

**Knowledge and Attitude towards Sexual Behavior of Secondary School
Students of Bhaktapur District**

**Submitted by
Hem Raj Thapa**

**A Thesis
Submitted to the Department of Health and Population Education
in Partial Fulfillment for the Master of Education in Health Education**

**Tribhuvan University
Faculty of Education
University Campus
Health and Population Education Department
Kathmandu, Kirtipur
2022**

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Approval Letter

This thesis entitled '**Knowledge and Attitude towards Sexual Behavior of Secondary School Students of Bhaktpur District**' submitted by **Mr. Hem Raj Thapa**, in partial fulfillment for the requirements of Master degree in health education has been approved.

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Declaration

I, hereby, declare that this thesis entitled ‘Knowledge and Attitude towards Sexual Behavior of Secondary School students of Bhaktapur district is my own work and no part of it was earlier submitted to any university and organization.

.....

Hem Raj Thapa

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Abstract

The objectives of this study are to examine the knowledge and attitude about sex among Secondary School Student of Bhaktapur; to analyze the sexual behavior among the Secondary School Students of Bhaktapur and to identify the interrelationship between socio-economic, demographic variables with sexual behavior. The sample size 150 students are taken by using random sampling method. Bode Secondary School, Bode, Araniko Secondary School, Dhdkot, Bhagiswori Secondary School, Bhaktapur. These all schools are located in Bhaktapur district. In three Secondary School 500 students are reading from each school. In 10+2 level there are various faculties like Arts, Commerce, Education and journalism in the selected schools the students studying at grade 11 and 12 with Health and Population education as the major subject were taken as the universe of the study. Hence, the universe of the present study comprises all the students studying Health education at grade 11 and 12 of the selected school is 100. Thus the size of among students is 100 students. From among 100 students 50 students were selected so as to cover percent of the universe.

The result shows eligible age for respondents is 15-20. In the proportion of the love only 33.9 percent have love with their girl/boys friends. Among them 30.5 percent are female and 38.6 percent are male. Love is started from age 13 and end 22 years. It is intestine 33.9 percent have love but only 67.9 percent have planned to marriage with their partner. Most of the respondents have knowledge about masturbation 69.7 percent has knowledge of it. The mean ideal age of marriage and sexual intercourse is similar which is 20-24 for female and 25-29 for male. Only 11.5 percent responds have sexual partner. Their sexual partners were husband/wife, relatives, sexual worker and other. Among the respondents 7.9 percent involve in sexual intercourse before marriage.

In the changing social norms and values regarding sex and the increasing age at marriage are attributed to youth premarital sexual activities. Due to such activities, they may have risk of various health hazards, social-economic and demographic consequences namely unwanted pregnancy unmarried mother and HIV infection. In such a situation, they must be supported by correct information to dispel the mental stress and help them practice responsible sexual behavior.

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Abbreviations/Acronyms

AD	:	Anno Domini
AIDS	:	Acquired Immune Deficiency Syndrome
CBOs	:	Chesapeake Bay Observing System
CPR	:	Contraceptive Prevalence Rate
DoHS	:	Defense Office Housing Scheme
ERA	:	Equal Rights Amendment
FU	:	FarWestern University
HIV	:	Human Immunodeficiency Virus
HPPE	:	Health, Population and Physical Education
ICF	:	Integral Coach Factory
IDUS	:	International Talent of Ultimate Student
INGOs	:	International Non-governmental Organizations
MoHP	:	Ministry of Health and Population
NAYS	:	Nepal Adolescent and Youth Survey
NCAIDS	:	Non-steroidal Anti-inflammatory Drugs
NDHS	:	Nepal Demographic and Health Survey
NGOs	:	Non-governmental Organizations
RH	:	Relative Humidity
SAARC	:	South Asian Association of Regional Cooperation
SEE	:	Secondary Education Examination
SPSS	:	Statistical Package for the Social Sciences
SRH	:	Sexual and Reproductive Health
STD	:	Sexually Transmitted Diseases
STDIs	:	Sexually Transmitted Disease are Infection
STIs	:	Sexually Transmitted Infection
TU	:	Tribhuvan University
TV	:	Television
UN	:	United Nations
UNDP	:	United Nations Development Program
UNESCO	:	United Nations Educational, Scientific and Cultural Organization
UNFPA	:	United Nations Population Fund
WHO	:	World Health Organization

Chapter I : Introduction

Background of the Study

Sex is the biological factor and natural gift, which we cannot change. It is also essential factor for human being to live their identity. Sex is considered that source of creation and beginning point of love and life. The word sex may have dual meaning one 'what we do' gender base and another 'what we are' biological base in different place and sense. Sex is the integrate part of human being and plays important role in men's total being. 'Sexual desire in its simplest form is a demand of sexual organ'; associated with it in exactly the same way the magnetism is associated with a magnet. The difference is that sexual organs might be compare rather to an electromagnet that may be either completely 'death' or 'magnetized' that the sexual energy called libido is one of the deepest and most powerful of men's subconscious forces. That is the sexual behaviors-have two major functions, one reproduction and other pleasure.

Reproduction is a most for the everlasting existence of human being is this earth. For this purpose, sexual activities should take place between men and women. People do different things with each other to express their sexual feeling.

In Nepal the prevalence of human Immunodeficiency Virus (HIV) is estimated to be 0.3 percent in the general population age 15-49 (NCAIDS,2008) on 2010 report of the joint United Nations Program on HIV/AIDS (UNAIDS,2008) on the global AIDS epidemic, an estimated 64,000 adult and children in Nepal were living with HIV at the end of 2009 (up from 60,000 in 2001). Of these, 20,000 were women age 15 and older (UNAIDS, 2008). As in other developing countries, transmission of HIV in Nepal is driven by factors such as poverty, low literacy levels, low levels of condom use, cultural and religious factors, and stigma and discrimination. There are concentrated epidemics in certain high-risk populations in Nepal. Also, young people are particularly at risk. In 2011, only one-quarter of female youth and one-third of male youth age 15-24 had comprehensive knowledge of HIV and AIDS prevention (MoHP, 2010).

Sexuality is a fundamental dimension of human life and sexual behavior of young people is becoming one of the important social and major public-health concerns in recent years. As a result of the HIV epidemic, research on sexual behaviors of young people has developed rapidly over the past decades. It is now widely accepted that

sexual and reproductive health issues remain the leading cause of ill-health among young people worldwide and are a growing concern in Nepal. evertheless, research on young people's sexual health is lacking in Nepal.

Adolescence refers to persons between 10-19 age group and the term youth refers the age from 15-24 years of age. While young people refers to the age of 10-24 (WHO, 2013). During this period the body develops in size, strength, and reproductive function. In this stage emotional, physical, sexual and psychological changes take place. Even the parents are unwilling to take openly about their reproductive and sexual change, they have to learn by themselves, they can take some information from their peers and friends.

The sexual behaviors such as kissing, hugging, fondling, breast rubbing, masturbation, intercourse between men and women irrespective of their age before he/she got marriage is called premarital sexual behaviors. The trend of sexual behaviors is increasing day by day to the students of higher secondary school in Nepal. Similarly, the trend of it in Urban and rural area is also different. In Urban area, it is high as compared to rural area.

Teenage sexual activity and pregnancy has emerged as a major social problem in Nepal where more than 60 percent of its total population lives under poverty line. Poverty, illiteracy and lack of awareness are some of the root cause of various type of psychosocial crimes like sex abuse, rape, unwanted pregnancies, illegal abortions, suicides, commercial prostitution and human trafficking etc. Lack of proper sex education, practices of unsafe sexual activities, poor knowledge about ovulation, menstrual cycle and conception among female partners and lack of awareness about STDIs and HIV?AIDS have contributed a lot in increasing the number of teenage pregnancy and rise in fertility rate, population and poverty in the country. It has also become a major factor in pushing our young generation into the danger of HIV/AIDS progressively.

Focusing on knowledge and attitude of sexual behavior of college students face both a challenge and problem for health care providers. Youth often lack basic reproductive health information, skills in negotiation sexual relationship and access to affordable confidential reproductive health services. Many adolescent and youth do not feel comfortable discussing sexuality with parents or other adult. With whom they can talk

about their reproductive health and sexuality concerns. Likewise parent's health care workers and educators frequently are unwilling or unable to provide complete, accurate and appropriate reproductive health information to youth people. This is often due to their own discomfort about the subject or the false belief that providing the informed will encourage increase sexual activities. In addition to STDs and pregnancy risks many youth people who are sexually active has been force into sexual relationship, either their through violence or for economic reason. They are in need of counseling information and contraceptive.

The most recent survey (NDHS, 2011) and Nepal Adolescents and Youth Survey (NAYS, 2010/11) have documented evidences of changing sexual and reproductive health behaviors of Nepali adolescents and youth including students of Secondary School. The NDHS 2011 shows that still at least 17 percent of adolescent women are already involved in childbearing activities; fertility rates are highest among 20-24 years women and only 24 percent in this age group use modern family planning methods. only one quarter female and one-third male 15-24 had comprehensive knowledge of AIDS; seven percent female and three percent male 15-24 had sexual intercourse before age of 15; and 4 in 10 female and a quarter male 15-24 had sexual intercourse before 18 (MoHP) [Nepal], New ERA, ICF International Inc., (2012). The Nepal Adolescents and Youth Survey, 2010/11 reveals notable sexual and reproductive health behaviors of adolescents and youth in Nepal. Nearly one-fifth of female adolescents (15-19) with no education have had at least one live birth; only three-fifths adolescents and youth of both sexes have heard of STDs; less than half correctly know the symptoms and prevention; one-fourth do not believe sexual intercourse with HIV/AIDS infected person may transmit HIV; a little less than half have already had sexual intercourse; 13 percent had premarital sex; 5 percent had paid sex; little higher than a quarter had sexual relation with other than husband/wife; 13 percent had sexual relationship unknowingly; 6 percent had forced sex; 19 percent took alcohol; and 13 percent consumed cigarette or tobacco (MoHP [Nepal], 2010). These all evidences show that there is a dire need of sharing the changing reproductive and sexual health behaviors of young people among the policy makers, development practitioners, academicians, news media workers and other stakeholders including young people through a public form. Such sharing should be followed by

suggestions of appropriate policy and programmatic framework for meeting the need of this group.

This study was carried out to assess knowledge and attitude of sexual behavior of students in secondary level schools among of Bhaktapur district, going adolescents in a rural area in Nepal. Evidence is needed in order to design an appropriate intervention for the said sub group. While there have been local studies on the topic in the country, their focus has been urban-based groups. Prior results suggest that fewer than half of young people (34% of males and 26% of females) are knowledgeable of sexual behavior prevention (MoHP, 2012).

In Nepal, the HIV prevalence stands at 0.5 percent among persons aged 15-49 years. In absolute terms, reported to have an HIV infection, primarily through sexual intercourse; roughly 10 percent of HIV cases are adolescents (MoHP,2012).

Adolescents are vulnerable to HIV infection, because of their risky sexual relationships brought about by their changing sexual behavior, both of which results of open societies, migration and globalization and of liberal ideas from the mass media. Having limited knowledge and inappropriate perceptions regarding HIV/AIDS is also a contributing factor. Youth sex is by no means limited to and occurring only among young people in Nepal; globally, it is a common phenomenon. Nepal's adolescent population, including the school-going sector, constitutes an important target group, therefore, for HIV/AIDS education and prevention (Poudel,2007).

However, regular increase in percent of youth person in the population is creating humanitarian, social and economic problem in many countries especially the developed ones. In our society and community it seems that the lack of awareness and understanding towards the youth people. Youth problem will become more pressing in the future. If we do not do something for youth today the possibility of doing something positive for them will recede further in the future.

