

# Personality as a Predictor of Involvement in Risky Sexual Behaviour: A Study Conducted Among Students in Secondary Schools in Nyakach Sub-county Kisumu County, Kenya

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**Abstract:** Risky sexual behaviour is a common habit among young people in the world, but its relation with personality has not been explored exhaustively, especially in Kenya. The purpose of the study was to establish the relationship between personality sub-types and involvement in risky sexual behaviour among secondary school students in Nyakach Sub-county using a Correlational research design. A multistage random sampling was used to determine sample size of 46 schools (88%) and 390 students (22%). Data was collected using Eysenck's Personality Questionnaire (EPQ) and Risky Sexual Behaviour Questionnaires and analyzed using descriptive statistics (frequency, percentages and mean) as well as inferential statistics (Pearson Correlation and multiple regressions). The major findings of the study showed relationship between personality and involvement in risky sexual behaviour (for introversion  $r=-0.439$ , extroversion  $r=0.786$ , neuroticism  $r=-0.410$  and Psychoticism  $r=0.025$ ). Multiple regression at  $R^2=0.679$  showing that personality subtypes are significant predictors of involvement in risky sexual behaviour at 67.9%. The study recommended that categorizing and profiling the students into their most dominant personality subtypes is one way that can be used to offer strategic counseling so as to handle various students depending on their personality subtypes.

**Keywords:** Introversion, Extraversion, Neuroticism, Psychoticism, Risky Sexual Behaviour and Strategic Counseling

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## 1. Introduction

Zietsch, Verweij, Bailey, Wright and Martin [56] conducted a research on genetic and environmental influence on risky sexual behavior and its relationship with personality in Australia. The participants were drawn from Australia National Health and Research Council Twins Registry (ATR). The research design used was a cohort study, which was conducted in two phases, in phase one all twins pairs (N=4269 aged between 18 and 25) and in phase, two an additional group pairs in an older cohort (aged 27 and 57 years old) was asked to participate in sexual behavior and attitude study. The study found that risky sexual behavior was significantly negatively correlated with introversion ( $r=-0.27$ ). The findings suggested that genetic influences that

shape our personality may also predispose us to risky sexual behavior. Whereas the above reviewed study involved older participants (ages 27 to 57) who are not secondary school students, the present study has filled in the gap by conducting a correlation study among the secondary students in Nyakach sub-county, Kenya.

Kaufman, Peterson, and Geher [41] conducted a research on predicting preferences for sex acts, the trait which matter most and why? The research was carried out at New York University – U. S. A using a survey design. A sample of 607 young adults (144 males and 463 females) completed measures of each of those traits as well as a measure of preference for specific sex acts (a long with providing information on their sexual orientation). The trait predicted variety in preferences for sex acts with mating intelligence being the most predictive (for instance mating intelligence

was positively related to sex difference emerged e.g. male show a stronger preference for anal sex than the female do). Extraversion seems to have obvious social and reproductive benefits compared with introversion. However introversion's high incidence in human population begs the question of why introversion survives across generations (Nettle & Clegg, 2008). While the above reviewed study was more descriptive and predictive in preference to sex acts without touching the issue of group differences, the present study has bridged the gap by conducting both co relational and group difference study.

Mc Ghee, Ehrler and Buck halt [33] conducted a research on the relationship between five factors personality traits and risk – taking behavior in preadolescents. The participants in the study were drawn from a public school in Georgia – USA (27 males and 28 females). The result indicated that high extraversion and openness to experience and low conscientiousness were correlated with high risk – taking. The five factors personality inventory (FPI – Children) was significantly predictive of risk taking behavior and accounted for 42% of the risk taking variance based on a multiple regression analysis. The finding suggested that the same mechanisms that are associated with adult risk taking may already be present in children as young as 10 to 12 years of age. Whereas the above reviewed study dwelt on the personality and general risk taking, it did not consider the risky sexual behavior and Eysenck's personality dimension. The present study bridged the gap by narrowing down to the risk – taking behavior called risk sexual behavior and using Eysenck's personality perspective instead of the five factors model.

