



Role Played by Locus of Control Variables in Sexual Promiscuity among Female Students in Technical Training Colleges in Nairobi County, Kenya

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ABSTRACT

The intention of this paper was to explore locus of control variables related to sexual promiscuity among female students in technical colleges in Nairobi County, Kenya. To establish this, the study sought to find out if female students with external locus of control and who were low in self control, deferment of gratification and personal values were more promiscuous than their counterparts who were high in self control, deferment of gratification and personal values. Further to this, the study further sought to establish if female students with internal locus of control and high in self control, delay of gratification and personal values were less promiscuous than their counterparts with low self control, deferment of gratification and personal values. The study was conducted in three technical colleges in Nairobi, Kenya with a sample of 108 respondents aged 19 years to 25 years. Instruments used to collect data were; Rotter (1966) Internal Vs External Control (I-E) Scale, a 6-item self-control scale to assess perceptions of self-control and a modified 6-item questionnaire to assess perceptions of willingness to delay gratification borrowed from Ray and Najman's scale (1986). In addition, a personal values questionnaire, self report on sexual risk survey borrowed from Turchik (2009) and a demographic questionnaire were used. Study findings revealed that significant numbers of female students reported non-promiscuous sexual behaviors across the study variables investigated. However, the findings clearly revealed that female students with external locus of control accompanied by low deferment of gratification, low self control and also low personal values reported higher incidences of involvement in sexual promiscuity than those with external locus of control accompanied by high delay of gratification, high self control and high personal values. The study findings further revealed that students with internal locus of control accompanied by low deferment of gratification, low self control and low personal values reported higher percentages of sexual promiscuity than those with internal locus of control but with high deferment of gratification, high self control and high personal value. On the overall female students with external locus of control reported higher incidences of sexual promiscuity than their counterparts with internal locus of control. The study recommended that families and schools should provide young women with protective factors long before they enter college. The study further recommended that all colleges equip students with self knowledge skills that they can rely on to guide decision making and behavior as well as supportive services that they can fall back to instead of engaging in promiscuity. For the students already engaging in sexual promiscuity intervention measures should be put in place.

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1. Introduction

Traditional attitudes have for long dictated that sexual intercourse occur only among married couples. However, changing attitudes have witnessed a shift in which extramarital sex has become a reality in modern society. Sex does not only occur in a committed relationship but also among casual acquaintances and friends with who one has no romantic relationship. In the world characterized by geographical and social mobility as well as changing values sexual promiscuity has thrived. Sexual promiscuity is a high risk behavior in which an individual has many sexual partners or has sexual intercourse outside a committed relationship or with several casual acquaintances as Okafor and Duru (2010) and Bersamin et al., (2013) concur. Research has documented the negative effects of sexual promiscuity as people who engage in it are reported to be more likely to suffer from sexually transmitted diseases including HIV infections (Shuba (2011), emotional and psychological injury, sexually transmitted diseases and unplanned pregnancies Justin et al., (2013) than those who do not.

Female students in colleges are among the groups of people who are reported to engage in sexual promiscuity. The reasons given for their engagement in sexual promiscuity are that they are now free from teacher and parental supervision and one way of expressing their newly found freedom is engaging in sexual experimentation. Another explanation as to why female students may engage sexual promiscuity is that developmentally they are young adults who naturally are expected to engage in sexual exploration. Female students may be involved in

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several behaviors that lead to sexual promiscuity one of them being hook ups Fielder and Carey (2010b). Hooks ups are defined as brief uncommitted sexual encounters between individuals who are not romantic partners involved (Justin et al., 2013). In "hook ups" a person partners with an acquaintance at a party or drinking joint and has sex. It is difficult to delink hook ups from casual sex in which an individual has sex with a partner they have known for less than a week and indeed, Bersamin et al., (2013) aver that young adults frequently engage in casual sex. Young women who engage in binge drinking are likely to engage in multiple sexual partners since alcohol lowers inhibitions and calculations of risk as research by (De Simone 2010) revealed. Concurring with this view Fielder and Carey 2010b aver that the strongest predictors of hook ups are alcohol consumption and other situational factors. Women who naturally have a high sex drive and who therefore cannot control their urges will consequently engage sex with different people depending on the circumstances as Baumeister (2004) reported.

Confirming further that sexual promiscuity exists among female students in colleges is Turchik (2007) whose study revealed that research respondents reported having had up to 16 sexual partners. In addition, Okafor and Duru (2010) also confirm the existence of sexual promiscuity reporting that it is very rampant among college students with the university campuses having several networks of promiscuous female students. Concurring with the numerous studies that report the existence of sexual promiscuity among female students are (Oliver & Hyde 1993; Lindblad 2003) research findings. In addition, (Shumba, Mapfumo & Chademana 2011) findings revealed that women between the ages of 20 and 30 years in South Africa were involved in concurrent sexual relationships in which there were material gains. Their study further confirmed that female college students engaged in promiscuous relationship to get items like cell-phones and clothing that they could not otherwise afford.

The causes of sexual promiscuity are many and multifaceted. Some college students may engage in sexual promiscuity due to the social changes taking place and which has brought permissive attitudes not only towards premarital sex but also to multiple sex partners and as Fielder and Carey (2010) put it there is more positive attitudes towards premarital sex than traditionally accepted. Other researchers have identified poverty as a cause of promiscuity and according to Okafor and Duru (2010) young women may take to sex as a way of making money. Poverty has for long been identified as a major predisposing factor to sexual promiscuity Hallman (2004). In concurrence with these sentiments Okwesio (2002) and M'Imaita (2005) research findings revealed money, gaining sexual experience, expression of love while, satisfying sexual urge and effects of modernization as causes of sexual promiscuity. Peer influence, poor parental supervision and unbridled liberty and freedom have also been implicated in sexual promiscuity. Further to this, **(Parker, Makhubele, Ntlabati & Connolly, 2007) included socioeconomic and cultural contexts** that are intertwined with individual psychological factors related to self-esteem and depression as antecedents of sexual promiscuity. In addition, Wilson and Wisdom reported that young women who were either neglected or abused as children are more likely to engage in sexual promiscuity than their counterparts who were neither sexually abused nor neglected.

