

## **From English to Igbo translation of pre-marital sex messages for effective awareness**

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*Premarital sex has become a menace in the society. It has eaten deep into the society that it is now considered a societal worm. Budgets and lots of governmental funds are being directed yearly to sex education. Hence, premarital sex has become a prevalent topic in today's society. This work delved into the causes of premarital sex such as poor family background, influence of peer groups, alcohol and drugs, early dating, need for social interaction, etc exposing and treating them profusely. Also, the consequences/effects of this act which ranges from physical effects, spiritual effects to psychological effects were also expatiated upon. It finally suggested possible means through which the ugly monster would be curbed in the society. This work aimed at enhancing the knowledge of the society about premarital sex and most importantly to bring this education on the causes and effects of premarital sex down to the doorsteps of the uneducated youths of the society especially in the Igbo speaking region through the translation of the causes and effects of premarital sex into Igbo. This will go a long way in reducing its effects when translated for effective communication and awareness in the society.*

### **Introduction**

Sex is one of the most important things in the human species. Just reading or saying the word commands attention. Humans rely on sex for reproduction, affection and pleasure. The surprising thing about sex is the amount of responsibility and consequences involved. Premarital sex is sexual intercourse engaged in by persons who are unmarried. It is generally used in reference to individuals who are presumed not yet of marriageable age or between adults who will presumably marry eventually.

The controversy over premarital sex has never been more profound than it is today. Premarital sex is an issue that most teenagers and young couples face as they enter new phase of their life and relationship. Most often they make wrong decisions concerning sex because of immaturity, lack of information, poor sex education and peer pressure. These are various causes of premarital sex and the consequences are far greater than the pleasure derived in the act. This work focused on providing the needed information and opening the eyes of the youths on the causes of premarital sex and consequences or harmful effects that tag along with it.

Until the 1950s, the term "premarital sex" referred to sexual relations between two people prior to marrying each other (Regnerus, 2011). The meaning has since shifted, now referring to all sexual relations a person has prior to marriage, removing emphasis on who the relations are with (Marshal, 2010).

According to the free online encyclopedia, Wikipedia (2012), "premarital sex is sexual activity practiced by persons who are unmarried. The prevalence of premarital sex has increased in both developed and developing countries. In some cultures, the significance of premarital sex has traditionally been related to the concept of virginity. However, unlike virginity, premarital sex can refer to more than one sex partner.

There are cultural differences as to whether and in which circumstances premarital sex is socially acceptable or tolerated..."

Premarital sex is not approved by any modern society, yet stories of adolescent fathers and mothers come out largely, especially from the highly civilized nations. It is a common side effect of civilization and westernization. Modern lifestyles have opened multiple opportunities for boys and girls to interact closely and deeply publicly and privately. They have ample chances to experiment their sexuality, which they witness through internet and television. There is no longer any stigma attached to premarital sex in our society. Pop stars, sports stars, politicians, models and highly ranked individuals in the society are all openly involved in premarital sex, thereby portraying it as an irrelevant issue. Hormone levels are also raised by advertising companies, television programmes, cinema, music and magazines. All these have made premarital sex a prevalent and sensitive topic discussed in our present day society.

Although sexuality is an instinct imparted into the genes of each living creature and attraction to the opposite sex has been the key factor behind the survival of the species, it should not be taken lightly. It should be treated with the care and sensitivity it deserves. Sex creates a strong bond between two people that can easily be abused without a commitment. The emotional distress resulting from such abuse can lead to mental damage, self-hatred, loss of self-worth and respect which might eventually lead to depression and, at times, suicide (Kristie, 2001).

Youths and teenagers are usually the partakers in premarital sex. Teenagers are generally curious about their sexuality. They want to experiment on sex and explore their sexuality, practicing all they see on the television, internet and what they get from their peers. Most often, these teenagers are too immature (emotionally and physically) to know the consequences of their actions and handle their feelings (studymode, 2012).

