affected the sexual behaviour of the teenage girls in various ways. Therefore no particular parenting style was recommended for the improvement of sexual behaviour. However valuable information was obtained pertaining how these parameters of demandingness and responsiveness influenced the teenager's sexual behaviour.

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APPENDIX 1

Map of Nyeri County showing the 6 sub counties.

