

Malaysia School Adolescents and Their Sexual Behaviours

Noor Aliza Lodz¹, Liew Siaw Hun¹, Chong Zhuo Lin¹, Mazliza Ramly²

¹Institute for Public Health, National Institutes of Health, Ministry of Health

²Sector HIV/ Hepatitis C, Disease Control Division, Ministry of Health



KEMENTERIAN KESIHATAN MALAYSIA



Introduction

Adolescent sexual behaviour contributes to various sexual and reproductive health issues. The consequences of such behaviour are far reaching and can lead to many serious health problems including the spread of sexually transmitted diseases, unplanned pregnancies, and mental health issues.

From the Global Summary HIV Epidemic Report, there were 150,000 adolescents aged 10-19 that were newly infected with HIV while 1,750,000 adolescents were already living with HIV [1]

Objective

The objective of the study was to determine the prevalence of ever had sex and currently having sex among adolescent in Malaysia.

Methods

This study was a national cross-sectional study done in March to April 2022 in selected schools in the whole Malaysia.

A total of 239 schools out of 240 schools with a total of 33,523 aged 13-17 adolescents involved in this study (response rate was 89.4%). They were recruited and given a validated self-administered questionnaires to answer.

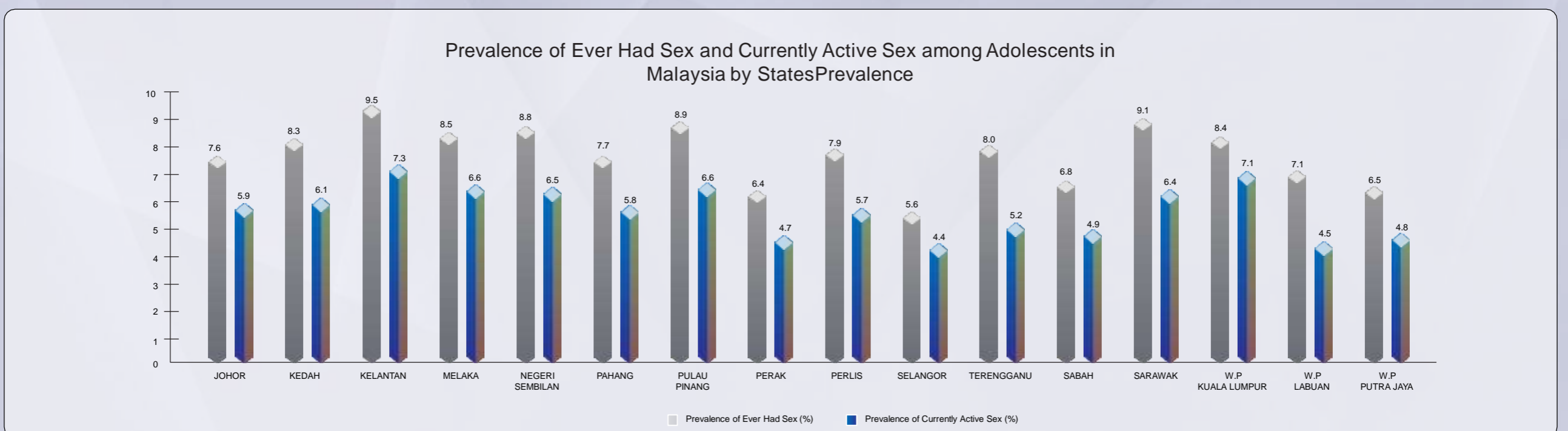
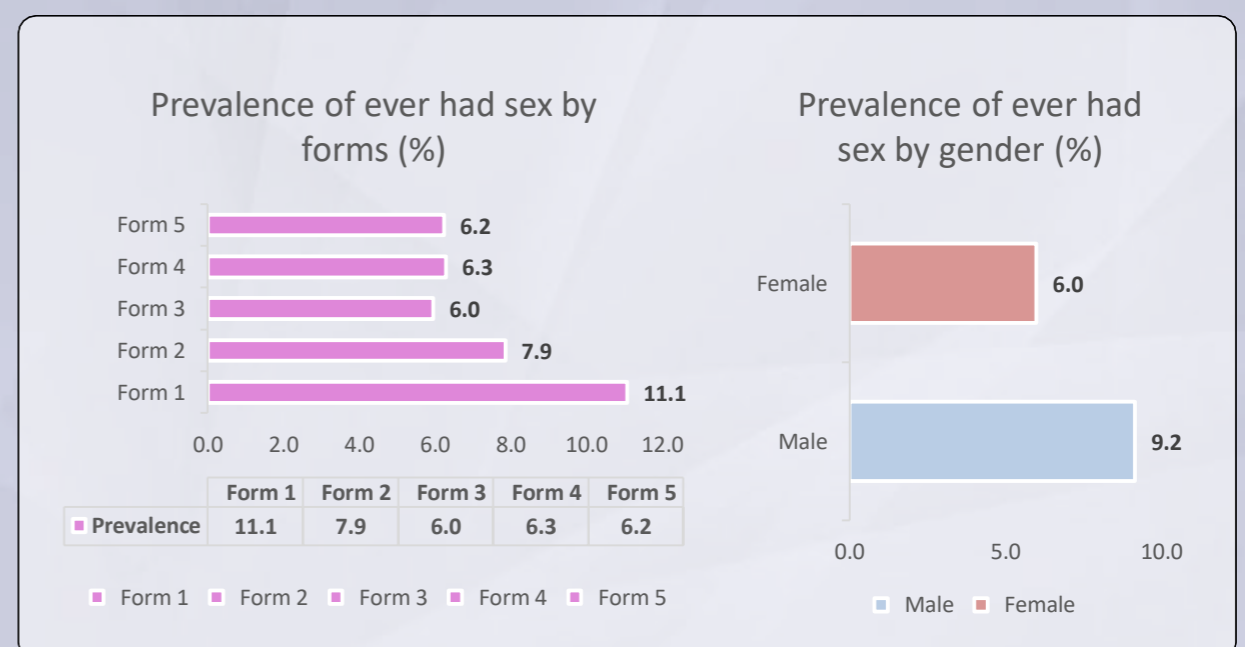
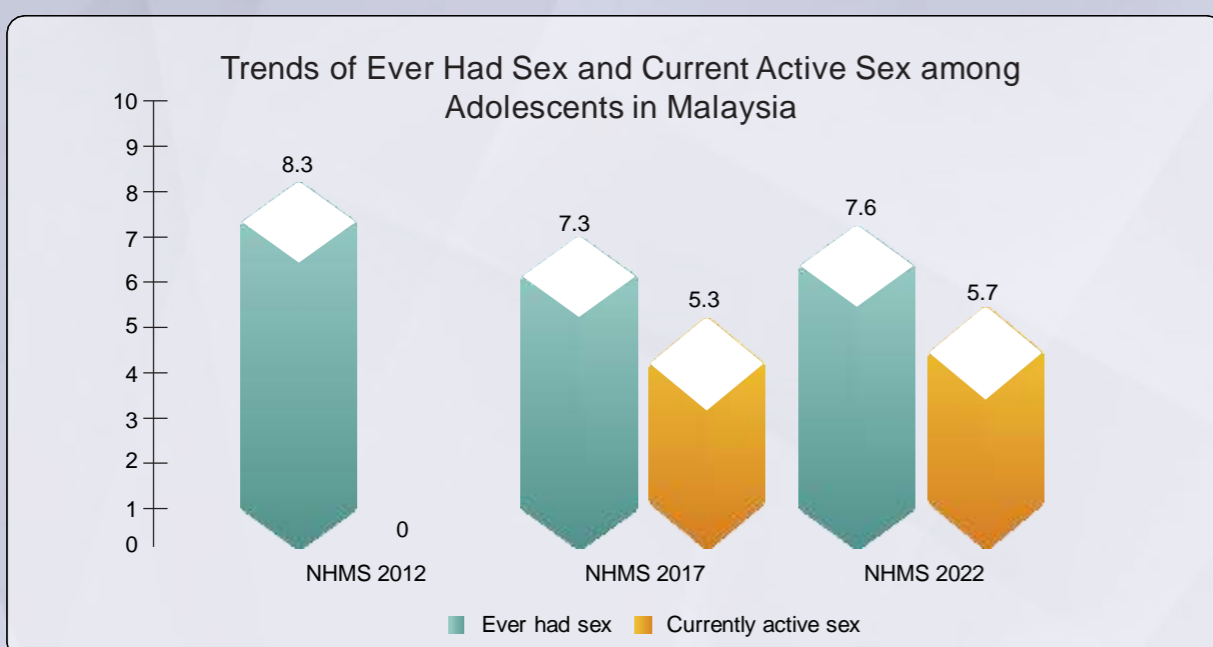
The questionnaires comprised of age of first sex, sexual intercourse in the past one-month, multiple sexual partners, condom usage and usage of other birth control method.

