



## Factors Associated with Risky Sexual Behaviors among Youth in Galle Coastal Region

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### Abstract

**Introduction:** Youth in Galle coastal region are known to be at higher risk of adopting risky sexual behaviors because of the well established tourism industry in the area. Factors associated with those risky sexual behaviours are not yet explored. Objective of this study was to identify factors related to risky sexual behaviours among youth in Galle coastal region. **Method:** A case-control study was conducted using 67 young boys who were reported of having risky sexual behaviours as cases and 134 controls (boys who have not had risky sexual behaviours). A self administered anonymous questionnaire was used to collect data on risk factors. Bivariate analysis and conditional logistic regression were applied to analyze data. Ethical clearance was obtained from the Faculty of Medicine, University of Ruhuna. **Results:** Six major risk factors of unsafe sexual behaviors of the youth in the area were identified. Those of aged between 22-24 years (OR= 9.02; 95% CI: 2.74, 29.64), having a low Socio-Economic Status (OR = 5.57; 95% CI: 1.57, 19.76), who use illicit substances (OR= 3.74; 95% CI: 1.18, 11.76), who have had not received adequate information on reproductive health from the school (OR= 16.40; 95% CI: 4.52, 59.49), who had mobile phones (OR= 8.32; 95% CI: 2.51, 27.59) and those have had exposed to porn sites in the web (OR= 4.59; 95% CI: 1.46, 14.44) were more likely than others to experience unsafe sexual practices. **Conclusions:** Being a youth between the ages of 22 to 24, consumption of substances, less education on RH, possession of a mobile phone, and viewing porn sites on the web are risk factors for risky sexual behaviours of youth in Galle coastal region. **Recommendations:** Substance use prevention, parental monitoring of young people's use of mobile phones and internet, implementation of well planned, in-depth reproductive health education and counselling services for the youth in the area would help them to have a healthy sexual life.

**Keywords:** Coastal region, Risky sexual behaviours, Sri Lanka, Youth