Source Language Text (English)	Target Language Text (Igbo)
<b>Causes of Pre-marital Sex</b>	<b>Ihe ndị na-ebute mmekọahụ tupu alụmdi na nwunye</b>
<ul style="list-style-type: none"> <li>• <b>Poor family structure:</b> In a family where either the mother or the father or both are absent, there is every tendency that the children will indulge in premarital sex. There is no one or authority to advise or oversee the interactions with the opposite sex. This results in regular interactions and mostly these lead to premarital sex.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Ezinụlọ akwūdoghị nke ọma:</b> N'ezinụlọ nne maọbụ nna aṅghị maọbụkwanụ ebe nne na nna aṅghị, ụmụaka ezinụlọ ahụ nwere ike ịdaba n'inwe mmekọahụ tupu alụmdi na nwunye. O nweghị onye ọbụla maọbụ onye bụurū ha isi ga-enye ha ndumọdụ maọbụ onye anya ya ga na-eru n'etu ndị nke nwoke na ụmụ nwaanyị si akpakọrịta nakwa n'etu ndị nke nwaanyị na ụmụ nwoke si emekọrịta. Nke a na-eme ka ha na-enwe oke mmekọrịta nke na-edubakarị na mmekọahụ tupu alụmdi na nwunye.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Poor sex education:</b> Sex education is instruction on issues relating to human sexuality, including human sexual anatomy, sexual reproduction, sexual intercourse, reproductive health, emotional relations and other aspects of human sexual behaviour (Wikipedia). Common avenues for sex education are parents, guardians,</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Enweghị ezi nkuzi maka mmekọahụ:</b> Nkuzi maka mmekọahụ bụ nkuzi ihe ndị metụtara mmekọahụ nke dịrị mmadụ nke ụnyere ihe ọmụmụ sayensị maka akụkụ ahụ mmadụ ji enwe mmekọahụ, ịmụ nwa site na mmekọahụ, inwe mmekọahụ maọbụ ndina nwoke na nwaanyị, ahụ ike maka ọmụmụ nwa, ọnọdụ uche na mmekọrịta nakwa ihe ndị ọzọ metụtara akparamagwa</li> </ul>

