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**Factors Affecting the Sexual Risk Behaviors of Undergraduate Students, Physical Education and Health Education Major, Faculty of Education and Development Sciences, Kasetsart University Kamphaengsaen Campus**

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**Abstract**

The purpose of this study were: 1) to study the sexual risk behaviors of undergraduate students, major of Physical Education and Health Education, Kasetsart University Kamphaengsaen Campus. 2) to study the sexual risk behaviors of undergraduate students by gender, age, year study and residence 3) to study situation factors, psychological factors and psycho-situational factors that could predict sexual risk behaviors of undergraduate students 4) to Compare the attitude towards sexual risk behavior of undergraduate students that participated in the group work activities before and after the experiment. Phase 1 study the sexual risk behaviors. The samples were 245 undergraduate students, Year 1 to 5, Academic Year 2014. Randomly selected by Stratified Random Sampling. The questionnaires with 6 rating scales were used for collecting and were subsequently by , S.D., t-test, F-test, and MRA. Phase 2 Changing attitudes towards sexual risk behaviors. Using the experimental One-group pretest-posttest design. The samples were 16 undergraduate students, Year 1, Academic Year 2015 with the lowest test scores before experiment. Randomly selected by Purposive Sampling. The attitudes questionnaire were used for collecting and were subsequently by , S.D. and t-test. The results of this study were as follows: The undergraduate students had moderate level of the sexual risk behaviors. 2. There were significant difference in sexual risk behaviors among undergraduate students who had different level of gender, age, year study and residence 3. Attitude, Influence of friends, Future orientation-self control, Self-esteem and Perception about sexuality from the media were the predictors of the sexual risk behaviors of undergraduate students with power of prediction at 74.90%. 4. The undergraduate students before and after participated in the group work activities had moderate level of the attitude towards sexual risk behaviors. 5. The mean scores of attitude after participated in the group work activities higher than the mean scores before.

*Keywords:* Factor, sexual risk behaviors, undergraduate students

**Introduction**

Problems which result from their sexual risk behaviors are important and may directly and indirectly affect college students. They are such as AIDS, sexually transmitted diseases, unwanted pregnancy, abortion and educational failure. All of these results from their sexual risk behaviors which are inappropriate, and may indirectly affect social, economic and educational development of the nation as well as the students themselves. Therefore, to prevent inappropriate and premature sexual relations and to decrease such sexual risk behaviors are urgent to be done through a study of the sexual risk behaviors which are diverse and complex among adolescents.

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Most of the undergraduate students, majoring in physical education and health education, Faculty of Education and Development Sciences, Kasetsart University, Kamphaeng Saen Campus age between 17 – 21 years which is adolescence where they are physically and fully grown, curious, and interested in people of the opposite sex and trying sexual relations. Besides they are likely to live with friends among crowded communities with such entertaining places as department stores, pubs and discotheques which are vulnerable to sexual risk behaviors as well as innocently following such behaviors, exposure to pornographic media, alcoholic drinks and drugs.

In this study, the authors were to examine causes of the sexual risk behaviors through using the interactionism model (Magnusson & Endler, 1977; Phunthumnavin, Dujdeuan, 2009) as a guideline to determine the variables in the study. Through a review of related literature, it indicated that such factors of situation as nurture without proper sex education and influence of friends vulnerable to sexual risk behaviors; such factors of psychological traits as being future-oriented, self-control, and self-esteem; and such factors of psychological states as attitudes towards sexual risk behaviors and exposure to sex-related information from mass media were likely to be the factors affecting the sexual risk behaviors among those undergraduate students, majoring in physical education and health education, Faculty of Education and Development Sciences, Kasetsart University, Kamphaeng Saen Campus. Results from this study would be useful for planning to provide constructive activities to modify the sexual risk behaviors of great influence among the students and for developing the course of sex education and life planning to become more up-to-date and consistent with the prevention of the inappropriate and premature sexual relations and to decrease such sexual risk behaviors among those undergraduate students, majoring in physical education and health education, Faculty of Education and Development Sciences, Kasetsart University, Kamphaeng Saen Campus.

