

**THE INFLUENCE OF LUGBARA CULTURE ON TEENAGE PREGNANCY IN
OLEBA SUB COUNTY MARACHA DISTRICT**

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DECLARATION

I, Aseru Catherine hereby declare to the best of my knowledge and understanding that every information reflected in this research Dissertation has been written and compiled by myself and it's my original work.



.....
Aseru Catherine

DATE 20. MAY 2025

APPROVAL

This is to certify that Aseru Catherine, M22B15/008 successfully completed the writing of her research Dissertation to enable her collect data in the field .

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DATE:.....*20th May 2025*.....

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DEFINITION OF TERMS AND ABBREVIATIONS

Culture: The beliefs, customs, arts, traditions, values and social behaviors of a particular group of people, society or nation. Culture shapes how people interact, communicate, and live their daily lives.

Teenage pregnancy: A Pregnancy that occurs in a girl between the ages of 13 and 19. It often comes with social, economic and health challenges for the young mother and her child.

Teenage: A person between the ages of 13 and 19, transitioning from childhood to adulthood. Teenagers experience physical, emotional, and psychological changes as they mature.

Sexual behavior: Actions or activities related to sexual expression, intimacy, and relationships. It includes physical interactions, attitudes, and choices about sex, influenced by cultural, personal and social factors.

Parent: A Person who raises and nurtures a child, whether biologically or through adoption. A parents provides emotional, financial, and moral support to their child.

A community: A group of people living in the same area or sharing common interests, values or social connections. Communities can be based on geography, culture, religion or other shared characteristics.

Taboo: A Practice, behavior or topic that is considered forbidden or unacceptable within a particular culture, society or religion. Taboos often stem from moral, social, or religious beliefs.

Rituals: A set of formal actions or ceremonies performed for religious, cultural or social purposes. Rituals can include weddings, funerals, prayers or initiation ceremonies.

Norms: The accepted rules, behaviors, or expectations in a society or group. Norms guide how people should act in specific situations such as greeting others or dressing appropriately.

Woman: An adult female human being. Women may take on various social, cultural and biological roles in society.

Man: An adult male human being. Men also have different roles and responsibilities depending on cultural and societal expectations.

Girl: A female child or young person, typically under the age of 18.

Leisure: Free time when one is not working or engaged in essential duties, allowing for rest, relaxation, or recreational activities. Leisure can include hobbies, sports, travel or simply unwinding. It plays a crucial role in well-being and work – life balance.

ABSTRACT

The study investigated the Influence of Lugbara Culture on Teenage Pregnancy in Oleba Sub county Maracha District. The objectives of the study were: To explore how cultural beliefs and values influenced teenage pregnancy, To find out how leisure activities influenced teenage pregnancy and To explore how cultural rituals influenced teenage pregnancy. The study of the research aimed at investigating the ways in which the culture contributed to teenage pregnancy with the case study being Oleba sub-county. The Social Learning Theory that was developed by Albert Bandura in 1977 was used to guide the study. The method of data collect were the in depth interviews. The area of the study was focusing on different communities bit more especially Oleba Sub County. The purposive sampling technique was used to select the key informants and other research participants. Conclusion. The researcher concluded that the research findings were majorly collected from experienced respondents who had passed through all the teenage challenges caused by the Lugbara culture. The social learning theory developed by Albert Bandura was in agreement with the research findings based on the research objectives and questions also. The traditional ceremonies like traditional marriages and introductions, leisure activities such as games and sports, drinking and traditional dances and ritual activities like koro and cele cele. Those were some of the crucial cultural practices that influenced teenage pregnancy so much in the Lugbara culture and communities. Recommendations. The research recommends that the teenagers should take control over the challenges that hinder their proper functioning though engaging in research studies that can help is solving the challenges that the teenagers encounter. The researcher recommends so because the data that was collected did not come from teenagers but rather from those age twenty four years and the elderly aged sixty six years of age. The researcher further recommends that more research should be carried out on culture influence on teenage pregnancy.

CHAPTER ONE

INTRODUCTION

1.0 Introduction

This research aimed to explore the influence of the lugbara culture on teenage pregnancy in Oleba sub-county Maracha District with focus on understanding how the different cultural factors influence teenage pregnancy.

In this chapter we explored the background of the study, the problem statement, the purpose of the study, objectives of the study, research question, and scope of the study, justification for the study, the significance and the theoretical / conceptual framework.

1.1 Background of the study

A study by James Trussell from the United States of America indicated one out of every 10 women aged between 15-19 becomes pregnant each year. Of these pregnancies, five out of every six are un intended and 92% conceived premaritally, and half of those conceived in marriage. The same study reveals that the teenage pregnancy rate is high because only a minority (one in three) of sexually active young women always use contraceptives, and only one in two of the women rely on the most effective methods. The two most common reasons given by the adolescents for not using contraceptives are believing the risk of pregnancy is small and failing to anticipate interconnectedness.

In another study by Acharya, Bhattary and colleagues their showed that globally 15 million women under the age of 20 give birth representing up to one- fifth of all birth and 529000 women die due to pregnancy related complications every year. The risk of death due to pregnancy related causes is double among women aged 15-19 as compared to women in their twenties. Young women are also at risk of unwanted pregnancies, sexually transmitted infections (stis)and unsatisfactory or coerced early sexual relationships.

Continentially a study conducted by S Mkwanzani, RS Lebelo, A Mashinini, A Ngaka, MS Paledi, LS Thwala in South Africa "socio-cultural predictors of teenage pregnancy in South Africa" showed that South Africa remains a country affected by teenage pregnancy accompanied by health, economic and social consequences. According to the study, Data were collected from the 2016 Community Survey conducted by Statistics South Africa.

Results showed that of the 336 244 adolescent women constituted the sample, 4% reported being pregnant. Teenage pregnancy occurred at higher levels in rural areas (4.57%) compared with urban areas (3.43%). Ethnicity and religion had a greater influence in urban areas than in rural areas.

A study conducted by Nanzen and Ezekiel in Malawi explored the sociocultural and other risk factors associated with unplanned teenage pregnancy in Zomba district of Malawi. Where they employed data collection method using questionnaire which were administered through a face to face interview from 505 participants under the age of 20 years. After. The data analysis used descriptive statistics, the findings revealed that "teenage pregnancy is a major health and social problem". This was because Over 76% of the teenage respondents in the study had experienced unplanned pregnancy. The research discovered some prominent factors that stood out in the analysis for this high rate of teenage pregnancy being early sex and marriage, low contraceptive use, low educational levels, low socio-economic status, lack of knowledge of reproductive and sexual health, gender inequity, and physical/sexual violence. The research revealed several consequences of teenage pregnancy on teenage mothers and unplanned pregnancy which compromised their physical, psychological and socioeconomic wellbeing, not just on them but also their families and society at large. The findings point to the need for a multi-sectoral approach to tackle the problem on teenage pregnancy in this district, and likely throughout Malawi.

Regionally, according to The challenge initiative (TCI), in East Africa Teenage pregnancy rates surpassed the global average of 15% with Kenya at 18% and both Uganda and Tanzania at 25%. It further says limited access to Adolescent and Youth Sexual and Reproductive Health (AYSRH) services is considered a key driver of teenage pregnancy which is linked to higher occurrences of adverse maternal and prenatal outcomes. Africa Teenage pregnancy was predicted by age (18 to 19). NIH looked at enhancing teenagers economic independence and access contraceptive use in order to prevent teenage pregnancy.

At the national level, In reference to new vision 22nd March 2024 Uganda had one of the highest teenage pregnancy in sub Saharan Africa. Statistics reveal that over 25% of pregnancies are among teenagers annually. The Uganda Bureau of statistics (UBOS) reported that nearly one in four Ugandan woman has given birth at the age of eighteen. It elaborated that in many communities entrenched traditional norms and practices perpetuate harmful

attitudes towards Adolescent sexuality, resulted in early pregnancies and restricted reproductive choices for young girls.