Marina [32] conducted a research on association between personality traits risk taking on behavioral task and risky behavior in Croatia. The five factors theory of personality was used. A sample of 92 students completed IPIP: a 300 item version of personality questionnaire used to assess five domains of personality. A composite measure of general propensity towards risky behavior was compiled of seven items. The result were as follows, extraversion and agreeableness were positively and openness was negatively was correlated to risky behavior. Whereas the reviewed study explored risk taking on behavioral task using five model factors, it was not specific to risk sexual behavior. The present study bridged the gap by looking into a specific behavior task called risky sexual behavior how it is related to personality considering the Eysenck's dimension of personality.

Shakerian [48] conducted a research on investigating personality trait and pre marital affair with opposite sex among university students of Sanandaj city. The study investigated the occurrence of communication and friendship among male and female, University students of Sanandaj city by considering their personality traits (neuroticism, extraversion, agreeableness, openness and conscientiousness). Research population in this descriptive correlation study included male and female University students from post – diploma to Masters Level at State and

non state university of Sanandaj. Sampling was done by two phase random cluster sampling method which considered the entire sample in second phase in the mentioned clusters. Totally 467 university students in 23 cluster or class took part in this study in the second education semester of 2010 – 2011. Regression analysis of the result proves that neuroticism personality has a meaningful contribution towards the premarital affair. Whereas the study reviewed investigate sexual behaviour. It was only limited to the pre – marital affair. The present study bridged the gap by studying relationship between personality and involvement in risky sex. While the above reviewed study focus on university student population of Sanandaj City, ignoring the secondary schools, the present study bridged the gap by considering secondary school students in Nyakach Sub County, Kenya.

Adrienne and Bischel [3] conducted a research on association between self rated health and personality. The objective of the study was to examine how big five personality factors predict variability in self rated health in a sample of older Africa Americans from the Baltimore study of block aging. Personality was measured by NEO personality inventory revised and self rated health was used by the Health Problems checklist. The participants were 202 women and 87 men ages ranging from 49 to 90 (M = 67.2 years, SD 8.55). Multiple regressions showed that neuroticism was significant regression predictors of self rated health, after controlling demography factors. In conclusion the findings suggested that individual personality traits may influence health ratings, behaviour and decision making. Whereas the above reviewed study concerns the influence of personality on health ratings behaviours and decision making without being specific to risky sexual behaviour. The present study bridges the gap by studying the relationship between personality and risky sexual behaviour. While the reviewed study focused on the five factor model of model of personality, the present study focused on Eysenck dimensions of personality which is much simply to analyze.

Momtaz and Mohammed [31] on the research topic: Sexual Risk among substance users and its relation to personality profile. 100 participants were used in the study. The quasi experimental design was used. The result showed that there was statistically significant difference in extroversion and neuroticism between cases of control. There were statistically significant difference between the cases and controls in terms of sexual sub scale of RAB. There was a significant correlation between Psychoticism and criminality sub scales in Eysenck personality questionnaire and the RAB in the case group. Whereas the above reviewed study entailed sexual risk among substance users and its relationship to personality. It did not single out risky sexual behaviour on its own hence the present study bridged the gap by looking into the relationship between personality and involvement in risky sexual behaviour.

Durvasula and Reagan [14] on the research title: Personality and sexual risk in HIV positive gay man. The present study examines the association between wide variety of personality variables and sexual risk factor because gay

population has high HIV prevalence in the United States. A sample of 107 HIV positive gay was used in the study. Personality was assessed multi-dimensionally using MCMI-III, Personality Assessment Screener (PAS) NEO – PI – R, Sensation Seeking Sides (SSS) and a structured clinical interview to assess personality disorders. The results revealed that a greater proportion of men with cluster B personality disorder (PD) diagnosis (borderline, narcissistic, antisocial or histrionic) reported having two or more sexual partners compared to those without a cluster B PD. Psychotic features, and hostile control scales were observed in men who reported consistent condom use (less risk). While the above reviewed study looks into risky sex and personality among gay men, it did not consider gay females and students. The present study bridged the gap by considering the students in the assessment of risky sexual behaviour.

Annette, Elizabeth and Ostergen [2] on the study: Youth, Sexual risk – taking behaviour and mental health: A study of University students in Uganda. A sample of 980 students was used. Self administered questionnaire assessing socio demographic and religious background factors, mental health, alcohol use and sexual behaviour was used. The result showed that Psychoticism was also significantly associated with high numbers of sexual partners. Female students were found to be at more risk of engaging in risky sexual behaviour than their male counterparts. Whereas the above reviewed study focused on risky sex and mental health, the present study only focused on personality and how it is related to risky sex.

