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FEATURES OF THE SEXUAL CULTURE OF MODERN YOUTH: SOCIOLOGICAL ANALYSIS

Abstract

The problem of sexual culture and values of young people is one of the major problems of our time. Modern youth live outside the rules and regulations governing sexuality, formed under the influence of the sexual revolution. Thanks to medical advances, young people have increased sexual activity and the age of sexual intercourse has become younger. In such circumstances, the development and shaping of young people's sexual culture is of particular importance. The article deals with sexual culture and behaviour of modern youth, factors influencing its formation.

The aim of the study is to examine the peculiarities of sexual culture and values of young people. The empirical base of sociological research consists of young people aged 18 to 29 years from 6 regions of Kazakhstan. The total number of respondents were 1200 (200 respondents from each region). The geography of such a study allows us to identify the peculiarities of sexual culture and behaviour of Kazakhstani youth. Respondents were selected on the basis of random selection according to selected socio-demographic characteristics. The study was conducted by questionnaire method. The survey data were processed in the SPSS 22 statistical programme.

The study identified reasons why young people delay or do not have sex: not being ready for intercourse, risk of contracting infectious diseases and unwillingness to upset their parents. The ways of obtaining information about physiological changes in puberty in young people are determined by formal and informal factors. The formal factors include internet resources, television, and non-formal factors are mother, family or personal search for information.

The results obtained are of practical importance for the analysis of the specifics of sexual culture of young people, identification of factors and contradictions influencing its formation, development of programmes of sexual education in schools and higher educational institutions. Accordingly, the results of the study can be used to develop youth policy programs on sex education and training concerning issues of sexual culture and behavior of young people. The continuation and perspectives of this study call for an examination of the following issues: gender differences; regional specificities.

Key words: youth, gender, sexual culture, sexual behavior, sexual education, values.

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ОСОБЕННОСТИ СЕКСУАЛЬНОЙ КУЛЬТУРЫ СОВРЕМЕННОЙ МОЛОДЕЖИ: СОЦИОЛОГИЧЕСКИЙ АНАЛИЗ

Аннотация

Проблема сексуальной культуры и ценности молодежи-одна из главных проблем современности. Современная молодежь живет вне правил и порядков, регулирующих сексуальность, сформированных под влиянием сексуальной революции. Благодаря достижениям, достигнутым в медицине, половая активность молодых людей увеличилась, а возраст, в котором они занимаются сексом, стал моложе. В таких условиях особое значение имеет развитие и формирование половой культуры молодежи.

В статье рассматриваются сексуальная культура и поведение современной молодежи, факторы, влияющие на ее формирование. Целью исследования является изучение особенностей половой культуры и ценностей молодежи. Эмпирическую базу социологического исследования составили молодые люди в возрасте от 18 до 29 лет из 6 регионов Казахстана. Общее количество респондентов - 1200 (200 респондентов из каждого региона). Исследование проводилось методом анкетирования. Данные исследования были обработаны в 22 статистических программах SPSS.

В результате исследования были выявлены причины, по которым молодые люди могут откладывать или не заниматься сексом: нежелание заниматься сексом, риск заражения инфекционными заболеваниями и нежелание причинять боль своим родителям. Способы получения информации о физиологических изменениях в половом созревании у молодых людей были через формальные и неформальные факторы. К формальным факторам относятся: интернет-ресурсы, телевидение и неформальная информация: мать или семья, личная информация.

Полученные результаты анализ специфики половой культуры молодежи, выявление факторов и противоречий, влияющих на ее формирование, имеют практическое значение для разработки программ полового воспитания в школах, вузах. Соответственно, результаты исследования могут быть использованы для разработки программ молодежной политики по половому воспитанию и образованию в отношении вопросов сексуальной культуры и поведения молодежи.

Ключевые слова: молодежь, пол, сексуальная культура, сексуальное поведение.