Locally, the figures presented in parliament on April 8th 2021, 296,314 girls aged between 10 and 19 were reported to have started their first antenatal clinic visits. There was an increased percentage of 22% in teenage pregnancy in Maracha District. The report indicates that the school closures due to COVID 19 pandemic worsened the already horrible situation in Ugandan. This is because Uganda is ranked among the countries with highest teenage pregnancies in sub-Saharan Africa with over 25% teenage pregnancies registered every year

1.2 Problem Statement

In a perfect world Kroeber and Kluckhohn in Helen Spencer's book defined culture as "culture consists of patterns, explicit of and for behavior acquired and transmitted by symbols "constituting the distinctive achievements of human groups including their embodiment in artifacts, the essential core of culture consists of tradition (ie historically derived and selected) ideas and especially after their attached values, culture systems may on the one hand be considered as a product of action on the other hand as conditional element for future action" therefore culture significantly influenced and offers since of direction on how individuals behave, this is exhibited through different cultural values, beliefs and norms. These cultural virtues protected young girls from engaging in early sexual activities that can lead to teenage pregnancies. They also promote safe sexual practices and education, leading to a decrease in teenage pregnancy rates.

Actual situation showed multifaceted factors like peer pressure, family dynamics and lacked to access to education and information greatly influenced teenage pregnancy. It's on record (the independent magazine October 2019) that District planner Alfred Kato reported a recorded number of 1843 child mothers who were aged between 10 and 17, this figure was obtained from the District Health Information System (DHIS) antenatal visits by pregnant mothers. He however noted that this report only applied to the young mothers who had the courage to visit the facility implied recorded cases. Without a clear understanding of these factors like family dynamics which is fundamental in educating its members about their cultural values, beliefs and norms, it will be complicated for appropriate intervention to be made. Therefore this research was intended to study how culture influences teenage pregnancy in Oleba sub-county Maracha District.

1.3 Purpose of the study

This research aimed at investigating the ways in which the lugbara culture contributes to teenage pregnancy with the case study being Oleba sub-county found in Maracha District. This study focused on understanding how the different cultural factors influence teenage pregnancy within the sub-county.

1.4 Specific objectives of the study

- i. To explore how cultural beliefs and values influence teenage pregnancy.
- ii. To find out how leisure activities influence teenage pregnancy.
- iii. To explore how cultural rituals influence teenage pregnancy.

1.5 Research questions

- i. How do cultural values and beliefs influence teenage pregnancy?
- ii. How do leisure activities influence teenage pregnancy?
- iii. How do cultural rituals influence teenage pregnancy?

1.6 Scope of study

Geographical location: The study was carried out in Oleba sub-county Maracha District. There were different villages within the sub-county for example Alaa village, Mbafe, Oleba village, Pabura andrah, Pubara oru etc. This study was targeting teenage girls aged between 13-19 and their parents/guardians, cultural leaders, community leaders, and government officials from the District of health Office.

Content of study: This study intended to investigate how different cultural practices, beliefs and values influence teenage pregnancy. This research was therefore aiming towards uncovering the efforts that culture has put up to either protect the teenagers or expose them to teenage pregnancy through the different cultural practices.

Time scope: This study covered a period of three months on the age range of 13 to 19 years with most efforts directed on the teenage girls both those that have been victims of teenage pregnancy and those not. The researcher used the data collection methods that included interviews, focus group discussions, and observations in order to quantitatively and qualitatively analyze the data.

1.7 Justification

It was of an importance that, we understood how culture influences teenage pregnancy, this is because it will help in deriving more effective ways of preventing or address this issue within the community. Considering the fact that culture was vital in shaping individuals' beliefs, attitudes and behaviors in relation to matters of sexuality, relationships and parenthood. Therefore by conducting this research in this was to make us to understand how the cultural norms, values and beliefs influenced the teenagers decision that regarded sexuality activity, contraception use and pregnancy.

This particular research on the influence of culture on teenage pregnancy could help identify cultural factors that either contribute to or protect against early pregnancy. For instance cultures in some communities may stigmatize discussions about sex and reproductive health, which can easily led to misunderstanding of sex education, lack of awareness, misconceptions regarding use of contraception which on the other side would empower the young girls to make informed decisions and choices in such issues.

1.8 Significance of the study

Researching on how culture influenced teenage pregnancy is of utmost importance for several reasons. This is because culture being a way of life, it was therefore very crucial in shaping people's beliefs, values and also behavior in reference to sexuality, and reproductive health. Therefore understanding the different cultural norms, values and beliefs surrounding them will help to give a great insight on how these affect their lives and decisions on issues relating to how they influence teenage pregnancy.

To add on research in this area will provide very valuable information for the policymakers, healthcare providers, educators, and parents and most importantly cultural leaders. This information will therefore be used to educate and empower the teenagers so that they are in position to make informed decisions on matters of sexual health, upon understanding how the different cultural factors influence teenage pregnancy even the stakeholders were to be in position to tailor interventions accordingly so that they improve on the outcome.

1.9 Theoretical/ Conceptual framework

The researcher used the social learning theory which was developed by Albert Bandura, this theory suggests that people learn new behaviors and acquire new information by observing others and through social interactions. Albert Bandura argued that people observe others, then

record whatever they observe in their minds and later reproduce the same. Therefore in the context of how culture influenced teenage pregnancy, this theory suggested that these teenagers were likely to observe others who engage in behaviors that relate to pregnancy and therefore was positively reinforced which also led them to imitate what they have observed hence exposing them to teenage pregnancy.

Cultural factors therefore were very important in shaping attitudes and behaviors related to pregnancy among teenagers. For example in a situation where the cultures have normalized early marriages and childbearing, the teenagers are most to consider teenage pregnancy as a normal and acceptable which will motivate them to engage in behaviors that exposes them to the vice. Additionally cultural norms, values and beliefs towards to use of family planning, sexuality and contraception were also be significant in influencing teenage pregnancy within a community.

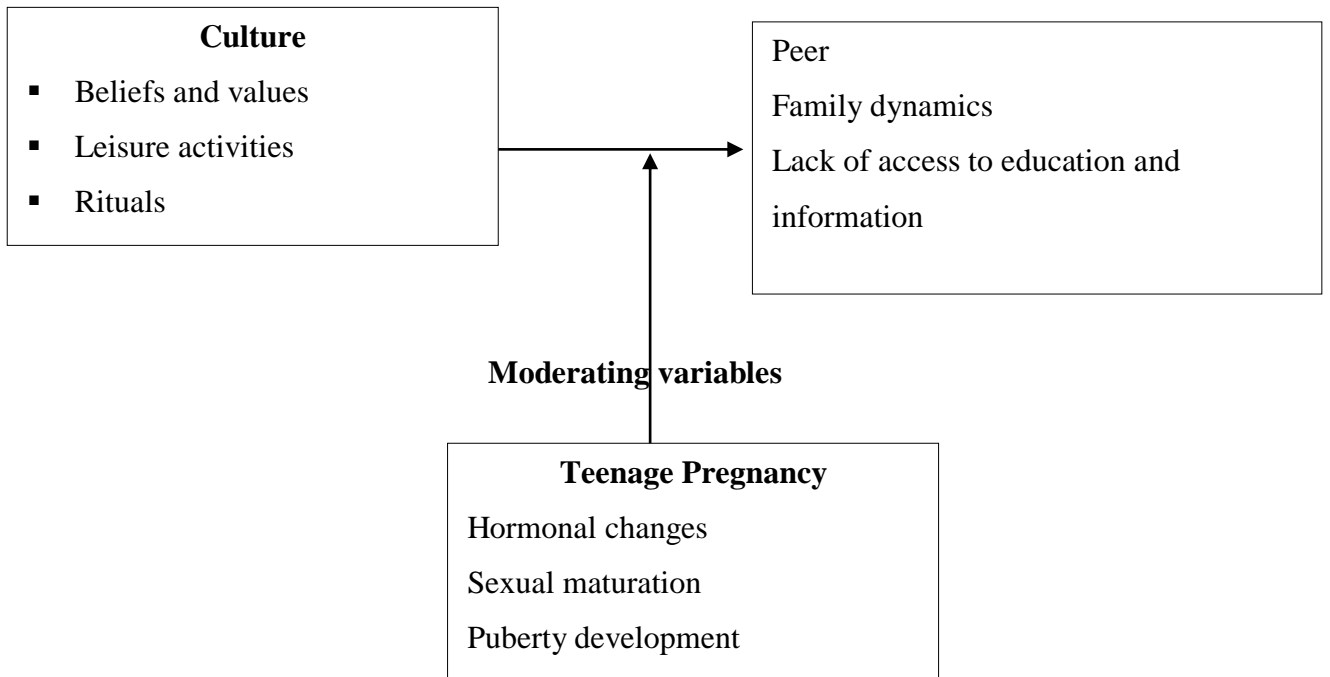
Therefore, understanding how cultural factors influenced teenage pregnancy using the social learning theory, the policymakers, educators, and healthcare providers were to be in position to develop more effective strategies to prevent teenage pregnancy and promote healthy behaviors within the community. These strategies may include implementing comprehensive sex education programs that can help to address cultural beliefs and attitudes, providing access to contraception and reproductive healthcare services, this can be done through engaging with communities to challenge and change harmful cultural norms surrounding teenage pregnancy.

