



## **NUTRITIONAL SURVEY ON DETAILS ABOUT SEXUALLY TRANSMITTED DISEASES IN ADOLESCENTS**

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### **INTRODUCTION:**

Sexually transmitted diseases (STD) or infections are generally acquired by sexual contact. The bacteria, viruses or parasites that cause sexually transmitted diseases may pass from persons to persons in blood, semen or vaginal and other body fluids. Sometimes these infections can be transmitted non sexually such as from mothers to their infants during pregnancy or childbirth or through blood transfusion or shared needles. STDs or STIs can have a range of signs and symptoms, including no symptoms. So that they may go unnoticed until complication occurs or a partner is diagnosed. The signs and symptoms that might indicate an STD includes: sores or bumps on the genitals or in the oral or rectal area, painful or burning urination, discharge from the penis, unusual or odours vaginal discharges and vaginal bleeding, pain during sex, lower abdominal pain, fever, rash over the trunk, hands and feet. Sexually transmitted diseases can be caused by the bacteria, Gonorrhoea, syphilis and chlamydia are STIs that are caused by bacteria. Parasites, Trichomoniasis is an STIs caused by a parasite. Viruses, STIs caused by viruses include HPV, genital herpes and HIV. Some common risk factors are having unprotected sex. Vaginal or anal penetration by an infected partner who isn't wearing the latex or condoms it will significantly increases the risk for STDs. Having sexual contact with multiple partners. Misuse of alcohol or use of recreational drugs or injecting drugs with the needle sharing spreads many serious infections. Transmission from mothers to infants during the pregnancy or delivery. STDs in infants can cause serious problems or even death. All pregnant women should be screened for these infections and treated. Many peoples in the early stages of STDs experiences no symptoms, screening for STDs is important to prevent complications, possible complications such as the pelvic pain, complications during the pregnancy or they may also suffer from eye inflammations, arthritis or infertility or the heart disease or certain cancers such as HPV associated cervical and rectal cancers.

### **OBJECTIVE:**

The survey was conducted with an intention or objective to know that the adolescents belonging the age group of 12 – 18 years have knowledged themselves about the sexually transmitting diseases. what are the transmission and preventions of STDs to know how the adolescents have the awareness or education regarding the responsible sexual behaviour or safer sex risk reduction including condom usage and promotion of appropriate health care seeking behaviour.

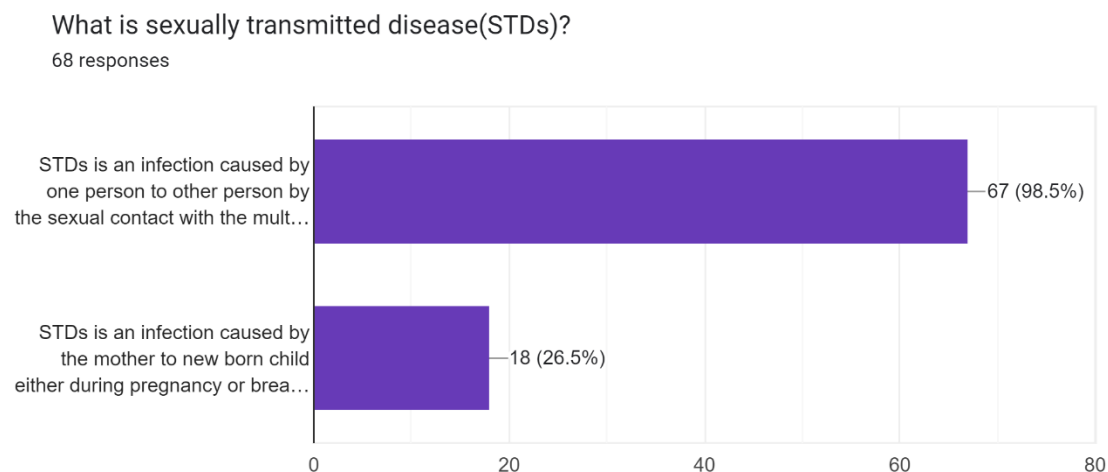
### **METHODOLOGY:**

The survey was conducted by questionnaire among 70 individuals of both the sexes belonging to the age group of 12-18 years adolescents. The questionnaire was formulated and the survey was conducted over the online mode with the google forms. (<https://forms.gle/3dmHqzCBqExjsWi77>)

## RESULTS:

The questionnaire comprised of different aspects like physiological, psychological and the social belief in and around the sexual diseases. The online questionnaire survey was answered by 68 young adolescents aged between the 12-18 years. The age ratio of the survey population which consists of 100% of individuals belonging to the age group 15-18 years of age.

