

Knowledge on Premarital Sex and its Consequences Among Adolescents at a Higher Secondary School.

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Introduction: The premarital sex knowledge and consequences among adolescents was the subject of the research presented. Premarital sex issues are bombarding and it is an emerging topic, though adolescents are not being serious about it, they will be in great trouble in near future if they did not get adequate knowledge about this topic as premarital sex consequences rates are increasing day by day in all over the world like STIs, adolescence pregnancy, guilt, depression, stress, loss of self-respects etc especially on young adolescents.

Methods: It was descriptive, cross-sectional study. Simple random sampling lottery method was used for obtaining 141 samples from higher secondary school. Self-administered questionnaire was distributed among adolescent to obtain their responses regarding premarital sex.

Results: Out of 141 respondents, the study revealed that 87.2% responded premarital sex to be inappropriate. While 34% responded the cause of having premarital sex is due to lack of sex education. Regarding the consequences of premarital sex majority of the respondents were aware about different consequences that may occur due to premarital sex.

Conclusions: Majority of the respondents had knowledge about premarital sex and its consequences.

Keywords: adolescents; consequences; knowledge; premarital sex.

INTRODUCTION

Worldwide, rates of sexually transmitted diseases (STDs) among the youth are soaring: one-third of 340 million new STDs occur in people under 25 years of age each year, more than one in every 20 youth contracts a curable STDs. More than half of all new HIV infections occur in people between the ages of 15 to 24 years¹. Among these occurrences and consequences premarital sex is one of the predisposing factors.

In India among 3300 respondents who had had premarital sex reported first having sex at age 16-18 years. The average age for first sex estimated by the researchers was 17.4 years for boys and 18.2 for girls. 60% of respondents said that they had sex rarely or

sometimes; 14% had sex frequently².

A study on Kathmandu showed that premarital sex was 30.1% and 4.7% among boys and girls respectively. Average age at first sexual contact was 16.45 years. Minimum and maximum age at first sexual intercourse was 14 and 21 years respectively³. In Nepal, almost 20% of teenagers considered premarital sex as proper. One in five boys and nearly one in ten girls interviewed had had a sexual experience. Sixty-five percent of boys said that they had used condoms while 74% of girls said that their partners used a condom during sexual intercourse. Unprotected sex led to a 14% pregnancy rate and 22% sexually transmitted diseases (STDs) infection rate in boys and 13% rate in girls⁴.

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As adolescent are more prone of getting involved in premarital sex therefore addressing them has become a matter of concern.

Thus, this study has been carried out to assess the knowledge of premarital sex and its consequences among adolescents.

METHODS

This was descriptive cross sectional study conducted TejBinayak Higher Secondary School, Gothatar, Kathmand. Total 141 samples of adolescent girls and boys were selected through simple random sampling technique where lottery method was adapted. Structured questionnaire was prepared and the data were collected through self-administration.

The respondents of the study were adolescent girls and boys studying in TejBinayak Higher Secondary School. Participation in the study was voluntary. Informed consent was obtained from each respondent.

All adolescent boys and girls between 16-19 years were included in our study. Students below 16 and above 19 years excluded along with those who did not consented for the study.

The data obtained were entered and analyzed in Statistical Package for Social Sciences (SPSS) version 16. Univariate analysis were done for the study variables. In univariate analysis, frequencies of different demographic, socio economic characteristics, knowledge and consequences were analysed.

RESULTS

Among 141 respondents, about 102 (72.4%) were female and majority of the respondents age was 17 years 54 (38.3%) About 123 (87.2%) responded considered premarital sex as inappropriate act. Television was found to be the most common source of information for premarital sex as responded by 75 (53.2%) respondents.

The study revealed that 48 (34%) stated lack of sex education is the major cause of premarital sex (Table 1). About 81 (57.4%) responded that Health Professionals are an appropriate person to provide sex education.

Table 1.Appropriateness of Premarital Sex

Appropriateness	Frequency(n=141)	Percent
Yes	9	6.4
No	123	87.2
Don't Know	9	6.4
Total	141	100.0

Table 2.Consequences of premarital sex

Responses	Frequency(N=141)	Percent
Unwanted pregnancy	60	42.6
Transmit HIV/AIDs, STD	81	57.4
Leads to drug and alcohol consumption	18	12.8
Increase abortion rate	96	68.1
Depression	102	72.3
Guiltiness	102	72.3
Mental stress	84	59.6
Loss of family support	81	57.4
Poor academic performance	81	57.4
Social isolation	87	61.7
Corrupt character	114	80.9

About the consequences of premarital sex (Table no: 2) 60 (42.6%) responded as it causes unwanted pregnancy, 81 (57.4%) responded as it transmit HIV/AIDs or STDs, only 18 (12.8%) responded as it leads to drug or alcohol consumption, 96 (68.1%) responded as it causes depression. While 102 (72.5%) responded it causes guiltiness, 96(68.1%) as causes mental stress, 84 (59.6%) also responded that premarital sex causes loss of family support, 81(57.4%) stated it causes poor academic performance, 87 (61.7%) responded it causes social isolation.

DISCUSSION

According to the study, it was found that 64 percent responded that premarital sex is appropriate which comparatively less than that of the result shown in UNICEF's study where 20 percent of the adolescent responded that premarital is appropriate.

While comparing the results regarding the consequences of premarital sex with the study carried out in Nigeria among adolescents various comparative results were obtained. This study showed that 42.6 percent responded as it causes unwanted pregnancy. However, the result is lesser than the result obtained in another study showed 68 percent responded the same responses.

About 57.4 percent in the study responded as it transmits HIV/AIDS or STD while in another study it showed 93 percent to respond the same. Only 12.8 percent responded as it leads to alcohol and drug consumption while in the Nigeria study revealed much higher comparatively that is about 32 percent. This study showed that 72.3 percent responded to have guiltiness and depression while in another study it showed 38 percent guiltiness and 68 percent depression.

Regarding the social consequence 80.9 percent responded that it causes corruption of character which is similar to the result obtained in Nigeria study which also showed 71 percent responded the similar. While 57.4 percent responded to have poor academic performance which is much higher than the response obtained from the study showed to have only 28 percent.

CONCLUSIONS

Most of the respondents were found to have knowledge regarding premarital sex among which majority considered that premarital sex is inappropriate. The study revealed that majority of the respondents had knowledge about various consequences of premarital sex.

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