

Propagating Sexual Health and Its Related Aspects

Priyal Malhotra¹ and Nikita Diwedi²

Daulat Ram College University of Delhi Delhi

Abstract—Every year a new cohort of female population reach puberty. Yet, despite the urgent and recurring need, there is little systematic and comprehensive guidance on the vital subject of sexual health and its management for the young women. Indian society encompasses multivariate cultural attitudes which directly affects how a person is socialized and develops perception/s about sexuality and its related aspects. Through this research we wish to articulate a multi-pronged rationale for the education sector to improve female sexual health and awareness to undergraduate students by addressing puberty education and menstrual hygiene management; to describe good hygiene practices; and, to provide clear action steps for administrators, authorities, practitioners and advocates to focus on these demanding and challenging issues in their educational sector. To fulfill this goal a Sexual Health Outreach Program (SHOP) was designed for a sample of undergraduate female students of Daulat Ram College, University of Delhi. The main purpose was to provide the participants with factual information about sexual health and hygiene and to prepare them to recognize healthy and safe sexual behavior. To cater to such issues a needs assessment study was conducted where in the students were asked to share the major issues they were facing and those topics which they would want the Sexual Health Outreach Program to address. It revealed a lot of misconceptions about sexual health issues indicating a low level of sexual health awareness and its management. Based on the analysis of the data several themes were identified based on physiological and psychological aspects related to sexual health and its underpinnings. Keeping in touch with the motive a learning technique (Computer Assisted Learning Program) was evolved in this process which might have a functional approach in the Educational field in spreading awareness and proving to be efficacious in a society providing females with the correct impetus. Certain activities were designed to make it pilot run as a small scale intervention and to test its effectiveness and contribution towards future goals. The data regarding the same has been analyzed. Theoretical and practical implications of the findings are discussed.

Keywords: *Sexual Health, Awareness, Hygiene, Physiological, Psychological, Young Adult*