*Graph 1 Meaning or definition of sexually transmitted diseases*



The question concerning to the definition of the sexually transmitted diseases the many of the adolescents 98.5% of the individual know that the STDs will be infected or caused by one person to another by only the sexual contact and not by the mother to infants and only 26.5% of the individuals know that the STDs are caused by both the sexual contact with multiple partners as well as it is also caused by the mother to the child either during pregnancy or delivery.

The adolescents are need to be know about the disease that are caused and what are the preventive measures that should be taken. By conducting the survey, we came to know about n the 68 individual populations about 77.9% of the individuals are aware of the sexually transmitted diseases and 10.3% of individuals are not aware of the diseases and remaining 11.8% of individuals are somewhat aware of the diseases.

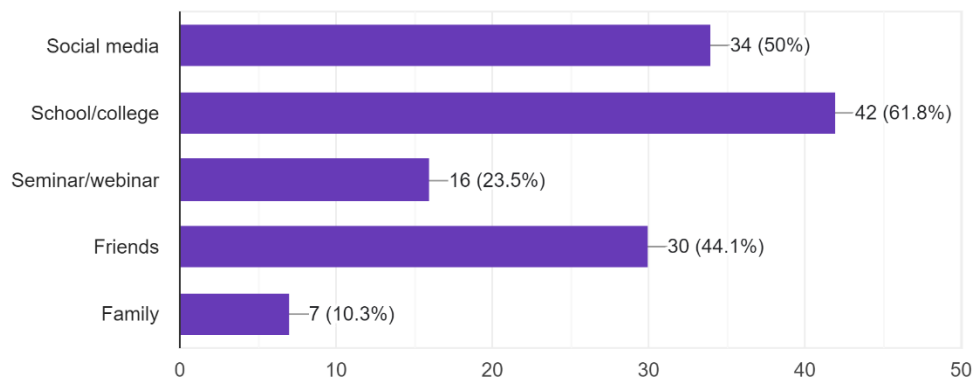
The spreading of the sexually transmitted diseases is also one of the important that should be known to every individual by survey it came to know that the 55.9% of the adolescents are

completely aware of the spreading of the diseases and about 36.8% of the adolescents know somewhat about the disease transmission and 7.4% of individuals know nothing about the route of spread or transmission.

*Graph 2 The way to know about sexual education*

From where did you get to know about sexual education

68 responses

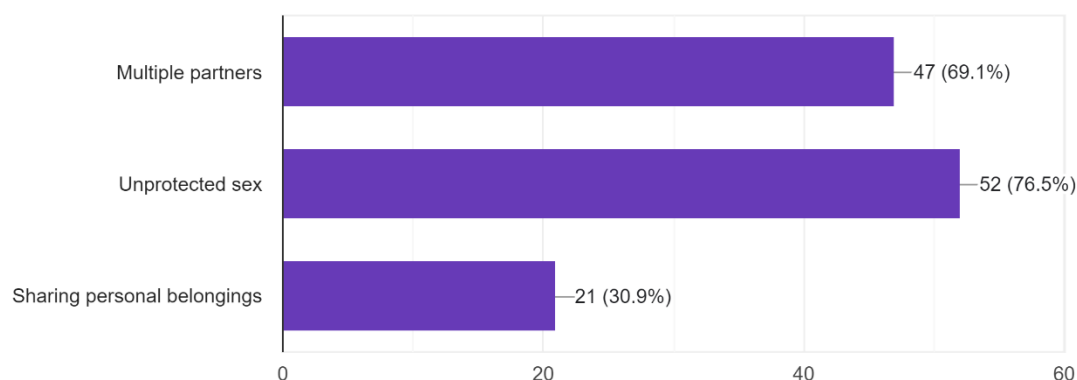


It is very important that the adolescents should definitely know about the sexual education which are the education that to be known by every individual so that they should be aware of the spread of the disease as well as control or prevention of the disease so 68 of the 34 (50%) has came to know about the sexual education by the aid of social media, and 42 (61.8%) by the school, colleges and 30 (44.1%) by the friend and 10.3% by the families. It is very important to know that every individual should be aware of this disease.

