Article 1

Intuitive Analysis on the Prevalence and Correlates of Sexual Behaviors among Students of Pangasinan State University

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Abstract

Certain sexual behaviors are apparently acceptable for human beings but what sets apart the normal from the abnormal behavior is how an individual understands, accepts, thinks, and does all of these. Hence, this study entitled, "*Prevalence and Correlates of Sexual Behaviors among Students of Pangasinan State University*" aimed to determine the frequency of prevalence of sexual behaviors among students of Pangasinan State University. It also identified their profile in terms of their age, sex, civil status, monthly family income, religion, family type and time spent online as well as the correlation between their profile and the frequency of prevalence of their sexual behaviors. The study employed the descriptive correlational design of research study and a total of four hundred (400) students were considered as the respondents of the study. A questionnaire was used to gather the needed data and the gathered results were processed through the utilization of the SPSS.

Based on the findings of the study, the Researchers found out that majority of the students of PSU are 16-20 years of age, female, single, Roman Catholic believers, belong to a nuclear type of a family having an income of 9,999.00 and below and spending 2-4 hours online. Further, students exemplify low level of prevalence of their sexual behaviors. Spearman's results also revealed that age is correlated to their sexual behaviors. With these, the study strongly recommended that students should be consistently guided about their proper sexual behaviors. They should always have an open communication with their parents. The institution should maintain the course of the guidance and counselling program by strengthening more of their efforts as regards information dissemination on sex, sexuality, sexual harassment and other related matters. Since age is related to sexual behaviors, they must still be given utmost attention so as to lead them to correct path and be able to finish their studies. Lastly, the university should collaborate with the government agencies that also have the same thrusts and advocacies to help the school with the best practices as regards students' welfare and development.

Key Words: Sexual Behaviors, Frequency of Prevalence, Sexuality

Introduction

The Millennium Development Goals (MDGs) that were set at the 2000 Millennium Summit had an objective to fast-track global progress and development. Sexual and reproductive health is a pre-requisite of all goals especially sexual- health related. Progress is observed through the achievement of the two targets and their associated items for checking Millennium Development Goal No. 5 which strategically targeted to resolve adolescent birth rate, unmet need for family planning, sexual contraceptive prevalence rate and pregnancy care coverage. (Inter-Agency and Expert Group of WHO,2015) [1]

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The very first global analysis of sexual behavior explored the patterns and trends of sexual health and reviewed literature on preventive approaches to improve sexual health status. (London School of Hygiene & Tropical Medicine, 2006) [2]. The Researchers found out that there was no universal trend towards early sexual intercourse as well as underage sex and promiscuity.

Secondly, developed countries have comparatively high rates of multiple partnerships and tend to have higher rates of sexual-related diseases. For them, social factors such as poverty, mobility and gender equality are reasons for sexual ill-health which needs public health interventions. Rates of condom use at sexual intercourse were increasing and are generally higher in industrialized than in non-industrialized countries.

Kothari, et.al. (2012) [3] found out in their study that there were a number of demographic shifts which may have affected adolescent lives and the context in which adolescent sexual and reproductive behavior occurs. The proportion of adolescents' age 15-19, living in rural areas, has declined in more than half of the countries surveyed, suggesting increasing urbanization among adolescent populations. The proportion of adolescent women who report having sexual intercourse in the past 12 months has increased in more than half of the countries surveyed. The proportion of adolescent men reporting recent sexual intercourse has decreased by small margins in most of the countries. A similar trend is observed for the proportion of adolescent women who have had a live child. The proportion of adolescent women who received antenatal care from a skilled provider seems to show improvement over time, and a similar increasing trend is observed for adolescents who are attended by a skilled provider for delivery. Efforts to improve levels of contraceptive use and antenatal/delivery care among adolescent women are necessary, as they appear to face various levels of unmet reproductive need. Beyond the descriptive information provided in this report, additional research would be helpful to examine the relationships between related adolescent behaviors, risks, and health outcomes. Youth's engagement in sex-related undertakings has become so drastic. As regards past studies, parent-child closeness and sturdy familial bond can lessen the likelihood of the child to be involved in sexual activities. Further, the effect of becoming open and closer to discussing sexual topics among family members can lead to a more comfortable and happy living. Gumban, et.al (2016) [4] stressed that considering and realizing the sexual behavior of youth has been highly significant in attaining health development in the country. Young people with low level of parental communication in terms of sexual health issues resorted to risky sexual behaviors.

