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## **SEX EDUCATION AMONG HIGH SCHOOL STUDENTS- A NEED ANALYSIS**

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### **Abstract**

*Aim: To Study the Need of Sex Education among High School students. Objectives: To study the knowledge about sexuality among students and to study the attitude of students towards introducing sex education in schools. Method: Self made questionnaire was used for collecting data. Result: As compared to females, males have more knowledge about sex and sexuality. Males show more positive attitude towards sex education. 14.4% students gave first preference for teacher for getting advice about sexual health, 54.4% students gave first preference for mother, 7.8% students gave first preference for father, 11.7 % students gave first preference for friends, 4.4 % gave first preference for doctor, 3.3 % gave first preference for counselor and 3.9 % gave first preference for elder siblings. More students prefer to get advice from their mother. Family has a prominent role in imparting sex education. Providing proper sex education helps the women to maintain a good sexual health, helps the male to maintain a good relation with the opposite gender, helps in reducing crimes related to child abuse, women abuse etc. Even the social issues like child marriage; women abuse etc can be controlled by providing proper sex education which can help the people to lead a peaceful life with proper social relations.*

### **Keywords**

Sex Education, High School Students, Need Analysis

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## **1. Introduction**

Late 19<sup>th</sup> century and early 20<sup>th</sup> century were marked as the period of emergence of the concept called adolescence. Adolescence is considered as a period of growth and development. It's important that a child must know about the changes occurring during this period. Providing proper sex education to the children can really help in avoiding many issues like child abuse, unwanted pregnancy, occurrence of sexually transmitted diseases etc. Many studies were conducted regarding the sex education and related matters. But there were only few studies conducted regarding the need analysis of providing sex education to the adolescence. Before providing sex education it is necessary to know about their current knowledge on this topic and their attitude towards introducing these topics. The objectives of the study include;

- To study the knowledge about sexuality among students
- To study the attitude of students towards introducing sex education in schools.

### **1.1 Characteristics of Effective Sex Education**

Highly effective sex education provides sexual health information which is age appropriate as well as culturally appropriate. The information is provided by arranging safe environment to the participants. Such programs help the participants to clarify their doubts and to develop skills in communication, refusal, and negotiation. Also such program provides medically precise information about contraceptive methods, avoidance of sexually transmitted diseases, avoidance of unwanted pregnancies, abstinence etc. This education should respect community morals and must respond to community needs. They use participatory teaching methods, implemented by trained educators.

### **1.2 When Should Sex Education Start**

The word sex and everything related to it is considered as a sensitive issue and mostly discussed among elderly. It is considered as a non-go area for children, youth etc. Most of the children didn't hear the word sex and if they raise any questions due to interest they will be scolded by the elders. This is what happens commonly. Due to rising cases of child molestation parents are forced to provide sex education. The American academy of Paediatrics pointed that children are curious and are conscious about their body from infancy and if such children raise questions, parents are supposed to provide them answers constructively without saying too much. sex education should be provided to the children as early as possible by the parents. The appropriate time is infancy itself. Because later they may get wrong information from wrong individuals.

### **1.3 Significance of the problem**

During adolescence, children are often psychologically and emotionally troubled with lots of misconception about sex and sexuality. This creates a negative impact on their overall development. They may have a wrong understanding of their body. This leads to low self-confidence. In Kerala, there are many cases related to sexual abuse and other sexual crimes. The lack of sex education in schools is the main reason that leads children to sexual crimes, makes them victims of such problems etc.

In our country talking about sex is almost considered a taboo due to conservative tradition. However, most educated people do realize the need and importance of sexuality education in schools. This study investigates the importance of sexuality education among high school students from student's own perspective.

