Assessment of knowledge about sexual related issues among youth of two colleges of Delhi

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Adolescents and young adults (15-24 yrs) are at greater risk of acquiring Sexually transmitted diseases. Lack of knowledge and information can lead to lack of health. Aim of the study was to assess the level of knowledge about sex related issues in youth and their willingness to discuss about the same.A cross sectional survey using a self administered questionnaire was conducted among 150 students (59 medical and 91 non medical) of two college of Delhi.The questionnaire contained questions regarding knowledge, attitude, practices of sex and suggestions about sex education and related issues. Personal details were optional. The study was promoted and sponsored by STS program of ICMR.There were 120 girls and 30 boys who participated in the survey. 38.67% (58/150) have never received any form of sex education. 90 % (135/150) never approached anybody for sex education. 75% (112/150) never discussed sex related issues with their parents. 26% (39/150) still had queries regarding sexual issues. Minimum age for onset of sexual activity is 20 yrs. 45% (41/91) of the non medical college students do not have any idea about contraception. Only 13.2% (12/91) of the non medical students knew the name of another STD other than AIDS. But, overall 84.67% (127/150) knew that condoms provide protection against STD's and 44% (66/150) are willing to use condom as contraceptive. 62.7% (94/150) felt that a lecture on sex education should be included in the curriculum.The results infer that there is hesitancy among youth to approach about sex related issues. There is communication gap between the parents and the children regarding sexual issues. Knowledge regarding STD's and contraception is poor among non medical students. It is promising that the knowledge and attitude towards condom use is good among the youth and they are receptive towards sex education.