### **Methods**

This study consisted of 2 phases: phase 1, a study of the students' sexual risk behaviors – a survey research and phase 2, a study of attitudes and attitude modification of the sexual risk behaviors– a quasi-experimental research and followed the following details:

#### **Population and Sample**

##### **Population**

Phase 1, a study of the students' sexual risk behaviors:

The population was 343 students (216 males and 127 females) in year 1 – 5 in the academic year 2014, majoring in physical education and health education, Faculty of Education and Development Sciences, Kasetsart University, Kamphaeng Saen Campus.

Phase 2, a study of attitudes and attitude modification of the sexual risk behaviors:

The population was 75 students (47 males and 28 females) in year 1 only in the academic year 2015, majoring in physical education and health education, Faculty of Education and Development Sciences, Kasetsart University, Kamphaeng Saen Campus.

##### **Sample**

Phase 1, a study of the students' sexual risk behaviors:

The sample selected through the stratified random sampling was 245 students (158 males and 87 females) in year 1 – 5 in the academic year 2014, majoring in physical education and health education, Faculty of Education and Development Sciences, Kasetsart University, Kamphaeng Saen Campus.

Phase 2, a study of attitudes and attitude modification of the sexual risk behaviors:

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The sample selected through the purposive sampling according to their low scores of attitudes towards the sexual risk behaviors was 16 students (15 males and 1 females) in year 1 only in the academic year 2015, majoring in physical education and health education, Faculty of Education and Development Sciences, Kasetsart University, Kamphaeng Saen Campus.

### **Instruments**

Phase 1, a study of the students' sexual risk behaviors:

The instrument was a questionnaire consisting of 8 sections: section 1 on the socio-economic data of the respondents, section 2 on the nurture without proper sex education, section 3 on influence of friends vulnerable to sexual risk behaviors, section 4 on being future-oriented and self-control, section 5 on self-esteem, section 6 on attitudes towards sexual risk behaviors, section 7 on exposure to sex-related information from mass media, and section 8 on the sexual risk behaviors including those leading to having sexual relations and those of unsafe sexual relations.

Phase 2, a study of attitudes and attitude modification of the sexual risk behaviors:

The instruments consisted of the same questionnaire as in phase 1 and a group activity program used to modify the sexual risk behaviors among students

### **Data collection**

The data were collected from the sample by the authors themselves as follows:

Phase 1, a study of the students' sexual risk behaviors:

A letter was sent to the head of the Department of Physical Education and Sports, Faculty of Education and Development Sciences, Kasetsart University, Kamphaeng Saen to ask an official permission to collect the data from the students.

The authors contacted and informed lecturers of the study's objectives and appointed the dates of the data collection.

The authors used 245 set of the questionnaire to collect the data.

The collected data were checked for completeness and mistakes if any.

The data were statistically analyzed.

Phase 2, a study of attitudes and attitude modification of the sexual risk behaviors:

### **Experimental Design**

Phase 2 was a quasi-experiment following the one-group pretest-posttest design.

### **The Experiment**

The quasi-experiment was conducted using the group activity program for 5 weeks (from 10<sup>th</sup> September to 8<sup>th</sup> October 2015), 2 times (between 10:30 -11:30 hrs., on Thursday and 9:30 -10:30 hrs., on Friday) a week, 50 minutes each time.

### **Data Treatment and Analysis**

The data treatment and analysis were done as follows:

Phase 1, a study of the students' sexual risk behaviors:

1. The collected data (in the questionnaire) were checked for completeness and mistakes if any.
2. Each section in the questionnaire was checked and got scores according to the criteria given. The scores obtained of all sections of the questionnaire were taken to be statistically analyzed by the SPSS computer program where the level of statistical level was set at 0.05.

Phase 2, a study of attitudes and attitude modification of the sexual risk behaviors:

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1. The collected data (from the quasi-experiment using the group activity program) were checked for completeness and mistakes if any.
2. Each section in the group activity program was checked and got scores according to the criteria given. The scores obtained of all sections of the group activity program were taken to be statistically analyzed by the SPSS computer program where the level of statistical level was set at 0.05.