Other causes of promiscuity and which constitute the subject of this study are those intrinsic to the individual and which are related to locus of control variables. Locus of control is defined as the perceived control over ones actions (Burnett, in press). Individuals with internal locus of control perceive themselves as accountable for their own behavior while those with external locus of control perceive their behavior as being controlled by external sources (Brincks and Feaster 2010). Ugoji (2008) further ascertained that locus of control has been found to be an effective predictor of a wide variety of behavior. According to research individuals with low levels of self-control accompanied by external locus of control reported health risks associated with inadequate impulse control **(Cleantous & Christodoulou, 2009)**. In addition, they engage in sensation-seeking behaviors, and indulgence with little regard to negative health outcomes. Consequently such individuals will engage in sexual promiscuity more readily than individuals with high self control and internal locus of control. This is further confirmed by Gwandure & Mayekiso (2012) who aver that self-control is associated with self-regulation and control of desired reinforcement in health promotion. Individuals with high levels of self-control are said to have internal locus of control while those who manifest low levels of self-control are said to have external locus of control. Those low levels of self-control are associated with careless health-risk-taking behaviors, suggestibility, gullibility, and susceptibility to social pressure, noncompliance with prescribed medical regimens, hurried decisions, disease proneness, indulgence, and violence. Hence low levels of self-control could easily lead an individual to indulge in sexual promiscuity.

Delay of gratification is the tendency to wait to fulfill long term important goals than to satisfy short term goals. Individuals show differences in delay of gratification with some people displaying low levels while others display high levels of ability to delay gratification (Lee, Lou, Wang and Chiu 2008). Deferment of gratification as a locus of control orientation is another factor determining if a person will engage in promiscuous sexual behavior or not. According to research findings, individuals with external locus of control tend to seek immediate reinforcement, and they are generally impulsive and impatient as was reported by **Seeyave, Coleman, Appugliese, Corwyn, Bradley, Davidson Kaciroti, & Lumeng (2009)** research findings. Further to this, individuals and communities who have low levels of willingness to delay gratification are reported by Bembenutty & Karabenick, (2004) to have problems associated with sexual promiscuity, low academic achievement, poverty, debt, deviance, crime, and juvenile violence. Likewise, when college students display low levels of deferment of gratification they are most likely to engage in sexually promiscuous behavior as the results of **Mao, Stanton, Wang, Hong and Zhang (2009)** revealed. In their study these researchers indicated that students experienced the transition of high school life versus university life; being high school boys and girls versus being university men and women; living in a controlled school environment versus a liberal university life.

Yet another factor related to whether students engage in sexual promiscuity is personal values as a locus of control orientation. Research by (Gwandure & Mayekiso, 2012) reveals that individuals with low personal values and expectancies could experience health problems, such as low body image, self-harm behaviors, reckless sexual behaviors, or non-selective partner choice. The presence of these behaviors is likely to be associated with sexual promiscuity than their absence.

2.1 Statement of the problem

When college students engage in sexual promiscuity they expose themselves to the many physical, psychological and social problems related to it. They are prone to sexually transmitted diseases because they are likely to engage in unprotected sex. They are at the risk of suffering from cervical cancer, heart diseases, unwanted pregnancies and birth defects of their offspring. At a personal level they may become addicted to sex a highly detrimental behavior that ruins relationships and families as stated by VOXXI (2013). The behavior may occur alongside heavy drinking and drug abuse and could predispose one to prostitution. Due to the negative effects sexual promiscuity has not only on physical health but also on the psychological well being of individuals this study sought to investigate sexual promiscuity from the perspectives of loci of control variables namely; self-control, deferment of gratification and personal values and promiscuous behavior among the female students studied. Specifically the study sought to find out whether female students with internal locus of control, high self control, and high deferment of gratification and high personal values are less promiscuous than their counterparts with external locus of control, low self control, low deferment of gratification and low personal value.

2.2 Study objectives

The main objective of the study was to investigate the role played by loci of control, self control, ability to defer gratification and personal values in influencing the students' promiscuous behaviors. The following were the specific objectives:

- i) To establish the prevalence of sexual promiscuity among research respondents?
- ii) To investigate the role played by internal locus of control variables: self control (low/high), deferment of gratification (low/high) and personal values (low/high) in sexual promiscuity.
- iii) To investigate the role played by external locus of control variables: self control (low/high), deferment of gratification (low/high) and personal values (low/high) in sexual promiscuity.

2.3 Theoretical framework of the study

The study was informed by Erikson (1968) psychosocial theory. According to the theory young adults between the ages 18-40 years of age experience the psychosocial crisis of intimacy versus isolation. Young adults who have incorporated intimacy in their personalities are more likely to engage in comfortable monogamous relationships with a sense of security, fidelity and safety. On the other hand their counterparts who have incorporated isolation may demonstrate fear of commitment and are more likely to be lonely and depressed and consequently are more likely to engage in sexual promiscuity.

2.4 Conceptual framework

The conceptual framework of this study borrowed heavily from Rotter (1966) locus of control theory which states that there are individuals with internal locus of control while others have external locus of control. According to Rotter (1966) individuals with internal locus of control are careful, alert, dominant, focused on success, are self-confident, and ingenious while those with external locus of control are less careful, affected by the group members, easily influenced by external forces, less self-confident, and they display unsteady performances. The conceptualization of this study is that female colleges students with internal locus of control are less likely to engage in promiscuous behavior while their counterparts with external locus of control who are likely to be more promiscuous. Those with internal locus of control are less likely to engage in sexual promiscuity because they practice self-control, deferment of gratification and personal values that guard against promiscuous sexual behavior. In addition they are self driven rather than people driven. Also they are careful with what they do and their focus is on success. Consequently they are likely to guard against personal behaviors likely to cause them personal harm. They are likely to observe healthy practices which lead to successful living. On the other hand female students with external locus of control are more likely to engage in sexual promiscuity because they are motivated by sensation seeking and they also yield to external influences to guide their behaviors.

