

Let's Talk About Sex: Parental Communication and Sexual Behavior of Male Filipino Youth

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Abstract — *Understanding the sexual behavior of young people is important in pursuing health development in our society. In the Philippines, current data shows that there is a drastic increase in sex related activities concerning our youths. According to past studies, strong familial relationship and parent-child connectedness decrease the likelihood of a child to engage in risky sex. Furthermore, families with strong communication and are open to sexual topics became closer, and more comfortable with each other. This quantitative, correlational study was designed to describe the level of parental communication in terms of sexual health issues and its relationship to the sexual behavior of male Filipino youths in Metro Manila. A total of 143 male respondents ages 18-25 from Metro Manila participated in the study through an online survey. Results suggest that that majority of the respondents reported low level of parental communication in terms of sexual health issues and a large number reported risky sexual behaviors. The results of this study suggested no significant relationship between the respondent's level of parental communication and their sexual behavior.*

Keywords— *sexual behavior, parental communication, risky sex, youth, Polytechnic University of the Philippines*

INTRODUCTION

Youth is the point in life between childhood and maturity where sexuality and sexual behavior develop and becomes established [1]. During this period, youth manifest the formation of sexual ideology and behavior [2]. Humans begin to engage in a variety of sexual acts including sexual discussions, building intimacy, masturbation, variety of sexual acts and intercourse [3]. This phenomenon is called sexual behavior.

Youth sexual behavior is becoming a growing issue in youth development. United Nations Educational, Scientific and Cultural Organization (UNESCO) defined youth as persons within the age of 15-24 years old. While on the Philippines, youth is defined by the Republic Act No. 844 or the "Youth in Nation-building Act" as the considerable sector of the population from the age of 15-30 years old [4].

In 2013, there were 19.2 million youth in the Philippines. Among which, 10.2 million are 15-19 years old and 9 million and 20-24 years old [5]. Outlooks on sexual behavior are so different for males and females in the Philippines. Filipinos are more prescribed to involve in sexual initiation while Filipinas are not. Filipino Males initiate sexual activities earlier than women, and they are free to do sexual doings. Majority of the Filipino youth believe that it is natural for males to have multiple partners due to more aggressive behavior of men in sexuality. It is also a culture-based norm that females should be more conservative and as a result, Filipino females are likely to set limits and control male's aggressiveness in the issue of sexuality[6].

Moreover, human sexual behavior is related to risky and non-risky practices. What makes a behavior risky is the increased prevalence of early sex, unprotected sex, and casual sex, multiple partnership,

alcohol abuse and drug use[7]. The World Health Organization(WHO) defined risky behavior as actions which increase the likelihood of a negative outcome: both contracting or transmitting sexually transmitted diseases/infections (STIs/STDs), and unwanted pregnancy[8]. Specifically, risky sexual behaviour includes those sexual practices or activities that make a person more at risk of pregnancy or acquiring a sexually transmitted disease. Three of the most common measures of risky sexual behavior are not using condoms, having multiple sexual partners, and combining sex with drug or alcohol use[9].

Studies revealed that during this time period, risky sexual behaviors and active participation in sex are higher. Furthermore, reviews of scientific literatures suggested that there are alarming changes in the sexual behaviors of youths and young adults over the past decades [10]. These include the early initiation of first sexual intercourse, increase in pre-marital sex, and high rates of risky sexual activities.

The changes of patterns of sexual behaviors among youths have major public health consequences. In particular, pre-marital sex has a huge impact on public health concerns [8]. Out of these numbers, the 4th Nationwide Young Adult Fertility and Sexuality Survey (YAFS) stated that one in three Filipinos ages 15-24 engage in pre-marital sex[11]. The National Capital Region and Central Luzon were reported to have the highest prevalence of youth sexual activities with 40.9 and 39.1 percent respectively, translating to 6.2 million youth engaging in sexual activities [12].

Youth sexual development is important in building one's identity and establishing social and romantic relationships among other people [8], but when did it all begin? According to the National Society for the Prevention of Cruelty to Children (2014), there are four phases in the development of childhood Sexual behavior: from Infancy, young children, pre-adolescents and adolescents. However, that does not stop there. NSPCC (2014) added that growth and maturity takes place afterwards and youth take sexuality on a new dimension—feelings are developed, emotion becomes more complicated and sexual behaviors are established[13].

