

Sexual and reproductive behaviour of universities' students: their needs.

I.S. Savelieva, Zh.A. Gorodnicheva

Research Center of Obstetrics, Gynecology and Perinatology, Moscow, Russia

Objective: Teenage pregnancy continues to be a problem in Russia despite the availability of reliable contraceptive methods. A study was conducted to assess students' sexual health knowledge, association between knowledge and sexual and contraceptive behaviour; to determine motivation to beginning of sexual activity, to clarify the meaning of the sexual relationships, what is the main in forming and changing reproductive behaviour/health.

Methods: Descriptive study based on a structured, anonymous and self-administered questionnaire. **Setting:** Moscow State Pedagogical University. **Participants:** 802.

Measurements and Results: We analysed the age, gender, family history, attitudes and sexual behaviour and contraceptive using with the statistic program SPSS. The student's ages ranged from 17 to 22 years old, and 70,2% of them were females. At the time of the survey, 71,8% girls were sexually active. Among them 41,7% had unprotected sex. The mean and youngest ages of initiation into sexual activity were 17,4 and 14,2 respectively. Sexual health knowledge scores were highest for sexually active females. Higher score was associated with oral contraceptive use and later sexual debut.

Conclusion: The most effective approaches for preventing unintended teenage pregnancy is the development of comprehensive advisory and family planning services, including sex education. Individual/couple consultation and/or work in little groups should be more acceptable and accessible to young people. Sex education programmes should include issues such as self-esteem, decision-making, life options, family and other relations, safe sex, responsibility for the consequences of sexual decisions, communication skills.

The research was granted by Russian office Gedeon Richter.