Nepal is one of the developing countries, so it cannot ignore this problem. Sexual behavior cases are very low in Nepal as compare to other countries people. In Nepal due to poor Socio-economic status and illiteracy get marriage at early age and involve in sexual intercourse without basic safe sex knowledge. A large number of adolescences are unknown regarding sexual risk. They don't know how it can be safe guarded.

They are many challenges for teen agers, especially secondary school's students are more conscious about their health. But somehow they are unaware about the result of unsystematic sexual behavior. Many college youth are suffered from inadequate family planning and reproductive care. Each complication of pregnancy, childbirth and unsafe abortion is the major cause of death of women's age 15-49. Each year more than 2 million have unsafe abortion. Teenagers are especially at risk of infection with STDs including HIV/AIDS. Similarly, the highest rates of infection with STDs including HIV are found among young people ages 20-24. Teenage, 15-19 have the next highest rates of STDs of infection. WHO estimates that half of all people infected with HIV and younger their age 25 in developing countries, up to 80 percent are at risk of STDs and HIV/AIDS because they often have short terms sexual relationship and don't consistently use condom to protect themselves (Poudel,2007).

For many young people in Nepal, however, especially those who are unmarried and reading in secondary school are unwilling to talk about sexual behavior openly due to socio-cultural norms. Consequently, countless remain ignorant of even the basic knowledge required for safer sexual behavior. Close friends between boys and girls are still unacceptable in Nepal and many rural parents even discourage their daughters from meeting or talking with boys. Sexual activities before married are not accepted among the majority of Nepalese societies. Despite these traditional views, a significant proportion of Nepalese youth people are engaged in pre and extra-marital sex. There is a general notion that modernization and globalization have resulted in college students and they involved on different sexual behavior secretly.

Statement of the Problem

Sex education is very important to adolescent, as we know that adolescent period is the transition and crucial period in which the adolescent tries to adjust to his/her varied physical, emotional and behavior change. So the adolescent should know the process of acquiring sex information and forming attitudes and beliefs about sex, sexual identity, that take place in their life. It is also about developing young people's skills so that they can make informed choices about their sexual behavior and feel confident and competent about acting on these choices. If they are unaware about the sexual behavior they face lot of challenges and problem like sexually transmitted disease

such as STIs, HIV/AIDS. In such cases these students may leave/ stop their studies and they are not reading well so their future career too is disturbed.

Adolescence (10-19 years) is a phase of physical growth and development accompanied by sexual maturation, often leading to intimate relationships. As adolescent period is the stressful and crucial period, during this period parents as well as they themselves faces many challenges and problems due to the behavioral, psychological and attitude of sexual changes. There are various researches conducted on knowledge and attitude of sexual behavior of college students, in Nepal. This is directly related to college's student sexuality. But Nepal is a multi- geographical country, so there is no any uniformity on various sexual activities by various geographical groups. Most of the sexuality related researches are focus in urban area. School/ college youth sexual activities related research are less available. There fore the study is less essential to abridge the research gap in to the concerned area are world also be coherent of policy implication. This is the first study on knowledge and attitudes of sexual behavior, HIV and STIs among three secondary school of Bhaktapur district. It is expected that this study would provide specific information for secondary school youth sexual behavior. Most of them hesitate to talk about these issues.

The main problems of the study area's population will same as national adolescents and youth population. They will poorly informed about sexuality, physical, maturity and also they have little communication with their parents and friends sexual attitude and behavior. Similarly, youth population of the selected area is far from knowledge about negative impact of per-marital sex, unsafe sex and unsafe abortion so it is urgent to give information about it.

Significance of the Study

The main focus of this study was to find out the knowledge and attitude of sexual behavior of college students. Youth generation is growing up or an increasingly in world. This poses a new set of challenges and possibilities. Lack of knowledge and skills to avoid risky behavior and lack of access to youth-friendly reproductive health information and service place youth people in a position of great vulnerability. Adolescents are at the stage of experimentation and are easily influence their peers. There for a vulnerable population at risk for HIV/AIDS and other STIs. In the context

of world epidemic of HIV/AIDS it is critically important to know about the pattern and trend of sexual behavior of people. The increasing number of unsafe sexual behaviors, HIV/AIDS infected population suggestion that it was great problem in the near future in the Nepal too. So the programmer of action recommend that youth be involve in the design, implementation and evaluation of the programmers. That affects the man need to be taught respect women to share responsibility and reproductive health.

Human resources play a vital role in development of a country. No country can implement plans and programs unless a perfect knowledge about size, age and sex structure of populations. All the study has own importance. Following are some significance of the study.

Students of three secondary schools of Bhaktapur were taken as a sample about their knowledge and attitude about sexual behavior which helps to improve their wrong concept.

- This study will be helpful to planners, policy maker to take appropriate action plan.
- This study will be useful for the academicians and research for further research.
- It will be useful for programmer organizer and producer to implement their programmer (which is related topic).
- It will be helpful to develop the skill and knowledge about research.
- It will be useful for NGOs to introduce their programmer which is related to topic.

Objectives of the Study

The general objective of the study is to find out the knowledge and attitude towards sexual behavior of secondary school level schools, the specific objectives of the study are as follows:

- To examine the knowledge and attitude about sex among Secondary School students of Bhaktapur.
- To analyze the sexual behavior among Secondary School students.

- To identify the interrelationship between socio-economic, demographic variables with sexual behavior.

Delimitations of the Study

The study areas of this study was limited in Secondary School of Bhaktapur district. It has several delimitation some as follows.

- This study was delimited to the three Secondary School of Bhaktapur district.
- This study was based on 150 youth students sample from three Secondary school of Bhaktapur district.
- In total 150 students of aged 15-20 years from class 11 and 12 of three Secondary School of Bhaktapur district were taken population of the study.

Definition of the Key Terms

Adolescence. The transitional period between puberty and adulthood in human development, extending mainly over the teen years and terminating legally when the age of majority is reached. The WHO defines an adolescent as any person between ages 10 and 19. (<https://www.britannica.com>).

AIDS. Acquired immunodeficiency syndrome is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus. By damaging your immune system, HIV interferes with your body's ability to fight infection and disease. (<https://www.mayoclinic.org>).

Health Education. It is a process of growth in individual by means of which he alters his behavior changes his attitude towards health practices as a result of experience he has had. Is a profession of educating people about health. Areas within this profession encompass environmental health, physical health, social health, emotional health, intellectual health, and spiritual health as well as sexual and reproductive health education. (<https://en.m.wikipedia.org>).

Human Sexual Behavior. Any activity-solitary, between two persons, or in a group-that induces sexual arousal. There are two major determinants of human sexual activity: the inherited sexual response patterns that have evolved as a means of ensuring reproduction and that are a part of each individual's genetic inheritance, and

the degree of restraint or other types of influence exerted on individuals by society in the expression of their sexuality. The objective here is to describe and explain both sets of factors and their interaction. (<https://www.britannica.com>).

Poverty. Poverty is the state of not having enough material possessions or income for a person's basic needs. Poverty may include social, economic, and political elements. Absolute poverty is the complete lack of the means necessary to meet basic personal needs, such as food, clothing, and shelter. (<https://www.investopedia.com>).

Teenage. A teenager, or teen, is someone who is between 13 and 19 years old. The ages vary depending on each country. (<https://simple.m.wikipedia.org>).

Chapter - II : Review of Related Literature

This chapter deals the review of developed theories in the context of the study on knowledge and attitude of sexual behavior, literature review is the mirror of the study. It gives information about both theoretical and empirical on the basis of develop theories on sexual attitudes and behaviors in youth. Likewise, a conceptual framework suggests a guidance for study.

Review of Theoretical Literature

According to the World Health Organization, approximately 20% of the world's population, or 1.2 billion individuals, are adolescents; more than at any time in human history. World averages of five percent of these youths do not live at home, or in any proper 'family' environment, and in some countries the figure is as high as 30 percent. With over-population, ignorance and unwanted pregnancies, and the dire threats pose by HIV/AIDS and other STIs, urgent action is need to effectively alert young people of the dangers and consequences of their action and their sexual conduct and reproductive health. The HIV virus infects 5.2 million people over half of them young people below 24 years old." In last few decades the trends have emerge in regards to adolescent sexual behavior (WHO,2011).

- The average age of menarche and sperm have decreased
- The average age of first sexual intercourse has also decreased, and
- The average age of first marriage has substantially increased.

There are other serious problems related to adolescent reproductive health that are most critical today's. These include the problems of sexual abuse, infant and violence towards young people, prostitution and pornography that prey upon the young and the illegal trans-global trafficking of young women for the purpose of sexual exploitation. All of above calls for a concert multi-faceted effort, In every country, to reach out of adolescent with information and support, to warn them of risks to their reproductive health, to provide them with methods to safeguard that health and to provide them with access to counseling that with support and encourage them to behave sexually with towards themselves and others (UNESCO,2008).

The highest rates of adolescent fertility are found in Sub-Saharan Africa and South Asia. High rates of early child bearing in many developing countries result primarily

from the practice of child marriages. Adolescents girls between the ages of 15 to 19 are twice as likely to die during pregnancy or child births as women in their 20s for those under 15 the risk are five times higher and for every girl who dies in child birth many more will suffer injuries, infection and lingering disabilities, such as obstetric fistula. Too many adolescents face the life altering consequence of unplanned pregnancies and the average age of first sexual intercourse has also decrease, and the unplanned pregnancies are increase. In Latin America and Caribbean, for example, 35 to 52 percent of adolescent pregnancies are unplanned. Unwanted pregnancies result in an estimate five million unsafe abortion among adolescent every year. In Sub-Saharan Africa, where 40 percent of all unsafe abortion among adolescents in developing countries occurs, half of the 10,000 Nigerian women who die from unsafe abortions each year will estimate to be adolescents. Adolescent girls will subject to sexual violence and coercion. They often hesitate to seek services because of stigma or mistrust until they are face with and unwanted pregnancy of life threatening complications from an unsafe abortion. Achieving the MDGs will require attention to the specific reproductive health needs and adolescents girls. Almost a quarter of people living with HIV are under age 25. Young people now represent half of new cases. An estimate 61000 young people will infect every day one every 14 minutes. In the 1980's HIV/AIDS disproportionately affect men now the face of the epidemic is increasingly that of young men to be HIV positive (UNFPA,2009).

Nearly half of the world's population-more than 3 billion people are under the age of 25. Eighty-five percent of youth like in developing countries means of then are coming of age in the grip of poverty and facing the peril of HIV/AIDS. Nearly 45 percent of all youth 515 million survive on less than \$2 a day. Within the world of the young, adolescents are at a particularly formative stage. These 1.2 billion adolescents between the ages of 10 and 19 are brimming with energy and possibilities. Their attitudes are still being shape. They need vocational and life skills and access to reproductive health information and services, both for their own wellbeing and to participate more fully in their countries development (UNDP,2007).

Study consisted of 720 students drawn secondary school in Torero and Pillise district of Eastern Uganda. The study found that 5percent of male and 32percent of the female unmarried secondary students had sexual experience four main environmental factors appear to be important in shaping school students sexual activity in Uganda in

shaping school students sexual activity in Uganda today. Main environmental factors are Parental care, peer influence, economic factors and AIDS education. Some elements accelerate and others suppress sexual activity (Twa-Twa and Jeremiahs, 2008).

An estimate 11.8 million young aged 15-24 are living with HIV/AIDS. Moreover, about half of all new adult infection about 600 daily are occurring among young people while, it is difficult for many adults to admit it, large number of young people begin sexual activity at a relatively early age are sexually active before marriage, are not monogamous, and do not use condom regularly enough to ensure protection. In many countries, a significant proportion of young people start sexual activity before the age of 15 and many of them are already marriage. In addition, experimentation with drugs, including, is often a failure of youth. This underscores the capital importance of implementing prevention program programmers long before sexual drug injection activity might commerce, because too many young people are aware of the threat pose be HIV (UNAIDS, 2008).