Through these developments, youth founded the first pillars of their sexual behaviors. By having primary knowledge about sex, youth tend to explore deeper into their sexuality and relationships and form sexual desires. Given the natural affecting factors of sexual behavior, what else affect the development of

their sexuality? Profoundly, knowledge factors such as parental communication also play a large role in the development of youth sexual behavior.

Various literatures suggest that parental intervention and proper communication about sex leads to a less risky behaviors of adolescents. Youths whose parents openly discuss sexual realities along with its social and moral consequences are less likely to engage in early sexual intercourse [14].

In addition, Apsy (2007) described that youths whose parents are open, responsive, comfortable, and confident in discussions about sex and sex related issues engage less often in sexual risk behavior, suggesting that the quality of communication influences the message adolescents receive about sex. This explains that youths refrain from engaging in early sex or risky sex when their parents are open about sexual topics and guides them accordingly during pubertal stage. [14].

Several studies also suggest the relationship of parental communication and sexual behavior of youth. Yapciongo (2014) mentioned that parental guidance and strict monitoring on a child's relationships is one of the strongest protective factor against pre-marital sex that parents can provide for their children. Likewise, Weinman (2008) said youths who have good communication with their parents or guardians and are well informed about the dangers of STDs are more likely to engage in non-risky sex than those who do not have communication with their family. Lastly, a study conducted by Botvin and Griffin (2014) showed that poor parental communication about HIV/AIDS leads to a child's risky sexual behaviour [15].

When young people feel unconnected to home, family, and school, they may become involved in activities that put their health at risk. However, when parents affirm the value of their children, young people more often develop positive, healthy attitudes about themselves. Positive communication between parents and children greatly helps young people to establish individual values and to make healthy decisions [16].

Also, children of parents who strictly monitor their child's behavior and who strongly disapproves of their being sexually active are more likely to resist sexual urges and less likely to contact STIs and STDs [17].

Very little studies in the Philippines have investigated the relationship between Parental

Communication and Sexual Behavior of Male Filipino Youth. The current research produced new information about how parental communication affects the sexual behavior of male Filipino youth in Metro Manila. The study provides data about youth's sexual practices and involvements which are important to the understanding of youth sexuality as well as to development programs aiming to promote responsible and safe sexual practices.

This study focused on the sexual behavior of male for the reason that most studies in Asia revealed that men are more sexually dynamic than women because of superior open-mindedness for premarital sexual activities for men. In the Philippines, Raymundo (1999) reported that compared to women, there were larger percentage of men who reported that they have more than one sexual partner. It was also mentioned that because of the combination of low level of knowledge on HIV, pattern of sexual behavior, and negative attitude on condom use, male youth in the Philippines are at risk of HIV [18].

Lastly, this study was conducted in Metro Manila. The Metro Manila or National Capital Region (NCR) of the Philippines has a total population of 11,855,975 making Metro Manila the most populous region in the Philippines in 2012 [19]. Also, the NCR and Central Luzon were reported to have the highest prevalence of youth sexual activities with 40.9 and 39.1 percent respectively, translating to 6.2 million youth engaging in sexual activities [14].

OBJECTIVE OF THE STUDY

This study aimed to describe male Filipino youth's level of parental communication received in terms of sexual health issues and their sexual behavior. Moreover, the relationship of the two variables was identified.

MATERIAL AND METHODS

Quantitative research design was utilized in this study to effectively analyze the numbers that will provide the researchers an unbiased and accurate result in order to generalize the findings to a larger population [20]. Moreover, this research design practically interprets the detailed information and provides a fundamental connection between empirical observation and statistical expression that will help the researchers and the readers answer the problem in regards to the sexual behavior of male Filipino youth in Metro Manila [21]. In addition, this study used

descriptive-correlation method to provide information and describe the level of parental communication received by male Filipino youth in Metro Manila and their sexual behavior and to examine the relationship between the said variables.

Furthermore, online survey was used to gather data. Demographic information was gathered to describe the characteristics of the respondents. Sexual behaviors were measured by asking five sexual behaviors including condom use during the last intercourse, consistency of condom use in the past six months, multiple sex partners, alcohol/illicit drug use prior to intercourse, and casual sex.

The level of parental communication was measured by Parent-Teen Communication about Sexual Risk (PTSRC-III) which Hutchinson (2007) developed [22]. PTSRC-III is an eight item questionnaire which measures the level of communication that the respondents received from their parents about sex. The following codes are the scoring for PTSRC-III: 4=Extensive; 3= A lot; 2= Some; 1= A little ; 0= None.

