

REDEFINING RISKY BEHAVIOUR IN CONTEMPORARY NIGERIA; AN ADOLESCENT'S PARADIGM

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Abstract

Risky behaviour have debilitating consequences for the lives of adolescents, especially in the areas of health, psychological growth, and social growth. The consequences of adolescent risky behaviour outweigh the benefits, sometimes amounting to sudden death, irreparable injuries, or life-threatening illnesses and diseases. Adolescents' today take part actively in cultism, as the activities are deadly, which might shorten the life of the individual. This might lead members to fighting, injury, drug use, truancy, excommunication, imprisonment, and death. The factors responsible for why adolescents get involved in risky behaviours (mainly drug use and abuse, sex, internet fraud, vandalism, and cultism) are almost similar to why other people do so. On this note, the work adopts two major theories to explain risk-taking behaviours among adolescents; they are stated below as follows: The Differential Association Theory and Broken Windows Theory. There are several risk-taking behaviours among contemporary adolescents in Nigeria. The study looked at five major risk-taking behaviours that are most common among adolescents in Nigeria: sexual intercourse, drug use and abuse, cultism, reckless driving, and internet fraud. The study also established that adolescents indulge more in risk-taking behaviour than other members of society, reflecting drug use and abuse and partaking in sexual activities that are unprotected, especially with multiple partners. it was recommended that families should create support groups where Parents and other family members can support and assist children in handling peer pressure.

Keywords : Adolescents, Risky, Behaviour, Contemporary

Introduction

Adolescence is the transitional stage of development between childhood and full adulthood, representing the period of time during which a person is biologically adult but not emotionally mature. It represents the period of time during which a juvenile matures into adulthood (Shek, 2006). Mosby's Dental Dictionary (2008) defines adolescence as the period of development between the onset of puberty and adulthood. This period

generally marked by the outward show of secondary sex characteristics, usually from 11 to 13 years of age, and spans the teen years, terminating at 18 to 21 years of age with the completion of the development of the adult form. This period, typically showcases rapid sexual, physical, emotional, cognitive, personality, moral, and physiological changes. It's a fact that most scholars. The rate at which adolescents experience changes will vary depending on gender, genetics, environmental factors, and health factors (Santrock, 2011). Based on the aforementioned, the researchers tend to critically examined redefining Risky behaviour in contemporary Nigeria; an adolescent's paradigm

Risky Behaviour and Adolescents Risky Behaviours

Risky behaviour, or “at-risk behaviour,” means behaviour that might lead to undesirable outcomes. Another element of risk is the “severity” or “seriousness” of the outcome (Guan, Song, & Li, 2018). Going by the assertion above, it suffices to say that ‘risky behaviour’ is the act of deliberately engaging in an activity that is injurious to oneself and others without knowing the grave consequences that befall one's action (Icenogle, Steinberg, Duell, Chein, Chang, Chaudhary, Giunta, Dodge, Fanti, Lansford, Oburu, Pastorelli, Skinner, Sorbring, Tapanya, Uribe, Tirado, Alampay, Al-Hassan, Takash, & Bacchini, 2019).

Instances abound where an adolescent might want to experiment with sex, drugs, or engaging in internet fraud, not fully knowing the consequences of such a decision, which might make him or her contact sexually associated diseases and/or infections, become addicted to drug usage, and be sent to jail for fraudulent activities. Apt instance, an adolescent below 18, as well as an adult, driving above the speed limit on a highway is an act of risky behaviour; they don't consider the consequences this action can have for themselves and other road users. Knowing that they might be issued a fine by the road safety officer, or worse, you might be involved in an accident. There are cases where adolescents (yahoo boys) drive out in groups (convoys) on the highway, driving at high speeds, a form of competition among them, this singular act of risky driving could suddenly cut one's live short.

