

An Analysis on the Factors Contributing to the Sexuality Awareness among Adoloscent Boys

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Abstract

Adolescence is one of the fascinating periods of human life that marks the transition from being a dependent child to an independently functioning adult. Awareness on sexual knowledge or understanding is required for adolescents to provide them positive direction, right information which would avoid unnecessary worries and tensions. The positive perception and awareness on sexuality is necessary for the normal growth and development of adolescents especially the adolescent boys. The understanding and awareness will help to the development of a positive self image as well as that will lead to the creation of health relation with peer group. This paper throws light on the awareness of adolescent boys on sexuality.

Key Words: Adolescence Period, Adolescents, Sexuality, Awareness, Factors.

Introduction

The term adolescence is commonly understood to define the period of life between childhood and adulthood (Kaplan, 2004). This time frame, however, not only describes a very diverse reality, but adolescence varies considerably across cultures, over time, and within individuals. Adolescents are in search of an identity in a predominant adult world. The concept of adolescence and

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the term teenagers seem to have originated within Western culture. The transitional period as described by Kaplan (2004) varies by society and culture. Teenagers undergo a rapid physical and psychological growth.

Today's teenagers attain physical maturity much earlier than in previous generations and this is not accompanied by parallel development in psychosocial maturity. The media revolution has thrown them into turmoil of confusion and conflicts (Enid Gruber, 2000). Youngsters enter in to a world of risky behavior at an early age. Sexuality is often a vital aspect of adolescents' lives.

The emerging sexuality that accompanies adolescence poses fundamental challenge for young people. These include adjusting to the altered appearance and functioning of a sexually maturing body, learning to deal with sexual desires, confronting sexual attitudes and values, experimenting with sexual behaviors, and integrating these feelings, attitudes, and experiences into a developing sense of self. The challenge is accentuated by the unfamiliar excitement of sexual arousal, the attention connected to being sexually attractive, and the new level of physical intimacy and psychological vulnerability created by sexual encounters. Adolescents' responses to these challenges are profoundly influenced by the social factors, media factors and cultural context in which they live. Adolescent sexuality refers to sexual feelings, behavior and development in adolescents and is a stage of human sexuality. The sexual behavior of adolescents is, in most cases, influenced by their culture's norms and mores, their sexual orientation, and the issues of social control such as age of consent laws.

Theoretical Understanding on Awareness on Sexuality

The most recognized name in the field of psychology is Sigmund Freud (1856–1939). His work, which is known as psychoanalytic theory, is pertinent to the field of human sexuality. The key focus of psychoanalytic theory is personality formation. Freud argued that human behavior is motivated by both inborn instincts and drives and that one's basic personality is shaped by events in the first six years of life. Behavioral theory is another approach to

sexuality. The premise of this theory is that all human behaviors are a result of the rewards and punishments that have been received as a result of past behaviors. A behavior can be modified using reinforcements or punishments. Reinforcements encourage an individual to continue exhibiting a particular behavior by tying it to something pleasurable.

According to social learning theory, we learn by observing the behaviors of others and by interacting with them. Social learning theory posits that we can learn by seeing the rewards and punishments that others receive for their actions without having to experience them personally. Individuals learn about their own sexuality by first imitating the behavior of others and then acting after having developed an anticipation of the potential results. In the field of sexuality, this theory has been applied to sexual violence. (Theories and Research in Sexuality, 2011).

A sociological approach goes beyond behaviorism and social learning to examine how social institutions influence sexuality. Social institutions include family, religion, law, economy, medicine, and so forth. Proponents of this approach argue that variations in these social factors account for differences in beliefs about sexuality across cultures. Feminist theory has gained attention recently in the field of sexuality. Feminist theory has its roots in social learning and sociological approaches. Proponents of feminist theory argue that sexuality is socially constructed and includes power and gender inequalities. Queer theory, developed in the 1990s, shares common interests with feminist theory. Both have a strong focus on issues concerning women and gay, lesbian, bisexual, and transgender individuals. Moving away from the theories that focus on social forces and surroundings, Cognitive theories propose that one's perception and labeling of events determine one's reactions to them. Simply put, what sexually arouses individuals is what they think sexually arouses them. Those who refuse to believe that sexuality is influenced by personal cognitions only or by social factors only ascribe to Psycho-social theory. This theory assumes that psychological factors (such as attitudes, motivations, and emotions) work alongside with social factors to shape individuals' sexual atti-

tudes, values, and behaviors. An additional category of theories includes those that focus more on biology and human evolution than on social or cognitive factors (Theories and Research in Sexuality, 2011).

Methodology

The study aims to assess the awareness and the factors contributing on sexuality among the adolescent boys. Simple random sampling method was used to get the sample from the population. The research is based on the primary and the secondary data. All the adolescent boys falling in the age category from sixteen to eighteen who are studying and not studying in Peermade grama panchayat of Idukki District, Kerala was the universe of the study. The data was collected from 70 respondents by using questionnaire.

