



The Big Five Personality Traits and Sexual Behaviour Among Undergraduate Students in A Selected University in Nairobi County, Kenya

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ABSTRACT

University students' sexual behaviour can lead to significant sexual and reproductive health complications. The study investigated the relationship between the Big Five personality traits and sexual behaviour among undergraduate students in a selected university in Nairobi county, Kenya. The study aimed to evaluate the association between traits like openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism and sexual behaviour. Employing a correlation survey design with quantitative data, the study targeted 71,610 undergraduates, selecting a sample of 398 through stratified random sampling. Personality traits were assessed using a modified version of John & Srivastava (1999), while sexual behaviour was measured using the Undergraduate Students Sexual Behavior Inventory-Self Report (USSBI-S). Data analysis was conducted using SPSS version 26, utilizing descriptive statistics and correlation analysis. Results revealed a strong positive correlation between openness to experience (0.903, 0.897, 0.884, 0.797), extraversion (0.875, 0.872, 0.940, 0.860), and neuroticism (0.940, 0.961, 0.974, 0.942) traits against coital, non-coital, induced, and queer sexual behaviors respectively. Additionally, findings showed a moderate positive correlation between conscientiousness personality trait (0.394, 0.382, 0.366, 0.300) and a slight negative correlation between agreeableness personality trait (-0.155, -0.158, -0.328, -0.308) against coital, non-coital, induced, and queer sexual behaviors, respectively. The study suggested implementing programs to aid students in understanding their personalities within the Big Five framework and their implications on sexual conduct, facilitating the management of challenges arising from various sexual behaviors. These insights could inform the Ministry of Education and university administrations in formulating effective sexual education programs and implementing follow-up measures through lectures.

Key Words: coital, induced, non-coital, personality trait and queer sexual behaviour

Background

Despite the implementation of numerous behavior change and communication programs in Kenyan universities, sexual behavior remains a significant concern for the welfare of undergraduate students. The increasing risks associated with individual sexual conduct among Kenyan undergraduates contribute to this concern. Notably, the majority of undergraduates in Kenyan universities are aged between 18 and 25, a period characterized by the transition to independent adulthood. With limited parental supervision and guidance and amidst the freedom provided by the university environment, students are inclined towards adventurous sexual activities, as well as alcohol and/or substance use (Azrina et al., 2017). This perspective echoes Ngarutya's argument (2017), indicating that sexual activities encompass a broad range of behaviors that could lead to adverse sexual and reproductive health outcomes. Recognizing the significant role sexual behavior plays in individuals' overall well-being, particularly among undergraduate students, as highlighted by the World Health Organization (2006), this study explored the correlation between the Big Five personality traits and sexual behavior among undergraduate students in a selected university in Nairobi county, Kenya.

As stated by Ngarutya (2017), sexual behavior encompasses a broad spectrum of activities through which individuals express their sexuality, potentially leading to significant sexual and reproductive health implications. It's crucial to recognize that undergraduate university students encounter various risks and obstacles associated with their sexual behavior, including, but not limited to, the risk of contracting sexually transmitted infections (STIs) or experiencing unintended pregnancies. According to Kalichman (2014), these risks and challenges include engaging in sexual activity at an early age, unprotected sex, inconsistent condom use, dependence on masturbation, engaging in sex for material benefits such as money, food, drugs, or shelter, and having sex with one or multiple partners, all of which can negatively impact both the health and academic endeavors of undergraduate students.

