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## **Premarital Sex Practice among School Adolescents in Makawanpur District, Nepal**

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### **Abstract:**

*Adolescence is the period of peer pressure, lack of decision and various other problems. So, small matter also plays an adverse role to create and raise tension during this period. The objective of the study is to assess the premarital sex practice of school adolescents. The survey data were collected from 400 school-going adolescents (9-12 classes) of the age group of 15-19 years in 10 higher secondary schools of Makawanpur district of Nepal. Stratified and proportionate random sampling method was 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, 36.5 percent adolescents participated in sexual activities. Among them 32.25 percent unmarried adolescents had had premarital sexual experience. The number of boys' participation in sexual intercourse is higher (69.86%) than girls (30.14%). Janajati have involved more (60.96%) in sexual intercourse than other castes. The students of 15 years have involved less (13.70%) in sexual intercourse in the comparison of other age groups. The students of class 9 and 12 found more participation in sexual intercourse (28.08% and 27.40% respectively) than the rest classes. Participation in sexual intercourse in low age of adolescence leads towards the vulnerability of various sexually transmitted infection and reproductive health problems. So, parents, teachers and the policy makers should be responsible for protecting the future generation of the nation. And there is the need of further research with emphasis on other potential influences like economic status of parents, accessibility on information technology and social status of respondents on premarital sex.*

**Keywords:** Premarital sex practice and school adolescents.

### **1. Introduction**

Adolescence is the period between childhood and adulthood. According to (Mustakova-Posseaedt, 1997, pp. 13-30), adolescence is the stage between 10 to 19 years. It is the dimension of physical, behavioral and psychological modifications, which is replicated at the increasing level of individual capacity, growing a sense of identity, self-respect and advanced independency from the adult. Likewise, (Ngarambe, 2005) stressed that the adolescence is a period of biological and psychological misunderstanding. Adolescents have to construct their mind concerning their agreement and upcoming time. Their physical changes are seen in appearance, sexuality, etc. and search for rareness, role on the basis of their sexes and queries related to their future really matter in this age. From time to time they have to face difficulty in understanding the entire situation owing to the absence of prior experiences.

The population of adolescents is more than one fourth in the world. (Chatterjee, 2008, p. 21), stated that almost 25 percent of the world's adolescents and youth live only in five countries of south Asia and, more significantly about twenty percent in this region are the age of 10 to 19 years and another one is the age of 20 to 24 years. Similarly the census report 2011, there are 6,407,404 (24.18% of total population) adolescents in Nepal. Among them female adolescents are 3,199,583(49.94%) and male adolescents are 3,207,821 (50.06%) and there are 22,43,320 (35.01% of total adolescents) adolescents only in the Central Development Region (Male 1154405(51.46%) and Female 1088915(48.54%)). Similarly, there are 104914 adolescents (1.64% of total adolescents of Nepal) only in Makawanpur district (Male 51585 (49.17%) and female 53329(50.83%)) (CBS, 2012).

Premarital sex among the adolescents is common in the world in this modern era. In the study of premarital sex in Dodowa community, (Afenyadu, 2003, p. 10) showed that about 88 percent of sexually experienced adolescents were unmarried. On the other hand, (Regmi, 2008, pp. 1-5), stated that premarital and extramarital sexual intercourse have been traditionally discouraged in Nepal and most of the Asian countries. But the various studies that have done in different geographical areas show that unmarried adolescent in Nepal are becoming more sexually active and also gradually susceptible to STIs and HIV infection due to changing values, norms and independence. The studies show that the ratio of sexually experienced unmarried young people is high and this data vary with different socio-economic groups. Study conducted with young factory workers in Kathmandu presented that 35 percent of

unmarried boys and 16 percent unmarried girls have experienced sex and among the unmarried youths, love and curiosity were the most commonly reported reasons for their first sexual intercourse.

