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**A Study of the Sexual Behaviors of a Selected Group of Filipino College Students in
Exclusive and Non-Exclusive Dormitories in Manila**

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APPROVAL SHEET

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This thesis entitled "**A Study of the Sexual Behaviors of a Selected Group of Filipino College Students in Exclusive and Non-Exclusive Dormitories in Manila**" has been prepared and submitted by **Shiella Andrea Cruz Medina** in partial fulfillment of the course requirements for the Degree of Bachelor of Arts in Behavioral Sciences

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ABSTRACT

The changing values of Filipinos towards sexuality and sexual behaviors were influenced by the increasing demands in modernization, globalization and advancements in technology. A heightened increase in sexual activity among adolescents places the individual at high risk of acquiring sexually transmitted diseases. In line with this, this study concerning sexual behaviors of the Filipino late adolescent aimed to explore their sexual fantasies, sexual habits such as masturbation and coitus, and the STD preventive measures they used. Data was gathered among Filipino college students residing in various dormitories along the University Belt in the City of Manila through a survey questionnaire. The research variables were analyzed according to gender and type of dormitory using Chi-square nonparametric tool of analysis.

The results of the study showed that sexual fantasies, sexual habits such as masturbation and coitus, and preventive measures against sexually transmitted diseases were highly to moderately prevalent among the Filipino late adolescents. Specifically, there were 82.7 percent of prevalence for sexual fantasies, 60.8 percent of prevalence for masturbation, and 47.4 percent of prevalence for coitus. Significantly, sexual fantasies were the most prevalent sexual behavior. Age of onset for each sexual behavior was relatively young, starting at an approximate age of between 14 and 16 years old. The rate of recurrence was not too frequent, ranging from once to thrice a week (sexual fantasies and masturbation) to once a month or less (coitus). Sexual behaviors were influenced mainly by media and peers. Almost all Filipino late adolescents (92.2%) who engaged in coitus used preventive measures against sexually transmitted diseases, such as condom.

Gender differences were clearly defined by the cultural norms and males and females differ in their sexual practices on certain aspects. Males were found to be the more sexually inclined and more sexually active gender. Filipino late adolescents residing in non-exclusive dormitories were also significantly found to be more sexually active, as compared to the adolescents who reside in exclusive dormitories

The results also showed that Filipino late adolescents who participated in the study have become increasingly aware of the risks attached to their sexual behaviors. They made use of specific measures in order to prevent the transmission and acquisition of sexually transmitted diseases.

CHAPTER I

INTRODUCTION

Background and Rationale

Filipino values on sexuality and sexual practices are rapidly changing as a result of modernization, advancement in technology, and globalization. Especially among the youth, Filipinos seemed to have become more accepting of the liberal practice of sexual behaviors. Pornographic materials have become accessible, even to adolescents and children. In the internet, pornographic sites have become prevalent. Magazines and other forms of media such as those seen on television also show a highly liberal view of sex and adolescent sexuality.

Recent studies show that 23.1 percent of all the Filipino adolescents included in the study reported having had premarital sexual intercourse, with more males (31.3%) than females (15.7%) practicing it (YAFS III, 2004). The study also indicated that the prevalence of ever having premarital sexual experience also increased by age as both 15-19 and 20-24 year olds in 2002 reported higher prevalence than their age counterparts in 1994. The level of condom use in 1994 declined radically between the first and last premarital sexual activity, but the drop was only slightly so in 2002 (YAFS III, 2004). Use of condoms however during sexual activity as a form of prevention of transmission of STDs is already common not only in the Philippines but also in other countries.

The changing values of adolescent sexuality into a more liberal one have its major implication on more pressing issues of teenage pregnancy, early marriage, unprepared parenthood, and even the acquisition of sexually transmitted diseases.

Gaining sufficient knowledge regarding adolescent sexual behaviors will be a major breakthrough in dealing with the issue of morality and the consequences of such sexual behaviors such as sexually transmitted disease prevention. A Filipino in his or her late adolescence is a critical stage because this is when the relationship of the changes undergone by an adolescent and his moral and mental maturity becomes more conflicting. Being in such age and period in life, an individual must already be able to weigh the consequences and outcomes of his or her behavior. Moreover, dealing with the issue of STD prevention is also important because sex puts high risk on the health of the individual. This, more than anything else, provides relevance to the said study in today's dynamic society.

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Statement of the Research Problem

This study aimed to describe and analyze the sexual practices of a selected group of male and female late adolescents living in randomly selected dormitories in Manila.

Specifically, it sought to answer the following research problems:

1. What are the sexual behaviors of a selected group of Filipino late adolescents in terms of their :
 - a. Sexual fantasies?
 - b. Sexual habits such as masturbation and coitus?
 - c. STD preventive measures

2. Is there a significant difference between Filipino male and female late adolescents in terms of the prevalence, age of onset and rate of recurrence of the following sexual behaviors:

- Sexual fantasies?
- Sexual habits such as masturbation and coitus?

3. Is there a significant difference between Filipino late adolescents residing in exclusive and non-exclusive dormitories in terms of the prevalence, age of onset and rate of recurrence of the following sexual behaviors:

- Sexual Fantasies?
- Sexual habits such as masturbation and coitus?

1

Statement of the Research Hypotheses

The research hypothesized that:

- There is a significant difference between Filipino male late adolescents and Filipino female late adolescents in terms of the prevalence, age of onset and rate of recurrence of the following sexual behaviors:
 - Sexual fantasies
 - Sexual habits such as masturbation and coitus

2. There is a significant difference between Filipino late adolescents residing in exclusive and non-exclusive dormitories in terms of the prevalence, age of onset and rate of recurrence of the following sexual behaviors:
 - a. Sexual fantasies
 - b. Sexual habits such as masturbation and coitus

Significance of the Study

This study generally aimed to explore the sexual behaviors of the Filipino adolescent, both males and females. It aimed not only to identify and describe the specific sexual practices of these individuals in terms of their sexual fantasies, masturbatory practices, and coital behaviors, but also to compare these sexual behaviors between gender, and between those adolescents who were residing in an exclusive dormitory and those who were residing in a non-exclusive or mixed dormitory. More than this however, this study aimed to determine the measures used to prevent sexually transmitted diseases, which provided a strong relevance to the study.

This study will not only be a means to bring to the consciousness of the public the current sexual trend of the Filipino adolescent. More than this, however, this study will be a major breakthrough in considering that adolescents may be put at risk with these kinds of sexual behaviors. Their personal health may be placed in danger because of the risk of acquiring certain sexually transmitted diseases due to the improper practice of sexual activities. Not only do they place the country's population in jeopardy because of

the increased rate and prevalence of such diseases, but also, they are placing themselves in greater peril due to the risks that such sexual behaviors impart to them.

Furthermore, this study will help in enhancing the personal development and understanding of the individual. An enhanced understanding of sexuality, in all its diverse dimensions, can provide personal enrichment. A better comprehension of one's own sexual body or improvement of the effectiveness can enhance the communication about sexuality with one's partner, friends, children, and other family members. This will also help in gaining understanding in successfully integrating love, sex, and intimacy in the adolescent's relationships. In the age of AIDS and other health-threatening sexually transmitted diseases, improved knowledge about preventive measures can save the adolescent's life and can prove especially beneficial.

For the parents, this study is also beneficial by means of acquiring adequate knowledge regarding the sexual behaviors of their children. In this way, a better understanding of their children will be obtained and through which, proper care and education especially on risk prevention can be adequately provided to them.

Scope and Delimitations

Sexual behaviors are difficult to measure especially in the context of the Filipino culture, due mainly to the high sensitivity of the research topic. Respondents were not able to easily disclose their sexual behaviors even with the knowledge of confidentiality and anonymity of their answers. Because of this, the researcher had quite a difficult time accomplishing the minimum required number of the sample population. Also, since

several questionnaires were allowed to be taken home, there was a hard time tracking down some of the respondents. Nonetheless, the researcher conducted a preliminary interview of 10 respondents in order to determine the validity of the survey questionnaire. Through the interview, it was found out that the survey questionnaire provided a well-understood and honest pool of results.

This research, although covered the topic of sexually transmitted disease prevention, did not deal with whether or not the sample population acquired sexually transmitted diseases or whether or not such preventive measures were effective at the time of its usage. It focused merely on the self-protective methods used by the Filipino late adolescents against the risk of acquiring STDs.

CHAPTER II

REVIEW OF RELATED LITERATURE

If men and women are to understand each other, to enter into each other's nature with mutual sympathy, and to become capable of genuine comradeship, the foundation must be laid in youth.

- Havelock Ellis
"The Task of Social Hygiene" (1912)
Source: Crooks, 1996

Human beings vary greatly in their sexual appetites, although a lot of people may agree that some form of sexual expression is an important component of any sexual relationship. Humans are capable of experiencing sexual arousal and pleasure in the very earliest stages of their lives.

Adolescence is a socially defined period between childhood and adulthood (Dusek, 1996). Important and often profound changes in behavior and role expectations occur throughout this phase of life. It is a period of exploration, when sexual behavior – both self-stimulation and partner-shared – generally increases. Although much of teenage sexuality represents a progression from childhood behaviors, a new significance is attached to sexual expression. Some areas to be dealt with are important developments occurring during adolescence, including sexual fantasies, masturbation, nonpenile-vaginal intercourse, and actual intercourse.

ADOLESCENT SEXUAL BEHAVIORS

Sexual behavior in humans is highly variable. Even though sex has been culturally defined as a penis in a vagina, humans, especially the adolescent, are well capable of expanding the concept of sex to include a vast array of sensual pleasures – pleasures that may extend beyond the sexual relationships to add joy to many other acts. Some forms of sexual experience occur within a person's mind, with or without accompanying sexual behavior. These are erotic dreams and fantasies – mental experiences that may arise from our imagination or life experience or may be stimulated by books, drawings, photographs, or movies (Crooks, 1996).

Sexual Fantasies

Sexual fantasies commonly occur during daydreams, masturbation, or sexual encounters with a partner. In the Kinsey studies, 84 percent of men and 67 percent of women reported having had sexual fantasies (Crooks, 1996).

The similarities between men's and women's fantasies include the frequency of fantasy, the wide range of fantasy content, and fantasizing about having intercourse with a loved one (Crooks, 1996).

One survey of over 300 College students found substantial differences between men's and women's sexual fantasies. Compared with women's, men's Fantasies contained more explicit genital images and moved more quickly to sexual acts. Women's fantasies unfolded more slowly, with emphasis on emotional feelings and ambience and included more nongenital caressing. Women's fantasy partners were more likely to be

someone with whom they had been involved, whereas men's fantasies featured a greater variety of lesser-known women (Crooks, 1996).

Some writers suggest that both males and females are aroused by fantasies in which their self-worth is enhanced. Males tend to have fantasies about themselves as being aggressive with great power to satisfy women. Females, on the other hand, establish their worth by imagining themselves as highly valuable either as love objects or as sex objects, stressing more the tender, emotional aspects of sexuality. The content of male and female sexual fantasies is apparently greatly influenced by the cultural stereotypes of masculinity and femininity (Delora, 1981).

Sexual fantasies serve many functions. First, they can be a source of pleasure and arousal either during masturbation or partner sexual activities. Sexual fantasies may also help overcome anxiety and facilitate sexual functioning or compensate for a somewhat negative sexual situation. Fantasies can be another way to mentally rehearse and anticipate new sexual experiences (Crooks, 1996).

Greater sexual experience may contribute to increased sexual fantasizing. College students with more sexual experience report more frequent use of sexual fantasies than do those with less experience, and students with liberal sexual attitudes had longer, more explicit fantasies (Crooks, 1996).

Apparently, the use of erotic imagery is developed in proportion to an individual's awareness of sexuality and its pleasures. Persons with full and diversified sex lives are the ones most likely to fantasize when they engage in sex. Women, who easily achieve orgasm are those who usually entertain the most erotic fantasies during their sexual activities.

Masturbation

Masturbation came from the Latin word *manus*, meaning hand. Sometimes it is used to refer to any type of hand stimulation during sex play, including the mutual masturbation by two or more people exploring and manipulating one another's genitals. Nevertheless, masturbation refers to self-stimulation by the hands, sexual fantasies, vibrators, or other devices. Autoeroticism is another term used for masturbation (Delora, 1981).

As study of College students in Pennsylvania found that 97 percent of males and 78 percent of females masturbated at some time (Baron, 1991). In a study of College students in the New York metropolitan area, 89 percent of males and 61 percent of females reported they were currently masturbating. Most of these students began masturbating between the age of nine and sixteen, although about 17 percent began before age nine (Baron, 1991).

One study showed that twice as many College males as females had ever masturbated. Adolescent males also typically begin masturbation at an earlier age (Crooks, 1996).

A survey of teenage males revealed an average masturbation frequency of five times a week (Crooks, 1996). Masturbation-frequency rates among females are notably lower for all age groups, including adolescents. By the time they have reached the end of adolescence almost all males and approximately three out of four females have masturbated (Crooks, 1996). The most common feeling after masturbation was physical satisfaction, although a number of them reported negative feelings such as guilt or depression (Baron, 1991).

Most males do not discover masturbation for themselves, but instead have heard about it before they attempt it. A fairly high proportion have observed companions masturbating (Baron, 1991). In contrast to males, very few females observe or talk about masturbation with friends, and the majority of them discover it without any previous knowledge that any person has been involved in a similar activity. Some females first discover masturbation through reading books, usually moral and sex-education literature, or from hearing religious lectures designed to discourage it (Baron, 1991).

People masturbate for a variety of reasons, but the pleasure of arousal and orgasm remains the most common reason for engaging in such sexual behavior. Another commonly reported reason is to relieve sexual tension. Some people find that the independent sexual release available through masturbation can help them make better decisions about relating sexually with other people. Within a relationship, too, masturbation can help even out the effects of dissimilar sexual interest. Masturbation can be a shared experience. Furthermore, some people find masturbation to be valuable as a means of self-exploration. Finally, some people find that masturbation helps them get to sleep at night; for the same generalized feelings of relaxation that often follow a sexual encounter can also accompany self-pleasuring (Crooks, 1996).

The techniques of masturbation used by adolescents are generally the same as those used by adults. Hand stimulation of the genitals is the method most frequently used by both sexes. Rubbing the genitals against objects, such as pillows or bedclothes, is occasionally used by either sex. Objects are sometimes inserted into the vagina by adolescent females. Girls also occasionally use rhythmic thigh pressure or vibrators, techniques almost never employed by boys (Crooks, 1996).

