International Journal of Social Science and Economic Research

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

PATTERN OF SEXUAL BEHAVIOURS AMONG YOUTH OF ARUNACHAL PRADESH, INDIA

Tailyang Sirah

Ph.D. Scholar, Arunachal Institute of Tribal Studies,
Rajiv Gandhi University, Itanagar, Arunachal Pradesh, India

ABSTRACT

This study sought to assess and examine the pattern of sexual behaviour among youth, considered as the key section of population and assets of the nation. Institutional based cross-sectional study was conducted. The cluster sampling technique was used to select a sample of 1000 participants from four prior identified study areas of Arunachal Pradesh. A structured, pre-tested and self-administered questionnaire was used to collect data. For statistical analysis, cross tabulation and chi-square test was performed and differences determined at $P < 0.05$ significant level by using SPSS Version 20. Out of 961 participants, finally taken for study analysis, 236 (24.5%) of them have had first sex before age of 18 years and 184 (19.1%) of them have multiple sexual partners. Again, 257 (26.7%) of the participants not use condom consistently with non-regular sexual partners and consequently, 43 (4.5%) of them have some STI cases. Moreover, the independent variables (religion, educational level and parental occupation) have a statistically significant influence on sexual behaviour pattern of youth, such as age at first sex and having multiple partners. The study exhibit a prevalence of risky sexual behaviour among youth of the state, for which the tolerance and permissiveness shown by the prevailing socio-psychological and cultural norms and practices appear to be further fostering such a behavioural pattern. The findings of the study underscores the importance of sex education and awareness programmes to prevent youths from STIs (including HIV/AIDS), sexual and reproductive health problems and unwanted pregnancy.

Keywords: Sexual behaviour, sex education, socio-cultural norms and practices, STI and HIV/AIDS infection, youth.

1. INTRODUCTION

Youths are faced with an exceptionally difficult and ambiguous situation as they attempt to cope with various crucial decisions of life, such as having a peer group with urge of curiosity, being in

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

relationship, education, work and marriage, which influence and determine their future life course. The United Nations for statistical purposes defines 'youths' as those persons between the ages of 15 and 24 years (UN, 2001). This age group accounts for 373 million (30.9%) of the 1,210 million of India's population, with every third person belonging to this age group. Out of which males account for 195 million and females 178 million. (Sunitha & Gururaj, 2014).

The distinct characteristics of youths and their environment shape their attitude and knowledge that in turn determine their sexual behaviour. In formative period their attitude not firmly established, they likely to adapt to any message that seems appealing but may place one into vulnerable situation of acquiring STIs, including HIV. (Diana, 2010). One-third of all currently HIV infected individuals are youth, of age group of 15 to 24 years, and half of all new infections occur in youth of the same age, as they become epicentre of HIV/AIDS pandemic. (Ganle *et al*., 2012). The sexual transmission of HIV are fuelling the prevalence in teens and young adults while the transmission through other means are diminishing in the Unites States of America. (Rogers, 2006). The religion, culture and family background and demographic characteristics and also their physical, social, psychological and economic vulnerabilities shape youth's perception and attitude towards sexual behaviour. (Diana, 2010).

With the prolonged educational system a wider gap created between the age at puberty and age at marriage, which increase the likelihood of sexual initiation and unprotected pre- marital sex, hence create the situation of larger sexually active among the single youth. (Imaledo, *et al*., 2012). The practices such as heterosexuality, homosexuality, lesbianism and sexual orgies are indulged in out of curiosity and peer pressures, and these behaviours are popularized by an intensified waves of westernization, the internet and electronic media. (Ugoji, 2012).

In Arunachal Pradesh, on account of an age-old socio-cultural norms and practices, specifically 'Institution of Bachelor's Dormitories', there is a large extent relaxed and permissiveness on sexual affairs. The pre-marital affair is not considered as a taboo and polygyny, as a form of marriage, is being practiced among well-to-do families. (Zehol, 2006). The current scenario in the state shows that youths are indulging in pre-marital sex with the multiple partners more frequently and at an early age. Not matured enough during the young age and poor knowledge on matters related to sexuality and reproductive health coupled with inability and unwillingness to use protective measures and other health services increases their vulnerability and expose them to a numerous forms of risk and negative consequences. (Joshi & Chauhan, 2011).

There are a limited studies on the pattern of risky sexual behaviour among youth in North East India in general and Arunachal Pradesh in particular which would have guided in designing the programme to promote knowledge and awareness on sexuality and reproductive health and to

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

foster protective behaviours among youth. Thus, this study aims to assess and comprehend the prevalence and the factors associated with the pattern of sexual behaviours among youth of Arunachal Pradesh.

2. MATERIALS AND METHODS

2.1 Study Design

The study design is a descriptive cross-sectional study that explore the pattern of sexual behaviours and the associated factors of it among youth of Arunachal Pradesh. The structured pre-tested questionnaire was administered to the selected sampled participants from various identified sampled educational Institutions. The researcher have ensured the content validity and a language appropriateness of the questionnaire by seeking the opinion of the experts on the relevant subjects.

