

## Sexual Behavior among Applied Medical Students In Taif, KSA.

Ali H.S. Al-Zahrani

Department of Community Health, Faculty of Medicine and Applied Sciences, Taif University, Taif, KSA

**Abstract: Objective:** The current study was conducted to explore the sexual behaviour of Applied Medical students in Taif KSA. **Material and Methods:** An instrument labeled “Sexual Behaviour Inventory” was used to elicit information from the subjects of this study. **Results:** Data were analyzed using percentages. The results of the data analysis indicated that 20 % of the students had steady girl friends, 20 % of them had had sexual intercourse 90 % had sexual intercourse with their lovers while 10 % had sexual intercourse with «just somebody». Thirty per cent often engaged in hand holding, 51 % in kissing, 10 % in hugging, 8 % in caressing and 3 % in fondling. **Conclusion:** The sexual behaviour of Saudi Arabia student is quite different from other countries and this might be due to religion.

[Ali H.S.El-Zahrani. **Sexual Behavior among Applied Medical Students In Taif, KSA.** *J Am Sci* 2012;8(11):749-751]. (ISSN: 1545-1003). <http://www.jofamericanscience.org>. 105

**Keywords:** Sexual Behavior – Taif - Students

### 1. Introduction

The issue of sexual behaviours of college or university students has generated a lot of interest among researchers (Cross and Morgan, 2003)

Sex being a universal term one would expect a great deal to be known about it. But this is not the case, partly because all societies regulate sexual activities. This control restricts both the observation of sexual behaviour and access to information about it. Sexual behaviour is considerably influenced in Saudi Arabia by culture like in many other countries of the world. This perhaps explains why few decades ago, virginity of a girl until she got married was rewarded and various taboos were created round pre-marital sex. The trend is gradually changing and the incidence of adolescents and youths engaging in sexual intercourse is high and may constitute a problem (Isiugo-Abanihe, 1993).

This behaviour is prevalent among students in secondary schools and higher institutions of learning in Taif. This may be due to erosion of various custom and observances as well as factors associated with rapid urbanization and other factors such as family background, peer pressure, media influence, economic situations and educational background of parents (Akinleye and Onifade, 1996).

Several studies had revealed the sexual behaviour of adolescents and youths. A study of sexual activities of adolescents conducted by Owuamanam (1995) revealed that various activities are widely practiced among the Nigerian adolescents, such activities are kissing, breast/ genital fondling, embracing Hand holding and sexual intercourse. Odewole (2000) and Omoteso (2003) also found similar activities among the undergraduate students they studied. Several attitude surveys had also

revealed that the sexual attitude of adolescents is more liberal than that of adults.

The aim of the present study was summarized in the following question: What are the patterns of sexual behaviour of university undergraduate students in Applied Medical Science students College in Taif, KSA, and do age, gender, religion and family background have influence on the students' sexual behaviour?

### 2. Material and Methods :

The population for this study consisted of one hundred male undergraduate students from college of applied medical students at Taif university, KSA. An instrument labeled “Sexual Behaviour Inventory” adapted from Oladepo and Brieger (1994) and Unuigbo and Ogebeide (1999) was used to elicit information from the subjects of this study. The inventory is made up of two sections. The first section consisted items such as the students' age, gender, religion and family background. The second section comprised parameters on different sexual activities practiced by university undergraduate students such as occurrence of sexual intercourse, number of sexual partners, frequency of sexual intercourse. The items included whether they had sex occasionally, once, twice, thrice or more per week, whether they had one partner, two, three or more and whether they had ever had sexual intercourse or never. It also included whether they had sexual intercourse regularly, occasionally or never and if they engaged in any of these activities: kissing, hugging, necking, genital stimulations and so on. The instrument was ascertained to be valid and reliable, test-retest reliability of the inventory was 0.75, which is significant at .05 level. The inventory has two responses “true for me” which was scored two and

“not true for me” which was scored one. The highest score obtainable here was 110 and the lowest was 55. The higher the score the more sexual active the student is.

### 3. Results:

#### 1- Presence of sexual intercourse:

The results of the current study have shown that the 20 % of the students have a girl friend, and 77 % of them prefer to stay with one partner at a time, on the other hand, 15 % of them have had a sexual intercourse before, and 90 % of them enjoyed having sex regularly as shown in table (1).

#### 2- Frequency of sexual intercourse:

Table (1) showed that the 20 % of population sample have had a sexual intercourse only once, and 12 % of them have had a sexual intercourse two to five times before, and only 8 % of them have had a

sexual intercourse more than 10 times, and 11 % of them don't remember how many times they have had a sexual intercourse.

#### 3- Importance of sexual intercourse:

The results of the current study have shown that 60 % of the population sample can't say no to sexual intercourse when its provided or available as shown in table (1).

#### 4- Shape of sexual attitude:

The results of the current study have shown that 90 % of sample population their first intercourse with lover and only 10 % the first sexual intercourse was with somebody. This sexual attitude have been described as holding hand in 30 % of sample population and kissing in 51%, Caressing in 8 %, and fondling in only 3 % of sample population as shown in table (1).

Table 1: Percentage analysis of patterns of student sexual behaviour.

