



Sex Education: The Sooner, The Better

Meena Chandarana

Ph.D Scholar, M.S. University of Baroda, Vadodara, Gujarat.

ABSTRACT

The study was conducted to measure the knowledge of sex education among the young girls and their views on imparting it in schools. The respondents of the study were the girls studying in the schools at higher secondary level in Navsari district. Navsari is one of the oldest cities of Gujarat, has an inspiring history of over 2000 years. This was a comparative study which included comparison on the basis of area i.e. rural area girls vs. urban area girls and School Type i.e. girls studying in girls' school and girls studying in a school which adopts co-education. The Sample size was of 100 girls studying in school. The simple random sampling was used as a technique of data collection. Social Survey Method of exploratory-descriptive nature was used for the study. Semi Structured Interview Schedule was the main tool of data collection. The researcher supplemented the data collection through qualitative techniques like Observation. The study established that sex education should be provided in school and it's a demand of young girls which emerged from this research.

KEYWORDS

Abstinence, chastity, Conventional, Pornography, Sex Education, Safe Sex.

I. INTRODUCTION

The debate still goes on. Sex education should be imparted at School level or not? The pros and cones of the controversy are many but there is no doubt that with the increasing sexuality, consequent permissive behavior and attitude adopted by the growing generations, Sex education has become imperative. It is found that parents use 'beating around the bush' techniques to explain the evolution and procedure of sex to children. A frank and lucid explanation at right time to a growing adolescence will a long way in molding his/her personality and character in right direction. This paper deals with the viewpoints of girls on sex education who are studying in higher secondary standards of Navsari District which is situated in Gujarat, India.

A study by the ministry of women and child Development reveals that 26.5 % (13-18 years) have had their first sexual experience in childhood. 38.5 % teens (15-18 years) have been fondled by friends and classmates somewhere sometime. In 2007, Ministry of women and Child Developments study added that over 50% of our children are sexually abused. In half of these cases, the abuse is perpetrated by persons in positions and trust and majority of the children do not report it.

II. STATEMENT OF THE PROBLEM

There has been dispute over sex education in schools over a long time. This is an issue, which everyone wants to know, learn and explore, but due to our culture, people are hesitant. Besides, in this era of westernization, people experience, visualize and analyze the negative aspect of sex through unsafe relationships or pornography. So we should not be hesitant to talk of sex rather promote the positive aspects of it and create awareness among the students, the future of nation, through the introduction of sex education in schools. Sex education should not be condemned but seen as essential to create new awareness among growing children.

Sex education has failed to deliver the desired results and now western societies are exploring alternatives in abstinence, chastity and conventional sex education. The supreme court on 16th November 2005 decided that sex education in schools cannot be brought under the ambit of fundamental rights by making it part of the right to education. Our society is not an open one. Inclusion of sex education in the syllabus can also have an adverse effect. This crated a quest in researcher to know about it from the targeted group. Hence the study.

Objective of the Study:

- To study the knowledge about sex education of girls studying in higher secondary level
- To find out their knowledge about safe sex practices.
- To know their view that it should be provided in school or not?

Significance of the study

This study may be helpful to finalize syllabus content of higher secondary level school students. It can also be helpful to teachers who are free to teach about sex education in school.

III. METHODOLOGY

Research Design

Simple survey design was used in this study. The semi structured interview schedule was used as a tool of data collection.

Sampling

The researcher had taken sample of total 100 students for the research. This was a comparative study which included comparison on the basis of area i.e. rural area girls vs. urban area girls and School Type i.e. girls studying in girls' school and girls studying in a school which adopts co-education. The researcher had taken 50 girl students from rural area school and 50 girl students from urban area school. In that also, she had taken 25 students from girls' school and 25 students from co-education school.

Sampling procedure and sampling technique

The researcher used semi structures interview schedules as a main tool of data collection. The interview schedule had contained both open ended and close ended questions. The questions were formulated before and one to one interview was conducted. The researcher observed the behavior, body language, eye contacts while conducting the interview.