Mwende [35] reported online on the article: introverts and dating in Kenya that extroverts are more involved in dating than introverts. This involvement in dating activities exposes the introverts at lower risk of engaging in risky sex than extroverts. Whereas the above literature focuses on introversion and dating, the perspective of sexual risk is not well covered. The present study has bridged the gap by considering risky sexual behaviour.

Alvergne [5] on personality and testosterone in men from a high fertility population in northern Kenya suggested that extroversion, a personality dimension associated with sociability, activity and dominance, predicts a man's mating effort in various human populations. At a proximate level, individual difference in extroversion are likely to be mediated through testosterone; a strong hormonal correlate with men's reproductive effort. The result of the study showed extroversion predicts higher testosterone in men. While the above study focuses on testosterone in men only, leaving the youths. The present study bridged the gap by investigating relationship between extroversion and involvement in risky sexual behaviour among youths.

Lubomir and Jana [26] on the online article risk preference under acute stress conducted a qualitative research and reported that neuroticism is significantly related with acute risk taking in financial sector, banking sector and everyday life. Whereas the above reviewed study was conducted in Kenya, the perspectives of sexual risk preferences were not investigated. The present study bridged the gap by

investigating the relationship between neuroticism and involvement in risky sexual behaviour.

Ndeti [38] conducted a cross sectional study of co-occurring suicidal risk and Psychoticism in Nairobi (n=691). The results indicated that significant positive correlation ( $p < 0.05$ ) between Psychoticism and suicidal symptoms. Whereas the above reviewed literature involves a cross sectional study in Nairobi, the student population was left out. The present study bridged the gap by investigating the relationship between Psychoticism and risky sexual behaviour. The cumulative HIV data (children 14 years and above) from 2012 to 2014 were as follows in Nyakach: 50332 children were under cotrimoxazole therapy for HIV, 6 under WHO stage 4, 260 under WHO stage 1, 608 under prophylaxis therapy, 215 under WHO stage 2, 19 enrolled ART, 68 enrolled ART PMTCT, 34 on PEP and 581 not started on ART KHIS data [15].

Following the KHIS data [15] for people living with HIV/AIDS in Nyakach Sub County, it is evident that persistence in risky sexual behaviour is a major problem among the residents of Nyakach especially among young people. The causes of high prevalence of risky sexual behaviour in Nyakach may be attributed to socioeconomic, cultural, developmental and behavioural aspects of life. Review of available literature shows that the researches have been done on effects and factors promoting involvement in risky sexual behaviour, leaving out the behavioural aspect of personality. The present study therefore filled the gap by investigating the relationship between personality subtypes and involvement in risky sexual behaviour among secondary School students in Nyakach Sub County, Kisumu County.

The following hypotheses were tested:  $H_{a1}$ : There is statistically significant relationship between introversive personality subtype and involvement in risky sexual behaviour.  $H_{o1}$ : There is no statistically significant relationship between introversive personality subtype and involvement in risky sexual behavior.  $H_{a2}$ : There is statistically significant relationship between extroversive personality subtype and involvement in risky sexual behaviour.  $H_{o2}$ : There is no statistically significant relationship between extroversive personality subtype and involvement in risky sexual behaviour.  $H_{a3}$ : There is statistically significant relationship between neurotic personality subtype and involvement in risky sexual behaviour.  $H_{o3}$ : There is no statistically significant relationship between neurotic personality subtype and involvement in risky sexual behavior.  $H_{a4}$ : There is statistically significant relationship between Psychoticism personality subtype and involvement in risky sexual behaviour.  $H_{o4}$ : There is no statistically significant relationship between Psychoticism personality subtype and involvement in risky sexual behaviour.

