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## **Study of Sex Education in Relation to Parent's Education among Secondary Level Students**

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### **Abstract**

Sex education should not be merely a unit in reproduction and teaching how babies are conceived and born. It has a far richer scope and goal of helping the youngster incorporate sex most meaningfully into his present and future life, to provide him with some basic understanding of virtually every aspect of sex by the time he reaches full maturity. Parents should encourage the following values among children like respect for oneself, respect for others, non exploitation in sexual relationship, commitment, trust and bonding within sexual relationship, honesty with self and others, an exploration of the responsibility, rights and duties involved in sexual relationships, compassion, forgiveness, mercy, care when people do not conform to their ways of life, an acknowledgement and understanding of diversity regarding religion , culture, and sexual orientation and self discipline regarding their sexuality.

**Keywords**-Sex education, Parent's education, secondary, students

## **Introduction**

Sex Education is the study of sexual characteristics of human beings. It is considered as an instruction in various physiological, psychological and sociological aspects of sexual response and reproduction. According to Kearney (2005) "Sex education involves a comprehensive course of education by the school, calculated to bring about the socially desirable attitudes, practices and personal conduct on the part of children and adults, that will best protect the individual as a human and a family as a social institution." [The United Nations Population Fund](#) (UNFPA) recommends comprehensive sexuality education, as it enables young people to make informed decisions about their sexuality. According to UNFPA,"It is taught over several years, introducing age-appropriate information consistent with the evolving capacities of young people. It includes scientifically accurate, curriculum-based information about human development, anatomy and pregnancy. It also includes information about contraception and sexually transmitted infections (STIs), including HIV. And it goes beyond information, to encourage confidence and improved communication skills. Curricula should also address the social issues surrounding sexuality and reproduction, including cultural norms, family life and interpersonal relationships."

In India talking about sex is traditionally considered as a taboo. Information regarding sexual matters was known to child not through parents but by their friends and other sources. In families which consider themselves to be modern also does not share views regarding sexual information at the time of adolescence but just before their marriage. Among many other factors illiteracy is also considered as a barrier in providing sex education to children at the age of adolescence. Irrespective of being either literate or illiterate, parents feel ashamed of talking about changes in child at the age of puberty. They themselves don't feel like discussing sexual matters with their children, which leads to wrong or distorted information among children through friends, media, magazines, etc.

Researchers have also shown that the delay in sexual information is the major cause of egalitarian attitude about gender roles. They are found to be less likely engaged in violent relationship and have a lower rate of sexually transmitted infections including HIV and unintended pregnancy. These problems have led researcher to deal with the issue on the students of secondary level.

## **Objective:**

To study the relationship of sex education and parent's education among secondary level students.

## **Hypothesis:**

There is no significant difference in the relationship of sex education and parent's education among secondary level students.

### **Reviews of related literature:**

**Angus Reid Public Opinion (2011)**- A survey conducted in Britain, Canada and the United States by asked adult respondents to look back to the time when they were teenagers, and describe how useful several sources were in enabling them to learn more about sex. By far, the largest proportion of respondents in the three countries (74% in Canada, 67% in Britain and 63% in the United States) said that conversations with friends were "very useful" or "moderately useful." The next reputable source was the media (television, books, movies, magazines), mentioned by three-in-five British (65%) and Canadians (62%) and more than half of Americans (54%) as useful.

**Esther O Asekun-Olarinmoye (2011)**-He has revealed in his study on "Parental attitudes and practice of sex education of children in Nigeria" that many of the respondents had basic knowledge of sex education, positive attitude and practiced it. The most common reason for non-practice was lack of skill. The organization of community-based programs would help parents should know and acquire the requisite skills needed for sex education.

**Mohammad Kowsar Bhuiyan(2014)**-In his study on 'Inclusion of Sex Education in School Curriculum of Bangladesh: Parents' Attitude' found that 48.3% parents support sex education whilst 25% parents did not support sex education and rests were found neutral position among 120 sampling size. Most of the parents supported the topics of sex education which were mostly value and culture oriented instead of the knowledge of sexual intercourse, abortion, taking protection for premarital sexual activity etc.

### **Methodology:**

The sample for the present study comprises of 150 students of Allahabad city. The researcher has used the self constructed open ended questionnaire for the collection of data. Analysis and interpretation of data was done by the researcher.

### **Analysis and Interpretation of data:**

On the basis of the analysis of data obtained, it was found that the attitude towards sex education of adolescents and parent's education does not have any significant relationship. Researcher has found that both the group of literate and illiterate parents does not have positive and effective influence on children's sex education. They do not consider it important point of discussion for the growing children. Most of the parents, family members and other relatives discuss it after maturity mostly prior to marriage as it is considered important for married family life and stable relationship.

### **Conclusion:**

Irrespective of being educated or not parents should know the importance of sex education in children at the age of adolescence. They should be guided through media, school counsellors so that they become more aware about the importance of sex education for their children. They should talk about the physical changes in child due to puberty and its significance for the child. Children should be made aware of sexually transmitted infections, pregnancy, abortion, homosexuality and consequences of premarital sex. Frequent and short conversations on sex related issues should be carried on instead of one big talk. They should discuss these issues when they are in light mood or preoccupied with any other household activity like cooking food, watching television or playing indoor games. Various aspect of sex education should be considered appropriate in school depending on the age of the students or what the children can comprehend at a particular point in time.

Sex education should not be merely a unit in reproduction and teaching how babies are conceived and born. It has a far richer scope and goal of helping the youngster incorporate sex most meaningfully into his present and future life, to provide him with some basic understanding of virtually every aspect of sex by the time he reaches full maturity. Parents should encourage the following values among children like respect for oneself, respect for others, non exploitation in sexual relationship, commitment, trust and bonding within sexual relationship, honesty with self and others, an exploration of the responsibility, rights and duties involved in sexual relationships, compassion, forgiveness, mercy, care when people do not confirm to their ways of life, an acknowledgement and understanding of diversity regarding religion , culture, and sexual orientation and self discipline regarding their sexuality.

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