<p>school authorities, health campaigns etc (Wikipedia). In some African traditional societies, adolescents are not given any information on sexual matters as the discussion of these issues is being considered a taboo. The information available for them from their peers is often incorrect and deceitful. This often leads to premarital sex.</p>	<p>mmadu gbasara mmekọahụ (Wikipedia). Ụzọ e sikarị enwe mmụta banyere mmekọahụ bụ site n'aka ndị nne na nna, ndị nlekọta, ndị isi ụlọakwụkwọ, mkpọsa ahụike dgz (Wikipedia). Dịka nkwenye ọdịnaala ụfọdụ obodo na mba Afrịka, a naghị agwa ndị na-etolite etolite ihe ọbụla gbasara mmekọahụ n'ihì na a na-ewe nke a dịka arụ. Ihe ndị nke ha na-amụtazị bụ nke na-esi n'aka ndị enyi ha na-abụkarị ihe asị nakwa ihe nrafu. Nke a na-edubakarị na mmekọahụ tupu alụmdi na nwunye.</p>
<p><b>• Need for social interaction:</b> Children and teenagers from dysfunctional homes are often in need of care and love which are unavailable in the home. The opposite attracts, which ignites desire for interaction. Usually they find these relational needs in the opposite sex. Maintaining close association with one particular member of the opposite sex at this time can fan the flames of desire and lead to premarital sex.</p>	<p><b>Mkpa mmadu inwe onye ya na ya na-akpa:</b> Ụmụaka na ndị ntorobịa si n'ezinụlọ ihe anaghị agazicha nkeoma na-anọkarị n'ụkọ nlekọta na ihunaanya bụ nke ha ahụghị na be ha. Ụmụ nwoke na-amasi ụmụnwaaanyi, etu ụmụnwaaanyi sikwa amasi ụmụnwake nke na-akpali n'ime ha agụụ inwe onye ya na ha na-akpa. Ụmụnwake na-achọkarị ka ha na ụmụnwaaanyi na-akpa, ebe ụmụnwaaanyi na-achọkwa ka ha na ụmụnwake na-akpa. Iso otu onye kpomkwem n'oge a nwere ike ibute ma dubakwaa n'inwe mmekọahụ tupu alụmdi na nwunye.</p>
<p><b>• Peer pressure:</b> Peer pressure can greatly affect a teenager's decision to engage in sexual intercourse. Youths want to be like other people of the same age or of the same social status. Most teenagers are easily influenced by their mates more than any other influence around them. Many of them engage in premarital sex because their peers encourage them to do so.</p>	<p><b>• Njali ndi ogbo/enyi:</b> Njali ndi ogbo nwere ike puru iche imetuta mkpebi onye ntorobia gbasara inwe mmekohu. Ndi ntorobia idi ka ndi ogbo ha maobu ndi ha na ha ha n'obodo. Otutu ndi ntorobia na- enomikari ndi ogbo ha kari ka ha si enomi ndi ozonon'okirikiri ha. Otutu n'ime ha na-enwe mmekohu tupu alumi na nwunye n'ihì na ndi ogbo/enyi ha nyere ha kwado ime nke a.</p>
<p><b>• Early dating:</b> Dating is the primary cause for premarital sex. Although there are other factors included, dating is where it starts. Statistics show that in a percentage of youths that are dating at young ages, majority lose their virginity within the first week upon dating (Allen, 2003). Mostly, this is because they are too young to control their emotions or know the consequences of their actions. They also have not got enough sex education.</p>	<p><b>• Ime enyi nwoke na nwaanyi n'oge:</b> Ime enyi nwoke na nwaanyi bu isi sekpu nti n'ibute mmekohu tupu alumi na nwunye. O bu ezie na o nwere ihe ndi ozon'ebutekwa ya, mana iri enyi nwoke na nwaanyi bu ebe o na-ebido. Ihe ndeko na-egosi na pasenti ndi ntorobia malitere ribe enyi n'oge adighi abukwa vajin n'ime izu mbu ha malitere (Kemegoon, 2011). Nke a na-abukari n'ihì na ha ka pere oke mpe ijikwanwu mmetutaobi ha maobu mara mputara ihe ndi ha na-eme. Ha enwekwaghì ezi mmuta banyere mmekohu.</p>
<p><b>• Low level of religious commitment:</b> Religious groups all over the world -Christian, Moslems, Buddhists, Pagans etc - urge their adherents to wait until marriage to enjoy the gift of sexual relations. Every religious book warns against having sex before marriage and preaches that the</p>	<p><b>• Adighi uchu n'okpukpe na ofufe onye:</b> Otu ndi okpukpe na ofufe gburugburu uwa niile - Ndi Kraist, Alakuba, Ndi Buda, Ndi odinaala dgz na-agwa ndi otu ha ka ha nwee ndidi chere oge ha luru di maobu nwunye iji wee malite nwebe mmekohu. Akwukwo ekpemekpe obula na-adọ aka na nti ka a ghara i na-enwe</p>