Conceptual framework

This conceptual framework suggested that culture influences teenage pregnancy in Oleba sub-county Maracha District through very many pathways such as traditional beliefs, practices, values and norms. The framework however says that besides culture other factors such as biological factors like Hormonal changes, sexual maturation and pubertal development. In this study the independent variable was culture, the dependent variable was teenage pregnancy and the moderating variables were socio-economic like peer, family dynamics, lack of access to education and information roles and religious beliefs.

Independent variable (IV)

Dependent variable (DV)



CHAPTER TWO

LITERATURE REVIEW

2.0 Introduction

This chapter provided a review the scholarly materials put forward by several personalities on the influence of culture on teenage pregnancy as well as critically analyzed the deviations in the explanations to find out the research gap in the study variables. Literature will be reviewed objectively by starting with a definition of a concept followed by reviewing of objectives. Sources like journals and e-books related to the study will be used.

2.1 Definitions and concepts of terms

2.1.1 Culture

According to Mezmur et al. (2021), culture was concerned with the shared values, beliefs, and practices of a community that significantly influences how different individuals behave and the social norms. They argued that cultural norms around sexuality and reproductive health are fundamental in influencing teenage pregnancy rates that is because these norms often dictate the acceptability and timing of sexual activities among adolescents. This view aligns with the argument that cultural contexts influence adolescent reproductive behavior, as cultural expectations can either inhibit or facilitate teenage pregnancies (Baxter et al. 2021).

Dubik et al. (2022) extended this understanding by emphasizing that socio-cultural factors, including traditions and social expectations, shape teenage pregnancy outcomes. They argue that in many societies, traditional beliefs and practices create an environment where teenage pregnancies are normalized or overlooked, thereby influencing the prevalence of such pregnancies. This perspective highlighted the role of cultural settings in either reinforcing or challenging existing reproductive health issues among teenagers, suggesting that cultural factors both exacerbated and mitigated the incidence of teenage pregnancies depending on their nature and context (Zhao et al., 2021).

Cherotich et al. (2024) a comprehensive view by discussing how cultural practices, including rites of passage and community attitudes towards early childbearing, contributed to teenage pregnancy rates. They asserted that cultural values often dictated the timing of sexual initiation and marriage, which in turn affects teenage pregnancy rates. This understanding

emphasizes that cultural influences are deeply embedded in the social fabric and can significantly impact adolescent behavior and reproductive health outcomes. Thus, cultural norms and practices are pivotal in understanding the dynamics of teenage pregnancy within specific cultural contexts (Amoadu et al., 2022).

2.1.2 Teenage pregnancy

Teenage pregnancy, as discussed by Mann et al. (2020), is defined as a pregnancy that occurs in females aged 13 to 19 years, typically leading to various social, educational, and health challenges. They emphasize that teenage pregnancy often results in disrupted education and limited economic opportunities for the young mothers, reflecting a broader societal issue. On the other hand, Barral et al. (2020) noted that teenage pregnancy can significantly affect a young woman's future prospects, including her educational and career goals, thus underlining the importance of addressing this issue within a public health context.

Kgosiemang & Motzafi-Haller (2021) provided a sociocultural perspective on teenage pregnancy, defining it as an early pregnancy that occurs within a cultural context that may either reinforce or mitigate the incidence of such pregnancies. They argued that local traditions, social norms, and community attitude to pregnancy play a critical role in shaping the rates of teenage pregnancies. This view is supported by Joshi et al. (2022), who highlights that cultural and societal expectations can heavily influence adolescent behavior, including early sexual initiation and pregnancy, thus reflecting the significant impact of cultural factors on teenage pregnancy.

Amoadu et al. (2022) expanded the definition of teenage pregnancy by focusing on the socio-cultural factors that contribute to its prevalence. They described teenage pregnancy as a phenomenon influenced by a combination of personal, familial, and societal factors, including poverty, limited access to education, and prevailing cultural norms. Similarly, Omer et al. (2021) note that social and cultural practices, such as early marriage and traditional gender roles, can exacerbate the likelihood of teenage pregnancies, further highlighting the role of socio-cultural contexts in shaping adolescent reproductive health outcomes (Omer et al., 2021).

2.2 To assess cultural beliefs and values influence teenage pregnancy

Cherotich et al. (2024) The study demonstrated the major influence of cultural attitudes on the incidence of teenage pregnancy in Kakamega County, Kenya. The researchers discovered that cultural norms about gender roles and traditional practices had a significant influence on the reproductive behaviours of adolescents. Similar findings were made by Dubik et al. (2022), who looked at the East Mamprusi Municipality in Ghana and found that taboos and cultural norms surrounding sexuality and pregnancy had an impact on the prevalence of teenage pregnancies. They found that high rates of teenage pregnancies were caused by severe cultural sanctions against premarital sex, which may lead to teenagers looking for other ways to satisfy their emotional and sexual needs.

Kgosiemang & Motzafi-Haller (2021) examined sociocultural elements in Gaborone, Botswana, and found that social norms and expectations around female modesty and family honour had an impact on early pregnancies. According to the report, frank conversations about sexual health are frequently discouraged by societal constraints and conventional norms, which raises the incidence of teenage pregnancies. On the other hand, Amoadu et al. (2022) carried out a scoping assessment in Ghana and found that cultural views towards early marriage and childbirth had a major influence on the prevalence of teenage pregnancies. They also highlighted the part that family and community expectations have in maintaining early pregnancies

Gautam et al. (2020) evaluated the risk factors for teenage pregnancy in Sunsari, Nepal, and discovered that early pregnancies were more common among teenagers who engaged in unstructured, unsupervised leisure activities. The study found that there were frequently more opportunities for risky sexual behaviour when people did not participate in educational or productive leisure activities. Similar findings were made by Barral et al. (2020), who investigated the attitudes and understanding of rural Latino adolescents on contraception. They found that teens who had more free time were less likely to use it effectively, which raised the incidence of teenage pregnancy. They proposed that making more structured recreational and educational opportunities available could aid in lowering the number of adolescent pregnancies.

Joshi et al. (2022) looked into adolescent pregnancy in rural Maharashtra, India, and found that the prevalence of teenage pregnancies was significantly influenced by cultural views about female honour and purity. The study discovered that greater rates of early pregnancies were caused by the stigma attached to teenage pregnancy in society and the absence of thorough sexual education. Similar findings were made by Omer et al. (2021), who investigated social and cultural practices in South Punjab, Pakistan. They found that gender bias and early marriage customs were two key cultural norms that contributed to adolescent pregnancy in their study area.