Administration of interview schedule

Interview schedule were kept by researcher only. It was arranged in a numerical order. The researcher manually analyzed the data and then prepared the tables. The researcher did so as there were only 23 questions in interview schedule and she was able to analyze it manually.

Description of area

Navsari is one of the oldest cities of Gujarat, has an inspiring history over 2000 years. Navsari was departed from Valsad on 2nd October 1997. It was made of five talukas. According to the population survey of 2001, from total 12.29 lacs population, 6.29 lacs men and 6 lacs were female.

IV. RESULT

The researcher findings are as indicated below.

I. Comparative analysis on the basis of area i.e. Rural area School vs. Urban area School

Table 4.1 shows the awareness about sex among girls

Awareness about sex	Percentage (in Rural)	Percentage (in urban)
Yes	18%	68%
No	40%	14%
Little	28%	18%
Very little	14%	00%

The above table indicates that 18% girls of rural area and 68 % girls of urban area knew about sex. 40% girls of rural area and 14% girls of urban area did not know about sex. The rest knew little or very little about it.

Table 4.2 Total knowledge about sex

Total knowledge	Percentage (in Rural)	Percentage (in urban)
Yes	08%	18%
No	92%	82%

The above table suggests that 08% girls of rural area and 18 % girls of urban area were having total knowledge about sex while 92% girls of rural area and 82% girls of urban area did not have total knowledge about sex.

4.3 Sources of Information

Sources of information	Percentage (in Rural)	Percentage (in urban)
Friends	16%	32%
Family	00	02%
School	14%	14%
Book	02%	02%
Any other	12%	12%

The above table represents that 16% girls of Rural area and 32 % girls of Urban area got knowledge about sex from friends .Family were having like no role in such knowledge giving as only 02% comes under it in Urban area and parents of rural area seems to have no role in imparting such knowledge. Schools of both urban area and rural area are at same position in this matter. Books are also not a way to get knowledge about sex both in Rural and urban area as only 2% girls got knowledge from such resources.

4.4 Talk with their friends on this topic

Talk with friends	Percentage (in Rural)	Percentage (in urban)
Yes	44%	74%
No	56%	26%

The above table indicates that 44% girls of rural area and 74 % girls of urban area were talking with their friends on the topic of sex, while 56% girls of rural area and 26% girls of urban area did not talk on the topic of sex with their friends.

4.5 Knowledge about safe sex

Safe sex	Percentage (in Rural)	Percentage (in urban)
Yes	20%	32%

No	80%	68%
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The above table suggests that 20% girls of rural area and 32 % girls of urban area were having knowledge about safe sex while 80% girls of rural area and 68% girls of urban area did not have knowledge about safe sex.

4.6 view about having knowledge about sex

Should have knowledge	Percentage (in Rural)	Percentage (in urban)
Yes	90%	94%
No	10%	6%

The above table shows that 90% girls of rural area and 94 % girls of urban area were demanding that they should have knowledge about sex, while 10% girls of rural area and 6% girls of urban area did not wish to have knowledge about sex.

4.7 School should be a source of information

School as a source of knowledge	Percentage (in Rural)	Percentage (in urban)
Yes	80%	86%
No	20%	14%

The above table indicates that 80% girls of rural area and 86 % girls of urban area believe that school should impart knowledge about sex while 20% girls of rural area and 14% girls of urban area believed that school should not impart such knowledge.

II. Comparative analysis on the basis of type of schools i.e. Girls school vs. co-education school

Table 4.1 shows the awareness about sex among girls

Awareness about sex	Percentage (Girls school)	Percentage (co education school)
Yes	58%	28%
No	18%	36%
Little	8%	30%
Very little	16%	06%

The above table indicates that 58% girls of girl's school and 28 % girls of co education school knew about sex, 18% girls of girls' school and 36% girls of co education school did not know about sex. 8% girls of girls' school and 30 % girls of co education school knew little about sex and the rest were having the least awareness of sex.

Table 4.2 Total knowledge about sex

Total knowledge	Percentage (Girls school)	Percentage (co education school)
Yes	16%	10%
No	84%	90%

The above table suggests that 08% girls of rural area and 10 % girls of co education schools were having total knowledge about sex while 84% girls of girls' school and 90% girls of co education school did not have total knowledge about sex.