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ҚАЗІРГІ ЖАСТАРДЫҢ ЖЫНЫСТЫҚ МӘДЕНИЕТІНІҢ ЕРЕКШЕЛІКТЕРІ: ӘЛЕУМЕТТАНУЛЫҚ ТАЛДАУ

Аңдатпа

Жастардың жыныстық мәдениеті мен құндылық мәселесі қазіргі басты мәселелердің бірі. Қазіргі жастар жыныстық төңкерістің әсерінен қалыптасқан жыныстық қатынасты реттейтін ережелер мен тәртіптерден тыс өмір сүреді. Сонымен қатар, медицинада қол жеткізген жетістіктердің арқасында жастардың жыныстық белсенділігі артып, жыныстық қатынасқа түсі жасы жасарды. Осындай жағдайларда жастардың жыныстық мәдениетін дамыту мен қалыптастыру ерекше маңызға ие. Мақалада қазіргі жастардың жыныстық мәдениеті мен мінез-құлқы, оның қалыптасуына әсер ететін факторлар қарастырылады.

Зерттеудің мақсаты қазіргі жастардың жыныстық мәдениет мен мінез-құлық ерекшеліктерін зерттеу. Әлеуметтанулық зерттеудің эмпирикалық базасын 18-29 аралығындағы жастар құрады. Респонденттердің жалпы саны - 1200 (Қазақстанның 6 аймағынан 200 респондент). Бұндай зерттеу географиясы қазақстандық жастардың жыныстық мәдениет мен мінез-құлық ерекшеліктерін анықтауға мүмкіндік береді.

Респонденттерді іріктеу таңдалған әлеуметтік-демографиялық сипаттамалар бойынша кездейсоқ іріктеу негізінде жүзеге асты. Зерттеу сауалнама әдісі арқылы жүргізілді. Зерттеу мәліметтері SPSS 22 статистикалық бағдарламада өңделді.

Зерттеу нәтижесінде жастар жыныстық қатынасты кейінге қалдырудың немесе түспеудің себептері анықталды: тәрбиелік, діни, ауру жұқтыру қатері және отбасылық. Жастардың жыныстық жетілуде физиологиялық өзгерістер туралы ақпарат алу формальді және формальді емес факторлар арқылы болды. Формальді факторларға: Интернет ресурстары, теледидар; формальді емес: анасы немесе отбасы, жеке өзінің іздену арқылы ақпараттар жатады.

Алынған нәтижелер жастардың жыныстық мәдениетінің ерекшелігін талдау, оның қалыптасуына әсер ететін факторлар мен қайшылықтарды анықтау мектеп, жоғары оқу орындарында жыныстық тәрбие бағдарламаларын әзірлеу үшін практикалық маңызы бар. Соған сәйкес, зерттеу нәтижелері жастардың жыныстық мәдениеті мен мінез-құлық мәселелеріне қатысты жыныстық тәрбие мен білім беру бойынша жастар саясатының бағдарламаларын әзірлеу үшін қолданылуы мүмкін.

Аталмыш зерттеудің жалғасы мен перспективасы келесідей мәселелерді зерттеуді қажет етеді: гендерлік айырмашылықтар; аймақтық ерекшеліктер.

Түйін сөздер: жастар, жыныс, жыныстық мәдениет, жыныстық мінез-құлық, жыныстық тәрбие, құндылықтар.

MAIN PART

Today, the issues of sexual culture and health of young people, especially adolescents, are among the most urgent. This is due to the fact that nowadays the age of sexual debut among young people (the majority) has significantly decreased, which has led to medical, cultural and social problems. Therefore, through timely and effective work and activities, it is possible to prevent various sexual risks and early promiscuous sexual relations among young people, as well as to promote the formation of sexual culture among young people. The proposed article examines the sexual culture and behaviour of today's youth and the factors influencing their formation.

