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## **Sexual Tendency and Adjustment among the Adolescents of Mysore City of India**

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### **Abstract**

The developmental changes that occur in adolescence cause varying degree of disturbances which center around the biological, emotional and environmental aspects of the adolescents' personality. Adolescents also face several problems in building successful personal, family and community lives since they live in so called problem age. Sexual tendency is also one of the Risk Behavior among the adolescents. A total number of 600 adolescents (boys and girls) were selected from Mysore city to study the sexual tendency and the adjustment pattern. The aspects of sexual tendency included over inclination in attempting to masturbation, necking, petting, produce erotic arousal without sexual intercourse etc. and the Bell's adjustment inventory was used to assess the level of adjustment among the adolescents. The results revealed that there is a significant difference between boys of different sexual tendency and their social, emotional and overall adjustment. The significant difference was observed between girls of different sexual tendency and their home, emotional and overall adjustment. The adolescents who are rich in relationships, availed love and affection of the family are likely to have a better adjustment pattern. Family and parents in particular should show active interest in adolescent's activities and to provide moral support. They should act as sensors for the risk behaviors and also should monitor and evaluate the behavior and adjustment pattern of the adolescents.

**Key words:** Home, Social, Emotional, Adjustment, Sexual Tendency

### **Introduction**

The adolescence is characterized by distinct physical and social changes. WHO defines adolescents both in terms of age and special attributes like rapid physical growth and development; physical, social and psychological maturity but not all at the same time; sexual maturity and onset of sexual activity experimentation; development of adult identity; transition from social economic dependency to relative independency. The period of adolescence is marked by puberty. Researchers of human development have consistently observed that the adolescent life is a time of dramatic changes. The developmental changes that occurs in adolescence cause varying degree of disturbances and certain new problems which center around the biological, emotional and environmental aspects of the adolescent's personality. Adolescents also face several problems while trying to build successful personal, family and community lives since they live in a so called 'problem age'. Sexual tendencies among other unhealthy activities like smoking, alcohol consumption, drug addiction, use of substances, aggression, violent behavior, suicidal tendency, anti-social activities and so on naturally constitute the 'risk behaviors' of adolescents.

Adolescents practice a wide variety of sexual behavior like masturbation, necking and petting, attempt to produce erotic arousal without sexual intercourse, sexual intercourse and homosexual relations whether they are boys or girls, married or

unmarried they become sexually active during adolescence. They seek information and clarification about pubertal changes and when the curiosity is high, the adolescents tries to gather information from peer groups and pornography both of which may provide wrong information. The unprotected sexual behavior among adolescents can have severe consequences like sexual health problems, sexual abuse and misuse. Sexual behavior is based upon a strong psychological urge and usually associated with sexual pleasure. This pleasure can be by any sources of sexual discharge like premarital pornography, masturbation, necking and petting, attempt to produce erotic arousal without sexual intercourse.

## **Methodology**

A cross sectional study was carried out on the sexual tendency and adjustments among the adolescents of Mysore City of Karnataka state. The subjects were randomly selected from both government and private Pre-University Colleges in Mysore city. A total number of 600 adolescent subjects in the age group of 15 – 16 years (middle-adolescent years) were selected. The 600 subjects constituted 300 boys and 300 girls. The adjustment inventory student form by Hugh M. Bell (1934) was used to assess the adjustment level of adolescents. This adjustment inventory examines the level of adjustment under four important areas such as home, health, social and emotional and overall adjustment, which includes all the four areas. A self developed questionnaire on sexual tendencies included five questions on each sexual behaviours such as over inclination in attempting to masturbate, necking and petting, attempt to produce erotic arousal without sexual intercourse, sexual intercourse and pornography was used. The data on the sexual tendencies was scored and based on the total score obtained from the subjects were classified as person with high (>12.5 score) or low (<12.5 score) level of sexual tendencies. Items on Bell's Adjustments Inventory were scored according to the instructions given in the respective manual. The frequency, percentages and mean were calculated. The 't' test was applied to find the significant difference with regard to the adjustments between the adolescents with high and low level of sexual tendency.