## 2. Methodology

A correlational research design was used to study extraversion and involvement in risky sexual behaviour

considering the target population of 15,678 students in 54 secondary schools in Nyakach. A multistage random sampling was done at divisional level, school and class room level. A sample size of 46 schools (88%) and 390 students (22%) was obtained. The following are sampling matrices

**Table 1.** Sampling matrix for respondents.

Sample units	Sampling method	Target population	Sample size	Percentage
Schools	Simple random	52	46	88%
Students	Simple random	15,678	390	22%
Division	Simple random	3	3	100%

**Table 2.** Sampling matrix for schools.

School type	Sampling method	Target population	Sample size	Percentage
Boys	Simple random	3	2	67%
Girls	Simple random	4	3	75%
Mixed	Simple random	45	41	91%
Total		52	46	88%

**Table 3.** Sampling matrix for classes.

Class	Sampling method	Sample size	Percentage
Form one	Simple random	97	0.62%
Form two	Simple random	98	0.625%
Form three	Simple random	98	0.625%
Form four	Simple random	97	0.62%
Total		390	2.49%

The Eysenck's personality questionnaire (EPQ) and risky sexual behaviour questionnaire were administered to the sampled participants. Once the research permits from university or NACOSTI had been granted, letters of transmittal were prepared and personally delivered to prospective and respective participant to seek their willingness and consent to participate in the study. Two days were used to get and fix appointments dates. On the dates of data collection, the Researcher supervised the administering of the instruments personally. Accuracy in data recording was emphasized by confirming key issues with respondents before closing the session. The exercise of data collection took a week; each respondent was given at least 20 minutes to fill questionnaires. The quantitative data collected from the study was analyzed in different ways using the version 19 of SPSS. The data measured at interval scale was analyzed using descriptive and inferential statistics: frequency distribution, percentages and Pearson correlation. The hypotheses were tested at 95% level of confident with a margin error of 5%  $\alpha = 0.05$ . During the study, a number of ethical considerations were maintained. The potential research participants were provided with information which enabled them to make an informed decision as to whether they want to participate in the research study or not. The informed consent was obtained from respective school heads and students, who were the informant. The confidentiality was upheld at all cost by ensuring there were no details in the questionnaire which could reveal the identity of the participants. The reliability of questionnaires was obtained through internal consistency with Cronbach's constant at

0.632 while validity through experts reviews.

### 3. Results and Discussion

#### 3.1. Questionnaires Return Rate

There was 100% response rate for schools since the questionnaires were administered to students in all the sampled 46 schools in Nyakach Sub-County. This was achieved because the researcher made sure he visited all the sampled schools during data collection. However, there was 99.7% return rate of questionnaires for students (Table 4) in which all the questions in the questionnaires were answered. The high questionnaire return rate was achieved because the researcher made call backs and administered the instruments to each respondent in person to ensure that each and every respondent took part in the study. However, one of the student respondents did not fully complete the questionnaire having filled in most of the answers but failed to answer some parts. This led to the less than 100% return rate. Table 4 shows the comprehensive questionnaire return rate for different categories of respondents and sample target.

**Table 4.** Questionnaire Return Rate.

Respondent category	Number targeted for response	Number who responded	Percentage response rate
Boys Schools	2	2	100%
Girls Schools	3	3	100%
Mixed Schools	41	41	100%
Students	390	389	99.7%

Source: Researcher's data

#### 3.2. Respondents Demographic Characteristics Student Respondents' Sex

The respondent's sex was very important in this study and the findings are presented in table 5

**Table 5.** Student Respondents sex.

Respondent Category	Male		Female	
	Frequency	Percentage	Frequency	Percentage
Boys Schools	22	100%	-	-
Girls' schools	-	-	30	100%
Mixed Schools	169	50.1%	168	49.9%
Overall	191	49.1%	198	50.9%

Source: Researcher's data

Considering the response by sex, majority of the student respondents were girls (58.3%) with boys making only 41.7%. this could be attributed to the fact that more girls schools (3) than Boys Schools (2) were sampled. However, in the mixed schools, there were 53.2% boys respondents to 46.8% girls' respondents. A previous study by Annette, Elizabeth and Ostergren, [1] found that female students are more at risk or susceptible to risky sexual behavior. Therefore, the sex distribution in this study was evenly distributed about the average with males and females balancing out about the 50% average.

### 3.3. Correlation: Introversion and Involvement in Risky Sexual Behaviour

The study sought out to establish any correlation between introversive personality subtype and involvement in risky sexual behaviour. To achieve this, Pearson correlation analysis was conducted on the responses of those student respondents who scored highly on the introversive scale ( $n=139$ ). The findings were as shown in table 6.

