



## Masturbation Practice among School Adolescents in Makawanpur District, Nepal

**Ram Prasad Adhikari<sup>1</sup> & Dr. Ram Krishna Maharjan<sup>2</sup>**

<sup>1</sup>Ph.D. Scholar, Mewar University, Rajasthan, India.

email: [adhikarirp30@yahoo.com](mailto:adhikarirp30@yahoo.com)

<sup>2</sup>Visiting Professor, Mewar University and Research Supervisor

email: [profmaharjan.rk@gmail.com](mailto:profmaharjan.rk@gmail.com)

### 1.4 ABSTRACT

*The process of touching or rubbing the genital with hand or anything else is known as masturbation. Some of the adolescents, who want to spend their time alone in their own room, practice masturbation. The objective of the study is to assess the masturbation practice of school adolescents. The study data were collected from 400 school adolescents (9-12 classes) of the age group of 15-19 years in 10 sampled higher secondary schools of Makawanpur district of Nepal. First of all, stratified random sampling, and then after proportionate random sampling methods were used to select the school and simple random sampling method was used to select the equal number of respondents (200 each) from both sexes. In total, 400 students, 47.75 percent adolescents practice masturbation. The statistical significance of the practice of masturbation on the basis of age, sex, religion, location, caste and class/grade of the students seems vary (( $p=0.274$ ), ( $p=0.000$ ), ( $p=0.007$ ), ( $p=0.429$ ), ( $p=0.042$ ), ( $p=0.967$ ) respectively). Practicing excessive masturbation in the low age may cause many physiological and psychological problems. So, the proper guidance and counseling about masturbation to them is essential. On the other hand, there is a need of further research with emphasis on other potential influences like profession of parents, accessibility on information technology and social status of respondents on masturbation.*

at the last of this period. The (UNICEF, 2014), defines that adolescence is a period distinct from both early childhood and adulthood. It is an interim period that needs special care and guard. Children go through a number of changes during the period of physically mature. We know that the brain experiences quite considerable developments in the early adolescence, which affect sensitive skills as well as physical and mental capacities. Similarly, (McNeely C. e., 2009) stated that adolescence period generally defined as another decade of life, which is a period of changeover from childhood to maturity. Investigators nowadays note that physical and mental changes related with adolescence may arise as early as age 8 and encompass until the age of 24.

The world population of adolescents is around one-fourth. The study of (Chatterjee, 2008, p. 21), showed that nearly 25 percent of adolescents and youth of the world simply live in the five countries of south Asia only and more pointedly about twenty percent in this region are the age of 10 to 19 years. Likewise (CBS, 2012, pp. 47-91), presented that there are 6,407,404 (24.18% of total population) adolescents in Nepal and there are 1,049,140 adolescents (1.64% of total adolescents of Nepal) only in Makawanpur district (Male 51,585 (49.17%) and female 533,290 (50.83%)).

Adolescence is such a period in which adolescents are always surrounded by various



problems. They have been continuously facing dual and controversial ideas. Due to that, they cannot decide whether the matter is right or wrong. So their life is full of stress, worries and fear. The study of (Compas, 1989, pp. 732-740) describes that two probable sources of hazard for adolescents' emotional or behavioral problems are traumatic events in the life of adolescents and stressors and psychological indicators in their parents.

Most of the adolescents wants to make peer group while others want to live alone. Those adolescents who want to live alone separately have the chance to practice masturbation. The psychologists say that it is the period of day dreaming. They imagine many sexual activities with the opposite sex, which produces stimulation towards sex, leads them to masturbate. The Cambridge Online Dictionary has defined that masturbation is the touching and rubbing somebody's sex organs for providing them sensuality. Similarly, the Urban Online Dictionary has also defined masturbation as the performance of touching him/herself to create the satisfactory sensation in the genital area. It is generally occurred with the joint efforts of mental, visual and audio stimulation to reach orgasm. The (Wikipedia, 2015a), stated that masturbation has been defined in art since primitive periods and is stated and deliberated in very early literatures. In the eighteenth and nineteenth centuries, several European theologians and physicians described it as monstrous, disgraceful, and dreadful, but throughout the twentieth century, and those prohibitions mostly weakened. There has been an increase in dialogue and interpretation of masturbation in art, popular music, TV, films, and literature. In another article in (Wikipedia, 2015b) also stated that the early Greeks considered masturbation as an ordinary and healthy substitute for other forms of sexual pleasure.