In the study of the 6,792 school going late adolescents in Indonesia aged 15-19 years old (Situmorang, 2011, p. 48), stated that 2.4 percent school going adolescents have had premarital sex. Similarly, (Eaton, 2012)stated that many high school students in the United States are involved in sexually risky behavior associated with unwanted pregnancies and STIs, including HIV infection. Nearly half (47.4 percent) of the students had continually had sexual intercourse, 33.7 percent had had sexual intercourse throughout the three months before the survey, and 15.3 percent had had sexual contact with four or more people during their life. In the study of (Kazaura, 2009, pp. 1471-2458), around 32 percent of adolescents indicated being sexually active; a lesser ratio is of females than the males. The vaginal sex, masturbation, oral and anal sex are the only asked and conveyed sexual practices take account of. Around 15 percent of sexually active adolescents stated having multiple sex partners. Considerably more males told having multiple partners than females. About 42 percent of sexually active adolescents informed having used a condom throughout most latest sexual contact. Females stated that they had had their first sexual contact with the old males, whereas (Ochieng, 2011, pp. 26-31), reported that 384 secondary school adolescents (respondents), 53.4 percent reported that they had always had sex whereas the rest had not. The respondents, who drink alcohol, participated social occasions, such as parties and discos were more probable than those who were never sexually active, and to have involved in sudden sexual activities with unknown persons to them.

## 2. Methodology

This study was conducted in the 9-12 classes running higher secondary schools in Makawanpur District of Nepal. The research was based on descriptive and exploratory research design. 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 different 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 random sampling method was used to choose equal number of boys and girls (5/5) from each class for the questionnaire survey.

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. 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.

## 3. Result and Discussion

Total 400 respondents participated in the study. There were equal male and female participation. Among them 4.3 percent respondents were married and 95.8 percent were unmarried. There was equal participation from every class (9-12). The Hindu respondents were 70.3 percent, Buddhists respondents were 25.8 percent, Muslim respondents were 0.3 percent and Christian respondents were 3.8 percent in the study. Likewise Brahmins were 29.8 percent, Chhetri were 15.8 percent, Janajati were 48.3 percent, Dalit were 6.0 percent, Madhesi were 0.3 percent. And urban respondents were 21.5 percent and rural respondents 78.5 percent.

People of Nepal follow different culture, religion as well as values, norms, beliefs, etc. So the adolescents cannot express their wants and desires directly to their parents or elders. But the knowledge level of adolescents with the development of different areas (education, technology, acculturation etc.) with the time, they know about sex related issues. The peer also teach them about love, sex, etc. For the survey, the respondents were selected from class 9, 10, 11 and 12 equally on the basis of sexes for the study.

Sex of Respondents		Participation in premarital sexual intercourse/experiences				Total	Pearson Chi-square Asymp. Sig. (2-sided)
		Always	Sometimes	Rarely	Never		
Male	Count	8	71	23	98	200	.000
	% within Sex of Respondents	4.0	35.5	11.5	49.0	100.0	
Female	Count	7	23	14	156	200	
	% within Sex of Respondents	3.5	11.5	7.0	78.0	100.0	
Total	Count	15	94	37	254	400	
	% within Sex of Respondents	3.8	23.5	9.2	63.5	100.0	

Table 1: Participation in Sexual intercourse on the basis of sex of respondents

Source: Field Survey 2014

In the above table there is a significant difference ( $p=.000$ ) between the sex and the practice of premarital sex of respondents. In the study of (Algae, 2000) in Mongolia, 16.2 percent of males and nearly 4 percent of females had experience of premarital sex. In another study of (Bearinger, 2007, pp. 1220-1231), one third or more of unmarried adolescent girls have had sexual intercourse in most of the developed countries and sub-Saharan Africa except Nigeria and Rwanda. In the Philippines, Eastern Europe, and Latin America, lesser numbers have had sexual intercourse, ranging from less than one percent in Azerbaijan and the Republic of Georgia to 30 percent in the Ukraine. In most of the countries, more than 40 percent of unmarried adolescent boys have had intercourse, compared with less than one third in Nigeria, Rwanda and the Philippines. Similarly, (Seme, 2008, pp. 167-173), stated that more than

one fifth (21.5%) of the participants had had premarital sexual intercourse at the period of the survey, among them 102 (70.3%) were males.