INTRODUCTION

The problem of sexual culture and values of young people is one of the major problems of our time. Today's youth live outside the rules and orders governing sexuality, shaped by the sexual revolution. Thanks to advances in medicine, the sexual activity of young people has increased and the age at which they have sex has become younger. In such circumstances, the development and shaping of young people's sexual culture is of particular importance. The article deals with sexual culture and behaviour of modern youth, factors influencing its formation. The aim of the study is to examine the peculiarities of sexual culture and values of young people. The empirical base of the sociological study consisted of young people aged 18 to 29 years from 6 regions of Kazakhstan. Total number of respondents - 1200 (200 respondents from each region). The geography of such a study makes it possible to identify the peculiarities of sexual culture and behaviour of Kazakhstani youth. Respondents were selected through random sampling based on selected socio-demographic characteristics. The study was conducted by questionnaire method. The data of the study were processed in 22 SPSS statistical programmes.

The study identified reasons why young people delay or do not have sex: not being ready for intercourse, risk of contracting infectious diseases and unwillingness to upset their parents. The ways of obtaining information about physiological changes in puberty in young people are determined by formal and informal factors. The formal factors include internet resources, television, and non-formal factors are mother, family or personal search for information. The results obtained are of practical importance for the analysis of the specifics of sexual culture of young people, identification of factors and contradictions influencing its formation, development of programmes of sexual education in schools and higher educational institutions. Accordingly, the results of the study can be used to develop youth policy programs on sex education and training concerning issues of sexual culture and behavior of young people.

Based on the analysis, the following research hypotheses are presented in the scientific literature:

1. Teaching sex education in schools influences the sexual culture of young people;
2. Television, social networks, and the media space are used as methods for obtaining primary information about puberty and relationships.;
3. Modern youth begin sexual experiments at an early age. This may be due to their freedom of choice.

LITERATURE REVIEW

The sociocultural significance of sexuality, sexual intimacy is also considered in sociological education. Anthropological analysis of sexual culture in different tribes and societies was conducted by M.Mead [3, p.352]. During the analysis of scientific literature, the problem of sexual culture and behaviour is not sufficiently studied by domestic research scientists. The works were found only in the works of a number of Soviet researchers. For example, the phenomenon of sexual culture is analysed in detail in the works of the Russian researcher L.Kogan [4, p.60]. I.S.Khon develops a typology of sexual culture based on the principle of common factors and divides it into the following types:

- social institutions that regulate the sexual activity of the family, family relations and society as a whole;
- value points. Individuals create their own sexual norms, rules and behaviours;
- prohibited activities on sexual behaviour based on custom, tradition and legislative documents [5, p.256]. I.Khon considers socio-demographic indicators as a criterion of typology. On this basis, comparative analyses are made according to various age, gender, educational and other criteria, but sexual culture is divided into traditional and modern [6, p.384].

Z.Freud, the founder of the theory of psychoanalysis, conducted a comprehensive analysis of sexual behaviour and culture from a psychological perspective. In his works, he emphasizes the importance of sexual behavior and sexuality in how a person interacts with other people, shaping their personal lives. He believes that the main source of human existence is sexuality, that is, libido. In the studies of Z. Freud, it is assumed that the individual's need for sexual intercourse should be fulfilled through special norms and rules. His research has shown that an individual's life is directly related to their sex life [7, p.288].

The representative of modern sociology, English sociologist E. Giddens in his work 'The Transformation of Intimacy' describes that there have been changes in sex. It shows that the concept associated with reproductive activity is outdated, in contrast to the cultural norms and values in which sexuality was formed. The social significance of sexual culture has been attributed to the dominance of one gender (male) [8, p.222].

M.Druin and E.Tobin have examined the relationship between love and sexual motivation, arguing that sexual intercourse between young people occurs by mutual consent, desire or unwillingness [9, p.31]. J.Shoveller et al. show the influence of sociocultural factors on the sexual development of young people. In their research, they identify the role of family, school, religion, and tradition in shaping young people's sexual behaviour and gender roles [10, p.473]. In addition, by assessing the influence of media on youth nowadays, it is also possible to develop the sexual behaviour of young people with the help of literate media. The media and Internet resources can also influence the formation of the sexual culture of young people by disseminating correct information about sex among young people. The power of sexual media is too great for young people [11, p.288]. Because, as we know, the formation and development of sexual culture and correct oriented behaviour today is influenced by the Internet and media space.