Furthermore, the ramifications arising from the sexual behavior of undergraduate university students can be categorized into those impacting individuals engaged in these behaviors and society as a whole. Actions directly affecting individuals include engaging in sexual activities while under the influence of substances like alcohol or drugs, having multiple sexual partners, and participating in unprotected intercourse (González-- Marugán et

al., 2021). Another significant adverse outcome of such sexual behaviors is the risk of unintended pregnancy and susceptibility to contracting sexually transmitted diseases such as HIV/AIDS. This, in turn, may lead to undergoing abortion or experiencing unplanned childbirth, potentially affecting academic achievement and employment prospects, especially for undergraduates still pursuing their studies at the university (Imaledo et al., 2012). It's important to note that contracting sexually transmitted diseases such as HIV/AIDS and unplanned pregnancies, whose consequences include, among others, poor academic performance and/or dropping out of college, have the potential to deprive society of the human resources necessary for development (Imaledo et al., 2012). Conversely, sexual behavior is associated with relationship stability, relational satisfaction, and overall well-being (Rammstedt & John, 2017). This concept is supported by the World Health Organization (2006), emphasizing the ongoing importance of improving sexual health, defined as a state of physical, emotional, and social well-being regarding sexual conduct, as a global public health priority.

As delineated by Roberts (2009), personality encompasses enduring patterns of emotions, thoughts, and behaviors, indicating how individuals tend to respond in specific circumstances. It's important to note that psychologists have long been intrigued by the examination of how personality influences sexual behavior (Eysenck, 1976). Recent studies in this area have shifted towards exploring the impact of the Big Five personality traits on engaging in risky sexual behaviors (Miller et al., 2004). It's noteworthy that the most widely used framework for personality traits in psychology is the Big Five model (Schmitt, 2004). According to Goldberg (1981), personality traits are organized into five dimensions, also referred to as the Big Five: openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism. These traits hold significant predictive value for various important life outcomes such as job performance, health, morality, academic achievement, criminal behavior, and sexual behavior (Buckley, 2007). Openness to experience reflects the extent to which an individual embraces change, intellectual stimulation, diversity, and novel cultural encounters. Individuals with higher levels of openness are often associated with an appreciation for aesthetics, imagination, and abstract ideas. Conscientiousness indicates the degree to which an individual adheres to standards, societal norms, and conventional rules. Individuals with higher conscientiousness tend to exhibit traits such as organization, striving for achievement, responsibility, self-discipline, and careful deliberation (Goldberg, 1981).

Extraversion indicates the degree to which individuals direct their attention and interests outward, particularly towards social interactions and stimuli. Those with higher levels of extraversion typically exhibit characteristics such as sociability, assertiveness, warmth, activity, enthusiasm for excitement, and generally maintain a positive mood. Agreeableness refers to the extent of an individual's inclination towards fostering harmonious and pleasant relationships with others. Individuals with higher agreeableness tend to demonstrate traits such as trustworthiness, honesty, altruism, cooperation, kindness, empathy, and humility. Neuroticism, also known as emotional instability, gauges an individual's perception of the world as threatening and beyond their control. Elevated levels of neuroticism are often linked with traits like anxiety, emotional distress, hostility, self-consciousness, vulnerability, and impulsiveness. It's essential to recognize that the Big Five personality traits are inherent characteristics that influence an individual's overall approach to and interaction with the social environment, encompassing sexual behavior and other facets. These traits delineate an individual's capacity to navigate social challenges through communication, cooperation, interaction, trust, assertiveness, and emotional resilience (Goldberg, 1981).

To investigate the pathways of transmission in assessing the correlation between the Big Five personality traits and sexual behavior among undergraduate students at a selected university, the researcher explored various outcome variables of sexual behavior, which, as defined by Abah and Echodu (2014), cover a range of experiences. However, within the context of this study, these variables expand to include diverse sexual behaviors and responses associated with seeking sexual satisfaction. It's worth noting that the examination of the link between the Big Five personality traits and sexual behavior among undergraduate students in a selected university in Nairobi county was comprehensive, focusing on four distinct categories: coital, non-coital, induced, and queer sexual behavior. Coital sexual behavior involves participating in sexual intercourse with one or multiple partners, including group sex, and may also involve exchanging sex for both material and non-material rewards. Moreover, it encompasses sexual encounters lacking emotional attachment, those within committed relationships, and instances of both protected and unprotected intercourse. Conversely, non-coital sexual behavior includes intimate actions such as hugging, caressing, kissing, and engaging in oral sex—stimulating the genitals using the mouth for sexual pleasure. Induced sexual behavior entails deriving sexual pleasure through modern technologies such as phone sex, viewing pornographic material online, using sex toys, and practicing masturbation. Finally, queer sexual behavior, informally known as "non-straight," encompasses both homosexuality and lesbianism.

