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A Study on Sexuality Education: Youth beyond Comprehensive Sexuality Education with a Sense of Responsibilities.

-Nimananda Rijal¹, Ashok Pandey², Aayuska Parajuli³ and Dal Bahadur Gurung⁴

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Abstract

During late stage of the history it has been a taboo to talk on Sexuality education. Despite the abstinence approach in some of the religion, it has been free in some part of the globe due to the circumstances, it is irresistible for pleasure therefore the major religions have laid down the rule own their own. The research was conducted on the published literature on the sex and sexuality education as part of the literature review in general including four major religious faith, Hinduism, Buddhism, Islam and Christianity. The literature review also included modern development on sexual desire fulfillment and educational part such as Comprehensive sexuality education and humanoid sex objects both for male and female. The quantitative analysis also carried out by distributing Google forms and analyzed the answers, Only 23 forms returned back and they were analyzed their views.

The research found that all major faiths were regarded as gift from god and pious for reproduction, it is prevailed in the living begins including plants. How to teach it in descent way was the question? Since sexuality education is not for lust. This is keeping for safe, healthy and hygienic and with bearing responsibility. It has evolve through different stages, now the stage is comprehensive sexuality education is taking place. Many countries has introduced comprehensive sexuality education in the school system; Nepal also introduced it in the curricula. Humanoid robots have been developing with adding more sexuality in the designs, so that they could give more satisfaction with sense conversation, adjusted lubrication and temperature in both male and female organs. The research found 57.8 percent people agreed to introduce sexuality education in the school system. It has evolved with the time and posed different challenges to human even to protect the human also, therefore Sexuality Education should come with the responsibility, they should be taught on sexual pleasure comes with responsibilities, it should not be taken as lust, it should be taken to protect human gene and maintain healthy family life.

Key Words: Sex, Sexuality, Faiths, Education, Responsibility.

Declaration: There is no any conflict interest and the research being carried out maintaining research ethics.

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Introduction.

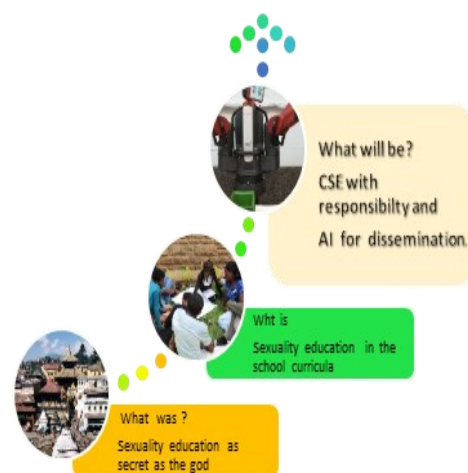
Comprehensive Sexuality education has not evolved from the historically and it is not the end of the different culture, religion has their own-way to celebrate sexuality and make it as pure and as possible. Here the pure word is mentioned as healthy, dignified and gene and blood talked on to protect from the consequences of mutation.

Sex education has been evolving throughout the history of human kind from “chastity sex education” and “abstinence sex education” to “safe sex education” and “empowerment sex education” and then to “holistic sex education”, and “comprehensive sexuality education” (Wan, J and Cao, H., 2022). Since the last decade of 20th century Comprehensive sexuality education. The sexuality education has gone through different wordings such as “Comprehensive Sexuality Education (CSE), Holistic Sexuality Education, Life and Living Skill, Relationships and Sex

Education (RSE), Sex Education, Sexuality Education, Sexuality and Reproductive Health (SRH)” (Muhammad Aftab Khan; G. Hussein Rassool; Shaikh Abdul Mabud; & Muhammad Ahsan., 2020). It has been helping for keeping the society disciplined, handle it with care as much as possible. Why sexuality education? Age after age and keeping it in the context changing pattern need to be studied and what comes next? Need to be detected with the detection of changing pattern of the society and technology.

Research Methodology.