Today, majority of young people, despite the advice of adults, have sexual relationship and are even active in such relationships [12, p.234]. In our opinion, there is an increasing need in the research of scientists to strengthen the findings on the prevention and prophylaxis of early sexual relations, on the consequences and risks of covert sexual relations.

The results of many studies show that intimate relationships before the age of 15 are considered early sex and are defined as the first experience of sexuality [13, p.304]. In such an awkward age, the educational institutions, schools, etc., have a great influence as the most important factor shaping the sexual culture of adolescents. The reason is that undercover sex can lead to dangerous sexually transmitted diseases, unwanted sexual behaviour in young people, up to and including unintended pregnancy [14, p.471]. Therefore, parents and specialised professionals in the school community must be prepared to communicate with adolescents in such a way that they can be sincere and do not feel uncomfortable discussing sexual matters. In addition, Nazik and other researchers consider the peculiarities of sex education and sexual behaviour of Turkish university students from a gender perspective [14, p.475]. However, it would be much more important to link them to the cultural, social and educational aspects that form sexual relationships. Also, the availability of internet sexual contents among school children can lead to sexual risks and consequences. E. Mayeza et al. studied mobile porn use among adolescent girls in South Africa. The researchers offered important insights into strategies for creating a safer school environment and gender equality, sexual risk in the classroom [15, p.1417].

Sexual culture was viewed through the theory of intersectionality by Chinese researchers. The perspectives used in their study were based on the deficit and empowerment of Chinese gay and bisexual men. As a result of the study, researchers concluded that the importance of addressing this issue of stigma and discrimination against bisexual and gay people requires cultural intervention [16, p.1497]. The absence of a course on sexual health and culture in school curricula remains a significant challenge. Since, due to the lack of sexual health education programmes in schools, many adolescents seek LGBT-oriented knowledge or self-study on Internet resources, where in many cases they receive incorrect and unreliable information on sexual health issues [17, p.1454].

Young people's sexual behaviour, culture and values are influenced by their level of education, age, religion and other factors. The article considers the factors influencing the formation of sexual culture of modern youth.

On this issue, studies are conducted by domestic research scientists in the field of psychology and medicine. The proposed study is the first attempt to analyse the sexual culture of Kazakhstani youth from a sociological prospective.

METHODOLOGY

The sociological survey was conducted from August to October 2022. Purpose of the study: to examine the characteristics of sexual culture and behaviour of young people. The study involved students of secondary vocational, higher educational institutions and working youth aged 18 to 29 years old from 6 regions of Kazakhstan. In order to verify the correctness of the structure of questions, a pilot survey was conducted in Almaty oblast, the results of which were processed, and corrections and changes were made. The pilot survey was aimed at assessing respondents' understanding of the questions as well as the effectiveness of the chosen research methodology. Primary data was collected by questionnaire method. The survey questions included a wide range of questions aimed at obtaining information on the socio-demographic characteristics of respondents (age, gender, education, etc.), as well as on the sexual culture and behavioural characteristics of young people. Data were collected in Kazakh and Russian, depending on the choice of respondent. To ensure proportional distribution of respondents across regions, the sample size was calculated in accordance with the characteristics of the main population. The respondents were selected through random sampling based on selected socio-demographic characteristics. The territory of the sociological survey covered Almaty, Turkestan, Karaganda regions and the cities of republican significance Astana, Almaty, Shymkent in the geographical context of the country. (200 respondents from each region). The total sample size is 1200 respondents. The geography of such a study is sufficient to provide information on the peculiarities of sexual culture and behaviour of young people in Kazakhstan.

The selection of the questionnaire is representative. The sample structure: by age 17-20 years-34.8%; 21-25 years-33.4 %; 26-29 years-31.8 %; by education and professional level:

secondary vocational education-23.9 %, higher education-36.9 %, employed-39.2 %. The survey data were processed in the SPSS 22 statistical programme. Based on the data analysis, the following characteristics were taken into account: respondents' definition of sexual relationship, sexual debut and frequency of sexual intercourse, reasons for not having sex, etc. The study procedures were approved by the local ethics committee.

