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RESEARCH ARTICLE

Sexual Development & Puberty (Adolescence): A Comparison Study Between Medical and Medical Sciences Students, Taif University Taif-KSA.

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Abstract

Background: Though sexual development is typically associated with the teen years, in reality young kids develop an emotional and physical foundation for sexuality in many subtle ways from infancy. Sexual development begins in a child's very first years. Infants, toddlers, preschoolers, and young school-aged kids develop an emotional and physical foundation for sexuality in many subtle ways as they grow.

Aims & Objective: To know the exact age that our children start thinking about sex, and if there is any differences between male medical student Taif university, Taif-KSA and male medical science students at Taif university, Taif-KSA.

Material and Methods: This study used a questionnaire. All samples asked to complete the questionnaire after we explain to them the purpose of the study.

Results: The result of the current study have shown that the overall prevalence of ADHD in the primary school of Taif district whose age from 6-8 years was 6% where (hyperactivity 9% ; Attention-deficit 5%, impulsivity 4%).

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Introduction:-

Growing up in the world can be challenging for children and adolescence as well, who typically struggle with the desire for independence, puberty, physical changes, and questions about the future and the world around them (Edwards-Sutton, 1995). Though sexual development is typically associated with the teen years, in reality young kids develop an emotional and physical foundation for sexuality in many subtle ways from infancy. Sexual development begins in a child's very first years. Infants, toddlers, preschoolers, and young school-aged kids develop an emotional and physical foundation for sexuality in many subtle ways as they grow.

Most sexual development occurs in late childhood and adolescence. This period of rapid growth and development is called puberty (healthCommunities.com). Puberty involves physical growth and sexual maturation, as well as psychological and social development. Puberty usually begins between the ages of eight and 12 in girls and between the ages 10 and 14 in boys. In some cases, puberty does not occur within the normal age range. This condition is called late puberty or delayed puberty (healthCommunities.com).

Materials and Methods:-

Target Population:-

This study conducted between the 1st of February 2014 to the 1st of July 2014 in Taif City, KSA. The target population included the 2nd year of medical students and medical sciences students, schools, Taif University, Taif City, Saudi Arabia.

Procedure

Case identification:-

Dealing with a sensitive study like this one needs special ticktack particularly if you conduct your study in a very conservative society like Saudi Arabia. Therefore, we did the following:

- Included a covering letter with the questionnaire.
- Explain the propose of the study.
- Asked the student not to write their names.
- This study is anonymous.
- we promised them to give them summary from the study when it is dready.

Procedure:-

The study proceeded the following steps:

Developing a questionnaire(Arabic version), taking samples from faculty of medicine, Taif University, Taif City, Saudi Arabia (2nd year) and from faculty of applied medical sciences , Taif University, Taif City, Saudi Arabia (2nd year), and then analyzing the result.

Sampling

Our sample consist of:

- 144 overall (faculty of medicine, and faculty of applied medical sciences).
- 81 from faculty of medicine.
- 63 from faculty of applied medical sciences.
- Their ages around 20s.
- Both of them 2nd year students.
- Both of are male.

Result:-

The result of the current study shows that 5% of all sample were developed an emotional and physical sexuality before the age of 10 years, while there is slightly deferent between male medical Students 15% and medical sciences students 11%. The majority of the sample 55% started their puberty between 11-15 years, while there were deferent between medical students 59% and medical sciences students of medical students 48%. Only 7% from overall sexual development occurred in late adolescence. (see table No 1).

Table 1:-shows sexual development and puberty.

	N	≤ 10y	11-15	16-18	≥ 19y
Overall	44	20	80	37	7
		5%	55%	26%	14%
Medical Student	81	12	48	15	6
		15%	59%	19%	7%
Medical science	63	7	30	22	4
		11%	48%	35%	6%

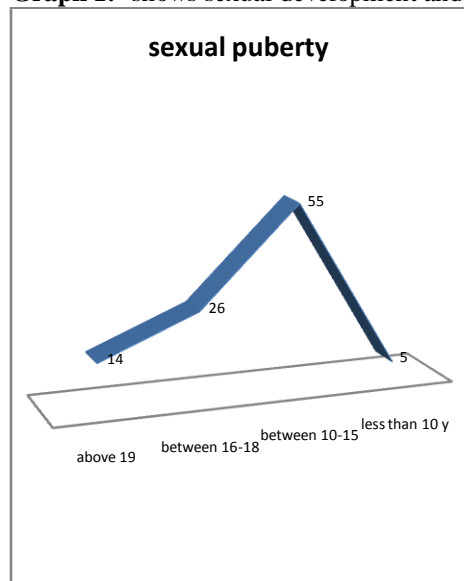
Graph 1:- shows sexual development and puberty.

Table No (2) shows that 38% of the whole sample using masturbation in order to discharge their sexuality. There is no significant differences between male medical students (38%) and male medical sciences students (35%) in this matter. 22% of the whole sample doing fasting to overcome their body in order not to think about sex following for that prophet Mohammed peace be upon him. Also here there is no significant differences between male medical students (22%) and male medical sciences students (21%) in this matter.

40% of the whole sample said (others) which is explain in the table no (3).

Table 2:- shows how sexual catharsis (discharge).

	N	Fasting	Masturbation	others
Over all	144	32 22%	54 38%	58 40%
Medical Students	81	18 22%	32 38%	31 40%
Medical sciences	63	13 21%	22 35%	28 44%

Table 3:- shows what did they mean by others.

	N	Male	Female	No answer
Over all	144	12 9%	35 24%	97 67%
Medical Students	81	5 6%	17 21%	59 73%
Medical sciences	63	4 5%	19 23%	58 72%

In spite 67% of the whole sample did not mentioned how they discharge sexual activities with, there were 24% of the whole sample said with female, while 9% with the male. No significant differences between medical students (female 21%, male 6%), and medical sciences (female 23%, male 5%) (see table No 3).

Table No (4) shows that 19% of the whole sample doing sex every week, 18% every month, 13% every day, and 9% every year.

Medical sciences students were doing sex every week 26% comparing with 15% medical students.

48% did not mention the average doing sexual activities.

Table 4:- shows the average doing sex.

	N	D	W	M	A	No
over all	144	13	27	26	9	69
		9%	19%	18%	6%	48%
Medical Student	81	9	12	12	12	36
		11%	15%	15%	15%	44%
Medical sciences	63	7	17	9	6	26
		11%	26%	14%	9%	40%

Conclusion:-

As we can see from the result 81% of the sample started to think about sex in the adolescence, which agreed with average cross cultural studies. However, we are very concern about those students (5%) who started early thinking about sex comparing with the rest of the sample. One of the explanation for that could be sexual abuse. A widely study that conducted in Saudi Arabia came the conclusion which is 22.4% of Saudi children faced sexual molestation.

Despite prophet Mohammed peace be upon him sent a message to young people "if you have money then you have to marry as early as you can, or otherwise you have to fast" we found only 22% did fasting, while 38% using masturbation and 40% conducting sex with same sex and other sex. This result leads us to that conclusion "fasting does not work nowadays with all young people" and therefore we have to find another approach such as marry young people once they enter the adolescence.

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