Further more (Masters, William H. et.al, 1995, pp. 404-447), stated in the book "Human Sexuality" that the nineteenth-century medical occupation in America criticized masturbation with enthusiasm. The clash was struggled on two main fronts, diet, and physical limitation. Gravy, liquor, shellfish, salt, black pepper, fish, jelly, sweet, ginger, and coffee were banned to masturbators (both male and female) meanwhile it was assumed that they irritated the nerves and increased sexual desire. The study of (Carvalho, 2013a, pp. 347-367), stated that masturbation is a common sexual behavior with important differences in conveyed prevalence between male and female. In the study of (Das, 2007, pp. 108-120) in China, 13 percent of women and 35 percent of men told they had practiced masturbation in the previous year. Similarly, In the study of (Higgins, 2010, pp. 1-18), among the college students in America, women were comparatively less (48%) than men (92%) to have continually masturbated. Similarly, in another study of (Queensland Government, 2003) in Queensland, more number of male (67%) told that they have engaged in masturbation activities within a year with the comparison of female (36%).

With the increment of age, the hormonal discharge consequences the increment in sexual desires. Playing, talking and various entertaining activities with peers, adolescents know and learn to satisfying measures and methods of sexual desires and they start masturbation. When they start masturbation, they get pleasure and happiness both. Meanwhile, they hear rumors that masturbation cause infertile and many physical problems, which causes mental tension or stress but they cannot leave the habit immediately due to the lack of decision whether the masturbation is good or bad. In the study of (Kaestle CE, 2011), maximum women told that they are unable to decide whether striving with conflict about masturbation or accepting it a normal

behavior. Maximum male accept masturbation as beneficial in the development of healthy sexual behaviour.

There is lack of proper guidance and counseling to the adolescents. So, imitation, peer pressure and lack of self-control cause the negative and unexpected behavior among them. Immature sex practice like masturbation is an example of the adolescence period. They don't know the positive or negative impact of such an unnatural practice. The goal of this study is to evaluate the masturbation habit of school going adolescents. Whereas it is assumed that the age, sex, caste, religion, location, education level plays the vital role to determine the habit of masturbation among the adolescents.

## **1.7 METHODOLOGY AND TECHNIQUES USED**

### **RESEARCH DESIGN**

The research design applied for the study was descriptive survey.

### **SETTING OF THE STUDY**

The study was done within ten sampled 9 to 12 classes running higher secondary schools in Makawanpur district, Nepal.

### **POPULATION**

The targeted population of the study was both the boys and girls students of class 9 to class 12, aged 15-19 years.

### **SAMPLE SIZE**

Equal number of girls and boys from each class were selected among 400 school going students of classes 9 to 12 in this study.

### **SAMPLING TECHNIQUE**

First of all, the research area, Makawanpur district was divided into four strata on the basis of electoral regions and one stratum is made to Hetauda municipality because of its dissimilar characteristics; within the electoral region<sup>3</sup>. So,

all together five strata were made and then proportionate stratified sampling method was used to choose the number of school from every stratum.

Ten (34.48%) schools were selected among 29 schools as the sample schools and 400 respondents were selected from 10 schools. After that simple random sampling method was used to choose equal number of boys and girls (5/5) from each class for the questionnaire survey. And the cross-sectional study method was applied to collect the data from the respondents.

