

Evaluation of knowledge, attitude and practice regarding sexual health among students in National College of Education, Jaffna

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Background: Increasing number of teenage pregnancies with complications and sexual abuses in Jaffna district among both school and out of school adolescents. Objective of this study was to assess the knowledge, attitude, practice regarding sexual health and the influence of socio demographic factors on it, among students in National College of Education, Jaffna

Methodology: Institute based descriptive cross-sectional study has been used among 347 samples (males≤83, females≤264). Anonymous self-administered questionnaire has been used.

Results: Among the total sample 14.4% of students (males≤32.5%, females≤8.7%) got good grading and 12.7% of students (males≤4.8%, females≤15.2%) got poor grade regarding sexual health knowledge. So that males have better knowledge about sexuality than females ($p<0.001$). Those who studied biology in A/L have better knowledge than others. The main source of sexual health knowledge (correct or incorrect) is through friends (57.3%) and by self-search (21.9%), teacher (17%), parents (3.7%). Three-fourth of them reported they were not taught about sexual health in schools. And 19.9% (males≤37.3%, females≤14.4%) of total sample have a good genital hygiene maintenance but 15% (males≤8.4%, females≤17.1%) have poor genital hygiene maintenance practices. The quality of genital hygiene maintenance improves with knowledge regarding sexual health. In this study group 20% (males≤75.9%, females≤2.7%) are masturbating. Seven students had hetero sexual and two had bisexual relationships. Five of them experienced vaginal penetration and three had anal intercourse. But none used any contraceptive device at all.

Conclusion: knowledge regarding sexual health is poor among the population and due to the poor knowledge they have poor genital hygiene maintenance practices. Sexual health education should be given to everyone at home and also in school. Some of them experience premarital intercourse without any contraceptive devices in this case they should also be aware about STI. Clear information regarding contraceptive devices should also be given.

Keywords: Teenage pregnancy, Sexual abuse, Adolescent, Contraceptive methods, Sexually transmitted disease