The response of societies to the reproductive health needs of adolescents should be base on information that helps than attain a level of maturity require to male responsible decisions. Inparticular, information and services should be made available to adolescents to help them understand their sexuality and protect them from unwanted pregnancies and sexually transmit disease and subsequent risk of infertility. This should be combined with the education of young men to respect women's self-determination and to share responsibility with women in matters of sexuality and reproduction (UN,2009).

In several, financial need emerges an important determinant of both dropout and adolescent sexual activity (particularly for girls). In her anthropological study of adolescent is the contradictory symbolism associated with the school uniform, which, on the one hand, provides a girl with protection from unwanted sexual advances, but on the other hand, when worn by a sexually mature school girl, can signal a willingness to exchange sex for money in the context of rising school fees and heightened aspirations for secondary schooling.

HIV/AIDS has become a disease of young people with young adults aged 15-24 according for half of the some 5 million new cases of HIV infection worldwide is

year. Young people often lack the information skills and services they need to protect themselves from HIV infection. An estimated 6,000 youth a day become infected with HIV/AIDS one third of the global total of people living with HIV/AIDS. Only a small percentage of these young people know they are HIV-positive. IN addition, more than 13 million children under age 15 have lost one or both parents to AIDS. The overwhelming majority of these AIDS orphans live in Africa by 2010. This number is projected to reach 25 million (UNFPA, 2009).

The HIV pandemic is affecting all nations and Nepal is no exception. Nepal's first cases of AIDS were reported in 1988. Like much of South Asia, Nepal's epidemiological data indicates a low prevalence among the general population but high concentrated epidemics among several high risk groups. HIV/AIDS spread fastest where there is poverty, powerlessness and social instability. According to latest WHO-UNAIDS estimates, some 60,000 Nepalese were under the age of 30, and over 10 percent were adolescents. Prevalence rates of HIV among the street teenagers of Nepal are unknown. However, data from a number of samples document shows a high prevalence of HIV risk behavior, sexually transmitted diseases, and alcohol/drug use among street children. Teenage is important stage during which values are formed. In this life span, many young people become sexually active and begin to develop patterns of sexual behavior. Street youth are more exposed and involved in sexual activities than other children of similar age. They are among the high risk and insecure group and vulnerable to various forms of exploitation and abuses. A recent survey in the Andhra Pradesh, India has shown that approximately 30 percent of the area's 25,000 street children are infected with HIV and almost half suffer from sexually transmitted diseases (Joshi, Banjara, Karki, 2011).

Review of Empirical Literature

A study of FPAN reveals that use of condom is popular among unmarried young people who have sexual intercourse. All the condom users cited prevention of pregnancy and HIV/AIDS as the main reason for using condoms followed by STDs prevention. Regarding masturbation only 2 out of 5 unmarried young people have knowledge of masturbation. By gender, 56 percent of males reported having knowledge of masturbation whereas the overwhelming majority of females 82 percent reported that they do not have knowledge of masturbation (Pathak&Shakya, 2009).

Early marriage has been and continues to be the practice in SAARC countries, particularly for women in most countries of south Asia. In most countries of the region almost three in five women and one in four women were married by the time they were 18 and 15 respectively. Studies in Bangladesh and India reveal a high degree of prevalence of premarital sex among adolescent. The prevalence of sex is higher in urban than in rural areas and among boys than among girls. A large majority of women become mothers on or before the age of 20. Early childbearing is the cultural practice in the region. About one third of adolescent girls being child bearing as early as 17. Adolescent girls contribute a significant proportion of total births in a given year and a progressively large share of all births is occurring to adolescents girls aged 15-19. A large proportion of adolescent births are unplanned. Ideal number of children of adolescent girls exceeds that of the replacement level of fertility. The use of contraception is very limited among currently married adolescent girls. Children born to adolescent mother have high risk of death. Risk of maternal mortality is higher among adolescent girls. Exposure to STIs is higher among adolescent girls than boys. Antenatal care among adolescent women is not satisfactory. A large proportion of adolescent birth are unattended by trained health workers of contraception among adolescent women is satisfactory except for condom. Knowledge of HIV/AIDS is poor among adolescents (UNFPA, 2009).

Most young men had their first premarital sex experience with their girlfriend and with sex workers (20-25%) meanwhile young women reportedly had sex with their boyfriend's only the practice of having multiple partners is observed in men more often than in women (Adhikari, 2006).

Taiwan, one of the most developed region in Asia. Seems to parallel many developed countries in several social aspects. Levels of sexual activity among young people have increased and are much higher than those for the Chinese mainland. In 1986, among a random sample of all 780,000 students (age 15-20) in Taiwan's public and private senior and vocational high school and five year junior college. Only 3.6 percent had sexual intercourse, male students were more sexually active than female student (6 percent versus 1 percent) (By 1994, however, in the Taiwan Young people survey, 7 percent of adolescent aged 15-19 reported being sexually experienced , as did 40 percent of young people aged 20-24 (Choe and Lin, 2001). More recently, a 2003 study involving girls in Taiwan's vocational high schools showed that 27 percent were

sexually experienced. National health promotion Bureau survey in Taiwan showed that proportion of students who had experienced sexual intercourse increased from 6 percent in 1993 to 14 percent in 2000 for males, and from 1 percent to 10 percent for females (Amoy, Guilmore, 2009).

In Vietnam as young people receive better educational opportunities and more contact with Western cultural influences, concern is growing that premarital sex among Vietnamese adolescents is increasing, although some studies have shown low reported rates of sexual intercourse. A survey conducted in six provinces among adolescent aged 15+22 in 1999 reported that 10 percent of male and 5 percent of female respondents had engaged in premarital sex. In a study conducted in six provinces of Vietnam in 2004 that surveyed young people aged 15-21, this rate remained low, at only 6 percent and 2 percent among boys and girls, respectively. (Subedi, 2004).

It is noted that high and risky sexual activity among young people in rural areas. For example, premarital sexual practice among young people disregarded by the local culture. It envisages that Nepali is still carrying some cultural taboos which directly or indirectly influence the young people's sexual health and behavior (Devkota, 2005).

Adolescent and youth age 10-14 constitute on third of total population in Nepal. The share of adolescent cohort along age (10-19) years come to be about one –fourth of the total population the NDHS shows that the contraceptive prevalence rate (CPR) among late adolescents age (15-19) is reported to be only 12 percent while it is 23.4 percent among 20-24 age group. Adolescents and youth are scattered in the community and they are also mobile the risk taking behavior of youth and the situation of being away from homes in search of economic opportunities makes them susceptible to contact disease like STI,HIV/AIDS . More over two-thirds of adolescent's girls in the aged group 10-19 years of age alliterate where as the figure is only 24 percent among adolescent boys.

Beside the several studies that STD care reports collected and complained form referred centers from STD and five STD clinics reveals increasing number of STD cases coming to health facilities in the year 1997 a total of 2118 cases were reported with increase to 30-50 cases in 1999 and 5547 cases in 2000. The percentage of STD cases was high in Mid-Western and Far-Western in Nepal for example 8.5 percent in Nepaljung and 4.8 percent in Mahendranagar. On record shows of STDs cases in

Kaski district that 92.6 cases contracted of different places, hospital, medical halls private clinic etc. The HIV situational of Nepal is characterized by the high prevalence among grapes involved in high risk behavior among street sex works in Kathmandu. It rose from about one percent in 1992 to about 16 percent in 1988. Among intravenous drug users (IDUS) it rose from about two percent in 1991 to 50 percent in 1997. The prevalence in general population in Nepal is still low but is rising rapidly. There are indications that transmission among housewives is increasing those, the infection is found everywhere, it is concentrated in the capital. The proportion of woman and man in the age of 15-24 cohorts. Who has sex before age 15 and before age 18. In youth 8 percent woman and 4 percent of young man has sex by age of 15, while 47 percent of young woman and 27 percent young man had sex by age of 18. The family male difference in the age at first sexual behavior is primarily due to the earlier age at marriage among woman (Podel, 2007).

The potential for the spread of HIV in Nepal is large because of extensive use of commercial sex works, high rates of sexually transmitted disease levels of condom use and porkers of intravenous drugs users. As of March 2006 a total of 1002 AIDS and 6290 cumulative cases of infection where reported to the ministry of health, National centre of HIV and STD control.

Teenagers are at a high risk for sexually transmitted diseases including Chlamydia, Herpes and HIV. Teen pregnancy puts an end to adolescent behavior as the young teen is often forced in the adult world long before they are ready to make adult decisions. Promiscuity may be a result of other risky behaviors including alcohol use, dating violence and drug abuse. It all begins with the decisions that teens makes regarding risky behavior. Decision making is based not so much on the singular person and what is sage for one, but it's based on what their friends think is cool. A majority of teens asked their friends what they would for or what they think in situations and make their choice based on that. Teens tend to not go with their gut feeling and instead make impulsive decisions which lead to risky consequences, including early sexual activity (Royer, Keller, & Hedrick, 2009).

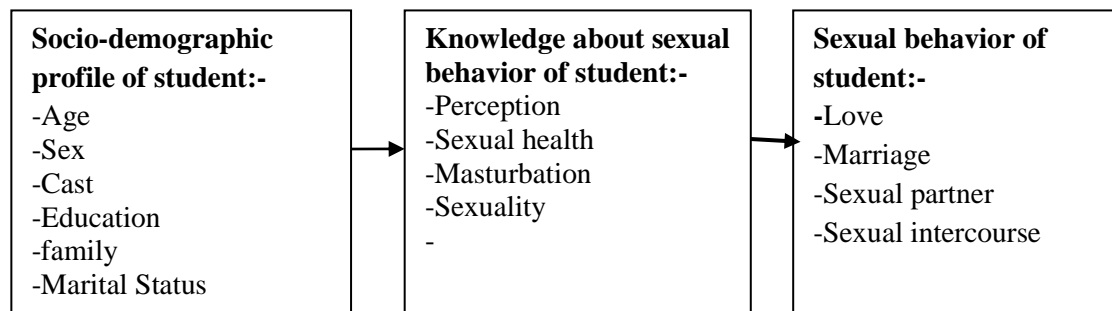
The percentage of sexually active adolescents of sexually active adolescents from 10 to 20 percent in the early 1960's approximately 50-60 percentages by the end of decade and has remained at this level (Poudel, 2007).

HIV/AIDS awareness has increased in Nepal since 2001 where only 50 percent of women and 72 percent of men had heard of AIDS currently three quarters of women and over 90 percent of men have heard of AIDS and the majority also know the major methods of prevention.

Lack of knowledge and skills to avoid risky behavior and lack of access to youth-friendly reproductive health information and services place young people in a position of great vulnerability. Adolescents are at the stage of experimentation and are easily influenced by their peers and are therefore a vulnerable population at risk for HIV/AIDS and other STIs. As of 2009 AD, national estimates indicate that approximately 63,528 adults and children are infected with HIV virus in Nepal with a prevalence of about 0.39 in the adult population. Out of the total 63,528 persons with HIV infection, 41,509 are males while 22,019 are females. Adolescents (10-19 year) and young people of age group (20-24) account for 15 percent of the total HIV infection in Nepal. About 90 percent of HIV infections are occurred through sexual transmission (MoHP/DoHS,2010).

Conceptual Framework

In this research study, the conceptual framework assumes to explain youth perception towards sexuality. This is influence by demographic, socio-economic, cultural and environmental knowledge about sexual behavior of student, use of contraception, and opinion. These are in-dependents factors, which are direct or indirectly influence, students perception towards sexual behavior.