### **TOOL FOR THE STUDY**

Language translation and back translation and expert opinion was done to test the validity of instrument (questionnaire), as well as pilot study, was done among 10% respondents of total selected sample size.

### **DATA ANALYSIS**

The result was drawn from the primary data and critically discussed with the secondary data. Frequency table and Chi-square test was done for quantitative data by using the SPSS to explore the association between the variables.

### **1.8 CASE STUDY: Nil**

### **1.9 RESULT AND DISCUSSION**

The habit of masturbation is common among adolescents. The adolescents of Nepal cannot express their sexual desire openly in front of other due to the social norms, values, and beliefs. There is less chance to fulfill their sexual desires easily. So, the adolescents practice masturbation as the best way of satisfying their sexual desires. The study of (Prajapati, 2011, pp. 21-26) has showed that 22.56 percent teenagers have the practice of masturbation. The tables below describe the status of masturbation practice among school adolescents of the Makawanpur district, Nepal.

**Table 1: Practice of Masturbation on the basis of age of respondents**

Habit of Masturbation		Age of Respondents					Total	Pearson Chi-square Asymp. Sig. (2- sided)
		15 years	16 years	17 years	18 years	19 years		
Yes	Count	29	23	30	33	25	140	0.274
	% within Habit of Masturbation	20.7	16.4	21.4	23.6	17.9	100.0	
	% of Total	7.2	5.8	7.5	8.2	6.2	35.0	
No	Count	51	50	51	29	28	209	
	% within Habit of Masturbation	24.4	23.9	24.4	13.9	13.4	100.0	
	% of Total	12.8	12.5	12.8	7.2	7.0	52.2	
No response	Count	15	10	11	9	6	51	
	% within Habit of Masturbation	29.4	19.6	21.6	17.6	11.8	100.0	
	% of Total	3.8	2.5	2.8	2.2	1.5	12.8	
Total	Count	95	83	92	71	59	400	
	% within Habit of Masturbation	23.8	20.8	23.0	17.8	14.8	100.0	
	% of Total	23.8	20.8	23.0	17.8	14.8	100.0	

**Source: Field Survey 2014**

In the above table 1, there is no significant difference ( $p=0.274$ ) between the age and practicing masturbation. But there is a significant difference ( $p=0.000$ ) between the beginning age and the practice of masturbation. Some of the respondents (44.25%) have started masturbation below the age of 15 years. The study of college girls in Gujarat, India of (Sharma, 1998), stated that nearly 81 percent adolescents girls had begun masturbation from the age of 12 to 15 years, their median age of starting masturbation was 15 years. Similarly, another study of (McNeely C. a., 2009) describes that imagination of sexual activities and the masturbation experience rise in the age from 10 to 13 years.

In the study of (Robbins, 2011, pp. 1087-1093), more males (73.8%) expressed masturbation than the females (48.1%). Among males, masturbation rate increased with age: at age 14 years, 62.6 percent of males told at least 1 previous occurrence, whereas 80 percent of 17year old males stated always practice masturbation. Currently, masturbation is being increased with age in males: 67.6 percent of 17year olds described masturbation in the previous month, compared with 42.9 percent of 14 year olds. In females, previous masturbation increased with age (58% at age 17 years compared with 43.3% at age 14 years), whereas recent masturbation did not. Masturbation was related with various combined sexual behaviors in both males and females.