Age of Respondents			Participation in sexual intercourse/experiences				Total	Pearson Chi-square Asymp. Sig. (2-sided)
			Always	Sometimes	Rarely	Never		
15 years	Male	Count	1	5	4	34	44	.946
		% within Sex of Respondents	2.3	11.4	9.1	77.3	100.0	
	Female	Count	1	6	3	41	51	
		% within Sex of Respondents	2.0	11.8	5.9	80.4	100.0	
	Total	Count	2	11	7	75	95	
		% within Sex of Respondents	2.1	11.6	7.4	78.9	100.0	
16 years	Male	Count	2	17	3	16	38	.002
		% within Sex of Respondents	5.3	44.7	7.9	42.1	100.0	
	Female	Count	2	5	1	37	45	
		% within Sex of Respondents	4.4	11.1	2.2	82.2	100.0	
	Total	Count	4	22	4	53	83	
		% within Sex of Respondents	4.8	26.5	4.8	63.9	100.0	
17 years	Male	Count	3	13	7	23	46	.030
		% within Sex of Respondents	6.5	28.3	15.2	50.0	100.0	
	Female	Count	1	4	5	36	46	
		% within Sex of Respondents	2.2	8.7	10.9	78.3	100.0	
	Total	Count	4	17	12	59	92	
		% within Sex of Respondents	4.3	18.5	13.0	64.1	100.0	
18 years	Male	Count	0	17	7	17	41	.002
		% within Sex of Respondents	0.0	41.5	17.1	41.5	100.0	
	Female	Count	2	2	3	23	30	
		% within Sex of Respondents	6.7	6.7	10.0	76.7	100.0	
	Total	Count	2	19	10	40	71	
		% within Sex of Respondents	2.8	26.8	14.1	56.3	100.0	
19 years	Male	Count	2	19	2	8	31	.010
		% within Sex of Respondents	6.5	61.3	6.5	25.8	100.0	
	Female	Count	1	6	2	19	28	
		% within Sex of Respondents	3.6	21.4	7.1	67.9	100.0	
	Total	Count	3	25	4	27	59	
		% within Sex of Respondents	5.1	42.4	6.8	45.8	100.0	
Total	Male	Count	8	71	23	98	200	.000
		% within Sex of Respondents	4.0	35.5	11.5	49.0	100.0	
	Female	Count	7	23	14	156	200	
		% within Sex of Respondents	3.5	11.5	7.0	78.0	100.0	
	Total	Count	15	94	37	254	400	
		% within Sex of Respondents	3.8	23.5	9.2	63.5	100.0	

Table 2: Age-wise practice of premarital sex on the basis of sex of Respondents  
Source: Field Survey 2014

The table above shows that there is no significant difference ( $P= 0.946$ ) between the age group of 15 years and practice of premarital sex of the respondents. But there is a significant difference ( $p= 0.002$ ) between the age group of 16 years and the practice of premarital sex. Similarly There is a significant difference ( $p= 0.030$ ) between the age group of 17 years and the experience of premarital sex. Likewise, there is a significant difference ( $p = 0.002$ ) between the age group of 18 and the experience of premarital sex. In addition, there is a significant difference ( $p= 0.010$ ) between the age group of 19 years and the involvement in premarital sex. In the study of (Adeoye, 2012, pp. 6-9), he stated that there is a significant relationship between the age group and the premarital sexual activities. In addition, in the study of adolescents in Kathmandu, (Paudel, 2014, pp. 106-112) stated that among the average aged 17.7 years old adolescents 22.9 percent were participated in premarital sexual intercourse. Similarly, the study of (Mturi, 2014, pp. 526-537) explored that the average age of participating in premarital sex for the first time for male is 16 years and female is 18 years.