RESULTS AND DISCUSSION

In order to determine the need for sexuality education in educational institutions, respondents were asked the question: “Do you think it is advisable to introduce a compulsory sexuality education programme at school from the sixth grade?”. 30.7% of respondents consider sex education correct from the sixth grade, while 28.8% of young people who participated in the study considered it correct in some cases. 23.5% of respondents believed that this was wrong. 17 per cent of respondents refused to answer. In addition to this question, the following question was proposed: “Do you think it would be reasonable to introduce a compulsory sexuality education programme at school from the tenth grade onwards?”. Almost half of respondents (44.5%) considered this to be completely correct. 27.8% of respondents considered this correct in some cases, 11% answered that it was wrong in any case. 16.8 per cent of respondents were undecided and neutral. Consequently, most young people believe that it is right to provide sex education by introducing a special compulsory program from any grade. This demonstrates the need for comprehensive and systematic work in schools with the participation of various specialists in this area.

Most young people don't realise that there are various changes in their physique during adolescence. Knowing that during puberty, both girls and boys experience changes in their bodies allow to avoid many problems: unwanted sex and crisis pregnancy. To determine whether young people are aware that puberty causes changes in their body composition, the question “Do they know that puberty causes physiological changes?” was asked.

Table 1. Knowledge of physiological changes during puberty, N=1200

<i>Did you know that there are physiological changes that occur during puberty? (choose only one answer)</i>	<i>N</i>	<i>%</i>
I wasn't prepared for it because I didn't know anything about having physiological changes	101	8,4
There was only generalised information about physiological changes	461	38,4
I was prepared because I was aware of all the physiological changes that would happen to me.	489	40,8
Neither agree nor disagree	149	12,4
Total	1200	100

According to the results of the study, 40.8% of respondents were aware and prepared for the fact that sexual development occurs through physiological changes. 38.4% indicated that they knew general information about physiological changes. 12.4% of the respondents refused to answer and 8.4% of the respondents answered that they were not ready for the physiological changes (Table1). In order to further explore this question, preferring to know the sources of information on physiological changes in puberty was asked to answer the question: “Where did you get the information about the physiological changes that occur in puberty?” (choose two answers) .

Table 2. Sources of information on physiological changes in puberty, N=1200

<i>Where did you get the information about the physiological changes that occur in puberty? (choose two or three answers)</i>	<i>N</i>	<i>%</i>
From my mother	390	32,5
From my father	12	1

From television/internet	422	35,2
From an adult relative	25	2,1
From my friend	102	8,5
From my sibling (sister/brother)	12	1
From my teacher	17	1,4
From the doctor	32	2,7
From the psychologist	9	0,8
From books, newspapers and magazines	12	1
I figured it out myself	167	13,9
Total	1200	100

Respondents were offered several options for answers regarding physiological changes: based on professional information, there were formal and informal sources, etc. Survey participants had the opportunity to choose more than one answer. Based on data analysis, 35.2% of young people receive information about physiological changes during puberty from television and internet resources. Today, the Internet resources have a huge impact on most of the youth. The results of the study show that young people are aware of their physiological changes through the Internet and television. It also affects their mastery of sexual technique. However, today's sources of information about sex can not only develop sexual culture, but also negatively affect the formation of a sexual culture among young people. It was found out that 32.5 per cent of the respondents get information from their mothers. We believe that this portion of respondents receiving information from mothers may be girls in terms of gender. The fact is that in most cases girls, being close and trusting to their mothers can talk about changes and share secrets with their mothers and get the information they need from them. 13.9% of survey participants were aware of physiological changes. 8.5 per cent of respondents received such information from their friends. Only 1% of respondents received information about changes in puberty from the newspapers, magazines and their fathers (Table 2). It is important that young people receive accurate and comprehensive information on caring for personal body hygiene and other sexual matters as preventing premarital pregnancy, changing sexual partners, etc. [18, p.7]. Respondents were asked about satisfaction/dissatisfaction with their bodies. And the question "How do they feel about their bodies?" was asked?

