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Original Research

Analysis of sexual behaviour in adolescent girls

Anupkumar T N

Assistant Professor, Department of Community Medicine, SVS Medical College, Mahabubnagar, Telangana, India

ABSTRACT:

Background: Nowadays, teenagers are becoming more and more involved in sexual activities. They are typically not protected when they do this, which means they are always at danger of acquiring STDs like HIV and AIDS. The present study was conducted to evaluate sexual behaviour in adolescent girls. **Materials & Methods:** 98 adolescent girls were provided a predetermined questionnaire consisting open and closed ended questions. Information such as reasons for not using contraception, sexual orientation and reasons for sexual activity was recorded in case sheet. **Results:** Age group 15-20 years had 48 and 21-26 years had 50 subjects. The difference was non-significant ($P > 0.05$). Type of intercourse preferred was vagino penial in 21, vagino penial anal in 42 and ano oral & vagino penial in 35 subjects. The reasons for not using contraception was does not feel good in 47, not aware in 26 and not available in 25. The reasons for sexual activity was urge in 57, peer pressure in 20 and fun in 21 subjects. 32 were heterosexual, 48 were homosexual and 18 were bisexual. The difference was significant ($P < 0.05$). **Conclusion:** Adolescent girls need to be made aware of the risks associated with sexual activity.

Key words: adolescent sexual activity, girls

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Corresponding author: Anupkumar T N, Assistant Professor, Department of Community Medicine, SVS Medical College, Mahabubnagar, Telangana, India

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INTRODUCTION

Nowadays, teenagers are becoming more and more involved in sexual activities. They are typically not protected when they do this, which means they are always at danger of acquiring STDs like HIV and AIDS.¹ Adolescents are still developing, so it can be challenging for them to fully understand the risks associated with drug usage, unsafe or casual intercourse, and many other activities that raise the possibility of HIV infection.² The term "adolescence" refers to the age span between 10 and 19 years old, with 10 to 14 years old classified as early adolescence and 15 to 19 years old as late adolescence.³ In India, adolescents (10–19 years old) make up around 22% of the population.³ In this age group, physical changes often start with a growth spurt and progress to the development of secondary sexual features. Adolescence can be the most difficult, stressful, and uncertain time in a teen's life due to these changes, which also affect parents, teachers, and medical professionals.⁴ Research conducted in India has shown

that premarital sexual activity among teenage females is just as important in small towns and rural regions as it is in major cities.⁵ Unwanted pregnancies may result in unsafe or unlawful abortions, which could harm the health of the mother. Compared to boys in the same age group, teenage girls are more likely to engage in dangerous sexual behavior. This vulnerability may be brought on by parental behavior, cultural stigmas, poverty, or economic difficulties.⁶ The present study was conducted to evaluate sexual behaviour in adolescent girls.

MATERIALS & METHODS

The present study consisted of 98 adolescent girls. All enrolled subjects gave their written consent to participate in the study.

Data such as name, age etc. was recorded. A predetermined questionnaire consisting open and closed ended questions were distributed among all. Information such as reasons for not using contraception, sexual orientation and reasons for

sexual activity was recorded in case sheet. Data thus obtained were subjected to statistical analysis. P value < 0.05 was considered significant.

RESULTS

Table I Age wise distribution

Age group (Years)	Number	P value
15-20	48	0.46
21-26	50	

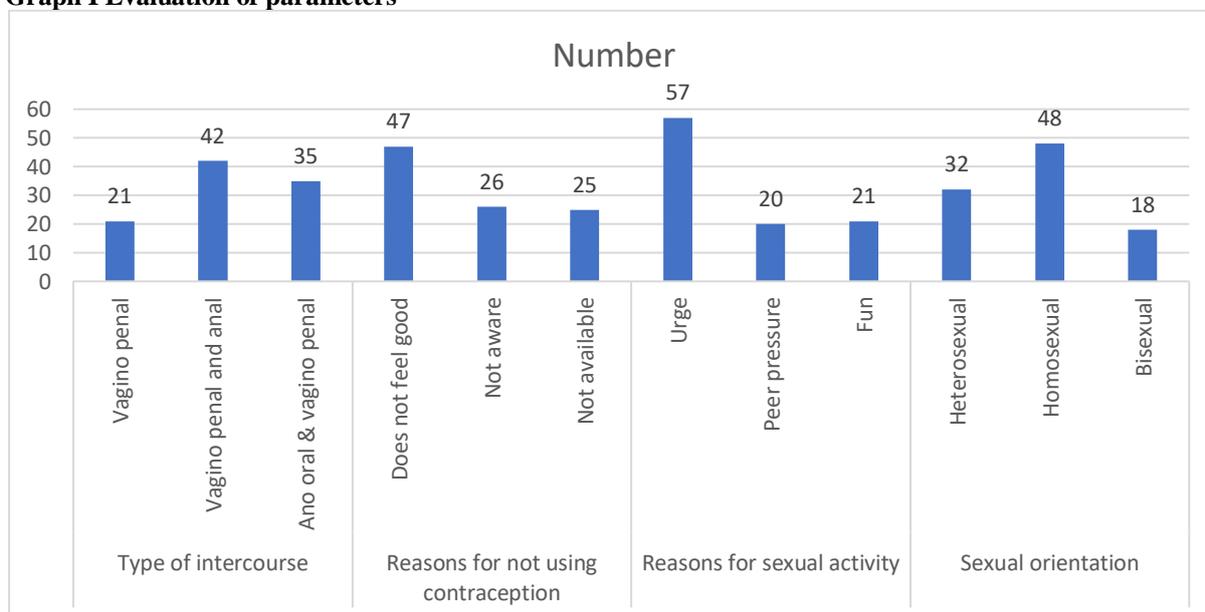
Table I shows that age group 15-20 years had 48 and 21-26 years had 50 subjects. The difference was non-significant (P> 0.05).