It's noteworthy that scholars have offered diverse explanations for the engagement of young individuals, including undergraduate university students, in various forms of sexual behavior. These explanations encompass factors such as the newfound independence experienced by undergraduate university students (Hassan, 2017), cultural and structural influences (Ngarutya, 2017), peer pressure (Othero et al., 2009), insufficient knowledge about sexual behavior among youth in educational settings (Draugedalen, 2020), social status (Parchem et al., 2021), youthful curiosity about sexual matters (Manu et al., 2022), economic circumstances (Bwambale et al., 2022), engaging in intercourse under the influence of intoxicants (Ochieng', 2018), and inadequate understanding of the changes associated with transitioning into adulthood (Ondieki, 2017). Additionally, Buss (1996) asserts that personality traits have consistently shown correlational associations with various human behaviors, including sexual behavior. This assertion aligns with the argument put forward by John and Srivastava (1999) that the Big Five dimensions serve as a prevalent and reliable method for assessing personality traits. However, there is a limited body of literature concerning the link between the Big Five personality traits and the sexual behavior of undergraduate students in Kenya. Therefore, this study aimed to investigate the correlation between the Big Five personality traits and the sexual behavior of undergraduate students at a selected university in Nairobi County, Kenya. The study hypothesized that establishing this relationship could facilitate the development of personality-based interventions to address sexual behavior among university students in Kenya. By examining the relationship between the Big Five personality traits and sexual behavior among undergraduate students at a selected university in Nairobi County, this study aimed to fill a gap in the existing literature characterized by a shortage of research in this specific area.

It's essential to acknowledge that the investigation into the correlation between the Big Five personality traits and sexual behavior among undergraduate students in a selected university in Nairobi county examined four distinct aspects: coital, non-coital, induced, and queer sexual behavior. The primary aim of this study was to evaluate the relationship between the Big Five personality traits and sexual behavior, measured through the utilization of the Big Five Traits Scale and the Sexual Behavior Questionnaire. Moreover, comprehending the linkage between the Big Five personality traits and sexual behavior, along with the specific demographic involved in manifesting these outcomes, is crucial for the development of educational initiatives addressing this issue. The study aimed to identify potential correlations and subsequently provide recommendations for the future implementation of educational strategies aimed at providing young individuals with knowledge about the risks and challenges associated with various forms of sexual behavior, as outlined in the paper.

Methodology

A research design serves as an overall plan, framework, or approach that provides guidance for conducting a specific study (Mugenda & Mugenda, 2008), ensuring systematic data collection and maintaining the integrity of the study. This study was based on a correlation survey design method, wherein quantitative data was utilized to obtain results aligned with the objectives of the paper. The research explored the correlation between the Big Five personality traits and the sexual behavior of undergraduate students in a selected university in Nairobi County, Kenya. The target population comprised 71,610 undergraduate students from a selected university in Nairobi county, from which a sample size of 398 was chosen through stratified random sampling to participate in the study. Notably, 380 respondents successfully completed the questionnaires and were considered for analysis in this paper.

Two questionnaires running concurrently were employed in this study. To assess the personality traits of the participants, a modified version of John & Srivastava (1999) "The Big-Five trait taxonomy: History, measurement, and theoretical perspectives" was utilized, which is designed to evaluate the five factors of personality. It's noteworthy that the modified version of the questionnaire used in this paper to measure personality traits of the participants adhered to the scoring procedures for the Big Five personality traits, ensuring that all items requiring reversal were appropriately reversed in accordance with the standards set by the original designer of the measurement tool. The questionnaires are divided into three main parts, comprising sections A—G. Part one includes section A, focusing on the background information of respondents, while part two consists of sections B—F, addressing the Big Five Inventory (BFI). There are a total of 44 statements spread across the Big Five personality traits: openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism, with 10, 9, 8, 9, and 8 statements, respectively, graded between 1 and 5 according to the respective answer.