One hundred fifty male Filipino youth was set as the quota for the sample size of the study. But before coming up with the number of respondents, purposive sampling technique was used because there were particular characteristics that this study was looking for in a respondent which weren't observable in a general public. Consequently, eligibility criteria were set in choosing a fit respondent that would participate in the study. Eligibility criteria for this study were: (1) *male*; (2) *ages 18-25 years old*; (3) *residing in Metro Manila*; (4) *had experienced sexual activities*. With that being said, this study used a multi-method sampling whereas two non-probability sampling techniques had to be used which were purposive and quota sampling. However, in this study, seven respondents were nullified. Thus, the total number of the respondents who participated in the survey that provided a complete data was 143 male Filipino youth from Metro Manila, not to mention that almost all of them were single, followed by one-quarter of males who were in a relationship while the least number of participants were married.

Furthermore, the right of confidentiality of the respondents was, of course, considered since the researchers were conducting a rather sensitive issue. The researchers guaranteed that the survey will only be used for academic purposes only. Furthermore, the

respondents can withdraw the survey anytime without any penalty.

In order to gather the data needed from the respondents, online survey was utilized. The instrument was posted and personally messaged on Facebook along with the criteria of the respondents who can participate in this study. This social media platform was chosen because of its significantly large community where many Filipinos were part of. It was revealed by a global media agency that Filipinos lead the social media engagement out of one billion active users in the world in 2010 [23]. It took two months to finish the data gathering. In terms of the validity of results, a study on the application of computer-assisted interviews with sexual behavior research revealed that computer-assisted interviews help improve the validity of results. Computer-assisted, self-administered interviews also help remove the social desirability bias and elicits information on sensitive sexual behaviors. It was also said that computer-assisted, self-administered interviews may produce more valid results on sensitive topics such as sexual behavior than face-to-face interviews [24].

Lastly, descriptive Statistics were used to describe demographic characteristics of the respondents, the level of parental communication, and their sexual behaviors. To examine the relationship between level of parental communication and sexual behaviors, correlational statistics were used.

RESULTS AND DISCUSSION

This study shows the sexual behavior of Male Filipino Youth in relation to the level of parental communication they received about sex.

A. Sexual Profile of Male Filipino Youth

Table 1. Age of first sexual intercourse of Male Filipino Youth

Age of first intercourse	f	%
6 - 8 years old	7	4%
10 - 12 years old	6	4%
13 - 15 years old	21	15%
16 - 18 years old	60	42%
19 - 21 years old	14	10%
22 - 24 years old	3	2%
No Answer	33	23%
Total	143	100%

Majority (42%) of the respondents had their first sexual intercourse by the age of 16-18 years old. This

indicates that the respondents had their first sexual experience before they even reach legal age, with a mean age of 16.21 years old. This is supported by the Philippine Statistic Authority (PSA), which stated that 1 in 5 Filipino youth have experienced sex before age 18 [25].

Moreover, it is not surprising that there is a significant number of “No answers” in Table 1 and to succeeding tables since Filipinos remain conformist about sexual discussions due to the dominant religion in the country, which is Catholicism. Sexual discussions are considered taboo in the Philippines due to the conservative culture brought by religion [26].

According to YASF4, the number of Filipinos who engaged in early sex increased from 13% in 1994 to 23% in 2013. The YASF4 described these numbers as the result of the convergence of the new media [11]. It revealed that in the age of social media, the digitally wired generation is becoming more active and curious, leading to the exploration of new sexual forms, behavior and activities. Furthermore, YASF4 noted a shift adolescent preference from traditional to new media, which is evident in their sexual behavior online with 25% of Filipino youths have receiving/sending sex videos through cellular phones or the internet. In addition, 4 in 100 Filipino youths have also had sex with some they met online. [11].

B. Sexual Behavior of Male Filipino Youth

Table 2. Condom Use of Male Filipino Youth

The last time you had sexual intercourse, did you or your partner use condom?	f	%
Yes	84	59%
No	40	28%
No Answer	19	13%
Total	143	100%

More than half (59%) of the respondents reported that they (or their partner) used a condom during the last time they had sex, while 28% indicated that they didn't use condoms. This means that condom is somewhat popular among the respondents. The results reflect Regan and Morisky (2012) which stated that older male Filipinos with less knowledge about sex and HIV/AIDS do not often use condoms during intercourse [27]. Regan and Morisky (2012) indicated that, Filipino men who were consistently using

condoms in a sexual intercourse were young adults and more educated about sexual issues [27].

