



## Sexual Anxiety, Sexual Attitude and Attitude towards Sex Education among Under Graduate College Students.

**Dr.Shinde Vijaykumar Balbhim**

Head, Dept. of Psychology, Tuljaram Chaturchand College of Arts, Science and Commerce Baramati,  
Dist- Pune (Maharashtra). ,E mail ID: vbswonder@gmail.com ,Contact No. 9881907092

### Abstract:

The present study aims to the investigation of premarital sexual anxiety, sexual attitude and attitude towards sex education among under graduate college students. The total Sample size was 60 which were selected purposively from Baramati city. Each group consisted of 30 individuals (30 Girls and 30 Boys). Sexual Anxiety scale developed by Pramod Kumar, Sexual Attitude scale developed by Amit Abraham and Attitude towards sex education developed by Dr. Usha Mishra was used to collect the data. Between group research design was used. To find gender difference the data was analyzed by using independent sample 't' test. The findings of the study reveal that there is significant gender difference found on premarital sexual anxiety and sexual attitude. The findings for attitude towards sex education shows that the today's college students have a high attitude towards Sex Education with no significant gender difference. Findings suggest that the education authorities are seriously contemplating the inclusion of sex education in the college curriculum.

**Key Words:** Premarital Sexual Anxiety, Sex Attitude, Attitude towards Sex Education, Under Graduate College Students.

### Introduction:

Sexual anxiety is a fear-based response to sex and/or intimacy. It often impedes sexual activity and can hijack a person psychologically, physiologically, and emotionally. There are many triggers for sexual anxiety and they can have an impact before, during, and after sexual activity. Sexual performance anxiety is a type of performance anxiety that involves a fear or worry related to sexual activity. This can happen during sex, or even before sex. The pre-marital sexual anxiety refers to fear and apprehension one holds about his being successful as far as sexual relations in marriage are concerned. These fears and apprehensions are mainly caused by the distorted notions one developed about sex during his development year, mostly based on unscientific information he gets about sex from his friends, acquaintances and cheap sex books (Tjaden, 1988). During one study (Kumar, 1991) on sex-related myth, it was observed that quite a few among college students interviewed believed that 'masturbation caused impotency- inability to have proper penile erection'. Another sex-related myth that emerged quite strongly and could also give rise to fears and apprehensions about sexual effectiveness in a person were that 'penis' size was related with one's sexual potency.' If so believed, then the person who has indulged in masturbatory practices or has got a relatively smaller penis (as per his standards) would have every likelihood of developing fears and apprehensions about his ability to fully sexually satisfy his partner. Such fear and apprehensions once developed are bound to play havoc with the sexual life of the Person (Feldman, 1989). It is an irony that sex which is so much an integral part of our lives is so difficult to be discussed and thought of in a rational manner.

In India, rapid socio-economic development, rising way in to education, higher standards of living, rural-urban migration, urbanization, and modernization, as well as the influence of Western culture, have contributed to the increased occurrence of sexual activity among Indian youth, especially college students. In the present scenario, the invasion of modern technology and multimedia has made the Indian youth more flexible towards sexuality over the Internet and mass media. Living in an increasingly permissive environment, sexual curiosity among youth is commonly encountered. Having lack of knowledge about topics related to sexuality, reproductive health, contraception, condom use, and sexually transmitted infections (STIs)—including the human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS)—many young people are susceptible to social consequences such as unwanted pregnancy and diseases. From this point of view, it is the purpose of the study to investigate and understand the youth's current health knowledge, attitudes towards sexuality, premarital sexual anxiety and sex education. It is hoped that findings from this study may provide implications for possible sexuality education and sexual health