In Philippines, Lee (2012) [5] stressed that there are certain sexual behaviors that are acceptable as human beings but what sets apart the normal from the abnormal behavior is how we think of sex, and whether it is harmful to oneself and others. In like manner, Holmes (2012) [6] shared her thoughts that it is normal to have sex even seven times in a day (or for a couple to have sex only once a month) as long as it does not disrupt a person's daily activities, and it does not affect other people. Sexual behaviors are articulated in a multitude manner which include not only the thoughts but also the sexual practices and carnal fantasies. These are all manifested not only along socio-cultural means like human society and sexuality culture but also on biological, physical, and emotional habits. Others believed that sexual behavior is genetically grounded but others claimed it is largely through the influence of the environment. Human sexual behaviors are impacted by various aspects like cultural, political, theological, spiritual and ethical. (Carey, 2012) [7]

De Irala, et.al. (2019) [8] noted that students' primordial source of information about sexuality and love are acquired from friends. However, what is interesting to note is they value more their parents' advice than their friends', though little talk about this occurs in their respective homes. Annoyingly, more than half of these respondents were not mindful that condom use was not highly effective in hampering pregnancies. Lastly,

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more girls over boys opposed sexism and concluded that parents should be open in discussing about sexuality and condoms are safe but should be used accordingly. In like manner, high percentages of adolescents still value virginity and strongly asserted pre-marital sex, multiple sex, casual sex, pornography, cohabitation, same-sex relationship, petting and female masturbation are still given such second-thought. Yet, male masturbation, holding hands and kissing as well as necking were found acceptable. Results indicated an increase in adolescents who engaged in premarital sex over time, although generally low (27.7%) compared to other studies. (De Jose, 2103) [9]

Pinoy Youth Today (2013) [10] by University of the Philippines shared that there is a heightened, bolder and wider range of sexual behavior including those that use new ICT which include notable differentials in all sexual activities, higher levels among males, older youth (age 20-24) and residents of NCR and contiguous regions Central Luzon and Calabarzon compared to their counterparts. Most of the sexual activities are unprotected against the risk of pregnancy and increase in teenage fertility in the past decade. The new technologies have given rise to new forms of sexual activity and new means of meeting sexual partners that could increase the risk of adverse consequences like under a context of low prevalence of the use of protection. As well, the increased prevalence of sexual activity in various forms may indicate new normative standards regarding sex. Norms around marriage may also be changing as indicated by a higher proportion of the living-in than the formally married status.

It is within these prevailing notes and concepts that the Researchers intended to focus on the sexual behaviors of the students of Pangasinan State University.

Methods and Procedure

This study used the descriptive-correlational method of research. Correlation research is looking for variables that seem to interact with each other, so that when one can see one changing, a Researcher has an idea of how the other will change (Kowalczyk, 2013) [11] Through this concept, this design was deemed appropriate for the present study. Four hundred students of PSU-Urdaneta were considered as respondents of the study.

Table 1 Respondents of the Study

Degree Courses	No of Respondents
AB English Language	13
B Elementary Education	14
B Secondary Education	22
BS Mathematics	11
BS Information Technology	58
BS Architecture	32
BS Civil Engineering	119
BS Computer Engineering	41
BS Electrical Engineering	49
BS Mechanical Engineering	41
Total	**400**

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A Researcher-made questionnaire was used in this study which was designed, crafted and patterned from the various related studies. The questionnaire was prepared in accordance to the main purpose of the present study. The questionnaire utilized consisted of the following parts: **Part I** of the instrument focused on the profile of the respondents. **Part II** of the instrument elicited the information on the sexual behaviors of the students of Pangasinan State University.