<p>marital bed is holy. Therefore, everyone who is highly committed to any religion will adhere to the tenets and principles of the religion. Low level of religious commitment in our present day society has led one way or the other to premarital sex. When a person is not actively engaged in religious activities, does "not respect principles of marriage, and does not have a religious teacher to advise and correct him when he goes wrong especially in sex related matters, he or she can engage in sex before marriage with impunity.</p>	<p>mmekọahụ tupu alụmđi na nwunye ma na-ekwusakwa na akwa ndina alụmđi na nwunye dī nsọ. Ya mere, onye ọbụla dī uchu n'ihe gbasara ekpemekpe na ofufe ọbụla ga na-edebe ụkpuru na iwu ekpemekpe ahụ. Adighi uchu n'ekpemekpe onye n'obodo anyi n'oge ugbua edubaala n'otu ụzọ maọbụ n'uzọ ọzọ na mmekọahụ tupu alụmđi na nwunye. Mgbe mmadụ na-etinyemighi onwe ya n'ihe ndi a na-eme gbasara okpukpe na ofufe, hapu idi na-akwanyere ụkpuru alụmđi na nwunye ugwu, ghara inwe onye nkuzi okpukpe ga na-adu ya ọdu ma na-agbaziri ya ma o gahie okachasi n'ihe gbasara mmekọahụ, onye ahụ nwere ike inwe mmekọahụ tupu alụmđi na nwunye n'atughị egwu.</p>
<ul style="list-style-type: none"> <li>• <b>Financial gain:</b> A lot of prostitutes and sex workers are engaged in sexual activities because of the financial gain involved. Some parents encourage their children to sell their bodies for money in order to help solve the problems of poverty in the home.</li> </ul>	<p><b>Ego dī na ya:</b> Otutu ndi ji ahụ ha atụ mgbere na ndi na-arụ ọrụ mmekọahụ na-abanye na ya n'ihi ego dī na ya. Ufodu nne na nna na-akwado umu ha iji ahụ ha tū mgbere iji wee nye aka n'igbo mkpa ubiam ha nwere n'ulo.</p>
<ul style="list-style-type: none"> <li>• <b>Alcohol and drugs:</b> Influence of alcohol and drugs can take away reasoning and ability to resist sexual advances. They can also increase sexual urges in those who partake in them.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mmanya na-aba n'anya na ọgwu ike:</b> Mmanya na-aba n'anya na ọgwu ike puru ime ka mmadụ ghara iche uche n'uzo kwesiri ekwesị ma mekwaa ka mmadụ ghara inwe ike iguzogide ura mmekọahụ. Ha pukwara iweta oke mkpali inwe mmekọahụ n'ebe ndi na-emebu ya no.</li> </ul>
<p><b>Effects of pre-marital sex</b></p>	<p><b>Mputara mmekọahụ tupu alụmđi na nwunye na-eweta</b></p>
<ul style="list-style-type: none"> <li>• <b>Forced marriage:</b> The result of most premarital sex is pregnancy. In most cases, the man is forced to marry the girl whom he impregnated. Later in the marriage, the man or woman only discovers that the person is not compatible with him or her. Marriage is for life. Many today are in the wrong marriage because they involved in sex in their relationship when it was not time.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Alụmđi na nwunye na mmanye:</b> Ihe na-esikari na mmekọahụ tupu alụmđi na nwunye aputa na-abukari afọ ime. Otutu mgbe, a na-amanye nke nwoke ilu nwaanyi o tuwara ime. Ha lugidezie, nke nwoke maobu nke nwaanyi achoputa na ha agaghi alunwu. Alụmđi na nwunye bu na ndu niile. Otutu taa luru onye na-abughị nke ha n'ihi na ha nwere mmekọahụ tupu oge ya eruo.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Premature parenthood/pregnancies:</b> Most teenagers have become parents because of premarital sex. These parents are still children themselves in every sense of the word. They have no house of their own, they are still in school and have not understood psychologically what it takes to be a parent. They are not emotionally, physically and financially ready to handle the demands of children. It makes them</li> </ul>	<p><b>Ibu nne maobu nna na-erughị eru/afọ ime ga:</b> Otutu ndi ntorobia aburula nne maobu nna n'ihi mmekọahụ tupu alụmđi na nwunye. Nne na nna ndi a ka bukwa nnoo umuaka n'onwe ha. Ha enweghi ulo aka ha, ha ka na-aga akwukwo, ha enwebeghi nghota nke uche banyere ihe o naewe iji buru nne maobu nna. Ha adighi njikere n'obi, n'anụ ahụ na n'ihe banyere ego igbo mkpa umuaka. O na-eme ha imalite ndu n'akwado ghi akwado ma buru ibu karihi ha.</p>