Women are more likely than men to vary the rate and pressure of genital stroking deliberately, sometimes stopping and starting clitoral stimulation in a self-teasing manner. Males, on the other hand, show less variety than females in their masturbatory techniques. They usually begin masturbation by directly stimulating the penis rather than other parts of the body. Until the penis becomes erect, the manipulation may be casual and relatively slow. Also, some men masturbate by lying face down and thrusting against the bedding (Crooks, 1996).

Masturbation, like all types of sexuality other than coitus, is even today condemned by some religious leaders; in January 1976 the Pope proclaimed that masturbation is a "grave moral disorder" (*Newsweek*, 1976). Such attitudes are a reminder of earlier times in which all sexual activities except marital, procreative sex were condemned.

Sexual Interaction

Many of the fantasies and masturbatory techniques of autoerotic sexual activity can be brought into sexual encounters with a partner or partners. Coitus refers to the actual penile-vaginal intercourse, while sodomy refers to an ill-defined legal category for noncoital genital contacts such as oral-genital and anal intercourse (Crooks, 1996).

Coitus

The sexual double standard often pressures males to view sex as a conquest and places females in a double bind about saying yes or no. It appears that contemporary adolescents are most likely to be sexually intimate with someone they love or to whom

they feel emotionally attached. Furthermore, noteworthy changes in the attitudes and behaviors of both sexes are narrowing the gender gap. Teenage women seem to be more comfortable with having sex with someone they feel affection for rather than feeling they must “save themselves” for a love relationship. At the same time, adolescent males are increasingly inclined to have sex within an affectionate or loving relationship, rather than engaging in sex with a casual acquaintance or stranger, which was once typical for adolescent males (Crooks, 1996).

Data published in the mid-1970s indicate that between 70 and 85 percent of college women have experienced coitus (Crooks, 1996). Increased rates of premarital intercourse are found among males also, though not to a striking degree because they have a higher initial rate.

Previous studies have been conducted regarding the sexuality of the adolescents. The study conducted by the Ghana National Association of Teachers (GNAT) on Adolescent Sexual and Reproductive Health Behavior in Dodowa, Ghana reported on the findings on the sexual and reproductive health status of in-school and out-of-school adolescents in Dodowa, Ghana, carried out in 2001. Based from this study, adolescent premarital sexual activity is fairly common. Adolescents' sexual partners include their peers, teachers and “sugar daddies” (Afenyadu, 2003).

It was found out that pre-marital sex by adolescents appears to be a fairly common phenomenon in the Dodowa community. A number of reasons were adduced for the practice of pre-marital sex among adolescents in the Dodowa community. The main reasons identified from the present research are: money, sexual pleasure and peer pressure (Afenyadu, 2003).

The issue of sex for pleasure was raised and some female adolescents said that beyond sex for money, they had sex for pleasure with peers they called "boy lovers". In contrast, male adolescents reported sexual pleasure as the main reason for their sexual activity. On the other hand, peer pressure was identified as one of the very important factors driving the sexual behavior of many male and female adolescents in the Dodowa community. Peer pressure was manifested in adolescents engaging in sexual activity to raise their ego among their peers. Also, peer pressure was often stronger among female students living in the boarding house than those who were day students. For male adolescents, peer pressure was suggested as the most important driving force in their sexual life. A focus group of out-of-school adolescents estimated that six of every ten sexual activities by their peers might be due to peer pressure (Afenyadu, 2003).

Another kind of sexual intercourse that occurs between strangers or new acquaintances happens nowadays. Casual sex was the practice of having sex with a stranger, often occurring once and never again. In the survey conducted for the same study for Dodowa community in Ghana, 14 percent of the males and 13 percent of the females reported that their first sexual partner was a stranger (Afenyadu, 2003).

In the Philippines, the topic about adolescent sexuality has been entered in also by various research institutions. Recent studies regarding Filipino adolescent sexuality have also been conducted. One of the major contributors in this field of research is the Young Adult Fertility and Sexuality Survey (YAFS) project of the UP Population Institute (UPPI), with the assistance from the United Nations Population Fund (UNFP). The most recent, the YAFS III study represents the most recent effort to better understand the Filipino adolescents in matters related to their sexuality, reproductive health, and fertility.

According to the results of the YAFS III conducted in 2002, a total of 23.1 percent of all the respondents reported having had premarital sexual intercourse; more among males (31.3%) than females (15.7%) (YAFS III, 2004). Between 1994 and 2002, the overall prevalence of premarital sexual activity increased from 17.8 percent to 23.1 percent. The increase is manifest among males and females alike but the magnitude of change is higher for females than for males. In terms of levels, prevalence among males remained higher than for females (YAFS III, 2004). Similarly, the SWS-NYC survey, on the other hand, in 1996 reveals that the males report higher PMS experience compared to females (Sandoval; 1999).

In the Philippines, the men were sexually inclined and motivated by nature. According to the article by Joyce P. Valbuena in The Journal for Reproductive Health, Rights, and Ethics, a study was conducted wherein sex was perceived by the interviewed men as something they can't resist or refuse because it is natural for human beings to enjoy sex. Some of the men said that sex is an expression of love. Also, for them, sex with different partners was more exciting because it gives variety and novelty to their social life.

Taking into consideration the Philippine culture, men are generally regarded as "uninterested," "lazy," or "unconcerned" about participating on reproductive health concerns. Although men may like to talk honestly and openly about sex, sexuality, or relationships, they find it difficult to do so because they are stereotyped as people who do not talk about these matters. They also are often less likely to seek health care than women.

Oral Sex: Oral-Genital Stimulation

Oral-genital stimulation, like hand stimulation of the genitals, may be the sole means used to reach orgasm, or may be combined with other methods as a technique to heighten sexual tensions. Many persons assume that only the person receiving oral-genital stimulation would become aroused or have orgasm. However, many men developed erections while orally stimulating their partners, and some women reach orgasm while becoming involved in the orgasmic experience of the person they are stimulating. This can also be done simultaneously. Simultaneous stimulation is sometimes referred to as "69" because of the body positions suggested by that number (Delora, 1981).

In women, the oral stimulation of their genitals is called cunnilingus, literally translated from the Latin, meaning "he who licks the vulva." Cunnilingus is stimulation of the clitoris, labia, vulva, and the opening to the vagina by the partner's tongue and lips. Many women find the warmth, softness, and moistness of the partner's lips and tongue to be highly pleasurable and effective in producing sexual arousal or orgasm. Fellatio is the oral stimulation of the male genitals. The term *fellatio* comes from the Latin word *fellare*, which means "to suck" (Crooks, 1996).

Anal Sex: Anal Stimulation

Like oral-genital stimulation, anal stimulation may be thought by some to be a homosexual act. However, penile penetration of the anus is also practiced even by heterosexual couples. The anus has dense supplies of nerve endings that can respond erotically. Individuals or couples may also use anal stimulation for arousal and variety

during other sexual activities. Manually stroking the outside of the anal opening or inserting one or more fingers into the anus can be very pleasurable for some people during masturbation or partner sex (Crooks, 1996).

Penile penetration of the anus is practiced regularly by about 10 percent of heterosexual couples in the United States (Crooks, 1996).

Sexually Transmitted Disease Prevention

Sexually transmitted diseases (STDs) refer to the diseases that are transmitted by sexual interaction. Some of these conditions can be spread nonsexually as well as through sexual contact. The term includes, but is not limited to, diseases traditionally called venereal disease (VD). Increased knowledge about STDs will lead to thoughtful consideration of other people who might be involved, most especially the adolescents. Such knowledge is particularly important considering that the incidence of many STDs is increasing, that many people do not take appropriate action to avoid being infected, and that most of these diseases can be successfully treated (Delora, 1981).

Increasing sexual activity among young people has commonly been advanced as one prime reason for the accelerating rate of STDs. Related to this is an increasing tendency to have multiple sexual partners, particularly during adolescence and early adulthood, when the incidence of STDs is highest (Dusek, 1996).

The condom, a sheath worn in the erect penis during intercourse, is the oldest reliable method of male contraception and STD prevention. The name may come from Dr. Condom, physician to Charles II of England, who provided this method for the king in hopes of preventing illegitimate offspring. In 1564, the Italian anatomist Fallopio

wrote that a linen sheath worn on the penis during intercourse would prevent the spread of venereal disease. Condoms were probably used for that purpose earlier than for contraception (Baron, 1991).

Condoms, when used correctly in conjunction with spermicides containing nonoxynol-9, offer good, but not foolproof, protection against the transmission of many STDs. Avoiding sex with multiple partners or with individuals who have had multiple partners is a good way of preventing the acquisition of STDs. Inspecting a partner's genitals prior to sexual contact may be a way to detect symptoms of an STD. Washing the genitals with soap and water both before and after sexual interaction offers additional protection against being infected with an STD. Sexually active people with multiple partners should routinely visit their health practitioner or local STD clinic for periodic checkups, even when no symptoms of disease are present. It is imperative for infected individuals to tell their sexual partner(s) once they are diagnosed as having STD (Delora, 1981).

Based from the same study conducted in Dodowa, Ghana (Afenyadu, 2003), three in five adolescents – both female and male – use condoms, but use is selective and inconsistent. Males refuse to use condoms with their regular partners, whereas female adolescents do not insist on condom use because they are afraid of losing their *boy lovers*, or need monetary support from older partners. Both male and female adolescents are at risk of sexually transmitted infections (STIs) and HIV/AIDS due to unprotected sex (Afenyadu, 2003). The larger context of poverty, lack of opportunities for education, and unemployment are major concerns for the adolescents and their parents. Most parents think that sexual and reproductive health education should be offered to adolescents.

Abstinence and condom use are their preferred methods of protection for their adolescents. These findings indicate the need to promote safer sexual and reproductive health behaviors among adolescents.

Transmission and acquisition of STDs normally occur during high-risk sexual activities, which include sex for money, sex with strangers, sex with strangers for money as well as forced sex. Even though female students included in the study also reported higher use of condoms during their last sexual activity, they seem to be at higher risk, which indicates inconsistency in condom use (Afenyadu, 2003).

Several recent studies of high school and college-age youths suggest that a large number of adolescents continue to engage in high-risk sexual behaviors, not because they are ignorant out AIDS and other sexually transmitted diseases, but rather because they falsely view themselves as being at very low or no risk of suffering negative consequences (Crooks, 1996).

The issue of unprotected sex is another story. In the Dodowa community in Ghana, unprotected sex was common among the adolescents in the project community. The qualitative information as well as the quantitative data indicated non-use of condoms as well as other contraceptives. Of the 190 sexually active adolescent respondents, 41 percent did not use a condom during their last sexual encounter (Afenyadu, 2003). This kind of sexual behavior provides the risk of acquiring sexually transmitted diseases.

All over the world, men tend to have more sex partners than women. This, too, is a reality in the Philippines (Valbuena, 2003). Cultural beliefs and expectations about "manhood" also heighten men's vulnerability to engage in risky sexual behavior, such as having multiple sexual partners. This puts them and their partners at heightened risk of

contracting HIV/AIDS and most of the time, they did not care initially about the possible implications of it at the time.

In the Philippines as well, 61 percent of the reported mode of HIV transmission is accounted for by heterosexual activities, 17 percent through homosexual, and 5 percent through bisexual activities (Valbuena, 2003).

With the rising prevalence of HIV infection in the Philippines, condom use is one reliable means to protect the men and their sexual partners from HIV (Valbuena, 2003). According to YAFS III, while the level of condom use in 1994 declined radically between the first and the last premarital sexual activity, the drop was only slightly so in 2002 (YAFS III, 2004). Specifically, studies show that the level of condom usage among Filipino men remains relatively low. Some obstacles to effective and widespread condom use in the Philippines include the issues of societal disapproval including social, cultural, and religious beliefs and norms, lack of awareness, accessibility, unequal power relations between men and women, among many others (Valbuena, 2003).

From the studies conducted regarding adolescent sexuality and sexual behaviors, it is quite apparent that adolescents tend to be more careful about their sexual health. Use of condoms during sexual activity is already common, not only in the Philippines, but also in other countries such as in Ghana. However, health risk behaviors are still being engaged in by the adolescents, especially by males because of the novelty it brings in their social life, as well as due to the dictates of culture. Nevertheless, a proper campaign strategy to familiarize the public about the risks of sexually transmitted disease due to unprotected and unsafe sex is an important step to be made in order to fight the battle against transmitting and contracting sexually transmitted diseases.

THEORETICAL FRAMEWORK

Traditional Filipino culture dictates that the proper behaviors manifested by adolescents should be within the context of a conservative Catholic doctrine. However, factors brought about by increasing modernization and globalization encouraged the youth to engage in sexual behaviors that are not commonly accepted by the society (Galang, 1983). More so, Filipino males and females alike exhibit these behaviors, although differences between them can be easily drawn. What has been held as acceptable behavior for males and females was clearly defined by the social norms of the Filipino society. Social norms then refer to the general standards or expectations regarding appropriate behavior (Myers, 1999). From these social norms, the gender stereotypes for males and females are established. According to Myers (1999), gender stereotypes refer to the cognitive beliefs and expectations held by individuals about males and females. In the Filipino culture, men are perceived as sexually inclined and motivated by nature (Valbuena, 2003). Cultural beliefs and expectations about “manhood” provide a stronger tendency for males to be sexually active because such active sexual lifestyle leads to a strong foundation of their machismo image. Machismo image is a popular trait of Filipino males based on a highly patriarchal society. On the other hand, Filipino females are socially expected as having traits that are similar to the traditional “Maria Clara” image, which states that she must be submissive to the rules of the society, meek, and must hold the conservative values of a true Catholic woman.

According to Freud, the moral principles of human beings are dictated by the superego component of his intrapsyche. The superego holds the moral standards, which guides the behavior of that specific individual (Atkinson, 1993). In relation to the sexual behaviors of the Filipino late adolescent, the moral principles of the superego are formed by the moral standards of the Filipino culture.

In this study of the sexual behaviors of the Filipino late adolescents, the research participants are considered members of the identity-versus-role confusion stage of psychosocial development theory of Erikson. The following table presents Erik Erikson's Theory of Psychosocial Development. The adolescent stage is given emphasis since it is the focus of this study.