Items	True for Me %	Not True for Me %
I have at least a steady boy/girl friend	20 %	80 %
Prefer to stay with one partner at a time	77 %	33 %
It's better to have two partners at a time	0 %	100 %
I would rather have three or more	0 %	100 %
I have had sexual intercourse before	15 %	85 %
I enjoy having sex regularly	90 %	10 %
<i>I have had sexual intercourse:</i>		
Once	20 %	80 %
Two to five times	12 %	98 %
About ten times	10 %	90 %
More than ten times	8 %	92 %
I can't remember	11 %	89 %
I find it difficult to say “No” to sexual advances	60 %	40 %
<i>My first intercourse was with:</i>		
A lover	90 %	10 %
Just somebody	10 %	90 %
<i>I often engage in:</i>		
Holding hands	30 %	70 %
Kissing	51 %	49 %
Hugging	10 %	90 %
Caressing	8 %	92 %
Fondling	3 %	97 %

### 4. Discussion:

This study revealed the patterns of the university undergraduate students' sexual behaviour. From the percentage analysis of the data on patterns of the students' sexual behaviour (Table 1), 20 % of the students had steady girl friend. This result may not be very strange since most of these students are adolescents and youths and these periods are characterized by sexual interests and experimentation.

As for the 80 % who indicated that they did not have steady girl friends, it might be that they had

multiple partners or that they were constrained by their religious beliefs.

Also, 77 % preferred to stay with one partner, 0 % felt it was better to have two partners at a time similarly, 0% would rather have many partners. Furthermore, 15% of the students had had sexual intercourse, 85% had not had sexual intercourse, 90 % indicated that they had their first sexual intercourse with their lovers while 10 % had their own with “just somebody”. Again, 20 % had had sexual intercourse once, 12 % had had sexual intercourse two to five times, 10 % had had sexual intercourse about ten

time, 8 % more than ten times and 11 % could not remember how many times they had had sex. These findings are in contrary to the findings of other several studies on sexual behaviour (Carpenter, 2000; Koenig, 2000 and Odewole, 2000 Bogart, 2002;).

The study also showed other sexual activities that the students engaged in, 30% often engaged in hand holding, 51 % in kissing, 10 % in hugging, 8 % in caressing and 3 % in fondling. These findings was in line with the findings of Owuamanam (1995) and Odewole (2000).

Based on the findings derived from this study, it is hereby recommended that sex education be made part and parcel of the university curriculum. Sex education will reduce the risks of potentially negative outcomes from sexual behaviour like unwanted pregnancy and infection with sexually transmitted diseases and HIV. More Psychologists and Guidance and Counsellors should be made available in the universities so that they can guide the students on the way to control and modify their sexual behaviour.

Students can expand their energy on more valuable ventures. They can take up hobbies that will not make them think of sexual matters. For example, they can engage in sporting activities and other valuable social activities. In consequent, various university authorities should equip their institutions with adequate sporting equipments and social amenities.

#### Corresponding author

Ali H.S. Al-Zahrani

Department of Community Health, Faculty of Medicine and Applied Sciences, Taif University, Taif, KSA

#### References:

- 1- Cross E, Morgan R., 2003. Sexual Attitudes and Behaviours of College Students. From <http://www.colostate.edu/Depts/SAHE/JOURNALS/2003/CrossMorgan.htm> (Retrieved on July 25, 2009).
- 2- Isiugo-Abanihe, U., 1993. "Sexual behaviour and exposure to the risk of AIDS in Nigeria." The 8th Faculty Lecture, Faculty of Social Sciences, University of Ibadan, Nigeria.
- 3- Akinleye, I. O. and I. O. Onifade., 1996). "Trends in social behaviour among Secondary adolescents in Ibadan." IFRA Occasional Publications, Institute of African Studies.
- 4- Owuamanam, D.O., 1995. "Sexual networking among youths." *Journal of Health Transition Review*, 5:57-66.
- 5- Odewole, C. D., 2000. The Effect of Family Background and Academic Performance on Students Sexual Behaviour in Obafemi Awolowo University., Ile Ife, Nigeria. M.A. Thesis (Unpublished) Ile Ife, Nigeria: Obafemi Awolowo University.
- 6- Omotoso, B. A., 2003. Perception of Acquired Immune Deficiency Syndrome (AIDS) as correlate of Sexual Behaviour among University Undergraduates in Southwestern Nigeria. PhD Thesis (Unpublished) Ile Ife, Nigeria: Obafemi Awolowo University.
- 7- Oladepo, O. and W. R. Brieger., 1994. "AIDS knowledge, attitude, and behaviour patterns among university students in Ibadan, Nigeria." *Journal of Roy Sociology and Health*. 115: 19-20.
- 8- Unuigbo, I. E., and O. Ogbeide., 1999. "Sexual behaviour and perception of AIDS among adolescent girls in Benin City, Nigeria." *African Journal of Reproductive Health*, 3(1): 39-44.
- 9- Bogart, I., 2002. "College Students' interpretation of sexual behaviour terminology." *Journal of Sex Research*, 37(2): 108-116.
- 10- Carpenter, L., 2000. The ambiguity of "having sex." The subjective experience of virginity loss in the United States. A paper presented at the population Association of America Annual Meeting, Los Angeles.
- 11- Koenig, E., 2000. "AIDS in paradise." *Journal of American Medical Association*. 282(23): 2196.

10/21/2012