Implication of the Review for the Research

Literature review is a crucial part of research. It would be many benefits which helps to catch a way and choose the different of the research. Likewise, it helps to choose the research topics. It help to choose research topic after trashing out the relate literature. In addition, to these it helps to select the research method. Moreover, it is useful to select student and subject expert. It guides to during the research period.

When planning course and assessment of sexual behavior review the require expectations and link them to the categories to which they related. They will ensure that all the expectation will account for knowledge and attitude of sexual behavior of the expectation is assessed within the appropriate categories. Students will be given numerous and varied opportunities to demonstrate activities their achievement of the expectations. Teacher may find it useful to provide students with examples of work at the different secondary school student achievements.

This whole literature review is related with knowledge and attitude of sexual behavior. As we know that sex education is very important to the secondary school's students. Without sexual education students of adolescent age can be faced lot of challenges and crisis. Sexual content affect any age group, adolescent may be particularly vulnerable. Adolescents may be expose to sexual content in the school /college during a developmental period when gender roles, sexual attitudes, and

sexual behaviors will be shape. This group may be particularly at risk because the cognitive skills that allow them to critically analyze messages from the media and to make decision based on possible future outcomes are not fully develop.

Sexual and reproductive health (SRH) status and behaviors of adolescents and youth in Nepal are drawing attention to academicians, policy makers, development partners and public health service providers. Two reasons largely appear for this. First, SRH behaviors of school student's people will significant changing. Such changes have implications in socioeconomic and demographic outcomes. Second, adolescence and youth period is full of turmoil. Unless address and guide by school children, friend social systems, public policies and service delivery systems, the risk of health disadvantage multiples because changing SRH behaviors have inherent risks. Higher Secondary School student's attempts to adjust with sexual maturing body, learning to deal with sexual desires, confronting with sexual attitudes, values, norms and practices, experimenting with sexual behaviors.

Chapter-III : Methodology

Research methodology refers to various sequential steps adopted by a researcher in studying a problem with certain objective in view. This study focuses on the knowledge and attitude of Secondary School of Bhaktapur district. It include research design, is based on primary data collected to see such possibilities and trend for providing suggestion to the matter. The details research methodology use in this study is discussing under the following headings.

Research Design

This research design for this study was based on descriptive type of study. The objectives of the study and design of the study are chosen as descriptive survey design. This covers a sample of the selected schools and description of the issues related to their knowledge and attitude towards mainly on obtaining the existing status of sexual behavior regarding the Secondary School's Students of Bhaktapur district.

Population of the Study

Bhaktapur district is one, among the eight districts of Bagmati zone located in the eastern part of Kathmandu valley. It is the smallest district among the seventy seven districts. There are 16 government secondary school in Bhaktapur district out of which 5700 students are studying in 11th and 12th standard. The three selected schools are Bode secondary school, Araniko secondary school and Bhageswori secondary school. The government school in Bhaktapur has been making remarkable improvement in its educational quality. The government schools were starting to facilitate students by teaching in both English and Nepali medium.

Due to social and political reasons I have to settle in Bhaktapur district. Due to my busy schedule I have chosen Bhaktapur district as I can work in this district according to my time convenience. I chose Bhaktapur district because it is easy considering the busy time. Knowledge and Attitude towards Sexual Behavior of Secondary School Students of Bhaktapur District, I was trying to research on this topic. Bhaktapur is small and urban city, Newar community peoples are living here. I chose this place because there are schools near where I live and it is easy for me to do research despite my busy schedule.

Only 50 students were selected from one Secondary School so altogether 150 students of class 11 & 12 were selected. Students who were reading these schools in grade 11 and 12 of Bhaktapur district were the target population of the study.

Source of Data

The sources of the data are those sources from which the data for the research. There are various sources of data on the basis of the nature of the research. Generally the sources of data can be classified into the following types:

Primary Source of Data

Primary sources of data are the sources which are collected and used by the researcher firstly. Such sources are considered as the original sources. They are also known as personal source and direct sources because the data are collected by respondents directly. The data collected from primary sources are more useful as well as reliable and valid.

The data, in this study, were mainly based on the primary sources. Questionnaire, interview, direct observation schedule were used to collect data from students, for this study.

Secondary Source of Data

Research is a well-managed and complicated task. There are many researches which cannot be done on the basis of primary sources of data collection only. In this case, the secondary sources are needed. The published sources such as others' researches, books, journals, newspapers, magazines, internet etc. are known as the secondary source of data collection. The secondary source of data collection for this study were school record, flash report, knowledge and attitude toward sexual behavior of students.

Sampling Procedure and Sample Size

Among 16 secondary schools of Bhaktapur district are Bode Secondary School, Bode, Araniko Secondary School, Dadhikot, Bagishwori Secondary School, Bhaktapur were selected purposively for some reasons. First, these schools are run by government

sector, secondly they are located in the central urban area and thirdly these schools also offered health and Physical Education as the major subject at grade 11 and 12.

Bode Secondary School Bode, Araniko Secondary School Dadhikot, Bagishwori Secondary School Bhaktapur. These all schools were located in Bhaktapur district. In three secondary school 500 students are reading from each school. In 10+2 level there are various faculties like Arts, Commerce, Education and Journalism. In the selected schools the students studying at grade 11 and 12 with health and physical education as the major subject are taken as the universe of the study. Hence, the universe of the present study comprises all the students studying Health Education at grade 11 and 12 of the selected school is 100. Thus the size of among students is 100 students. From among 100 students 50 students were selected so as to cover 50 percent of the universe. In other words out of the total students only 20 percent were female so 10 female/girls students were selected from each school.

The composition of the sample by school and sex of the students is presented in Table 1

Table 1
Sample Schools and Students

School's Name	Size of the Universe	Students with Major subject of Health and Physical Education.	Sample Size		Selected students
			Boys	Girls	
Bode Secondary School	385	85	40	10	50
Araniko Secondary School	477	105	40	10	50
Bagishwor Secondary School	648	110	40	10	50
Total	1500	300	120	30	150

Data Collection Tools

Questionnaire was main tool of data collection which was developed on the basis of related study and its objectives. For the purpose of data collection, self-administered questionnaire with different headings and sub-headings were used the basis of nature and objectives of research.

Validation of Tools

Standardization of the tools is necessary while doing research works. If the questions are not suitable to collect the accurate data, the finding will be useless. So, the researcher should find out the tools whether they are valid/ standard or not.

In order to find out the standardization of the tools, first of all the researcher showed the tools to the supervisor. Then the researcher conducted pilot test using the 20 percentage same tools in the similar respondents from other schools (not selected in the research) of that area.

Data Collection Procedure

After completing the proposal work, I asked for a permission letter from the head of the department to study the sexual behavior of high school students in Bhaktapur district. I attended the district education office Bhaktapur with the permit. After taking permission from there, I went to the respective municipalities. After taking the data of the schools from the municipality, I selected 3 schools and met with the principal. The principal informed about the situation of the school. Then he had a meeting with the health subject teacher. After meeting with the health teacher, an environment was created to go to the classroom where the concerned students were studying. After going to the classroom, I built a relationship with the students, informed them about the reason I came here to do research, after informing them, I gave the students the questionnaires that I had prepared for the research, and I did my research process from the students.

The researcher visited the selected respondents of the Secondary Schools of Bhaktapur district with authorized letter from health physical and population education department. The information were collected through the well-designed questionnaire. The researcher made rapport with the help of principals, teachers and

students of the school and then introduced purpose of the study. When the students were ready to participate in the study, the researcher explained its purpose and relevance, and then requested to questionnaire filled up the questionnaire.

Data Analysis and Interpretations Techniques

After collecting the questionnaire filled by students, it was verified, coded and entry into the computer software SPSS. Furthermore, simple mathematical calculation (percentage) has been done and it was presented in table as well as graphical presentation. Interpretation of the data has been done with comparison of national and international scenario.

Chapter-IV: Result and Discussion

This chapter deals with personal and family characteristics, knowledge and meaning of sexual health, knowledge and perception towards of masturbation, knowledge and perception about sexuality, knowledge and perception towards sexuality according to background characteristics, knowledge about sex by different sources, knowledge about masturbation by background characteristics, behavior about sexuality, use of family planning methods, discussion and summary of findings.

Personal and Family Characteristics

In the study of knowledge, perception, opinion, attitude and behavior of the people these background characteristics are generally taken in one way or the other for explaining the differentials. This sections of the chapter describes some of the personal and family background of the sample respondents. The characteristics taken in to consideration are cast/ethnicity, religion, age, sex, parent's education and parent's occupation.

This part deals the respondent's socio demographic and educational status which determines the respondent's characteristics.

Caste/ethnicity composition. Bhaktapur Municipality is inhabited by various ethnics groups. Therefore the study area are characterized by multi-language character. Similarly, among the respondents various caste/ethnics groups are presented.

Table 2
Distribution of Respondents by Their Caste

Cast/Ethnicity	Number	Percent
Brahmin	25	16.6
Chhetri	27	18.0
Newar	33	22.0
Tamang	19	11.5
Gurung	20	12.1
Dalit	10	6.1
Bhujel	3	1.8
Kumal	5	3.0
Magar	8	4.8
Total	150	100

Cast/ethnicity is social factor so the value of cast and religion are different with society to society. In our Nepali society the value of cast/ethnicity and religion has grade. In study area there were 13 types of cast Brahmin, Chhetri, Newar, Gurung, Magar, Gharti/Bhujel, Tamang, Kami, Sarki, Damai, Kumal and Musalman cast. But technically we listed 9 casts. High percent of respondents are Newar 22percent and Chhetri 19.4 percent. Which is followed by Brahmin 16.6 percent, the least percent are in Bhujel 1.8 percent.

Age and sex composition. The two characteristics of the population that have to most attention in demographic analysis is age and sex. The age sex composition of a population is important in demographic analysis for various reasons. It is the product of the past trends of fertility, mortality, migration and influences in turn the current levels of birth, death and migration rates. The age sex composition of study area is presented in Table 3.

Table 3
Age and Sex Composition

Age Group	Boys		Girls		Total	
	Number	Percent	Number	Percent	Number	Percent
16-17 Years	30	25.0	12	40.0	32	24.0
18-19 Years	40	33.33	8	26.66	48	36.0
19 Years	50	41.66	10	33.33	60	40.0
Above						
Total	120	100	30	100	150	100

Table 3 shows that the study population includes (150) total population among them boys population is higher than girls population. While analyzing the age distribution by broad age groups 19 years age group has high population (41.6%) and 16-17 years age group comprises less population (25%). In girls population 16-17 years age group has more population (40%) while girls 18-19 years age group has less number having 26.66 Percent.

Religion. Religion regulates the society through beliefs and rituals. Most of the cultural values and social norms are derived from religion beliefs and practices. Individuals' knowledge and attitude of sexual behavior are influenced and affected by their religion. Hence, religion of the respondents was taken in to consideration. Distribution of the respondents by their religions given below in the table no 4.

Table 4
Religion of the Respondents

Religion	Number	Percent
Hindu	130	86.66
Buddhist	7	4.66
Muslim	2	1.33
Christian	11	8.60
Total	150	100

According to 2011 census 81 percent are Hindu, 9.0 percent are Buddhist, 4.4 percent are Muslim, 1.4 percent are Christian. But in Bhaktpur Hindu are 86.66 percent 4.66 percent of the respondents are Buddhist, 1.3 percent are Muslim, 8.60 percent are Christian.

From the about mentioned table 4 only Hindu religions near about matching with national report. While Buddhist and Muslim religions were found less number in Bhaktpur and the Christian religion of the respondents were found more than Muslim which was mismatching the proportion of national report.

