

“Social media and sex education: A survey of students ”



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DECLARATION OF AUTHENTICATION

I certify that the research work presented in this thesis is to the best of my knowledge my own. All sources used and any help received in the preparation of this dissertation have been acknowledged. I hereby declare that I have not submitted this material, either in whole or in part, for any other degree at this or any other institution.

Signature.....

Dedication

I humbly thank Almighty God for giving me the strength to take up this challenging thesis and my family for their constant support, and my thesis supervisor for believing in me and my research.

I dedicate this research to all the children and young adults who live in confusion and frustration about many things they are too afraid to ask about or talk about in this society and suffer silently.

Acknowledgement

I would like to Dr. Shabeer Hussain from Media Studies Department of Bahria University for his guidance and help as my supervisor for this research. He has been very kind, supportive, motivating and patient with me throughout this research.

Abstract

With the rise of media exposure without any filter in the new globalized world showed obvious increase in the rise of sexual frustration and confusion among the adolescence. Hence the following study is on the topic of sexual confusion and frustration in Pakistani youth.

With the rising global pandemic, we had no other option but to use online medium for data collection. we used Google survey with the mix of both qualitative and quantitative questions and shared among the target audiences of 15-19 years of age and 20-29 years of age.

Due to the sensitivity of the topic we could not reach the expected number of participants but the responses that we did get were enough to draw our themes and conclusions regarding our hypothesis.

Around 120 people participated out of which some of the responses were not worth counting because the survey was not taken as seriously. And we ended up with around 101 participants.

After looking at the findings, the conclusion was drawn that the frustration and confusion originally is being generated from the *clash of dominant culture with the local culture*. There were many other themes and elements involved as well; Like *shame* and the most prominent of them all was *lack of education* and *lack of an outlet* of frustration.

After going through all this study and looking at all the responses that people gave I think that the only solution to this current problem is to have a “Physiological and Health Education” course made part of the curriculum on every educational stage with the respective of age of course.

With the increase of awareness and education regarding human physiology, what is normal and abnormal, right and wrong and how to maintain one’s hygiene, mental, and physical health and protect themselves from any and all kind of diseases and harassment; will then we be able to have a positive and healthy youth that takes Pakistan much further ahead into the future and compete with the world.

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