## **Results and Discussion**

The mean and t scores for adjustment in different areas among the boys with different level of sexual tendency are presented in Table 1. The adolescent boys of both high and low sexual tendencies exhibited the same mean score for Home and health adjustment, which indicated that they have unsatisfactory Home adjustment and average level of health adjustment. The adolescent boys with high sexual tendency exhibited high mean score (20.92) which indicated that they are socially retiring person. The adolescent boys with low sexual tendency exhibited the mean score of 17.00 indicated that they have average level of social adjustment. The significant difference was noticed between boys with high and low level of sexual tendencies with respect to social adjustment. The adolescent boys with high and low sexual tendencies exhibited high mean score (18.93 and 14.00) for emotional area which indicated that they are emotionally unsatisfactory. Even though both of them come under same level of emotional adjustment, but the highly significant difference was noticed between their mean score of emotional adjustment. The mean scores on the total/overall adjustment showed that the adolescent boys (54.92) with low sexual tendency exhibited unsatisfactory level when compared to other adolescent boys (60.53) with high sexual tendency who exhibited very unsatisfactory level of total adjustment. There is a significant difference between the boys of different sexual tendency and their total adjustment patterns.

The mean and t scores for adjustment in different areas among the girls with different level of sexual tendency are presented in Table 2. The results indicated that the adolescent girls with low sexual tendency exhibited unsatisfactory level of adjustment with respect to home (12.44), emotional (15.66) and total/overall adjustment (54.86) while the adolescent

girls with high sexual tendency exhibited very unsatisfactory level of adjustment with regard to home (15.93), emotional (20.56) and total/overall adjustment (65.33). There is a highly significant difference between the girls of different sexual tendency and their level of home, emotional and total/overall adjustments. With respect to health and social areas, the adolescent girls with irrespective of their level of sexual tendencies exhibited similar mean score which indicated that they have unsatisfactory and average level of health and social adjustment respectively.

## Conclusion

The adolescent boys and girls with high sexual tendency exhibited unsatisfactory and very unsatisfactory level of adjustment patterns with respect to home, social, emotional and total/overall adjustment. The adolescents who are rich in relationships, availed love and affection from family and friends are likely to have a better adjustment patterns. Family and parents in particular should show active interest in adolescents' activities and to provide moral support. They should act as sensors for the risk behaviors; they should monitor and guide the adolescents' behaviours and help them to have better adjustment pattern. Adolescents are more vulnerable to sexual coercion due to lack of knowledge. Sex education is very much essential for adolescents to cultivate healthy sexual behaviors.

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**Table – 1****Mean and t-Test Scores for Boys with different level of Sexual Tendency under various Adjustment areas**

Adjustment Areas	Sexual Tendency among Boys		Mean Scores	't' Value	'P' value
	Level	N			
Home	High	32	11.75	.244	0.808
	Low	268	11.56		
Health	High	32	10.50	.063	0.950
	Low	268	10.45		
Social	High	32	20.92	2.231*	0.026
	Low	268	17.00		
Emotional	High	32	18.93	2.907**	0.004
	Low	268	14.00		
Total	High	32	60.53	2.070*	0.039
	Low	268	54.92		

P = Probability; \* sig. At .05; \*\* highly sig. at .01 levels

**Table – 2****Mean and t-Test Scores for Girls with different level of Sexual Tendency under various Adjustment areas**

Adjustment Areas	Sexual Tendency among Girls		Mean Scores	't' Value	'P' value
	Level	N			
Home	High	27	15.93	3.222**	0.001
	Low	273	12.44		
Health	High	27	11.19	.870	0.385
	Low	273	10.36		
Social	High	27	17.59	1.507	0.133
	Low	273	16.32		
Emotional	High	27	20.56	4.176**	0.0001
	Low	273	15.66		
Total	High	27	65.33	3.528**	0.0001
	Low	273	54.86		

P = Probability; \* sig. At .05; \*\* highly sig. at .01 levels