<p>start life poorly and with responsibility.</p>	
<ul style="list-style-type: none"> <li>• <b>Sexually transmitted diseases (STDs) / health risks:</b> Most teenagers have unprotected sex and there is a high risk of them contracting sexually transmitted diseases like herpes, chlamydia, genital warts, gonorrhea, AIDS, etc. Some of these diseases can be treated if treatment is sought early but some, such as AIDS, have no known cure. It has also been proven that early sexual activity is the number one risk factor for cervical cancer while the second is multiple sexual partners (Hatcher, 1994).</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Orjia a na-ebute site na mmekọahụ/ihe ize ndụ ahụike:</b> Ọtụtụ ndị ntorobịa adighi eke nkwicha ma ha na-enwe mmekọahụ, ha nọ n'oke ihe ize ndụ ibute orjia mmekọahụ dika hapes, klamidia, onya mmekọahụ, ọtakpurukpuru, gonoria, AIDS, dgz. E nwere ike igwo ufodu orjia ndi a agwo ma e kwuo okwu ya ngwa ngwa ma ufodu enweghi ogwugwo dika AIDS. A choputawokwa na isi na nwata nwewe mmekọahụ bu isi sekpu nti na kansa akpa nwa, nke abuo buru mmadu inwe imirikiti ndi ya na ha na-enwe mmekọahụ (Hatcher, 1994).</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Abortion:</b> Abortion is unlawful in some countries. As premarital sex occurs during teenage years, many are not ready for the unwanted pregnancies that occur. This usually leads to abortion with the attendant risks of damaged womb, health issues and in many cases death.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Ite ime:</b> Ite ime megidere iwu na mba ufodu. Ebe o bu ndi ntorobia na-enwekari mmekọahụ tupu alumdi na nwunye, otutu adighi njikere maka ime okwa na-adaputa. Nke a na-edubakari n'ite ime na ihe ize ndu ndi na-eso ya, gunyere akpa nwa mebiri emebi, nsogbu ahuike na onwu.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Illegitimate child:</b> Most of the children born as a result of premarital sex suffer mental, physical and social abuse. They suffer the pains of social rejection as they are called bastards and treated as subhuman. Many of such children are left at refuse dumps, orphanages, even thrown into pit toilets. Some are given out as servants in unfriendly homes where they are severely maltreated or turned hawkers. Most end up as society rejects and criminals.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Nwa ime mkpuka:</b> Otutu umuaka a turu ime ha na mmekọahụ tupu alumdi na nwunye na-ata ahuhu mmetuta uche, anu ahụ na mmekorita oha na eze. Oha mmadu iso ha aso site n'ikpo ha umu a kwatara n'iko na iwere ha ka o bu na ha abuchaghi mmadu na-afu ha ufobi. A na-atufu otutu umuaka di etu ahụ n'ikpo ahijia, hapu ha n'ebe a na-elekota umuaka n'enweghi nne na nna, maobukwanu tunye ha n'olulu mposi, Ufodu ka a na-akponye ndi na-agaghi elekota ha anya nke oma ka ha gbaba odibo maobu ha na-ere ahia mbughari. Otutu n'ime ha na-emesia ghoo akaragho na ndi ekperima.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Loss of virginity:</b> Virginity is a proof of purity. Christians believe that the blood loss of a virgin means a covenant. It is a precious gift to be given once and to a dear one under a serious commitment. Therefore, releasing such precious gift to a stranger (in a case of one night stand) or to someone that does not care is foolhardy and will be regretted.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Abukwaghi vejin:</b> Ibu Vejin na-egosi idi ochi. Ndi otu Kraist kwenyere na obara na-apu mgbe mmadu na-atufu ibu vejin ya bu ihe igba ndu. O bu onyinye di oke onu nke a na-enye onye a huru n'anya nke ukwu naani otu ugbo na njiko di ezigbo mkpa. Ya mere, igbapuru onye a na-amaghi ama (dika n'ebe o bu onye mmadu huru n'otu abali) maobu onye na-achoghidi ima maka onyinye di oke onu etu ahu bu ajo nzuzu nke a ga-akwaara ngaramara.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Guilt:</b> This is a special form of regret. It is a strong sense of having done something morally wrong. Guilt leads to an intense depression. Depressed teenagers have a very high rate of suicide attempts. Guilt about sexual pasts can</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Obi ima ikpe:</b> Nke a bu ikwa uta puru ichi. O bu echiche siri ike nke mmadu mere ihe jogburu onwe ya na-enwe. Obi omuma ikpe na-edubakari n'ajo obi nwute. Ndi ntorobia nwere obi nwute na-achokari igbu onwe ha. Obi omuma ikpe maka mmekọahụ mmadu nwere n'oge</li> </ul>