Marital Status. Nuptiality has direct relation to sexuality. In our society, giving permission of sex and birth to baby can only be accepted while the individual gets married from legal and social institution. Married, Unmarried and widowed, give the different value in sexuality. That is the way the marital status of an individual is important to analyze the situation of fertility and other components of each area. Marital status question were asked only 16 years above age group. The marital status of study population is given in Table 5.

Table 5
Distribution of Household Population by Marital Status

Marital Status	Boys		Girls		Total	
	N	%	N	%	N	%
Unmarried	80	66.66	20	66.6	100	67.0
Married	38	31.66	8	27.66	46	30.0
Widow	2	1.66	2	6.66	4	3.0
Total	120	100	30	100	150	100

Table 5 shows that the total population above 16 years age group, among them 67 percent are unmarried, 30 percent are married and 3 percent are widow.

Education Status. Education is the main factor to change society. Due to earning education all types of bad concept about sexuality has changed. So it has grate value in topic. Education status of respondent's students is show in Table 6.

Table 6
Distribution of Students Population by Education status

Educational level	Boys		Girls		Total	
	N	%	N	%	N	%
10+1	60	50	15	50	75	50
10+2	60	50	15	50	75	50
Total	120	100	30	100	150	100

Table 6 shows, only 15 girls are selected in class 11 and 12. Likewise in 12 class too 50% of total respondents. 60 boys are selected in class 11. Likewise in class 12 to 50% of total respondents are selected to know the attitude of their sexual behavior.

Types of the Family. To know the knowledge and attitude of sexual behaviour, types of family is one the important factors. As we know that family is the first school for children and they get cultures and charity from there. Some family seems very liberal but some are tight to their family.

Table 7
Distribution of Respondents by Their Family Types

Type of Family	Number	Percent
1. Joint	28	26.1
2. Nuclear	122	73.9
Total	150	100

In the above table 7 the distribution of respondents by their family types 26.1 percent were from joint family. 73.9 percent respondents were living in nuclear family. As compared to national report according to national census 2011, 35 percent are living in joint family and 65 percent are living in nuclear family. The data of Bhaktapur is less percentage in joint family and majority of the respondents belongs to nuclear family.

Knowledge about Meaning of Sexual Health

In this study, knowledge about sexual health is measured in terms of knowing and understanding the meaning of sexual health. Hearing is an essential precondition for knowledge, developing perception and making attitude towards anything. In order to find out whether the respondents have knowledge about sexual health or not whether they have ever heard about, it is necessary to find out whether they have ever heard about sexual health.

The respondents were asked whether they had ever heard about sexual health or not. All the respondents (both boys and girls) replied that they had heard about sexual health. They also reported that they had knowledge about it.

However, hearing and knowing about sexual health does not necessarily imply that the respondents have correctly understood the meaning of sexual health. In view of this, the respondent were inquired in to their understanding of the meaning of sexual health. Distribution of the respondents by understanding of the meaning of sexual health is presented in table 8 below.

Table 8
Distribution of Respondents by understanding Sexual Health

Mending of Sexual Health	Number of Respondents					
	Boys		Girls		Total	
	N	%	N	%	N	%
Cleanliness of genital	25	20.8	5	16.66	30	20.0
Knowledge about Sex Organs	40	33.3	15	50.00	55	33.6
Complete start of Physical, mental and Emotional wellbeing	35	29.1	5	16.66	40	26.6
With respect to sexual Activities.						
Sexual Behavior	20	16.5	5	16.66	25	20.0
Total	120	100	30	100	150	100

From the above table 8, it is cleared that majority of the boys respondents in secondary school knows about the sexual health is 33.3 percent boy know the knowledge about sex organs. Similarly 29.1 percent have complete state of physical and emotional in the same case girls know a little in comparison of boys' wellbeing with respect to sexual activities. Less number of boy have the concept of sexual behavior. In the case of girl 50 percent have the knowledge about sex organ? They have 16.66 percent in other three categories.

From the above table the results shows that very few respondents know the cleanliness of genitals. Even the students of secondary level do not care about the sexual organs.

Knowledge and Perception towards of Masturbation. Masturbation is the process pleasure by stimulation the genitals especially by hand. Respondents were asked whether they have knowledge on masturbation or not. While doing research about the masturbation to know their views is so in table 9.

Table 9***Distribution of Respondent's by Knowledge and Perception towards Masturbation***

Knowledge of masturbation	Number	Percent
Yes	114	69.1
No	36	30
Total	150	100
Statement about Masturbation		
Make Healthy life	12	10.56
Make tired and weak	40	35.08
Frequent it is bad	30	26.31
Helps avoid sexual tension	20	19.54
Good for Health	9	7.89
Other	3	2.63
Total	144	100

According to table 9, 69.1 percent respondents have the knowledge of masturbation and 24 percent respondents do not know about masturbation. Out of 144 respondents 10.56 percent respondents replied that it makes healthy and 35.08 percent says make tired and weak and 26.31 percent respondents says masturbation is bad. 19.54 percent respondents says it helps to avoid sexual tension. Very few of the respondents believe that masturbation is good for health.

As mentioned data in the above table, it is shown that 30 percent respondents do not know the facts about masturbation. Very few of them know that it is very good for their health. So it is cleared that the perception of masturbation is not clear towards the student of higher secondary level students.

Knowledge and Perception about Sexuality. Sex is a basic need of human life which deals the relationship between male and female. It is one recreation process of human life. Students talk about sexual matters in their own groups. They do not want to talk in a large group. So the literate adolescence too do not know about sex and sexuality.

Table 10***Distribution of Respondents by their Knowledge and Perception towards Sexuality***

Knowledge and perception about sex	Number	Percent
Relation between male and female	87	58.0
Recreation process	10	6.1
Basic Human needs	33	20.0
Other	2	1.2
Don't know	18	10.9
Total	150	100.0

From the above table 10, the respondents are asked about their knowledge and attitude about sexuality. Majority of the respondents 58 percent said that sex is the matter of relation between male and female, 6.1 percent respondents said it is the form of recreation process. Likewise 20 percent respondents are taking it as a basic human needs and 10.9 percent said they don't know about sex.

From the above analysis it is concluded that even the secondary school students lacking the knowledge and perception about sex. Among them 10.9 percent respondents do not know about it. The result shows that sex education should be given from the secondary level.

Knowledge and Perception towards Sexuality According to Background

Characteristics. Sexuality related with the biological need of living beings. The perception of sexuality is different from their background characteristics. All background people are not talking sexuality in the same from. I found variation in the concept of sex which is shown in the given table 11.

Table 11
Knowledge and Perception towards Sexuality According to Background Characteristics

Characteristics	1	2	3	4	5		Total
Grad	%	%	%	%	%	N	%
Secondary	55.0	2.5	15.0	-	27.5	40	100.0
Secondary SEE	64.0	9.0	20.0	2.0	5.0	100	100.0
Intermediate	64.0	-	28.0	-	8.0	10	100.0
Sex							
Male	52.9	8.6	25.7	1.4	11.4	70	100.0
Female	68.4	4.2	15.8	1.1	10.5	80	100.0
Caste							
Brahmin	58.8	2.9	20.6	2.9	14.7	34	100.0
Chhettri	43.8	6.3	17.6	-	5.9	32	100.0
Newar	70.6	5.9	28.1	-	21.9	39	100.0
Tamang	89.5	5.3	-	-	5.3	11	100.0
Gurung	75.0	10.0	5.0	5.0	5.0	13	100.0
Dalit	50.0	-	30.0	-	20.0	10	100.0
Bhujel	66.7	-	33.3	-	-	3	100.0
Kumal	60.7	-	20.0	-	-	5	100.0
Magar	25.0	12.0	62.5	-	-	8	100.0
Religion							
Hindu	56.4	6.8	22.6	1.5	12.8	117	100.0
Buddhist	88.2	5.9	5.9	-	-	11	100.0
Muslim	100.0	-	-	-	-	2	100.0
Christian	76.9	-	15.4	-	7.7	13	100.0
Total	61.8	6.1	20.0	1.2	10.9	150	100.0

Note: 1= have not background knowledge, 2= little knowledge, 3= basic knowledge, 4= good knowledge, 5= high level knowledge.

Table 11 shows the relationship between background characteristics of respondent and knowledge about sex. High percent of respondent have at least one knowledge about sex. Secondary level respondent have high knowledge about sex then other level of education attendant respondents.

For understanding the sex 25.7 percent male take it as a basic needs and 15.8 percent female think about sex which is related with basic needs. As mentioned in the

table 14.7 percent of Brahmin do not know about sex. Only 28.1 percent Newar take sex as a basic need. 20 percent of Kumal and 12.5 percent Magar understand the sex as a form of recreation. As religion is concerned 22.6 percent of Hindu and 5.9 percent of Buddhist are taking sex as a basic need.

Knowledge about Sex by Different Sources. As we know that sex education is very essential to everybody. People can get sex education from different sources. Some can get from peers while some other can get from teachers, newspaper, relatives and internet.

Table 12

Distribution of Respondents by their Different Sources of Knowledge about Sex

Sources	Number	Percent
Teacher	140	84.7
Radio/TV	108	65.5
Friends	91	55.2
Newspaper/magazine	70	42.4
Internet	14	8.5
Relative	10	6.1

In the table related with respondents by their different sources of knowledge about sex 55.2 percent gained the knowledge about sex from their friends. 84.8 percent are getting the Knowledge from teachers, 6.1 percent are getting the knowledge from relatives, and only 8.5 percent respondents have got knowledge from internet.

Different Sources of Knowledge about Masturbation. Most of the respondents get knowledge about masturbation by the teacher 66.1 percent, by the friends' 56.5 percent similarly 53.0 percent heard from newspaper, 43.5 percent have heard from Radio/TV and 5.2 and 0.9 percent were informed through internet and relative respectively. This question was asked only who have knowledge about masturbation.

Table 13***Distribution of Respondents Knowledge about Masturbation by Different Source***

Sources of Knowledge	Number	Percent
Friends	65	56.5
Teacher	76	66.1
Radio/TV	50	43.5
Newspaper/magazine	61	53.0
Relative	1	9.0
Internet	6	5.2
Others	1	0.9

From the above table 13, the respondents are asked about their knowledge about masturbation by different sources. The respondents are saying that 56.5 percent are saying that know the masturbation from their friends. Majority of the respondents saying that 66.1 percent they get knowledge from teachers. Some other respondents saying that they got knowledge from radio/TV 43.5 percent said that they got knowledge from Newspaper. Other respondents 5.2 percent said that they got knowledge of masturbation from internet.

From the above analysis it is concluded that the respondents knowledge about masturbation by different sources. Majority of the respondent saying that they got knowledge from health and physical teachers.

The peers also getting knowledge from their circle and them openly talk sex and masturbation and share the things as well.

Knowledge about Masturbation by Background Characteristics.

Masturbation is also taken as the form of sexuality. It helps to avoid the sexual tension to the individual. According to health expert masturbation is taken as advantageous to them. So the respondents of Bhaktapur from three Secondary School are asked to know the background characteristics of masturbation and they give their views as mentioned in the table 14.