**Table 2: Masturbation Practice on the basis of Sex of respondents**

Habit of Masturbation		Sex of Respondents		Total	Pearson Chi-square Asymp. Sig. (2-sided)
		Male	Female		
Yes	Count	129	11	140	0.000
	% within Habit of Masturbation	92.1	7.9	100.0	
	% of Total	32.2	2.8	35.0	
No	Count	57	152	209	
	% within Habit of Masturbation	27.3	72.7	100.0	
	% of Total	14.2	38.0	52.2	
No response	Count	14	37	51	
	% within Habit of Masturbation	27.5	72.5	100.0	
	% of Total	3.5	9.2	12.8	
Total	Count	200	200	400	
	% within Habit of Masturbation	50.0	50.0	100.0	
	% of Total	50.0	50.0	100.0	

**Source: Field Survey 2014**

The table 2 shows that there is a significant difference ( $p=0.000$ ) between sex and masturbation practice. The study of (R. Shashikumar, 2012, pp. 138-143), showed that the habit of masturbation is simply 21.9 percent among female adolescents though it is 55.7 percent among boys. In another

study of (Carvalho, 2013b, pp. 347-367), 91 percent percent of womenspecified that they had masturbated in any time of their lives with 29.3 percenttold having masturbated within the earlier month.

**Table 3: Masturbation practice on the basis of religion of respondents**

Habit of Masturbation		Religion of Respondents				Total	Pearson Chi-square Asymp. Sig. (2- sided)
		Hindu	Buddhist	Muslim	Christian		
Yes	Count	87	49	0	4	140	0.007
	% within Habit of Masturbation	62.1	35.0	0.0	2.9	100.0	
	% of Total	21.8	12.2	0.0	1.0	35.0	
No	Count	154	45	0	10	209	
	% within Habit of Masturbation	73.7	21.5	0.0	4.8	100.0	
	% of Total	38.5	11.2	0.0	2.5	52.2	
No response	Count	40	9	1	1	51	
	% within Habit of Masturbation	78.4	17.6	2.0	2.0	100.0	
	% of Total	10.0	2.2	0.2	0.2	12.8	
Total	Count	281	103	1	15	400	
	% within Habit of Masturbation	70.2	25.8	0.2	3.8	100.0	
	% of Total	70.2	25.8	0.2	3.8	100.0	

**Source: Field Survey 2014**

In the above table 3, there is significant difference ( $p=0.007$ ) between religion and the practice of masturbation. The (Wikipedia, 2015c)indicated that the people of Buddha's stagesupposed that masturbation might have physically and mentally beneficial effect, butthe Buddha was not satisfied with this. The school of Buddhism, Vinaya, stated that masturbation is a serious crime for monks or nuns to masturbate, though the Buddha provided no direction on this matter to uneducated people. However, Buddhism mightapprove with modern medical belief that masturbation is a normal way to express the sexualdesire and is physically and psychologically unobjectionable; similarly it does not become a worry or a substitute for normal sexual activities. Ancient Catholic theologians normallythought both masturbation and contraceptives as unethical. However, abstinence is the one baseas well as masturbation is the disorders to sexual purity during the celibacy phase of the life in Hinduism.

**Table 4: Masturbation practice on the basis of location of respondents**

Habit of Masturbation		Location of Respondents		Total	Pearson Chi-square Asymp. Sig. (2-sided)
		Urban	Rural		
Yes	Count	25	115	140	0.429
	% within Habit of Masturbation	17.9	82.1	100.0	
	% of Total	6.2	28.8	35.0	
No	Count	49	160	209	
	% within Habit of Masturbation	23.4	76.6	100.0	
	% of Total	12.2	40.0	52.2	
No response	Count	12	39	51	
	% within Habit of Masturbation	23.5	76.5	100.0	
	% of Total	3.0	9.8	12.8	
Total	Count	86	314	400	
	% within Habit of Masturbation	21.5	78.5	100.0	
	% of Total	21.5	78.5	100.0	

**Source: Field Survey 2014**

The table 4 shows that there is no significant difference ( $P=0.429$ ) between the location of respondents and masturbation practice.The study of (Singh, 2014, pp. 6911-6925), showed that almost 15 percent of the urban and 17 percent of the rural adolescent boys stated practicing masturbation, though it seems to be under reported.

