

**RISKY SEXUAL BEHAVIOURS AND THEIR DETERMINANTS  
AMONG SCHOOL GOING YOUTHS IN JINJA MUNICIPALITY: A  
CROSS-SECTIONAL STUDY.**

**BY**

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## DECLARATION

I the undersigned, declare that this dissertation is result of my own independent research effort and investigation, except where due acknowledgement has been made. I declare that this work has never been submitted to this University or to any other institution for partial fulfilment for any award.

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## APPROVAL

This dissertation has been approved and submitted for examination leading to the award of the masters of public health of Busitema University with my authority as a University supervisor.

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## **DEDICATION**

This work is dedicated to all my family members especially my dear brother Denis and my wife who gave me all the support and encouragement throughout this entire course.

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## LIST OF ACRONYMS

AIDs	-	Immune-Deficiency Syndrome
HIV	-	Human Immunodeficiency Virus
RSBs	-	Risky Sexual Behaviours
SRH	-	Sex and Reproductive Health
STDs	-	sexually Transmitted Diseases
STIs	-	sexually Transmitted Infections
UCE	-	Uganda Certificate of Education
UDHS	-	Uganda Demographic Health Survey
USE	-	Universal Secondary Education

## ABSTRACT.

**Background:** Risky sexual behaviours refer to an individual's conduct in early sexual intercourse, unprotected sex, multiple sexual partners that increase the susceptibility of the person to sexually transmitted infections (STIs) such as HIV/AIDs, unwanted pregnancies, psychological distress. The study examined risky sexual behaviours and their determinants among day secondary school going youths in Jinja municipality.

**Objective:** To establish the presence and extent of risky sexual behaviours and their associated factors among secondary school going youths in Jinja municipality.

**Methodology and data analysis:** This study employed a cross-sectional design using quantitative techniques of data collection and analysis. A total of 320 participants was selected using random sampling techniques and interviewed. Selection of participants, class list was obtained from each class and computer-generated random numbers was used to select study participants. Data was analysed using STATA 14.

At univariate level, descriptive statistics was reported while chi-square test was used at bivariate level to determine the association between the dependent and independent variables and multiple logistic regression was used at multivariate level.

**Results:** 320 respondents including 149 male (46.71%) and 170 female (53.29%) age 15-24 years were interviewed on risky sexual behaviours and their determinants that would lead to school dropout, sexually transmitted diseases (STDs), unwanted pregnancy, early sexual intercourse among school going youths. One respondent did not answer the questions and was excluded leaving a total number of 319 youth studied. Some 26.8% of the school going youths were sexually active and of these sexually active youth 54.55% male and 45.45% female were involved in high risky sexual behaviour.

**Conclusion:** Age at first sex were the major factors associated with high risky sexual behaviours. Therefore, the study finding suggest the need to promote religious activities, government and different cultural efforts aimed at delaying early consent for sex, discouraging early courtship formations and promoting the institution of marriage as the desirable goal among the youth.

**KEY WORDS:** Risky sexual behaviours, school youths.

## **DEFINITION OF KEY TERMS.**

**Risky sexual behaviours** (RSBs) refer to an individual's conduct to early sexual intercourse, unprotected sex, and multiple sexual partners that increase the susceptibility of the person to sexually transmitted infections (STIs) such as human immunodeficiency virus (HIV) / acquire immune-deficiency syndrome (AIDs), unwanted pregnancy, and psychological distress.

**High risky** refers to school going youths who had unprotected sex in the last 12 months with one or more sexual partners.

**Low risky** refers to school going youths who had protected sex in the last 12 months with only one partner.

**No risky** refers to school going youths who had no sex in the last 12 months.

**Youths** refers to people between the ages of 15-24 years.

**School dropout** refers to those who join senior one and fail to sit senior four and those who join senior five and fail to sit senior six.

**Early sexual intercourse** refers to sex done by those who are below 16 years.

**Lower secondary** refers to senior one up to senior four.

**Higher secondary** refers to senior five and senior six.

**Multiple sexual partners** refer to having more than one sexual partner.

**Unprotected sexual intercourse** refers to having sex without use of condom.

**Commercial sex** refers to sex for money.

**Substance use** refers to those who use at least any one of the following substances; alcohol and cigarette.

**Primary leaving examination** refers to examination done in completion of primary seven.

**Uganda certificate of education examination** refers to examination done in completion of senior four.

## CHAPTER ONE

### 1.0 Introduction and Background

In 1996, the Government of Uganda introduced universal primary education that improved access to basic education. It enabled children to enter and remain in school until they completed the primary education. The policy increased the enrolment from 3.1 million in 1996 to 5.2 million in 1997. Unfortunately, high school dropout rates have been recorded even after that compulsory and free education was introduced. In 2007 the Government of Uganda introduced universal secondary education (USE) aimed at improving student's access to secondary education. The Ministry of Education and Sports indicated that enrolment increased from 814,087 in 2006 to 1,362,739 in 2013[1].

In 2006 approximately 404,934 of children joined secondary education, representing 64% of the enrolment but only 166,372 sat for Uganda certificate of education (UCE) examinations representing 41% of the general enrolment. These statistics present the fact that 238,562 dropped out of school representing 58.9% of the general enrolment. In 2010, 519,246 sat for primary leaving examination. Four years later the number reduced to 264,635 that sat Uganda certificate of education (UCE). The transition rate to higher secondary was even lower, the dropout was higher at 254,611[2].

The Uganda demographic health survey (UDHS) reported that 25% of older adolescents (15-19 years) had begun child bearing and in Busoga region the Uganda demographic health survey (UDHS) reported that 20.7% of older adolescent (15-19 years) had begun child bearing [3]. This finding are comparable to Kenya where 18% of adolescent girls (15-19 years) had begun child bearing [4]. A study that was done in Uganda on sexual knowledge, attitudes and behaviour among urban youths in 2003 revealed that about 43% of Ugandan young people have had sex by the age of 15 and nearly ( 70 %) of sexual activity among young people is unprotected [5]. Similarly Upuli et al.[6] also asserts that more female than male (57.8%) had their first sexual exposure before the age of 20 years [6].

Evidence from different countries such as South West Ethiopia shows that risky sexual behaviours among the youths occurs due to lack of knowledge about sex and reproductive

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