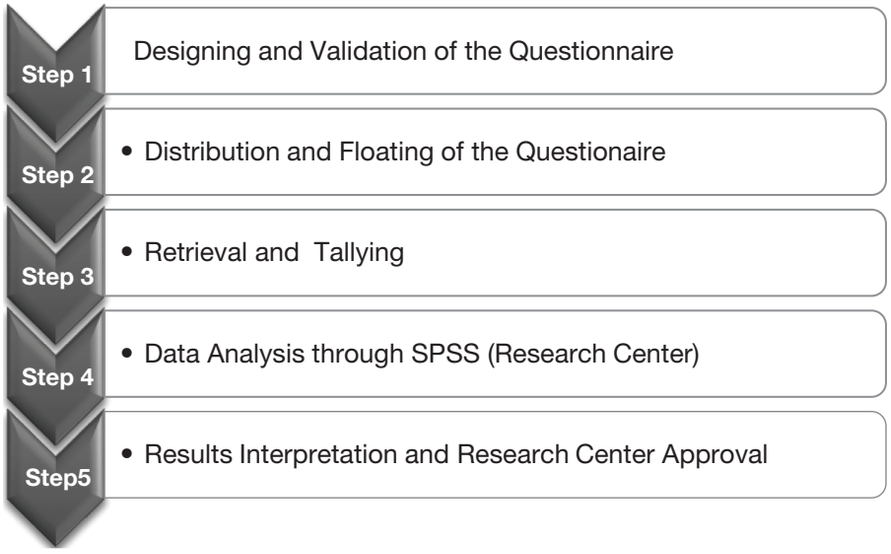


Figure 1. Research Process

The descriptive survey, through the use of the questionnaire-checklist, was employed to answer the problems of the present study. The questionnaire-checklist that was used for data gathering revealed the profile of the students in terms of their age, sex, civil status, monthly family income, religion, family type and time spent online. The Researchers obtained permission from the Campus Executive Director. The established questionnaire-checklist was meticulously evaluated. After the questionnaire was simplified, improved and refined, the questionnaire was subjected to content validation by five experts in the field of guidance and social sciences. The experts ascertained the content validity of the instrument with the average of 4.93. In describing the validity, the average weighted mean was adopted.

The following mean scale range and descriptive rating below were used to interpret the validity of the questionnaire.

Numerical Values	Mean Scale Range	Descriptive Rating
5	4.51 – 5.00	Very Highly Valid
4	3.51 – 4.50	Highly Valid
3	2.51 – 3.50	Moderately Valid
2	1.51– 2.50	Not Valid
1	1.00 – 1.50	Not Valid at All

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The questionnaire was distributed, explained and clarified to the respondents regarding the main purpose of the study. Likewise, the retrieval of the questionnaire was done just after accomplishing the details of the questionnaire. Likewise, tabulation and tallying started right after the retrieval then submitted to the Campus Research Coordinator and endorsed to the Statistics Center for further analysis. All the needed and relevant data that were gathered was consolidated and analyzed. In determining the profile of respondents, frequency counts and percentages were used as the main statistical tool.

Likewise, to determine the frequency of prevalence of the sexual behaviors of the students, average weighted and frequency were utilized.

Scale	Range	Descriptive Equivalent
4	3.26 – 4.00	Always
3	2.51 – 3.25	Sometimes
2	1.76 – 2.50	Often
1	1.00 – 1.75	Never

To determine the significant relationship between the profile variables and the frequency of prevalence of the sexual behaviors of the students, chi-square was utilized.