2.2 Study Areas

Arunachal Pradesh is located in the extreme North-Eastern corner of the country. It is situated between 26°28'N to 29°31'N latitudes and between 91°31'E to 97°30'E longitudes. It has long international borders with Bhutan in the west (160 km), Tibet (China) in the north and northeast (1080 km), and Myanmar in the east (440 km). It is the largest state area-wise in the north-eastern region. It share borders with the states of Nagaland and Assam in the south-east and south respectively. The state has a total geographical area of 83,743 square km and it has a total population of 1,383,723 people, with an average density of population of 17 persons per square km as per the census 2011.

The population for this study consisted of youth population from four prominent cities/towns, which represents as a sample study area of Arunachal Pradesh, viz, Itanagar, Naharlagun, Pasighat and Tawang. The rationality for selecting this four sample areas of study are based on their cosmopolitan nature with proximate geographical location accessible from within and neighbouring states and from rest of the country and also of having their own inherent attracting points for people from the outside and from within the state.

2.3 Sample and Sampling

The cluster sampling technique was adopted to select necessary sample of youth participants for the study. Some Educational Institutes out of many listed Institutes have been selected by using sampling technique. Again, by adopting the same sampling technique, one or two classes selected from each chosen institutes from where all students are taken as sample and invited to

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

participate in the study. The total of 1000 samples of youth selected for the study, out of which 300 from Itanagar (146 male and 154 female), 250 from Naharlagun (128 male and 122 female), 250 from Pasighat (121 male and 129 female) and 200 from Tawang (57 male and 143 female).

The study data was collected from the given number of specifically selected sample through self-administered questionnaire in a class room situation in the presence of the researcher. Out of 300 sample selected from Itanagar, 129 sample selected from Dera Natung Government College, Itanagar, 95 from Don Bosco College, Itanagar and 76 sample from Government Higher Secondary School, Itanagar. From Naharlagun, 57 sample selected from Rajiv Gandhi University, Rono Hills, Doimukh, 137 from Government Higher Secondary School, Naharlagun, Kankarnallah and 56 from Government Higher Secondary School, Polo Colony Naharlagun. Out of 250 sample selected from Pasighat, 123 sample selected from Jawaharlal Nehru College, Pasighat, 67 from Doying Gumin College, Pasighat and 60 sample from Government Higher Secondary School, Pasighat. From Tawang 91 sample selected from Government College, Tawang and 109 sample from Government Higher Secondary School, Tawang. However, out of the total participants, 961 participants have fully responded the provided questionnaire which have been incorporated in the study analysis, by making response rate at 96%.

2.4 Data Analysis

The completed questionnaires are checked for completeness and a coding guide developed to facilitate data entry. The analysis of the collected data have been carried out by using the Statistical Package for Social Sciences (SPSS) Software Version 20.0. The socio- demographic variables, pattern of sexual behaviours and some of associated factors are tabulated using frequency distribution. For statistical analysis, cross tabulation have been used and chi-square test are being conducted and differences determined at $P < 0.05$ significant level.

2.5 Ethical Consideration

The research clearance was obtained from the Ethic Committee of Rajiv Gandhi University, Itanagar Arunachal Pradesh and the formal permission letters written to the Head of all the selected educational institutions for desirable cooperation and support during data collection. The nature, purpose and process of the study were explained to the participants after which verbal consent obtained from those who agreed to participate in the study. The respondents were assured of confidentiality, privacy and anonymity of information provided and giving the choice to withdraw their participation from the study at any point of time.

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

3. RESULTS

3.1 Socio-demographic Characteristics of the Respondents

A total of 1000 sampled respondents participated in the study, out of which 961 have completed and fully responded questionnaires and those questionnaires with inconsistency and partially responded are excluded from the final study analysis. The age of the respondents are classified into the following categories: 15 – 18 years category (43%), 19 -21 years (33%) and 22 -24 years (23%). A large majority of the respondents belong to the schedule tribes of Arunachal Pradesh (90%), with very negligible numbers from other categories. Similarly, most of them are unmarried (93%). With regard to religion, 42% of the respondents are the Christian, followed by the Buddhist (22%) and the Donyi Polo (20%). Again, 73% of them have completed senior secondary and 20% of them are graduate in their educational qualification. Out of the total respondents 41% of them reside in their own house with parents, while 28% in rented house and another 18% of them reside in hostel (**Table 1.1**).

