

Psycho-Social attitudes towards Sexual Behaviour among college students



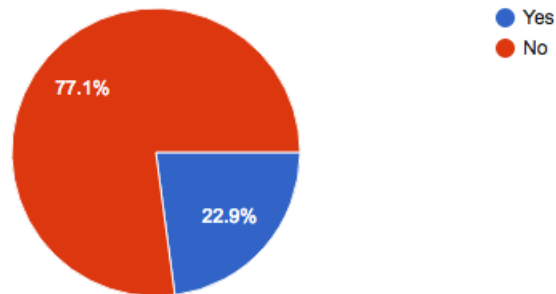
Do you get awkward around your parents when a sexual explicit scene plays on the television? Do you refrain from public displays of affection out of fear of being spotted by someone you know? Do you feel the pharmacist's judging gaze fall upon you when you go to purchase a condom?

The word that is often spoken in hushed tones - yes, we are talking about sex.

We conducted a study to understand the mindset of college students towards sex and the level of sexual intimacy that the students are comfortable with. The survey was sent out to

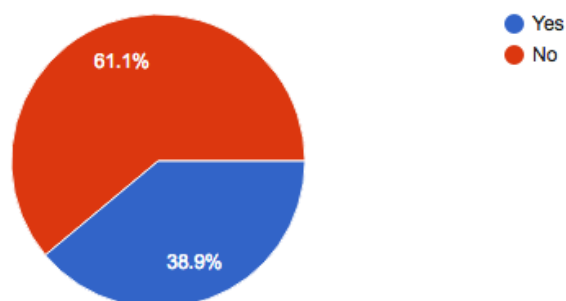
the Arts students in their graduate years aged between 17-22. The survey received 131 responses (sample size). The respondents were completely anonymous so as to encourage openness and to elicit honest responses.

Have you engaged in sexual intercourse? (131 responses)



According to the survey, almost a quarter of the student population (22.9 %) reported to having engaged in sexual intercourse. In comparison to the population survey, this number is surprisingly low taking into consideration that teenagers are extremely hormonal, predisposed to sexual urges and are prone to making impulsive decisions.

Have you engaged in oral sex activities? (131 responses)

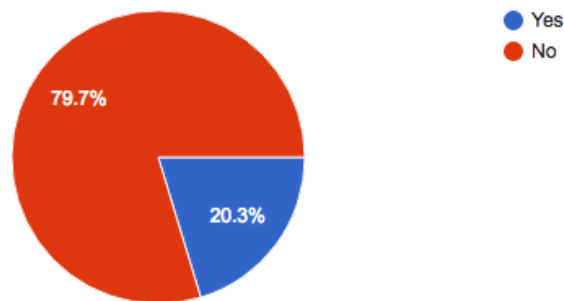


This number rises substantially by 16% in terms of students that have been involved in oral sex activities. What we interpret from this is that students are more at ease in engaging in

oral sex than complete sexual intercourse. Perhaps this because engaging in sexual intercourse is seen as being too forward or morally lacking in terms of the Indian cultural ethos.

Have you spoken about your sexual experiences with a sibling, parent or family member?

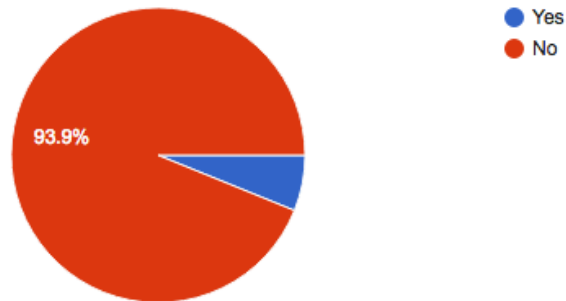
(128 responses)



A shocking 79.7% of students reported not having discussed their sexual experience with a parent, sibling or adult. This highlights the prime problem where sex is a blanketed issue. It shows a communication gap between the teenagers and their respective families in matter related to sex which points to that fact that sex continues to be a taboo in the Indian society.

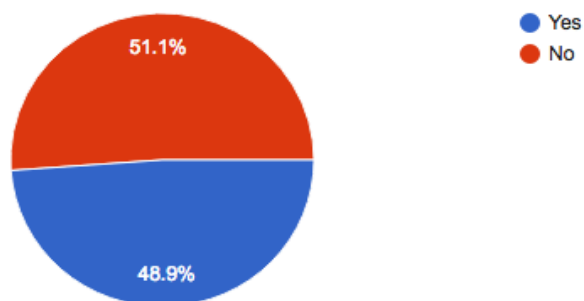
Do you feel pressurized to engage in sexual activities due to your peers/partner?

(131 responses)



It has been a matter of public opinion that most teenagers are pressurized to engage in sexual activities. The reasons for this speculation are attributed towards rising peer pressure or a demanding partner. But the results of the survey have been quite the contrary: a massive 93.9% of the student population have declared that they have not felt any external pressure in these matters. This figure positively portrays a healthy sexual attitude among the students. We understand that the students are in complete control of their choices and they are not swayed by others.

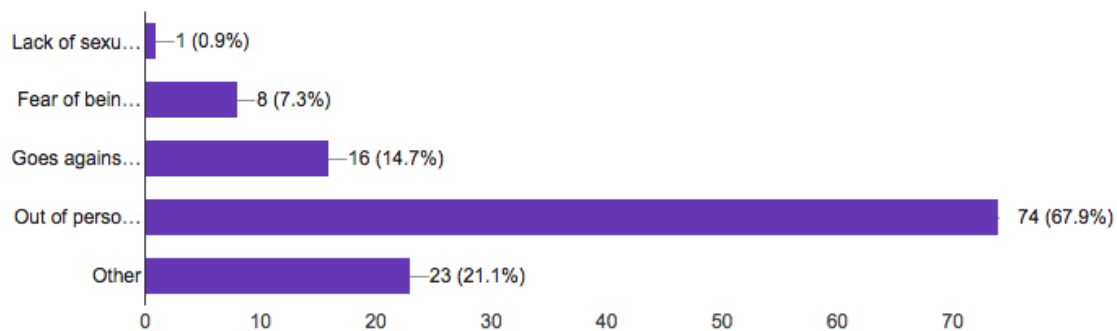
Do you masturbate? (131 responses)



From the amount of students surveyed, only about half of them (48.9%) masturbate to practice a healthy release of sexual tension. These numbers are shockingly low for the age range surveyed.

If you have not engaged in sexual intercourse, what could be the possible reason for it?

(109 responses)



Lastly, the students were asked the reasons for their abstinence and the responses were as follows: 67.9% of the students claimed that it is out of their personal choice, followed by 21.1% who have stated other reasons for their choices, while 14.7% of the surveyed population felt that intercourse prior to marriage goes against moral values, a meagre 7.3% of the surveyed population have abstained from sex out of the fear of being judged by family and or society and lastly only 0.9%, a mere fraction of the students claim to possess lack of sexual awareness.

The conclusion that we can draw from this survey is that an alarming proportion of students do not exercise a healthy dialogue about sex with their elders or siblings. A lot of helpful information can be acquired from formal sex education in Indian colleges and universities. Another highlight of the survey has been the fact that an exceptional amount of students have reported to not feeling pressured into sexual activities. This shows us that the students are progressive in their thought and voice their choices and opinions in sexual matters without hesitation. There is still a long way to go for the Indian Society to completely accept sexual activity in teenagers. But we can see a shift in the mindset of the

people in terms of accepting it, rather than treating it as a taboo. Let us all break the social stigma attached to sexuality and intercourse.

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