Dubik et al. (2022) studied the sociocultural elements that affected teenage pregnancy in Ghana's East Mamprusi Municipality and discovered that unstructured leisure time constituted a sizable risk factor. Their research showed that teens who participated in unsupervised social activities had a higher chance of having sexual encounters that resulted in early pregnancy. Accordingly, Cherotich et al. (2024) discovered that higher rates of teenage pregnancy in Kakamega County, Kenya, were linked to the absence of structured leisure programs and the prevalence of unsupervised free time. They emphasized how crucial it is to put in place organized recreational activities to assist reduce these hazards.

Achen et al. (2021) examined how culture affected adolescent pregnancies in Karamoja, Uganda, and discovered that unstructured leisure time constituted a substantial contributing element. They noticed that teens who had more free time participated in activities that raised their chance of becoming pregnant when they were teenagers. In a similar vein, Sebanwa & Semuhoza (2021) investigated the reasons for early motherhood in Rwanda and discovered that underage girls who had less supervision during their free time had a higher risk of becoming pregnant at an early age. Their conclusions emphasized the necessity of organized recreational activities and efficient monitoring as preventative measures.

Byonanebye et al. (2020) Unstructured leisure activities were found to be a significant risk factor for teenage pregnancy in Uganda when geographic variations and risk factors were investigated. Teenagers who engaged in risky sexual behaviours were shown to be more likely to spend a large amount of time in unsupervised activities. Similar findings were made by Arach et al. (2023), who studied cultural practices and beliefs in Northern Uganda and discovered that greater rates of teenage pregnancy were caused by the absence of organized leisure activities. They underlined the necessity of community-based programs that offer teenagers stimulating and well-supervised recreational opportunities.

2.3 To assess Leisure Activities Influence on Teenage Pregnancy

Mezmur et al. (2021) looked on how recreational activities affected adolescent pregnancies in eastern Ethiopia. Teenage pregnancies were shown to be more common among teenagers who participated in unsupervised leisure activities, such as hanging out in public without the presence of an adult. The study made clear how much peer pressure and the absence of organized leisure activities led to teens engaging in dangerous sexual haviours during their free time. In a similar vein, Moshi & Tilisho's (2023) study on teenage pregnancy in Dodoma, Tanzania, found that teens who had more free time were more likely to participate in sexual activities, which raised their chance of becoming pregnant against their will. Their findings highlighted the necessity of structured, adult-supervised leisure activities to reduce the incidence of adolescent pregnancies.

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Joshi et al. (2022) carried out in rural Maharashtra, India, showed a correlation between higher rates of teenage pregnancy and unstructured leisure activities. Their findings demonstrated that teens were more likely to participate in dangerous behaviours when they had no access to supervised and constructive leisure activities. Furthermore, Sezgin & Punamäki (2020) looked at the effects of adolescent pregnancy and early marriage on mental health and found that teens who participated in unsupervised recreational activities had a higher chance of mental health problems associated with early pregnancies. In order to address these concerns, the study underlined the necessity of mental health care and organised recreational activities.

Dubik et al. (2022) We studied the sociocultural elements that affected teenage pregnancy in Ghana's East Mamprusi Municipality and discovered that unstructured leisure time constituted a sizable risk factor. Their research showed that teens who participated in

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2.4 To assess Cultural Rituals Influence Teenage Pregnancy

Sezgin, & Puna maki (2020) investigated the cultural influences on adolescent pregnancy and discovered that traditional rites, like initiation ceremonies, were a major contributing cause to teenage pregnancies. They found that early sexual activity was frequently encouraged by certain cultural rites that signalled the passage from girlhood to femininity, which raised the likelihood of teenage pregnancy. Similar to this, Kgosiemang & Motzafi-Haller (2021) found that cultural rituals, such as rites of passage, were linked to increased rates of teenage pregnancies in Gaborone, Botswana. They conducted their investigation into sociocultural factors in Gaborone. The importance of culturally aware educational initiatives to address the effects of these rituals on adolescent pregnancy was highlighted by their findings.

Dubik et al. (2022) examined the sociocultural elements influencing adolescent pregnancy rates in the Ghanaian municipality of East Mamprusi, emphasising the influence of traditional customs. They discovered that a number of customary behaviours, including rites of passage and early marriage rituals, considerably boosted the number of adolescent pregnancies. Simultaneously, a scoping review on socio-cultural factors in Ghana was carried out by Amoadu et al. (2022), who found that traditional rites, such as initiation ceremonies, were important in influencing teenage sexual behaviours and subsequent high incidence of teenage pregnancies. In order to reduce the number of adolescent pregnancies, their review stressed the importance of addressing cultural behaviours in interventions.

Joshi et al. (2022) evaluated the cultural elements influencing adolescent pregnancy in rural Maharashtra, India, and discovered a correlation between higher rates of teenage pregnancy and cultural practices including early introduction into womanhood. According to the study, these customs frequently normalised teenage sexual behaviour at an early age, which raises the likelihood of pregnancy. Comparably, Sezgin & Punamäki (2020) investigated the effects of early pregnancy and marriage on mental health and discovered a considerable correlation between cultural traditions that supported early marriage and a higher incidence of teenage pregnancies and accompanying mental health problems. Their research made clear how important it is to address these concerns with mental health care and cultural shifts.

Mezmur et al. (2021) looked at adolescent pregnancy in eastern Ethiopia and discovered that early pregnancies were influenced by cultural practices including customary initiation rites. They noticed that these ceremonies frequently contained components that promoted teenage sexual behaviour at a young age, raising the risk of adolescent pregnancies. Similarly, Omer et al. (2021) discovered that cultural rituals encouraging early weddings were a significant factor in teenage pregnancies when they investigated the impact of social and cultural practices on maternal health in South Punjab, Pakistan. They proposed that addressing these cultural norms is essential to bringing down the rate of adolescent pregnancies.

Achen et al. (2021) examined the effects of culture on sexual and reproductive health in Karamoja, Uganda, and discovered that initiation rites and other customs had a major impact on the prevalence of adolescent pregnancies. According to their research, early sexual activity was frequently encouraged by these cultural norms, and this was directly associated with greater incidence of adolescent pregnancies. In a comparable study, cultural rituals—such as customary rites that supported early marriages—were shown to be common risk factors by

Byonanebye et al. (2020) after they examined geographic variations in adolescent pregnancy in Uganda. The necessity of culturally competent treatments to address these practices was highlighted by their findings.

Barral et al. (2020) examined knowledge and attitudes about contraception among rural Latino adolescents and found that cultural practices, including traditional beliefs and rituals, influenced teenage pregnancy rates. They observed that cultural expectations and rituals often discouraged the use of contraception, leading to higher rates of teenage pregnancies. Similarly, Sebanwa & Semuhoza (2021) explored the causes of early motherhood in Rwanda and found that traditional cultural practices, including rites of passage, were closely linked to increased teenage pregnancies. Their study highlighted the need for culturally sensitive approaches in addressing teenage pregnancy.

2.5 Summary and gap in the literature

The literature reviewed emphasised how cultural practices and values have a substantial impact on the prevalence of teenage pregnancies, highlighting the significance of socio-cultural elements such as rituals and norms on the reproductive behaviours of adolescents. According to studies, cultural beliefs that normalized or endorse early sexual activity—such as traditional rites of passage and societal expectations surrounding early marriage—contribute to greater incidence of teenage pregnancies. There is, however, a lack of knowledge regarding the precise cultural mechanisms by which these practices affect various groups and the ways in which modern remedies might successfully deal with these deeply rooted problems. This emphasised the necessity of focused study on culturally aware strategies to lower adolescent pregnancy in multicultural groups.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This research employed qualitative approach, in order to investigate how culture influences teenage pregnancy in Oleba sub-county Maracha District. By using qualitative research methods for our data collection it will enable the researcher and other beneficiaries to gain a comprehensive understanding of the cultural factors influencing teenage pregnancy in Oleba sub-county.

3.1 Research design

The research design involved in-depth interviews with key stakeholders and the **victims** of teenage pregnancy not forgetting other teenagers who live within the community. The study will provide data on teenage pregnancy rates, and its outcome, the interviews will offer in-depth understanding on different cultural beliefs and practices that exposed teenagers in engaging in sexual activities hence leading to teenage pregnancies. This will then help to give the stakeholders knowledge on deriving new strategies of how they can address the issue.