Table II Evaluation of parameters

Parameters	Variables	Number	P value
Type of intercourse	Vagino penal	21	0.64
	Vagino penal and anal	42	
	Ano oral&vagino penal	35	
Reasons for not using contraception	Does not feel good	47	0.81
	Not aware	26	
	Not available	25	
Reasons for sexual activity	Urge	57	0.56
	Peer pressure	20	
	Fun	21	
Sexual orientation	Heterosexual	32	0.72
	Homosexual	48	
	Bisexual	18	

Table II, graph I shows that type of intercourse preferred was vagino penal in 21, vagino penal anal in 42 and ano oral & vagino penal in 35 subjects. The reasons for not using contraception was does not feel good in 47, not aware in 26 and not available in 25. The reasons for sexual activity was urge in 57, peer pressure in 20 and fun in 21 subjects. 32 were heterosexual, 48 were homosexual and 18 were bisexual. The difference was significant (P<0.05).

Graph I Evaluation of parameters



DISCUSSION

Sexual activity among adolescents and children is increasing and quickly becoming a public health concern. Sexual curiosity and experimentation arise from secondary sexual growth, changes in hormonal spurting, emotional, cognitive, and psychosocial

development; these scenarios frequently occur in the absence of reproductive health knowledge or services.⁷ Everyone agrees that high-risk sexual behavior among teenagers and young adults predisposes them to issues with their reproductive system.⁸ This is due to physiological and

psychological changes that result in risk-taking and a desire for sexual activity, which negatively impacts sexual and reproductive health indices.^{9,10}The present study was conducted to evaluate sexual behaviour in adolescent girls.

We found that age group 15-20 years had 48 and 21-26 years had 50 subjects. Shashikumar et al¹¹ study subjects involved students from class IX to XII in two co-education schools. A total of 586 out of 1580 students completed a self-reporting questionnaire on matters related to sexuality. Significant association was found among those holding the view that having sex proves their masculinity, being sexually abused, masturbation among boys, and sexual activity. A significantly large number of boys and girls are unaware of role of alcohol on sexual activity and that pregnancy can be caused by single intercourse.

We found that type of intercourse preferred was vagino penal in 21, vagino penal anal in 42 and oral & vagino penal in 35 subjects. The reasons for not using contraception was does not feel good in 47, not aware in 26 and not available in 25. The reasons for sexual activity was urge in 57, peer pressure in 20 and fun in 21 subjects. 32 were heterosexual, 48 were homosexual and 18 were bisexual. Shittu et al¹² study focused on the negative health outcomes related to sexual behaviour in adolescents and young adults. Self-structured questionnaires were used to sort out data on sociodemographic characteristics, prevalence and knowledge of STDs, including HIV/AIDS, prevalence of sexual abuse practice and behavior, and awareness and acceptance of family planning, including the practice of abortion. The questionnaires were then distributed to 60% of the student population using a stratified random sampling technique. 55.8% of people had two parents. Although 72.4% of the mothers are traders, only 50.3% of them have completed a basic level education. While 51% lacked fundamental understanding regarding sexual conduct and attitudes toward STDs and AIDS (HIV), 61.5% of those with sex education came from ignorant friends or peers. 34 percent of girls and 41 percent of boys, respectively, reported using condoms to avoid STI/HIV transmission and unintended pregnancies. Among teenagers who are sexually active, one in five have engaged in forced sex, particularly those who are circumcised girls. 60% of girls between ages of 12 and 18 years had more than one unsafe abortion with severe vaginal bleeding (haemorrhage) as the chief complication. However, 65% of the girls did abortion for fear of leaving school and financial hardship as the reasons.

Gupta et al¹³ noted that the prevalence of sexual activity was 16.9% (28/165). Eight (8/165) teenage girls have not reached menarche, and they are all unaware of the existence of sex. Three young ladies fell prey to sexual exploitation. Approximately 64% of these girls engaged in sexual activity with their

peers. Six girls also used non-vaginal methods of sexual intercourse, but all the sexually active females used the vaginal route for their sex. For sexual activity, the favorite location was the home (11, 39%), followed by the hotel (10, 35.7%). In comparison to the western world, Indians have a lower prevalence of sexual engagement.

CONCLUSION

Authors found that Adolescent girls need to be made aware of the risks associated with sexual activity.

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