The second questionnaire coming under section G forms part three of the study's questionnaires. It primarily focuses on the Undergraduate Students Sexual Behaviour Inventory-Self Report (USSBI-S), a tool developed by the researcher et al. to assess the sexual behavior of undergraduate students. This questionnaire comprises of 19 statements organized into four subscales, namely coital, non-coital, induced, and queer sexual behavior, rated between 1 and 4 based on the respective response. The coital sexual behavior subscale includes 9 statements evaluating one's involvement in sexual intercourse, its purpose, and whether it is protected, among other factors. The non-coital sexual behavior subscale consists of 4 statements assessing participation in sexual activities not directly related to intercourse, such as kissing, hugging, caressing, and engaging in oral sex for pleasure with a partner. The induced sexual behavior subscale encompasses 4 statements evaluating engagement in sexual activities facilitated by technological devices, including phone sex, watching pornographic videos, using sex toys, and genital stimulation for pleasure. Lastly, the queer sexual behavior subscale comprises 2 statements measuring involvement in homosexuality and lesbianism.

The questionnaires were self-administered using a drop and pick later method by the researcher to the undergraduate students of the selected university through research assistants. The collected data underwent thorough checking to ensure no inconsistencies or missing values before being inputted into Statistical Package for the Social Sciences (SPSS version 26) software for analysis. Descriptive statistics were computed to ascertain frequencies and summary statistics (mean, standard deviation, and percentage) to depict the study population concerning socio-demographic and other pertinent variables. Descriptive statistics were employed to analyze percentage, mean, and standard deviation. Conversely, correlation analysis was conducted to examine the presence of a relationship between the Big Five personality traits and sexual behavior among the selected university's undergraduate students. A p-value ≤ 0.05 , at a 95% confidence interval, was considered. Based on the findings from the univariate analysis, statistically significant variables were included in the multivariate model, and the data were presented in the form of tables and narrative.

Results

Table 1 displays the results denoting the means and standard deviations of personality traits of 380 undergraduate students in a selected university in Nairobi county spread across the Big Five personality traits: openness to experience, conscientiousness, extraversion, agreeableness and neuroticism personality traits.

Table 1: Personality Traits of Undergraduate Students in the Selected University in Nairobi County

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Agreeableness	380	2.78	3.89	3.5004	.29032
Openness to experience	380	1.80	4.20	3.1805	.58764

Conscientiousness	380	2.78	3.44	3.1234	.13761
Extraversion	380	2.14	4.43	3.0320	.57724
Neuroticism	380	1.88	3.75	2.6664	.55991
Valid N (list wise)	380				

Table 1 presents the analysis of data regarding personality traits observed among undergraduate students who took part in the study at the selected university. The findings reveal mean scores of: 3.5004, 3.1805, 3.1234, 3.0320, and 2.6664 for agreeableness, openness to experience, conscientiousness, extraversion, and neuroticism personality traits, respectively.

Table 2 illustrates the results indicating the means and standard deviations of sexual behavior demonstrated by 380 undergraduate students at a selected university in Nairobi county, distributed across four subscales: coital, non-coital, induced, and queer sexual behavior.

Table 2: Sexual Behaviour of Undergraduate Students in the Selected University

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
COITAL	380	9.11	33.44	20.9058	7.28209
NON-COITAL	380	3.25	13.00	8.1796	3.52003
INDUCED	380	3.25	13.00	7.2605	3.18580
QUEER	380	1.50	6.00	3.3711	1.92757
Valid N (list wise)	380				

Table 2 presents the data analysis regarding the sexual behavior among undergraduate students who took part in the study at the selected university. The findings reveal mean scores of: 20.9058, 8.1796, 7.2605, and 3.3711 for coital, non-coital, induced, and queer sexual behavior, respectively.

Table 3 illustrates the results indicating the correlation between the personality traits among the Big Five personality traits—openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism—against sexual behavior across four subscales: coital, non-coital, induced, and queer sexual behavior of 380 undergraduate students at a selected university in Nairobi county.