Major Findings

Based on the objectives of the study, the major findings of the research was summarized by using the table and graph. The data was processed with the support of the Statistical Package for Social Sciences (SPSS) Software. Both descriptive and inferential statistics was used for analyzing the data. The major findings of the study has presented below.

Table 1 shows the basic details of the respondents. Majority of the respondents (42.9) belongs to the age category of middle adolescent (16-17 years). As a major period of life span the adolescent has got a major part in determining the thinking pattern of human being. Among the respondents 17.1% are not studying, that mean they are drop out from the school and they are involved in some kind of jobs. The table also shows that 82.9 % of the respondents belong to the nuclear family. As a character of modern society, the study also shows the increase number of Nuclear family in rural areas too. The type of family is one of the demographic factors which influence the awareness on sexuality among adolescents.

Table 1
Demographic Details of the Respondents (N=70)

Variables	Frequencies & Percentage
Age Category	
Early Adolescent (13-15)	23 (32.9)
Middle Adolescent (16-17)	30 (42.9)
Later Adolescents (18-19)	17 (24.3)
School Category	
Private	30 (42.9)
Government	28 (40.0)
Not Studying	12 (17.1)
Type of Family	
Nuclear	58 (82.9)
Joint	12 (17.1)

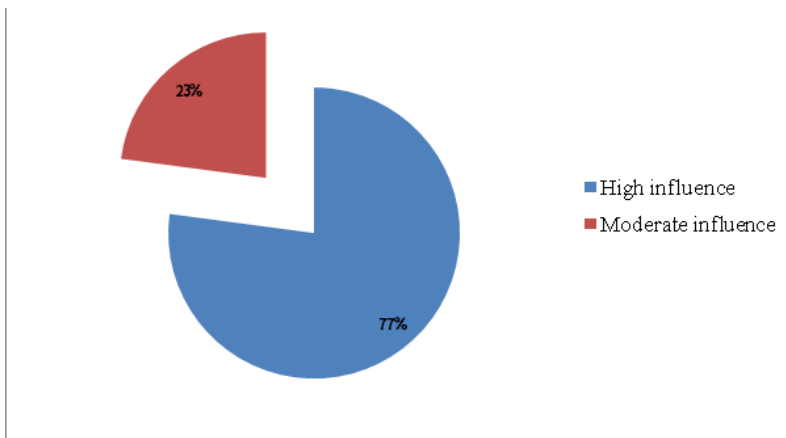


Fig 1
Influence of Media on Awareness of Sexuality

Media especially the social media plays a major role in influencing the younger generation in modern society, especially in the creation of sexual image and awareness. The figure 1 shows that the media influence on sexuality among the respondents. Out of 70 respondents, 54 (77.1%) opined that they have very high level influence of media in the creation of sexual image and sexuality awareness and 16 of them have moderate level of influence. It was also opined by the respondents that the readily availability of information through internet is contributing them to depend more on the media.

Table 2
Peer Influence on Sexuality Awareness

Level	Frequency	Percent
Moderate influence	33	47.1
High influence	37	52.9
Total	70	100.0

The table 2 shows the influence of peer on the awareness on sexuality. Out of the 70 respondents, 52.9% (37) of the respondents have high level of influence and 33 (47.1%) of the respondents has moderate level of influence. The study underlines that the peer group influence among the adolescents are high especially in the area of sexuality awareness. The informal sharing, joint effort to understand are major part of the peer influence according to the study.

Table 3 shows the correlation between the factors and the awareness of the respondents. The correlation is significant at the levels of 0.05 and 0.01 levels with 0.337, 0.253, -0.304. The analysis shows that, there are positive and negative correlations. Therefore there is a positive correlation between factors and the behavior of the respondents. It explains the factors influence the behavior of the respondents very much. Next the correlation is significant at 0.01 level with 0.337 score. Therefore there is highly positive correlation between the factors and thoughts of the respondents. The factors

Table 3
Correlation between the Factors and the Awareness of the Respondents
 influence

	Factors	Self-Concept	Be-haviours	Knowl-edge	Facts and Miscon-ception	Thou-ghts
Factors						
Pearson Correla-tion	1	-.304*	.253*	-.093	.014	.337**
Sig. (2-tailed)		.011	.035	.446	.905	.004
N	70	70	70	70	70	70

*. Correlation is significant at the 0.05 level (2-tailed)

**. Correlation is significant at the 0.01 level (2-tailed)

influence the thoughts of the respondents very much. The changes may occur both in the positive and the negative way. The correlation is significant at 0.05 level with -0.304. It explains the negative correlation between the factors and the self-concept of the respondents. That means factors won't affect to make the self-concept of the respondents. The analysis rejected the null hypothesis and accepted the alternative hypothesis that there is a significant relationship between the awareness group (behaviour, self-concept, and thoughts) and the factors of the respondents.