Table 1.1: Demographic Characteristics

Variables	Description	Frequency	Percent
Age of Respondent	15 - 18	416	43.3
	19 - 21	314	32.7
	22 - 24	217	22.6
	No answer	14	1.5
Community of Respondent	APST	846	88.0
	Tribe of Other State of India	26	2.7
	General Category of India	42	4.4
	Schedule Caste/OBC	47	4.9
Marital Status of Respondent	Unmarried	895	93.1
	Married	9	.9
	Separated	6	.6
	No answer	51	5.3
Religion of Respondent	Hindu	103	10.7
	Islam	9	.9
	Christian	400	41.6
	Buddhist	209	21.7
	Donyi Polo	190	19.8
	Other Indigenous	28	2.9
	Others	6	.6
	No answer	16	1.7

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Education qualification	Up to Primary Level	12	1.2
	Up to Senior Secondary	699	72.7
	Graduate	196	20.4
	Post Graduate/M.Phil/PhD	21	2.2
	No answer	33	3.4
Type of Accommodation of Respondent	In own House with Parents	394	41.0
	Rented House	272	28.3
	With Relative	89	9.3
	Hostel	169	17.6
	Paying Guest	14	1.5
	Other	13	1.4
	No answer	10	1.0
	Total	**961**	**100.0**

Source: Field Work

About 38% of the respondents reportedly believed that there is culturally no such restriction against pre-marital sex; around 19% of them revealed that child marriage is prevalent; and around 30% of them said that polygamy (polygyny) as an acceptable form of marriage in the society. Again, about 20% of them disclosed that their religious belief hinder them from using condom as a contraceptive means (**Table 1.2**).

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Table 1.2: Prevalent socio-cultural factors related with sexuality

Items		Total		Male		Female	
		Frequency	Percent	Frequency	Percent	Frequency	Percent
Culturally there is no such restriction for pre-marital sexual affair in your society	Yes	366	38.1	188	44.2	178	33.2
	No	396	41.2	165	38.8	231	43.1
	No answer	199	20.7	72	16.9	127	23.7
Child marriage practice in your society	Yes	182	18.9	89	20.9	93	17.4
	No	702	73.0	308	72.5	394	73.5
	Don't know	77	8.0	28	6.6	49	9.1
Polygamy acceptable form of marriage in your society	Yes	284	29.6	132	31.1	152	28.4
	No	308	32.0	136	32.0	172	32.1
	Don't know	369	38.4	157	36.9	212	39.6
Religious belief hinder use of condom as form of contraceptive	Yes	189	19.7	97	22.8	92	17.2
	No	468	48.7	224	52.7	244	45.5
	No answer	304	31.6	104	24.5	200	37.3
	Total	**961**	**100.0**	**425**	**100.0**	**536**	**100.0**

Source: Field Work

3.2 Pattern of Sexual Behaviour

The two-fifth of the respondents reportedly have had first sex during 15 – 18 years of age (about 34% male and 9% females), but more than 4% of the respondents have had their first sex before age of 15 years, and more so, 7 number of male participants have lost their virginity before 10 years of age. However, around one-third of them revealed that they not have had sex ever (around 22% male and 41% female). Similarly, 16% of them have admitted of having indulged in pre-marital sex, while 58% of them denied having had such affair (**Table 1.3**).

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Table 1.3: Frequency Distribution of Sexual Behaviour

Items		**Total**		**Male**		**Female**	
		Frequency	Percent	Frequency	Percent	Frequency	Percent
Age at first sex	< 10 years	7	.7	7	1.6	0.0	0.0
	10-14 years	35	3.6	31	7.3	4	.7
	15-18 years	194	20.2	144	33.9	50	9.3
	19-22 years	88	9.2	60	14.1	28	5.2
	> 22 years	7	.7	4	.9	3	.6
	No sex so far	313	32.6	92	21.6	221	41.2
	Not sure	34	3.5	22	5.2	12	2.2
	No answer	283	29.4	65	15.3	218	40.7
Whether have experienced pre-marital sex	Yes	155	16.1	113	26.6	42	7.8
	No	557	58.0	202	47.5	355	66.2
	No answer	249	25.9	110	25.9	139	25.9
Have had more than one sexual partners	Yes	184	19.1	156	36.7	28	5.2
	No	489	50.9	178	41.9	311	58.0
	No answer	288	30.0	91	21.4	197	36.8
Have had sexual relation with same sex	Yes	93	9.7	71	16.7	22	4.1
	No	660	68.7	284	66.8	376	70.1
	No answer	208	21.6	70	16.5	138	25.7
Whether know how to use condom correctly	Yes	307	31.9	256	60.2	51	9.5
	No	488	50.8	126	29.6	362	67.5
	No answer	166	17.3	43	10.1	123	22.9
Whether use condom consistently with non-regular sexual partners	Yes	283	29.4	193	45.4	90	16.8
	No	257	26.7	111	26.1	146	27.2
	No such partner	93	9.7	38	8.9	55	10.3
	No answer	328	34.1	83	19.5	245	45.7
Have ever paid or received cash or kind in return of sex	Yes	35	3.6	29	6.8	6	1.1
	No	768	79.9	332	78.1	436	81.3
	No answer	158	16.4	64	15.1	94	17.5
Have ever had any sign and symptom of STI	Yes	43	4.5	22	5.2	21	3.9
	No	752	78.3	331	77.9	421	78.5
	No answer	166	17.3	72	16.9	94	17.5
	Total	**961**	**100.0**	**425**	**100.0**	**536**	**100.0**