<p>affect a married couple through flashbacks or previous sexual experience.</p>	<p>gara aga nwere ike ibute ọgbatauhie n’etiti di na nwunye site n’icheta ihe ha mere n’oge gara aga.</p>
<p>• <b>Self Hatred:</b> A teenager may develop low self-esteem and respect after indulging in premarital sex. This mentality can lead to harmful practices such as eating disorders or disappointments which drives one to a state of self-hatred.</p>	<p>• <b>Ikpo onwe asị:</b> Onye ntorobịa nwere ike ọ gaghị ejikwa onwe ya kporo ihe maobu nwee afọ ojuju n’onwe ya ma o nwechaa mmekọahụ tupu alụm di na nwunye. Onodu uche erughị ihe a chorọ dika irighari nri maobu otutu ngharipu, bu nke ga-eduba onye ahụ n’ikpo onwe ya asi.</p>
<p>• <b>Emotional distress:</b> Sex is an emotional activity, and it hurts to be often breaking up with sexual partners. Premarital sexual experience can lead to unhealthy memories and comparisons in marriage. It may also lead to lack of trust in marriage as couples wonder if their partners will remain faithful to them. Neurologists have discovered that previous sexual experiences can interfere with one's ability to bond with future partners (Joe &amp; Freda, 2008). Most of the premarital relations do not last. And when it is over, it brings regret, broken hearts and guilt. It makes one lose confidence in oneself and a person's sense of self-worth is damaged. This might lead to depression and finally suicide in extreme cases.</p>	<p>• <b>Mmadu anokwataghị n’ime onwe ya:</b> Mmekọahụ na-esite n’uche, ọ bukwa ihe mwute dijiri mmadu na ndi ya na ya na-enwe mmekọahụ na-agbasa mgbe niile. Inwe mmekọahụ tupu alụm di na nwunye nwere ike iduba na ncheta na ntule ihe ndi na-adighi mma n’alụm di na nwunye. O pukwara ime ka a ghara inwe ntukwasị obi n’alụm di na nwunye ebe di na nwunye ejighi n’aka na onye nke ozo agaghị agba n’ezi. Ndi oka n’ihe banyere akwara achoputaala na mmekọahụ ndi mmadu nwere n’oge gara aga puru ime ka o siere mmadu ike ya na onye ozo n’odinihu inwe nkweko (Joe &amp; Freda, 2008). Otutu enyi a na-eme tupu alụm di na nwunye na-agbasakari ngwa ngwa. Mgbe a gbasara, ọ na-eweta mwute, obi ntiwa na ikpe omuma. O na-eme mmadu agaghị ejikwa onwe ya n’aka, ọ gaghị ejikwa onwe ya kporo ihe. Nke a puru iduba n’ajọ obi nwute nakwa mmadu iwere ndu ya.</p>
<p>• <b>Spiritual effects:</b> There are spiritual consequences of premarital sex. It is a sin against God. Sin alienates us from God. According to the Bible, abstinence is God's only policy when it comes to premarital sex. It brings about guilt and impurity of heart. It can be said that directly or indirectly, premarital sex kills the spiritual life of a Christian. Directly in that, after the sexual intercourse, there is disconnection from God. The individual lacks the zeal to pray and the heart is burdened with a memory of guilt. There is also what Christians believe as transference of demons and soul ties involved in sex. Sex is seen as a holy and sacred act to be indulged in only after marriage. It is believed that one who engages in sex shares a part of himself or herself with the other person. A part of oneself is often given to the other person. And one with multiple sex partners or one who jumps from relationship to another loses some of oneself to those</p>	<p>• <b>Mmetuta ime mmuo:</b> Mmekọahụ tupu alụm di na nwunye nwekwara nsogbu ime mmuo ndi ọ na-ebute. O bu mmehie megide Chineke. Mmehie na-akpapu anyi n’ebe Chineke no. Dika Baijul na-ekwu, iwu Chineke bu enwela mmekọahụ ruo mgbe i luru di maobu nwunye. O na-ebute obi omuma ikpe na adighi ocha n’obi. A puru ikwu hoo haa na mmekọahụ tupu alụm di na nwunye na-ewepu ndu ime mmuo nke onye Kraist obuladi n’uzo putara ihe maobu n’uzo aputaghị ihe. Ee, e nwesia ya bu mmekọahụ, ọ na-adi ekwapu onye n’ebe Chineke no. Onye ahụ agaghị enwekwa obi ocha ikpe ekpere, obi ya na-adikwa arọ n’ihi ncheta aru ọ kpara. E nwekwara ihe ndi otu Kraist kwetara na ọ bu mbufe mmuo ojo na njiko mkpuru obi ma a na-enwe mmekọahụ. E were mmekọahụ dika ihe di nsọ nke naani ndi di na nwunye ga na-etinye aka. E kwere na onye na-enwe mmekọahụ na-ekenye onye ya na ya na-enwe onwe ya. Mmadu na-enyekari onye nke ozo akuku onwe ya. Onye ya na imirikiti mmadu na-enwe mmekọahụ maobu onye na-agbanwe ha ka e si agbanwe uwe na-ekefusi onwe ya na nke ndi ahụ ya na ha na-enwe</p>