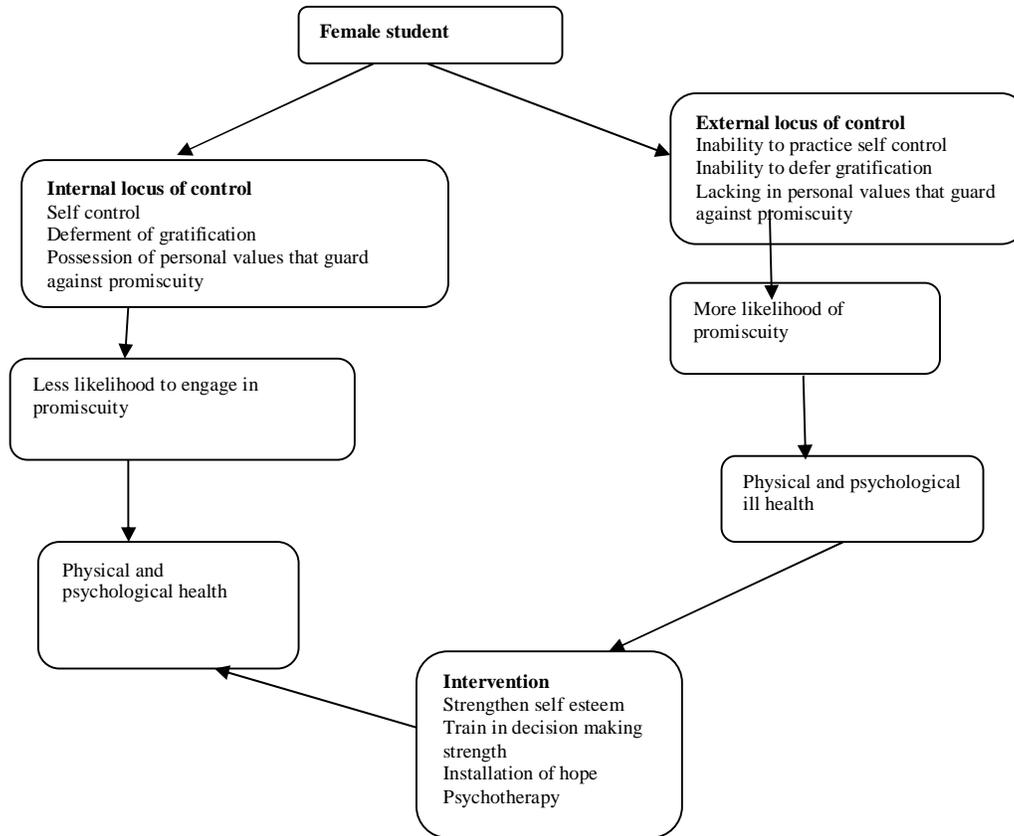


Figure 1. relationship between locus of control variables and sexual promiscuity

3.1 Study methodology

The study adopted a descriptive survey design. The research sample consisted of first year, second year and the third year students taking diploma courses from various departments in three Technical Training Institutes. Stratified random sampling was used to select first, second and third year female students. Simple random sampling method was used to obtain the participants from each stratum yielding 108 participants among them 29 first years, 40 second years and 39 third years aged between 19 years to 25 years. Data were collected through Rotter (1966) Internal Vs External Control (I-E) Scale which is a standard questionnaire used internationally to determine people's locus of control, a 6-item self-control scale to assess perceptions of self-control and a modified 6-item questionnaire to assess perceptions of willingness to delay gratification borrowed from Ray and Najman's scale (1986) were also used. Other tools used were a personal values questionnaire, self report on sexual risk survey borrowed from Turchik (2009) and a demographic questionnaire.

3.2 Findings of the study

3.2.1 Prevalence of promiscuous sexual behaviors among the subjects studied

The purpose of this objective was to establish the prevalence of promiscuous sexual behaviors among the subjects studied. They were asked to indicate the number of sexual partners they ever had, how many times they left a social event with someone they did not know well and had sex, if they went to parties, bars, social events and drunk until they could not remember what happened and if they had uncontrollable sexual urges after drinking alcohol. The results were presented in figure 2.

The results revealed that 13.90% of the respondents did not have a sexual partner at the time of the study while 26.90% which translates to 40.80% of students of the respondents who were not promiscuous. From these findings it can be construed that some female students enjoyed such protective factors as identified by Kirby and Lepore (2007) as close connection with parents, religious values, good family income and values that discourage engaging in sex before marriage. The findings may also mean that the non-promiscuous students may have had high internal locus of control, high self control, high deferment of gratification and personal values in agreement with Gwandure and Mayekiso (2012). The results also revealed that 15.7%, 17%, 7.4%, 2.80%, 3.7%, .90% and 1.90% reported having engaged in promiscuous sexual behavior and had had engaged in sex with 3,4,5,6,7,8 persons respectively while 9.30% of the female students returned a no response. Although in small percentages there students who reported having had engaged in sex with as many partners as eight. These results confirm the findings by Grello, Welsh & Harper, (2002) and Marie-Aude, Poulina, Kiesner, Thomas, & Dishion (2009) that some

college students had as many as 16 sexual partners and Turchik (2007) whose findings revealed that 18–24-year-old college students reported four or more sexual partners in their lifetimes.