## **2. Research Methodology**

### **QUESTIONNAIRE**

#### **Sex education among high school students- needs analysis**

##### **Socio demographic profile**

1. Age :
2. Gender :
3. Class :
4. School :
5. Religion :
6. Family status :
7. Number of siblings :
8. Internet access:  Yes  No
9. Heard about sex education  Yes  No
10. Attended classes on sex education  Yes  No
11. Source of information about sex:  
 Father  mother  sister  
 Brother  Teachers  
 Media  others (specify)

**Student's attitude towards sex education**

12. I think sex education plays an important role in maintaining healthy life.

Agree                       Uncertain                       Disagree

13. Lack of sex education leads to sexual violence.

Agree                       Uncertain                       Disagree

14. Adolescence has shy feeling while talking about sex.

Agree                       Uncertain                       Disagree

15. Any student who talks about sex is a bad child.

Agree                       Uncertain                       Disagree

16. Classes on sex education will encourage students to have premarital sex.

Agree                       Uncertain                       Disagree

17. Prevention of pregnancy should be taught during sex education.

Agree                       Uncertain                       Disagree

18. Sex education helps students to grow to become responsible adults.

Agree                       Uncertain                       Disagree

19. How to have healthy relationship with the opposite sex should be discussed in sex education lesson.

Agree                       Uncertain                       Disagree

20. Sex education is an important aspect of one's life.

Agree                       Uncertain                       Disagree

21. School is responsible for imparting sex education.

Agree                       Uncertain                       Disagree

22. Sex education is not given enough emphasis in schools.

Agree                       Uncertain                       Disagree

23. Sex education is a waste of time.

Agree                       Uncertain                       Disagree

24. Sex education is adolescent's right.

Agree                       Uncertain                       Disagree

25. Sex education helps to make important decisions about sexual behaviour.

Agree       Uncertain       Disagree

26. In general I think sex education is a good thing.

Agree       Uncertain       Disagree

**Student's knowledge about sex and sexuality**

27. In human beings, physical changes occur during adolescence.

Yes       No

28. Are you aware about the sexually transmitted diseases?

Yes       No

29. Are you aware about the use of contraceptives like condoms?

Yes       No

30. Are you aware about the use of contraceptives like pills?

Yes       No

31. HIV can be transmitted through saliva.

Yes       No

32. Maintaining hygiene of genital area is important .

Yes       No

33. Is it important to change the inner wears daily?

Yes       No

34. Do sexual relationship before puberty leads to pregnancy?

Yes       No

35. HIV AIDS infection during pregnancy affects the baby?

Yes       No

36. Which of the following symptoms of pregnancy occurs the earliest?

Weight gain       a missed menstruation

Feeling the baby movement

37. A woman cannot get pregnant if the man withdraws his penis before ejaculation of sperm

Yes

No

### **Student's preferred point of reference for advice about sexual health**

38. Whom do you prefer for advice? Rank the following according to your preferences.

- a) School teacher
- b) Father
- c) Mother
- d) Friend
- e) Doctor
- f) Counselor
- g) Elder sibling (brother/ sister)

### **3. Findings**

- As compared to females, males have more knowledge about sex and sexuality.
- Males show more positive attitude towards sex education.
- 14.4% students gave first preference for teacher for getting advice about sexual health, 54.4% students gave first preference for mother, 7.8% students gave first preference for father, 11.7 % students gave first preference for friends, 4.4 % gave first preference for doctor, 3.3 % gave first preference for counselor and 3.9 % gave first preference for elder siblings. More students prefer to get advice from their mother.
- Family has a prominent role in imparting sex education.

### **4. Suggestions**

- The sexuality education must be made compulsory among the high school level students. It should be included in the part of curriculum, this will help the students to establish and accept the role and responsibility of their own gender by acquiring the knowledge of sex.
- School counselor should be appointed in each school to identify the problems faced by the students and to get rid of that.
- Teachers require sufficient specialist knowledge in sex education. So government should take steps to train teachers regarding sex education.

- Parents also have greater responsibility as teachers to educate their children regarding sex and sexuality.

## **5. Conclusion**

Adolescence is a period where children face many challenges such as teenage pregnancy, sexual exploitation, abuse etc. This is mainly due to inadequate knowledge. Most of them are puzzled of what to should. We live a world where misinformation spreads fastly. Therefore, there is an important need to provide and equip the adolescence with necessary knowledge and information about sexual life. Sex education is an important aspect of one's life that helps to tackle those many issues.

Based on the findings it is found that Majority of the respondents do not have awareness about sexually transmitted diseases and prevention of sexually transmitted diseases. And there is limited knowledge that gets students from school and parents. They are often misguided since the lack of appropriate knowledge. Hence teaching of sexuality education in schools should be made compulsory and effective without delay. Efforts must be made to enrich the training program of teachers with sufficient contents in sex education.

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