Table 3. Consistent Condom Use of Male Filipino Youth

In the past 6 months, did you or your partner use condom consistently?	f	%
Yes	90	63%
No	32	22%
No Answer	21	15%
Total	143	100%

Great majority (63%) of the respondents revealed that they were consistently using condom over the past 6 months, while 22% stated that they use condoms inconsistently. This implies that condoms are of common use to the respondents. This is differing to the findings of Lucea (2013) which states that young adults refuse to use condoms again since it inhibits the “heat of sex and excitement” and “you can get frustrated because you have to wear the condom, and you lose the excitement”. Additionally, participants mentioned that the original sex without using condoms was better, and that their partners prefer having sex without it. [28].

Table 4. Alcohol and Drug Use before Sex of Male Filipino Youth

Have you ever been drunk and/or high (used illicit drugs) before sexual intercourse?	f	%
Yes	45	32%
No	78	55%
No Answer	20	13%
Total	143	100%

Majority (55%) of the respondents have never been drunk/ and or used illicit drugs before engaging to sex, though 32% admitted that they used drugs or ingest alcohol before sex. This denotes that the respondents are not well oriented to alcohol and drug consumption. This is in contrast to a previous study by Jimenez and Lee (2000) who concluded that male Filipino youths are active alcohol users, and have already tried drugs [29]. Reports revealed alcohol and drug use are correlated to sexual-risk taking of young adults because intoxication increases social interaction between opposite sex [29].

The results in Table 4 can be associated to the consistent condom use of the respondents (see Table 3) given that youths who engross in alcohol consumption were most likely to engage in unprotected sex [30].

Table 5. Engagement on Multiple Sex Partners of Male Filipino Youth

Have you ever had more than one sex partner (multiple sex partners?)	f	%
Yes	69	48%
No	52	37%
No Answer	22	15%
Total	143	100%

Great number (48%) of the respondents reported to have more than one sexual partner, whereas 37% said that they do not. It can be derive here that the respondents are sexually active and are at risk STIs and STDs due to their sexual nature. This is supported by Raymundo et.al which states that Filipino men will experience more than one sexual partner before getting married [18]. The culture-based norm in the Philippines believes that it is natural for males to be sexually aggressive while females are expected to be more conservative. Moreover, females compared to males, view the concept of pre-marital sex undesirable, thus the engagement in multiple sexual partners among males is given low attention [18].

Table 6. Engagement in Casual Sex of Male Filipino Youth

Have you ever had casual sex (one-night stand or hook-ups)?	f	%
Yes	69	48%
No	54	38%
No Answer	20	14%
Total	143	100%

Almost half (48%) of the respondents engage in casual (one-night stand or hook up) sex, while 38% stated that they do not engross in casual sex. This implies that the respondents are sexually active and may be prone to STIs and STDs. This reflects Alexandra Maryanski, Richard Machalek, and Jonathan H. Turner (2009) who stated that males are more interested in casual sex than females [31]. In addition, Harry T. Reis, Susan Sprecher (2009) argues

that males are more open to admit in having casual sex [32]. However, the results are opposing to De Jose (2013) who found out that Filipino male youths have negative perception and low engagement on casual sex given that the dominant Catholicism in the country perceive pre-marital sex as taboo [8].

Table 7. Summary of the Sexual Behavior of Male Filipino Youth

Sexual behavior	f	%
Non-risky	19	13%
Risky	101	71%
No Answer	23	16%
Total	143	100%

This study categorized the sexual behavior of the respondents between risky and non-risky. The study characterized the behavior as risky if the respondents answered “no” in any of the two questions on condom use and “yes” in any of the questions on the involvement of drugs and alcohol before sexual intercourse, having multiple sexual partners and engaging in casual sex (hook-up or one-night stand). However, the sexual behavior of respondents was categorized into non-risky sexual behavior if the respondents answered “no” on the involvement of drugs and alcohol before sexual intercourse, having multiple sexual partners and engaging in casual sex.