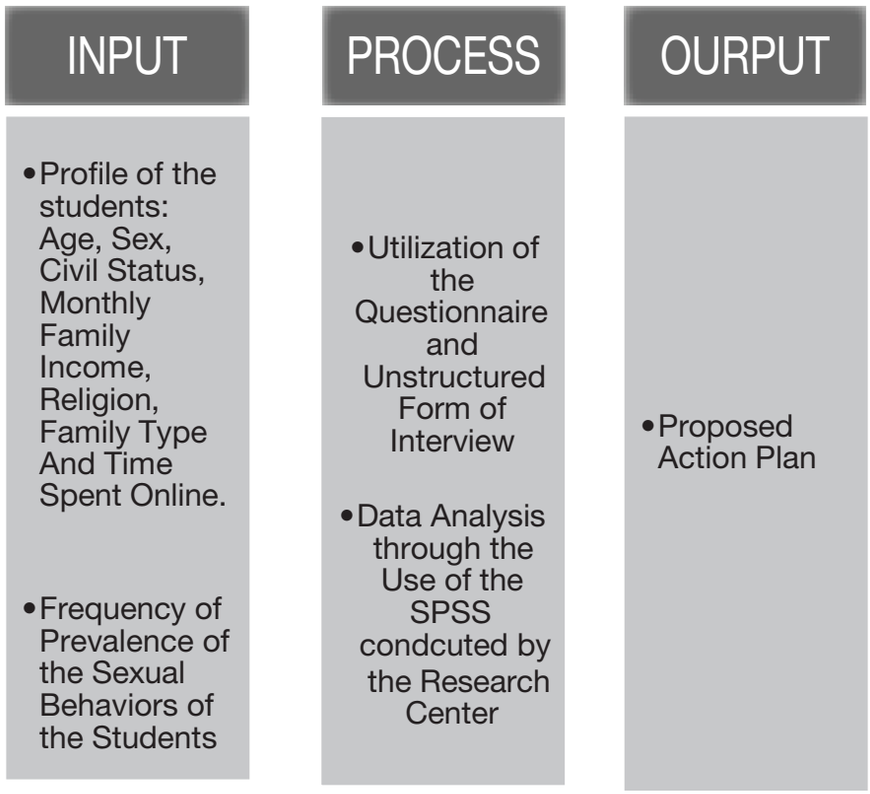


Figure 2. Research Paradigm

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Results and Discussion

Table 2 Profile of the Respondents

Profile	Level	Frequency	Percentage
Age	31 - above	3	0.80
	26 - 30	9	2.30
	21 - 25	87	21.80
	16 - 20	301	75.30
Sex	Male	185	46.30
	Female	215	53.80
Civil Status	Single	391	97.80
	Married	3	0.80
	Single Parent	6	1.50
Monthly Family Income	50,000 - above	21	5.30
	30,000 - 49,999	46	11.50
	10,000 - 29,999	145	36.30
	9,999 - below	188	47.00
Religion	Roman Catholic	259	64.80
	Iglesia ni Cristo	28	7.00
	Jesus-Latter Day Saints	13	3.30
	Born Again	69	17.30
		31	7.80
Family Type	Nuclear	273	68.30
	Extended	76	19.00
	Single-parent	51	12.70
Time Spent Online	2 hours	109	27.30
	2 - 4 hours	158	39.50
	4 hours	128	32.00
	Never	5	1.30

Age. It is reflected in the Table 2 that majority of the students of Pangasinan State University-Urdaneta Campus are 16-20 years old as indicated by the frequency of 301 with a percentage of 75.30. Eighty-seven or 21.80% are 21-25 while nine (9) or 2.30 percent are 26-30 years old. Only 3 of them or 0.80% are 31 years old and above. The data imply that students are entirely in their actual age for tertiary education and have enrolled in their College on time. However, there are still those who are already staying beyond the College years due to the delay because of failing grades. The human sex ratio is the number of males for each 100 females in a population. Sex ratio above 100 means there are more males than females. Sex ratio below 100 means there are more females than males. Sex ratio of 100 means there are equal number of females and males. (Worldbank, 2019) [12]

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Henking (2019) [13] said that the very significant shift of College Education in the Philippines is probably the massive growth in the adult student population in the higher education. Students who are enrolled in higher education are 38% percent and are over the age of 25 and one-fourth are over the age of 30. By 2019, students who are over age 25 is projected to increase by another 23%.

Sex. The Table 2 shows that most of the respondents are females as indicated by the frequency of 215 or 53.80% while there are 185 or 46.30% male students. The data imply that though the Campus' course hub is Engineering and Architecture, it is still dominated by women. In the Philippines particularly in 2015, the male to female ratio was at level of 101.31 males per 100 females, down from 101.78 males per 100 females in 2010. There is a change of 0.46 percent. (Knoema.com, 2015) [14]

Civil Status. The Table 2 reflects that majority of the students are single as evidenced by the frequency of 391 or 97.80%. Likewise, among the respondents, six (6) of them or 1.50% are single parents while a few or three students or 0.80% are already married. It is implied that since the respondents are still studying, they still opt to stay single so that they can concentrate on their studies.

Monthly Family Income. It could be gleaned from the Table 2 that most of the respondents have an average monthly income of 9,999.00 – below as indicated by the frequency of 188 or 47%. One-hundred forty-five (145) of them have an income of 30,000.00-49,999.00. However, only 21 or 5.30% of them have an income of 50,000.00 and above. The data imply that according to the newly established income bracket released during the pandemic time, families with an income of 11,690.00 and below belong to the poor. With this concept, respondents are poor because the income is below the clustered income which is Php 9,999.00 – below. Jonas (2012) [15] said that the families with middle income earn an average of P36, 934.00 monthly while families with lowest monthly income earn an average of P9, 061.00. Likewise, according to the data on the latest Family Income and Expenditure Survey of the National Statistical Coordination Board (NSCB) offers some, albeit not that exhaustive, information about income classes in the country.

Religion. The Table 2 reflects that majority of the respondents are Roman Catholics as indicated by the frequency of 259 or 64.80%. Twenty-eight of them or 7% are Iglesia Ni Cristo, 13 or 3.30% are devotees of Jesus Latter Day Saints, while there are 69 of them or 17.30% Born Again Christians. Since the country is Christian-centered, it is tantamount that the respondents are Roman Catholics. Roman Catholicism became the foundation of the heritage and the identity of the Filipinos for tens of hundred times in the Philippines since the invasion of Spaniards (Steven, 2014) [16]

Family Type. The Table 2 shows that majority of the students have a nuclear type of a family as reflected by the frequency of 273 or 68.30%. Seventy-six or 19% belong to the extended family. Further, fifty-one (51) or 12.70% of them are raised in single-parent family. The data imply that the respondents still employ close-family ties and exercise the sanctity of marriage and the value of family.