**Table 6.** Correlation - Introversive and Involvement in Risky Sexual Behaviour.

Personality subtype	Statistic	Risky Sexual Behaviour
Introversive	Pearson Correlation	-.439**
	Sig. (2-tailed)	.006
	N	139

\*\*correlation is significant at the 0.01 level (2 tailed)

Source: Researcher's Analysis

The study findings shows a strong negative correlation of  $r = -0.439$ . This implies that students exhibiting strong introversive characteristics are less likely to engage in risky sexual behaviour. These findings are consistent with those of Zietsch et al., [56] who reported that there exists a relationship between introversive personality subtype and risk taking with  $r = -0.27$  and introversive personality subtype are less likely to take risks. Further, an increase in introversive characteristics leads to a decrease in the tendency and involvement in risky sexual behaviour. These findings are also consistent with those of Schmitt and Todd [45] who reported a weak correlation between introversion and risky sexual behaviour. The correlation results are significant at  $p < 0.01$  since our two-tailed significance for introversive personality and risky sexual behaviour is 0.006 which is actually less than the  $p$  value of 0.01. And since significant level 0.006 is less than the common alpha 0.05 ( $p < 0.05$ ) we reject null hypothesis  $H_{01}$ : There is no statistically significant relationship between introversive personality subtype and involvement in risky sexual behaviour hence  $H_{A1}$  is adopted: There is a statistically significant relationship between introversive personality subtype and involvement in risky sexual behaviour.

### 3.4. Correlation Between Extroversion and Risky Sexual Behaviour

A two tailed bivariate Pearson correlation analysis was conducted to establish whether a relationship exists between extroversion personality sub-type and involvement in risky sexual behaviour. The results are shown in the table 7:

**Table 7.** Correlation - Extroversion and Involvement in Risky Sexual Behaviour.

Personality subtype	Statistic	Risky Sexual Behaviour
Extroversion	Pearson Correlation	.786**
	Sig. (2-tailed)	.000
	N	176

\*\*Correlation is significant at the 0.01 level (2 tailed)

Source: Researcher's Analysis

The results indicate a strong positive relationship of  $r = 0.786$  between the extroversion personality sub-type and the tendency to involve in risky sexual behaviour. An increase in extroversion characteristics will enhance the tendency to involve in risky sexual behaviour by an individual. These findings are corroborated by Schmitt [46] who reported high level of extroversion correlated to sexual promiscuity; Marina [32] who found out that extroversion positively correlates to risky behaviour and Mc Ghee [33] who reported that high extroversion correlate highly with risk taking. This statistic is very significant (since our two tailed significance level is 0.000 at  $p < 0.01$ ). Considering significance level at 0.000 less than common alpha 0.05 we reject  $H_{02}$ : There is no statistically significant relationship between extroversion personality subtype and involvement in risky sexual behaviour hence accept  $H_{A2}$ : There is a statistically significant relationship between extroversion personality subtype and involvement in risky sexual behaviour.

### 3.5. Correlation Between Neuroticism and Risky Sexual Behaviour

To determine whether a relationship exists between neuroticism and involvement in risky sexual behaviour, a two tailed Bivariate Pearson correlation was conducted as shown in table 8.

**Table 8.** Correlation between Neuroticism and Risky Sexual Behaviour.

Personality subtype	Statistic	Risky Sexual Behaviour
Neuroticism	Pearson Correlation	-.410*
	Sig. (2-tailed)	.011
	N	66

\*Correlation is significant at the 0.05 level (2 tailed)

Source: Researcher's Analysis

The analysis shows a strong negative relationship of  $r = -0.410$  between neuroticism and involvement in risky sexual behaviour. This implies that an increase in neuroticism strength will result in a decrease in the tendency to involve in risky sexual behaviour which is statistically significant at  $p < 0.05$ . These findings agree with those of Serdir [49] who reported that risky sport participants have significantly lower levels of neuroticism and conscientiousness. Since significant level is 0.011 less than the common alpha at 0.05 we reject  $H_{03}$ : There is no statistically significant relationship between neurotic personality subtype and involvement in risky sexual behaviour, and accept  $H_{A3}$ : There is a statistically significant relationship between neurotic personality subtype and involvement in risky sexual behaviour. This is consistent with Lubomir and Jana [26] who reported that neuroticism is significantly related with acute risk taking. Krista et al [25] reported that neurotic facet of impulsivity is related to risk taking especially inability to resist cravings and urges.