Michael and Ben-Zur (2007) maintained that one distinguishing feature of the period is the increase in risk-taking behaviours, For Instance those linked to careless driving, substance use, unprotected sexual, eating disorders, delinquency, homicidal and suicidal behaviours, (Stone & Brown, 1998). These behaviours identified above have been itemized as risky behaviour, since they are usually unguarded decision; their outcomes are uncertain (Furby & Beyth-Marom, 1992; Igra & Irwin, 1996). In contemporary Nigeria, more reflective risk taking behaviours are; sports gambling, vandalism, internet fraud, whitening, (bleaching) piercing, group sex and tattoos.

Problems of Risky Behavioural Among Adolescents

Khazaei, Mazharmanesh, Khazaei, Goodarzi, Mirmoini, and Mohammadian-Hafshejani (2009) reported that more than fifty percent of adolescents died as a result of these associated risky behaviours. Risky behaviour have debilitating consequences for the lives of adolescents, especially in the areas of health, psychological growth, and social growth (Umberson, Crosnoe, & Reczek, 2010). The consequences of adolescent risky behaviour outweigh the benefits, sometimes amounting to sudden death, irreparable injuries, or life-threatening illnesses and diseases. A good instance is when minors engage in speed-driving competition on highways among their peers or other road users, getting involved in unprotected sex. Excessive drug usage could lead to damage to the internal organs as well as sexually transmitted diseases and infections (Sturm, 2002).

Ulo (2015) opined that most adolescents' today take part actively in cultism, as the activities are deadly, which might shorten the life of the individual. This might lead members to fighting, injury, drug use, truancy, excommunication, imprisonment, and death. Ulo (2022) also contends that adolescents in the southern part of Nigeria are getting involved on a daily basis in Yahoo scams or street pick-ups, also known as internet fraud. One of the propelling fuels is the get-rich-quick syndrome among adolescents today (Ulo, 2023). An adolescent could spend seventy percent of his time online on a daily basis, scouting for clients that will fall prey to his romance scam or betting on sports games online. The female gender is not left out in this risky behaviour of adolescents; young girls between the ages bracket of 12 and 17 are actively involved in the commercialization of the body for financial gain and even female cult group leaders (Ulo, 2024a; Ulo,

2024b). Cases exist where adolescents indulge in group dyadic or triadic sex (two or three-sum) practices for fun, what they call 'catch cruise', or greater financial reward in an unprotected sex manner, not knowing they could contract deadly sexually transmitted infections and diseases. They also engage in pregnancy termination without consulting a trained gynaecologist; they use abortion pills gotten from pharmacies without understanding the negative side effects and possible death these pills can cause. The writers also affirm that, currently, there are cases where adolescents engage in group sex in a go, what they call 'two sum, three sum, three sum, or four sum', a term defined by the numbers of persons involved during the sexual action. Idigun, Ulo, and Obire (2023) reported that this form of sex action (group sex) is not restricted to the opposite sex but might be carried out with the same sex (gay relationships). This is very risky because of its high propensity to spread diseases. Even when it is protected, it is also very easy to transmit diseases to all partners involved as actors move from one sex partner to the other.

Adolescents anatomy may result in peer influence, and ignorance, also engages in piercing of body parts, a practice that ranges from navels, tongues, ears, noses, and eyes, in ignorance that these have toxicity and carcinogenic health consequences. They also engage in skin tuning, whitening, and bleaching using self-medications without consulting a trained dermatologist, which has damaged the skin of many young people, especially girls. They draw tattoos on vital body parts without considering the health implications (Ulo and Idigun, 2023). The writers further observed that in contemporary Nigeria, there is a new form of risk-taking behaviour among adolescents. Due to Nigeria's economic hardship, young people troop in their numbers into a new trade called waste picking and scavenging, which they sell to waste sourcing agents. This job, no doubt, allows for quick cash and ensures environmental cleanliness, but is marred with health challenges due to the toxicity of some disposed wastes (Ulo, Olaniyi, and Ayoola, 2024). Since it allows for scouting for waste in neighbourhoods within towns and cities, scavengers are associated with property theft and vandalism of important facilities, especially electric cable wires, which might electrocute actors (Ulo, Olaniyi, and Ayoola, 2024). The burning of some waste is also risky to their health, as toxic carbons that shouldn't have been exposed to the atmosphere might escape into their lungs, causing chronic health harm.