Results infer that most (71%) of the respondents have risky sexual behavior, whereas only 13% showed up to have non-risky sexual behavior. This is in line to the results of YASF4 2013 which revealed that more (32%) Pinoy youth are actively engaging in Risky sex 9% higher compared to the previous survey in 2002 [5]. The significant rise in Risky sexual behaviour among youth can be attributed to the advancement of technology and societal change [11]. Medina (2001) pointed out that millennial Pinoy youths are

substantially different now, compared to older generation. Reports concluded that due to the divergence of social media, internet and rapid urbanization youths are becoming more and more sexually active [33]. YASF 4 stated that despite wide access of information about sexual activities over the internet, Filipino youths do not use any form of contraception or protection during sexual intercourse [11]. Moreover, the lack of knowledge about HIV/AIDS and any form of STDs also contribute to the increase of risky sex. Regan and Morisky (2012) revealed that majority of Filipino men have low knowledge about HIV/AIDS. In fact, the 2008 National Demographic and Health Survey (NDHS) revealed that 93% of Filipinos have heard STDs and HIV, but only 53% of them are knowledgeable about it. Thus, more and more Filipino Youth are engaging in Risky behavior due to the fact that awareness about HIV/AIDS are declining from 95.5 percent in 2002, down to 83.3 percent in 2013 [11].

C. Parental Communication in terms of sexual health issues

Filipinos have a collective culture that is often attributed to good intrapersonal communication between family members [34]. However, result of this study show that great number (24%) of the respondents did not receive parental communication about sexual health issues. Only a few (2-4%) of the respondents stated that they received Parental communication. Moreover, almost half (43%) of the respondents did not answer the questions. This implies that Filipino families remain conformist about sexual discussions due to the dominant religion in the country which is Catholicism. This is supported by Nadal (2011) who found out that sexual discussions are considered taboo in the Philippines due to the conservative culture brought by religion [25].

Table 8. Parental Communication received of Male Filipino Youth

Sexual Health Issues	None	A little	Some	A lot	Extensive	No answer
Contraceptive and Preventing Pregnancy	24%	17%	8%	6%	3%	43%
Condom Use	27%	14%	7%	6%	2%	43%
STI and STDs	28%	14%	6%	5%	4%	43%
HIV/AIDS	27%	13%	7%	6%	3%	44%
Protecting yourself from STDs and AIDs	26%	15%	6%	6%	4%	43%
Postponing Sex	24%	11%	6%	12%	4%	43%
Peer Pressure and Sexual Pressure	24%	13%	10%	8%	2%	43%
Resisting Peer and Sexual Pressure	24%	9%	15%	6%	3%	43%

Table 9. Level of Parental Communication of Male Filipino Youth

Sexual Health Issues	\bar{x}	Interpretation	Level of Comm.
Contraceptive and Preventing Pregnancy	2.07	A little	<
Condom Use	1.98	A little	<
STI and STDs	1.98	A little	<
HIV/AIDS	2	A little	<
Protecting yourself from STDs and AIDs	2.06	A little	<
Postponing Sex	2.3	A little	<
Peer Pressure and Sexual Pressure	2.21	A little	<
Resisting Peer and Sexual Pressure	2.2	A little	<
\bar{x}	2.1	A little	<

All of the eight statements have a verbal interpretation of “A little” which implies that the respondents have low level of parental communication on the topics of contraception and preventing pregnancy, Condom use, STI and STDs, HIV/AIDS, Protecting Yourself from STDs and AIDS, Postponing sex, Peer and Sexual Pressure, and Resisting Peer and sexual pressure. However, among the 8 sexual health issues, the issue on postponing sex followed by peer and sexual pressure got the highest mean score. This implies that despite having low level of parental communication, postponing sex and resisting peer and sexual pressure are the two of the most common sexual health issues shared by the parents to their children. Also, issue on condom use and STIs and STDs have the lowest mean, which implies that using condoms and topics on sexually transmitted infections/diseases are the most uncommon topics on sexual health issues received by the respondents from their parents.

Findings were supported by a Manu et.al (2015) who stated that abstinence is the most widely discussed sexual topic between parents and children, while condoms and contraception is rarely discussed. Mean scores indicate that postponing sex and peer and sexual pressure are the most common discussion between the respondents and their parents. Parents reportedly believe that communication about abstinence will avoid teenage pregnancy, STDs, and AIDS [35]. On the other hand, parental

communication about condom use, STI and STDs are the lesser topics due to the shifting perception about contraceptives. Parents view condoms to be ineffective against STDs and HIV/AIDS. Moreover, Eisenberg (2004) found out that the effectiveness of condoms are also underestimated for preventing pregnancy, and that most parents prefer pills as a form of contraception [36].

