



A Study of Sexual Awareness of Under Graduate Students in Relation to Certain Variables

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1. Introduction

Sex education should be an integral part of the learning process beginning in childhood and continuing into adult life and its lifelong learning process. It should be for all children, young people and adults, including those with physical learning or emotional difficulties. It should encourage exploration of values and morale values, consideration of sexuality and personnel relationships and the development of communication and decision-making skills. It should foster self-esteem, self-awareness, a sense of moral responsibility and the skills to avoid and resist sexual experience.

Physical health, sexual and behavioural problems of adolescents are interrelated and these factors are related to unhealthy development in adolescents stem from the social environment. It also includes poverty, unemployment, crime, sexual harassment, gender and ethic discrimination and impact of social change on individual, family and communities. So, adolescents need to provide preventive interventions for these behaviours are the same and all contribute to positive personal growth and development.

Adolescents need to know how to protect themselves from HIV/STDs and premature pregnancies, for this sex education is the best way, it should be a lifelong learning process based on the knowledge and skills and positive attitude, it helps to young people to enjoy sex and relationships that are based on qualities such as positive knowledge, mutual respect, trust, negotiation and enjoyment.

Age-appropriate knowledge among youth and adolescents about the changes during puberty, sexuality, modes of transmission and prevention of sexually transmitted infections, HIV, and to maintaining a healthy and safe sexual life is important for the health and welfare and aware them to prevent unwanted pregnancies and of HIV/AIDS.

Because of lack of clear protocol for sex education, like content, way of approaches, rules and regulation etc., for educational services and how these services should be fulfilled in different socioeconomic and cultural environments is not clear. So, this study was done to identify the knowledge of sex education among College Students going adolescents.

2. Statement of the Problem

The statement of the problem as below:

A Study of Sexual Awareness of Under Graduate Students in Relation to Certain Variables.

3. Defining The Keywords of the Problem

3.1 Sexual Awareness

3.1.1 Theoretical Definition

Being curious about your thoughts, feelings, and beliefs about sex will help you create sexual experiences for yourself and your partner that are healing and connecting.

3.1.2 Operational Definition

In present study the sexual awareness is the state of physical, emotional, mental and social well-being in relation to sexuality of Under Graduate Students of B.A. and B.Com. of Ahmedabad district.

4. Objectives of the Study

- 1.To study the sexual awareness of B.A. & B.Com. College Students’.
- 2.To study the sexual awareness of B.A. & B.Com. College Students with respect to gender.
- 3.To study the sexual awareness of B.A. & B.Com. College Students with respect to Discipline.

5. Variables of the Study

Table 1: Variables of Study

Sr.	Variables	Types of variables	Level of Variables
1	Gender	Independent	1.Male 2.Female
2	Discipline	Independent	1.B. Com. 2.B.A.
3	Sexual Awareness	Dependent	

6. Hypotheses of the Study

Hypotheses of present study are as under.

- Ho₁** There will be not significant difference between the mean score of male and female students on sexual awareness test.
- Ho₂** There will be not significant difference between the mean score students of B.A. and B.COM on sexual awareness test.

7. Limitations of the Study

Every research has some limitations. In the present study the limitations are as under:

- 1.The study is limited to Under Graduate Students of Ahmedabad city only.
- 2.The study is limited to Under Graduate Students of B.A. and B. Com only.
- 3.The study is limited to Under Graduate College Students English medium students only.

8. Importance of the Study

These days’ children and teenagers are more attracted to social media that pose risk including being exposed to inappropriate or upsetting content, like mean, aggressive, violent or sexual comments or images.

1. The importance of present study is to analyse the sexual awareness among the students of Under Graduate College Students of Ahmedabad district.
2. It will be helpful for the teachers to analyse the importance of sexual awareness in adolescents.
3. It will be helpful for the parents to realize the importance of sex education in College Students.
4. It will be helpful for the College Students to realize the importance of sex education in Under Graduate College Students.
5. Government education institutions will be able to formulate a new policy of sex education in the future from this study.
6. This study will be useful to Post Graduate students, teachers and the entire society.

9. Origin of the Problem

The terms “sex” and “sexuality” carry a lot of stigmas and taboo and are considered culturally sensitive areas in our society which leads to a practice of long silences among family members whenever such topics come up or when a condom advertisement starts playing out loud on TV in the living room (all of us can relate to this one!). There is an utter lack of appropriate discussion about Sex While the compulsory program includes a provision, fitness and physical education – the focus is on

physical activity and health checks rather than sex and sexuality. Even if there are certain attempts to initiate discussions, they do not cross the line of menstrual hygiene and the girls are separated from the boys to even talk about such biological processes.