Factors Responsible for Adolescents Risk Taking Behaviour

The factors responsible for why adolescents get involved in risky behaviours (mainly drug use and abuse, sex, internet fraud, vandalism, and cultism) are almost similar to why other people do so. Some of the factors are: family, environment, media, technology, psychological factors (emotions, love, hate, fear, esteem, and acceptance), peer pressure, academic adjustment-related factors, and social and/or environmental factors, as corroborating with other findings of different studies. For the purpose of this work, some of the key factors why adolescents indulge in risk-taking behaviours will be addressed:

Family Factor: Sociologically, the family is considered the basic unit of life and the smallest institution in society that the individual is attached to. The family is charged with the sole responsibility of socialising the young with the necessary skills to adjust, adapt, and survive as members of society. The family has been described as the single most influential childhood factor in buffering the child and shaping later adaptation.

The influences of the family on adolescent risk behaviour are fundamentally important but complex. Factors about the quality and consistency of family management, family communication, family relationships, and parental role modelling have been consistently identified as predictive causes of risky behaviours (Wang, Hsu, Lin, Cheng, & Lee 2010). Risky behaviour by parents affects family functioning, the parent-child relationship, and parenting practices, which in turn affects child development adversely (Latendresse, Rose, Viken, Pulkkinen, Kaprio, & Dick, 2010).

The mistreatment of children, including sexual abuse, physical abuse, and neglect, may also lead to childhood psychopathology and later to risk-taking behaviour. The writers observed that the traditional value system among African parents as enshrined in parenting style is gradually diminishing; the values of hard work, honesty, and different gratifications are fading away with each

passing day. Ulo and Jike (2022), in their finding, asserted that juveniles are getting involved in internet fraud as a quick way of making more as a result of a weakening family values system. Anele, Ulo, and Idigun (2023) also find out that children are also getting involved in gambling, a push necessitated by get-quick syndrome and impatience to differ gratification, a factor attributed to family training and social pressure.

- **Peer Influence:** Peers are a group of people of the same age, status, or interests. Peers could include friends, classmates, team members, or co-workers. Influence is the effect that a person or thing has on another. Influences can be positive or negative (Alberta Health Services, 2010). Therefore, it is imperative to teach adolescents personal coping skills to resist negative influences leading to drug use. The family is very crucial as it accounts for nearly, if not all, causes of risk-taking behaviours among adolescents and adolescences, among other factors. Peer influences are also a major factor that pushes adolescents into getting involved in interment fraud, among other factors. Adolescents learn the skills and techniques needed to survive the scam trade from within their friend associations (Ulo&Jike, 2022).
- **Technology:** Technology, as aided by globalisation and snowballing through the innovation of the internet, ushered in a new way of doing things. This no doubt has allowed for ease of doing business without hindrance with regards to time, location, and space, but the invention congenitally came with problems, especially with the anonymity of cyberspace. Ulo and Akpomovie (2023) actually find out that adolescents learn deviance and other forms of criminal behaviour from social media. These learned behaviours become more persistent as a result of the media influencers sanctioning these ill behaviours, a way of giving approval and a sort of validation to these negative behaviours.
- **Internet and ICT:** The invention of the World Wide Web (www), the internet, and globalisation have made sharing, copying, and the exchange of ideas possible, specifically through the use of social media platforms. Adolescents most often, with the aid of the internet, copy and experiment with negative, risky behaviours that might destroy their lives. According to the 2014 World Drug Report, the online marketplace for illicit drugs is becoming larger and more brazen, now capitalising on technological advancements in private web transactions and virtual online currency to protect the identities of suppliers, consumers, and website administrators. Buyers and sellers are connecting online via dark net sites, and most often traffic drugs directly through the postal service. Also, adolescents copy sexual behaviours from pornographic sites and use them to experiment, especially without protecting themselves. Sometimes they adopt the model of having sexual intercourse with multiple sex partners from the activities seen in the post-modern world.
- **Psychological Factors:** The researchers observed that esteem, love, fear, hate, pressure, and acceptance are psychological factors that might propel adolescents into engaging in risky behaviours. One might be forced or willing to join a cult group as a result of extreme fear, acceptance, esteem, and love for the group, orchestrated as a means to boast self-esteem. Another might engage in sex as a result of love or other emotional issues, especially to be accepted among peers, either males or females, based on the personal lived experience of the researchers. While attending secondary school, students were talked down, bullied, and verbally abused among peers for not engaging in immoral activities, especially sex and the use of drugs. Lastly, one might be pressured to engage in sex even as a teenager as a result of ego, self-esteem, and acceptance by her peer cohorts.
- **Socio-Economic Status:** Socio-economic status is one of the leading factors that propels people to indulge in risky behaviours. Socio-economic status (for example, living in a deprived neighbourhood and having a low income level among parents) is an important factor in generating risk-taking behaviours. This may translate to sexual, cultistic, and drug abuse activities that might be destructive and constitute risky behaviours (WHO, 2010).
- **Macro-Environmental Factors:** Macro-environmental factors that influence risky behaviours include advertising, legislation, law enforcement, and the availability of those entities that might propel risk-taking behaviours. The high prevalence of drugs in neighbourhoods is mostly related to