The sanctity of marriage and the essence of nuclear family remains intact because divorce is not permitted in the articles of the country's law or in the culture of the Philippine society keeping families to remain together making traditional nuclear families still exist. Likewise, the parents' responsibility of taking care of the children stays until parents become old and later the children reciprocate (Filipina, 2012) [17]

Time Spent Online. Online is already the world of students nowadays. It could be gleaned from the Table that most of the students spend their time online 2-4 hours a day as indicated by the frequency of 158 or

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39.50%. This is followed by the '4 hours a day' as reflected by the 128 or 27.30%. Only 5 of them or 1.30% are not spending any time online. The data imply that students spend more time manipulating their gadgets because this is now the call of the time.

The very latest study conducted by the Kaiser Family Foundation stressed that students spend much more time making themselves busy with their mobile phones, tablets and iPods rather than staying in the classroom, browsing their notes and reading their books (Henderson, 2010) [18]

Frequency of Prevalence of Sexual Behaviours among Students of Pangasinan State University

Table 3 Frequency of Prevalence of Sexual Behaviors among students

Indicators	Frequencies				Mean	DE
	N	O	S	A		
Talking with your friends about sex	119	113	130	38	2.22	O
Talking with your friends about contraception	155	121	100	24	1.98	O
Dating	198	65	115	22	1.90	O
Watching pornographic films through the use of laptop or phones	213	113	50	24	1.71	N
Viewing a pornographic movie/video	199	142	48	11	1.68	N
Sexual fantasies	220	112	51	17	1.66	N
Masturbating alone	261	71	41	27	1.59	N
Kissing while on a date	307	53	30	10	1.36	N
Talking with your boyfriend/girlfriend about sex	304	57	35	4	1.35	N
Talking with your boyfriend/girlfriend about contraception	317	48	31	4	1.31	N
Petting or fondling	327	38	24	11	1.30	N
Reading pornographic magazine	322	53	21	4	1.27	N
Talking with your parents about contraception	321	58	20	1	1.25	N
Talking with your parents about sex	334	39	26	1	1.24	N
Oral sex	371	15	7	7	1.13	N
Sexual Intercourse with a person of the opposite sex	373	15	7	5	1.11	N
Forcing your partner to have sex	380	8	8	4	1.09	N
Being forced to have sex or having sexually abused	383	8	6	3	1.07	N
Sexual activity with a person of the same sex	386	6	7	1	1.06	N
Overall Weighted Mean					**1.43**	N

Note: Highest frequencies are in **boldface; DE –** Descriptive Equivalent
Legend: 1.00 – 1.75 **N – Never**; 1.76 – 2.50 **O – Often**; 2.51 – 3.25 **S – Sometimes**; 3.26 – 4.00 **A - Always**

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It is reflected in the Table 2 that talking about sex with friends served as the number indicator about sexual behavior with the highest mean of 2.22. Out of the 400 respondents, 119 never had the motive of discussing about this matter, however, there were 38 of them who were always having this behavior of having a dialogue about sex with friends. The data imply that though the educational design is already patterned along Fourth Industrial Revolution, majority of the students are still hesitant and timid to share their thoughts about sex related matters because of strong influence, religiosity and sturdy ties among family members.

Sex is a normal part of one's life and talking about contraceptives instills taking responsible steps to protect oneself. This is about taking charge of one's own life in an adult process and responsible way and shows maturity. (www.your-life.com, 2015) [19]. Plante (2020) [20] said that it is imperative to talk with friends about sex. It can bring closeness between and among friends if there is open communication and conversation about sex in particular and can also provide fun and opportunities for validation. However, many people still believe that conversation about sex must be kept private because this seems intimidating or a bit awkward even amongst friends.

Likewise, talking with your friends about contraceptives was oftentimes prevalent among students of the institution as reflected by the mean of 1.89. One-hundred fifty-five (155) students never disclosed themselves towards this issue, however, there were twenty-four (24) of them who felt-free to share their views about contraceptives like condom and others.

The data imply that students are aware of the sexually transmitted diseases and of possibilities of acquiring them, that is why, they still have to convey concerns as regards contraceptives. In fact, there is a government thrust of giving free condoms to high school students across the country.

Parents must communicate honestly and openly with their teenage sons &/or daughters about sex and contraceptives because these help promote their child's health and lessen the chances that their teenage children will engage in behaviors that are not acceptable to the standards of the society (Albert, 2012)[21]

Moreover, dating is also oftentimes prevalent among students of Pangasinan State University (PSU) as reflected by the mean of 1.90. There were 115 of them, sometimes indulging in this behavior and only 22 of them were always engaging in this kind of behavior. This is attributed to the fact that men are still sexually active beings and this is manifested through dating, courtship and opposite gender attraction. Gavin (2012) [22] said that dating is a form of romantic relationship in which two people are emotionally and sexually attracted to each other. More so, findings revealed that dating in Federal University is a social exchange between two unmarried persons. The findings also revealed that the social factors that facilitate dating among students are academic pursuit, peer pressure, socio-economic background, parenting style and the need for high prestige. Finally, dating has both negative and positive implications. The positive impacts include ease of academic stress, improvement in emotional health and strengthening of self-esteem/confidence. The negative impact of dating includes prevalence of dating violence, sexual implications and high level of disrespect among students.