3.2 Area of study

The study focused on different communities within Oleba sub-county including, alaa village, Oleba village, paburaandra and pabura oru etc. Oleba being one of the busiest trading centers with alot of different cultural activities business activities going on will be a good ground for this study. Key stakeholders, including parents, teachers, community/cultural leaders, and teenage girls themselves, will also be included in the study.

3.3 Sources of information

The primary sources of information included interviews with the respondents and focus group discussions conducted with the target population. Secondary sources will consist of reviewing different existing literature, reports, and data related to cultural factors in relation to teenage pregnancy. All this will be achieved through a direct interface with the correspondents.

3.4 Population

The population of interest included teenage mothers, teenager girls, as well as key stakeholders like the cultural leaders, community leaders and also parents within the area of

study. These respondents will be requested to avail information considering their experiences as far as cultural factors and teenage pregnancy are concerned.

3.5 Sampling techniques

Purposive sampling was employed to select key informants for interviews based on their expertise regarding the information needed. The researcher employed purposive sampling because these chosen respondents are believed to have the right information regarding the specific area of study at the time.

The researcher also employed stratified sampling technique to get more information regarding the subject of concern.

3.6 Procedure for Data Collection

Ethical Approval: The researcher obtained the necessary clearance from the university authorities.

Then proceeded to have another clearance from the District Health Office of Maracha District and the local authorities such as the office of the local councils and community leaders within communities.

Community Engagement: The researcher then conducted preliminary visits to the community with the aim of creating a relationship by building rapport with community leaders and explaining to them the purpose of the study.

Training: The researcher then conducted a data collector's training in reference to the purpose of the study, ethical considerations, data collection methods, and the data collection instruments.

Data Collection:

The researcher conducted interviews with victims of teenage pregnancy, community leaders, teenage girls and also get information from the anti natal clinics from government hospitals within the community through interview guides and surveys.

3.7 Data collection instruments/methods

Open ended questionnaires were designed to collect qualitative data matter of concern. This facilitated having a detailed data on how the different cultural factors influence teenage

pregnancy. Understanding these factors helped to analyze and draft strategies that will help to curb the rate of teenage pregnancy within the community (oleba sub-county). Keen attention will be developed to gather qualitative insights on the different cultural factors and the experiences of the teenage mothers and how possibly helped.

3.8 Data processing and analysis

This is a full Qualitative research, data collected through interviews and focus groups discussions were transcribed, and thematically analyzed to extract key themes and findings.

3.9 Quality/Error Control

Training: The researcher provided training for research assistant's interviewers on ethical considerations and data collection procedures.

Debriefing Sessions: The researcher and the team shall hold debriefing sessions before and after every data collection session with the intention of addressing any formal of inconsistencies to address data collection errors.

Pre-testing: To minimise some of the data collection errors the researcher shall have a pilot study in the data collection instruments in a similar setting to ensure reliability and validity of data collected.

3.10 Ethical Consideration

Voluntarisms: Respondents were not in any way be forced to participate in the research, if any is to participate it must be out of will as in voluntarily.

Informed Consent: Where necessary the researcher shall obtain consent from the pregnant teenager's parents and also the assent of the victim to be interviewed.

Confidentiality: The researcher shall ensure a high level of confidentiality by keeping all data as anonymized and secured to protect participants' privacy.

Support Services: The researcher shall also provide access to support services for participants experiencing health challenges during the study.

Adherence to Ethical Guidelines: The researcher shall follow ethical guidelines that are established by relevant institutional review boards, including respecting participants' rights and cultural sensitivities.

3.11 Methodological constraints/limitations and delimitations of the study

Methodological constraints may include limited access to certain groups of participants due to poor infrastructure, language barriers, and potential bias in self-reported data. The study will be delimited to Oleba community and may not be generalizable to other districts contexts.

3.12 Data Analysis, Presentation, and Interpretation of Findings

Data Analysis: The researcher shall perform a comprehensive analysis of both quantitative and qualitative data to draw conclusions about the influence of culture on teenage pregnancy.

Presentation: The researcher shall then present the findings using tables, narratives, and thematic summaries to facilitate interpretation of the data collected.

Interpretation: The results shall be interpreted within the context the lugbara culture baring the different culture the exhibit and how they influence behavior.

3.13 Work plan/timeline:

Month one: Develop a research topic, conduct literature review, develop research instruments, obtain ethical clearance from the university, and train research assistants.

Month two: Collect data, enter data, analyse data.

Month three: Interpret the data, make recommendations, and write a report and then dissemination of the results.

3.14 Budget

Personnel Costs: Payment for research assistants.

Training Expenses: Costs for training sessions and materials.

Travel Expenses: Costs for transportation during the research project.

Data Collection Materials: Printing questionnaires and surveys.

Miscellaneous Expenses: Contingency funds for unforeseen expenses.

S/no	Budget Item	Estimated Cost (UGX)
01	Personnel cost	500,000
02	Training	200,000
03	Travel	150,000
04	Data Collection	400,000
05	Data Processing	200,000
06	Miscellaneous	150,000
07	Total	1,600,000

CHAPTER FOUR

DATA ANALYSIS, PRESENTATION AND INTERPRETATION OF FINDINGS

4.0 Introduction

This chapter presented the data analysis, presentation of findings and interpretation of findings through the guidance of the research objectives. The section presented the characteristics of respondents in a narrative format. The data analysis was a descriptive analysis and appropriate data analysis techniques for each field objectives.

4.1 Data analysis

Description of Characteristics of respondents.

The respondents to the research questions of the study were characterized by age, employment status and marital status as analyzed and described below.

Age category of the respondents.

Table 1.1

Category	Number
24-29	6
30-34	1
35-39	2
40-44	0
45-49	3
50-54	0
55-59	2
60-64	2
65-69	1
Total	17

Interpretation

The table described and showed that the majority of the respondents were in the age category of 24-29 with a total number of 6 respondents (table 1.1 age category of respondents, 2024). Between the age category of 45- 49 were 3 representatives, 35-39, 55-59 and 60-64 were all represented by 2 respondents for each category of age (table 1.1).

The category of 30-34 and 65-69 were also represented by the same number of respondents where each had only 1 respondents. Those that were between the age category of 40-44 and 50-55 were not represented by any respondent. All the representatives of different age categories were totaling to a number of 17 respondents that the researcher was able to interview and responded to the questions.

The age categories of the respondents shows that data was collected from adults who were well informed about the Lugbara culture on the pregnancy. More so based on the fact that the elderly people from the age of 60 years also participated in responding to the research questions and their knowledge was worth being recorded in the findings (table 1.1).

Table 1.2: Employment Status of respondents

Type of job	Number
Local Council One	1
Health Center employee	1
Health Assistant	1
Sub County Chief	1
Town Clerk	1
Speaker Town Council	1
Total	6

Interpretation

Table 1.2 showed the employment status of the research respondents and it's clear from the summarized table of the employed respondents that only six people were free to provide information concerning their employment status. Also telling from the types of jobs the respondents were employed in showed that the researcher collected data from learned

professionals who had better ideas of the influence of Lugbara culture on teenage pregnancies (table 1.2 field data, 2024).

Table 1.3: Marital status of the respondents

Status	Number
Married	3
Separated	5
Unidentified	9
Total	17

Interpretation of the results

Reading from the above table 1.3, it clearly showed that only three respondents were married and they had experience on the challenges that came with association of Lugbara culture and teenage pregnancies where some of them got married in their teenage years. The five respondents reported that they had separated with their spouses and it was not possible to identify the marital status of the nine respondents.

4.2 Presentation of findings

The findings were presented in a narrative format and the titles formed from the objectives that were developed to guide the research study as were shown below.