Class	Sex		Participation in sexual intercourse/experiences				Total	Pearson Chi-square Asymp. Sig. (2-sided)
			Always	Sometimes	Rarely	Never		
Class 9	Male	Count	3	17	3	27	50	.295
		% within Sex of Respondents	6.0	34.0	6.0	54.0	100.0	
	Female	Count	1	11	6	32	50	
		% within Sex of Respondents	2.0	22.0	12.0	64.0	100.0	
	Total	Count	4	28	9	59	100	
% of Total within Sex of Respondents		4.0	28.0	9.0	59.0	100.0		
Class 10	Male	Count	3	11	6	30	50	.015
		% within Sex of Respondents	6.0	22.0	12.0	60.0	100.0	
	Female	Count	3	3	1	43	50	
		% within Sex of Respondents	6.0	6.0	2.0	86.0	100.0	
	Total	Count	6	14	7	73	100	
% of Total within Sex of Respondents		6.0	14.0	7.0	73.0	100.0		
Class 11	Male	Count	0	24	8	18	50	.000
		% within Sex of Respondents	0.0	48.0	16.0	36.0	100.0	
	Female	Count	2	2	2	44	50	
		% within Sex of Respondents	4.0	4.0	4.0	88.0	100.0	
	Total	Count	2	26	10	62	100	
% of Total within Sex of Respondents		2.0	26.0	10.0	62.0	100.0		
Class 12	Male	Count	2	19	6	23	50	.026
		% within Sex of Respondents	4.0	38.0	12.0	46.0	100.0	
	Female	Count	1	7	5	37	50	
		% within Sex of Respondents	2.0	14.0	10.0	74.0	100.0	
	Total	Count	3	26	11	60	100	
% of Total within Sex of Respondents		3.0	26.0	11.0	60.0	100.0		
Total	Male	Count	8	71	23	98	200	.000
		% within Sex of Respondents	4.0	35.5	11.5	49.0	100.0	
	Female	Count	7	23	14	156	200	
		% within Sex of Respondents	3.5	11.5	7.0	78.0	100.0	
	Total	Count	15	94	37	254	400	
% of Total within Sex of Respondents		3.8	23.5	9.2	63.5	100.0		

Table 3: Class/grade-wise Participation in sexual intercourse on the basis of sex of Respondents

Source: Field Survey 2014

The above table 3 shows that there is no significant difference ( $p= .295$ ) between class nine students and premarital sex but there is significant difference ( $p= .015$ ) between class 10 students and premarital sex. Similarly there is significant difference ( $p=.000$ ) between class 11 students and premarital sex, likewise there is also significant difference ( $p= .026$ ) between class 12 students and premarital sex. In the study of (Choe, 2001, p. 2), it is expected that increasing level of education is related with decreasing of the sexual activity at young ages and later age at marriage.

Location of Respondents			Participation in sexual intercourse/experiences				Total	Pearson Chi-square Asymp. Sig. (2-sided)
			Always	Sometimes	Rarely	Never		
Urban	Male	Count	2	9	7	19	37	.004
		% within Sex of Respondents	5.4	24.3	18.9	51.4	100.0	
	Female	Count	3	4	1	41	49	
		% within Sex of Respondents	6.1	8.2	2.0	83.7	100.0	
	Total	Count	5	13	8	60	86	
		% within Sex of Respondents	5.8	15.1	9.3	69.8	100.0	
Rural	Male	Count	6	62	16	79	163	.000
		% within Sex of Respondents	3.7	38.0	9.8	48.5	100.0	
	Female	Count	4	19	13	115	151	
		% within Sex of Respondents	2.6	12.6	8.6	76.2	100.0	
	Total	Count	10	81	29	194	314	
		% within Sex of Respondents	3.2	25.8	9.2	61.8	100.0	
Total	Male	Count	8	71	23	98	200	.000
		% within Sex of Respondents	4.0	35.5	11.5	49.0	100.0	
	Female	Count	7	23	14	156	200	
		% within Sex of Respondents	3.5	11.5	7.0	78.0	100.0	
	Total	Count	15	94	37	254	400	
		% within Sex of Respondents	3.8	23.5	9.2	63.5	100.0	