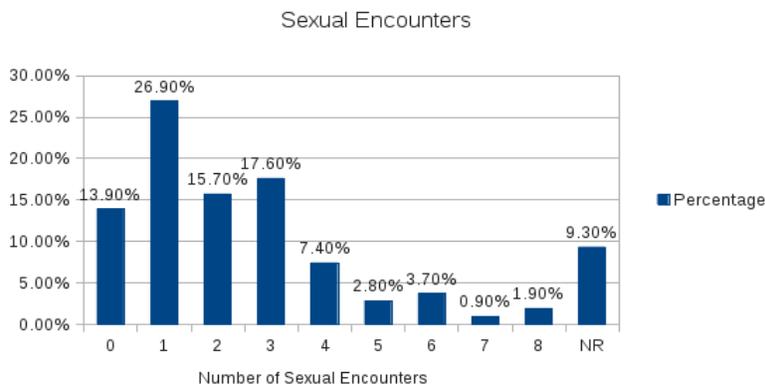


Figure 2. Sexual encounters

3.2.2 Self-control as a locus of control variable in relation to sexual encounters

The purpose of this objective was to establish the role played by self control in determining engaging in promiscuous behavior or avoiding it. The factors investigated are locus of control factors in relation to, internal locus of control high/low self control and external locus of control in relation to low/high self control in relation to sexual promiscuity. Results are presented in figures 3, 4, 5, 6 and 7.

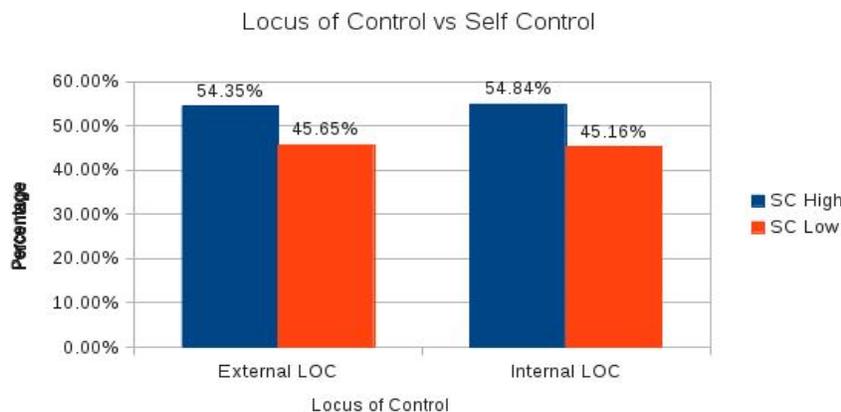


Figure 3. Locus of control: internal/external

The findings reveal that 54.35% of students with external locus of control and 45.65% of those with external locus of control had low self control. Similarly 54.84% of the students had internal locus of control and among them 45% had low self control. These findings give an indication that the number of sexual encounters from respondents with high levels of self-control differs with their counterparts with low levels of self-control. This confirms the outcome of Downing-Matibag (2009) who reported that situational factors tend to undermine students’ sex self efficacy and Gwandure and Mayekiso (2012) who reported that low levels of self-control are associated with careless health-risk taking behaviors, suggestibility, gullibility, susceptibility to social pressure, noncompliance with prescribed medical regimens, hurried decisions, disease proneness, indulgence and violence. Self-control as a variable of locus of control gives a difference which is not very significant in relation to sexual promiscuity. This is the research findings according to the current study on its objective which was to find out whether there would be a difference in sexual promiscuity as a risky sexual behavior related to self control between female students with internal locus of control and those with external locus of control.

External locus of control and high self control as a predictor of sexual promiscuity

The study intended to establish the role played by external locus of control accompanied by high self control as a predictor of sexual promiscuity. The results are presented in figure 4.

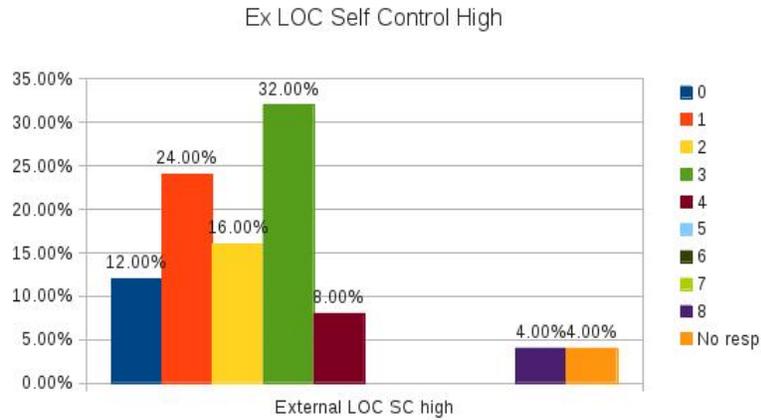


Figure 4. External locus of control: High self control

The findings reveal that students with external locus of control but who also have high self control had moderate degrees of promiscuity. Of these, 12% did not have a sexual partner while 24% had one sexual partner, 16% had two sexual partners while 32% had 3 sexual partners and 8% had 4 sexual partners. 4% had eight sexual partners and another 4% turned in no response.

The results seem to indicate that external locus of control is responsible for the promiscuity observed but due to high self control the number of students with many sexual partners are kept reasonably low. This was in agreement with Murugami (2002) and Ugoji (2008) who opined that a person’s locus of control had great influence on behavior. Hence students with external locus of control and who have high levels of self-control may not indulge in high risky sexual behavior as their counterparts who have external locus of control with low levels of self-control.

Internal self control: high self control

The study intended to establish the role played by internal locus of control accompanied by high self control as a predictor of sexual promiscuity. The results are presented in figure 5.