### Statistics used for the Data Analysis

Statistics used for the data analysis

Phase 1, a study of the students' sexual risk behaviors:

1. The frequency (f) and per cent (%) were used for such data as gender, age, year of education, family status and types of residents.
2. The mean  $\bar{X}$  ( and standard deviation (S.D.) were used for such data as gender, age, year of education and types of residence against the sexual risk behaviors.
3. The t-test independent was used for the comparisons among the means of the sexual risk behaviors.
4. The one-way analysis of variance was used for the comparisons among the means of the sexual risk behaviors according to such variables as age, year of education and types of residence.
5. The multiple regression analysis was used for the analysis of the ability of interactive prediction of those factors affecting the sexual risk behaviors among the students. Those factors were such factors of situation type as nurture without proper sex education and influence of friends vulnerable to sexual risk behaviors; such factors of original mental type as being future-oriented, self- control, and self-esteem and such factors of original mental type as attitudes towards sexual risk behaviors and exposure to sex-related information from mass media.

Phase 2, a study of attitudes and attitude modification of the sexual risk behaviors:

1. The mean  $\bar{X}$  ( and standard deviation (S.D.) were used for such data as the attitudes towards the sexual risk behaviors.
2. The t-test dependent was used for the comparisons among the means of the attitudes towards the sexual risk behaviors.

### Results

The results of this study were presented as follows:

1. According to the socio-economic data, it was found that most of the sample(respondents) were male (64.50 %), studying in year 1(24.08%), 20 years old(24.10%)with the family status that a father and a mother were normally together as a family(83.60%) and with the resident type of living together with a friend in a dormitory(69.80%).
2. The average mean of the sexual risk behaviors among the students was at the moderate level.
3. The differences of means of such socio-economic variables as gender, age, year of education and resident types resulted in the significant ( $p < .05$ ) differences of the sexual risk behaviors among the students.
4. The results of the stepwise multiple regression analysis used for the analysis of the ability of interactive prediction of those factors revealed that the 5 factors such as attitudes towards sexual risk behaviors, influence of friends vulnerable to sexual risk behaviors, being future-oriented, self- control, and self-esteem were able to interactively predict the sexual risk behaviors up to 74.90%.

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5. The average mean of attitudes towards the sexual risk behaviors among the year -1 students was at the moderate level.
6. The average means of attitudes towards the sexual risk behaviors among the year -1 students between before and after participating in the group activity program were different.

### **Conclusion of the Results**

1. The average mean of the sexual risk behaviors among the undergraduate students majoring in physical education and health education was 2.79, at the moderate level.
2. The undergraduate students majoring in physical education and health education with different gender, age, year of education and type of residence showed significantly ( $p < .05$ ) different sexual risk behaviors.
3. The 5 factors respectively according to its predictive coefficient such as attitudes towards sexual risk behaviors, influence of friends vulnerable to sexual risk behaviors, being future-oriented, self-control, and self-esteem were able to interactively predict the sexual risk behaviors up to 74.90% whereas the factor of nurture without proper sex education was not.
4. The average mean of the attitudes towards sexual risk behaviors among the undergraduate students, year 1, majoring in physical education and health education before and after the participation of the group activity program were 3.00 and 3.95 respectively, at the moderate level.
5. The average mean of the attitudes towards sexual risk behaviors among the undergraduate students, year 1, majoring in physical education and health education after the participation of the group activity program was significantly ( $p < .05$ ) higher than that before.

### **Recommendations**

#### **Recommendations for Further Implementation**

1. The Department of Physical Education and Sports, Faculty of Education and Development Sciences should seek cooperation from parents and advisors of those students to caution and to prevent them from the sexual risk behaviors.
2. The Department of Physical Education and Sports, Faculty of Education and Development Sciences should promote creating appropriate sexual-related attitudes among students through using the group activity program developed by the authors.

#### **Recommendations for Further Research**

1. Qualitative research should be conducted to obtain in-depth data for designing the learning management for the course of sex education and life planning or designing the activities for student development to create desirable social and spiritual characteristics among them, especially, appropriate sexual-related attitudes.
2. Experimental research should be conducted for developing or designing another group activity programs for other groups of the undergraduate students majoring in physical education and health education; for example, those with moderate scores in the sexual risk behaviors or with year-2, 3, 4 education, etc. with longer duration of the experiment.

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