Approximate Age	Description of Task
<i>Infancy</i> (1 st Year)	<p><i>Trust vs. Mistrust</i></p> <p>If needs are met, infants develop a sense of basic trust.</p>
<i>Toddler</i> (2 nd Year)	<p><i>Autonomy vs. Shame and Doubt</i></p> <p>Toddlers learn to exercise will and do things for themselves, or they will doubt their abilities.</p>
<i>Preschooler</i> (3-5 years)	<p><i>Initiative vs. Guilt</i></p> <p>Preschoolers learn to initiate tasks and carry out plans, or they will feel guilty about efforts to be independent.</p>
<i>Elementary school</i> (6 years to puberty)	<p><i>Competence vs. Inferiority</i></p> <p>Children learn the pleasure of applying themselves to tasks, or they will feel inferior.</p>
<i>Adolescence</i> (teen years into 20s)	<p><i>Identity vs. Role Confusion</i></p> <p>Teenagers work at refining a sense of self by testing roles and then integrating them to form a single identity, or they become confused about who they are.</p>
<i>Young adulthood</i> (20s to early 40s)	<p><i>Intimacy vs. Isolation</i></p> <p>Your adults struggle to form close relationships and to gain the capacity for intimate love, or they will feel socially isolated.</p>
<i>Middle Adulthood</i> (40s to 60s)	<p><i>Generativity vs. Stagnation</i></p> <p>The middle-aged discover a sense of contributing to the world, such as through family and work, or they may feel a lack of purpose.</p>
<i>Late Adulthood</i> (late 60s and up)	<p><i>Integrity vs. Despair</i></p> <p>When reflecting on his or her life, the older adult may feel a sense of satisfaction or failure.</p>

Theorist Erik Erikson contended that each stage of life has its own “psychosocial” task, a crisis that needs resolution. In adolescence, the task is to synthesize past, present, and future possibilities into a clearer sense of self. Adolescents wonder into traveling their quest in searching for their identity. In this specific stage, adolescents work at refining a sense of self by testing roles and then integrating them to form a single identity. Otherwise, they become confused about who they are (Atkinson, 1993). In the Philippine setting, Filipino males and females integrate within themselves the respective social norms expected of them. The particular roles that they take depend on the kind of environment they have been exposed to, thus gender roles become varied.

1

CONCEPTUAL FRAMEWORK

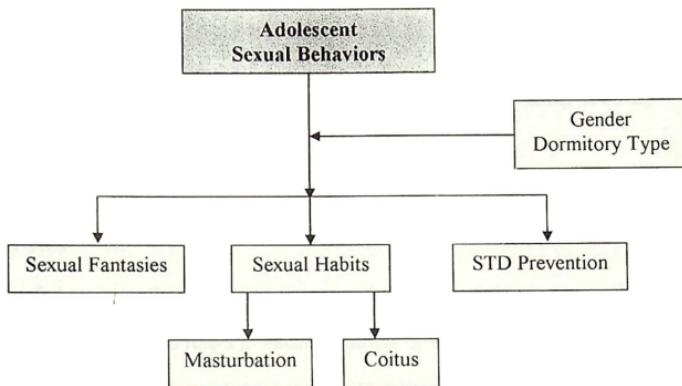


Figure 1 presents a diagram about the flow of study regarding the sexual behaviors of Filipino late adolescents

The framework of the study indicates information regarding the Filipino male and female late adolescents residing in various dormitories along the University Belt in the City of Manila. The factors of gender and type of dormitory affect the adolescent sexual behaviors. Differences between these demographics were measured in this study as well. Specifically, the four major domains that were dealt with in this study were sexual fantasies, sexual habits such as masturbation and coitus, and preventive measures against sexually transmitted diseases.

Definition of Variables

Gender

The gender of the respondents, either male or female was measured through the self-reports of the research respondents. This variable was measured using arbitrary numbering: 1-male, 2-female.

Dormitory Type

The type of dormitory the individual is currently residing in was one variable considered in the study. This refers to either Exclusive or Non-Exclusive/Mixed type of dormitory, which was measured through the self-reports given by the respondents. Exclusive Dormitories entailed a composition or residence of all-girls or all-boys within the dormitory, whereas a non-exclusive or mixed dormitory indicate heterogeneity of residence for both males and females within the dormitory. The dormitory type was also measured using arbitrary numbering: 1-exclusive dormitory, 2-non-exclusive dormitory.

Adolescent Sexual Behaviors

This refers to the collective term for the sexual fantasies, masturbatory practices, coital behaviors, and preventive measures against STD of the Filipino late adolescent.

Sexual Fantasies

These are complex fanciful design of the mind, imagined by people that basically evolve around a story regarding sex and/or other related sexual activities. These

fantasies are either based on reality, or just a mental picture of a specific sexual desire. Sexual Fantasies were measured in this study by its prevalence among Filipino late adolescents.

Masturbation

Also known as “self-stimulation”, this refers to the hand or manual stimulation of the genitals in order to achieve orgasm. This variable was measured in the study in terms of its prevalence among Filipino late adolescents.

Coitus

Sexual activity, which involves the sexual union of male and female sex organs through penile-vaginal intercourse, penile-anal intercourse, or oral stimulation was measured in terms of its prevalence among Filipino late adolescents.

STD Prevention

The kinds of preventive measures against sexually transmitted diseases that a late adolescent uses were measured in terms of its prevalence among the Filipino late adolescents.

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CHAPTER IV

METHODOLOGY

Research Design

This study on the sexual practices of the Filipinos in their late adolescence used mainly a quantitative research design. Quantitative research designs were used to describe the sexual behaviors of the Filipino late adolescent in terms of sexual fantasies, masturbation, coitus, and STD preventive measures.

Moreover, a nonparametric quantitative research design was considered to be advantageous in determining the significant differences between the sexual behaviors of adolescents residing in exclusive and non-exclusive dormitories, as well as between male and female adolescents.

1

Study Population

The study population was composed of College students aged 16 to 23 years old and residing in various dormitories along the University Belt in the City of Manila.

Sample Size

The obtained sample size was based on the computed minimum sample size using the formula for comparing two proportions. The following assumptions were considered:

1. The proportion of Filipino male and female late adolescents in exclusive dormitories (P1).
2. The proportion of Filipino male and female late adolescents in non-exclusive dormitories (P2).

3. $P1 - P2 = 10\%$
4. $\alpha = 0.05$; $\beta = 20\%$; one-sided test.

Based on this computation, a total of 352 adolescents were asked to participate in the study.

Instrumentation

Survey Questionnaire on Adolescent Sexual Behaviors. The survey questionnaire was composed of five parts; each part specifically took into account the objectives of the said study.

Socio-Demographic Profile. Information like gender, age, type of dormitory the adolescent is presently staying in, and the kind of high school that he/she has attended were included in this part of the survey questionnaire.

Sexual Fantasies. This part aimed to discover the nature and dynamics of the sexual fantasies of the respondents. Specifically, information such as age of onset, time of day, rate of recurrence, person fantasized, content, duration, influential factors, benefits and moral perception regarding sexual fantasies were significantly considered. This was composed of close-ended questions in a multiple-choice type. Specific questions were also provided with an open-ended option in order to gain other answers from the respondents that were not provided for in the choices.

Masturbation. This part aimed to discover the features and details of the masturbation practices of the Filipino adolescent. Particularly, information such as age of onset, initial source of information, longest duration of non-masturbation since onset, rate of recurrence, time of day, location, duration, usual position, technique, perceived rate of

recurrence of typical Filipino late adolescent, perceived rate of recurrence of own practice compared to average Filipino late adolescent, disclosure, feelings of guilt and moral perception regarding masturbation were included on this part. Similarly, it was composed of close-ended questions as well with multiple choices.

Coitus. This part sought to obtain information regarding the sexual behaviors of the respondents in terms of the actual sexual intercourse or the coitus. Information such as age of onset, influential factors, rate of recurrence, duration, location, time of day, sexual partner, maximum number of sexual partner at the same time, prevalence of foreplay, sexual paraphernalia usage, prevalence of oral sex, prevalence of anal sex, usual position, benefits, disadvantages, and moral perception regarding coitus were included in this part.

STD Preventive Measures. This part aimed to determine the preventive measures that the Filipino late adolescent used in relation to their sexual behaviors, specifically the type of measures to prevent sexually transmitted diseases. Composed mainly of close-ended questions, this part was a combination of multiple choice type and checklist type of answers.

Prior to the completion of this survey questionnaire, this research conducted a pretest on a total of 10 respondents, where each gender was equally represented, in order to determine the validity of the said questionnaire. As a result, it was found out that several questions needed revisions for easier understanding on the part of the respondents. Specifically, questions regarding the prevalence of sexual fantasies, masturbation, and coitus were the ones added to the survey questionnaire.

Data Collection Procedure

Generally, primary data were collected through the use of survey questionnaires prepared by the researcher. This survey questionnaire was distributed to the college students from various dormitories along the University Belt in the City of Manila. Since the respondents were mainly college students, who have varying schedules, they were allowed to take the survey questionnaire with them in case the respondent requested for such. However, the priority was still on the encouragement of the respondents to accomplish the questionnaire without delay in order to properly monitor their answers and to immediately make follow-ups on them. By utilizing the survey questionnaire method, pertinent data were obtained directly from the respondents and results were generated from empirical basis.

Secondary data in the form of the literature and previous studies related to the topic were gathered primarily through internet and archival research.

Data Analysis Methods

Initially, it was made sure that all the questions in the questionnaires have adequate answers. Data that were collected in the form of the respondents' scores were tallied for each part of the questionnaire. Answers that were obtained in the open-ended questions were carefully tallied and copied verbatim, and categorized into similar groups.

Descriptive statistics was used in order to describe the general sexual behaviors of the Filipino late adolescent in terms of their sexual fantasies, masturbation, coitus, and STD preventive measures. These sexual behaviors were also described according to the demographics of the sample population, particularly according to gender and dormitory

type. Specifically, frequency distribution tables were applied and the means were computed in order to describe the sexual behavior of the general population. This type of data analysis tool was employed in order to carry out the first objective of the research study.

Besides descriptive statistics, the nonparametric tools Chi-Square and Fisher's Exact Test were employed in order to identify and compute the significant differences between variables, specifically that of between males and females, and between adolescents residing in exclusive and non-exclusive dormitories.

Ethical Considerations

Necessary ethical issues were given enough attention and were monitored properly during the conduct of study, considering that the topic of research is a very sensitive one. The first ethical issue was the informed consent. This was properly obtained by seeking first and foremost the permission of the respondents before they considered answering the prepared questionnaire. The objectives, although already mentioned in the questionnaire, were properly explained to them. They were given an option to rightfully refuse to answer in case they find the questions offending.

The next two were confidentiality and anonymity, which assured the privacy and safety of the respondents. The profile of the respondents such as their names and the name of their residences were kept confidential since it was not a part of the objectives of the study to indicate such data. Such information was not anymore inquired by the researcher.

Lastly, all data gathered was solely used for academic purposes.

CHAPTER V PRESENTATION OF RESULTS

Sexual behavior in humans is highly variable. Even though sex has been culturally defined as a penis in a vagina, humans, especially the adolescent, are well capable of expanding the concept of sex to include a vast array of sensual pleasures.

The results of the study show that the selected group of Filipino late adolescents was able to include sexual fantasies, sexual habits such as masturbation and coitus, and STD preventive measures in their sexual behaviors. This chapter presents the various sexual behaviors of the selected group of Filipino late adolescents.

SOCIO-DEMOGRAPHIC PROFILE

The following table describes the sample population according to the distribution by gender, residence in dormitories, high school background, and age.

Table 1-Socio-Demographic Distribution of Respondents, Manila, 2004 (N=352)

Variables	f	%
Gender		
* Males	182	51.7
* Females	170	48.3
Type of Dormitory		
* Exclusive	193	54.8
* Non-Exclusive	159	45.2
High School Background		
* Exclusive	85	24.1
* Co-educational	267	75.9
Age (mean, sd)	18.93	1.326

As seen in Table 1, there were 182 males (51.7%) and 170 females (48.3%) who were involved in the study. One hundred ninety three (54.8%) respondents were residing in an exclusive dormitory, while one hundred fifty nine (45.2%) were from non-exclusive

or mixed type of dormitory. Most (75.9%) of the respondents graduated from a co-educational type of high school.

The sample population had an age range of 16 to 23 years old, but majority of the sample were between 18 and 19 years old (mean=18.93, $sd=1.32$).

FILIPINO LATE ADOLESCENT SEXUAL BEHAVIORS

In the following tables, the general sexual behaviors of the Filipino adolescents are presented. To begin with, the sexual fantasies of the selected group of Filipino late adolescents are presented in the succeeding tables.

Sexual Fantasies among Filipino Late Adolescents

Sexually fantasizing about someone became prevalent among various societies, and was as diverse as their cultures. One of the foci of this study was on the Filipino late adolescents' sexual fantasies, which was presented in categories that were relevant in explaining the particular sexual behavior.

TABLE 2-a : Prevalence of Sexual Fantasies Among Filipino Late Adolescents, Manila, 2004 (N=352)

Do you sexually fantasize?	f (yes)	% (yes)	p-value
Males (n=182)	178	97.8	< 0.001* ($\chi^2=60.229$, df=1)
Females (n=170)	113	66.5	< 0.001* ($\chi^2=19.370$, df=1)
Exclusive Dormitory (n=193)	144	74.6	
Non-Exclusive Dormitory (n=159)	147	92.5	
All Respondents (N=352)	291	82.7	

*statistically significant

According to the above table, there were 291 respondents (82.7%) who admitted that they sexually fantasize about someone. The results indicated that significantly more males than females engaged in sexual fantasies. Similarly, there were significantly more

adolescents in non-exclusive dormitories who sexually fantasize compared to the adolescent respondents in exclusive dormitories.

TABLE 2-b : Age of Onset for Sexual Fantasies, Manila, 2004

How old were you when you started to sexually fantasize?	Gender		Dormitory		% Overall (n=291)
	% Male (n=178)	% Female (n=113)	% Exclusive (n=144)	% Non-Exclusive (n=147)	
13 or younger	36.0	10.6	24.3	27.9	26.1
14-16	42.1	19.5	24.3	42.2	33.3
17-19	19.7	50.4	38.2	25.2	31.6
20 and over	2.2	19.5	13.2	4.7	9.0
Mean	14.65	17.36	16.21	15.20	15.70
sd	0.58	0.65	0.56	0.60	0.41
p-value	< 0.001* ($\chi^2=71.299$, df=3)		0.001* ($\chi^2=17.020$, df=3)		

*statistically significant

About 33.3 percent of the total number of respondents started sexually fantasizing about someone between the ages of 14 and 16 (mean=15.7, sd=0.41). Similarly, 42.1 percent of the Filipino male adolescent started fantasizing at this age interval (mean=14.65, sd=0.58) as well as with those adolescents residing in non-exclusive dormitories (42.2%) (mean=15.2, sd=0.60). On the other hand, females started fantasizing between the ages of 17 and 19 (50.4%) (mean=17.36, sd=0.65). Among those residing in an exclusive dormitory, 38.2 percent of them started fantasizing between the ages of 17 and 19 (mean= 16.21, sd=0.56) as well.