Table 14***Knowledge about Masturbation according to Selected Characteristics***

Characteristics	Have you ever heard masturbation					
	Yes		No		N	%
	N	%	N	%		
Age						
15-17	36	56.3	28	43.7	64	100.0
18-20	55	79.7	14	20.3	69	100.0
Grade						
Secondary/SEE	79	79.0	21	21.0	100	100.0
Intermediate	17	68.0	8	32.0	25	100.0
Sex						
Male	59	84.3	11	15.7	70	100.0
Female	55	57.9	40	42.1	95	100.0
Cast						
Brahmin	19	55.9	15	20.6	34	100.0
Chhetri	20	62.5	12	32.5	32	100.0
Newar	27	79.4	7	20.6	34	100.0
Tamang	14	73.7	5	26.3	19	100.0
Gurung	16	80.0	4	20.0	20	100.0
Dalit	5	50.0	5	50.0	10	100.0
Kumal	3	60.0	2	40.0	5	100.0
Magar	8	100.0	-	-	8	100.0
Religion						
Hindu	72	66.9	44	33.1	133	100.0
Buddhist	12	70.6	5	29.4	17	100.0
Christian	11	62.7	7	37.3	18	100.0
Total	99	69.1	51	30.9	150	100.0

Table 14 percent labels of knowledge about masturbation by background characteristics. High percent of 18 to 20 years respondents have knowledge of masturbation but 15 to 17 years respondents have low knowledge of masturbation than other age group.

Among the secondary school level respondent 79 percent have knowledge about masturbation but only 45 percent of secondary level respondents have knowledge

about it. More percent of male respondents have knowledge of masturbation than female respondents. All Newar cast respondents have knowledge about it but 50 percent Dalit respondents have knowledge it. All Muslim respondents have knowledge about masturbation but 66.9 percent hindu respondents have knowledge it. We can say that all the background characteristics respondent have knowledge about masturbation.

Attitude about Sexuality

In this section the study describe the attitude or opinion about sexuality. Opinion on premarital sexual behavior. Sex is a biological need for reproductive and propagating generation. Sex has become basic need for human being. But the social and psychological good related to sexual behaviors various across cultures and sexual attitude and practice influence interpersonal relationship as well as the physical and mental health of the population. One question was asked to find out the youth opinion about sexual behavior or relationship, which result is mention below in Table 15.

Table 15

Distribution of Respondents According to their Opinion about Premarital Sex

Opinion about premarital sex	Number	Percent
It is not right	84	58.0
Undefined	55	36.6
It is right	10	6.1
Other	1	0.6
Total	150	100.0

The Table 15 in above question asked to the respondents to know the view of the opinion of respondents about premarital sex 6.1 percent of respondents saying it is right and 58.0 percent of respondents saying it is not right. 36.66 percent saying it is undefined while rest of the respondents giving other views.

From the above analysis it is concluded that majority of the respondents said premarital sex is not right and students are aware about sex and its risk of premarital stage. Very few of them said it is right and they should have knowledge about sex and sexuality.

Attitude towards Premarital Relation. Most of the adolescence have sexual relationship before marriage too. Some of the adolescence do not know the risk behavior about it. Different respondents have different views and attitudes. From the questionnaire asked the respondents about open view about premarital sexual relationship they answer their own way, which is categories, their answer in six ways. This is shows Table 16.

Table 16

Distribution of Respondents by Attitude towards Premarital Sexual Relation

Attitude Towards Premarital Sexual	Total	
	Number	Percent
Wrong work	102	68.0
Probability of transmission of disease	16	9.7
Don't know	15	9.1
Dangerous	7	6.2
Reduce sexual desire	6	3.6
Process of recreation	4	2.4
Total	150	100.0

In the above mentioned table 16 shows the attitude towards premarital sexual relation majority of the respondents 68 percent are answered it is wrong work similarly 6.2 percent take it as a dangerous from. Other respondents 9.7 percent said probability of transmission of disease. Likewise 3.6 percent respondents said it helps to reduce sexual desire. Only 2.4 percent take it as a process of recreation. Likewise other 9.1 percent said they don't know about premarital sex.

From the above analysis it is cleared that majority of the respondents said it is wrong work. Secondary students Bhaktapur are having the knowledge and attitude of premarital sex and they think it is not right to having sex before marriage. The data shows that they are aware about sex and sexual educations.

Respondents According to Ideal Age of Marriage for Male and Female.

As we know that early marriage and late marriage is not good so the right or ideal age were asked about the appropriate age for sexual marriage for male and female. The responses are present in Table 17.

Table 17***Distribution of Respondents According to Ideal Age of Marriage for Male and Female***

Opinion on right age for first marriage	Boys	Girls	Secondary	Secondary/SEE	Intermediate
	%	%	%	%	%
For boys					
<20	4.3	2.5	2.5	3.0	-
20-24	32.9	20.0	20.0	35.0	8.0
25-29	48.6	65.0	65.0	49.0	60.0
30+	14.3	12.5	12.5	13.0	32.0
For girls					
<20	11.4	2.5	2.5	15.0	-
20-24	60.0	75.0	75.0	65.0	64.0
25-29	22.0	20.0	20.0	14.0	24.0
30+	5.7	2.5	2.0	7.0	12.0
Total	100.0	100.0	100.0	100.0	100.0

Table 17 shows the distribution of respondent's perception on ideal age for marriage according to background characteristics. The Table clearly shows higher percent of boys and girls (48.5% and 65%) view ideal age of for boys and girls is 25-29 years similarly (60% and 75%) view ideal age of female for boys and girls was 20-24 year, which age is also follow by grade.

From the above analysis it is cleared that the respondents of Bhaktapur know the ideal age of marriage for boys and girls. In the past people used to marry very early but now they are not, before marriage they think about their own carrier.

Opinion on Ideal Age for Sexual Relationship for Male and Female.As we know sexual relationship is very good for health if we properly use it. So early age of sexual intercourse is risk to both male and female partners. In the old age they do not get sexual satisfaction from their partners.

Table 18

Distribution of Respondent's Perception on Ideal Age for Sexual Relation by Age, Sex and Grade

Male/Female age respectively	Boys		Girls		Secondary/SEE		Intermediate		Total	
	%	%	%	%	%	%	N	%	N	%
Girls										
20-24	27.1	21.1	20.0	29.0	8.0	39	23.6			
25-29	55.7	64.2	62.5	59.0	64.0	100	60.6			
30+	17.1	14.7	17.5	12.0	28.0	26	15.8			
Boys										
<20 years	8.6	3.2	2.5	8.0	-	9	5.5			
20-24	61.4	74.7	67.5	72.0	60.0	114	69.1			
25-29	27.1	18.9	27.5	16.0	40.0	37	22.4			
30+	2.9	3.2	2.5	4.0	-5	3.0				
Total	100.0	100.0	100.0	100.0	100.0	100.0	165	100.0	165	100.0

Table 18 shows the distribution of respondent's perception on ideal age for sexual relation according to sex. The Table clearly shows that higher percent of boys and girls (55.7 and 64.2%) view ideal age of boys for first sexual intercourse is 25-29 years similarly (61.4 % and 74.7%) view ideal age of girls for first sexual intercourse is 20-24 years, which is followed by grade.

It is concluded than most of the girls' respondents do have a first sexual relationship in the very early age in comparison of boys. It determines the socio-cultural norms and values of the particular society.

Opinion on Appropriate Level for Sex Education. Sex education helps to reduce the risky sexual behavior and encouraged them to have safe sexual relationship. The respondents' academic level determines on the attitude and perception of sexual behavior.

Table 19

Distribution of Respondents by their Opinion on Appropriate Level for Providing Sex Education

Appropriate Level to Give Sex Education	Total	
	Number	Percent
Literate	2	12.0
Primary	21	15.7
Lower secondary	54	39.0
Secondary	73	44.3
Total	150	100

The Table 19 shows that the most appropriate level for providing sex education is lower secondary because 39 percent respondents have chosen it. Similarly 44.3 percent are chose secondary level for sex education which is followed by primary level 15.7, less percent choose primary level for sex education.

Feeling about not have Boy/Girl Friend. The feeling of the respondent not having boy/girl friend is presented in table 20.

Table 20

Distribution of Respondent's by their Feeling not have Boy/Girl Friends

Feeling	Boys		Girls		Total	
	N	%	N	%	N	%
Nothing	41	58.6	67	75.8	108	78.5
Bad	13	18.6	9	9.5	22	13.3
Good	16	22.9	4	14.7	20	8.2
Total	70	100.0	80	100.0	150	100.0

From the above table it clearly shows that the majority of respondents reply if they have not boy/girlfriend, it is nothing 78.5 percent. By the gender more girls (75.8%) are reply it then boys, which is followed by the answer not having boy/girl

friend is good 8.2 percent (14.7% boys and 22.9% girls) and 13.3 percent reply opposite it, among them 9.5 percent girls and 18.6 percent boys.

Source of Knowledge Regarding Safe Sex

As we know that safe sex giving physical and mentally pleasure to the partners. Most of the people even do not know about the safe sex so they will be the victim of different types of disease. Prevention is better than care so sexual partners should think about the safe sex.

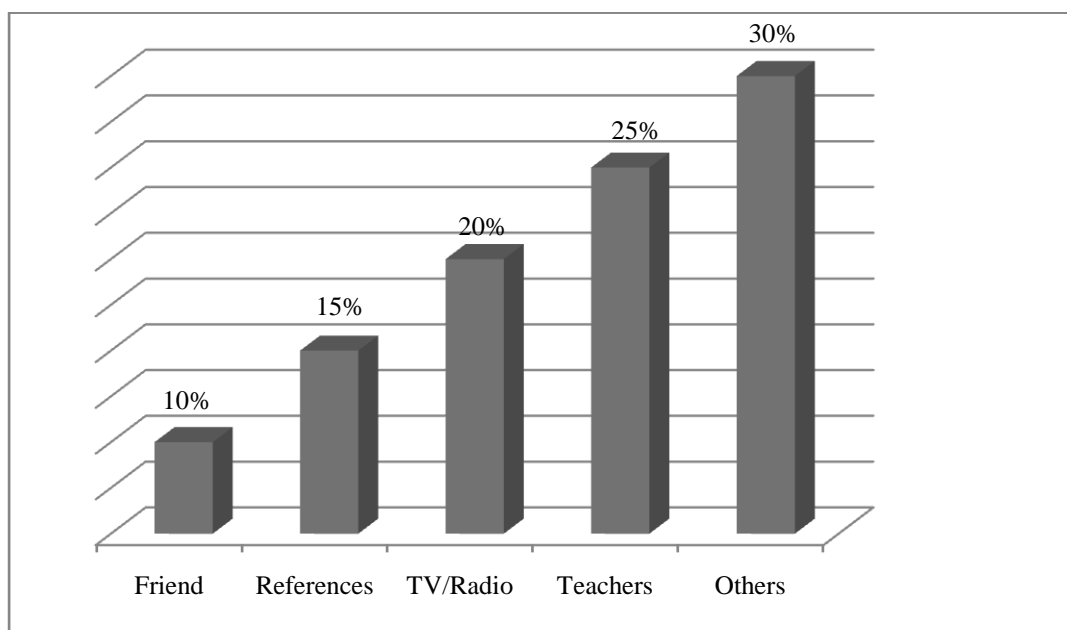


Figure 1

Source of Knowledge Regarding Safe Sex

Percentages are based on multiple responses. The figure indicates that sources of information of most of the students get knowledge about sex are TV/radio and teachers.

Behaviors about Sexuality

In this section it is described the behaviors or practice of sexual activities. Youth is the age of rapid growth and development so many physical and psychological changes was happened in that period. In this period youth are attracted with opposite sex. Many youth have unhealthy sexual relationship. Which create the greater problem in their life. So sex education is needed in this period. This chapter also includes the sexual behaviors of study population.

Friends of Respondents

The question was asked for respondent among the best friends.