the availability of such drugs in the surrounding neighborhood. Individuals can easily get alcohol and/or drugs of their interest without much effort.

- **Exposure and Knowledge Factors:** Studies have indicated that risk-taking behaviours are traced to a lack of proper knowledge regarding the risks associated with such behaviors. Adolescents are more likely to start drinking alcohol or other illicit drugs if they believe that casual use of the specific drugs is not harmful (Johnston, O'malley, Bachman, &Schulenberg, 2012). An excessive use of alcohol and/or drugs threatens physical or mental health, inhibits responsible personal relationships, or diminishes the ability to meet family, social, or vocational obligations.
- **Alcohol and drug abuse:** Alcohol and drug abuse cause delinquent behaviour and physical or sexual abuse. There is strong evidence of an association between alcohol and other drug use and delinquent behaviour. Alcohol and drug abuse is associated with both violent and income-generating crimes by adolescents. Unsafe sexual practice, gangs, drug trafficking, prostitution, and growing numbers of youth murders are among the social and criminal justice problems often linked to adolescent alcohol and drug abuse. An exposure of adolescents to the criminal justice system in terms of arrest, court procedures, conviction, and release is a clear indication of a fall matriculation in complete deviances. The system itself is a complete recruitment platform for newcomers to engage in recidivism, as the system fails to come up with cogent platforms for rehabilitation, most especially at the correctional level, which emphasises more punishments (Ulo, 2019). There is an undeniable link between risky behaviour and delinquency. Arrest, adjudication, and intervention by the juvenile justice system are eventual consequences for many who indulge in risky behaviours.

Theoretical Postulations to Analyze Adolescents Risky Behaviours

Every academic discipline is based on theory, which they use to answer basic questions about the subject matter. Indeed, theory is inescapable in virtually all aspects of human life and activity; without it, "we would be lost in space and time" (Pfohl, 1985). Theories are constructed sets of logically consistent statements or propositions of causalities of occurrences between antecedents and events (Okumagba, Fayeye, &Ejechi, 2007). On this note, the work adopts two major theories to explain risk-taking behaviours among adolescents; they are stated below as follows:

The Differential Association Theory
Broken Windows Theory

The Differential Association Theory

The theory of differential association was propounded by Sutherland in 1947 (Ulo&Jike, 2022). Sutherland maintained in its postulations that through interaction with a primary group or significant others, people acquire definitions of behaviour that are deemed proper and improper. He used the term differential association to describe the process through which exposure to attitudes favourable to criminal acts led to violations of rules (Ulo&Jike, 2022).