4.2.1 Characteristics of respondents

Talking to a married lady during the day of slaughtering an animal paid as dowry was identified as a belief and value was believed that the two would get an omen. Based on the findings there were many other beliefs that influenced teenage pregnancy as they were reported by the respondents. Relating the social cultural beliefs and values that were identified and discussed by the respondents to the Albert Bandura's social learning theory, the researcher realized that the teenagers learnt how to practice the cultural beliefs and values through imitating and observing their elders hence leading them into sexual intercourse leading to teenage pregnancies (social learning theory. Albert Bandura, 1977).

4.2.2 Cultural beliefs and values influencing teenage pregnancy.

Talking to a married lady during the day of slaughtering an animal paid as dowry, culturally called "alii" was believed that the two would get an omen. This particular day involved celebration which brought many young people together in order to participate in eating the bull that has been slaughtered as a way of blessing the marriage. This day leads to teenage pregnancies because many of those who come for the celebrations come with the intention of getting sexual partners regardless of the age. So during the celebrations that involves having over night dances, the youths most especially the boys start to make sexual advances towards the girls which leads engagement in sexual behaviors that drastically leads to teenage pregnancies.

The belief that women are meant for child bearing is a factor that propels teenage pregnancy (oku ma azi anjitizu). In the Lugbara culture women are meant to concentrate on child bearing other than engaging in empowerment programs like girl child education, this in another way escalates teenage pregnancy because the girls believe that by giving birth they are meeting the cultural demands of the female gender. Therefore these young girls start engaging in sexual behaviors that leads to teenage pregnancy.

Another respondent replied that culturally in the Lugbara community girls are considered as source of wealth to their families. The belief that girls are source of wealth to their families which is in form of doweries paid greatly influences teenage pregnancy among the Lugbara community. With this belief the community believes as long as a girl can get a man who can meet the cultural obligations of payment of the pride price culturally known as " alii"regardless of her age it is okay for them to get married. Therefore with this in mind young girls start engaging in sexual behaviors that later leads to teenage pregnancy.

Another respondent argued that for them culturally they believe when a girl starts developing physical changes like development of breasts, change in the voice, development of hips and public hair, it is assumed that this girl is ready for marriage. Therefore having this in mind many young girls on experiencing these changes start believing that they are ready for marriage, which makes them to start engaging in sexual relationships which ultimately leads to teenage pregnancy among.

Taboo around sex education is another crucial area that has contributed to teenage pregnancy among the Lugbara culture. Girls in the Lugbara culture do not have access to sex as

education as culture looks at it promiscuous to talk about sex. In case one is found talking about sex he or she is considered as a "spoilt" person and this has made many girls lack sex education which has made it easy for some of them to be manipulated by men to engage in sexual relationships which have resulted in teenage pregnancy. One of the respondents aged 24 said that she had her first child as a teenage and had no idea that she was pregnant at the time until she was three months pregnant. She said this was because the man who impregnated her told her to take some herbs after and she couldn't get pregnancy, therefore due to the lack of sex education she considered to this and little did she know that she was pregnant in the following few months.

Social acceptance of teenage pregnancy among the Lugbara communities is also another value that has propelled the number of teenage pregnancy. Some of the respondents suggested that teenage pregnancy is not considered as a problem within the community and people embrace it and no complaints are made about. This makes it very easy for girls to conceive in their teenage because the community deems it normal to get pregnant which make the vice to spread across the different communities. Therefore with social acceptance girls are not ashamed to get pregnant as teenagers because they can still freely interact with the different people within the community freely without anyone blaming them for engagement in sexual matters at tender age hence the escalation of teenage pregnancy.

4.2.3 Leisure activities influencing teenage pregnancy.

The timing of the leisure activities is another factor that greatly influences teenage pregnancy. Activities like ludo playing, playing cards, night disco dances and the late evening markets are crucial in promoting teenage pregnancy, this is because these activities go till late night and it becomes easier for the boys to make sexual moves to the girls even the shy ones who can't do it during the broad day light which also applies to the girls who could have rejected the moves during the day. It is important to note that in Lugbara community our case study being Oleba sub-county in Maracha District, they have mini daily evening markets and then weekly joint markets which brings people from different Districts, counties and sub counties making it easier for different individuals to interact and no one can determine the effects of this interaction since its in different dimensions. In reference to teenage pregnancy many youths normally make special arrangements to meet on these market days which are socially organized in a way that after the meeting in the market they go for night discos and the result is engagement in sexual activities that lead to teenage pregnancy.

The nature of the traditional dance "koro" also known as "abi'ongo" also contributes to teenage pregnancy. During the dance there is a scenario where coupling is done in such a way that a female dances with a male and for many youths the use this opportunity to make sexual moves to the other dancing partner and connecting psychologically due to the physical body contacts during the dance which later develops in sexual relation leading to teenage pregnancy in cases where those dancing partner teenagers. It's also important to note that during this dances a message of supremacy of the male gender over the female gender is delivered as women have to kneel while dancing as the male stand over them.

The respondents also talked about the way the youths spend their free time commonly said as "avaali" while using drugs like alcohol (nguli), marijuana also contributes to teenage pregnancy. This is because they would use drugs that end up affecting their sense of judgement in that they couldn't make any sound decisions especially regarding the control over their sexual desires. On the other hand consumption of these drugs made it easy for the shy youths to make sexual advances to the girls and likewise for the girls it became very easy for them to fall victims of teenage pregnancy if they were drunk since they couldn't make any sound decision at that moment. It's important to note that most of these social drinking activities are considered important for one to be fully accepted within the community which literally means for you to fit within the community, you need to be part of the activities. The researcher by experience noticed that if you can't be part of the drinking at least you can buy for those who drink.

Another form of leisure activities that greatly contributed to teenage pregnancy is the night dance discos. The frequent night discos dances organized within the communities especially in trading centers with little or no control over who goes for the discos or not are factors that have triggered the rampant teenage pregnancy. Young girls and boys go for these dances with the intention of getting sexual partners which exposes them to engaging in sexual behaviors which ends up in teenage pregnancy. It's important to note that in most of the lugbara community especially in Maracha District many parents don't sleep in the same houses with their children which has left a gap which the children use to escape and go for these night disco dances hence increasing the chances of engaging in sexual behaviors that have led to teenage pregnancy among the girls.

4.2.4 Cultural rituals influencing teenage pregnancy.

The traditional marriages and introductions were identified as the key traditional ceremonies that were associated with sexual behaviors hence influencing teenage pregnancy. The traditional marriages and introductions influenced teenage pregnancies through exposing the teenagers to traditional dances like (Koro) that created intimacy between those people of different sex (male and female). The intimate emotions influenced the youths to engage in sexual intercourses hence leading to teenage pregnancies. One respondents explained that " as a way of celebrating the traditional marriages people take a lot of local brew locally known as "nguli" which would affect their sense of reasoning and losing control over their emotions, which drastically engagement in sexual activities leading to teenage pregnancy.

Another rituals practices that highly influenced teenage pregnancy was "Oku'ne" this is a ritual that is done when a man brings a woman in his house and informs his relatives about and very early in the morning(dawn), the women married in the clan and the young girls within the clan go to his home to see the wife tradionally called oku'ne, they come running with jubilation and ululating. This becomes an admiration for the teenagers who also feel the desire to experience the same which leads them to engaging in sexual behaviors ultimately leading to teenage pregnancy.

The respondents also commented that another traditional ritual that greatly influences teenage pregnancy is " Ranya". This is an initiation practice where if unmarried girl engages in sexual intercourse and comes back home, she is supposed to come with a chicken from who ever had sex with her in order not to bring misfortune upon the family and it is believed that this misfortune mostly affects the brothers and therefore this leads to teenage pregnancy in a way that if a girl gets someone who can afford to buy a cock for her to go back home with regardless of her age she can easily engage in sexual behaviors which leads to teenage pregnancy. This literally means if one can afford to meet the cultural demands of buying a cock then one can easily engage in sexual activities hence leading to teenage pregnancy.

Another common cultural ritual practice that influences teenage pregnancy was believed to be "Yamari". This a cultural ritualistic pratice which is performed when a family members of the wife's side bring food (mindreengama) when the husband has lost a relative as part of the funeral rights. When they bring the food a feast is made in which the youth use this opportunity to sport potential lovers which later leads to engagement in sexual behaviors that contribute to teenage pregnancy.

