

# Knowledge and Attitude Survey Regarding Premarital Relations Among Undergraduate College Students, Khammam, Telangana

Tirukkavalluri Gayathri<sup>1</sup>, K. V. N. R. Pratap<sup>2</sup>, T. Madhavi Padma<sup>3</sup>, V. Shiva Kalyan<sup>4</sup>, P. Srikanth<sup>5</sup>

<sup>1</sup>Student (BDS), Department of Public Health Dentistry, Mamata Dental College, Khammam, India

<sup>2</sup>Professor & HoD, Department of Public Health Dentistry, Mamata Dental College, Khammam, India

<sup>3</sup>Professor, Department of Public Health Dentistry, Mamata Dental College, Khammam, India

<sup>4</sup>Reader, Department of Public Health Dentistry, Mamata Dental College, Khammam, India

<sup>5</sup>Lecturer, Department of Public Health Dentistry, Mamata Dental College, Khammam, India

**Abstract: Background:** little is known about sexual Knowledge, attitudes and high-risk sexual behaviours among unmarried youth in Hong Kong. It is of public health importance to investigate this topic to inform sex education, policy making, prevention and intervention programs.

**Aim:** The objectives of the study were to explore sexual knowledge, attitudes and behaviours among students.

**Method:** This is a Cross-sectional study. The tools used were socio demographic data sheet, sexual knowledge and attitude questionnaire.

**Results:** Descriptive statistics and correlation was done to analyze the data. The results shows that premarital relationship practice among mamata students is lower than some other study findings. In our study we determined that 4% of females and 16% of males are in premarital sexual behaviours through media and with self or other were found to be low. Internet was found to be the major source of information and was considered as most reliable one.

**Conclusion:** Indian college youth continue to have poor sexual knowledge. Most of the students think that premarital relations are unethical. Students have neutral feelings about self-gratification. More knowledge about sex is associated with liberal attitude towards sex.

**Keywords:** Premarital Relations, Knowledge, Attitude

## 1. Introduction

Premarital relationship is also known as dating and can be defined as the desire of two individuals to explore love and its possibilities before a marital commitment takes place. This usually takes into account various compatibility issues, expectations and questions of love, trust and compromise.

Sexual behaviours is learned and shaped by physical, psychological and cultural influences. During childhood, adolescence and early adulthood, individuals built their opinions about who they are and how they should act. However, the lack of knowledge and avoidance of discussion on sexual matter in families in India, retain them from supporting their children [5]. Sexual knowledge refers to knowledge about

sexuality, myths and misconceptions [2]. Most information from their patchy knowledge come from their peers of same gender or social media [1].

Extracurricular activities among adolescent have been reported to be increasing worldwide. This may be due to lack of knowledge on reproductive health may have grave consequences of possible exchange of disease (STD's). Getting pregnant through extracurricular relation is another disastrous consequence of premarital relation.

According to Youth Sexuality Survey of Family Planning Association of Hong Kong, the prevalence of premarital relation has increased from 35% in 1996 to 44% in 2006 among males, from 27.5% in 1996 to 31% among unmarried females aged 18 to 27 years [4].

Studies have shown that in Ethiopia 60% of adolescent pregnancies are unwanted or unintended. Adolescents in Ethiopia are also exposed to various risks such as unprotected union, early marriage, early pregnancy and STI/HIV/AIDS.

A Turkish Study showed that besides religion, other factors such as family upbringing and society also extended a strong effect on sexual attitudes and behaviour of students [Ozan et. al. 2005] [3].

The present study is designed to ascertain the students Knowledge and Attitude to towards Premarital relation on Students of Mamata College as no such studies are done on them to know their Knowledge and Perception towards Premarital relations.

## 2. Methodology

A Cross-sectional study was conducted among students of Mamata College, Telangana. Study was limited to 200 students of Mamata college conducted in July 2019 and approved by faculty of Public Health Dentistry.

The Study Questionnaire is Self-Administrated and was pilot tested amongst cohort similar to the study participants and its reproducibility and precision was confirmed and briefed the

students about the purpose and significance of the study and that their responses would be confidential. The Questionnaire includes fifteen questions that allowed to choose one option and contains questions on students' knowledge and attitude towards premarital relations. Questions in the form were prepared to capture demographic data, premarital relations, preserving virtues, self-gratification, sex education in secondary school and source of information.

**Inclusion criteria:** Inclusion Criteria for the study includes young adults of age ranging from 18-25 years, who can understand English language and students present on the day of study and consenting to participate in the study.

**Exclusion criteria:** The Students who are not present on the day of the study and who did not volunteer to participate in the study were excluded.

### 3. Statistical analysis

Statistical Analysis was performed using SPSS 25. Descriptive analyses accomplished. Chi square test was used to find the association among categorised values. The level of significance was set at  $p < 0.005$ .

### 4. Results

The Study was conducted among 200 students Mean Age of study group is 22.76 and standard deviation is 0.738. Majority of population participated in the survey were interns 90% and most of them are females i.e. 68%.

*Socio-demographic characteristics of the study population, Mamata College, 2019.*

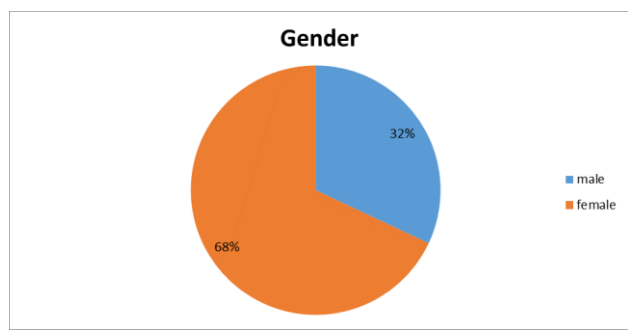


Fig. 1. Gender

When the Students were asked Whether Premarital relations are ethical or not 66% of them stayed neutral, 18% student agreed and 16% student disagreed the statistically significant difference was observed ( $p = 0.00$ ).