Table 3: The Correlation Between the Personality Traits and Sexual Behaviour of Undergraduate Students in the Selected University

		Openness	Conscientiousness	Extraversion	Agreeableness	Neuroticism	COITAL	NONCOITAL	INDUCED	QUEER
Openness	Pearson Correlation	1	.371**	.856**	-.046	.909**	.903**	.897**	.884**	.797**
	Sig. (2-tailed)		.000	.000	.375	.000	.000	.000	.000	.000
	N	380	380	380	379	380	380	380	380	380
Conscientiousness	Pearson Correlation	.371**	1	.377**	.143**	.321**	.394**	.382**	.366**	.300**
	Sig. (2-tailed)	.000		.000	.005	.000	.000	.000	.000	.000
	N	380	380	380	379	380	380	380	380	380
Extraversion	Pearson Correlation	.856**	.377**	1	-.396**	.899**	.875**	.872**	.940**	.860**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000	.000	.000
	N	380	380	380	379	380	380	380	380	380
Agreeableness	Pearson Correlation	-.046	.143**	-.396**	1	-.268**	-.155**	-.158**	-.328**	-.308**
	Sig. (2-tailed)		.000	.000		.000	.000	.000	.000	.000
	N	380	380	380	379	380	380	380	380	380

	Sig. (2-tailed)	.375	.005	.000		.000	.003	.002	.000	.000
	N	379	379	379	379	379	379	379	379	379
Neuroticism	Pearson Correlation	.909**	.321**	.899**	-.268**	1	.949**	.961**	.974**	.942**
	Sig. (2-tailed)	.000	.000	.000	.000		.000	.000	.000	.000
	N	380	380	380	379	380	380	380	380	380
COITAL	Pearson Correlation	.903**	.394**	.875**	-.155**	.949**	1	.977**	.956**	.927**
	Sig. (2-tailed)	.000	.000	.000	.003	.000		.000	.000	.000
	N	380	380	380	379	380	380	380	380	380
NONCOITAL	Pearson Correlation	.897**	.382**	.872**	-.158**	.961**	.977**	1	.957**	.937**
	Sig. (2-tailed)	.000	.000	.000	.002	.000	.000		.000	.000
	N	380	380	380	379	380	380	380	380	380
INDICED	Pearson Correlation	.884**	.366**	.940**	-.328**	.974**	.956**	.957**	1	.964**
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000		.000
	N	380	380	380	379	380	380	380	380	380
QUEER	Pearson Correlation	.797**	.300**	.860**	-.308**	.942**	.927**	.937**	.964**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	
	N	380	380	380	379	380	380	380	380	380

The results presented in Table 3 demonstrate a robust positive correlation between the personality traits of openness to experience (0.903, 0.897, 0.884, 0.797), extraversion (0.875, 0.872, 0.940, 0.860) as well as neuroticism (0.940, 0.961, 0.974, 0.942) against coital, non-coital, induced, and queer sexual behaviors respectively. Furthermore, the findings denote the presence of a moderate positive correlation between conscientiousness personality trait (0.394, 0.382, 0.366, 0.300) and a slight negative correlation between agreeableness personality trait (-0.155, -0.158, -0.328, -0.308) against coital, non-coital, induced, and queer sexual behaviors, respectively.

Discussion

Table 1 presents the data analysis regarding observed personality traits among undergraduate students who took part in the study at the selected university. The results indicated that a significant proportion of participants exhibited the agreeableness personality trait, as evidenced by a mean score of 3.5004. It's noteworthy that out of the total sample size of 398, 380 participants were included in the analysis of personality traits among undergraduate students at the selected university, while 18 participants did not complete all required questionnaire items. Additionally, the second highest number of participants demonstrated the openness to experience personality trait, with a mean score of 3.1805, followed by conscientiousness with a mean score of 3.1234. Extraversion ranked fourth, with a mean score of 3.0320, while neuroticism ranked fifth, with a mean score of 2.6664, among participants displaying this personality trait. This examination of personality traits among undergraduate students at the selected university played a pivotal role in the correlation analysis aimed at assessing the relationship between the Big Five personality traits and the sexual behavior of the respondents.