However, psychological aggression is the most common form of dating violence among college students placing young adults, particularly females, at risk for physical and psychological problems. Some students are unaware that certain behaviors constitute violence. Considering the prevalence of dating violence, it is necessary for counsellors to be aware of the ethical issues and dilemmas that can arise when working with clients (Maharaj, 2019) [23]

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On the other hand, watching pornographic films through the use of laptop or phones (1.71), viewing a pornographic movie/video (1.68) and sexual fantasies (1.66) were never prevalent among students. It is also not surprising to note that there were 24 of them who do watch pornographic films using their phones because of an easy access of the internet browsing connections and an ample free data linkages from major internet network providers.

According to Flood (2012) [24], youths are routinely exposed to pornography. They encounter sexually explicit images while on the Internet, some watch X-rated videos and, like adults, they live in a culture increasingly saturated in sexualized representations. This study explores the likely effects of youth's exposure to sexually explicit media. It reveals that pornography exposure can lead to emotional disturbance, sexual knowledge and liberalized attitudes, shifts in sexual behaviour, and sexist and objectifying understandings. Particularly for boys and young men, the use of pornography may exacerbate violence-supportive social norms and encourage their participation in sexual abuse.

Masturbating alone has also been noted as never prevalent among students as indicated by the mean of 1.59. It is further reflected in the Table that 261 of them seemed never and only 27 of them were active and had the purpose of doing this behavior. However, Maslow, in his self-actualization and hierarchy of needs theory, said that sex has been a physiological need to be fulfilled. Therefore, this one is somehow a question and needed to be proven and examined. Castleman (2019) [25] suggested that masturbation was true for both women and men. Regardless of their health, men keep doing it. Seemingly, fundamentalist families do lesser frequency of masturbation compared with people who were raised in families who are religiously liberal. However, it is deemed as convenient vent for students who do not have partners.

Further, kissing, while on a date, has also been assessed as never prevalent as supported by the mean of 1.36. It could be seen that 307 students confirmed that they were not doing this behavior, possibilities are attributed to either they do not have partners yet or they are focused on their studies, that love interests are not yet their concern.

However, there were 10 of them who were absolutely actively doing this behavior. Physiological connections of warmth that includes kissing can slow down the effects of stress according to Affection Exchange Theory. Moreover, expressed affection, where kissing is a major instance, is directly related to depressing the stress hormone cortisol within the entire rotation of the day.

Indicators, namely talking with boyfriend/girlfriend about sex (1.35) and talking with boyfriend/girlfriend about contraception, (1.31) were also never prevalent among students of the Campus. The data imply that some of the students are still very conservative and still consider the value of sanctity. However, of the 400 respondents, more than 300 were never into this kind of sexual behavior but it is so interesting to note that only few of them were so vocal and overt expressing their viewpoints about this.