The respondents also talked about cultural ritual traditionally called "Aalii" which can be translated as pride price. They considered this as a factor that contributes to teenage practice because for them they look at a man's ability to pay the "aali" or the bride price not regarding the age of the girl. Therefore if a teenager gets a man that is able to pay the dowry (bride price), the family is free and willing to give her in to marriage hence leading to teenage pregnancy. This particular ritualistic practice also contributes to teenage pregnancy in a way that if a lady's bride price is paid there is always that one bull that is slaughtered for the clan members and a feast is organized and overnight disco dances are done which call for many other youths who come with intentions of getting sexual partners during the dance which later leads to engagement in sexual activities leading to teenage pregnancies.

Another ritualistic practice that contributes to teenage pregnancy was highlighted as "ejufe" which is translated as prayers. This is a traditional way of praying to take away any form of misfortune that is believed to result from previous acts of blood shed between or among different clans. This contributes to teenage pregnancy because as the men are moving from one clan to resolve the misfortune, they keep spotting potential lovers who are mostly young girls from the hosting clans, they make schedules to meet with each other in specific places and end up engaging in sexual relationships which result in to teenage pregnancy. This ritual involves the two clans bringing some goats which are inter changed and slaughtered for them to eat as a way of cleansing the clan and lifting the misfortune or the curse that could have been caused as a result of the bloodshed.

"Lucuo" was another ritualistic practice that was mentioned as a factor influencing teenage pregnancy. Lucuo is practice where inlaws from the wifes side come to their daughter's home (wife) to pray if the family is having misfortunes like having epileptic children, children having mental health problems, lacking employment yet educated, failing in marriage etc. It is believed that the maternal relatives can pray and lift these curses and therefore, they bring one goat and also the father's side also brings one goat and they are exchanged and slaughtered for them to eat and as they eat they declare blessings and luck upon the family. This in another way leads to teenage pregnancy because of the interactions between the different clans which the people use to their advantage to get sexual partners not regarding the age.

The respondents also emphasised the great influence of funeral rights cultural called "drati" in promoting teenage pregnancy. This is an event where the different clan members come together to perform prayers and other cultural rituals in remembrance of the departed soul. This function brings together many different people with different interests one of which includes getting partners for marriage of which teenagers are not spared hence leading to teenage pregnancy among the community.

The church activities in a special way were also included among the activities that were impacting sexual behaviors. Respondents commented that man youths use the church activities like choir practices and singing as an advantage to engage in sexual relationships. This is commonly witnessed during vigils and over night prayers where the choir members have less supervision from both parents and even spiritual leaders and they start coupling when the service is going which prompts them to engage in sexual behaviors ultimately leading to teenage pregnancy.

Summary of field findings

From the field data collected the respondents reported traditional ceremonies such as traditional weddings and introductions as the commonest ceremonies associated with sexual behaviors not forgetting the multiple cultural rituals that bring people from different clans together. On the side it is also found that the church activities which should be helping in modeling the community is also used wrongful to influence teenage pregnancy. The role of leisure activities such as the timing of the activities, the nature of the activities is a factor that couldn't be underestimated in influencing teenage pregnancy and lastly social gatherings such as traditional dance, games and sports, disco and movies were identified as some of the common factors propelling teenage pregnancy in the Lugbara community.

CHAPTER FIVE

DISCUSSION OF FINDINGS, CONCLUSION AND RECOMMENDATIONS

5.0 Introduction

The chapter clarified the field findings of the research study, compared and contrasted the results with existing reviewed theory and empirical findings as discussed in the presented in the previous chapters. The researcher related the results to assumptions of the study and expectations and described the extent to which the findings supported or failed to agree with findings from the literature review and the theory.

5.0 Discussion

5.1 Cultural beliefs and values influencing teenage pregnancy.

Based on the researcher's interaction with the respondents it was identified that the respondents understood culture as shared values, beliefs and practices of a community that signified how different individuals behaved and observed social norms. In the same way the research found similar results from some of the literature reviewed where the major focus was on (Mezmur et al., 2021). Some of the cultures that the researcher identified included taboo against talking to a married woman if you're a boy especially on the day of slaughtering some of the animals that were offered as dowry. Such taboos and beliefs either influenced or regulated the rates of teenage pregnancies among the teenagers living in communities with such sensitive cultures. This day was meant for blessing the marriage although many young people used it to get for themselves sexual partners which led to teenage pregnancy.

Similarly from the literature reviewed, the researcher found that cultural components like the social norms around sexuality and reproductive health among the teenagers were also of value to either influence teenage pregnancy rates through the levels of sexuality acceptances that the culture tolerated. For instance talking about sex was considered as a taboo for the unmarried yet sex education is crucial if teenage pregnancy is to be controlled. This is because during the interactions with some of the respondents, the researcher found out that some people engaged in sexual activities just for fun not considering the effects, others did it for social acceptance (peer pressure).The researcher did not only find that from the

respondents but also realized that the African culture is similar in its objectives as it was revealed in Botswana that culture was also a key determinant in rates of teenage pregnancies and the same findings were reported in the findings by the researcher. As the findings presented by the researcher identified that taboos and cultural beliefs played part in influencing teenage pregnancies in Lugbara cultures and communities were similar to the results from the literature review. They were similar in a way that Dubik et al. (2022) showed to his readers that taboos and cultural beliefs were also found to be key players in encouraging or discouraging teenage pregnancies in Ghana.

The researcher found out that there was no clear consideration of one's age when it came to marriage for instance a girl was considered due for marriage on seeing her physical changes like development of breasts, hips, softening of the voice. This showed that there is need for intervention and awareness creation on the age that makes one legible for marriage because many young girls had been lured in to marriage which has put their health in danger especially during pregnancy. This is because some are not yet duely ready to carry babies because their bodies are still developing. This puts both the life of the mother and the fetus in danger.

The belief that women are meant for child bearing in the Lugbara culture is a fact that shouldn't be underestimated if we are to fight teenage pregnancy. This gender roles based perspective not only kills the future of many young girls who should be in school getting education empowerment but also puts their health at risk since some of them get desperate to meet the cultural demands of having children and end up sleeping with different men in order to conceive which exposes them to the risk of getting sexually transmitted diseases and teenage pregnancy.

Though for the results gathered from the field by the research it was clear that the cultural beliefs, values and practices were not aiming at promoting pregnancies among teenagers. It was discovered that many other environmental factors played a role in reshaping the intual intentions of the Lugbara cultural values and beliefs like instilling fear and encouraging the teens to have self -dignity and respect for their cultures and elders by abstaining from sexual activities. But this does not eliminate the fact that the literature findings were also absolutely right through highlighting that the cultural expectations were the bases of determining sexual behaviors among the teenagers (Dubik et al.,2022). The results under this particular objective were very similar from the findings that the researcher collected from the respondents.

5.2 Leisure activities influencing teenage pregnancy.

The Lugbara cultural dances were reported as some of the leisure activities alongside other leisure activities such as social drinking gatherings and games sports that negatively impacted teenage pregnancies more so in case where supervision was limited during the earlier mentioned leisure activities like girls escaping to go and attend night discos without a consent of their parents and proper supervision while in the disco hall which exposes them to sexually "hungry" men who easily engage them in to sexual behaviors. Since these girls are already disadvantaged because of the timing it becomes easier for them to either give in or else be raped and defiled leading to unwanted teenage pregnancy. In a similar way to the literature review Mezmur at al., (2021) revealed that leisure activities increase levels of peer pressure especially when the teenagers' leisure activities are not well supervised which results into teenage pregnancy and this was a case among the Ethiopian teenagers according to the researcher's literature review. The information from the literature review totally agrees with the findings that the research found from the respondents from the Lugbara community member who responded to the research questions.