Source: Field Work

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Out of a total respondents, 19% of them revealed that they have more than one sexual partners (represented by around 37% male and 5% female), but 51% of them denied having multiple partners, whereas 30% of them reluctant to respond to the question. Again, around 10% of the respondents disclosed that they have had sexual intercourse with same sex (out of which around 17% are male and 4% female). About 51% of them reportedly did not know how to use condom correctly, out of which 30% of them are males and 68% female. Around 27% of them have admitted that they have had sex with non-regular partners without condom and another 34% of them reluctant to respond to the question.

On the question 'whether or not ever have paid or received cash or kind in return of sex', only around 4% of the respondents responded affirmatively, while another 16% of them reluctant to disclose on it. Again, about 5% of the respondents have admitted of having had some forms of sign and symptom of STIs, whereas around 17% of them remained reluctant to discuss on the question (**Table 1.3**).

3.3 Factors Associated with Pattern of Sexual Behaviours

The relationship between the independent variables (religion, educational level and parental occupation) and sexual behaviours are examined by using cross tabulation and chi- square test at $P < 0.05$ significant level. It is established that there is a statistically significant influence of religion, educational qualification and parental occupation of the respondents on their age at first sex ($P < 0.05$). Out of a total of 400 Christian and 190 Donyi Polo religion of respondents, around one-fourth of them have had their first sex during 15 – 18 years of age; and out of a total of 28 other indigenous religion, half of them not have had sex ever (**Table 1.4**). Similarly, from a total of 196 graduate and 12 primary educational levels of respondents, around one-fourth of them have had their sex debut during 15 – 18 years of age; and again, out of a total of 12 primary level education, 67% of them denied of having had sex ever (**Table 1.5**). Further, out of a total of 3 other unspecified category and 126 business and trade parental occupation, 67% and 32% of them have had their first sex during 15-18 years of age respectively; and out of a total of 421 service category of parental occupation, 42% of them denied of having had sex ever (**Table 1.6**).

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Table 1.4: Age at First Sex by Religion of the Respondent

	Age at first Sex							
Religion of Respondent	< 14 years (%)	15-18 years (%)	19-22 years (%)	> 22 years (%)	No sex so far (%)	Not Sure (%)	No answer (%)	**Total (%)**
Hindu	2 (1.9)	20 (19.4)	1 (1.0)	1 (1.0)	41 (39.8)	2 (1.9)	36 (35.0)	**103 (100)**
Islam	0 (0.0)	1 (11.1)	0 (0.0)	1 (11.1)	2 (22.2)	0 (0.0)	5 (55.6)	**9 (100)**
Christian	20 (5.1)	100 (25.0)	36 (9.0)	4 (1.0)	119 (29.8)	12 (3.0)	109 (27.3)	**400 (100)**
Buddhist	0 (0.0)	29 (13.9)	25 (12.0)	1 (0.5)	65 (31.1)	8 (3.8)	81 (38.8)	**209 (100)**
Donyi Polo	17 (9.0)	41 (21.6)	21 (11.1)	0 (0.0)	60 (31.6)	12 (6.3)	39 (20.5)	**190 (100)**
Other Indigenous	1 (3.6)	2 (7.1)	0 (0.0)	0 (0.0)	14 (50.0)	0 (0.0)	11 (39.3)	**28 (100)**
Others	0 (0.0)	0 (0.0)	3 (50.0)	0 (0.0)	2 (33.3)	0 (0.0)	1 (16.7)	**6 (100)**
No answer	2 (12.5)	1 (6.3)	2 (12.5)	0 (0.0)	10 (62.5)	0 (0.0)	1 (6.3)	**16 (100)**
Total	**42 (4.3)**	**194 (20.2)**	**88 (9.2)**	**7 (0.7)**	**313 (32.6)**	**34 (3.5)**	**283 (29.4)**	**961 (100)**

$x^2 = 117.831$; df = 49; P = 0.000

Table 1.5: Age at First Sex by Educational Qualification of the Respondent

	Age at first Sex							
Educational qualification	< 14 years (%)	15-18 years (%)	19-22 years (%)	> 22 years (%)	No sex so far (%)	Not Sure (%)	No answer (%)	**Total (%)**
Primary Level	0 (0.0)	3 (25.0)	0 (0.0)	0 (0.0)	8 (66.7)	0 (0.0)	1 (8.3)	**12 (100)**
Senior Secondary	29 (4.1)	122 (17.5)	51 (7.3)	4 (0.6)	251 (35.9)	31 (4.4)	211 (30.2)	**699 (100)**
Graduate	9 (4.6)	60 (30.6)	33 (16.8)	3 (1.5)	33 (16.8)	3 (1.5)	55 (28.1)	**196 (100)**
Post Graduate	2 (9.5)	5 (23.8)	4 (19.0)	0 (0.0)	4 (19.0)	0 (0.0)	6 (28.6)	**21 (100)**
No answer	2 (6.1)	4 (12.1)	0 (0.0)	0 (0.0)	17 (51.5)	0 (0.0)	10 (30.3)	**33 (100)**
Total	**42 (4.3)**	**194 (20.2)**	**88 (9.2)**	**7 (0.7)**	**313 (32.6)**	**34 (3.5)**	**283 (29.4)**	**961 (100)**