The correlation table (Table 4) shows the significant relationships among the awareness on sexuality of the respondents. Awareness includes the sub variable such as self-concept, knowledge, behavior, myths and misconceptions and thoughts. Correlation analysis shows correlation is significance at the 0.05 level and 0.01 levels also.

Table 4: Correlation between the awareness groups of the respondents

	Self –Con- cept	Knowl- edge	Be- haviours	Facts and Miscon- ception	Thoughts
Self concept	1	.118	-.250*	-.018	.040
Knowledge	.118	1	.436*	.093	.251*
Behaviours	.250*	.436**	1	.347**	.224
Facts and misconcep- tion	-.018	.093	.347**	1	.032
Thoughts	.040	.251*	.224	.032	1

*. Correlation is significant at the 0.05 level (2-tailed)

** . Correlation is significant at the 0.01 level (2-tailed)

There is highly positive correlation between the variables such as self-concept and behavior of the respondents. Correlation is significant at 0.05 level with 0.250 score. It shows the behaviors are modulated according to the self-concept of the respondents. There is highly positive correlation between the variables such as knowledge and the behavior of the respondents.

Correlation is significant at the 0.01 level with 0.436 score. That means the behavior of the respondents is highly influenced by the knowledge. There is highly positive correlation between the behavior and facts and misconception of the respondents.

Correlation is significant at 0.01 level with 0.347 score. There is again highly correlation between the knowledge and thoughts of the respondents. Correlation is significant at 0.05 level with 0.251 score. There is highly positive correlation between the facts and the misconception and the behaviour. Correlation is significant at the 0.01 level with 0.347 score. Misconception

may lead the improper behaviours whereas facts may lead the proper way of behaviours.

The present analysis rejects the null hypothesis and accepted the alternative hypothesis that there is a relationship among the awareness group of the respondents such as self-concept and the behaviour, knowledge and behaviour, knowledge and thoughts and behaviour and the facts and the misconceptions

Findings

- The study find out that 94.8% of the respondents (out of total) have medium level of awareness on sexuality and only 5.714% of the respondents have high level of awareness on sexuality.
- The study find out that most of the respondents (85.7%) have the moderate level of self concept
- According to the respondent's morale, their thoughts are influenced by the foreign culture very much. Because 51% of the adolescent respondents fully and partially agrees that sex before marriage is a healthiest thing. According to the Kerala culture, it is prohibited that sex before /out-side marriage is an offence before the society
- Out of 70 respondents 80% of the respondents agree that sex education is an instrument in making one aware of his sexuality. It is because they consider that sex education is needed thing in their life
- Within in the 4 factors such as social, family, religion, and the media, social factors influence the sexuality of the respondents is very high (52.9%)
- Media factors influencing on sexuality of the respondents are very low. 77.1% agrees the low influence level of the media factor
- Respondents opine of their teachers are 67. 35% of the respondents are disagreeing that teachers are not giving the sex education other than the biology classes. This is very important that should know the basic concepts and teach the students according to their age and the growth of the students

Suggestions

- From the researcher point of view, the crucial point is acceptance within society. The international community and also the local community must encourage greater tolerance and overcome taboos in the context of adolescent sexuality.
- We need approaches which are in line with young people's needs, the way they talk, and their behaviour.
- People should realize that sex education is a necessity. So social workers have a great role in this kind of education programs.
- Each school should have counseling centre and guidance team for separate boys and girls. It is needed that the students study committee and local screening committee in schools and panchayat.
- A minimum of one hour per week can be set apart for sex education in school time table.
- Pro-life movements, outreach programmes and similar kinds of activities will give added strength to the moral and social interests of adolescents.
- A professional Social Worker should be appointed in every school is a necessary.
- Positive peer culture is to be fostered in every school because a lot of learning and positive change can be affected in the life of students through this.

Conclusion

The society always long for mature relationships and mutual respect between each member of this society. The main goal behind is that each member of this society should be treated with dignity and not as instruments of fulfilling lust. Adolescents are expected to develop knowledge about sexuality in their growing age. But unfortunately, the knowledge bases of our adolescents are limited and are exposed to risky sexual behaviour and practices. This

greatly affects their lives. The present study has revealed the importance of sexuality in adolescents (13-19) especially in Peermade panchayat. The present study reveals the awareness on sexuality and the factors contributing to sexuality among the adolescents. The urgent need for imparting sexuality oriented knowledge is also understood through this study. Based on the present study, it can be said that sexuality plays an important role in the lives of our young new generation of people and it is the responsibility of every adult to cultivate better awareness and behaviour among young people and make every one of them develop quality sexual behaviour to act out the role of a more productive citizen.

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