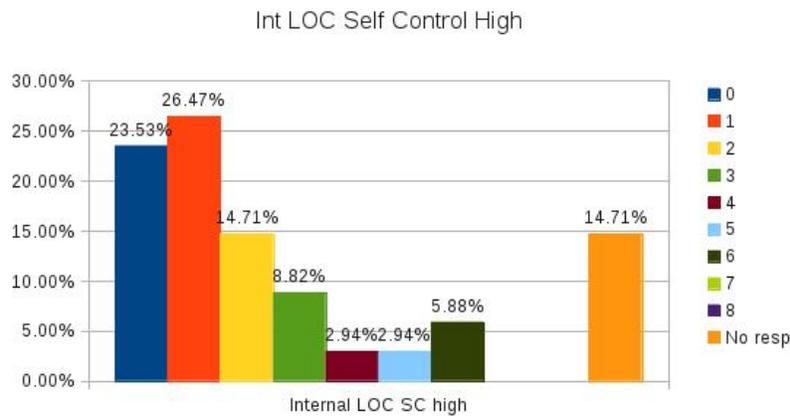


Figure 5. Internal locus of control: high self control

Students with internal locus of control with high self control had lower levels of promiscuity. Among them 23.53% had reported having not engaged in sex. 26.47% reported having had one partner. This means that around 50% of the female students were not promiscuous. Those who reported promiscuous sexual behaviors were 14.71% who reported that they had had two partners while those who reported having had three partners were 8.82% and those reporting having had 4 partners were 2.94%. Low percentages of 2.94% each reported having had five and six sex partners respectively while those who did not respond were 14.71%.

These findings show that internal locus of control is a protective factor against sexual promiscuity. The results further confirm Cleanthous and Christodoulou (2009) and Ugoji (2008) findings that people with high self control are less likely to engage in promiscuous behaviors since they engage in health promotion behaviors.

External locus of control: low self control

The study intended to establish the role played by external locus of control accompanied by low self control as a predictor of sexual promiscuity. The results are presented in figure 6.

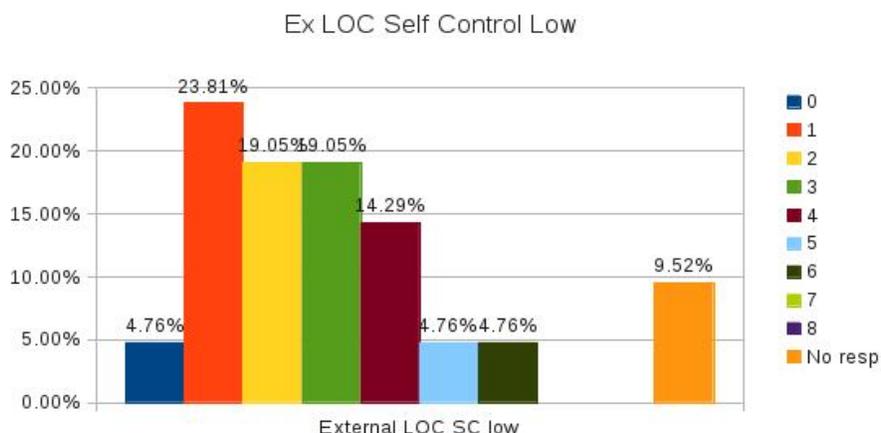


Figure 6. External locus of control: low self control

The findings revealed that 4.76% had not had a sexual partner while 23.81% had one sexual partner. This means that only 23.81% of female students were not promiscuous while 61.67% were promiscuous. Those who reported having had two and three partners respectively were 19.05%. Students reporting having had 4 sexual partners were 14.29% were while those who reported having five and six partners respectively were 4.75% each and 9.52% did not respond.

These findings confirm that external locus of control is a factor associated with sexual promiscuity. In their research (Cleanthous & Christodoulou, 2009) found that participants with low levels of self-control and an external reported health risks associated with inadequate impulse control, sensation-seeking behaviors, and indulgence with little regard to negative health outcomes. With these results therefore, an individual with low self-control is actually likely to engage in risky sexual behavior such as having several sexual partners. The study confirmed Cleanthous and Christodoulou (2009) findings that people with low levels of self control are more likely to engage in sexual promiscuity than their counterparts with high self control.

Internal locus of control: Low self control

The study intended to establish the role played by internal locus of control accompanied by low self control as a predictor of sexual promiscuity. The results are presented in figure 7.

The findings revealed that students with internal locus of control but low self control reported few incidences of promiscuity as indicated by 10.71% who had had not had a sexual partner by the time of the study and the 32.14% who had one sex partner meaning that 42.85% were not promiscuous. The percentage of students who reported that they had had more than one sexual partner was 50.01%. Those who reported having had two and sex partners respectively were 14.29% while those who reported having had four partners were 7.14%. While those who reported having five, six, seven and eight partners were 3.57% respectively and the no responses were 7.14%.

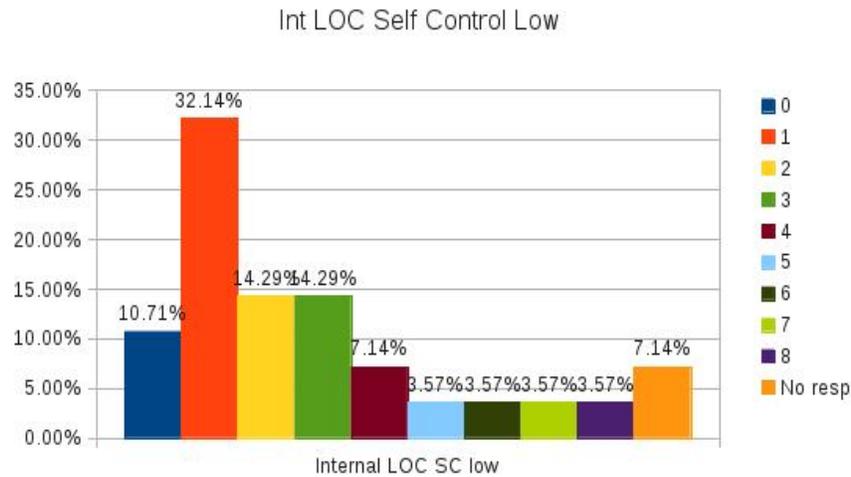


Figure 7. Internal locus of control: Low self control

These results show that while internal locus of control should act as a protective factor against promiscuity some students with low self control engage in sexual promiscuity thus confirming findings by Mayekiso and Gwandure (2012) and (Baumeister & Alquist, 2009; Delisi & Berg, 2006; Patock-Peckham & Morgan-Lopez, 2006) who reported that low levels of self-control are associated with careless health-risk taking behaviors, suggestibility, gullibility, susceptibility to social pressure, noncompliance with prescribed medical regimens, hurried decisions, disease proneness, indulgence and violence. Self-control as a variable of locus of control gives a difference which is not very significant in relation to sexual promiscuity.