Table 21

Distribution of Respondents to their Friends they have

No. Friend	Number	Percent
Boys		
0	55	33.3
0-5	63	47.4
1-10	32	19.3
Total	150	100
Girls		
0	32	19.4
0-5	69	69.7
1-10	18	10.9
Total	150	100

In table 21 the respondents are asked about their friends how much boys and girls, they answered 33.3 percent have no boys friends and 19.4 percent have no girls friends because many boys respondents have no girls friends and many girl have no boyfriends. Most of respondents have 1 to 5 friends (47.4% boyfriends and 69.7% have girlfriends), 19.3 and 10.9 percent have 6-10 boys and girlfriends respectively. Because it is the age of grouping so they have many friends.

From the above mentioned data the respondents of secondary school have male or female friends. In the same gender they even talk each other about sex and sexuality.

Having Love. Love is the one stage of sexual activity. The age group of respondents is 15-20 which the main age for falling in love. Because it is the age of marriage many people are love and marry.

Table 22
Distribution of Respondent's by having Love

Having Love		Boys		Girls		Total	
		N	%	N	%	N	%
Yes		70	58.5	15	50	85	56.66
No	5041.5	15	50	65	43.33		
Total		120	100.0	30	100.0	150	100.0

From the above table 22, the respondents are asked of having love each other. 58.5 percent boys are having love and 50 percent girls. All together 56.66 percent are having love. 41.5 percent boys and 50 percent girls are not found having love.

Above the analysis it is concluded that majority of the respondents 56.66 percent are having love each other. Very few of them do not have love each other. This data shows the students of secondary school tend to love each other. Among them who are in love, the respondents group of age is included in table 23.

Table 23
Distribution of Respondent's Age at the Time of Love

Age	Total	
	Number	Percent
13-15	5	8.9
16-18	22	39.4
19-22	29	51.7
Total	56	100.0

*Note:- Total is 56 because question was asked only those who have love.

From the table 23 above, respondents are 8.9 percent of 13-15 year, who love each other, 39.4 percent of 16-18 year olds, and 51.7 percent of 19-22 year old respondents.

According to the table, 19-22 year old respondents are the highest percentage in love.

Duration of have Love. Among the respondents 58 respondents have ever love in their life time but now just only 56 have yet. The Table shows 50 percent

respondents have past 1 year, 30.4 percent have from <6 month and 19.6 percent have love from 6-11 month.

Table 24

Distribution of Respondent's Time Duration to have love

Month	Number	Total	
		Number	Percent
6 months and less	17	30.4	
6-11 month		11	19.6
12 and more		28	50.0
Total		56	100.0

Note:- Total is 56 because question was asked only those who have love.

Among the respondent who have 30.4 percent met with their love partner in 6 months and less. More respondents at least 50 percent have love affair 12 months and more time

Planning to Marry. Love is the first stage of marriage. In our society many people's main object of love is marriage. So we asked question for those people who are in love, do you have planned to marry with him/her.

Table 25

Distribution of those Respondents who in Love by their Plan to Marry

Planning to Marry	Boys	Girls	Total			
			N	%	N	%
1. Yes	18	66.7	20	69.0	38	67.9
2. No	9	33.3	18	31.0	18	32.1
Total	27	100.0	29	100.0	56	100.0

After analysis of table 25 we can say that large no of the girls 69 percent planned to marry with her boyfriends. This trend also show boys they also planned to marry with their girlfriends but the percent is lower than girls 66.7. Among the respondent who have love 31 percent girls and 33.3 percent boys have love but they don't have planned to marriage.

Activities at Meeting Period. Most of the respondents of Secondary School students have meeting with their loved ones. Some respondents have talked, go to cinema, sexual intercourse. They do these activities according to their interest.

Table 26

Distribution of Respondent's Activities at Meeting

Activities	Total	
	Number	Percent
Talk	49	83
Go to cinema	2	3.6
Sexual intercourse	5	13.5
Total	56	100.0

*Note:- Total is 56 because question was asked only those who have love.

In the above mentioned table the respondents are asked for activities at meeting 83 percent are talked while 3.6 percent got cinema and 13.5 percent are having sexual intercourse.

Ever Loved Person. People say love is life and they are eager to engage the love affair during the time of secondary level. These respondents have ever loved person, the following data shows like in the table.

Table 27

Distribution of Respondent's by Ever Loved Person

Persons	Total	
	Number	Percent
One	41	73.2
Two	9	16.1
Three	6	10.7
Total	56	100.0

*Note:- Total is 56 because question was asked only those who have love.

The majority of the person 73.2 percent for 1 person. 16.1 percent are having loved 2 persons. 3 persons or 10.7 percent are ever loved.

Respondent's Current Sexual Partner. Nowadays students from secondary level have current sexual partner. This age is time of loving and involve in sexual

intercourse. Different respondents have different sexual partner. The below mentioned table shows the sexual partners of respondents.

Table 28
Respondent's Current Sexual Partner

Person	Boys		Girls		Total	
	N	%	N	%	N	%
Husband/Wife	2	25	9	81.8	11	57.9
Relative	-	-	1	9.1	1	5.3
Sexual worker	5	62.5	-	-	5	26.3
Others	1	12.5	1	9.1	2	10.5
Total	8	100.0	11	100.0	19	100.0

The question about sexual partner in their lifetime out of total respondents 12 percent respondents have sexual partner. Their sexual partner are husband/wife, relative, sexual worker others. Among the respondents 57.9 percent sexual partner were husband/wife (boys 25% and girls 81.8%) which is followed by sexual worker 26.3 percent only boys sexual partner is sexual worker, 10.5 percent sexual partner are other and relative.

Respondent's First Sexual Partner. Among the 19 respondent who have sexual partner they were asked who is the sexual partner, they answer as follow:

Table 29
Distribution of Respondents According to their First Sexual Partner

First sexual partner	boys		girls		Total	
	N	%	N	%	N	%
Husband/wife	-	-	9	81.8	9	47.4
Sexual worker/client	7	87.5	-	-	7	36.8
Others	1	12.5	2	18.2	3	15.8
Total	8	100.0	11	100.0	19	100.0

*Note:- Total is 19 because question was asked only those who have sexual partner.

Among the respondents 11 are married but only 9 respondents first sex partner is Husband/wife. 81.8 percent boys' first sexual partner is husband, 2 boys was married but their first sexual partner is not wife. This is followed by 36.8 percent

sexual workers. But 12.5 percent girls and 15.8 percent first sexual partner is other like friends, relative etc.

Involvement of Sex before Marriage

In our society there is no permission for sex before marriage then 43.3 percent respondents have experience of sex before marriage. Among them 41.5 percent are male and 36.8 percent are female have sexual intercourse before marriage.

Table 30

Distribution of Respondents According to their Involvement of Sex before Marriage

Sex before Marriage	Boy		Girls		Total	
	N	%	N	%	N	%
Yes	50	41.5	11	36.8	61	43.3
No	70	58.5	19	63.2	89	56.7
Total	120	100.0	30	100.0	150	100.0

From the mentioned table respondents are asked to know their views about sex before marriage 41.5 percent boys say they do have sexual relationship before marriage likewise 36.8 girls involve in sexual intercourse before marriage. Majority of the respondents 56.7 percent says no sex before marriage likewise 43.3 percent says that they do have sexual intercourse before marriage.

Encouraging Factor to have Sex before Marriage. From the Table 31 we can say that main encourage factor to have sex before marriage was friends' 63.6 percent, followed by Magazine/newspaper 21.05 percent. Similarly 20.1 and 5.26 percent respondents mentioned encourage factor are radio/TV and social economic condition.

Table 31

Distribution of Respondents According to their Encourage Factor to have Sex before Marriage

Encourage to have before marriage	Boy		Girls		Total	
	N	%	N	%	N	%
Friends	4	44.44	7	57	11	63.6
Social economic condition	-	-	1	14.3	1	5.2
Magazine/newspaper	3	33.33	1	14.3	4	21.5
Radio/TV	2	13.3	1	14.3	3	20.1
Total	9	100.0	10	100.0	19	100.0

*Percentage total exceed 100 due to multiple respondents.

Similarly, most of boys respondents mentioned their encouraging factor to have sex before marriage is friends' 44.44 percent, 33.33 percent respondents are encouraged by the Magazine/Newspaper 13.3 percent respondents are encouraged by the radio/TV.

Motivating Factor to have Sex at First Time. Adolescence is the age of transition and during this age the respondents have more sexual desire. So some are guided by their friends while some others involve in sexual intercourse by their own wish for the first time.

Table 32

Distribution of Respondents According to their Motivate Factor to have Sex First Time

Their Motivating Factor to have Sex first time	Total	
	Number	Percent
Own wish	12	63.2
Pressure	4	21.1
Others	3	15.7
Total	19	100.0

*Note:- Total is 19 because question was asked only those who have sexual partner.

Among 19 respondents who have had sexual intercourse 63.2 percent respondents had own wish to have sex first time, followed by pressure 21.1 percent and remain 15.7 percent respondents had other factor to have sex.

As above data analysis majority of the respondents says that they are motivated by their own wish. Very few of them are motivated by others (curious, follow from porn site) too.

Place Used for Sexual Intercourse. The respondents may use different places for sexual intercourse. Some respondents used their own room while some other used their partner's room. Friends' room too is suitable for having sexual intercourse.

Table 33

Distribution of Respondents According to their Place Used for Sexual Intercourse

Place was used for sexual intercourse	Total	
	Number	Percent
Own/partner room	8	42.1
Friends room	9	47.4
Forest/field	2	10.5
Total	19	100.0

*Note:- Total is 19 because question was asked only those who have sexual partner.

Involvement in First Sexual Intercourse by Age

Table 34

Distribution of Respondents by their Experience of Sexual Intercourse by Age

Age	Total	
	Number	Percent
14-16	2	15.4
17-19	6	46.1
20 above	5	38.5
Total	13	100

In the respondents to question about first sexual intercourse out of 13 respondents 15.4 percent respondents had first sexual intercourse in age between 14 to 16 years,

which is followed by 46.1 percent had it between the age 17 to 19 , only 38.5 percent are involve in sexual intercourse at the age of to 24. Among 19 who have sexual partner 13 were unmarried.

Reason not involving in Sexual Intercourse before Marriage. Existing socio cultural values and norms affect the premarital sexual behaviors in the respondentsis table 35.

Table 35

Distribution of Respondents According to Reason not involving in Sexual Intercourse before Marriage

Reason for not involving sexual intercourse before marriage	Total	
	Number	Percent
Not necessary	55	36.2
I hate it	36	23.7
Fear of society	26	18.4
Not get chance	22	14.5
Fear of conception	11	7.2
Total	150	100.0

In the above table 150 respondents are asked about in the topic involving insexual intercourse before marriage. They give reason to fear about sex and chose different opinions. Majority of the respondents 36.2 percent says it is not necessary before marriage. Other few respondents 7.2 percentare fear of conception. Some 14.5 percent of respondents not got chance.

Use of Family Planning Methods.Family planning methods is very scientific but some of the respondents are not willing to use the contractive because of unavailability of the condoms and others.

Table 36***Distribution of Respondents According to Use of Family Planning Methods***

Use of Family planning methods	Total	
	Number	Percent
Yes	10	52.6
No	9	47.4
Total	19	100
Family planning method		
Condom	7	70.0
Pills	3	30.0
Total	10	100.0

In the above table 36, the respondents are asked to know the use of family planning methods. Only 19 respondents who were married and having sex are asked. Among the respondents 52.6 percent says yes for using family planning methods. Other 47.4 percent says no for the use of family planning methods. Among the respondents 70 percent were using the condoms while 30 percent were using pills.

From the above analysis it is concluded that respondents have good knowledge regarding the use of family planning methods.

Discussion

Here we are discussion the findings. We are comparing and discussing what we have found from the research and what are the similarities and difference in the results of the literature reviewed.

