



EXPLORING INTRINSIC RELIGIOSITY AS A MEANS TO MILITATE AGAINST RISKY SEXUAL BEHAVIOUR IN ADOLESCENTS FROM CHRISTIAN FAITH-BASED SCHOOLS

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<p>Introduction: Many adults are uncomfortable with the notion of adolescent sexuality. A lot of adolescents are not adequately guided by parents, educators, and church leaders. Need for religious-based initiatives to address psychological problems. Faith communities can and do play significant roles in the sexual morality of adolescents.</p>	<p>Research Sample: Western Cape Province of South Africa Christian faith-based high schools 900 surveys – four high schools 11 interviews – two Adventist high schools</p> 	<p>Survey Results: The results of the quantitative element of the study showed that high levels of intrinsic religiosity were negatively associated with attitudes towards casual sex, positively associated with the emotional meaning of sex, and negatively associated with the physical meaning of sex. In contrast, high levels of extrinsic religiosity were positively associated with attitudes towards casual sex, negatively associated with attitudes towards birth control, and positively associated with attitudes towards the physical meaning of sex.</p>
<p>Aims of the study: Aim 1: To determine the larger patterns of sexual activity among adolescents attending Christian faith-based schools. Aim 2: To determine how intrinsic and extrinsic religiosity impacts adolescents' sexual attitudes. Aim 3: To explore whether sexuality education curricula currently used at Christian-faith based high schools in the Western Cape Province of South Africa are relevant.</p>	<p>Research Methods: Systematic Review Quantitative approach (surveys) Qualitative approach (interviews)</p> 	<p>Interview Results: Based on the 11 interviews, qualitative data findings revealed that sexuality education programmes at Christian faith-based schools lacked depth and were not relevant. 5 Semantic themes 8 Latent themes</p> 
<p>Research Questions: Question 1: What are the risk and protective factors associated with intrinsic and extrinsic religiosity relating to sexual behaviour of adolescents from Christian faith-based schools? Question 2: Are sexuality education curricula within Christian faith-based schools in the Western Cape Province of South Africa sufficient in terms of imparting relevant information?</p>	<p>Systematic Review Results: Theme 1: Salience of religiosity delays sexual activity and decreases risky sexual behaviour Theme 2: Frequency of religious services attendance delays sexual activity and decreases risky sexual behaviour Theme 3: Disconnect between being highly religious and using condoms Theme 4: No/low/extrinsic religiosity and risky sexual health behaviours</p>	<p>Recommendations: Effective sexuality programmes at Christian faith-based schools could be summarised using by: knowledge, values, and skills. Providing adolescents with scientifically-accurate information is essential. Educators at Christian faith-based schools could focus more on helping adolescents develop intrinsic religiosity. This could help adolescents make values-based and sexually-informed decisions as they transition to adulthood. Should be an emphasis on skills-development. Empowering youth with skills such as self-awareness, critical thinking, decision making, problem solving, assertiveness, negotiation, communication, refusal, goal setting, information gathering will also make sexuality programmes quite effective.</p>

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