3.2.3 Internal locus of control: low deferment of gratification

The study intended to establish the role played by internal locus of control accompanied by low deferment of gratification as a predictor of sexual promiscuity. The results are presented in figure 8.

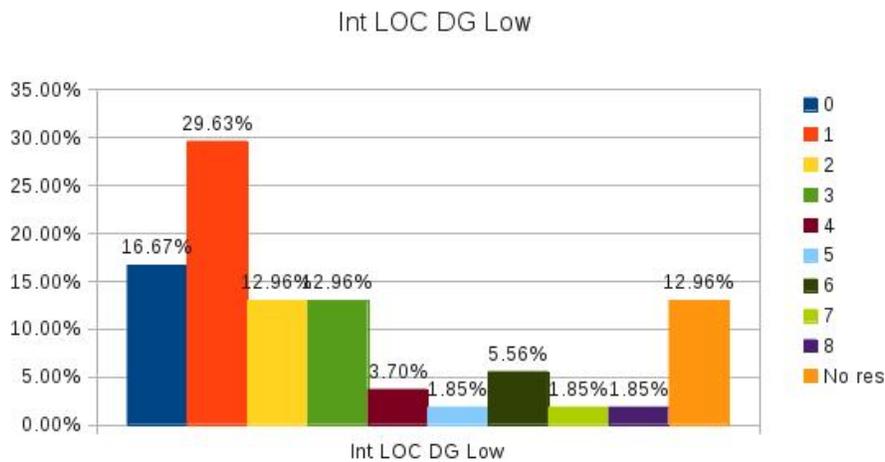


Figure 8. Internal locus of control: low deferment of gratification

Few students with internal locus of control but low deferment of gratification reported low percentages of promiscuity with 46.30% non-promiscuous and 30.74% promiscuous. Those who reported not having had a sexual partner were 16.67% and those reporting one partner were 29.63%. Students reporting having had two and three partners were 12.96% respectively while those who had four, five, six, seven and eight sexual partners were negligible 3.7%, 1.85%, 5.56%, 1.85% and 1.85% respectively while the no response were 12.96%.

These findings reveal that internal locus of control played a role in limiting the percentages of college students who reported engaging in sexual promiscuity. However, some students with internal locus of control but low deferment of gratification were still promiscuous. These findings are in agreement with Bembenutty & Karabenick (2004) and Farrington, (2005) who reported that individuals and communities who have low levels of willingness to delay gratification could have problems associated with sexual promiscuity, low academic achievement, poverty, debt, deviance, crime and juvenile violence.

External locus of control: high deferment of gratification

The study intended to establish the role played by external locus of control accompanied by high deferment of gratification as a predictor of sexual promiscuity. The results are presented in figure 9.

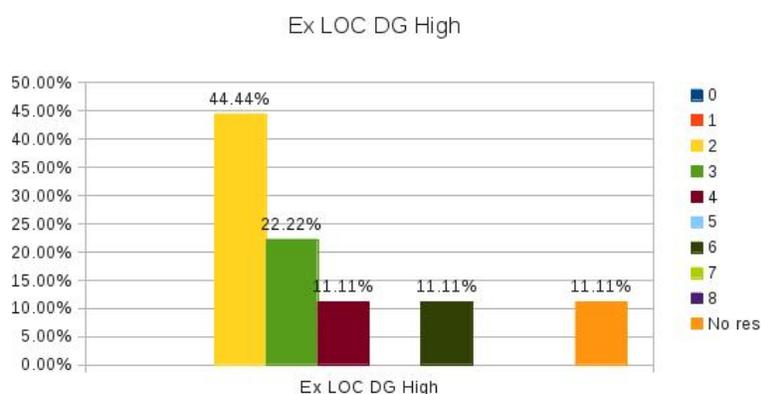


Figure 9. External locus of control: High deferment of gratification

According to these findings all the students reported having engaged in promiscuous behaviors. Students who reported having two sexual partners were 44.44% which was the highest percentage reported in all categories. Those who reported having had, three, four and six partners were 11.11% respectively while those who did not respond were 11.11%.

These results reveal that external locus of control is a predisposing factor to promoting promiscuity. In this case, high deferment of gratification did not seem to play a significant role in limiting the number of students who reported having engaged in sexually promiscuous behavior. These findings seem to concur with Bembenutty & Karabenick, (2004) those individuals and communities who have low levels of willingness to delay gratification have problems associated with sexual promiscuity.

Internal locus of control: high deferment of gratification

The study intended to establish the role played by internal locus of control accompanied by high deferment of gratification as a predictor of sexual promiscuity. The results are presented in figure 10.

The results reveal that students with internal locus of control and high deferment of gratification had fewer sex partners. Female students who reported engaging in non-promiscuous behavior were 50%. Those who reported having had no sexual partner were 25.0% and those who reported having had one sexual partner were 25%. The students who reported having had two sexual partners were another 25% respectively. Students reporting having had four and five sexual partners were 12.50% respectively.

The results show students with internal locus of control and high deferment of gratification had either no sexual partner and many with sexual partners had monogamous relationships. Few were promiscuous and even then none among them had more than five partners. These findings contradict Mao, Stanton, Wang, Hong and Zhang (2009) whose findings revealed that University had low levels of deferment of gratification.