Sutherland (1947) suggests that individuals would get involved in drug abuse activities so long as they were exposed to drug-related activities and delinquent associations whose priority was drugs and even drug abuse (Ulo&Jike, 2022). In the theory, Sutherland went on to enumerate the process by which deviant behaviour is learned through interaction with deviant groups. Specifically, Sutherland maintained that a person becomes delinquent because of access to definitions favourable to violations of rules or norms. The process of learning criminal or deviant behaviour by association with a deviant pattern involves all the mechanisms that are involved in any other learning. The theory is appropriate for this work in that the writer believes that adolescents learn many risky behaviours from their peers through influences, pressure, and copying. The techniques and practices for survival they employ are mainly learned through association.

Broken Windows Theory

Broken Windows Theory was a derivative of an experiment conducted by Philip Zimbardo (1969), in which an abandoned automobile was placed in a high-crime neighbourhood where it remained untouched for a week until part of it was smashed by a researcher. Within a few hours of the initial damage, the car was

destroyed. Ulo, Olaniyi, and Ayoola (2024) assert that theory posits that in certain neighbourhoods, if a broken window remains unrepaired, then it alerts others that this is the 'norm', and breaking more windows becomes more acceptable.

Wilson and Kelling (1982) found that the level of disorder in a neighbourhood provides a signal to motivate individuals that there is a lack of concern about the neighborhood. This indicates that there is a lack of social control, either formal (i.e., police officers) or informal (i.e., neighbours, family), which reduces the chances of apprehension. Therefore, offenders will target disorderly neighborhoods to commit offenses because the costs of their illegal actions are greatly reduced or eliminated.

The theory of broken windows is primarily concerned with two forms of disorder: physical and social. The physical disorder represents the level of maintenance for a neighbourhood's physical environment. This includes the conditions of buildings, the property surrounding the building, and vacant lots. While social disorder is the pattern of social activities or interactions that is visible to the public and considered to be 'deviant' or 'inappropriate' to most individuals, this can include the presence of 'non-violent individuals, nor, necessarily, criminal, but disreputable, obstreperous, or unpredictable individuals: panhandlers, drunks, addicts, rowdy teenagers, prostitutes, loiterers, and the mentally disturbed' (Wilson and Kelling 1982). Thus, the theory is appropriate to the work because it possesses the power to explain the linkage between the environment, the availability of the actions (risky behaviours), and the copying individual who further experiments with the behaviour. The cogency of this theory is not farfetched, as it provides an explanation that a craze or lag existing in society has a long-lasting effect on individual life. The lags can arise from failures in parenting styles, socio-economic background, peer influence or pressure, living in delinquent environments, cultural factors, exposures to media, and technologies that have negative effects on young people. All these identified lags and crakes are congenital proclivities, acting as available broken windows for adolescents to engage in risky behaviour.

Prevalent Risk-Taking Behaviours among Adolescents in Nigeria

There are several risk-taking behaviours among contemporary adolescents in Nigeria. The study looked at five major risk-taking behaviours that are most common among adolescents in Nigeria: sexual intercourse, drug use and abuse, cultism, reckless driving, and internet fraud. This doesn't suffice to say that they are restricted to these alone, as others are in existence.

Sexual Intercourse and Adolescent Risk-Taking Behaviour

Adolescents mostly engage in risky sexual intercourse involving one or multiple partnerships of different sexual acts and sexual orientations, especially without knowing the dangers involved in the act. Risky sexual behaviour include early age at first sexual intercourse, unprotected sexual intercourse with 'at-risk' sexual partners, and untreated sexually transmitted diseases (Akwaru, Madise, &Hinde, 2003).More recently, adolescents also have sexual affiliations with pets, most especially, cats and/or dogs, these pets are enticed with ice cream and other related substance to make sexual intercourse with. These behaviours have implications for the prevention of HIV and other sexually transmitted diseases and infections (STDs and STIs).