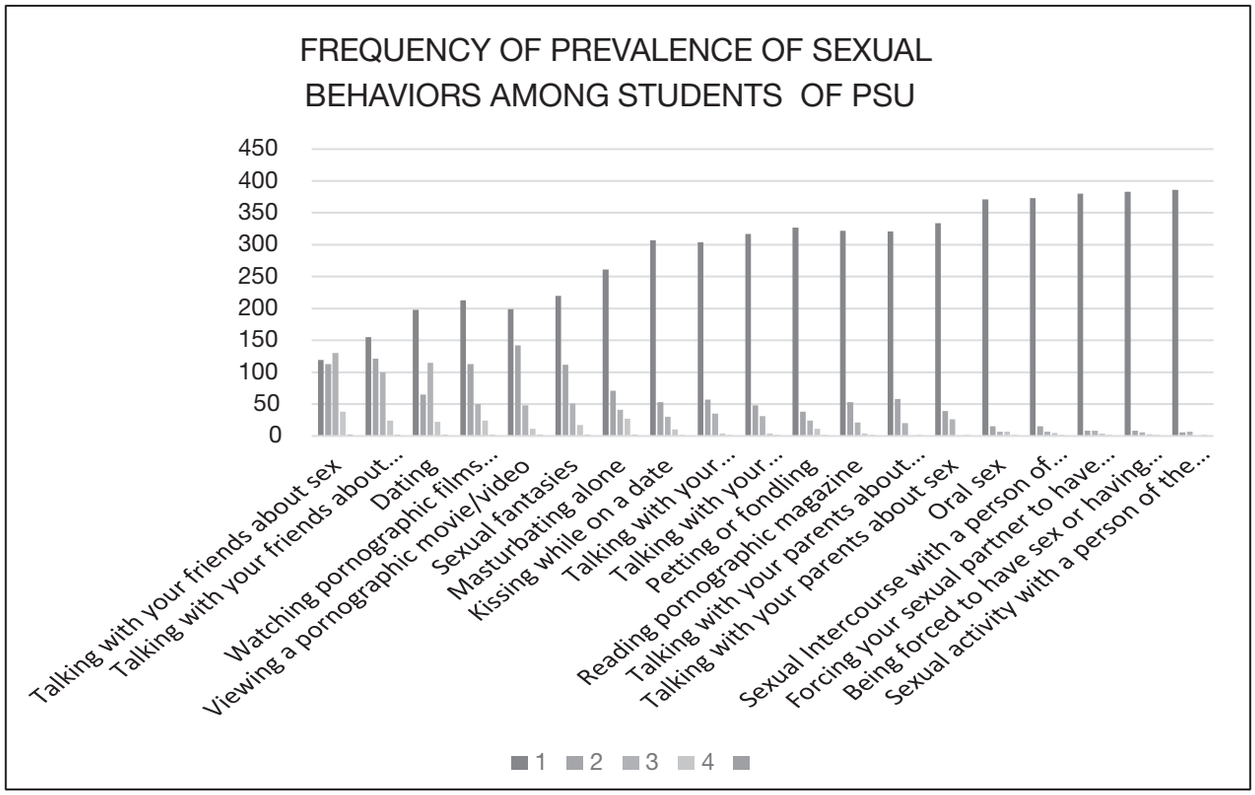
Another indicator is about petting or fondling in which these have been assessed as never prevalent among respondents as supported by the mean of 1.30. The data further revealed that only 11 of them were doing this behavior. It is on this aspect that young Filipinos are still very naïve and God-fearing. Students of the institution still consider purity-preservation despite of the emerging alarming conditions of the society on teenage pregnancy and pre-marital sexual activity. This can be disputable, nevertheless students of the University still manage their care for their future and love to earn their respective degrees.

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A lot of young people at this time are not comfortable disclosing such issues about themselves to their parents. Likewise, talking about sex with them has been evaluated as never as indicated by the mean of 1.24. Majority of the students answered never as supported by the frequency of 334 yet only 1 answered yes for this indicator. Students seemed to be very timid and reserved when it comes to conversing about sexual matters with their parents. The data imply that they intend to keep matters like this in private because parents are not also very open or revealing about this concern.

Oral sex is an indicator on sexual behavior that was assessed as never prevalent, yet there were 7 of them always doing this behavior but a majority of the students were not performing this behavior as supported by the frequency of 371. This behavior is somehow a sexual gesture that others perceive as really a part of human sexual calisthenics. However, the data imply that only a few of the students were into this act because of their love for their partners as also their respect towards their loved ones. Lilywhite (2019) [26] said that oral sex is potential in enhancing an overall mood. This can also improve the extent of intimacy with one's partner.

An indicator that was also evaluated as never prevalent was along sexual intercourse with a person of the opposite sex as evidenced by the mean of 1.11. There were 373 of the students who answered never and only 7 answered always. Sexual intercourse is the very nature of humanity. However, it should be done with the right person. The data imply that students are mindful of the value of their partners. Women are less enthusiastic for casual sex as compared with men. This is true along desires for short-term mating with many different sexual partners and is even true for wanting to have sex with complete and total strangers (Schmitt, 2017) [27]



Legend:

1=never; 2=often; 3=sometimes; 4=always

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Being forced to have sex or having sexually abused was assessed as never prevalent as indicated by the mean of 1.07. Majority of them or 383 have answered never and only 3 have answered always. It is so saddening to note that there were those students who were sexually abused. This is a very rare case yet still very alarming because this still prevails in the community. The data imply that the cruelty is still in store among students. This should be given immediate attention because this can also harm and can be a threat among students of the University.

Homosexuality is also very rampant in the society today through the very diverse nature of humanity in this realm of modernity. Though this is the situation of the world right now, the students never had an affair or a sexual intercourse with same sex as evidenced by the mean of 1.06. It has been the enigma of dynamism along sexuality in the society, however, very few still among the students did have an affair with same sex. This is so interesting to note despite the emergence of LGBTQA+ community in the society today.