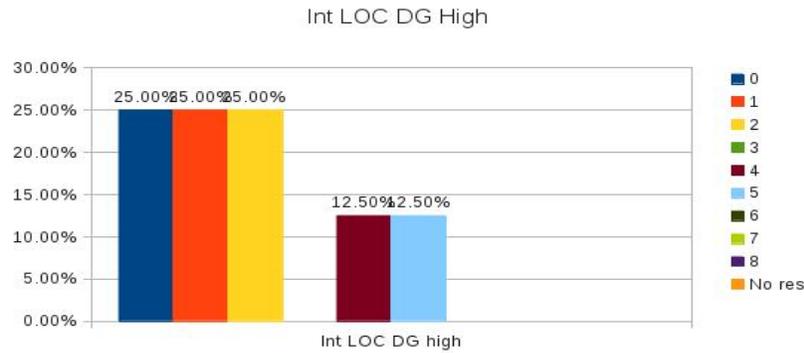


Figure 10. Internal locus of control: high deferment of gratification

3.2.4 Locus of control Internal/ external: low/high personal value

The study intended to establish the percentages of students with internal/external locus of control high/low personal value. The results are presented in figure 11.

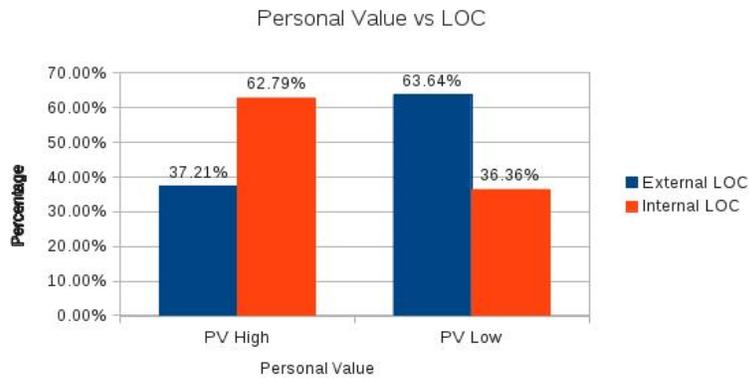


Figure 11. personal values versus locus of control

The results reveal that of the 37% of the students had external locus of control while 62.79% had high personal value. Those with low locus of control were 63.64% and those with low personal value were 36.36%.

External locus of control: low personal value

The study wished to establish the prevalence of sexual promiscuity among students with external locus of control and low personal value. The findings were presented in figure 12.

The findings revealed that 37.51% of the female students reported engaging in non-promiscuous behavior with only 9.38% with external locus of control and low personal reported not having a sexual partner at the time of the study while 28.13% reported being in monogamous relationships. Those reported engaging in sexual promiscuity were 61.36% with those who reported having had two sexual partners being 15.63% while 31.25% reported having three sexual partners. Students who reported having 4 and 6 sexual partners were 9.38% and 3.13% while those who did not respond were 3.13%. These findings confirm (Gwandure & Mayekiso, 2012) research results which showed that individuals with low personal values and expectancies could experience health problems, such as low body image, self-harm behaviors, reckless sexual behaviors, or nonselective partner choice. The findings of their study show that the difference in psychological functioning between students with an internal LOC and students with an external LOC was statistically significant with respect to personal values and expectancies, $t(255) = -27.67$.

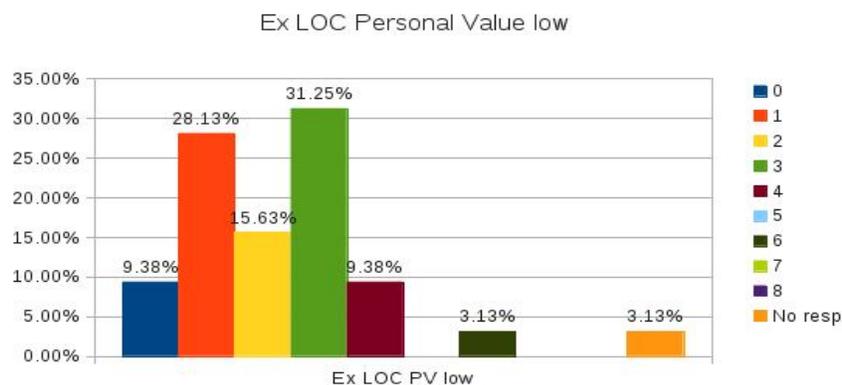


Figure 12. External locus of control: Low personal value

These findings seem to confirm Cleanthous and Christodoulou (2009) that people with external locus of control and who also have low levels of self control are more likely to engage in sexual promiscuity due to the fact that they have problems with impulse control and they are high in sensational seeking behaviors. Consequently they engage in sexual promiscuity.

Internal locus of control: low personal value

The research wanted to establish the prevalence of sexual promiscuity among students with internal locus of control but low personal value. The results are presented in figure 13.

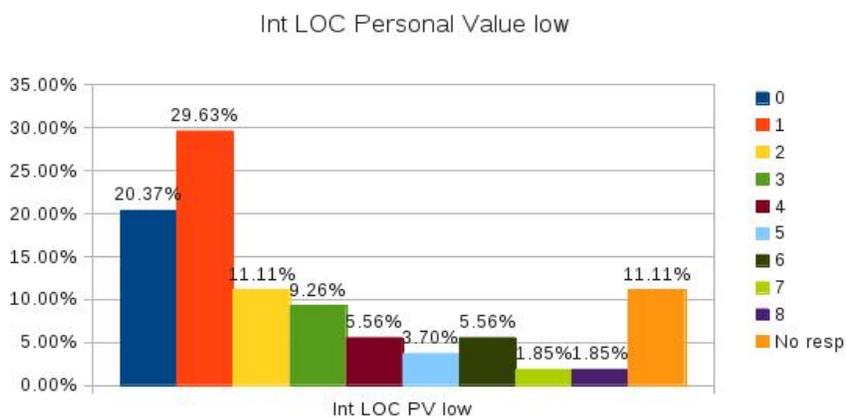


Figure 13. Internal locus of control: low personal value

The results reveal that 50% of female students reported non-promiscuous behaviors with 20.63 % of them reporting having had one sexual partner at the time of the study while 29.63% had one sexual partner only. Low percentages of students had more sexual partners with 11.11%, 9.26%, 5.56%, 3.75%, 5.56%, 1.85, and 1.85% having 2, 3, 4, 5, 6, 7 and 8 sexual partners. Those who did not respond were 11.11%

The low numbers of students who reported being promiscuous is an indication that the internal locus of control has prevented majority of students from being promiscuous but the low personal value has influenced some of the students to be promiscuous. This is in line with

Gwandure and Mayekisho (2012) who reported that individuals with low personal values and expectancies tend to be reckless and nonselective in sexual partner choice.