Comparing the age of onset for sexual fantasies between males and females, the Chi-square test showed a significant difference between males and females ($p<0.001$). Males started sexually fantasizing at an earlier age. Similarly, Chi-square test of significant difference between Filipino late adolescents residing in exclusive and non-exclusive dormitories also indicated that there was a significant difference between those

residing in exclusive and those residing in non-exclusive dormitories in terms of the age of onset for their sexual fantasies ($p<0.001$).

TABLE 2-c : Time of Day for Sexual Fantasies, Manila, 2004

When do you usually fantasize?	Gender		Dormitory		% Overall (n=291)
	% Male (n=178)	% Female (n=113)	% Exclusive (n=144)	% Non-Exclusive (n=147)	
Morning	3.4	1.8	3.5	2.0	2.7
Afternoon	3.9	5.3	2.1	6.8	4.5
Evening (before sleeping)	33.1	51.3	45.1	35.4	40.2
Anytime (when I feel like it)	59.6	41.6	49.3	55.8	52.6

Table 2-c shows the time of the day when the Filipino late adolescent sexually fantasized about someone. About 52.6 percent of the total Filipino late adolescent who did sexually fantasize did it anytime when they feel like it. In addition, 59.6 percent of the males who sexually fantasized also did it anytime as long as they feel like it, whereas, Filipino females tend to do it in the evening before they go to sleep. In terms of those residing in either exclusive or non-exclusive dormitories, 49.3 percent of the exclusive dormitory residents and 55.8 percent of the non-exclusive dormitory residents sexually fantasized anytime when they feel like it.

TABLE 2-d : Rate of Recurrence of Sexual Fantasizing, Manila, 2004

How often do you fantasize?	Gender		Dormitory		% Overall (n=291)
	% Male (n=178)	% Female (n=113)	% Exclusive (n=144)	% Non-Exclusive (n=147)	
Once a month or less	10.7	33.6	25.7	13.6	19.6
Once to twice a week	30.9	32.7	27.8	35.4	31.6
Once a day	32.0	23.0	23.6	33.3	28.5
More than once a day	26.4	10.6	22.9	17.7	20.3
p-value	< 0.001* ($\chi^2=29.131$, df=3)		0.017* ($\chi^2=10.147$, df=3)		

*statistically significant

About 28.5 percent of the total respondents fantasized at an average rate of once a day (Table 2-d). Significant differences were found between males and females ($p<0.001$) as well as between those residing in exclusive dormitories and those residing in non-exclusive dormitories ($p=0.017$). Males sexually fantasized at an average of once a day, whereas females tend to sexually fantasize at an average of once a month or less. Residents of non-exclusive dormitories sexually fantasized at an average rate of once to twice a week, while the rate of recurrence of sexual fantasies of residents of exclusive dormitories varied.

TABLE 2-e : Person Fantasized, Manila, 2004

Who is the usual content of your fantasies?	Gender		Dormitory		% Overall (n=291)
	% Male (n=178)	% Female (n=113)	% Exclusive (n=144)	% Non-Exclusive (n=147)	
Friends, crushes, loved one, boyfriend/girlfriend	19.7	44.2	42.3	16.3	29.2
Strangers	32.5	28.3	27.8	34.0	31.0
Celebrities	47.8	26.5	29.2	49.7	39.5
Anime	0	0.9	0.7	0	0.3

About 39.5 percent of the total Filipino late adolescents who actually fantasized claimed that they sexually fantasized about celebrities (Table 2-e). Males (47.8%) and non-exclusive dormitory residents (49.7%) sexually fantasized about celebrities, while females (44.2%) and exclusive dormitory residents (42.3%) sexually fantasized about their friends, crushes, loved one, or boyfriend.

TABLE 2-f : Content of Sexual Fantasies, Manila, 2004

What usually happens in your sexual fantasies?	Gender		Dormitory		% Overall (n=291)
	% Male (n=178)	% Female (n=113)	% Exclusive (n=144)	% Non-Exclusive (n=147)	
Person fantasized performs solely	21.9	20.4	16.7	25.8	21.3
Sexual activity (hugging, kissing, sex) between the person and me	66.3	68.1	71.5	62.6	67.0
More than one person performing a sexual act	10.7	9.7	9.0	11.6	10.3
None in particular	1.1	1.8	2.8	0	1.4

A sexual activity, which consisted of plain hugging and kissing and sometimes actual sexual intercourse, between the person fantasized and the person fantasizing, was the usual content of their sexual fantasies (67%).

TABLE 2-g : Duration of Sexual Fantasies, Manila, 2004

How long do your fantasies usually last?	Gender		Dormitory		% Overall (n=291)
	% Male (n=178)	% Female (n=113)	% Exclusive (n=144)	% Non-Exclusive (n=147)	
< 5 minutes	34.3	38.1	36.8	34.7	35.7
5 – 15 minutes	42.7	38.9	40.3	42.2	41.2
16 – 30 minutes	16.3	12.4	14.6	15.0	14.8
1 – 10 hours	6.7	10.6	8.3	8.1	8.3

Sexual fantasies usually lasted within 5-15 minutes (41.2%), as indicated in the Table 2-g. About 42.7 percent of the males, 38.9 percent of the females, 40.3 percent of the exclusive dormitory residents, and 42.2 percent of the non-exclusive dormitory residents sexually fantasized within this average time interval.

TABLE 2-h : Influential Factors on Sexual Fantasies, Manila, 2004

What/who influence your fantasies the most?	Gender		Dormitory		% Overall (n=291)
	% Male (n=178)	% Female (n=113)	% Exclusive (n=144)	% Non-Exclusive (n=147)	
Family, Friends, boyfriend/girlfriend	27.0	19.4	16.7	31.3	24.1
Media	65.1	72.6	77.1	59.2	68.0
Education	1.7	2.7	1.4	2.7	2.1
Personal experience	5.6	5.3	4.8	6.1	5.5
GRO; prostitutes	0.6	0	0	0.7	0.3

About 68 percent of the total respondents who sexually fantasized were influenced by media. Consequently, more females (72.6%) than males (65.1%) reported that their sexual fantasies were influenced by media in various forms. In addition, more Filipino late adolescents residing in exclusive dormitories (77.1%) than those residing in non-exclusive dormitories (59.2%) sexually fantasized as influenced by media as well.

TABLE 2-i : Benefits of Having Sexual Fantasies, Manila, 2004

In your opinion, what is the best benefit of having sexual fantasies?	Gender		Dormitory		% Overall (n=291)
	% Male (n=178)	% Female (n=113)	% Exclusive (n=144)	% Non-Exclusive (n=147)	
Release of sexual tension; Relaxation	59.5	44.2	49.3	57.8	53.6
Means to divert sexual arousal on something less risky	25.3	36.3	31.3	27.9	29.6
To treat boredom	14.6	19.5	19.4	13.6	16.5
To avoid prostate cancer	0.6	0	0	0.7	0.3

Table 2-i presents the benefits of having sexual fantasies. About 53.6 percent of the general population of Filipino late adolescents who sexually fantasized perceived having such fantasies as a release of sexual tension or as a form of relaxation. Particularly, about 59.5 percent of the males, 44.2 percent of the females, 49.3 percent of the exclusive dormitory residents, and 57.8 percent of the non-exclusive dormitory residents reported this kind of perception of the benefits of having sexual fantasies.

TABLE 2-j : Moral Perception on Sexual Fantasies, Manila, 2004

Finally, what is your idea about fantasizing?	Gender		Dormitory		% Overall (n=291)
	% Male (n=178)	% Female (n=113)	% Exclusive (n=144)	% Non-Exclusive (n=147)	
Immoral	18.5	15.0	17.4		17.0 17.2
Amoral	47.8	65.5	58.3		51.0 54.6
Moral	33.7	19.5	24.3		32.0 28.2
Mean, sd					

Table 2-j shows the moral perception of the Filipino late adolescent regarding sexual fantasies. About 54.6 percent of the respondents disclosed that sexually fantasizing about someone has no moral bearing on it, or is amoral. However, a considerable percent of males (33.7%) perceived having sexual fantasies as moral.

Masturbation among Filipino Late Adolescents

The succeeding part of the discussion focuses on the masturbation practices of the selected group of Filipino late adolescents. Particular behaviors such as the prevalence, age of onset, and rate of recurrence of masturbation were tabulated according to gender and type of dormitory. The tables also indicate an overall prevalence of masturbation.

TABLE 3-a : Prevalence of Masturbation Among Filipino Late Adolescents, Manila, 2004 (N=352)

Do you masturbate?	f (yes)	% (yes)	p-value
Males (n=182)	167	91.8	< 0.001 *
Females (n=170)	47	27.6	($\chi^2=148.614$, df=1)
Exclusive Dormitory (n=193)	85	44.0	< 0.001 *
Non-Exclusive Dormitory (n=159)	129	81.1	($\chi^2=48.504$, df=1)
All Respondents (N=352)	214	60.8	

*statistically significant

Table 3-a indicates that there were 214 respondents (60.8%) who did masturbate.

Significantly more males than females masturbated ($p<0.001$). Similarly, there were

significantly more adolescents in non-exclusive dormitories who experienced masturbating compared to respondents in exclusive dormitories ($p<0.001$).

TABLE 3-b : Age of Onset for Masturbation, Manila, 2004

How old were you when you started to masturbate?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
< 13	35.9	17.0	28.2	34.1	31.8
13 – 16	58.7	48.9	55.3	67.3	56.5
17 and older	5.4	34.0	16.5	8.5	11.7
Mean	13.64	15.35	14.31	13.82	14.01
sd	0.42	0.74	0.55	0.47	0.35
p-value	$< 0.001^*$ ($\chi^2=36.086$, df=3)		0.338 ($\chi^2=3.368$, df=3)		

*statistically significant

Generally, 56.5 percent of them started masturbating between the ages of 13 and 16 (mean=14.01, sd=0.35). Similarly, 58.7 percent of males started between the ages of 13 and 16, or even younger (35.9%) (mean=13.64, sd=0.42). On the other hand, while most of the female respondents started masturbating between the ages of 13 and 16 (48.9%), 34 percent of them started when they were older than 17 years (mean=15.36, sd=0.74). Most of the respondents in exclusive dormitories (55.3%) started masturbating between 13 and 16 years old (mean=14.31, sd=0.55). Similarly, most of the non-exclusive dormitory residents (67.4%) started between the ages of 13 and 16 (mean=13.82, sd=0.47) (Table 3-b).

TABLE 3-c : Initial Source of Information Regarding Masturbation, Manila, 2004

How did you learn about masturbation?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
Just experimented	50.3	53.2	47.1	53.4	50.9
A friend told me	40.1	21.3	36.5	35.7	36.0
A parent told me	1.2	4.2	2.3	1.6	1.9
I read about it	8.4	21.3	14.1	9.3	11.2

Most of the respondents learned about masturbation through experimentation (Table 3-c). About 51 percent of the respondents just experimented on themselves. Moreover, 47.1 percent of the Filipino late adolescents residing in exclusive dormitories who did masturbate and 53.4 percent of the Filipino late adolescents residing in non-exclusive dormitories who did masturbate claimed that they had initially learned about masturbation through personal experimentation. Males who did masturbate revealed that they learned about masturbation mainly through personal experimentation (50.3%) as well as through their friends and peers (40.1%). On the other hand, 53.2 percent of the females who did masturbate revealed that they learned about masturbation mainly through experimentation while 21.3 percent of them learned about it through their peers.

TABLE 3-d : Longest Duration of Non-Masturbation Since Onset, Manila, 2004

Since started, what is the longest period of time you have gone w/o masturbating?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
Longer than a month	35.9	25.5	25.9	38.8	33.7
A few weeks	26.9	44.7	34.1	28.7	30.8
A week	29.9	27.7	29.4	29.5	29.4
Less than a week	7.3	2.1	10.6	3.0	6.1

Table 3-d presents the longest duration of time a Filipino late adolescent had gone without masturbating since onset. It shows that Filipino late adolescents had gone longer than a month without masturbating since they started (33.7%).

TABLE 3-e : Rate of Recurrence of Masturbation, Manila, 2004

On average, how often do you masturbate?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
Once a month or less	18.2	19.2	19.6		17.3 18.0
Once to thrice a week	55.8	56.4	54.9		57.0 56.2
Once a day or more	26.0	24.4	25.5		25.7 25.8
p-value	0.735 ($\chi^2=1.276$, df=3)		0.968 ($\chi^2=0.255$, df=3)		

Table 3-e presents the results regarding the rate of recurrence of masturbation of the Filipino late adolescents. It indicates that 54.2 percent of the respondents who did masturbate performed it at an average of once to thrice a week. The Chi-square test of significant differences indicated no significant differences between gender and between the types of dormitories. In this regard, 53.8 percent of males, 55.4 percent of females, 53 percent of the exclusive dormitory residents, and 55 percent of the non-exclusive dormitory residents masturbated at an average of once to thrice a week.

TABLE 3-f : Time of Day for Masturbation, Manila, 2004

When are you more likely to masturbate?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
Morning	17.4	2.1	8.2	17.8	14.0
Noon	5.4	2.1	2.4	6.2	4.7
Night	70.1	74.5	74.1	69.0	71.0
Dawn	7.1	21.3	15.3	7.0	10.3

Table 3-f shows the time of day the Filipino late adolescent usually masturbated. About 71 percent of the respondents, both males and females, did it usually at night. Exclusive dormitory residents as well as non-exclusive dormitory residents also did it in the evening.

TABLE 3-g : Masturbation Location, Manila, 2004

Where do you usually masturbate?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
On my bed	49.1	74.5	58.8	51.9	54.7
In the Bathroom	43.7	17.0	29.4	43.4	37.9
Public place	6.0	6.4	10.6	3.1	6.1
Anywhere	1.2	2.1	1.2	1.6	1.3

Table 3-g shows the area or location by which masturbation usually occurred for the individual. About 54.7 percent of the respondents who masturbated performed it in the comforts of their own beds, where they could easily make themselves relaxed and at ease. There were more females (74.5%) than males (49.1%) who masturbated on their beds because males also masturbated in the bathroom (43.7%) where it was easier to clean up.