$x^2 = 76.946$; df = 28; P = 0.000

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Table 1.6: Age at First Sex by Parental Occupation of the Respondent

	Age at first Sex							
Parental Occupation	< 14 years (%)	15-18 years (%)	19-22 years (%)	> 22 years (%)	No sex so far (%)	Not Sure (%)	No answer (%)	**Total (%)**
Unemployed	2 (3.1)	15 (23.1)	8 (12.3)	1 (1.5)	15 (23.1)	5 (7.7)	19 (29.2)	**65 (100)**
Self Employed	1 (1.7)	18 (31.0)	6 (10.3)	1 (1.7)	16 (27.6)	0 (0.0)	16 (27.6)	**58 (100)**
Service	19 (4.5)	67 (15.9)	33 (7.8)	2 (0.5)	177 (42.0)	14 (3.3)	109 (25.9)	**421 (100)**
Businesses	9 (7.1)	40 (31.7)	8 (6.3)	0 (0.0)	37 (29.4)	1 (0.8)	31 (24.6)	**126 (100)**
Manual	0 (0.0)	1 (10.0)	2 (20.0)	0 (0.0)	3 (30.0)	1 (10.0)	3 (30.0)	**10 (100)**
Farmer	8 (3.0)	50 (18.9)	31 (11.7)	3 (1.1)	59 (22.3)	13 (4.9)	100 (37.9)	**264 (100)**
Others	1 (33.3)	2 (66.7)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	**3 (100)**
No answer	2 (14.3)	1 (7.1)	0 (0.0)	0 (0.0)	6 (42.9)	0 (0.0)	5 (35.7)	**14 (100)**
Total	**42 (4.3)**	**194 (20.2)**	**88 (9.2)**	**7 (0.7)**	**313 (32.6)**	**34 (3.5)**	**283 (29.4)**	**961 (100)**

$x^2 = 106.633$; df = 49; P = 0.000

It is also established that there is a statistically significant relationship between the religion and educational qualification of the respondents on the one hand and a having multiple sex partners on the other (P < 0.05%). Out of a total of 28 from other indigenous religion, 61% of them reportedly not have a multiple sex partner, but in contrary to it, from a total of 6 other unspecified and 190 Donyi Polo religion, around one-fourth of them have more than one sexual partners (**Table 1.7**). Similarly, out of a total of 12 primary educational level, 83% of them did not have multiple sex partner, whereas, out of a total of 196 graduate level, around one-third of them reportedly have multiple sex partners (**Table 1.8**). However, no statistically significant association could be established between parental occupation of the respondents and a having more than one sex partners (P > 0.05) (**Table 1.9**).

4. DISCUSSIONS

The age at first sexual intercourse is a key indicator of pattern of sexual behaviour among youth. The study shows that 20.2% (34% males and 9% females) and 9.2% (males 14.1% and females 5.2) of youth have had first sexual intercourse during 15 -18 years and 19– 22 years of age respectively. This is comparable with the findings of 30% having had first sex in similar years of age among the students of Jimma University, Ethiopia (Abdu *et al*., 2017), but it is higher than the finding of similar study in India, where it is reported that 26% of men have had first sex in less than 19 years of age (Kumari & Nair, 2012). Youth having sexual debut and engaging in

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

sexual intercourse in such an early age is closely associated with and being influenced by the socio-cultural and demographic characteristics of youth, viz., religion, educational level and parental occupational categories. Bhise (2015) also observed significant impact of religion, educational level and socio-economic position on age at first sexual intercourse among female adolescent in India.

Table 1.7: Multiple Sex Partners by Religion of the Respondent

Have had more than one sexual partners				
Religion of Respondent	Yes	No	No answer	**Total**
Hindu	11 (10.7)	54 (52.4)	38 (36.9)	**103 (100)**
Islam	1 (11.1)	2 (22.2)	6 (66.7)	**9 (100)**
Christian	91 (22.8)	199 (49.8)	110 (27.5)	**400 (100)**
Buddhist	29 (13.9)	113 (54.1)	67 (32.1)	**209 (100)**
Donyi Polo	47 (24.7)	94 (49.5)	49 (25.8)	**190 (100)**
Other Indigenous	2 (7.1)	17 (60.7)	9 (32.1)	**28 (100)**
Others	2 (33.3)	2 (33.3)	2 (33.3)	**6 (100)**
No answer	1 (6.3)	8 (50.0)	7 (43.8)	**16 (100)**
Total	**184 (19.1)**	**489 (50.9)**	**288 (30.0)**	**961 (100)**