Table 4: Location-wise Participation in sexual intercourse/experiences on the basis of Sex of Respondents

Source: Field Survey 2014

In the table above, there is a significant difference ( $p= 0.004$ ) between the respondents of urban and the practice of premarital sex. Similarly, there is significant difference ( $p= 0.000$ ) between the respondents of rural and the practice of premarital sex. In the study of (Oljira, 2012, pp. 1-5), the involvement of adolescents in pre-marital sex was more common in Ethiopia whose parents were living in urban areas.

Caste of Respondents			Participation in sexual intercourse/experiences				Total	Pearson Chi-square Asymp. Sig. (2-sided)
			Always	Sometimes	Rarely	Never		
Brahmin	Male	Count	2	18	2	34	56	.004
		% within Sex of Respondents	3.6	32.1	3.6	60.7	100.0	
	Female	Count	2	4	4	53	63	
		% within Sex of Respondents	3.2	6.3	6.3	84.1	100.0	
	Total	Count	4	22	6	87	119	
		% of Total within Sex of Respondents	3.4	18.5	5.0	73.1	100.0	
Chhetri	Male	Count	3	2	3	20	28	.484
		% within Sex of Respondents	10.7	7.1	10.7	71.4	100.0	
	Female	Count	1	4	2	28	35	
		% within Sex of Respondents	2.9	11.4	5.7	80.0	100.0	
	Total	Count	4	6	5	48	63	
		% of Total within Sex of Respondents	6.3	9.5	7.9	76.2	100.0	
Janajati	Male	Count	3	47	17	37	104	.000
		% within Sex of Respondents	2.9	45.2	16.3	35.6	100.0	
	Female	Count	2	12	8	67	89	
		% within Sex of Respondents	2.2	13.5	9.0	75.3	100.0	
	Total	Count	5	59	25	104	193	
		% of Total within Sex of Respondents	2.6	30.6	13.0	53.9	100.0	

Dalit	Male	Count	0	4	1	7	12	.530
		% within Sex of Respondents	0.0	33.3	8.3	58.3	100.0	
	Female	Count	1	3	0	8	12	
		% within Sex of Respondents	8.3	25.0	0.0	66.7	100.0	
	Total	Count	1	7	1	15	24	
% of Total within Sex of Respondents		4.2	29.2	4.2	62.5	100.0		
Madhesi	Female	Count	1				1	
		% within Sex of Respondents	100.0				100.0	
	Total	Count	1				1	
		% of Total within Sex of Respondents	100.0				100.0	
Total	Male	Count	8	71	23	98	200	.000
		% within Sex of Respondents	4.0	35.5	11.5	49.0	100.0	
	Female	Count	7	23	14	156	200	
		% within Sex of Respondents	3.5	11.5	7.0	78.0	100.0	
	Total	Count	15	94	37	254	400	
		% within Sex of Respondents	3.8	23.5	9.2	63.5	100.0	

Table 5: Caste-wise Participation in sexual intercourse on the basis of Sex of Respondents

Source: Field Survey 2014

The above table shows that there is significant difference ( $p = .004$ ) between Brahmin students and premarital sex. In the same time there is no significant difference ( $p = .484$ ) between Chhetri students and premarital sex. There is proper significant difference ( $p = .000$ ) between Janajati students and premarital sex, whereas there is no significant difference ( $p = .530$ ) between Dalit students and premarital sex. In a study of (Adhikari & Jyotsna, 2009, pp. 1-9), the students, who follow the Hindu religion they were more than double ( $OR = 2.5$ ) greater number had had premarital sex in the comparison to those people, who follow other religions. In another study of (Farmer, 2009), the modern tendency towards permissive premarital sex in the North American Christian-Judeo religion upkeep the secularization hypothesis of religion, which imagines a growing gap between religious policy and behavior.