TABLE 3-h : Duration of Masturbation, Manila, 2004

How long is your typical masturbation session?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
5 – 15 minutes	69.5	55.4	65.9	66.7	66.4
16 – 30 minutes	23.3	34.0	27.1	24.8	25.7
> 30 minutes	6.6	8.5	5.9	7.7	7.0
< 5 minutes	0.6	2.1	1.1	0.8	0.9

Table 3-h presents information regarding the duration of the masturbation session of the Filipino late adolescent. Generally, masturbation usually lasted between 5-15 minutes (66.4%). Similar results were generated between males (69.5%) and females (55.4%), as well as between Filipino late adolescents in exclusive (65.9%) and non-exclusive (66.7%) dormitories.

TABLE 3-i : Usual Position during Masturbation, Manila, 2004

What is the usual position that you use during masturbation	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
Lying down	40.7	80.9	57.6	44.2	49.5
Standing up	27.0	8.5	16.5	27.1	22.9
Sitting	31.1	10.6	23.5	28.7	26.6
Hanging; Upside-down	1.2	0	2.4	0	1.0

Table 3-i contains data regarding the usual position that the Filipino late adolescent used during their masturbation. About 49.5 percent of the Filipino late adolescents who did masturbate performed their masturbation session lying down, while 22.9 percent of them performed it in a standing position and 26.6 percent in a sitting position. Particularly, there were more females (80.9%) than males (40.7%) who masturbated lying down because males performed their masturbation practices in various positions as well. Specifically, 27 percent of the males masturbated in a standing position and 31.1 percent of them masturbated while sitting down. Similarly, there were more Filipino late adolescents residing in exclusive dormitories (57.6%) than those residing in non-exclusive dormitories (44.2%) who masturbated lying down.

TABLE 3-j : Techniques used for Masturbation, Manila, 2004

How do you usually masturbate?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
Fingers/Hands only	90.4	55.3	81.2	83.7	82.7
Rub against something	4.2	25.5	10.5	7.8	8.9
Sex toy	3.6	17.0	7.1	6.2	6.5
With someone	.8	2.2	1.2	2.3	1.9

Table 3-j indicates that most of the respondents who did masturbate (82.7%) performed it using their fingers/hands only. Among Filipino male late adolescents who did masturbate, almost all of them (90.4%) masturbate using their own hands or fingers.

Whereas for the Filipino female late adolescents who did masturbate, only 55.3 percent of them claimed that they used their hands or fingers to perform masturbation. 25.5 percent of them claimed that they masturbated by rubbing their genitals against something, while 17 percent of them claimed that they masturbated using a sex toy.

TABLE 3-k : Perception on the Frequency of Masturbation of a Typical Filipino Late Adolescent, Manila, 2004

How often do you think a typical girl/boy your age masturbate?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
< Once a month	12.6	4.2	9.4		11.6 10.7
Once a week	44.3	55.3	47.1		46.6 46.7
Once a day	34.7	27.7	32.9		33.3 33.3
> Once a day	8.4	12.8	10.6		8.5 9.3

When asked about their perception on how often a typical girl or boy their age masturbates, the research respondents revealed that masturbation was on a once-a-week basis (46.7%) although a significant number also supposed that it was on a once-a-day basis (33.3%). This perception was relatively similar between males and females as well as between those Filipino late adolescents residing in exclusive and non-exclusive dormitories.

TABLE 3-l : Perception on the Frequency of Own Masturbation Practice as Compared to the Average Filipino Late Adolescent, Manila, 2004

Compared to the average girl/boy your age, do you think you masturbate:	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
A lot less	12.6	10.6	11.8		12.4 12.1
Less	46.7	51.1	50.6		45.7 47.7
More	33.5	31.9	30.5		34.9 33.2
A lot more	7.2	6.4	7.1		7.0 7.0

Table 3-1 presents the perception of the Filipino late adolescent on the rate of recurrence of their own masturbation practices as compared to their perception of the masturbation behaviors of a typical girl or boy their age. They perceived their masturbation practices as less frequent (47.7%) than that of the average girl or boy their age.

TABLE 3-m : Disclosure of Masturbation Practices, Manila, 2004

To whom do you disclose your masturbation practices?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
Friends/Peers	73.1	61.7	74.2	68.1	70.6
Parents	7.1	12.8	4.7	10.9	8.4
Siblings	2.4	2.1	3.5	1.6	2.3
None	17.4	23.4	17.6	19.4	18.7

Table 3-m presents results regarding the disclosure of the Filipino late adolescents, about their masturbation practices. Almost all of the respondents (70.6%) disclosed their masturbation practices to their friends and peers. Otherwise, they did not disclose them to anyone at all (18.7%).

TABLE 3-n : Feelings of Guilt about Engaging in Masturbation, Manila, 2004

Do you ever feel guilty about masturbating?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
Always	8.4	4.2	4.7	9.3	7.5
Sometimes	48.5	42.6	48.2	46.5	47.2
Rarely	13.8	31.9	20.0	16.3	17.8
Never	29.3	21.3	27.1	27.9	27.5

When asked about how they feel whenever they masturbated, most of the respondents who did masturbate (47.2%) revealed that they sometimes felt guilty, which

was similar for both exclusive and non-exclusive dormitory residents. On the other hand, even though most males (48.5%) and most females (42.6%) sometimes felt guilty about masturbating, 29.3 percent of males never did, while 31.9 percent of females rarely did.

TABLE 3-o : Moral Perception on Masturbation, Manila, 2004

Finally, what is your idea about masturbation?	Gender		Dormitory		% Overall (n=214)
	% Male (n=167)	% Female (n=47)	% Exclusive (n=85)	% Non-Exclusive (n=129)	
Immoral	23.4	19.1	20.0	24.0	22.4
Amoral	47.3	66.0	52.9	50.4	51.4
Moral	29.3	14.9	27.1	25.6	26.2

Finally, the respondents were asked about their moral perception regarding masturbation. Table 3-o shows that most of the respondents (51.4%) perceived masturbation as an amoral act and thus did not have a moral bearing on it since they believed that masturbating was a normal, natural thing done by humans. This kind of moral perception was true for each of the two variables being considered in the study.

Coitus among Filipino Late Adolescents

This part of the data analysis discusses the coital practices of the Filipino late adolescents. It provides a clearer picture of the actual sexual intercourse activities of the individual by focusing on the dynamics of coitus in a Filipino adolescent's lifestyle. Information such as onset, when, where, how, with whom do they do it, as well as their perception regarding such activity, and other relevant data are also discussed here.

TABLE 4-a : Prevalence of Coital Practices Among Filipino Late Adolescents, Manila, 2004 (N=352)

Do you engage in sexual intercourse?	f (yes)	% (yes)	p-value
Males (n=182)	111	61.0	< 0.001 *
Females (n=170)	56	32.9	($\chi^2=25.634$, df=1)
Exclusive Dormitory (n=193)	81	42.0	0.025*
Non-Exclusive Dormitory (n=159)	86	54.1	($\chi^2=5.048$, df=1)
All Respondents (N=352)	167	47.4	

*statistically significant

Table 4-a presents the prevalence of coitus among Filipino late adolescents. A total of 167 Filipino late adolescents (47.4%) engaged in sexual intercourse. The table also shows that there was a significant difference between males and females in terms of the prevalence of coitus such that more males (61%) than females (32.9%) engaged in coitus ($p<0.001$). Also, there was a significant difference between residents of exclusive dormitories and residents of non-exclusive dormitories in terms of their coital practices such that more adolescents from non-exclusive dormitories than those from exclusive dormitories engaged in coitus ($p=0.025$).

TABLE 4-b : Age of Onset for Sexual Intercourse, Manila, 2004

When did you start engaging in sexual intercourse?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
<13	6.3	1.8	4.9	4.7	4.8
13 – 15	19.8	8.9	11.1	20.9	16.2
16 – 18	63.1	53.6	60.5	59.3	59.8
> 18	10.8	35.7	23.5	15.1	19.2
Mean	16.31	17.36	16.89	16.44	16.66
sd	0.54	0.88	0.68	0.62	0.46
p-value	0.001* ($\chi^2=16.926$, df=3)		0.259 ($\chi^2=4.019$, df=3)		

*statistically significant

Table 4-b shows the age of onset of the Filipino late adolescents for sexual intercourse. About 59.8 percent of them started as early as between the ages of 16 and 18 years (mean=16.66, sd=0.46). This was also true for those adolescents residing in either

exclusive (60.5%) (mean=16.89, $sd=0.68$) or non-exclusive (59.3%) (mean=16.44, $sd=0.62$) dormitories. With the results of the Chi-square test of significant differences, there was a significant difference between males and females in terms of the age of onset for their engagement in sexual intercourse ($p<0.001$). Particularly, 63.1 percent of males who engaged in sex started between the ages of 16 and 18 years (mean=16.31, $sd=0.54$), whereas only 53.6 percent of females who engaged in sexual intercourse started between the ages of 16 and 18 years (mean=17.36, $sd=0.88$). In addition, 35.7 percent of females started engaging in sex when they were older than 18 years.

TABLE 4-c : Influential Factors on Coitus, Manila, 2004

Who influenced you the most to engage in sexual intercourse?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Family members	1.8	5.4	3.7	2.3	3.0
Friends, Boyfriend/Girlfriend	67.6	64.3	61.7	70.9	66.5
Media	26.1	21.4	28.4	20.9	24.6
None	3.6	8.9	6.2	4.7	5.4
Our dog	0.9	0	0	1.2	0.6

Once more, the influential factor of peer groups became significant on this aspect of the individual's sexual behavior. Peers, friends, boyfriends and/or girlfriends were considered as the most influential factor in the engagement of the individual in sexual intercourse (66.5%). This result was particularly true for both males and females, as well as for both residents of exclusive and non-exclusive dormitories.

TABLE 4-d : Rate of Recurrence of Coitus, Manila, 2004

How often do you engage in sexual intercourse?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Once a month or less	30.6	30.4	30.9	30.2	30.5
Once a week	11.7	19.6	11.1	17.4	14.4
Daily	4.5	12.5	6.2	8.2	7.2
When I feel like it	53.2	37.5	51.9	44.2	47.9
p-value	0.128 ($\chi^2=7.158$, df=4)		0.554 ($\chi^2=3.022$, df=4)		

Table 4-d shows the results regarding the rate of recurrence of engagement in sexual intercourse or coitus. About 47.9 percent of the total 167 respondents, who did engage in coitus, did it when they feel like it. Also, 30.5 percent of the total Filipino late adolescents who did engage in coitus performed it at an average of once a month or less. The results of the Chi-square test of significant difference between genders and between types of dormitory residence indicated that there was no significant difference between each of the two variables.

TABLE 4-e : Duration of Coitus, Manila, 2004

How long does your sexual activity usually last?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
< 5 minutes	6.3	0	3.7	4.7	4.2
5 – 15 minutes	13.6	39.2	22.2	22.1	22.2
16 – 30 minutes	34.2	30.4	29.6	36.0	32.9
As long as I could; Depends on the mood	14.4	12.5	14.8	12.8	13.8
> 30 minutes; (45 mins - 3 hrs)	31.5	17.9	29.7	24.4	26.9

Table 4-e shows the duration of the sexual activity or coitus among Filipino late adolescents. About 32.9 percent of the total respondents who engaged in coitus did this for an average period of 16-30 minutes. In addition, 26.9 percent of them performed their

sexual activity for more than 30 minutes, usually lasting between the time interval of 45 minutes to 3 hours, while 22.2 percent of them took a period of 5 – 15 minutes.

TABLE 4-f : Location of Coitus, Manila, 2004

Where do you usually engage in sexual intercourse?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
My/My partner's home	66.7	62.5	61.7	68.6	65.2
Motel	21.6	26.8	22.2	24.4	23.4
Public place	5.4	3.6	6.2	3.5	4.8
Car	6.3	7.1	9.9	3.5	6.6

About 65.2 percent of the total respondents who did engage in sex disclosed that they did it either in their home or in their partner's home, whether it may be in their actual home town or in an apartment in the city. Otherwise, they performed their sexual intercourse in a motel (23.4%). It was noteworthy that 4.8 percent of them disclosed that they also performed their sexual activity in a public place, such as the movie house, the beach, the public comfort rooms, the elevators, etc.

TABLE 4-g : Time of Day for Coitus, Manila, 2004

What time of the day do you more likely/usually engage in it?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Morning	4.5	3.6	3.7	4.7	4.2
Afternoon	18.9	21.4	19.8	19.8	19.8
Night	36.9	39.3	37.0	38.4	37.7
Anytime (when I feel like it)	39.6	35.7	39.5	37.1	38.3

Table 4-g presents the data results regarding the usual time of the day when they engaged in sexual intercourse with their partner. Generally, they performed sexual activity when they feel like it (38.3%), especially when there was an opportunity. However, 37.7 percent of them revealed that they performed it at night, where privacy

was more achieved by both sexual partners. These values did not vary greatly between genders and between types of dormitory residence.

TABLE 4-h : Sexual Partner of Filipino Late Adolescents, Manila, 2004

With whom do you usually engage yourself in sexual intercourse?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Present boyfriend/girlfriend	40.5	71.4	55.6	46.5	50.9
Friend/buddies, ex-bf/ex-gf	31.5	21.4	28.4	27.9	28.1
Acquaintances	26.2	7.2	13.6	25.6	19.8
Prostitute	1.8	0	2.5	0	1.2

Table 4-h presents data results regarding the sexual partners of the Filipino late adolescents. About 50.9 percent of the total Filipino late adolescents who did engage in sex disclosed that they performed their sexual intercourse with their present girlfriend or boyfriend. In addition, 28.1 percent of the respondents also disclosed that they usually performed their sexual activity with their friends or buddies, as well as with their past girlfriends or boyfriends. Particularly, there were more females (71.4%) than males (40.5%) who engaged in sex with their present boyfriend/girlfriend.

TABLE 4-i : Maximum Number of Sexual Partner At The Same Time, Manila, 2004

How many sexual partners, at most, have you tried as the same time to have sexual intercourse with?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
1	80.2	87.5	79.0	86.1	82.6
2 - 3	12.6	7.1	12.3	9.3	10.8
4 - 5	2.7	1.8	2.5	2.3	2.4
> 5	4.5	3.6	6.2	2.3	4.2

Table 4-i presents data regarding the maximum number of sexual partner at the same time that the Filipino late adolescents had tried to have sexual intercourse with.

Most of the Filipino late adolescents who engaged in sexual intercourse had actually performed it with a maximum of only one sexual partner at the same time (82.6%).