Table 3. *Body attitude, N=1200*

<i>How do you feel about your body?</i>		
Multiple choice	N	In percentage term
I like it very much	333	27,8
I like it	308	25,7
Sometimes I love, sometimes not	488	40,7
I do not like	29	2,4
Neither agree nor disagree	42	3,5
Total	1200	100

According to the results of the study, half of the respondents (53.5%) expressed a positive attitude towards their physique. Consequently, a large proportion of the young people who participated in the survey showed that they liked their physique. 40.7 per cent of respondents have a neutral attitude towards their bodies. Only 2.4 per cent of young people made no secret of the fact that they did not like their physique, and 3.5 per cent of respondents were undecided (Table 3). The impact of body dissatisfaction may be caused by the infrequency of sex and sexting (exchanging intimate messages and photos) behaviors in everyday life [19, p.320].

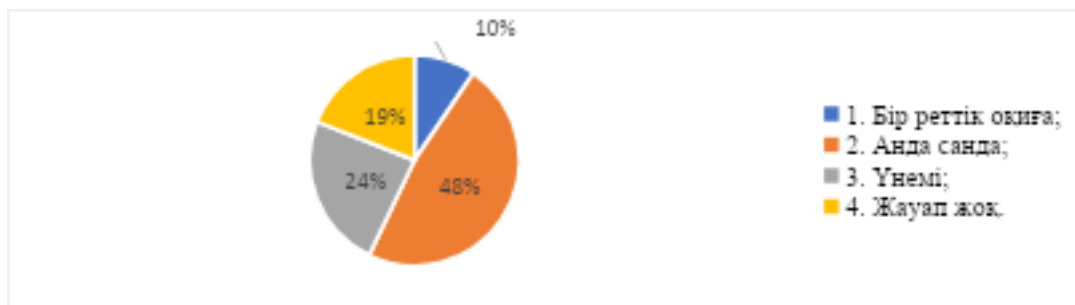
In line with the objective of our study, in order to further explore the opinion of young people, the question “Specify an appropriate age to initiate sexual activity?” was asked and the following responses were obtained.

Table 4. Age favourable for sexual debut (N=1200)

Specify an appropriate age to initiate sexual activity?	N	%
15-17 old years	32	2,7
18-20 old years	442	36,8
21-23 old years	346	28,8
Older than 23 years old	295	24,6
No response	85	7,1
Total	1200	100

According to the survey results, the age of sexual debut among young people is 18-20 years old (36.8 per cent). At this age, young people first begin to develop sexual behavior and practices, and to date, premarital sex is often not seen as a big problem. This is, of course, explained by the change in cultural values, behavior and norms of modern youth regarding sex. 28.8% of young people believe that the age between 21 and 23 years is a favourable age sexual debut, while 24.6% of respondents think that the age above 23 years is a favourable time for initiation of sexual activity. 2.7% of respondents who took part in the survey also included those who believe it is right to begin sexual activity in adolescence (Table 4).

To supplement this question, respondents were asked, “Did you have sex before marriage and how old were you?” When analysing the data, the majority of young people indicated that 94.8% had never have sex. Only 1.5% of young people aged 18 to 20 and older said they had sex before marriage, and 1.5% of young people aged 21 to 23. Since the objective of our study was to determine the frequency of sexual intercourse, the young people were asked: “What is the intensity of their sexual intercourse?”



Picture 1 –The intensity of their sexual intercourse (N=1200)

Based on the analysis of the data, it was found that almost half (48%) of the young people who participated in the study had sex occasionally. 24% of respondents reported high sexual activity, only 9% of young people said that they had sex only once. 19% of respondents were undecided or refused to answer (Figure 1). It turned out that about half of the young people who took part in the study have sex occasionally. There can be different motives and reasons for this.

In addition, in order to find out the reasons why young people do not have sex, the question “What is the reason for not doing sex?” was asked.