Adolescents are at risk of negative health consequences associated with early and unsafe sexual activity. These consequences may include infection with the human immunodeficiency virus (HIV), other sexually transmitted infections (STIs), and unintended pregnancies (Odimegwu&Somefun, 2017). Nigeria, with an estimated population of 160 million (National Population Commission, 2014), is second only to South Africa in the number of people living with HIV/AIDS worldwide, with 9% of the global burden of the disease being in Nigeria (National Population Commission, 2014; Djukpen, 2012). Although efforts have been put into place by the international community and the Nigerian government to limit the spread of HIV/AIDS in the country, it still maintains an upward trajectory in certain states due to the risky sexual behaviours adolescents and, by extension, youths engage in. About 20,000 girls under the age of 18 give birth daily in developing countries, with Nigeria no exception. Early childbearing poses serious consequences for the health and development of young girls (Goli, Rammohan, & Singh, 2015; Ulo, 2024b).

Cultism and Adolescent Risk-Taking Behaviour

The present-day cultism in Nigeria has taken on a new dimension, as the fraternities at present are made up of timing adolescents who fail to understand the negative implications of joining a secret cult before engaging in such risky behaviour. Opaluwah (2009) and Ogwudile (2020) maintained that the attendant negative effects of cultism on contemporary Nigerian society cannot be overemphasised, as both intra- and inter-cult clashes negatively affect the members and their victims in a very high proportion. Ogidefa (2008) maintained that this sometimes leads to incarceration, bodily injuries, and deaths.

Furthermore, Ulo (2019) observed that some members of cult groups cause bodily harm that may result in physical injuries or death, especially during their initiation ceremonies. Cult activities (which include killing, maiming, and raping of fellow members and non-members) have destructive social and psychological implications for members and, by extension, the general public as they create fear for the public at large (Ogidefa, 2008). A lot of lives and properties have been destroyed through cult violence (Mgbekem 2004). Adolescents who are supposed to be leaders in the future have fallen victim to trigger-happy cultists (Jamiu, 2008). Despite these negative implications, most adolescents in Nigeria still venture into this very group of different sorts, which is self-destructive to their immediate lives, future, family, and society at large.

Drug Use/Abuse and Adolescents Risk Taking Behaviour

Risk-taking behaviours among adolescents with regards to drug use and abuse are also very high. Most adolescents take risks by using drugs (psychoactive and psychotic) to feel like they belong among friends or to get high, not knowing the negative effects of those drugs on their health.

The National Drug Law Enforcement Agency (NDLEA) maintained in their 2017 survey that adolescents are the highest patronizers of illicit and hard drugs due to their quest for experiments, and adolescents are drifting into it more as the day goes by. They smoke and drink during their shifts in the nearby bush area and club houses. Sturm (2002) says that drug abuse has turned many adolescents into drug addicts and has turned a large proportion of productive citizens into nothing. It has broken down good homes and turned wonderful and talented children into belligerent ones. Drug abuse is now more destructive to the foundation of our society than natural disasters like earthquakes and flooding.

Drug abuse has been known to cause insanity and serious destruction of the physical and psychological systems of the body, which might harm our health in many ways. The alarming increase in the rate of mental illness is no doubt influenced by the risk-taking behaviours of individuals consuming dangerous drugs, resulting in an increasing number of mentally deranged people (Guttmacher, Kelly, & Ruiz-Janecko, 2010). Criminal activities are on the increase because these youths need to sustain their regular and expensive habits. They then enter a world of crime and violence in order to get money for their regular dose. The female adolescents who also indulge in drug abuse take to prostitution so as to have money to buy drugs. This act exposes them to sexually transmitted disease, unwanted pregnancies, and deaths due to abortion or a damaged womb.

Some of the likely effects of drugs on individuals were enumerated by Ulo (2019) and McKim (2013), who identified numerous negative effects of drug abuse on body chemistry as follows:

Alcohol: The related problems are:

Physical problems, e.g., liver cirrhosis, pancreatic peptic ulcer, tuberculosis, hypertension, neurological disorder.

Mental retardation for the foetus in the womb, growth, deficiency, and delayed motor development.