TABLE 4-j : Prevalence of Foreplay among Filipino Late Adolescents, Manila, 2004

Do you engage in foreplay?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Always	49.5	55.4	54.3	48.8	51.5
Sometimes	27.9	32.1	32.1	26.7	29.3
Rarely	6.3	8.9	3.7	10.5	7.2
Never	16.3	3.6	9.9	14.0	12.0

Table 4-j presents the results regarding the prevalence of foreplay among the Filipino late adolescents. More than half of the Filipino late adolescents (51.5 %) who performed coital activities always engaged in foreplay. In total, 88 percent of them did engage in foreplay, while only 12% had never done it with their sexual partners.

TABLE 4-k : Sexual Paraphernalia Usage among Filipino Late Adolescents, Manila, 2004

What sexual paraphernalia have you used to enhance the sexual activity?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Vibrator, Dildo	5.4	16.1	8.6	9.3	9.0
Whips	1.8	3.6	2.5	2.3	2.4
Lubricants	36.9	25.0	28.4	37.2	32.9
None	55.9	55.4	60.5	51.2	55.7

Most of the respondents who engaged in sexual intercourse (55.7%) did not use any sexual paraphernalia during their sexual activity. In cases when they did, they usually used lubricants (32.9%) such as jam and other foods, lotion, powder, and the like in order to enhance the sexual activity. Lubricants such as food became more prevalent.

TABLE 4-l : Prevalence of Oral Sex among Filipino Late Adolescents, Manila, 2004

Have you ever engaged in oral sex?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Always	20.7	28.6	25.9	20.9	23.4
Sometimes	27.0	30.4	30.9	25.6	28.1
Rarely	17.1	21.4	21.0	16.3	18.6
Never	55.2	19.6	22.2	37.2	29.9

Table 4-l presents the results regarding the prevalence of oral sex among Filipino late adolescents. The results almost did not vary from each other since the percentages were close to one another. Nevertheless, 29.9 percent of the total number of respondents who engaged in sex never engaged in oral sex, 28.1 percent of them sometimes did, while 23.4 percent of them always performed oral sex with their sexual partner.

TABLE 4-m : Prevalence of Anal Sex among Filipino Late Adolescents, Manila, 2004

Have you ever engaged in anal sex?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Always	1.8	1.8	1.2	2.3	1.8
Sometimes	6.3	19.6	12.3	9.3	10.8
Rarely	11.7	8.9	11.1	10.5	10.8
Never	80.2	69.6	75.4	77.9	76.6

Most of the research respondents (76.6%) who engaged in sexual intercourse had never tried performing anal sex, while 23.4 percent of them engaged in it always, sometimes or rarely.

TABLE 4-n : Usual Position for Coitus, Manila, 2004

What is the usual position you do during your sexual intercourse?	Gender		Dormitory		% Overall (n=167)
	% Male (n=11)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Missionary	51.4	71.4	59.3	57.0	58.0
Doggie Style	27.9	16.0	19.8	27.9	24.0
Spoon	3.6	5.4	2.5	5.8	4.2
Spread Eagle, Sitting, Scissors	15.3	5.4	16.0	8.1	12.0
Joystick	1.8	0	1.2	1.2	1.2
Rub and Grind	0	1.8	1.2	0	0.6

There were various positions in performing sexual intercourse. More than half (58%) of the respondents who engaged in sexual intercourse still did it usually in a Missionary position, wherein either the male or female partner was on top of the other. In addition, 24 percent of them performed coitus using the doggie style, which, as the name implies, was characterized by a position similar to one that was used by dogs particularly. The Spread Eagle position, which came third on the most commonly used position during intercourse (12%), was characterized by the spreading of both legs of the female while the male inserts his penis to the vagina, whereas the Scissors position was characterized by a cross-legged female. Sitting position entailed both sexual partners on a sitting position, with the female sitting on the male's lap to facilitate penetration of the penis. The Spoon, which came fourth (4.2%), was characterized by a combination of a sitting and doggie style position but in a lying position. Joystick (1.2%), on the other hand, referred to the up-and-down-and-side-to-side movement of the penis during intromission. Lastly, the Rub-and-Grind position (0.6%) pertained to the body movement also during intromission of the penis in the vagina. Based from the table, there were more females (71.4%) than males (51.4%) who preferred the simple and common Missionary position because males tend to explore on other positions during coitus.

TABLE 4-o : Benefits of Coitus, Manila, 2004

In your opinion, what is the best benefit of engaging in sexual intercourse?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Expression of love and security for one's partner	37.8	66.0	53.1	41.9	47.3
Pleasure	46.8	28.6	37.0	44.2	40.7
Fulfillment of one's curiosity	14.4	5.4	9.9	12.8	11.4
Communication	1.0	0	0	1.2	0.6

About 47.3 percent of the Filipino late adolescents perceived engaging in coitus as a form of expression of their love and security for their sexual partner. Moreover, 40.7 percent of them perceived that engaging in sexual intercourse was beneficial because it brings pleasure to the individual. There were more females (66%) than males (37.8%) who perceived coitus as a form of expression of their love and security for their sexual partner. Whereas there were more males (46.8%) than females (2.6%) who perceived coitus as a form of pleasure.

TABLE 4-p : Disadvantages of Coitus, Manila, 2004

What is the main disadvantage of engaging in sexual intercourse?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Risks of having unwanted pregnancies	58.6	60.7	59.3	59.3	59.3
Risks of acquiring STDs	29.7	23.2	24.7	30.2	27.5
Stigma attached to it such as immorality	8.1	16.1	12.3	9.3	10.8
None	3.6	0	3.7	1.2	2.4

Based from Table 4-p, 59.3 percent of the respondents who engaged in sexual intercourse believed that the main disadvantage of coitus was the risk of having unwanted pregnancies, while 27.5 percent of them revealed that it was the risk of acquiring sexually transmitted disease that was the main disadvantage of it.

TABLE 4-q : Moral Perception on Coitus among Filipino Late Adolescents, Manila, 2004

Finally, what is your idea about engaging in coitus?	Gender		Dormitory		% Overall (n=167)
	% Male (n=111)	% Female (n=56)	% Exclusive (n=81)	% Non-Exclusive (n=86)	
Immoral	19.8	16.1	17.2	19.8	18.6
Amoral	47.8	60.7	59.3	45.3	52.1
Moral	32.4	23.2	23.5	34.9	29.3
Mean, sd					

Table 4-q presents the results regarding the moral perception of Filipino late adolescents regarding coitus. About 52.1 percent of the total respondents who engaged in sex believed that engaging in sexual intercourse was amoral, or it did not have a moral bearing on it. Engaging in coitus, for them, was more of an activity that is dependent upon every individual. They perceived coitus as a natural and normal thing for human beings.

1

Prevention of Sexually Transmitted Diseases among Filipino Late Adolescents

On succeeding part, the preventive measures used by the adolescent against sexually transmitted diseases are discussed. Such measures were in terms of the use or non-use of barrier methods or the sterilization of sexual paraphernalia.

TABLE 5-a : Prevalence of Sexually Transmitted Disease Prevention Among Filipino Late Adolescents, Manila, 2004 (N=352)

Do you use preventive measures against STDs?	f (yes)	% (yes)
Males (n=111)	103	92.8
Females (n=56)	51	91.1
Exclusive Dormitory (n=81)	74	91.4
Non-Exclusive Dormitory (n=86)	80	93.0
All Respondents with Coitus (n=167)	154	92.2

Table 5-a presents the prevalence of the measures used by the Filipino late adolescent to prevent sexually transmitted diseases. A total of 154 respondents (92.2%) out of the 167 adolescents who engaged in coitus used such measures to prevent STDs. Out of this total, 103 were males and 51 were females. In terms of the type of dormitory residence, 74 Filipino late adolescents out of the 154 reside in an exclusive dormitory, while 80 of which reside in a non-exclusive dormitory used preventive measures against sexually transmitted diseases.

TABLE 5-b : Kinds of STD Preventive Measures Used by the Filipino Late Adolescents, Manila, 2004

What preventive measures against STD do you use?	Gender		Dormitory		% Overall (n=154)
	% Male (n=103)	% Female (n=51)	% Exclusive (n=74)	% Non-Exclusive (n=80)	
Barrier Method	95.1	90.2	91.9	95.0	93.5
Sterilization of Sexual Paraphernalia	4.9	7.8	6.8	5.0	5.8
None	7.8	9.8	9.5	7.5	8.4

Table 5-b lists the specific preventive measures against sexually transmitted diseases that Filipino late adolescents used. The table was based on a checklist type of questionnaire. Accordingly, the barrier method was still the most commonly used measure to prevent sexually transmitted diseases (93.5%). The barrier method included condoms, cervical caps, vaginal spermicides, and the like.

CHAPTER VI DISCUSSION

It was the main focus of the research to explore on the various sexual behaviors of the Filipino adolescents in their later stage. It intended to explore the various sexual practices of the Filipino youth, specifically those from the College level. Several studies in the past had been conducted with College students in determining the kinds of sexual behaviors that they had. These sexual behaviors which include sexual fantasies, sexual habits such as masturbation and coitus, and sexually transmitted disease preventive measures evolved mainly on the context of the Filipino culture. Conversely, the Western practices differ from the Filipino culture, which was emphasized from the results of this study.

Sexual fantasies were highly prevalent among Filipino late adolescents, especially among males more than females. Filipino late adolescents started sexually fantasizing about someone at an earlier stage of their adolescence, particularly between the ages of 14 and 16. At this stage of early adolescence, the individual is faced with major changes in behavior and role expectations, thus allowing them to explore and experiment on themselves. Also, at this early stage, Filipino adolescents have so much in store for them in the future in the sense that there is something to “mentally rehearse and anticipate” in terms of new sexual experiences (Crooks, 1996). They sexually fantasize when they had nothing to do because the mind is free of other matters at hand, especially during the night when the mind wanders as it slows down its processes from the stimulant activities during the day, considering also that sexual fantasies occur during “daydreams” (Crooks, 1996). Sexual fantasies were influenced mainly by media, in the form of television, radio,

advertisements, magazines, internet, and the like. In this regard, the usual person fantasized was a celebrity because one function of sexual fantasies was to allow for tolerable expression of “forbidden wishes” (Crooks, 1996). What usually happens in their fantasies was a sexual activity, which consisted of plain hugging and kissing and sometimes actual sexual intercourse, between the person fantasized and the person fantasizing, which lasted for an average period of 5-15 minutes. It was included in a previous study that generally, men’s and women’s fantasies included having intercourse with a loved one (Crooks, 1996). Filipino late adolescents perceived sexual fantasies as a form of release of sexual tension or as a form of relaxation. Considering that late adolescence is a stage marked by increased workload in the academe, family, and social networks, having sexual fantasies was an effective way for them to relax.

Masturbation was moderately prevalent among Filipino late adolescents included in the study for the reason that, like all types of sexuality other than coitus, it is even today condemned by some religious leaders (Newsweek, 1976). Filipino late adolescents started masturbating during the early stages of their adolescence specifically between the ages of 14 and 16. Contrary to the findings of a previous study with College students in Pennsylvania, which reported that most began masturbating between the age of 9 and sixteen, the findings of this study indicated an older age of onset for masturbation. Masturbation was mainly discovered through self experimentation and information from their peer groups. Similar with sexual fantasies, the early adolescence entails a stage of much exploration and new-found knowledge about various changes in their bodies and in their role expectations, thus masturbation was discovered through self-experimentation. More so, adolescents spend more time with their peers, more than their parents, as one

determining factor of this stage in their adolescence. Therefore, information was gathered mainly from their peer groups, particularly regarding masturbation. In addition, masturbation is still a hush-hush topic among individuals. Topics such as these were not easily disclosed to anyone. As mentioned earlier, friends and peers played a significant role in educating the individual about masturbation. In this regard, individuals were more likely to disclose their masturbation practices to their friends, more than anyone else. Very few disclosed their masturbation behaviors to their parents or to their siblings.

In actual masturbatory practices, according to the research respondents, their typical masturbation session lasted for a period of 5-15 minutes and recurred for a rate of once to thrice a week. Compared to the perceived frequency of masturbation of a typical adolescent their age, which was once a week, the perception of own masturbation practice was less frequent for most of the research respondents. Ironically, their perception of the rate of recurrence of their own masturbation practices as compared to the perceived rate of recurrence of the typical Filipino late adolescent did not match their actual masturbation practices. This was due mainly to the fact that as social beings, people always wanted to be included within the boundaries of what is normal. Thus, in spite of their knowledge about their actual masturbation practices, Filipino late adolescents in the study reported their masturbation behaviors as less frequent than that of the typical in order to stay within the context of the social norms.

They preferred to masturbate during the night, lying down, in the comforts of their own beds. The manner of performing masturbation was through the use of their fingers or hands only, which was commonly used by most individuals, even the adults, and was very practical and inexpensive. Since the onset of their masturbation, the

Filipino late adolescents who participated in the study had gone for a period of more than a month without masturbating probably due to the guilt that they sometimes feel about masturbating.

Coital practices were also prevalent among Filipino late adolescents, which started between the ages of 16 and 18 years old. However, several females started engaging in sex when they were older than 18 years. At this age, Filipino late adolescents have already in one way or another resolved their identity-versus-role confusion from Erikson's psychosocial stages of development, thus making them more prepared to engage in such health-risky behavior. This was usually done when they feel like it, rather than on a routine basis. Coital practices were engaged not as a necessity, but more of as a bodily desire that when properly compensated can reduce anxiety. This concept was paralleled with Freud's psychoanalytic theory (Atkinson, 1993). The sexual activity, usually lasted between 16 and 30 minutes for most of the research respondents.

Peer groups were the major influential factor for the adolescent's engagement in coitus. This was similar to the previous study conducted in Dodowa, Ghana wherein one of the main reasons identified for the practice of premarital sex among adolescents was peer pressure. Peer pressure was manifested in adolescents engaging in sexual activity to raise their ego among their peers (Afenyadu, 2003).

These adolescents did it either in their homes or in their partner's home, whether it may be in their actual home town or in an apartment in the city. Otherwise, they performed their sexual intercourse in a motel, or sometimes in a public place, such as the movie house, the beach, the public comfort rooms, the elevators, etc. In either cases, Filipino late adolescents performed their sexual intercourse with their present girlfriend

or boyfriend, although a significant number of them disclosed that they also performed their sexual activity with their friends or buddies, as well as with their past girlfriends or boyfriends. Most of the Filipino late adolescents who engaged in sexual intercourse have actually performed it with a maximum of only one sexual partner at a time. However, it is to be mentioned that several Filipino late adolescents had performed their coitus with 2-3 sexual partners at the same time. In fact, for men, cultural beliefs and expectations about "manhood" heightened men's vulnerability to engage in risky sexual behaviors such as having multiple partners (Valbuena, 2003).

