

## Risky Sexual Behavior and Factors Associated with it among Public and Private Secondary School Students in Addis Ababa City (Ethiopia): A Cross-Sectional Comparative Study

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### Abstract

**Introduction:** Currently, an unprecedented 1.8 billion youth live globally. Yet, in a world of adult concerns, young people are often overlooked. Most young people begin sexual activities during adolescence. The contribution of the school type towards developing risky sexual behaviour by the students has not been explored well. Thus, this study tried to compare Risky Sexual Behavior and Factors Associated among Public and Private Secondary School Students in Addis Ababa.

**Objective:** To determine the prevalence of risky sexual behavior and factors associated with it among public and private secondary school students in Addis Ababa.

**Method and material:** A comparative cross sectional study was conducted from February 15- Mar. 16, 2015. A multistage random sampling technique was used to identify secondary schools. Study participants were selected using simple random sampling technique. Two population proportion formulas were used to calculate a total sample size of 1037 students (517 public 518 private). Data was summarized using descriptive statistics including mean, proportion and standard deviation and inferential statistics such as chi-square test and binomial logistic regression. Ethical clearance was obtained from Debre Markos University. **Result:** A total of 1,037 students (519 public and 518 private) participated in the study making the response rate 98.8%. Among all the students (public and private), a quarter of them (264(25.5%)) had started sexual intercourse at the mean age of 16.39 years (+SD 1.7). Of those who started sex, 188 (71.2%) of them reported risky sexual practices. The prevalence of risky sexual behaviour in public and private schools were 73.28 % and 69.17%, respectively. The difference between the two categories is not statistically significant ( $p > 0.05$ ).

**Conclusion:** A quarter of secondary school students have started sex. Seven in 10 of those who ever started sex practiced risky sexual behavior. Thus, parents, the government and non-government organizations working on students should work further to reduce risky sexual behaviour.

### Introduction

The United Nations defines youth as those age 15–24 year, adolescents as those age 10–19 year and young between 10 and 24 year. This is a very diverse group of individuals whose life circumstances and opportunities and obstacles to improve their lives vary considerably from country to country. Currently, unprecedented 1.8 billion youth exist globally. Young people (between 10 and 24 years old) accounted for 28 % of the world's

population in 2010; nearly 90 % live in developing countries. In Ethiopia, approximately one third of the total population is in the age range of 10- 24 years.

During adolescence, it is common that young people develop interest in the opposite sex, highly concerned with physical and sexual attractiveness, and are frequently changing relationships. According to the 2013 report of Population Reference Bureau, a US based private non-profit organization; the global prevalence of HIV/ AIDS among young people age 15-24 is 0.5 % for females and 0.3 % for males. Contemporary world has encountered a remarkable increase in the number of young people. Those people 24 years old or younger make up almost half of the world's 7 billion population with 1.2 billion between the ages of 10 and 19. About 85% live in developing countries. Their percentage of the population in some major developing countries is already at its peak. In Ethiopia, over 33% of the total population falls within this age range. The transition from childhood to adulthood is influenced by risky behaviors that endanger adolescents' health in general. The youth is negatively affected by the outcomes of these risky behavioral patterns. Many studies confirmed that adolescents are at the heart of HIV/ AIDS pandemic. According to the latest estimates from UNAIDS, there were 35 million people living with HIV in 2013 globally, youth between the ages of 15-24, account for approximately 33% of new HIV infections. Sub-Saharan African young women remain most severely affected as compared to their male counterparts

### Biography

Abdusemed Mussa Ali has a BA degree in Sociology and Masters in Public Health (MPH). He is currently a PhD fellow at Walden University School of Health Science studying Public Health with concentration in Community Health. Abdusemed has been working with Pathfinder International–Ethiopia Office at different capacities. He has over 10 years' experience in implementing public health programs in Ethiopia. In his current role Abdusemed is assigned as a Knowledge Management Officer and is involved in the ongoing gathering of qualitative information, success stories, case studies, lessons learnt and other relevant information, ensuring that they are appropriately packaged, stored, shared with relevant stakeholders. Before moving to his current position, he served as a Communication Officer and has been actively involved in family planning advocacy. He is a member of the Ethiopian Public Health Association (EPHA).