*Graph 3 Means of getting sexually transmitted disease*

What are the means of getting sexually transmitted diseases

68 responses

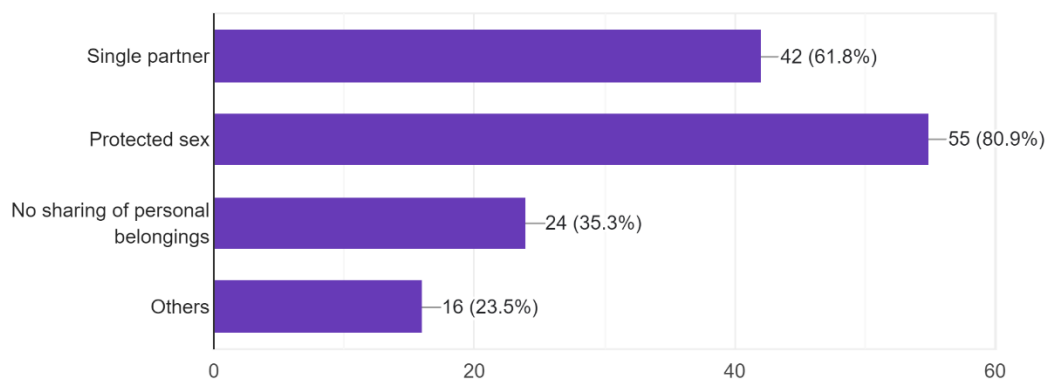


The survey conducted has concerned with the aim of how much the adolescents know about means or route of getting or transmission of the diseases in 68 of the 47 (69.1%) has answered that the means of getting STDs are by the multiple partners and of 52 (76.5%) has answered that the route is by unprotected sex and 30.9% is by sharing personal belongings.

*Graph 4 Preventive measures to avoid STDs*

What are the preventive measures to avoid sexually transmitted disease

68 responses

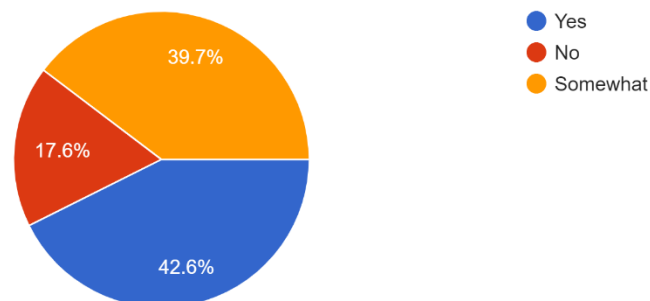


Every individual should be aware how to prevent or avoid sexually transmitted disease the survey conducted to the adolescents in which the individual knows that the preventive measures that 42(61.8%) know about that the preventive measure is the single partner and 55 (80.9%) by the protected sex, 35.3% is by no sharing of personal belongings and 23.5% by other preventive measures.

*Graph 5 Symptoms of sexually transmitted disease*

Do you know the symptoms of sexually transmitted disease

68 responses



By the survey conducted we came to know that the adolescents should have the knowledge about the symptoms of sexually transmitted diseases in which 42.6% of the individual are knowledged about the symptoms of STDs and 17.6% doesn't know any symptoms of the STDs

and 39.7% of the individual knows somewhat about the symptoms of the sexually transmitted disease.

The adolescents should also know about whom to approach for the treatment of sexually transmitted disease so that STDs are easily and effectively identified and the survey conducted to the adolescents shows that the 57.4% thinks that the STDs are consulted to gynaecologist, 19.11% to physicians, 14.7% to the laboratory and 8.8% to the surgeons.

### DISCUSSION:

The age group belonging to the adolescents regarding the sexually transmitted disease has not been very acknowledgeable. Sexually transmitted disease that remain untreated lead to systematic infections which will lead to prolonged medical recovery, and it also include psychological, financial and general health complications. STDs complications arise from partially treated or untreated infections. The adolescents should have knowledge about the sexually transmitted disease or should have awareness which provides an opportunity to raise awareness about sexually transmitted diseases and how they impact the lives, reduces STD related stigma, fears and discrimination and ensure people have the knowledge and tools to prevention, tests and treatment of sexually transmitted disease.

### CONCLUSIONS:

Sexually transmitted disease is the disease which is an infection that caused by the sexual contact with the multiple partners and it is also caused by the mother to the infants during the pregnancy or delivery. The survey was conducted to the adolescents age group in which it concerning about the adolescents who needs to know about the sexually transmitting diseases and what are the causes of STDs, symptoms of STDs, preventive measures, risk factors and treatments for STDs. The adolescents have a little knowledge about the sexually transmitting disease that came to know by the survey.

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