### 3.6. Correlation Between Psychoticism and Involvement in Risky sexual Behaviour

A two tailed Bivariate Pearson correlation coefficient to

establish whether a relationship exists between Psychoticism and their tendency to involve in risky sexual behaviour. The results are shown in the table 9:

**Table 9.** Correlation -Psychoticism and Involvement in Risky sexual Behaviour.

Personality subtype	Statistic	Risky Sexual Behaviour
Psychoticism	Pearson Correlation	.025*
	Sig. (2-tailed)	.036
	N	8

\*Correlation is significant at the 0.05 level (2 tailed)

Source: Researcher's Analysis

The results indicate a strong positive correlation between the Psychoticism and involvement in risky sexual behaviour of  $r = 0.025$  which is statistically significant at  $P < 0.05$  since our Two-tailed significance is 0.036. The results imply that increases in psychoticism will results into an increase in the tendency to involve in risky sexual behaviour. Similar findings were reported by Kaijaleena [23] that sexual risk behaviour is significantly related to Psychoticism. Also Watson and Pulford [54] reported that psychoticism involve themselves more in high risk activities. Since significant level 0.036 is less than common alpha 0.05 we reject  $H_{04}$ . There is no statistically significant relationship between Psychoticism personality subtype and involvement in risky sexual behaviour, and adopt  $H_{A4}$ . There is a statistically significant relationship between Psychoticism personality and involvement in risky sexual behaviour. These findings are in line with Ndeti [38] who reported a significant relationship between Psychoticism and risk taking in suicidality.

### 3.7. Personality Sub-types Distribution and Involvement in Risky Sexual Behaviour

In summary, the study established the following personality subtypes among students in Nyakach Sub-County in Kisumu. In addition to the personality subtypes, the study also determined the shown average score on the tendency to involve in risky sexual behaviour for each personality subtype as shown in table 10.

**Table 10.** Personality Sub-type distribution and Risky Sexual Behaviour Score.

Personality Sub-type	Frequency	Percentage	Average Score on risky Sexual Behaviour
Introversive	139	35.7%	15.5%
Extroversive	176	45.2%	46.3%
Neuroticism	66	17.0%	8.0%
Psychoticism	8	2.1%	30.2%
Total	389	100.0%	100.0%

Source: Researcher's Data

This implies that the majority of the student respondents were of strong extroversive personality subtype characteristics at 45.2% followed by Introversive at 35.7% then Neuroticism at 17.0%. However, there were very few students showing Psychoticism at 2.1%. This consistent with findings of Harbaugh [20] who reported that introverts and

extroverts are predominant in human population. There is high incidence of introversion and extroversion in human population (Nettle and Clegg, 2008) according to Kaufman et al., [41]. When it came to the involvement in risky sexual behaviour, Extroversive personality subtype lead the way at score 46.3%, followed by the Psychoticism at 30.2%, then introversive personality subtype at 15.5%. Neuroticism shows little tendency to engage in risky sexual behaviour. This is consistent with the findings of Hart [21] that extroverts are most involved in risky sexual behaviour.

### 3.8. Regression Analysis for Involvement in Risky Sexual Behaviour

A multiple regression analysis was conducted for the various personality subtypes and involvement in risky sexual behaviour. Consequently ANOVA analysis was used to test the hypotheses. The results of the regression analysis are shown in the subsequent table 11.

**Table 11.** Regression Analysis Model Summary.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.824a	.679	.640	.773

a. Predictors: (Constant), Psychoticism, Extroversive, Neuroticism, Introversive

According to the analysis, these variables statistically significantly predict risky sexual behaviour,  $F(4, 389) = 38.419$ ,  $p < .05$ ,  $R^2 = .679$ . The findings also suggest that independent variables (Introversive, Extroversive, Neuroticism and Psychoticism personality subtypes) explain 67.9% of the variability of the dependent variable, (Risky Sexual Behaviour). Analysis also reveals that all four variables added statistically significance to the prediction,  $p < .05$ . Hence personality subtypes are significant regression predictors of involvement in risky sexual behaviour at 67.9%. These findings are consistent with that of Mc Ghee, Ehrler and Buckhalt [33] who reported that personality predicted involvement in risky behaviour at 42% among children ages 10 to 12 years.