partners. Also, it is believed that sex is a gateway for demons to be transferred from one person to the other. This may lead to spiritual problems.	mmekọahụ. Ọzọ, e kwekwara na mmekọahụ bụ ụzọ ndị mmụọ ojọọ si esi n'otu onye banye n'onye ọzọ. Nke a pụrụ iduba na nsogbu ime mmụọ.
<b>The way forward</b>	<b>Ihe a ga-eme</b>
<ul style="list-style-type: none"> <li>• <b>Family orientation:</b> Parents should see the importance to orient their children on the consequences of pre-marital sex.</li> </ul>	<b>Nkuzi nke ezinụlọ:</b> Ndị nne na nna kwesiri ihu mkpa ọ di ikuziri umu ha ihe gbasara mmekọahụ tupu alumdi na nwunye na nsogbu na-esi na ya aputa.
<ul style="list-style-type: none"> <li>• <b>Public lectures:</b> lectures should be held publicly with the aim of educating the youths of the society on the dangerous effects of premarital sex.</li> </ul>	<b>Nkuzi ọha na eze:</b> O kwesiri ka a na-enwe nkuzi n'obodo iji wee na-eme ka ndi ntorobia no n'obodo mata nsogbu di iche iche na-esi na mmekọahụ tupu alumdi na nwunye aputa.
<b>Inclusion of sex education in the secondary school study curriculum:</b> The government should see to it that sex education is included in the study curriculum of secondary schools as that would make a way for the education of the teenagers on the causes and effects of premarital sex and also on the means of avoidance. This would be a benefit to those who are privileged to go to school.	<b>Itinye nkuzi maka mmekọahụ dika otu n'ime ihe ndi a ga na-akuzi n'ulokwukwo sekondiri:</b> Gọmentị ga-agba mbọ hụ na e tinyere nkuzi maka mmekọahụ dika otu n'ime ihe ndi a gana-akuzi n'ulokwukwo sekondiri n'ihina na ọ ga-enye aka ime ka umuaka na-etolite etolite nwee mmuta banyere mmekọahụ tupu alumdi na nwunye nakwa uzọ ha ga-esi gbanahụ ya. Nke a ga-abu ihe nrite diiri ndi nwere ohere iga akwukwo.
<ul style="list-style-type: none"> <li>• <b>Censoring films adequately:</b> Films should be censored very well before permitting them to be sold. Films that promote pre-marital sex or any kind of sexual immorality should be prohibited as they play major roles in corrupting the youths of the society.</li> </ul>	<b>Inyocha ihe emereme ngosi onyonyoo nke oma:</b> O kwesiri ka a na-enyocha ihe emereme ngosi onyonyoo nke oma tupu e kwe ka e bupute ya n'ahia. Ihe emereme ngosi ndi na-akwalite mmekọahụ tupu alumdi na nwunye maobu nke na-akwalite mmekọahụ ruru aru kwesiri ka a kwusi ha kpam kpam n'ihina na ọ bu ha bu isi sekpu nti n'imebi ndi ntorobia n'obodo.
<ul style="list-style-type: none"> <li>• <b>Organization of Youth Retreats and Seminars:</b> The church as well as the school should be organizing programmes and seminars for the youths where they would educate them on sex and the dangerous effects of premarital sex.</li> </ul>	<b>Ichikoba ihe nkuzi na ihe mmuta nye ndi ntorobia:</b> Ndi uka na ulokwukwo kwesiri i na-achikoba ogbako ndi ntorobia ebe a ga na-akuziri ha maka mmekọahụ nakwa nsogbu ojoo di iche iche na-esi na mmekọahụ tupu alumdi na nwunye.
<b>Promulgating laws that prohibit night clubbing:</b> The legislature should enact laws that prohibit night clubbing and also back it up with tedious punishment for offenders. This would help in cubing this menace as night clubbings give room for premarital sex.	<b>Imebe iwu megidere kloob abali:</b> Ndi omebe iwu kwesiri imebe iwu ndi ga-eguzogide igba kloob abali ma tinyekwa oke ntaramahuhu ga-adiiri ndi nupu isi. Nke a ga-enyere aka ime ka ajo omume a kwusi n'ihina kloob abali na-enye ohere maka inwe mmekọahụ tupu alumdi na nwunye.
<b>Avoiding indecent dressing:</b> Youths especially the girls should avoid dressing indecently. They	<b>Ikwusi iyi akwa ezighi ezi:</b> Ndi ntorobia tumadi umu agbogho kwesiri ikwusi ajo omume a bu eyi m akwa ma