More than half of the Filipino late adolescents who performed coital activities always engaged in foreplay since the body as a whole is covered with nerve-sensitive skin and has a potential for sensual arousal that can contribute immensely to genital sexual pleasure (Delora, 1981). Foreplay exhibited by the Filipino late adolescents, focused on erogenous zones. Oral sex, both cunnilingus and fellatio, was also practiced by the general sample population. On the other hand, there were more Filipino late adolescent who had never tried performing anal sex because of the risks of transmitting and acquiring sexually transmitted diseases and it was thought by some to be a homosexual act, even though it was also performed by heterosexual couples. However, a few of them still engaged in this kind of sex considering the risks attached to it because of the pleasure that can be experienced from engaging in anal sex. Also, since these adolescents only performed it sometimes to rarely, it could then be inferred that engagement in anal sex was more of an experimental or trial basis only, and not a regular activity. Nevertheless, Filipino late adolescents tend to be more explorative in performing coitus since they used several positions when engaging in it. The most commonly used

position is the Missionary Style which was characterized by either the male or female partner being on top of the other. Sexual paraphernalia were not commonly used during sexual intercourse. In cases where they actually use paraphernalia to enhance the sexual activity, lubricants such as jam and other foods, lotion, powder, and the like were used.

Filipino late adolescents perceive engaging in coitus as a form of expression of their love and security for their sexual partner, specifically from the female's point of view. Moreover, they believed that engaging in sexual intercourse was beneficial because it brought pleasure to the individual, which was more of a male's standpoint. This was also true based from other studies, specifically with the one conducted in Ghana. However, previous studies showed that adolescent males were increasingly inclined to have sex within an affectionate or loving relationship rather than engaging in sex with a casual acquaintance, which was once typical for adolescent males (Afenyadu, 2003).

Filipino late adolescents who engaged in sexual intercourse believe that the main disadvantage of coitus was the risks of having unwanted pregnancies, while the risk of acquiring sexually transmitted disease came in second.

Almost all Filipino late adolescents who engaged in coitus used preventive measures against sexually transmitted diseases. These measures included the barrier method, which was the most commonly used measure to prevent sexually transmitted diseases. The barrier method included condoms, cervical caps, vaginal spermicides, and the like. In the Philippines, condom use was one reliable means to protect the men and their sexual partners from acquiring STD. However, even though individuals have a high level of knowledge about condoms, it did not necessarily follow that they used condoms during sexual activity. Adolescents still had their own rational thinking to decide

considering that condom use can lessen the sexual pleasure. Also, condom use did not provide a hundred percent assurance of not acquiring sexually transmitted diseases. Nevertheless, other measures used included the sterilization of sexual paraphernalia. According to Dusek (1996), an increased sexual activity among young people has commonly been advanced as one prime reason for the accelerating rate of STDs. In a study in the Dodowa community in Ghana (Afenyadu, 2003), both male and female adolescents are at risk of sexually transmitted infections due to unprotected sex. In the Philippines, with the rising prevalence of STD transmission, condom use is one reliable means to protect the men and their sexual partners (Valbuena, 2003). However, studies showed that the level of condom usage among Filipinos, men specifically, remained relatively low (YAFS III, 2004). Contrary to all these studies, the results of this study showed that the Filipino late adolescents who participated in this study were still wary, about their sexual health despite their active sexual lifestyle, through the use of safe and protected sex with condoms.

Filipino late adolescents that were included in this study perceive all three sexual behaviors, specifically sexual fantasies, masturbation, and coitus as amoral; all of which did not have any moral bearing on them. For one, as long as their sexual behaviors did not cause any harm on themselves or on others, and as long as they use it as a form of stress-reduction technique, relaxation, tension reduction, and satisfaction of bodily needs, engaging in those sexual behaviors were normal behaviors evident in humans. As mentioned, on the concept of Freud's superego, which was highly influenced by the moral standards of one's culture, the Filipino late adolescent moral stand regarding their sexual behaviors were defined by their own culture as adolescents. They had considered

that engaging in such sexual behaviors was normal and natural among human beings, because of the transition of the Filipino cultural values from a highly traditional to a more liberal one.

In general, sexual fantasies were the most discrete form of sexual behavior and were commonly manifested among Filipino late adolescents in the research study. Based on Crooks (1996), an increased sexual experience results from greater sexual fantasizing, which was contradicting to the results generated from this study. In this study, sexual fantasies were the most prevalent sexual behavior as compared to masturbation and coitus among Filipino late adolescents.

Gender characteristics defined by the social norms and cultural beliefs lead to differences in several aspects of the sexual behaviors of Filipino late adolescents. Generally, Filipino males and females differed significantly in their sexual behaviors in terms of the prevalence of their sexual fantasies, masturbation, and coitus. Males considered in this study obtained a higher rate of prevalence on all three aspects as compared to females. In the Philippines, to be more specific, males were perceived as the more sexually inclined gender and were motivated by nature (Valbuena, 2003). Also, YAFS III report indicated that more premarital sexual intercourse was reported among Filipino males than Filipino females (YAFS III, 2004).

In terms of the age of onset of their sexual behaviors, the hypothesis was confirmed. Males started sexually fantasizing (14-16 years old) about someone at an earlier age as compared to females (17-19 years old). Masturbation was an activity performed by both genders at a young age (13-16 years old), but a greater number of males was reported. Both males and females started engaging in coitus at an early age of

16-18 years old, but it was reported that there were more males than females who started when they were younger than 16 years old, whereas there were more females than males who started when they were older than 18. In fact, increased premarital intercourse was found among males also, because they had a higher initial rate (Crooks, 1996).

Rates of recurrence of sexual fantasies were found significantly higher among Filipino male late adolescents (once a day) than females (once a month or less) in the study, which was contrary to the previous study conducted with adolescents. According to that study, similarities between male and female sexual fantasies included the frequency of their fantasies (Crooks, 1996). It was also found out that masturbation rates of recurrence were similar between males and females (once to thrice a week) in this study. Contrary to the results, Crooks (1996) mentioned that masturbation-frequency rates among females were notably lower for all age groups, including adolescents. Males, and females alike engaged in coitus at a more irregular rate, particularly when they feel like it.

This study on the sexual behaviors of the Filipino late adolescent was a major breakthrough in determining the sexual behavior differences between adolescents residing in exclusive dormitories and those residing in non-exclusive dormitories because a very few studies had been conducted with this group in the past. The research hypothesized that there was a significant difference in the sexual behaviors between the two groups being considered in the study. As a result, Filipino late adolescents in exclusive dormitories only differed from those residing in non-exclusive dormitories in terms of the prevalence of, age of onset of, and rate of recurrence of sexual fantasies, as well as on the prevalence of masturbation and coitus. To be more specific, Filipino late

adolescents residing in non-exclusive dormitories had a higher prevalence rate in terms of sexual fantasies, masturbation and coitus as compared to those who reside in exclusive dormitories. This general finding was found to be connected with their exposure to the opposite sex, which entailed a more liberal view, outlook and sexual behavior. Also, the age of onset for sexual fantasies among those in non-exclusive dormitories was younger (14 to 16 years old), and the rate or recurrence of their sexual fantasies was more frequent (once to thrice a week) than the other group.

As an additional insight regarding sexual fantasies generated from the study, females tend to sexually fantasize about their friends, crushes, loved one, or boyfriend, while males tend to sexually fantasize about celebrities. Similarly, substantial differences between men's and women's sexual fantasies were found in one survey of College students. Women's fantasy partners were more likely to be someone with whom they had been involved, whereas men's fantasies featured a greater variety of lesser-known women (Crooks, 1996).

There was also additional realization found from the study regarding the masturbation practices of the Filipino late adolescents. Filipino female late adolescents masturbated lying down in order to easily stimulate the clitoral shaft, clitoral area, or vulval area with the hand, which was a method used by more than 3,000 women worldwide (Crooks, 1996). For male late adolescents, on the other hand, used various positions in masturbating. They could perform such sexual behavior in a lying, sitting, standing, or even hanging position. This was contrary to the gathered literature that males tend to show less variety than females in their masturbatory techniques because males begin directly by stimulating the penis rather than other parts of the body. Besides using

their hands and fingers, females also masturbated by rubbing their thighs in a self-teasing manner and stimulating their genitals against something or using a sex toy, a technique almost never employed by boys (Crooks, 1996).

Crooks (1996) mentioned that teenage women tend to be more comfortable with having sex with someone they feel affection for rather than feeling the must “save themselves” for a love relationship. At the same time, adolescent males were increasingly inclined to have sex within an affectionate or loving relationship rather than engaging in sex with a casual acquaintance or stranger. Similarly, the results of this study of the Filipino late adolescent sexual behaviors indicated that males and females perform sexual intercourse with their present girlfriend/boyfriend, although this behavior was more among females than among males.

CHAPTER VII

SUMMARY, CONCLUSION AND RECOMMENDATIONS

This study on the sexual behaviors of the Filipino late adolescents intended to explore the various sexual practices of the Filipino youth, specifically those from the College level. Sexual behaviors such as sexual fantasies, sexual habits such as masturbation and coitus, and sexually transmitted disease preventive measures were the major concern of the said study and these sexual behaviors were compared between males and females as well as between adolescents residing in exclusive dormitories and those from non-exclusive dormitories.

In terms of sexual fantasies, Filipino late adolescents considered in the study had a high prevalence rate; highest among the three sexual behaviors including masturbation and coitus; and an earlier age of onset, especially among males more than females. They sexually fantasized when they had nothing to do, especially during the night when the mind slows down its mental processes, since for them, sexual fantasies were a form of release of sexual tension or for relaxation. Sexual fantasies were influenced mainly by media, in the form of television, radio, advertisements, magazines, internet, and the like. Thus, it usually contained celebrity, considering that one function of sexual fantasies was to allow for tolerable expression of "forbidden wishes," in which there was a sexual activity, which consisted of plain hugging and kissing and sometimes actual sexual intercourse, between the celebrity and the person fantasizing, which lasted for an average period of 5-15 minutes.

Masturbation was moderately prevalent among Filipino late adolescents included in the study for the reasons pertaining to morality. Filipino late adolescents started masturbating during the early stages of their adolescence specifically between the ages of 14 and 16, discovered mainly through self experimentation and information from friends. In this regard, they were more likely to disclose their masturbation practices to their friends, more than anyone else. Very few disclosed their masturbation behaviors to their parents or to their siblings. Otherwise, they did not disclose it to anyone at all. Actual masturbatory practices lasted for a period of 5-15 minutes and recurred for a rate of once to thrice a week. Compared to the perceived frequency of masturbation of a typical adolescent their age, which was once a week, the perception of own masturbation practice was less frequent for most of the research respondents, which was more of an irony in their struggle to stay within the context of the social norms. They preferred to masturbate during the night, lying down, in the comforts of their own beds, using mainly their fingers or hands only, a method commonly used by most individuals. Since the onset of their masturbation, the Filipino late adolescents who participated in the study had gone for a period of more than a month without masturbating.

Coital practices were also prevalent among Filipino late adolescents, which started between the ages of 16 and 18 years old. This was usually done when they feel like it, rather than on a routine basis, which usually lasted between 16 and 30 minutes. Coital practices were engaged not as a necessity, but more of as a bodily desire that when properly compensated can reduce anxiety. Peer groups were the major influential factor for the adolescent's engagement in coitus, which was a common trend with other studies as well. These adolescents did it either in their homes or in their partner's home, usually

with their present girlfriend or boyfriend, although a significant number of them disclosed that they also performed their sexual activity with their friends or buddies, as well as with their past girlfriends or boyfriends. Most of the Filipino late adolescents who engaged in sexual intercourse have actually performed it with a maximum of only one sexual partner at a time. Most of them always engaged in foreplay since the body as a whole is covered with nerve-sensitive skin and has a potential for sensual arousal that can contribute immensely to genital sexual pleasure. Oral sex, both cunnilingus and fellatio, was also practiced by the general sample population. They also tend to be more explorative in performing coitus since they used several positions when engaging in it. The most commonly used position is the Missionary Style which was characterized by either the male or female partner being on top of the other. Sexual paraphernalia were not commonly used during sexual intercourse. In cases where they actually use paraphernalia to enhance the sexual activity, lubricants such as jam and other foods, lotion, powder, and the like were used.

Filipino late adolescents perceive engaging in coitus as a form of expression of their love and security for their sexual partner, especially from the female's point of view. They believed that engaging in sexual intercourse was beneficial because it brought pleasure to the individual, which was more of a male's standpoint. The results were also parallel with the results of other previous related studies. They believed that the main disadvantage of coitus was the risks of having unwanted pregnancies, while the risk of acquiring sexually transmitted disease came in second.

Almost all Filipino late adolescents who engaged in coitus used preventive measures against sexually transmitted diseases, which included the most common barrier

method – condoms. In the Philippines, condom use was one reliable means to protect the men and their sexual partners from acquiring STD. Previous related studies showed that the level of condom usage among Filipinos, men specifically, remained relatively low (YAFS III, 2004). Contrary to all these studies, the results of this study showed that the Filipino late adolescents who participated in this study were still wary about their sexual health despite their active sexual lifestyle, through the use of safe and protected sex with condoms.

Filipino late adolescents that were included in this study perceived all three sexual behaviors, specifically sexual fantasies, masturbation, and coitus as amoral; all of which did not have any moral bearing on them. They had considered that engaging in such sexual behaviors was normal and natural among human beings, because of the transition of the Filipino cultural values from a highly traditional to a more liberal one.

Gender characteristics defined by the social norms and cultural beliefs lead to differences in several aspects of the sexual behaviors of Filipino late adolescents. Generally, Filipino males and females differed significantly in their sexual behaviors in terms of the prevalence of their sexual fantasies, masturbation, and coitus. Males considered in this study obtained a higher rate of prevalence on all three aspects as compared to females considering that, according to Valbuena (2003), in the Philippines, males were perceived as the more sexually inclined gender and were motivated by nature. Also, YAFS III report indicated that more premarital sexual intercourse was reported among Filipino males than Filipino females (YAFS III, 2004).

The research hypothesis was confirmed in terms of the age of onset of their sexual behaviors and it was found out that there is a significant difference in terms of the age of

onset for their sexual behaviors. Males started sexually fantasizing (14-16 years old) about someone at an earlier age as compared to females (17-19 years old). Masturbation was an activity performed by both gender at a young age (13-16 years old), but a greater number of males was reported. Both males and females started engaging in coitus at an early age of 16-18 years old, but it was reported that there were more males than females who started when they were younger than 16 years old, whereas there were more females than males who started when they were older than 18.