$x^2 = 29.123$; df = 14; P = 0.010

Table 1.8: Multiple Sex Partners by Educational Qualification of the Respondent

Have had more than one sexual partners				
Educational qualification	Yes	No	No answer	**Total**
Up to Primary Level	2 (16.7)	10 (83.3)	0 (0.0)	**12 (100)**
Up to Senior Secondary	112 (16.0)	380 (54.4)	207 (29.6)	**699 (100)**
Graduate	63 (32.1)	73 (37.2)	60 (30.6)	**196 (100)**
Post Graduate	6 (28.6)	8 (38.1)	7 (33.3)	**21 (100)**
No answer	1 (3.0)	18 (54.5)	14 (42.4)	**33 (100)**
Total	**184 (19.1)**	**489 (50.9)**	**288 (30.0)**	**961 (100)**

$x^2 = 43.856$; df = 8; P = 0.000

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Table 1.9: Multiple Sex Partners by Parental Occupation of the Respondent

Have had more than one sexual partners				
Parental Occupation	Yes	No	No answer	**Total**
Unemployed	14 (21.5)	34 (52.3)	17 (26.2)	**65 (100)**
Self Employed	10 (17.2)	30 (51.7)	18 (31.0)	**58 (100)**
Service (Govt./Pvt.)	73 (17.3)	226 (53.7)	122 (29.0)	**421 (100)**
Business/Trade	26 (20.6)	55 (43.7)	45 (35.7)	**126 (100)**
Manual/Unskilled	2 (20.0)	6 (60.0)	2 (20.0)	**10 (100)**
Farmer	56 (21.2)	129 (48.9)	79 (29.9)	**264 (100)**
Others	2 (66.7)	0 (0.0)	1 (33.3)	**3 (100)**
No answer	1 (7.1)	9 (64.3)	4 (28.6)	**14 (100)**
Total	**184 (19.1)**	**489 (50.9)**	**288 (30.0)**	**961 (100)**

$x^2 = 12.940$; df = 14; P = 0.531

The pre-marital sexual experiences are characterized by lack of condom and contraceptive use, by coercion means and multiple partnerships. It is observed that 16% (males 27% and females 8%) have indulged in pre-marital sex. The finding is in agree with the findings of 15 - 16% of youth having pre-marital sex in six states in India (IIPS, 2010); but it is higher than another finding of around 14% of males and 4% females among unmarried youths in India (Yadav *et al*. 2015). The glaring and major concerning facts highlighted by Joshi and Chauhan (2011) and Letamo and Mokgatlhe (2013) on such early and pre-marital sexual affairs is that the large scale prevalence of non-consensual and coerced sex, specifically against the will of girls.

Multiple sex partnerships are high-risk sexual behaviours because of their tendency to increase the risk of HIV and other STIs transmission through sexual network (Dekeke & Sandy, 2014). The study has established that 19.1% have multiple sexual partners, out of which 37% are males and 5% females. This finding is supported by the relevant study by Sunitha & Gururaj (2014), where they observed from Gujarat that nearly 40% males and 7% females having had multiple sexual partners; but it is much higher to nearly 13% males and 8% females among youths of some of the cities of North-East India (Sabri, *et al*., 2017); and it is much lower to another finding of 43% among the students of Bahir Dar University, Ethiopia (Mulu *et al*., 2014). The differences could be due to difference in sample size, study population and different socio-cultural milieu. Further, the study has revealed that religion and educational level, unlike parental occupational category, of the respondent have significant impact on having indulged in sexual relationship with multiple partners. This conforms to findings of Ugoji (2014) among school students in Nigeria on existence of significant relationship between religiosity and risky sexual behaviours, including

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

multiple partnerships, without condom sex amongst others.

Youths reportedly having sexual intercourse with same sex are around 10% (males 17% and females 4%). In agreement, Eisenberg & Wechsler (2003) asserted same-sex partnership experiences ranges from around 5 – 9% among the different categories of students and from the different regions of the United States of America. Again, about 4% of youth have indulged in transaction sex, in which 7% are males and 1.1% females. This is much lower compared to around 32% males and 3% females youth in Gujarat who indulged in transactional sex (Sunitha & Gururaj, 2014); and Jewkes *et al*. (2012) also pointed out elevated risk of HIV and other STIs acquisition through transactional sex with casual and multiple partners.

The appalling light shed from the study is that more than half of youths did not know how to use condom correctly, out of which around 30% are males and 68% females. And consequently, nearly 29% of youth (males 45% and females 17%) not use condom with non- regular and casual sexual partners. This is corroborated by the study of Derbie *et al*. (2016) which shows inconsistent use of condom with multiple sexual partners among the university students in Ethiopia. However, it is lower than the finding of the similar study done at North- East India, where it is pointed out that 49% males and 46% females have without condom sex with non-primary partners (Sabri, *et al*., 2017). Inconsistent and improper use of condom, in fact, an indication of the high risk sexual behaviours among youths. This call for a well- organized information, education and communication through peer educators and other means to bring about behavioural change.