**Table 12.** ANOVA<sup>b</sup>.

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	41.645	4	10.411	38.419	.000a
1 Residual	19.724	33	.598		
Total	61.368	37			

a. Predictors: (Constant), Psychoticism, Extroversive, Neuroticism, Introversive

b. Dependent Variable: Risky Sexual Behaviour

The ANOVA result shows a significant variance ( $p < 0.0001$ ) in means for the four predictors (Psychoticism, Extroversive, Neuroticism and Introversive) since our alpha value was  $p < 0.05$ . This implies that the means differ more than would be expected by chance alone. Thus we conclude that influence of the four predictors on risky sexual behaviour varies. These findings are supported by Adrienne and Bischel [3] who

reported that through multiple regressions the personality factors predicted significant variability in self rated health.

**Table 13.** Multiple regression analysis for Risky Sexual Behaviour.

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	1.070	1.135		.942	.033	-1.240	3.380
Introversive	.172	.158	.201	1.083	.027	-.151	.494
1 Extroversive	.712	.148	.898	4.805	.000	.410	1.013
Neuroticism	-.154	.132	-.148	-1.173	.024	-.422	.113
Psychoticism	-.012	.185	-.006	-.064	.002	-.388	.365

a. Dependent Variable: Risky Sexual Behaviour

From the significance column, we realize that all the predictor variables (Introversive, Extroversive, Neuroticism and psychoticism) are significant since their sig values 0.027, 0.000, 0.024 and 0.002 are less than common alpha 0.05 ( $p < 0.05$ ). Therefore it can be concluded that personality subtypes are significant predictors of involvement in risky sexual behaviour. This is supported by Olalekan [40] who reported that personality is a significant predictor of taking health risks.

## 4. Conclusion

From the findings of the study, several conclusions were made regarding the various specific objectives of the study. Students showing introversive personality subtype characteristics are opposed to risky sexual behaviour. The study also found that students who scored highly on introversive scale are less likely to be influenced to engage in risky sexual behaviours. Students scoring highly on the introversive scale are positive on the use of condoms and protected sex. There exists a strong negative correlation between introversive personality subtype and involvement in risky sexual behaviour which is statistically significant at  $P = 0.01$ . The study found that students exhibiting strong extroversive personality subtype traits are most likely to be swayed into engaging in unprotected sex than those showing introversive personality subtype. Students scoring highly on the extroversive scale engage in sexual activities that put them at risk of contracting HIV/AIDS and STIs. Students showing high extroversive levels are more careless and are not keen on taking precautions. Students scoring highly on the extroversive scale show varied opinion and attitude towards condoms and its use. There is a strong positive correlation between the extroversive personality sub-type and the tendency to involve in risky sexual behaviour which is statistically significant at  $p = 0.01$ . The study found that student respondents strong on the neuroticism personality subtype can be readily manipulated to engage in unprotected sex. Majority of the respondents who scored highly on the neuroticism scale are in favor of using condoms. Students scoring highly on the neuroticism personality scale are unpredictable but are inclined towards engaging in risky activities. There is a strong negative correlation between neuroticism and involvement in risky sexual behaviour which is statistically significant at  $p < 0.05$ . The study found that student respondents showing strong Psychoticism are not

steady on their decisions. The study also found that a majority of individuals showing Psychoticism will not make any effort at protecting themselves against unsafe sex. On the risky sexual behaviour, the study found that respondents scoring highly on the Psychoticism are more likely to engage in activities that make them vulnerable to risky sex. That there is a statistically significant correlation between Psychoticism and involvement in risky sexual behaviour at  $P < 0.05$ . Multiple regression analysis showed that the four Eysenck's personality subtypes: introversion, extroversion, neuroticism and Psychoticism are good regression predictors of involvement in risky sexual behaviour at 67.9%. The study recommended that categorizing and profiling the students into their most dominant personality subtypes by teacher counselors will be one way that can be used to offer strategic counseling so as to handle various students depending on their personality subtypes, this study proposes "personality centered counseling approach."

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