Table 5. The reasons not having sex, N=1200

<i>What is your reason for not having sex? (choose three answers)</i>	N	In percentage term
I didn't have a suitable partner	66	5,5
Shyness, timidity	27	2,3
I'm afraid of contracting infectious diseases	113	9,4
I don't want to upset my parents	122	10,2
"I'm afraid of getting pregnant" (or I'm afraid that my girlfriend will get pregnant)	24	2
I can't do this	160	13,3
I'm not ready for that yet	158	13,2
I can't do it on moral and religious principles	102	8,5
I'm not interested in a sexual relationship at all	69	5,8
There was no opportunity, but I am thinking about it	26	2,2
I have no financial situation	4	0,3
No response	329	27,4
Total	1200	100

27.4 per cent of respondents who participated in the study refused to answer. 26.5 per cent (total population) showed that young people are not ready for sexual relations and cannot have sex. 10.2 per cent of respondents who took part in the survey did not want to upset their parents, 8.5 per cent of respondents refused to have sex because of moral and religious principles. Another reason for young people to abstain with sexual intercourse was the risk of contracting infectious diseases (9.4 per cent). Such results showed that young people were aware of the negative consequences of having sex in a chaotic and unstable partnership (Table 5).

Thus, the development and establishment of sexual education for young people is of particular importance. Because with the help of proper education, young people develop sexual skills and culture. This, in turn, helps to reduce divorce among young people and prevent single-parent families.

CONCLUSION

In studying the sexual culture of young people, sources of information about physiological changes in puberty can be divided into formal and informal factors. Formal factors include *Internet resources and information received from television*, while informal information includes information received *from mothers, family or personal information*. Consequently, the main source of information about sexual relationships is the Internet. We proved the validity of the 2nd prediction. The respondents' answers show that the family plays a priority role in the issue of sex education among adolescents. It is gratifying that in modern conditions the role of mothers and parents in general prevails in society, where the formation of the sexual culture of young people occurs in conditions of an abundance of reliable and sometimes unreliable contradictory information. Therefore, according to the results of the study, in modern society there is reason to believe that parental education has not lost its role in sexual education.

In order to clarify the reasons for not having sex, 27.4% of respondents refused to answer the question. As can be seen, young people are not open to discussing the issue of sexual relationships. This, in turn, indicates a lack of awareness among young people on issues of sexual relationships. In addition, the study revealed several reasons why young people do not have sex. These are: *educational, religious, risk of contracting infectious diseases and familial*.

The results of the study revealed that the vast majority of the respondents (94.8%) had not have sexual intercourse before marriage. According to young people, the favourable average age for having sex is 18-20 years. The third hypothesis, that today's youth have early sexual activity, was not confirmed. Almost half of the young people who took part in the study noted that they

“sometimes” have sex. On the basis of the data analysis, the need to teach courses on sexual education for young people at school was demonstrated. The results of the sociological study revealed the low role and influence of educational institutions on the formation of sexual relationships of young people. Especially during the age of transition, the role of schools working with adolescents needs to be strengthened. The reason is that untimely and systematic work can lead to uncontrolled sexual socialization of young people. Based on the analysis of data, it was found that their sexual literacy has a direct influence on the formation of the sexual culture of young people. Consequently, our 1st assumption that education about sex education in educational institutions influences the formation of sexual culture of young people is confirmed. After all, young people who have received the appropriate education demonstrate a high level of responsibility in matters of sexual health. The introduction of special compulsory sex education programmes in educational institutions. The following methods can be used to implement such programmes: interactive format like role-playing games, discussion, distribution of videos, information materials (in the form of brochures) that will be accessible and understandable to young people. A comprehensive programme including puberty, physique, sexual relationships and their socio-cultural characteristics should be developed. Through such training programmes, a healthy sexual culture among young people can be nurtured and developed.

Given that young people are the driving force of change in the country, the engine that influences change in various spheres of society, the consequences of untimely, incompetent sexual education are dangerous. Therefore, the question of shaping the sexual culture of youth requires further research in a deeper and broader format: questions of literate sexual behavior and importance of the sexual education of youth before starting a family, etc.

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