Nearly 5% of youth (males 5% and females 4%) have had some forms of sign and symptom of STI. Those who have first sexual intercourse at early age are more likely to have STIs cases. This finding is supported by the findings of Derbie *et al*. (2016) on STI problems among the university students of Ethiopia. This might be due to the fact that youths who become sexually active in early age might not have proper awareness on STIs and importance and means of protected sex, and consequently acquire numerous STI cases.

Another significant revelation of the study is that males are more likely to initiate sexual activity at early age, indulge in more risky sexual behaviours and have more relaxed perception and attitude on sexual affairs than female counterpart. This might be due to the prevailing socio- cultural norms and traditional practices and perpetuation of the age-old patriarchal notions which placed males in more relaxed and favourable position than female members, and also it could be due to the differences in the social interactions and peer pressure.

The findings of this study underscores the importance of health education and specifically sex education to prevent youths from STIs (including HIV/AIDS), sexual and reproductive health

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

problems and unwanted pregnancies.

5. LIMITATIONS

The potential limitations of the study must be acknowledged. This study used a self- report survey to identify pattern of sexual behaviours of youths. Hence, responses in the record may not be consistent with actual behaviour pattern, specifically with regard to disclosing on sensitive topics such as sexual behaviours and personal experiences for that matter, despite of assurance given to the participants and strict compliance of anonymous nature of study. Secondly, administering the survey questionnaire in class room situation might not resulted into honest response from the participants. Finally, four sampled cities/towns selected may not be sufficient or appropriate to represent the whole of Arunachal Pradesh. Nevertheless, this study provides useful information and insight, and serve as preliminary ground for further study on sexual behaviours and practices among youth of the state.

6. CONCLUSION AND RECOMMENDATIONS

This study has found that the key predictors of pattern of sexual behaviours among the youth of Arunachal Pradesh are having initiate sexual activities at very young age, pre-marital affairs and multiple sexual partnerships, various form risky sexual behaviours and unprotected sex due to which there are prevalence of STI cases among youths. The various socio-cultural and demographic factors appears to be significantly influence pattern of sexual behaviours. On this premise, it could be conveniently concluded that there are prevalence of risky sexual behaviours and practices among youths, which may have deep negative implications, specifically in the light of looming threat of HIV/AIDS epidemics. The information from the study might be useful in systematically designing and implementing intensive sexual risk reduction programmes for youth at various appropriate settings.

It is believed that youths are assets of a nation and the potential agent to address the gaps in various fronts of life in society and on whom the future national development and the entire generation is based. Unless appropriate measures are taken and institutional targeted intervention initiated, certain pattern of behaviours and practices, specifically sexual behaviours, of youths can place them at great risk of acquiring STIs, including HIV/AIDS, and unwanted pregnancy, and consequently individual and familial disorganization.

The findings emanating from this study calls for systematic course of actions to safeguard health and general well-being of youth. The sex education need to be introduced at school level and the Adolescent Clinic with counsellors need to be established at educational institutional premises and other appropriate locations from where youth may avail required services. The Behavioural

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Change Communication (BCC) programmes at community level need to be strengthened and also sensitization and training session even for other stakeholders need to be conducted to promote awareness on reproductive and sexual health and to address the distinct needs of youth by entrusting the responsibilities and encouraging their own initiatives of this section of the population. To suitably utilize media and information technology to disseminate correct and preventive messages on sexual behaviours, on which young people draw huge influence on their behaviour pattern.

Moreover, it is suggestive to undertake, rather intensive and wider, the research study on risky pattern of sexual behaviours and practices among youth in the light of prevailing distinct socio-psychological and cultural norms and practices of tribes of the state. It may also be interesting to see the pattern of risky sexual behaviours in the light of currently popularized trends, viz., internet and pornographic movies, wide exposure to the outside worlds and substance abuse among youths. More importantly, it is pertinent to take up research study on knowledge, attitude and practices on HIV/AIDS among youth of the state, in order to assess the preparedness of youth to encounter approaching cured-defiant menace.

REFERENCES

United Nations. (2001). Implementation of the World Programme of Action for Youth to the Year 2000 and Beyond. General Assembly, A/56/180.

Sunitha, S. & Gururaj, G. (2014). Health behaviours & problems among young people in India: Cause for concern & call for action. *India Journal of Medical Research*, 140, 185-208.

Diana, N. (2010). *Knowledge, Attitudes and Practices of Youth towards HIV/AIDS: A Case of Northern Uganda Region*. Master of Science Dissertation, Makerere University, Kampala.

Ganle, J.K. *et al*. (2012). Youth, HIV/AIDS Risks and Sexuality in Contemporary Ghana: Examining the Gap between Awareness and Behaviour Change. *International Journal of Humanity and Social Science*, 2(21).

