

## Attitude towards Sex Education among College Students

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### ABSTRACT:

Sexuality is essential component of healthy element for young people. Sex education teaches our young ones about sexual intimacy, but also enlightens them on their reproductive systems, birth control, and sexually transmitted diseases. The purpose of this research is to examine the attitude of college students towards sex education. Subjects included 60 college students, 30 Rural and 30 urban students from Arts College in Gujarat State (India). The instrument used in this study is social attitude scale (measurement battery) towards sex education scale, had reliabilities of .56 to .87 on the dimension within the total scale. Data were analyzed using t-Test; findings indicated that students were supportive of sex education. Girls generally favored such education more compare to the boys. And same in the case of Urban and Rural also the urban students were found more favorable. It was also observed that those students who are matured and grown normally were having more favorable attitudes toward the concepts of sex education.

**Keywords:** Attitude, sex education.

### INTRODUCTION

Attitude cannot be directly observed, but must be inferred from behavior, either from observation of an individual's responses to objects and other events or from his evaluative statement and other verbal expressions. It is difficult to observe the action of an individual in any direct, systematic way, although sometimes this approach is the only way of determining the significance an attitude has for a person. It is usually easier and more efficient to base such judgments on the individual's verbal-written or spoken-statements. This can be done through interview, but the task can be accomplished even more efficiently and precisely with paper-and-pencil scales and questionnaires.

Sex education is needful and necessary for our young ones. Being mindful of the exposure given to our young ones in school, in the media and among their peers, sex education teaches our young ones about sexual intimacy, but also enlightens them on their reproductive systems, birth control, and sexually transmitted diseases. It also exposes them to their gender identity, gender role, family role, body images, sexual expression (what it entails and how to tame it), intimacy and the marriage relationship.

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## ATTITUDE TOWARDS SEX EDUCATION AMONG COLLEGE STUDENTS

An attitude is an expression of favor or disfavor toward a person, place, thing, or event (the attitude object). Prominent psychologist Gordon Allport once described attitudes "the most distinctive and indispensable concept in contemporary social psychology." Attitude can be formed from a person's past and present. Attitude is also measurable and changeable as well as influencing the person's emotion and behavior.

The purpose of this research was to examine of attitude of college students toward sex education.

### OBJECTIVES

1. To study the attitude towards sex education among boy and girls college students.
2. To study the attitude towards sex education among urban and rural college students.

### HYPOTHESES

1. There is no significant difference of attitude towards sex education among boy and girls of college students.
2. There is no significant difference between urban and rural college student as regards to attitude towards sex education.

### METHODOLOGY

The study was descriptive survey type.

### SAMPLE

A sample of 60 respondents was included in this survey. The respondents were selected from arts colleges located in palanpur (Gujarat state). The colleges were chosen by using a probability sampling. The sampling design employed was cluster sampling. The primary data were collected by means of questionnaires.

### RESEARCH TOOLS

For this purpose the following test tools were considered with their reliability, validity and objectivity mention in their respective manuals.

1. Social Attitude Scale,(Measurement Battery),Revised and Standardized by Dr.A.S.Patel,Dr.Navin Patel and Dr.Dinesh Panchal(2004)

### Research Variable:

- In depended Variable
  - Gender (Male – Female)
  - Area (Rural-Urban)

## ATTITUDE TOWARDS SEX EDUCATION AMONG COLLEGE STUDENTS

- Depended Variable

To get Score on social attitude scale.

### Statistical Techniques

‘t’ test technique was used to find the significance difference of attitude towards sex education among boys and girls, rural and urban of college students.

### RESULTS AND DISCUSSION:

Table No.1 Showing ‘t’-Ratio of attitude towards sex education among boys and girls of college students.

Group	Attitude towards Sex education			‘t’
	N	M	SD	
Boys	30	72.26	11.93	1.03
Girls	30	75.3	10.93	

- Significant at 0.01 levels.(2.66)
- Significant at 0.05 levels.(2.00)

Table No.2 Showing ‘t’-Ratio of attitude towards sex education among rural and urban of college students.

Area	Attitude towards Sex education			‘t’
	N	M	SD	
Urban	30	77.1	11.62	2.38
Rural	30	70.46	9.93	

- Significant at 0.01 levels.(2.66)
- Significant at 0.05 levels.(2.00)

Table No.1 an attempt is made to find out the difference between boys and girls for college students groups on Attitude towards sex education with the ‘t’ test. The t-ratio of boys and girls

## ATTITUDE TOWARDS SEX EDUCATION AMONG COLLEGE STUDENTS

groups on Attitude towards sex education is 1.03, which is not significant. It means boys college students groups do not differ significantly as compared to girls for college students groups on Attitude towards sex education score. There is no noticeable difference on mean score also. Boys  $M=72.26$  and girls  $M=75.3$ . Thus it is clear that there is no significant difference between boys and girls for college students groups on Attitude towards sex education. It clearly indicates that boys and girls for college students have similar level of Attitude towards sex education. Result indicated the girl's college students have better positive Attitude towards sex education to compared boys college students. It means first hypothesis was accepted.

Table No.2 an attempt is made to find out the difference between urban and rural for college students groups on Attitude towards sex education with the 't' test. The t-ratio of urban and rural groups on Attitude towards sex education is 2.38, which is significant level at 0.05. It means boys college students groups differ significantly as compared to girls for college students groups on Attitude towards sex education score. There is noticeable difference on mean score also. Urban  $M=77.1$  and Rural  $M=70.46$ . Thus it is clear that there is significant difference between urban and rural for college students groups on Attitude towards sex education. It clearly indicates that urban and rural for college students have not similar level of Attitude towards sex education. Result indicated the urban college students have better positive Attitude towards sex education to compared rural college students. It means second hypothesis was not accepted.

### CONCLUSION

1. There is no significant difference between boys and girls for college students groups on Attitude towards sex education.
2. There is significant difference between urban and rural for college students groups on Attitude towards sex education.
3. Girl's college students have minor positive Attitude towards sex education to compared boys college students.
4. Urban college students have better positive Attitude towards sex education to compared rural college students.

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