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**FACTORS ASSOCIATED WITH THE ADOPTION OF SEXUAL  
ABSTINENCE AND CONTRACEPTION AMONG MOSHOOD ABIOLA  
POLYTECHNIC STUDENTS IN ABEOKUTA, NIGERIA.**

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**Abstract**

The growing rate of risky sexual behaviour among young adults contributes significantly to the spread of STIs epidemic in Nigeria. As a result of this, this study explores the factors associated with the adoption of sexual abstinence and contraception among Moshood Abiola Polytechnic, Abeokuta (MAPOLY) students aged between 18-25 years. An in-depth interview was conducted among twenty-eight students. The research reveals that young adults have a good knowledge of contraception and abstinence as a method for the prevention of STIs. However, some of them are still involved in risky sexual behaviour. The study identified some 'protective' and 'risk' factors behaviour that have the tendency of resulting into positive and negative health outcomes respectively. A good understanding of the protective factors will avail STIs campaign planners on how to develop effective intervention that target these factors known to promote abstinence and condom usage behaviour and its outcomes. The study concludes that there is a need for the implementation of an all-encompassing integrated multi-sectoral approach which will utilise all the various stakeholders in providing a comprehensive abstinence sexuality education for young adults.

**Keywords:** Abstinence, Contraceptives, STIs, Campaign, Young adults.