Rogers, A.S. (2006). HIV in Youth: How Are They Different? In: M.E. Lyon and L.J. D'Angelo (eds.). *Teenagers, HIV, and AIDS: Insight from Youths Living with the Virus*. London: Praeger.

Imaledo, J. A., Peter-Kio, O. B. & Asuquo, E. O. (2012). Pattern of risky sexual behaviour and associated factors among undergraduate students of the University of Port Harcourt,

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Rivers State, Nigeria. *Pan African Medical Journal*, 9(97).

Ugoji, F. N. (2012). Determinants of risky sexual behaviours among secondary school students in Delta State Nigeria. *International Journal of Adolescence and Youth*, 19(3), 408-418.

Zehol, L. (2006). Gender Issues in the Tribal Society of North-East: Some Observations. *Bulletin of Anthropology*, Dibrugarh University, Vol. 34; pp. 99-106.

Joshi, B. and Chauhan, S. (2011). Determinants of youth sexual behaviour: program implications for India. *Eastern Journal of Medicine*, 16, 113-121.

Census of India (2011). Provisional Population Totals, Arunachal Pradesh, Directorate of Census Operation, Government of Arunachal Pradsh, Itanagar.

Abdu, A. S., Tesfaye, M. H. and FeKecha, H. B. (2017). Assessment of Risky Sexual Behaviour and Associated Factors among Jimma University of Kitto Furdisa Campus Students, Jimma Town, Oromia Region, South West of Ethiopia, 2015. *Primary Health Care*, 7: 268. doi: 10.4172/2167-1079.1000268.

Kumari, A. & Nair, R. J. (2012). Predictors of High Risk Sexual Behaviour among Men in India. *The Journal of Family Welfare*, 58(2), 25-34.

Bhise, M. (2015). Timing of Sexual Initiation and Contraception use: a study on the female adolescent of India. International Journal of Humanities and Social Science Invention, 4(5), 01-10. www.ijhssi.org.

International Institute for Population Sciences (IIPS) and Population Council. (2010).

Youth in India: Situation and Needs 2006-2007. Mumbai: IIPS.

Yadav, J., Bharati, K. & Singh, K. J. (2015). Pattern of Substance Abuse, Sexual Behaviour and its Determinants among Unmarried Youth in India. *Global Journal of Human-Social Science*, 15(8), 15-24.

Letamo, G. & Mokgatlhe, L. L. (2013). Predictors of risky sexual behaviour among young people in the era of HIV/AIDS: evidence from the 2008 Botswana AIDS Impact Survery III. *African Journal of Reproductive Health*, 17(3), 161-189.

Dekeke, G. D. & Sandy, P. T. (2014). Factors influencing Sexual Risk Behaviours among Senior Secondary School Students (Youths). *International Journal of Scientific and Research*

ISSN: 2455-8834

Volume:03, Issue:06 "June 2018"

Publications, 4(8), 01-32.

Sabri, B. *et al.* (2017). Gender Differences in Factors Related HIV Risk Behaviours among People Who Inject Drugs in North-East India. PLoS ONE, 12(1): e0169482. doi: 10.1371/journal.pone.0169482.

Mulu, W., Yimer, M. & Abera, B. (2014). Sexual Behaviours and associated factors among students at Bahir Dar University: a cross sectional study. *Reproductive Health*, 11:84. doi: 10.1186/1742-4755-11-84.

Eisenberg, M. & Wechsler, H. (2003). Substance use behaviours among college students with same-sex and opposite-sex experience: results from a national study. *Addictive Behaviours*, 28, 899-913.

Jewkes, R. *et al*. (2012). Transactional Sex and HIV Incidence in a Cohort of Young Women in the Stepping Stones Trial. *Journal of AIDS and Clinical Research*, 3(5). doi: 10.4172/2155-6113.1000158.

Derbie, A. *et al*. (2016). Risky Sexual Behaviour and associated factors among students of Debre Tabor University, Northwest Ethiopia: a cross-sectional study. *Ethiopian Journal of Health Development,* 30(1), 11-18.

Bristow, J. (2011). *Sexuality*. New York: Routledge.

Menon, J. A. *et al*. (2016). Risky Sexual Behaviour among University Students.

International STD Research & Reviews, 4(1). doi: 10.9734/ISRR/2016/25462.

Patankar, F., Ojha, S. & Pandit, D. (2016). A Qualitative Study of Sexual behaviours and practices of school going adolescents in a rural area of Panvel Taluka. Journal of Research in Medical and Dental Science, 4(1), 34-37. Doi: 10.5455/jrmds.2016417.

Shores, H. and Shunu, A. (2017). Risky sexual behaviour and associated factors among youth in Haramaya Secondary and Preparatory School, East Ethiopia, 2015. *Journal of Public Health and Epidemiology*, 9(4), 84-91. doi: 10.5897/JPHE2016.0905.

