



Knowledge of Puberty Among Male Youth in Tirupattur, Vellore Dist

Godson Smith P

2nd M.Sc., Counselling Psychology, Sacred Heart College Tirupattur.

ABSTRACT

Objective: To determine the level of knowledge regarding puberty among Male Youth. **Subjects and method:** A descriptive study was conducted on 100 Youth who belong to the age group of 17-20. The respondents were from an Arts and Science college, Tirupattur. Students were selected through random sampling method. A structured pre-designed and pre-tested self-administered questionnaire was used to collect the data. The data was analyzed using SPSS20. **Results:** Study showed male youth don't have sufficient knowledge of puberty. Only 30 (30%) of the students knew age of attending puberty which is 10-14. Only 34 (34%) of the Students said that major composition of semen is sperm whereas 66 (66%) of students had wrong notion that semen is a life saver. **Conclusion:** In this study it was found that youth have minimum knowledge of puberty and the physical changes during puberty. Majority 90 (90%) of the students expressed that they need sex education, this shows their need of getting sufficient Knowledge on puberty. The educational institutions should arrange programs for sex education and should conduct awareness program for the well-being of the Students. This topic should also be included in the curriculum of schools and colleges.

KEYWORDS

Youth, Puberty, Knowledge

Introduction:

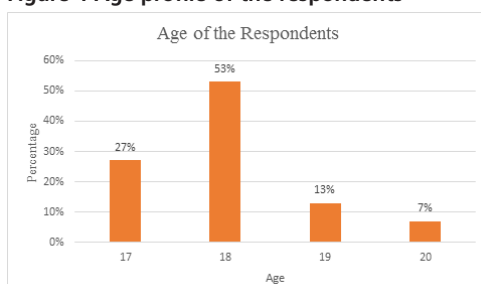
Youth is the period of transition from childhood and adulthood. It is from dependence to independence. In the members of the community Youth take a major part. The role of youth is very much important in the society and they are the future pillars of the country. According to Erikson, in the wake of the adolescent emphasis upon identity formation, 'the young adult, emerging from the search for and insistence on identity, is eager and willing to fuse his identity with that of others. Puberty is the stage in the development of human where the adolescents reach sexual maturity and become capable of reproduction. During puberty there are stages and signs that take place in the boys and girls.

Knowledge plays an important role in each and everyone's life, so wide knowledge is needed to survive in the society. Youth should have sufficient knowledge especially in the changes that take place in their body. They should be aware of the physical, emotional and biological changes that take place on the time of puberty. Lack of knowledge can mislead a person in wrong direction. When youth have doubts on the changes that take place in the body, they seek help from peers who are unaware of it or they browse in internet. Sometimes the wrong information can put them at risk. This study makes an initiative to assess the knowledge of this young people which may be helpful in developing plans for intervention.

Results and Discussion
Age Profile of Respondents:

Figure-1 Shows that majority 53(53%) of the Youth belonged to the age of 18 years, 27(27%) belonged to 17 years, 13(13%) belonged to the age group of 19 years and 7(7%) belonged to 20 years.

Figure-1 Age profile of the respondents



Knowledge regarding Puberty

Table 1 revealed that the respondents had poor knowledge on Puberty. Only 30 (30%) of the respondents knew that males attain puberty between the age of 10 to 14. Youth boys were unaware that the penis and testes are male sex organs, whereas only 46 (46%) gave the correct response that penis and testes are male sex organs. Very few 14 (14%) knew that 10% of Semen is actually called as sperm. Only 18 (18%) boys in the study knew that boys grew 4 inches per year during puberty. Only few of the respondents 17 (17%) knew that boys attain puberty one year later than girls.

Table-1 Knowledge Parameters on Puberty: n=100

| S. NO | Parameters of Knowledge | Correct Answer | Respondents' Correct Answer | |
|-------|---|----------------------------------|-----------------------------|-----|
| | | | F | % |
| 1 | Male attains puberty between the age of | 10 to 14 | 30 | 30% |
| 2 | How many inches boys grow during puberty? | 4 inches per year | 18 | 18% |
| 3 | How many years later puberty starts in boys than girls? | One Year | 17 | 17% |
| 4 | What are male sex organs? | Penis and Testes | 46 | 46% |
| 5 | What is the major Composition of Semen? | Sperm | 34 | 34% |
| 6 | Where are the sperms produced? | In the Testicles | 64 | 64% |
| 7 | What percentage of Semen is actually sperm? | 10% | 14 | 14% |
| 8 | Lengthening of genitals | 11-14 | 17 | 17% |
| 9 | Testicular enlargement, beginning as early as | 9-½ years of age | 36 | 36% |
| 10 | What is wet dreams? | Involuntary ejaculation of semen | 62 | 62% |
| 11 | Appearance of Pubic Hair | 10-15 | 26 | 26% |
| 12 | Growth of facial and body hair, which may not be completed until the mid of | 20s | 48 | 48% |