**Table 5: Masturbation Practice on the basis of caste of respondents**

Habit of Masturbation		Caste of Respondents					Total	Pearson Chi-square Asymp. Sig. (2- sided)
		Brahmin	Chhetri	Janajati	Dalit	Madhesi		
Yes	Count	32	18	85	5	0	140	0.042
	% within Habit of Masturbation	22.9	12.9	60.7	3.6	0.0	100.0	
	% of Total	8.0	4.5	21.2	1.2	0.0	35.0	
No	Count	69	35	87	17	1	209	
	% within Habit of Masturbation	33.0	16.7	41.6	8.1	0.5	100.0	
	% of Total	17.2	8.8	21.8	4.2	0.2	52.2	
No response	Count	18	10	21	2	0	51	
	% within Habit of Masturbation	35.3	19.6	41.2	3.9	0.0	100.0	
	% of Total	4.5	2.5	5.2	0.5	0.0	12.8	
Total	Count	119	63	193	24	1	400	
	% within Habit of Masturbation	29.8	15.8	48.2	6.0	0.2	100.0	
	% of Total	29.8	15.8	48.2	6.0	0.2	100.0	

**Source: Field Survey 2014**

In the table 5, there is significant difference ( $p=0.042$ ) between the caste and masturbation practice. In the International Encyclopedia of Sexuality, (The Continuum Complete, 2004) stated that adolescents having the background of at least non-Danish single parent were less sexually potential than their same age peers with Danish parents. Definitely, this trend was most outstanding for girls.

**Table 6: Masturbation Practice on the basis of education level/Grade of respondents**

Habit of Masturbation		Educational Status of Respondents				Total	Pearson Chi-square Asymp. Sig. (2- sided)
		Class 9	Class 10	Class 11	Class 12		
Yes	Count	35	35	33	37	140	0.967
	% within Habit of Masturbation	25.0	25.0	23.6	26.4	100.0	
	% of Total	8.8	8.8	8.2	9.2	35.0	
No	Count	54	53	54	48	209	
	% within Habit of Masturbation	25.8	25.4	25.8	23.0	100.0	
	% of Total	13.5	13.2	13.5	12.0	52.2	
No response	Count	11	12	13	15	51	
	% within Habit of Masturbation	21.6	23.5	25.5	29.4	100.0	
	% of Total	2.8	3.0	3.2	3.8	12.8	
Total	Count	100	100	100	100	400	
	% within Habit of Masturbation	25.0	25.0	25.0	25.0	100.0	
	% of Total	25.0	25.0	25.0	25.0	100.0	

**Source: Field Survey 2014**

The above table 6 shows that there is no significant difference ( $p=0.967$ ) between Class/grade and masturbation practice. In the research of both male and female, (Gerressu M, 2008, pp. 266-278) stated that masturbation increased with the increasing of education level, and social rank and it was further common among those who were suffering from the problem of sexual function.

### 1.10 CONCLUSION AND RECOMMENDATION

The purpose of the study is to assess the practice of masturbation among school

adolescents. Based on the result and findings, it is concluded that more male adolescent have the habit of masturbation than the female adolescent students. There is a significant relation between the age, location and study



class/grade of the students and practicing masturbation. On the other hand, there is no significant relation between sex, religion and cast of the students and masturbation practice. The masturbation in limit may not have any side effects but excessive masturbation may cause physical, mental, social, emotional, moral, psychological etc. problems. Practicing masturbation in very small age also may create serious problems. It is the subject of worry that the adolescents of 8/9 years are practicing masturbation due to accompany with elders. So, on the basis of the result and finding of the study, following recommendations are given:

1. The policy makers, curriculum development centre, parents, teachers and other concerned organizations should be responsible for protecting the adolescents from any kind of serious problems with the help of proper guidance and counseling.
2. There is the need of further research with emphasis on other potential influencing factors like profession of parents, accessibility of information technology and social status of respondents on masturbation.
3. The study can be done on a large sample, which helps to produce the findings for large population.

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