External locus of control: high value and promiscuous behavior

The intention of this objective was to establish the prevalence of sexual promiscuity among students with external locus of control and also high in personal value. The results are presented in figure 14.

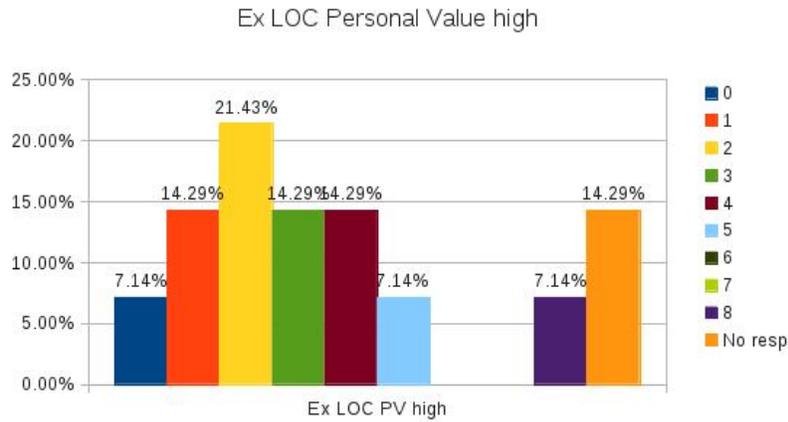


Figure 14. External locus of control: high personal value

These results reveal that students with external locus of control had many sexual partners even when they had high personal value. Only 21.43% reported having engaged in non-promiscuous sexual behaviors with 7.14% reporting having had a sexual partner while those who reported they had one sexual partner were 14.29%. Students who reported having two, three, four, five and seven partners were 21%, 14.29%, 14.29%, 7.14% and 7.14% respectively while those who returned a no response were 14.29%.

These findings revealed that students with external locus of control and high personal value exhibited higher incidences of promiscuous behaviors than students with internal locus of control but low personal value. These research findings go contrary to Gwandure and Mayekisho's (2012) findings that individuals with low personal values are the ones who are promiscuous. The factor that seems to determine promiscuity is the external locus of control rather than the personal value.

Internal locus of control: High personal value

The research wanted to establish the prevalence of promiscuity in students with external locus of control and high personal value. The findings are presented in figure 15.

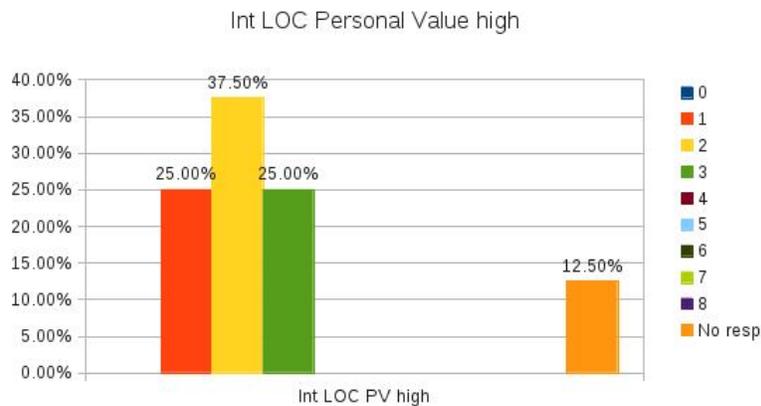


Figure 15. Internal loci of control and high personal values

The findings revealed that 25% of the students had engaged sex with only one partner while 37% and 25.00% had engaged in sex with 2 and 3 sexual partners respectively. Those who did not turn in a response were 12.50%

The findings show that internal locus of control and high personal value worked to limit the sexual partners the students had as none reported more than three sexual partners. The findings further confirmed (Gwandure & Mayekiso 2012) study that there is a difference in psychological functioning between students with internal locus of control and students with external locus of control was statistically significant with respect to personal values and expectancies.

4. Conclusion of the study

In conclusion, the findings of the study revealed that some female college students reported non-promiscuous behavior as they did not report having had sexual partners while others reported having had only one sexual partner across all locus of control variables investigated. The students who reported having had engaged in sexual promiscuity with sexual partners ranging from two to eight were few as revealed by the low percentages across internal/external locus of control and all the variables investigated. However, the results revealed that more students with external locus of control and low in self control, deferment of gratification, and personal value are more promiscuous than students with internal locus of control who are also high in self control, deferment of gratification and personal value.

5. Recommendations of the study

Based on the study findings and the conclusions drawn, the study recommended that long before students enter college protective factors should be put place by the families who should provide adequately for psychological and material needs for the females. The schools too should run programs that sensitize the youth about sexually transmitted diseases, unplanned pregnancies and the benefits of fidelity in relationships. On entry to college students should be exposed to forums that help them to understand themselves with respect to their locus of control. This would make them knowledgeable about the forces that guide their behavior whether external or internal locus of control. They would use this knowledge to guard against behaviors that lead to sexual promiscuity. Further to this, they should be made knowledgeable about the negative effects of behaviors such as hook ups, binge drinking and casual sex that are antecedents of promiscuity and how to avoid them. In addition, the students should be made aware of the negative effects of sexual promiscuity. Student support systems like peer counselors should be put in place. For high risk female students psychotherapy services should be provided to help them deal with the personal issues that promote sexual promiscuity. Psychotherapeutic methods should be used to help those already caught up in sexual promiscuity. Affected students could be trained in self control, methods of risk analysis, deferment of gratification and how to develop personal values that help them guard against sexual promiscuity.

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