It was found that 42% of students agreed, 48% of them stayed neutral and 10% disagreed on premarital relation if the couple is engaged. The difference between the parameters were statistically significant ( $P = 0.00$ ).

It was determined that 36% of students agreed on statement that premarital relations do affect one's life, 48% stayed neutral and 16% disagreed.

It was found that differences between the parameters were

statistically significant ( $P = 0.00$ )

Students are asked whether or not they were involved in relation. 64% of them are not at all in relation, 22% of students are in one relation, 10% of students are in couple of relations and 4% of them are in multiple relations and statistically significant difference was observed ( $P = 0.00$ ).

*The most frequently agreed and disagreed items on sexual knowledge and attitude questionnaire*

Table 1  
Premarital relations are ethical

Variables	Frequency	Percentage	P Value
Agree	36	18	0.00
Neutral	132	66	
Disagree	32	16	

Table 2  
Premarital relationship is acceptable if couple is engaged

Variables	Frequency	Percentage
Agree	84	42
Neutral	96	48
Disagree	20	10

Table 3  
Students are asked whether they are involved in premarital relation or not

Variables	Frequency	Percentage
Never	128	64
Couple of times	20	10
Multiple time	8	4
Once	44	22

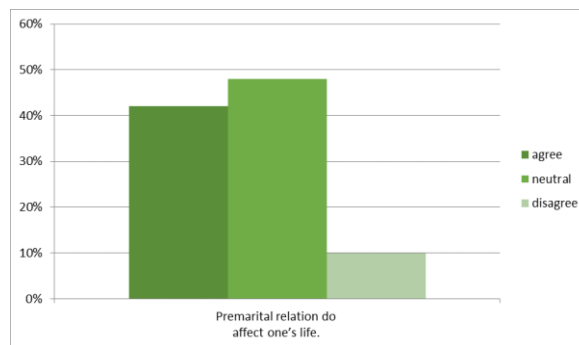


Fig. 2. Premarital relation

It was found that 34% of students agreed on opinion of absolute prohibition of premarital relation, 20% of students disagreed and 46% students stayed neutral and statistically significant difference was found ( $P = 0.16$ ).

In the terms of sex education in secondary schools will cause rise in premarital relationships it was determined that 44% agreed, 12% disagreed and 44% will stay neutral, 24% of males disagreed, 40% females disagreed, 28% of females agreed. 24% of males agreed and it was statistically significant ( $P = 0.002$ ).

Table 4  
Absolute prohibition of premarital relation.

Variables	Frequency	Percentage
Agree	68	34
neutral	92	46
disagree	40	20

Table 5

Sex education in secondary School will cause rise in Premarital relation

Variables	Frequency	Percentage
Agree	52	26
Neutral	84	42
Disagree	64	32

Table 6

Virtue should be preserved till marriage

Variables	Frequency	Percentage
Agree	88	44
Neutral	88	44
Disagree	24	12

Table 7

A Man loses respect for woman vice versa who has had a relationship

Variables	Frequency	Percentage
Agree	24	12
Neutral	108	54
Disagree	68	34

Table 8

Pornography, x- relate movies contribute to promiscuity

Variables	Frequency	Percentage
Agree	92	46
Neutral	84	42
Disagree	24	12

When the students are asked whether or not to preserve virtue until marriage 32% of males agreed, 56% of females agreed, 20% of males disagreed 4% of females disagreed and it was statistically difference ( $P= 0.00$ ).

The students are inquired whether or not a man loses respect for a women and vice versa who had relationship 12% of students agreed 34% students disagreed, 20% of males agreed, 4% of females agreed, 28% of males disagreed, 40% of females disagreed and there is a statistically a significant difference between these parameter ( $P = 0.00$ ) It was determined that 46% of student agreed and 12% of them disagreed on the statement that is pornography, x- related movies contribute to promiscuity and were statistically significant difference was found ( $P = 0.002$ ).

### 5. Discussion

Sexual education is a Life Long process of developing knowledge, attitudes, beliefs and values. Contrary to the situation in Turkey, in developed countries sexual education starts with in the families and is supported by the schools.

It was seen that social values and attitudes affected young people's sexual preferences and reproductive health. Cultural and social background shape health staff's understanding

attitudes and practices.

Studies have shown that 64% students of Mamata college have never been in any relation, 22% of them are in one relation. However, in Sub-Saharan Africa, the figures are highly differ from the current findings. Which were 45%-52% of both gender of people are in premarital relations. This shows that premarital relationship practice among students in study area is lower than some other study findings. The proportions in other countries vary according to the level of development cultures and traditions. In our study we determined at 4% of females and 16% males are in premarital relations. According to this frequencies of premarital relations among both sexes are low compared to other researchers. The reason might be study areas and socio cultural background of students.

### 6. Conclusion

In conclusion it was determined that the proportions of students having premarital relationship was lower than the findings of other researchers. Most of the students think that premarital relations are unethical and they prefer to preserve virtue till marriage. They have mostly neutral feelings about self-gratification. The major source of gathering information was the internet which is also considered the most reliable source starting the sexual education and counselling concerned with the needs of young people at an early stages of their lives are necessary for healthy youth and society.

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