<p>must avoid exposing parts of their bodies that are not meant to be seen like their breasts through the clothes they wear as that alone can lure the males into the temptation of indulging in premarital sex.</p>	<p>agba m ọtọ nke ha na-eme. Ha ga-akwusi idi na-egosi akuku ahụ ha ndi ekwesighi i na-ahụ anya dika ara ha site n'akwa ndi ha na-eyi n'ih i na naani nke a puru iduba umu nwoke n'onwunwa mmekọahụ tupu alumi na nwunye</p>
<p>• <b>Avoidance of close relationship with the opposite sex:</b> Youths should avoid having close relationship with the opposite sex as that often leads to premarital sex.</p>	<p><b>Nwoke na nwaanyi igbanari inwe mmekorita di omimi:</b> Umu nwoke na umu nwaanyi na-alubeghi di maobu nwunye ekwesighi i na-enwe mmekorita miri emi n'ih i na nke a na-edubakar i na mmekọahụ tupu alumi na nwunye.</p>

### Conclusion

The above mentioned causes and consequences are just to mention a few. Premarital sex frequently causes tension within families because of the dishonesty that usually accompanies the hidden intimacies. Relationships with friends are often strained and when things turn sour, the gossip and social problems often become unbearable.

A relationship without sex is more enjoyable and lasts long. It is beneficial and a lot easier to maintain a platonic relationship than a sexual one. Sex changes a lot of things in a relationship, bringing it to a whole new dynamic level. Often times, regrets and guilt follow premarital sex, especially if it involves a virgin. No individual wants to be treated as an instrument of lust or an object to be used anyhow. There are emotions involved in sex and memories which are likely not to be forgotten.

Avoidance of premarital sex will save the individual from emotional distress and lots of problems mentioned above and also rid the society of illegitimate children, menace of abortion and unnecessary loss of human resources. The Igbo version of this pre-marital sex messages will go a long way in reducing the high rate of pre-marital sex which results in giving birth to illegitimate children in the society. This is because it will help in no small measure in solving communication barrier between the educated and non educated teenagers and also will help in creating an effective awareness in the society.

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