10. Research Method

In the present study the researcher has used the survey method.

11. Population of the Study

In present research, population of the study implies to class 11th students of B.A. and B.COM (English medium) College Students of Ahmedabad district. The students were of the year range of 2021-22 were selected as population.

12. Sampling Method and Sample of the Study

In the present study, researcher has used multistage sampling method, first researcher has used stratified random sampling method to select only English medium B.A. and B.Com College Students of Ahmedabad district than has randomly selected two College Students of B.A. and two College Students of B.Com. Out of these College Students all the students of 11th grade were selected through cluster sampling for data collection.

13. Research Tool for Data

13.1 Tools Specification

The researcher prepared the self-made questionnaire to collect the data. The questionnaire was comprised of 40 questions. The questionnaire was multiple choice type questions, where four options were given. Each question carries the one mark. One mark was given to the right answer and one mark was cut for wrong answer. Then questionnaire was given to the experts to get their opinion.

After experts review of questionnaire it was given to the Under Graduate students of B.A. and B. Com English medium College Students of Ahmedabad district. They were measured for their level of sexual awareness Questionnaire.

14. Data Collection

Data collection is defined as the procedure of collecting, measuring and analysing accurate insights for research using standard validated techniques. A researcher can evaluate their hypothesis on the basis of collected data. In most cases, data collection is the primary and most important step for research, irrespective of the field of research. The approach of data collection is different for different fields of study, depending on the required information.

15. Statistical Techniques Used

In present study the researcher has used the t-test for the analysis and interpretation of data.

16. Data Analysis and Interpretation

Graph and t -test analysis of score of Sexual Awareness of Under Graduate Students are as follows:

Ho₁ There will be not significant difference between the mean score of male and female students on sexual awareness test

Table 2: Mean score of Male and Female students

Group	N	Mean	SD	SED	Mean difference	t-value
Male	80	24.07	43.13	0.96	1.436	1.49
Female	130	22.63	50.66			

As shown in table 1 the critical ratio obtained for scores of sexual awareness test of male and female students of is 1.49 which is less than the expected value of 1.96 at 0.05 level of significance, therefore

the null hypothesis “There’s no significant difference between the mean score of male and female students on sexual awareness test” is not rejected and is also refers that the sexual awareness level of male and female students has no difference.

H₀ There’s no significant difference between the mean score students of B.A. and B.COM on sexual awareness test.

Table 3: Mean score of Male & Female students of B.COM

Discipline	N	Mean	SD	SED	Mean difference	t-value
B.A.	115	22.6875	46.0492021	1.81	3.46	1.91
B.COM	95	26.15625	32.6522177			

As shown in table 2 the critical ratio obtained for scores of sexual awareness questionnaire of students of B.A. and B.COM is 1.91 which is less than the expected value of 1.96 at 0.05 level of significance, therefore the null hypothesis “There’s no significant difference between the mean score students of B.A. and B.COM on sexual awareness test is not rejected and is also refers that the sexual awareness level of both B.A. and B.COM students have no difference.

16. Finding of the Study

The major findings from the present research are as follows.

- 1.The sexual awareness of both male and female students is equal.
- 2.The sexual awareness of both B.A. and B.COM students are equal.

17. Implications of the Study

1. In modern era information technology has developed rapidly. Children can easily obtain different kinds of information through different channels, for example, from the mass media and the Internet. Such information can include pornographic materials and information propagating unhealthy ideas about sex.
2. In most parts of India sex is generally regarded as taboo. Presently, College Studentss lack a formal and systematic curriculum of sex education. Violence against women and girls is a growing global phenomena and India is no exception. Sexual problems of children and teenagers have become a worry for society.
3. These problems include indulgence in pornography, premarital sex, unwed pregnancy, casual sex, prostitution, sexual harassment / abuse and other sexual crimes. If College Studentss carry out formal sex education, students can be provided with proper knowledge and values about sex.
4. In the present study the sample was adolescent rather than parents and teachers. Adolescence is one of the most crucial periods in the life of an individual. The actual implementation of sex education on the adolescent is necessary.
5. So, the researcher wanted to know the level of sexual awareness of Under Greduate students in College Students. For this purpose, the researcher thought about adolescent, rather than others.
6. The aim of this study was to investigate the sexual knowledge of Under Greduate Students of B.A. and B.COM English medium College Studentss of Ahmedabad district.

18. Future Recommendations Hor Future Reseachers

1. In future the researcher can conduct the sexual awareness research on college students.
2. The researcher can consider more variables for future research such as area: urban or rural, medium of education: English or Hindi medium etc.

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