Table 2 shows the knowledge of true and false statements on

puberty. The results revealed that only 57 (57%) of respondents knew that boys need lot of sleep after puberty starts. Half of the respondents 50 (50%) only knew that sexual intercourse doesn't lead to conception always, other half had the knowledge that intercourse leads to conception always. Nearly 63 (63%) of the respondents knew that nocturnal emissions are normal. Only few 49 (49%) of the respondents knew that the first symptom of attending puberty is bigger testicles. Only 52 (52%) of them knew that there will be doubling of heart size and vital lung capacity at puberty stage.

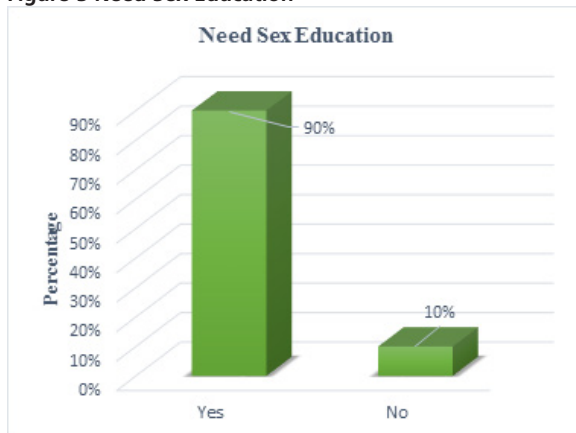
Table-2 Knowledge Parameters on Puberty: n=100

| S. NO | Parameters of Knowledge | Correct Answer | Respondents' Correct Answer | |
|-------|--|----------------|-----------------------------|-----|
| | | | F | % |
| 1 | There are no male and female sperm. | False | 75 | 75% |
| 2 | Boys may develop breasts during puberty. | True | 42 | 42% |
| 3 | During puberty boy's body start making sperm. | True | 89 | 89% |
| 4 | First symptom of attending puberty is bigger testicles. | True | 49 | 49% |
| 5 | Acne in puberty is worse in boys than girls. | True | 65 | 65% |
| 6 | Boys don't need lot of sleep after puberty starts. | False | 57 | 57% |
| 7 | Boys have more behaviour problem when they go through puberty. | True | 77 | 77% |
| 8 | Sexual intercourse always lead to conception. | False | 50 | 50% |
| 9 | There will be no body odor and acne while attending puberty. | False | 74 | 74% |
| 10 | There will be doubling of heart size and vital lung capacity at puberty stage. | True | 52 | 52% |
| 11 | Kissing the girls will make the girl pregnant. | False | 96 | 96% |
| 12 | Nocturnal emission are totally normal. | True | 63 | 63% |

Need of sex Education

Sexuality education lays the foundation for the students. Youth should understand the principles of human reproduction. The sex education prepare students for changes which they will experience during puberty and help them to accept change as a normal part of growing. Figure 3 shows that majority 90 (90%) of the respondents have expressed that they need sex education.

Figure-3 Need Sex Education



Conclusion

Over all this study revealed that half of the respondents had knowledge on Puberty, whereas equal number of respondents had very poor knowledge on puberty. Boys should know the

physical, emotional and biological changes that take place on the time of puberty, so that there will not be any confusions in their mind. If there are doubts they might be confused and to clarify their doubts there are possibilities to get wrong guidance by the peers and through the internet. The educational institutions have to come forward to have special class on sex education. Conferences, Seminars, Programs regarding sex education should be conducted. There is a need to show extra care on developing Youth's Knowledge on Puberty.

Reference:

1. Hurlock Elizabeth, "Developmental Psychology", First Edition, Tata McGraw Hills Publications, Page 196-204.
2. Knowledge and Attitude about Growing up Changes: An Intervention Study, Deshmukh Vaishali R, Kullarni Aditi, Apte Sarang.
3. Ornbuwa O Et al. on the topic Knowledge and perception of reproductive health Services among in-school adolescents in Ile-Ife, Osun State, Nigeria
4. Reproductive Knowledge, Attitudes and Behavior among Adolescent Males in Tehran, Iran. Mohammad Reza Mohammadi, Kazem Mohammad, Farideh K. A. Farahani, Siamak Alikhani, Mohammad Zare, Fahimeh R. Tehrani, Ali Ramezankhani and Farshid Alaeddin.
5. Reproductive health risk and protective factors among youth in Lusaka, Zambia Robert J Magnani, Ph.D., Ali Mehryar Karim, M.S.
6. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3152721>
7. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2528816>
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3146760>