D. Parental Communication and its relation to Sexual Behavior

Table 10. Cross tabulation of Parental communication and Sexual behavior

Sexual Behavior	Parental Communication			Total
	Low	Moderate	High	
Non-Risky	8 57%	4 29%	2 14%	14 100%
Risky	39 64%	16 26%	6 10%	61 100%
Total	47 63%	20 27%	8 10%	75 100%

Majority (64%) of the respondents who engage in risky sex have received low parental communication. Richards (2013) stated that open-communication about sex between parents and youth results to safer sexual behaviours [37]. In the Philippines, YASF4 revealed that low parental communication among Filipino youth is one of the primary reasons why of pre-marital sex among youth is on the rise. In line with that, Natividad (2014) expressed male youths who engage early sex have unsafe sex practices, due to lack of necessary sexual knowledge [11]. Meanwhile, great number (57%) of respondents with non-risky sexual behavior has also low parental communication. The similarity of the results between Filipino male youths with non-risky and risky behavior, suggest that parental communication within this cohort does not affect the respondent’s sexual behaviour.

Table 11. Test of Independence of Parental Communication and Sexual Behavior

	Value	df	p-value	Remarks
Parental communication	0.319	2	0.853	Not Significant

**Significant at the 0.05 level*

Warm bonds between parent and child are not only attributed to low risky behavior but also to the

well-being, and interpersonal relationships of a child [8]. However, the test of independence revealed that there is no substantial relevance between Parental communication and Sexual behavior of the respondents given the ($P > 0.05$), thus accepting the null hypothesis. Communication is a vital part of a typical Filipino family [34], yet the result has a clear trend indicating that parental communication poses no effect in the respondents' sexual behaviour.

Table 15. Correlation of Parental Communication and Sexual Behavior

	R	p-value	Remarks
Parental communication	-0.032	0.785	Negative, Very Weak

**Correlation is significant at the 0.05 level (2-tailed)*

Results infer that the relationship of the respondent's parental communication and risky sexual behavior is negatively very weak. Moreover, the analysis revealed that the relationship of the respondent's level of parental communication in terms of sexual health issues and their risky sexual behavior is not significant since the obtained P-value is 0.785.

Parental communication plays a large role in the development of youth sexual behavior. YASF4 revealed that parent communication contributes greatly to minimize risky sexual behavior of Filipino youth [11]. Youth whose parents openly discuss sexual realities along with its social and moral consequences are less likely to engage in early sexual intercourse [5]. In accordance, De Jose [8] revealed that the likelihood of Filipino youth to engage in risky sex decreases given they receive high level of parental communication. Moreover, if youths are sexually active, they will likely use contraceptives and condoms given that they received proper guidance on the proper usage of birth control methods [11].

Youth is a critical and confusing stage in sexual development. When young people feel unconnected to home and family, they may become involved in activities that put their health at risk. However, when parents affirm the value of their children, young people more often develop positive, healthy attitudes about themselves. Positive communication between parents and children greatly helps young people to establish individual values and to make healthy decisions [11].

CONCLUSION AND RECOMMENDATION

In conclusion, majority of the respondents had their first sexual intercourse by the age of 16 to 18 years old. This indicates that the respondents had their first sexual experience before they even reach legal age. Moreover, majority of the respondents had low level of communication received with their parents in terms of sexual health issues; thus, it is recommended that parents and guardians should raise the level of open communication about sexual health topics with their children. This may help lessen the increasing number of teenage pregnancy and STD cases.

There were also a large number of male Filipino Youth respondents who were engaged in some form of risky sexual behavior such as having multiple sexual partners, engaging in casual sex, and engaging in sexual intercourse at such an early age. However, it was revealed that Parent communication about sexual health issues is not statistically significant with the sexual behaviour of Male Filipino youths. Thus, it is recommended that youths should be more mindful of their sexual health by educating themselves more through attending seminars and conferences held by the different health sectors in the country.

This study would also like to recommend the educators to give priority and attention in providing the youth a comprehensive and proper education on sexual health that will help empower the youth; not only our present generation but also the future. Also, it is recommended that Health Care Providers should address the needs of the Filipino youth by offering them an appropriate sexual health education by conducting various programs or seminars in the schools around the country.

The study was only focused on male Filipino Youth in Metro Manila. Thus, it is recommended that a similar research should be conducted in a larger locale in order to clearly represent the youth population geographically. Moreover, this sample is not representative of general population. Thus, future research should investigate at a larger longitudinal cohort. Also, it is recommended to future researches to include sexual behavior differences of male and female in urban, sub-urban and rural areas.

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