On the other hand, the analysis presented in Table 2 demonstrates that a majority of the participants, as indicated by a mean value of 20.9058, were involved in coital sexual behavior, followed by a mean of 8.1796 indicating participants engaging in non-coital sexual behavior. Furthermore, a mean value of 7.2605 represents participants involved in induced sexual behavior, while those displaying queer sexual behavior had a mean of 3.3711. Essentially, these results suggest that, in terms of frequency, the sexual behavior observed among undergraduate students at the selected university was predominantly characterized by coital sexual encounters, followed by non-coital, induced, and queer sexual behavior, in descending order of prevalence. The examination of sexual behavior among undergraduate students at the selected university played a crucial role in the correlation analysis aimed at investigating the relationship between the Big Five personality traits and the sexual behavior of the participants.

The results presented in Table 3 reveal a significant positive correlation between the personality trait of openness to experience and sexual behaviour. This correlation is quantified by coefficients of 0.903, 0.897, 0.884, and 0.797 for coital, non-coital, induced, and queer sexual behaviors, respectively. These findings align with Goldberg (1981), who suggested that individuals exhibiting higher levels of openness to experience often display an affinity for aesthetics, imagination, and abstract concepts—qualities directly linked to the strong correlation observed between this personality trait and sexual behavior. Notably, the most pronounced correlation between openness to experience and sexual behavior is evident in coital sexual behavior. Consequently, individuals engaging in coital sexual behavior face inherent risks due to its nature, which involves sexual activity with one or multiple partners, participation in group sex, and pursuit of both material and non-material rewards. Additionally, it encompasses casual sex, sexual activity within relationships, and engagement in both protected and unprotected sex.

It's apparent that the robust correlation observed between openness to experience and sexual behavior may also be influenced by students' utilization of technological devices for sexual gratification, as indicated by their responses in the sexual behavior measurement questionnaire. Many students gain exposure to sexual practices through consumption of pornographic videos and images, leading them to engage in various forms of sexual activities. This emphasizes the importance of promoting awareness about responsible use of social media to mitigate the observed sexual behavior among undergraduates. The study echoes the findings of Williams et al. (2009) in their investigation titled "Inferring Sexually Deviant Behavior from Corresponding Fantasies: The Role of Personality and Pornography Consumption," which suggests widespread involvement in deviant sexual fantasies contributing to corresponding behaviors.

However, the results indicated a moderate positive correlation between the personality trait of conscientiousness and sexual behavior. This correlation is illustrated by values of 0.394, 0.382, 0.366, and 0.300 for coital, non-coital, induced, and queer sexual behaviors, respectively. The findings of the study align with those of Buss and Shackelford (1997), who examined the relationship between relationship infidelity and personality traits, emphasizing that low conscientiousness, high narcissism, and high psychoticism are the personality factors most strongly associated with susceptibility to infidelity. This corresponds to the three dimensions of the Big Five personality traits, namely conscientiousness, extraversion, and neuroticism, which are significantly linked to a hedonistic lifestyle. Conscientiousness exhibits a stronger correlation with the hedonistic lifestyle compared to extraversion and neuroticism (Taufik et al., 2019).

The study outcomes unveiled a robust positive correlation between the personality trait of extraversion and sexual behavior. This association is represented by values of 0.875, 0.872, 0.940, and 0.860 for coital, non-coital, induced, and queer sexual behaviors, respectively. This finding is consistent with Otieno's (2016) investigation on "Extraversion and Involvement in Risky Sexual Behavior," which identified a significant link between extraversion and engaging in risky sexual behavior ($r=0.786$). The correlation is highly positive, indicating that extraverts are more predisposed to participate in risky sexual activities. It's worth noting that the strong positive correlation between extraversion and sexual behavior might also be influenced by peer pressure, as evidenced by responses where some participants reported involvement in group sex and sexual intercourse with multiple partners.