4.3 Sources of Information

Sources of information	Percentage (Girls school)	Percentage (co education school)
Friends	26%	22%

Family	00	02%
School	14%	14%
Book	02%	02%
Any other	14%	10%

The above table represents that 16% girls of girls school and 22 % girls of coeducation school got knowledge about sex from friends .Family were having like no role in such knowledge giving as only 02% comes under it in Urban area and parents of rural area seems to have no role in imparting such knowledge. Schools of both urban area and rural area are at same position in this matter. Books are also not a way to get knowledge about sex both in Rural and urban area as only 2% girls got knowledge from such resources.

4.4 talk with their friends on this topic

Talk with friends	Percentage (Girls school)	Percentage (co education school)
Yes	70%	48%
No	30%	52%

The above table indicates that 70% girls of girls’ school and 48 % girls of co education school were talking with their friends on the topic of sex, while 30% girls of girls’ school and 52% girls of co education school did not talk on the topic of sex with their friends.

4.5 Knowledge about safe sex

Safe sex	Percentage (Girls school)	Percentage (co education school)
Yes	40%	12%
No	60%	88%

The above table suggests that 40% girls of girls’ school and 12 % girls of co education school were having knowledge about safe sex while 60% girls of girls’ school and 88% girls of co education school did not have knowledge about safe sex.

4.6 view about having knowledge about sex.

Should have knowledge	Percentage (Girls school)	Percentage (co education school)
Yes	90%	94%
No	08%	6%
Don’t know	02%	00%

The above table shows that 90% girls of g and 94 % girls of girls’ school were demanding that they should have knowledge about sex, while 08% girls of girls’ school and 6% girls of co education school did not wish to have knowledge about sex. 2% girls of girls’ school reply that they don’t know that they should have it or not.

4.7 School should be a source of information

School as a source of knowledge	Percentage (Girls school l)	Percentage (co education school)
Yes	86%	80%
No	14%	18%
Don’t Know	00	02%

The above table indicates that 86% girls of girls’ school and 80 % girls of co education school believe that school should impart knowledge about sex while 14% girls of girls’ school and 18% girls of co education school believed that school should not impart such knowledge. Only 2 % of girls of co education school replied that they don’t know that school should impart such knowledge or not.

V. MAJOR FINDINGS

- Urban girls knew much about sex than rural girls

- Few urban girls were having total knowledge about sex.
- Urban girls are talking more on the sex than rural girls
- Urban girls were discussing on sex freely than rural girls
- Most of the rural girls were not aware of safe sex than of urban girls.
- The girls of both the schools of rural as well as of urban believed in getting knowledge about sex.
- Most of the girls of rural and urban believed that school should impart knowledge about sex.
- Most of the girls of girls’ school knew about sex, while most of the girls of co education school knew little or not knowing about sex.
- Approximately 90% of girls from girls’ school and co education school were not having total knowledge about sex.
- Girls of girls school talked more on sex than girls of co education school
- Girls of girls school can discuss freely on the subject of sex than girls of co education school
- 90 % to 94% of all girls were demanding sex education.
- 80% to 86% of all girls were saying that school should provide knowledge about sex.

VI. Conclusion

Believe it or not, sex has become a larger part of everyday life. It is an inescapable factor our times that Indian youth are becoming sexually aware and active at much younger age than before. Human Immune deficiency Virus (HIV), Acquired Immune Deficiency Syndrome (AIDS) and other sexually transmitted diseases (STDs), unwanted pregnancies, abortion and sexual abuse are on the rise largely due to unsafe and undisciplined sexual behavior. Children supposedly will remain children so long as the subject of sex doesn’t arise. It is imperative that our children are equipped to take responsibly for their reproductive health. To that end, sex education must be easily accessible in schools. The longer we hang to our outdated attitude towards sex, the dearer the price we will pay for coming generation. So we must believe first that the sex education – the sooner, the better and we should also try to make others believe the same.

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