

ABSTRACT

Background

Youth are naturally sexually curious with hormonal changes. They tend to seek sexual information and pleasure through sexual explicit material (SEM). With advances in technology and wide spread of accessible, affordable, unlimited SEM, need of assessing the SEM exposure among youth exists.

Objective

Study was aimed to assess the exposure to sexual explicit material (SEM), sexual behaviour and associated factors among three faculties of University of Colombo.

Methodology

The study was an institutional based cross sectional analytical survey among 425 undergraduates of three selected faculties of University of Colombo. Study participants were selected by probability proportionate to the size using, multi stage random sampling. A structured, pre tested, pre coded self-administered questionnaire was used to assess exposure to sexual explicit material, sexual behaviour and associated factors with SEM consumption as family context, environmental factors and risky behaviours. Data analysed using SPSS-21 and presented with frequency distributions and cross tabulations were made according to specific objectives of study. The chi square test and Odd Ratio were used to assess the associations of categorical variables.

Results

SEM exposure was 77.9% (n=317) among undergraduates with more males (93.2%, n=177) were exposed than females (68.9%, n=140). SEM was obtained mostly through friends (56.8%, n=150), and watched mostly via internet (76.1%, n=216). Undergraduates watched SEM for curiosity (53.1%, n=155) and sexual education (53.1%, n=155). Prevalence of pre-marital sex was 11.8% (n=42). From it 5.9% (n=3) had sex with commercial sex workers, 32.6% (n=14) had multiple sexual partners and never used condoms by 58.8% (n=30). Significant association was seen between SEM exposures with ever had sex status, perceiving SEM as beneficial and fantasizing images seen with (P<0.001). SEM exposure was associated with alcohol consumption (P<0.001) and smoking (P=0.003). Presence of internet at home (P=0.01) and internet being sexual education source (P<0.001) was significantly associated with SEM consumption. For all

these significant associated factors with SEM, Odd Ratios>1 with 95% Confident Interval of it not going through one.

Conclusion

Study revealed a high prevalence of students exposed SEM. Study recommends strengthening sexual education, counselling and preventing than learning sexuality from unhealthy sources.

Key words: Sexually explicit materials, sexual behavior, pornography