The leisure activities were not in any way created to promote teenage pregnancy, however circumstances surrounding these activities and the nature of the activities for instance using alcohol, marijuana excessively affected the minds of the consumers and therefore limited their sense of judgement and therefore it became easier for them to engage in sexual relationships that resulted in to teenage pregnancy.

The way the respondents discussed how leisure activities in the communities were carried out, it was clear that those activities were not organized at all due to limited supervision of the teenagers who were engaged in these activities hence leading to teenage pregnancies among teenagers. This was the same case from the study according to Moshi and Tilisho's (2023) who believed that the absence of properly supervised leisure activities raised the chances of teenage pregnancies in Tanzania and other parts of east Africa. This means that all the results are in agreement given the facts and what the researchers presented in their literature and the information the researcher found from the field.

5.3 Cultural rituals influencing teenage pregnancy.

During the investigation the researcher discovered that cultural rituals like initiation ceremonies were major contributors to teenage pregnancy cases among the teenagers of

Lugbara culture and communities. Cultural rituals "oku'ne" which were done to welcome a newly married woman were well intended in that, the wife feels welcome in the community which was good however many young girls who admired the event and wished to experience the same yet they were still under aged. These young after admiration of the event also go and decide to get married at a tender age so that they also experience the same event which leads to teenage pregnancy. It's natural that these girls can admire these cultural rituals however there's need for them to be guided through because any unnecessary decision they take after the admiration may negatively affect their lives.

Compared to the literature reviewed, Sezgin and Puna Maki (2020) raised the same concerns that rituals influenced so many teenagers to engage into sexual intercourses at early stages that increased the cases of teenage pregnancies in communities of Botswana which was as claimed by the community members among the Lugbara culture. The finds and the literature are therefore in agreement that cultural rituals have greatly took part in increasing the cases of teenage pregnancies because of the ceremonies that are always carried out in cultures.

It was clear cultural rituals like "Ranya" which were intended to promote safe sex in that there was to be no sex before marriage or sex outside marriage where in case one was involved in sexual intercourse before marriage she would have to come home with a chicken (cock) have been wrongful interpreted in that when a girl meets a man that's capable to meet the cultural demands of buying a cock for her to go with back home they swiftly engage in sexual intercourses which results in to teenage pregnancy.

The cultural ritual of "Aali" was also intended to protect girls from engaging in sexual relationships before marriage in that if one engaged in sexual relationships they have to pay this "Aali" or bride price. This has been used wrongful by the people in that men can engage young girls in sexual activities that can lead in to teenage pregnancy as long as they feel they can be in position to pay the dowry which is wrong if we are to prevent teenage pregnancy in the Lugbara community.

The researcher noticed that most people took advantage of cultural ritual practicing events to look for spouses. This was because this moment involved interaction of many different people from different clans for example "ejufe", "drati", "lucuo" and Yamari. These events could bring many together and therefore used as a point of contact among the different people, therefore the findings revealed the need for proper guidance during these functions and also the need to conduct an awareness creation regarding teenage pregnancy and its impact on the individuals and the

community. For instance when these teenagers give birth successfully most of them are immature to stay in marriage and end up with failed marriages, they are also financially dependent which increase the rate of poverty due to high dependent syndrome in the community Furthermore these young mothers end up living children in the hands of their parents as they go to look for greener pasture in the city as housemaids which in the long run doesn't pay off well and their children grow up as spoilt children with no clear future and others end up on the streets as street children.

Since the cultures are learned from generation to generation it was clear that the teenagers were able to learn from their elders through imitation of their characters and behaviors which kept the cultural trends and practices alive hence influencing the teenagers to learn both the good and bad sexual behaviors involved in the cultural practices. This is based on the assumptions of Albert Bandura (1977) social learning theory where he assumed and proved that children learnt through observation, mimicking and imitating what the other people are doing and since the cultures were practiced amidst the young people so they learnt. The consequence of this was that the young people only learnt negative activities that negatively impacted their sexual behaviors hence increased cases of teenage pregnancy.

5.2 Conclusion

The researcher concluded that the research findings were majorly collected from experienced respondents who had passed through all the teenage challenges caused by the Lugbara culture. The social learning theory developed by Albert Bandura was in agreement with the research findings based on the research objectives and questions also. The traditional ceremonies like traditional marriages and introductions, leisure activities such as games and sports, drinking and traditional dances and ritual activities like koro, ranya and yamari . Those were some of the crucial cultural practices that influenced teenage pregnancy so much in the Lugbara culture and communities.

5.3 Recommendations

The research recommends that the teenagers should take control over the challenges that hinder their proper functioning though engaging in research studies that can help in solving the challenges that the teenagers encounter. The researcher recommends so because the data that was collected did not come from teenagers but rather from those age twenty four years and the elderly aged sixty six years of age.

The researcher recommends that the youths especially the young girls avoid engaging in leisure activities that put their lives in danger for instance going for night discos which has been one of the commonest way of exposing girls to engaging in sexual relations that have resulted in to teenage pregnancy. Girls should also learn to protect themselves by moving in groups to avoid cases of sexual abuse that is in case on wants to use force to engage them in sexual activities.

The researcher also recommends the need to focus on developmental culture than culture that is draining for instance the lugbara culture focuses so much on conflict resolution through slaughtering of animals and eating them, as a way of opening blessings or lifting curses. However the researcher believes if these animals are reserved, they can be used in more productive way like selling them to pay children in school which can also help to reduce on the rates of teenage pregnancy within the lugbara community. This is because these teenagers will have less time to engage in some of the activities that expose them to teenage pregnancy.

The researcher also recommends that the community and the teenagers are educated on right age of marriage that give you the formal right to engage in sexual intercourse with your partner other than thinking sex is for fun or just to pass time because it's implications can be worse if not well handled.

The researcher recommends that Lugbara cultural leaders adopt the idea of sex education as a normal education program for the youths. This will greatly open people's mind and change their perception towards sex otherwise they will keep assuming that not talking about it protects their children yet it is the other way round. People need to be educated on their body changes especially the girls since for them they believe those body development means you are ready for sex and no community elders have come up to disapprove this mind set.

The researcher also recommends that the cultural leaders educate the young girls regarding issues of admiration and imitating what they have seen. They need to learn to be patient and wait for the right time for them to get married in order to freely engage with their partners other than admiring someone who could have done it at the right moment and you don't also yet you are still young and probably end up with a wrong partner because of desperation.

Areas for further research

1. Examine the role of parental guidance in shaping teenage reproductive behaviour.
2. Assess how access to education and awareness pregnancy.
3. Assess how access to education and awareness program impact teenage pregnancy.
4. Explore the health risks and economic effects of teenage pregnancy rates among the Lugbara culture.
5. Study existing policies and intervention programs aimed at reducing teenage pregnancy.

APPENDIX ONE

Interview guide.

I am Aseru Catherine, a student from Uganda Christian University. Am conducting a study on how culture influences teenage pregnancy and this research is only for study purposes. All information shared shall be kept confidential and you can choose to withdrawal from the research at any time.

Bio data

Name (pseudo)

Age

Sex

Education level

Religion

Marital status

Interview Questions:

Objective 1: To assess what cultural practices influence sexual behavior among the people of Oleba.

1. What traditional ceremonies in your community are associated with sexual behavior?
2. How do initiation rituals in your culture affect sexual behavior among young people?
3. What role do community elders play in influencing sexual behavior through cultural practices?
4. Do you have any food practices that influence sexual behavior and if yes can you describe how?

Objective 2: To assess what cultural beliefs influence sexual behavior among the people of Oleba.

1. What cultural beliefs or taboos around sexuality are prevalent in your community?
2. How do religious or spiritual beliefs in the Lugbara culture influence sexual behavior?

3. Are there any beliefs regarding gender roles that affect sexual behavior in your community?

Objective 3: To assess what leisure activities influence sexual behavior among the people of Oleba.

1. What types of social gatherings or leisure activities are most common among young people in your community?

2. How do leisure activities like dances, sports, or festivals impact sexual behavior in your area?

3. Are there any leisure activities that you think encourage risky sexual behavior among the youth?

Thank you.

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