Additionally, the results indicated a slight negative correlation between the agreeableness personality trait and sexual behavior. This correlation is indicated by -0.155, -0.158, -0.328, and -0.308 for coital, non-coital, induced, and queer sexual behaviors, respectively. This finding aligns with the research conducted by Smith et al. (2007) in their study on "Relationships between daily sexual interactions and domain-specific and general models of personality traits," suggesting that sexual behavior can be better understood within a personality model focusing on sexuality rather than a general personality model. Agreeableness was found to be significantly linked to feelings of being loved, while the relationships between agreeableness and enjoyment, intimacy, and feeling respected were marginally significant. This assertion mirrors the conclusions drawn by Hoyle et al. (2000), which demonstrated the effects of sensation seeking, impulsivity, and agreeableness on various sexual risk-taking behaviors, thereby establishing a connection between sensation seeking and risky sexual behavior.

In conclusion, the data presented in Table 3.3 unveils a notable positive correlation between the personality trait of neuroticism and sexual behavior. This association is depicted by values of 0.940, 0.961, 0.974, and 0.942 for coital, non-coital, induced, and queer sexual behaviors, respectively. These findings align with those of Trobst et al. (2002), which proposed that elevated levels of Neuroticism, coupled with low Conscientiousness and low Agreeableness, are linked to behaviors posing risks for HIV transmission. Consequently, engaging in such high-risk behaviors is connected with emotional distress, deficient self-control, and hostile and antagonistic attitudes and actions. Particularly, the high-risk group significantly differed from the medium- and low-risk groups in terms of the Neuroticism facet of impulsiveness, indicating a diminished ability to resist impulses and cravings. The correlation results highlight that the relationship between the neuroticism personality trait and induced sexual behavior is notably stronger compared to that of coital, non-coital, and queer sexual behavior. This could be attributed to the nature of induced sexual behavior, which involves seeking sexual pleasure through technological means such as phone sex, online pornography viewing, utilization of sex toys, and engaging in masturbation.

Insights garnered from the responses of students through the sexual behavior measurement questionnaire and that measuring their personality suggest that their engagement in various forms of sexual behavior is influenced by their personality traits, leading them to gravitate towards certain sexual behaviors over others, as documented in the study. This underscores the significance of promoting awareness regarding the correlation between personality traits and sexual behavior among undergraduates. The findings of this study resonate with those of Cooper et al. (2009) in their research on "Inferring Sexually Deviant Behavior from Corresponding Fantasies: The Role of Personality and Pornography Consumption," which underscores the prevalent involvement in deviant sexual fantasies contributing to corresponding behaviors.

Implication

The research paper offers recommendations in line with its objectives. It proposes that the university administration collaborates closely with the counseling psychology department to aid students in understanding their personalities, including traits such as openness to experience, conscientiousness, extraversion, agreeableness, and neuroticism, and their link to sexual behavior. This effort seeks to empower students with knowledge to confidently address sexual issues and navigate challenges stemming from their involvement in various sexual activities. Moreover, it advocates for ongoing guidance and counseling for undergraduates, delivered by experienced professionals like college counselors or psychologists, to safeguard students from harmful sexual behaviors detrimental to their health and academic pursuits. Additionally, it suggests that the university partners with supportive organizations involved in peer counseling and mentorship to develop student counseling programs, redirecting energies into constructive activities to mitigate risks associated with destructive sexual behavior.

Furthermore, the paper recommends fostering leadership skills among students by providing leadership opportunities within their ranks to enhance self-esteem and effectively address challenges arising from involvement in different forms of sexual behavior. Additionally, it advocates for implementing peer counseling initiatives across all faculties to equip students with skills to cope with and address challenges related to engaging in various forms of sexual behavior rationally. Lastly, it suggests implementing comprehensive sexual awareness programs by the university administration to counteract the negative influence of social media platforms such as Facebook, Instagram, Tiktok, YouTube, and others, which often lure students into viewing pornographic content and potentially engaging in risky sexual behaviors.

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