Around the world, 20% are adolescents. About 5% of them are homeless. There are also many teenagers who have unsafe pregnancies. Most adolescents are unaware of their sexual conduct and reproductive health. We have received this information from (WHO, 2011). But in our research findings, the majority of respondents are aware of the health problems mentioned about. Recently, secondary level health education has been imparting knowledge in Nepal.

According to (UNFPA, 2009) the number of pregnancies in Sub-sharan Africa and South Asia is high. In developing countries, the number of teenage marriages in

high. In such places, 15-19 year old girls have got married and given birth to children. There are many people who lose their lives due to pregnancy and teenage marriage. There are also many unplanned pregnancies due to unprotected sex. But according to our research, 70% of adolescents are unmarried and 30% are unmarried, 58% of respondents said that premarital sex is not good. In our research, female respondents have only had sexual relations with their husbands, while male respondents have had sex with sex workers. This shows that boys are more insecure and careless than girls because of more freedom.

A study of 720 secondary school students in Uganda found that 5% of boys and 32% of girls have experienced sexual intercourse before marriage. A large number of young people around the world are already engaged in sexual activity before marriage. In this research, 43% of respondents have premarital sex. Where 41% are boys and 36.8% are girls. This should be the subject of our country's study now. Research into what motivated them to have sex before marriage has shown that there is an influence on friends, magazines and the internet.

In 1986-1994, a study of 15-19 year old Taiwanese students found that 3.6% of male students were involved in sexual relations. According to data from (2001-2009), 7-17% boys students and 1-10% girls students involved in sexual intercourse (Amoy, Guilmore. 2009). A survey conducted in six provinces in Vietnam among them 5% female and 10% male engaged premarital sex (Subedi, 2004). Comparing our findings, 41% of boys and 36.8% of girls had premarital sex. Taiwan and Vietnam are more developed than our country. Therefore, their education system and social consciousness is more than that of developing countries. We and our government need to take the initiative to develop the consciousness of students and adolescents in the developed world. The education system needs to be improved on its practical knowledge.

Summary of Finding

From analysis and interpretation of the data, following major findings are taken:

- a) The total population of this studies are 150 among them 120 are male and 30 are female.

- b) The respondent family member marital status was categorized into 4 categories among them 37.9 percent are never married, 8.9 percent are widow.
- c) There are 13 types of caste but technically we listed in 9 cast. The major caste of responded is Brahmin and Newar.
- d) The religion scenario of Nepal shows highest percent of people are Hindu similarly there was also higher 80.6 percent are Hindu. Which is followed by Buddhist, christian and family.
- e) The majority of respondents 73.9 percent have nuclear family and 26.1 percent have joint family.
- f) Involvement in first sexual intercourse by age out of 13 unmarried respondents 15.4 percent having sex in the age between 14-16 years.
- g) Respondents according to their place used for sexual intercourse 47.4 are using their friends' room.
- h) Among 19 respondents 63.6 percent respondents are having sex before marriage by encouraging their friends.
- i) The youth having sexual intercourse 26.3 percent of respondents get sexual workers or client in the first experience.
- j) Among the respondents 67 percent are planning to marry to their loved one.
- k) The main source of knowledge about sex is teacher 84.8 percent but only 6.1 percent informed by relatives.
- l) The main age for love of respondents is 15 which are followed by 16 and 17. When time of meeting they spend time by talking.
- m) The ideal age for marriage and first sexual intercourse is similar in the eyes of respondents 20-24 for female and 25-29 for male.
- n) Only 11.5 percent respondents have sexual and their sexual partner is husband/wife, sexual worker, and relatives.
- o) In Nepali society before marriage involve in sex is not perishable but 7.9 percent respondents are involve in it.
- p) Among the total respondents only 52.6 percent are using contraceptive methods.
- q) Before marriage, the main reason for not involving sex is 36.2 percent said that not necessary, 23.7 percent said heat it and 18.4 percent were fear from society.

Chapter V: Conclusion and Recommendation

Conclusion

Sexual and reproductive health is very important to youth. All persons should have good and positive knowledge about sexual and reproductive health to maintain their reproductive health. Therefore, knowledge on sexual and reproductive health remain free from disease and decide when to marry and when and how to have sexual relation.

On the basis of the major findings as listed in the previous section, an attempt has been made to draw conclusion on knowledge, perception, opinion and attitude of the secondary school students towards various issues relating to sexual and reproductive health. The students towards seem to have correctly understood the meaning of sexual and reproductive health. Their opinion with regard to appropriate age for a boy or girl to get married, ideal age for a woman to give birth the first child, effect of early pregnancy, when to have sex again after child birth shows that they have developed correct understanding of the issues.

Finding from the study shows that the respondents involved in premarital sex and unsafe sex. Many male respondents sexual partner are sexual worker. There is lack of sex education. The source of sex education is more but they don't get information very well and right time. The main problem of respondents is doing talk about sexuality with their friends and partners. Parents also not give information about sex.

Girl respondents are less present than boys. There are many unmarried respondents the changing environment may have more from the nuclear family then the joint. Probably due to the social environment and patriarchal society, boys are more aware than girls in understanding sexual health. Secondary level students are more knowledgeable in the study of sexual behavior than intermediate. Studies have shown that the relationship between boys and girls is sex. But there is also an understanding that it is a basic need. The study shows that the knowledge of the tribal respondents is more, perhaps due to their open culture and generosity.

Most teacher and audio-visual materials provide information on sexual behavior and sex knowledge. Research on masturbation has found more curiosity in

secondary level respondents than in intermediate ones. When it comes to premarital sex, the majority say it's not okay. This is due to the impact of health education and the generosity of society. The respondent also has a good knowledge of the ideal age for marriage. There is also knowledge of the age of sexual intercourse.

Respondents' understanding of the love affair is ambiguous. They say it is not right to love but they love themselves. The number of respondents is higher in the age group of 19-22 years. Most have been in love for 1 year. Compared to boys, girls tend to love thinking about marriage. In sexual relations, the girl respondents are engaged with the husband. That's where the boys went out with the client. Some seem to have accepted premarital sex. After listening to the words of friends, many have become involved in sex. There are many respondents who have sex in a friend's room and in their own room most of the respondents seem to have used condoms.

Finally, due to the friendly behavior of health education, health teachers, internet, magazines, teachers, there is a good study and understanding among the secondary level students about sexual behavior and its knowledge. However, many things that the state, school or government could have given do not seem to have been received.

Recommendation

This worldwide scenario and findings of research indicate that Nepal, as a developing country and having a low level of socio-economic and educational status has been facing a third pattern of sexual activities HIV/AIDS pandemic. Around the world, students in the 15-20 age group have a poor understanding of sexual behavior and knowledge. Adolescents need to be provided with a good knowledge of sexual behavior. It shows that youth are most vulnerable which are physically, mentally and sexually active and passing through a transitional phase from development of physical and mental viewpoint.

For practice recommendation. On the basis of the major findings and the conclusion of the study, the following recommendations have been drawn out.

- Sexuality education is highly welcomed by students of lower secondary, secondary school level. Therefore, the sexuality education should be provided in schoollevel education.
- The plan and policy should be targeted to adolescents' health, education and overall improvement of their physical, social and psychological change.
- Sex education and HIV/AIDS programs should be launched based on the youth by NGOs, INGO and CBOs.

Recommendation for Policy

- The Government NGOs and INGOs should provide basic requirement of sex education and its attitude and practice to the respondents of public secondary level students that highlight the proper management of sex during the adolescent.
- Sex related knowledge should be included in primary level to upper classes to develop positive related curriculum attitude and practice of the students by the government of Nepal.

Recommendations for further research. This study has not covered all possible aspects of sexual education, it could not include the entire different variables, although it is meaningful. Due to different constrains so the following further research issues are recommended.

- Large scale comparative study can be carried out on sexual education like,
 - Educated and non-educated girls.
 - Urban and rural girls.
 - Between various ethnic and religious groups.
 - Between various geographic religion.
- Covering the large sample size study on knowledge attitude and practice on sexual education among various groups and school adolescent can be studied.
- Assessment of school level curriculum of health education being concerned on sexual and reproductive health.

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Appendix

Questionnaire for Students

Name:

Sex:

Qualification:

Date:

Respondent No:

Knowledge and attitude towards Sexual Behavior of Secondary School Students of Bhaktpur.

Individual Information

1. Do you know about sexual health?

a) Yes

b) No

2. Which is your religion?

Hindu-1

Buddhist-2

Islam-3

Christian-4

3. Which is your cate/ethnicity?

Brahmin

Chhetri

Newar

Tamang

Gurung

Dalit

Bhujel

Kumal

Magar

4. How old are you?

16-17 Years.....

18-19 Years.....

19 Years above.....

5. Are you married?
 - a) Yes
 - b) No
6. How old were you at the time of marriage?
7. If married, What is the education status of your husband or wife?
8. What type of family do you have?
 - a) Joint
 - b) Nuclear
9. What do you know about sexual health?
10. What is your perception about masturbation?
11. What is your perception towards sexuality?
12. How did you get knowledge on sex?
 - a) Friend
 - b) School
 - c) Home
 - d) Internet
13. How do you get knowledge about masturbation? Give sources.
From, friends
Teacher
Radio/TV
Newspaper/Magazine
Relative
Internet
Other (specify)
14. What's your attitude about sexuality?
It is right
It is not right
Undefined
Other
15. What is your attitude about premarital sexual Relation?
 - a) Wrong work
 - b) Nothing, one can do
 - c) Dangerous

17. What do you think of ideal age of marriage for male and female?
- For male
- <20
 - 20-24
 - 25-29
 - 30+
- For female
- <20
 - 20-24
 - 25-29
 - 30+
18. What do you think of ideal age for sexual relationship for male and female
- Female
- 20-24
 - 25-29
 - 30+
- Male
- <20
 - 20-24
 - 25-29
 - 30+
19. Give your opinion about on appropriate level for sex education
- Literate
 - Primary
 - Lower secondary
 - Secondary
 - Higher secondary level
20. What do you know about safe sex?

21. Do you have boy/girl friend?
 - a) Boy
 - b) Girl
22. Do you love anybody?
 - a) Yes
 - b) No
23. Tell me your age at the time of love
 - 13-15
 - 16-18
 - 19-22
24. Tell me the duration love relationship with your boy/girl friend?
 - 6 months and less
 - 6-11
 - 12 and more
25. Do you marry with your loved one?
 - a) Yes
 - b) No
26. Who is your current sexual partner?
 - Husband/Wife
 - Relative
 - Sexual worker
 - Others
27. Do you want to marry whom you loved one?
 - a) Yes
 - b) No
28. What type of activities do you choose for meeting to your loved one?
 - Talk
 - Go to cinema
 - Sexual intercourse
29. How many boy/girl friend who ever loved you?
30. In your opinion what is the right age for first marriage?
 - a) For male.....yrs
 - b) For female.....yrs

4. Which place was used for sexual inter course?
 - a) Own/partner room
 - b) Friend room
 - c) Hotel
 - d) Please other (specify).....

5. What was your age when you had first sexual intercourse?

6. Why don't have not sexual practices before marriage?
 - Fear of society
 - Fear of conception
 - Not get chance
 - I hate it
 - Not necessary
 - Other (specify)

7. Did you use any contractive during first sexual intercourse?
 - Yes
 - No

8. Which methods did you/your partner used?
 - Condom
 - Pills
 - Foam tablet
 - Injection
 - Withdrawal
 - None
 - Other (specify)

9. Did you/your partner use condom in each sexual intercourse?
 - a) Yes
 - b) No

10. Why did you have not use condom?
 - Careless
 - Due to allergy
 - Difficult to dispose
 - No available
 - Other (specify)

11. Have you ever used family planning method?
 - a) Yes
 - b) No

12. If yes which one do you prefer?
 - Condom
 - Pills
 - Foam table