Craniofacial abnormalities, limb abnormalities, and cardiac deficits.

Psychiatric, e.g., pathological drunkenness, suicidal behaviour

Socially broken homes, an increased crime rate, sexual offences, homicide, and sexually transmitted diseases.

Tobacco causes stimulation of the heart and narrowing of blood vessels, producing hypertension, headaches, loss of appetite, nausea, and delayed growth of the fetus. It also aggravates or causes sinusitis, bronchitis, cancer, strokes, and heart attacks.

Stimulants: lethargy, irritability, exaggerated self-confidence, damaged nose linings, sleeplessness, and psychiatric complications.

Inhalants cause anaemia and damage kidney and stomach bleeding.

Narcotics: cause poor perception, constipation, cough, suppression, vomiting, drowsiness and sleep, unconsciousness, and death.

Reckless Driving

Road traffic accidents are a leading cause of death in adolescents worldwide and are most common in developing countries. Adolescents drive at a higher speed limit than prescribed, which causes auto accidents on the highway. Adolescents, especially males, indulge in illicit drug abuse before the legal age, and this interferes with their driving techniques. In 2014, 50% of teen deaths from motor vehicle crashes occurred between 3 p.m. and midnight, and 53% occurred on Friday, Saturday, or Sunday (Basu&Pandey, 2017).

Internet Deviance

Illegitimate utilisation of the internet in terms of cyberbullying, pornography, phishing, cyber stalking, blackmailing on the internet, identity theft, and many other forms of internet fraud are what contemporary Nigerian adolescence ignorantly engages in, without understanding the underlying risk consequences associated with those behaviours even as they employ the use of the internet. Ulo (2023) maintained that most of the adolescents aren't aware of the existing laws and the consequences that are attached to violations of those laws. They are carried along with the social influences and recognition that peers and other societal members grant them, forgetting that when caught, they are likely to be sentenced to prison.

Conclusion

Conclusively, the topic of risky behaviour is a leading area in sociology and psychology, especially with reference to the individual undertaking or indulging in harmful behaviours that might destroy him on his volition. The work found that risk-taking behaviour, or "at-risk behaviour," means behaviour that might lead to undesirable outcomes. And that these behaviours aren't restricted to a particular individual, gender, age, class, or group in society but are exhibited by the generality of members of society, depending on their actions towards a particular activity. The study also established that adolescents indulge more in risk-taking behaviour than other members of society, reflecting drug use and abuse and partaking in sexual activities that are unprotected, especially with multiple partners. On this ground, the work seeks to present 'adolescents and risky behaviours, featuring the clarification of the concepts of adolescents and risky behaviour and linking it to adolescent's risk-taking behaviours. Further presenting the problem and factors responsible for adolescent's risk-taking behaviour, the work also undertook discussing the prevalent risk-taking behaviours among adolescents in Nigeria as they relate to sexual intercourse, cultism, and drug use and abuse. In addition, the study outlined theoretical postulations. The theories used here are the differential association theory, the social disorganisation theory, and the broken window theory, all of which were used to explain risk-taking behaviours among adolescents. Lastly, recommendations were presented with the aim of controlling, managing, and proposing solutions to the above problems of risk-taking behaviours among adolescents.

Recommendations

Risk-taking behaviours, with their negative implications for adolescents and society at large, must be managed to prevent or control the spread of risky behaviours. Measures must be taken, and some of them are enumerated below as follows:

- Families should create support groups where Parents and other family members can support and assist children in handling peer pressure.

- Religious organisations, schools, and families should continuously discuss morally positive societal values that will impact adolescents positively.
- The governments and the NGO's should carry out a sensitization campaign geared towards adolescents to channel the energy into a constructive recreational activity.
- The government should establish more juvenile courts or child guidance clinics manned by well-trained professional judicial staff and social workers or counsellors that will address the extreme cases of those faced with the problems of risk-taking behaviours.
- Counsellors and social workers should also focus on using individual counselling techniques to reform the individual, specifically in tandem with group therapy.

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