Notwithstanding, there was always demonstration of sexual behavior among students of Pangasinan State University as evidenced by the over-all weighted mean of 1.43.

Correlation Between the Prevalence of Sexual Behaviour and the Profile of Students of Pangasinan State University

Table 4 Correlation between the Prevalence of Sexual Behavior and the Profile of Students of Pangasinan State University

Profile	Prevalence of Sexual Behavior		
	r	sig.	D
Age [a]	0.069	0.17	Slight
Sex [b]	0.268**	0.000	Strong
Civil Status [b]	0.135*	0.023	Weak
Monthly Family Income [a]	0.086	0.085	Slight
Religion [b]	0.104	0.374	Weak
Family Type [b]	0.049	0.927	Weak
Time Spent Online [a]	0.085	0.09	Slight

Note: ** Significant at 1% level, * Significant at 5% level; Superscript (a) indicates that the test used was **Spearman Rank Correlation**; (b) indicates that the test used was **Chi-square test of Independence**.
Legend: For (a) **S –** Slight /Almost Negligible, **L –** Low Correlation**, M –** Moderate Correlation**, H –** High Correlation**, VH –** Very High Correlation**.**
For (b) 0.10 – 0.29 **W – Weak** association between variables, 0.30 – 0.40 **M – Moderate** association between variables, 0.50 – above **S – Strong** association between variables.

Spearman's value revealed that age has slight correlation with the prevalence of sexual behaviors among students as indicated by the computed value of 0.17. The data imply that age is not a question as regards sexual behavior due to the fact that age can be a factor being so aware of the sexual behaviors. However,

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monthly family income and time spent online have slight correlation with the sexual behaviors of students as supported by the computed values of 0.085 and 0.09, respectively.

Cognizant to the findings of the study, the study of De Jose (2013) [28] entitled, "Filipino Adolescents' Sexual Attitudes and Behaviors: Results from a University Cohort" revealed that six of the predictive factors (gender, sexual preference, age, school allowance, monthly family income, and attitude towards sex) were significantly correlated with sexual behavior. Stepwise regression analysis identified only four factors - attitude towards sex, monthly family income, gender, and sexual preference - as significant predictors of sexual behaviors. This composite term explains 16.1% of the total variance with the overall equation significant at $p < .001$.

On the other hand, chi-square test of independence results further revealed that sex has strong association with the sexual behavior among students as supported by the computed value of 0.000. However, civil status has a weak association with the sexual behaviors of students as evidenced by the computed value of 0.023. Lastly, religion and family type also have weak association with the sexual behaviors of students of Pangasinan State University as indicated by the computed values of 0.374 and 0.927, respectively.

Table 5 Plan of Action to Enhance the Sexual Behaviors of Students

Key Result Area	Objectives	Strategies	Time Frame	Personnel Involved	Budgetary Requirement	Expected Output
Students' sexual behavior identification	To screen the behaviors of the students through survey *(Having this information at the start will assist in setting up the plan with some baseline data)*	• Steps to Follow • Targeting the behavior • Intervention selection • Conferencing with the student • Tracking data to (hopefully) show progress • Knowing if an intervention worked	September 2020	CED, AdO, Guidance Counselor, Deans Chairs and Faculty	Php 20,000.00	Intensive identification of the sexual behaviors has been conducted.
Profound Knowledge of Students on Sexual Behaviors	To conduct information dissemination on sex, sexuality, PMS, sexual protection and HIV/ AIDS	Intensive and inclusive Information drive and campaign Creation of VLOGS and Web Blogs about the matter	October 2020	CED, AdO, Guidance Counselor, Deans Chairs and Faculty	Php 5,000.00	Inclusive, intensive and comprehensive Information drive and campaign has been put into place
Partnership	To establish partnerships with the DSWD, PNP and OCD	Memorandum of Understanding/ Agreement between the university and GO's other NGO's	December 2020	CED, AdO, Guidance Counselor, Deans Chairs and Faculty	Php 10,000.00	Partnership is strongly established

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Rebranding of the Guidance Office	To revisit the process of the Guidance Office	• Revisiting of the Manual of Services of the Guidance Office • Inclusion and Involvement of the Advisers in the Conduct of Counseling • Enough personnel of the Office • Enough staff to accommodate the needs of the students	December 2020	CED, AdO, Guidance Counselor, Deans Chairs and Faculty	Php 50,000.00	Office rebranding is set.
Reconstruction of the Guidance Office	To establish privacy among students	More spacious area for guidance, counselling and testing.	January-April 2021	CED, AdO, University Engineer, Guidance Counselor, Deans Chairs and Faculty	Php 500,000.00	More spacious office is restructured
TOTAL					Php 585,000.00	

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