The research hypothesis regarding the rates of recurrence of sexual fantasies were also confirmed and it was found out that it was significantly higher among Filipino male late adolescents (once a day) than females (once a month or less) in the study, which was contrary to the previous study conducted with adolescents, which reported that similarities between male and female sexual fantasies included the frequency of their fantasies (Crooks, 1996).

A very few previous studies regarding the sexual behaviors of Filipino late adolescents residing in exclusive and non-exclusive dormitories were conducted. Thus, this study was considered a major breakthrough in this aspect. The research hypothesis was confirmed and it was found out that there was a significant difference in the sexual behaviors between the two groups being considered in the study. As a result, Filipino late adolescents residing in non-exclusive dormitories had a higher prevalence rate in terms of sexual fantasies, masturbation and coitus as compared to those who reside in exclusive dormitories, in connection with their exposure to the opposite sex. Also, the age of onset for sexual fantasies among those in non-exclusive dormitories was younger (14 to 16 years

old), and the rate or recurrence of their sexual fantasies was more frequent (once to thrice a week) than the other group.

Remarkable findings were also generated in terms of the gender differences in sexual behaviors, in addition to the research objectives. Filipino female late adolescents tend to sexually fantasize about their friends, crushes, loved one, or boyfriend, while males tend to sexually fantasize about celebrities. There was also additional realization found from the study regarding the masturbation practices of the Filipino late adolescents. Filipino female late adolescents masturbated lying down in order to easily stimulate the clitoral shaft, clitoral area, or vulval area with the hand, while Filipino male late adolescents used various positions in masturbating, particularly in a lying, sitting, standing, or even hanging position. Also, the results of this study of the Filipino late adolescent sexual behaviors indicated that males and females perform sexual intercourse with their present girlfriend/boyfriend, although this behavior was more among females than among males.

Based from the results generated from the study of the sexual behaviors of the Filipino late adolescents, the following recommendations were presented:

This study focused on the Filipino late adolescents. Thus, the major group of individuals that would benefit from this study was the same demographic group as well. In this regard, it was highly recommended that Filipino late adolescents be more wary of their sexual behaviors because of the risks of acquiring sexually transmitted diseases as well as having early unwanted pregnancies. Since the study results present a high prevalence of the use of measures to prevent sexually transmitted diseases it was also recommended that this practice be exercised even more by the general population of

Filipino late adolescents. Abstinence from coitus, however, more than anything else, is still the best preventive measure against sexually transmitted diseases. Nevertheless, in cases when coitus cannot be avoided, it was recommended that other preventive measures be employed, such as the barrier methods, which included condoms, cervical caps, vaginal spermicides, and the like, which promoted proper reproductive health.

In addition, recommendations for the parents of the Filipino late adolescents were also presented based from this study. Parental concern and guidance was still considered as a major influential factor in the sexual behaviors of the youth. Even though peer groups played an important role in the socialization of the child, the parents were still the ones responsible in educating their children. In this regard, the researcher recommended that parents become more conscious about their children's actions, especially during the critical stages of their development. Since this research had presented the particular details of the sexual behaviors of the Filipino late adolescents, parents then will be able to know the right kind of actions to be undertaken to prevent, or even lessen the performance of such sexual behaviors, especially in cases when it has become risky for the individual. Furthermore, this research study on the sexual behaviors of the Filipino late adolescents was also significant to the teachers and educators. It could be a basis for the parents, as well as the teachers in the education institution in educating the youth regarding the risks of engaging in such sexual behaviors, such as the risks of having unwanted pregnancies, risks of acquiring sexually transmitted diseases, and most importantly, the stigma attached to it such as immorality. Such sexual behaviors could then be properly monitored and given proper action.

This study has become significant in terms of determining the major influential factors of having such sexual behaviors, specifically the sexual fantasies, masturbation, and coitus and STD preventive measures. It has also become successful in determining the significant relationship between among these variables. However, specific recommendations can still be provided to future researchers who seek to explore a somewhat similar topic.

First, one delimitation of the study was that the sample population was restricted only to College students. It was then recommended that future researchers include younger adolescents in order to explore on the earlier formative years of their sexual behaviors. In this regard, the roots of the sexual behaviors could be discovered and proper interventions can be implemented. Also, future researchers were recommended to conduct interviews to the respondents in order to get to know the deeper roots and reasons, as well as factors behind having such sexual behaviors. Since sexual behaviors occur due to several other factors other the ones mentioned in the study, interviews can be one way of taking into account other relevant factors in the study. Through this, a profound understanding of the topic of sexual behaviors could be produced.

Finally, this research was considered as a major breakthrough in dealing with the sexual behaviors of Filipino late adolescents residing in exclusive and non-exclusive dormitories. Unlike the variable of gender, very few studies in the past had been conducted about the specific study demographic. In this regard, it was recommended for future researchers to explore more on the demographic of dormitories as a significant variable for adolescent sexual behaviors.

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APPENDIX
SURVEY QUESTIONNAIRE ON ADOLESCENT SEXUAL BEHAVIORS

Dear Respondent:

Greetings!

I am a graduating Behavioral Sciences student of the University of the Philippines Manila. I am conducting a study on the Sexual Practices of the Filipino Youth Today. This study aims to discover the diverse sexual practices of the Filipino youth and their implication on pregnancy and sexually transmitted disease/infection prevention.

In this regard, I would like to seek your cooperation in answering the following questions. Please note that there are no wrong answers. Your full honesty on this matter is very much appreciated. I rest assure you that any information acquired through this survey questionnaire will be held with absolute discretion and confidentiality.

Thank you very much!

Sincerely,

Shiella Andrea Cruz Medina

2000-59338

I. Personal Information

<i>Gender:</i>	M	F	<i>Year in College:</i>	1	2	3	4
<i>Age:</i>				<i>Religion:</i>			
<i>Type of Dormitory:</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Exclusive	<input type="checkbox"/>	<i>Type of High School Attended:</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/> Exclusive	<input type="checkbox"/>
	<input type="checkbox"/>	Mixed			<input type="checkbox"/>	Co-Ed	<input type="checkbox"/>

II. Sexual Fantasies [Please encircle the number that corresponds to your answer.]

*Do you have sexual fantasies?

[1] Yes (continue with the succeeding questions)
[2] No (you may proceed to the next part of the questionnaire)

1. How old were you when you started fantasizing about someone?

[1] younger than 13
[2] 14-16
[3] 17-19
[4] 20 and over

2. When are you most likely to fantasize?

[1] Morning
[2] Afternoon
[3] Evening (before I go to sleep)
[4] Anytime (when I feel like it)

3. How often do you fantasize?

[1] Once a month or less
[2] Once a week
[3] Once a day
[4] More than once a day

4. Who is the usual content of your fantasies?

[1] friends, crushes, loved one, boyfriend/girlfriend
[2] strangers (have known only by face - non-celebrities)
[3] celebrities
[9] others (please specify): _____

5. What usually happens in your fantasies?
[1] person fantasized performs solely
[2] sexual activity between the person and me
[3] more than one person performing a sexual act
[9] others (please specify): _____

6. How long do your fantasies usually last?
[1] less than 5 minutes
[2] 5-15 minutes
[3] 16-30 minutes
[9] more than 30 minutes (please specify): _____

7. What/who influences your fantasies the most?
[1] Family/Friends, boyfriend/girlfriend
[2] Media
[3] Education
[9] Others (please specify): _____

8. In your opinion, what is the best benefit of having sexual fantasies?
[1] Release of sexual tension / Relaxation
[2] Means to divert sexual arousal on something less risky
[3] To treat boredom
[9] Others (please specify): _____

9. Finally, what is your idea about fantasizing?
[1] Immoral
[2] Amoral (no moral bearing – neither immoral nor moral)
[3] Moral
[9] Others (please specify): _____

III. Masturbation [Please encircle the number that corresponds to your answer.]

* Do you masturbate?
[1] Yes (continue with the succeeding questions)
[2] No (proceed to the next part of the questionnaire)

1. How old were you when you started to masturbate? (best estimate)
[1] Less than 13
[2] 13-16
[3] 17 or older

2. How did you learn about masturbation?
[1] Just experimented
[2] A friend told me
[3] A parent told me
[4] I read about it

3. Since you started, what is the longest period of time you have gone without masturbating? (estimate)
[1] Longer than a month
[2] A few weeks
[3] A week
[9] Others (please specify): _____

4. On average, how often do you masturbate?
[1] Once a month or less
[2] Once a week
[3] Once a day or more
[9] Others (please specify): _____

5. When are you more likely to masturbate?
[1] Morning
[2] Noon
[3] Night
[4] Dawn

6. Where do you usually masturbate?
[1] On my bed
[2] In the bathroom (but not the shower)
[3] Public place
[9] Others (please specify): _____

7. How long is your typical masturbation session?
[1] 5-15 minutes
[2] 16-30 minutes
[3] More than 30 minutes
[9] Others (please specify): _____

8. What is the usual position that you use during masturbation?
[1] Lying down
[2] Standing up
[3] Sitting
[9] Others (please specify): _____

9. How do you usually masturbate?
[1] Fingers/Hands only
[2] Rub against something
[3] Sex Toy
[9] Others (please specify): _____

10. How often do you think the typical girl/boy your age masturbates?
[1] Less than once a month
[2] Once a week
[3] Once a day
[4] More than once a day

11. Compared to the average girl/boy your age, do you think you masturbate
[1] A lot less
[2] Less
[3] More
[4] A lot more

12. To whom do you disclose your masturbation practices?
[1] Friends/peers
[2] Parents
[3] Siblings
[9] Others (please specify): _____

13. Do you ever feel guilty about masturbating?
[1] Always
[2] Sometimes
[3] Rarely
[4] Never

14. Finally, what is your idea about masturbation?
[1] Immoral
[2] Amoral (no moral bearing – neither immoral nor moral)
[3] Moral
[9] Others (please specify): _____

IV. Coitus [Please encircle the number that corresponds to your answer.]

* have you ever engaged in sexual intercourse?

[1] Yes (continue with the succeeding questions)
[2] No (You may stop answering. Thank you!)

1. When did you start engaging in sexual intercourse?
[1] younger than 13 years old
[2] 13-15
[3] 16-18

[4] older than 18 years old

2. Who influenced you the most to engage in sexual intercourse?

[1] Family members
[2] Friends/Peers
[3] Media
[9] Others (please specify): _____

3. How often do you engage in sexual intercourse?

[1] Once a month or less
[2] Once a week
[3] Daily
[4] When I feel like it

4. How long does your sexual activity usually last?

[1] less than 5 minutes
[2] 5-15 minutes
[3] 16-30 minutes
[9] More than 30 minutes (please specify): _____

5. Where do you usually engage in sexual intercourse?

[1] My home / My partner's home
[2] Motel
[3] Public place (movie house, parks, public comfort room, elevator, etc.)
[9] Others (please specify): _____

6. What time of the day do you more likely/usually engage in it?

[1] Morning
[2] Afternoon
[3] Night
[4] Anytime (when I feel like it!)

7. With whom do you usually engage yourself in sexual intercourse?

[1] Present/current boyfriend or girlfriend
[2] Friends/buddies/ex-boyfriend or ex-girlfriend
[3] Acquaintances
[9] Others (please specify): _____

8. How many sexual partners, at most, have you tried at the same time to have sex with?

[1] 1
[2] 2-3
[3] 4-5
[4] more than 5

9. Do you engage in foreplay?

[1] Always
[2] Sometimes
[3] Rarely
[4] Never

10. What sexual paraphernalia have you used to enhance the sexual activity?

[1] vibrator / dildo
[2] whips
[3] lubricants
[9] Others (please specify): _____

11. Have you ever engaged in Oral Sex?

[1] Always
[2] Sometimes
[3] Rarely
[4] Never

12. Have you ever engaged in Anal Sex?

[1] Always
[2] Sometimes
[3] Rarely

[4] Never

13. What is the usual position you do during your sexual intercourse?
[1] Missionary Position
[2] Doggie Style
[3] Spoon
[9] We experiment on other positions (please specify): _____

14. In your opinion, what is the best benefit of engaging in sexual intercourse?
[1] An expression of love and security for one's partner
[2] Pleasure
[3] Fulfillment of one's curiosity
[9] Others (please specify): _____

15. What is the main disadvantage of engaging in sexual intercourse?
[1] Risks of having unwanted pregnancies
[2] Risks of having STDs
[3] Stigma attached to it such as immorality
[9] Others (please specify): _____

16. Finally, what is your idea about engaging in sexual intercourse or coitus?
[1] Immoral
[2] Amoral (no moral bearing – neither immoral nor moral)
[3] Moral
[9] Others (please specify): _____

V. Preventive Measures

1. Do you use preventive measures against sexually transmitted diseases?
[1] Yes (proceed with the next question)
[2] No (You may stop answering. Thank you!)

2. What measures do you engage in to prevent STDs? You may check more than one option.
[] Barrier Methods (condoms, cervical caps, diaphragms, vaginal spermicides)
[] Sterilization of sexual paraphernalia
[] Others (please specify): _____

Please check if you have answered every item.
THANK YOU VERY MUCH FOR YOUR TIME! ☺

BIODATA OF RESEARCHER

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- **Chairperson**, UP Manila Behavioral Studies Society [UP BESTSOC] (AY 2003-2004)
- **Member**, Junior Marketing Association [JMAUPM] (AY 2003-2004)
 - **Production Staff**, *Show Off*: *Fashion Party* (December 2003)
- **Member**, UP Manila Behavioral Studies Society [UP BESTSOC]
 - Externals Committee Member (AY 2002-2003)
 - Membership Committee Member (AY 2000-2002)
 - Year Representative (AY 2001-2002)
- **Delegate**, Federation of Psychology Societies [PsychFed] (AY 2002-2003)

SEMINARS/ TRAININGS ATTENDED

- **UNDERSTANDING ADOLESCENT SEXUALITY AND SPIRITUALITY**, UP Manila Conference Room (February 2004)
- **UP MANILA JOB BONANZA 2004**, UP Manila Little Theater (January 2004)
- **GANITO KAMI NOON, ETO KAMI NGAYON: A Symposium on Career Options**, UP Manila Board Room (September 2002)
- **TIME OUT: A Workshop on Time Management**, UP Manila Conference Room (March 2002)
- **UNRAVELING THE SECRETS OF POWER PRESENTATIONS: A Seminar on Effective Public Speaking**, UP Manila Conference Room (September 2001)

INTERNSHIP / ON-THE-JOB TRAINING

July – September 2003	ABS-CBN Foundation, Inc. - Bantay Bata Crisis Center Activity Coordinator
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