Religion of Respondents			Participation in sexual intercourse/experiences				Total	Pearson Chi-square Asymp. Sig. (2-sided)
			Always	Sometimes	Rarely	Never		
Hindu	Male	Count	8	40	16	74	138	.000
		% within Sex of Respondents	5.8	29.0	11.6	53.6	100.0	
	Female	Count	5	14	9	115	143	
		% within Sex of Respondents	3.5	9.8	6.3	80.4	100.0	
	Total	Count	13	54	25	189	281	
		% within Sex of Respondents	4.6	19.2	8.9	67.3	100.0	
Buddhist	Male	Count	0	29	7	19	55	.001
		% within Sex of Respondents	0.0	52.7	12.7	34.5	100.0	
	Female	Count	1	8	5	34	48	
		% within Sex of Respondents	2.1	16.7	10.4	70.8	100.0	
	Total	Count	1	37	12	53	103	
		% within Sex of Respondents	1.0	35.9	11.7	51.5	100.0	
Muslim	Female	Count	1				1	
		% within Sex of Respondents	100.0				100.0	
	Total	Count	1				1	
		% within Sex of Respondents	100.0				100.0	
Christian	Male	Count		2		5	7	.438
		% within Sex of Respondents		28.6		71.4	100.0	
	Female	Count		1		7	8	
		% within Sex of Respondents		12.5		87.5	100.0	

	Total	Respondents		3	12	15	
		Count	% within Sex of Respondents				
Total	Male	Count	8	71	23	98	200
		% within Sex of Respondents	4.0	35.5	11.5	49.0	100.0
	Female	Count	7	23	14	156	200
		% within Sex of Respondents	3.5	11.5	7.0	78.0	100.0
	Total	Count	15	94	37	254	400
		% within Sex of Respondents	3.8	23.5	9.2	63.5	100.0

Table 6: Religion-wise Participation in sexual intercourse on the basis of sex of Respondents

Source: Field Survey 2014

The table 6 shows that there is a significant difference ( $p= 0.000$ ) between Hindu respondents and premarital sex practice. Similarly, there is also a significant difference ( $p= 0.001$ ) between Buddhist respondents and premarital sex. Whereas there is no significant difference ( $p= 0.438$ ) between Christian respondents and their premarital sexual practice. The study of (Odimegwu, 2005, pp. 125-140), stated that there is a strong association between the sentiment of religion and sexual attitude and practice, while sexual attitude and behaviors are affected more by the religious commitment than the religious affiliation.

#### 4. Conclusion

Based on the result and findings, it is concluded that more number of male adolescent students have participated in premarital sexual activity than the female adolescent students. There is no significant relation between sex and premarital sexual intercourse. Participation in premarital sex increases with the increment of the age of the respondents. Similarly, the participation in premarital sexual activities increases with the increment of grade (study class) of the respondents. On the basis of caste or ethnicity, Janajati and Brahmin respondents have the high rate of participating in premarital sex than other castes. There is no significant relationship between location and the premarital sexual intercourse. Hindu and Buddhist respondents involve more in number in premarital sex than others. There is a risk of various STIs due to the involvement of haphazard sexual activities of adolescents. It is the subject of worry that the adolescents of 15 years and less than that are participating in premarital sex. So, the policy makers, curriculum development centre, parents, teachers and other organizations should be responsible to protect the adolescents from the ruin of their life. And there is need to further study and research with the emphasis on other influencing factors like economic status of parents, accessibility on modern technologies, social status of adolescents and their parents on premarital sex.

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