The complex sampling design was used for univariate and bivariate analysis using SPSS.

Results

The prevalence of ever had sex among secondary school adolescents in Malaysia was 7.6% (95%CI: 7.00, 8.17) meanwhile 5.7% (95%CI: 5.21, 6.13) reported having sex in the past one month.

Among those who ever had sex, only 11.8% claimed of using condom and 11.9% claimed to use other birth control method. 10.7% of them reported having more than one sexual partner and 32.8% started to have sex at the age of less than 14 years old.



Discussion And Conclusion

The prevalence of sexual activity amongst Malaysian adolescents was relatively low compared to developed country such as in USA which was estimated 50% among their adolescents aged 15-19 years that has been engaged with sexual behaviour [2]

Neighbouring countries such as Brunei, the prevalence of ever had sexual intercourse was 5.7% in 2019 which was reduced by more than half from 11.2% in previous study in 2015. While in Thailand, prevalence was 18.7% in 2015 and reduced to 17.6% in 2021 [3]. In Indonesia, according to Indonesia Demography and Health Survey 2017 percentage for woman who ever had sex was 0.9% and man was 3.6% [4]

In conclusion, risky sexual behaviour among adolescents is still a serious issue that should not be taken lightly even the prevalence in Malaysia is not as high as other countries. The consequences of such behaviour can have a lasting impact on an individual's physical and mental health, leading to unwanted and unplanned pregnancies, STIs, and more. It is important for parents, caregivers, educators, and healthcare professionals to increase awareness, education, and support for young people to understand the risks of risky sexual behaviours.



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