The research method was qualitative with convergent approach. Literature review on history of sexuality education since ancient period and its changing form with the time. Sexuality education was not talked openly but the people visit different temples where sexuality exposed in the form of art; this was form of spreading sexuality education as pure as the god, everyone should be respected. Believe in protecting gene is deep rooted in the Nepalese Society, It will be explored during literature review and two case study on the subject matter will be studied from the ancient temples and Google questionnaire applied to collect views of the people on sexuality education,



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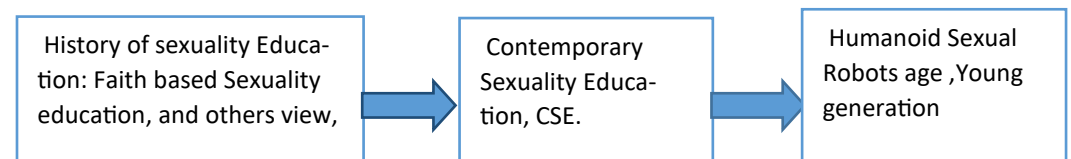
Google form was sent openly and to the youth where possible. Different faiths have their own views on sexuality education, their views were drawn from search engine such as Google scholar, Research gate and Scopus. Their views are systematically presented in literature review.

Problems on sexuality education: Sexuality education understood as a part of the sex education and sex has been in taboo, as sin in the context of Nepalese society. Historically it was not and tried to teach the people it should be made pious by following certain behavior as well. It should be taught properly and some certain rules were made. Sex regarded as immoral issue which should not be taught so on. It has sidelined to the sexuality education.

Objective of the study: Identify the view of the people and views attached with sex and sexuality education in different faiths and practices. Is sexuality education is a part of the sex education should make distinct, and how, young generation should be made responsible towards the sex and attached responsibility with it

Literature Review.

Frame work of Literature review



History of Sexuality Education.

There are different age on sexuality education and found different approach in different part of the world; in Eastern part of the world, it has been since the early age known as Vedic age, like wise every faith have their own view on sex education and followed rules accordingly. Rig-Veda regarded as oldest text in Hinduism and the Veda 'explains to marriage as a form of the divinity, it has the value to woman for inheriting the husband's family and creating their own family by giving birth to their children' (Chandrasekhar & Gurusamy, 2019). Do disseminate information on sex and sexuality an art form was used. In 1917-26 the Japanese had made a feature film known as Midnight Eye, it was made in three parts, part one, part two and part three. One of these unexplored genres is the sex education film, which despite persistent criticism has at times enjoyed considerable popularity' (Domenig, 2006).

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The aim of the films and academia had to disseminate proper knowledge on 'sexuality and newspapers and magazines' were also published articles on sexuality.

Faith Based sexuality education.

There are different faiths, such as Hinduism, Buddhism, and Christianity and, Islam's concept in sexuality education is being studied on the basis of published articles. These are regarded main faiths and prevailed since thousand years, among these youngest one is Islam.

Hinduism on sexuality education.

'Hindus see sex as one of the most beautiful and legitimate pleasures on earth, but only within marriage. Sex before marriage is discouraged and stigmatized, and extramarital sex is prohibited' (fryp, 2023). This was the basic principle of Hinduism in the sexual matters. 'Hindu believes in rebirth whatever they have deficiency in their past life for Punya Karma (pious did), the rebirth has given chance to reform in this life. They need to struggle for many things in life which are "(a) Dharma—ethics (b) artha—securities (c) Kama—pleasure, and (d) Moksha—liberation". These goals are set to life and pursuit of security and pleasure, artha and Kama is common with other living being and those who is in householder permitted to enjoy conjugal happiness on one night in a month. (Chandrasekar & Gurusamy, 2019). 'In Hinduism sex is not considered sinful but divine and an essential part of creation and procreation. It facilitates continuity, preservation of family lineage, social order, rebirth and opportunity for the souls to work for their salvation' (V., 2023). They have strongly prohibited to indulge in sex to students. 'Hindu sages practiced celibacy, but they were also householders with wives and children (V., 2023)'. There are three virtues in general behavior of human life and those are *Sattwa*, *Rajas* and *Tamas*, these three virtues also need to apply in the teaching of sexuality. Sexuality teaching should have concentrated "under the predominance of *sattwa* is desirable although it too is binding, since it leads to purity, pleasure, peace, harmony and happiness. However, sexual desire under the predominance of *Rajas* and *Tamas* leads to lust, pain and suffering and the risk of dark and demonic behavior" (Editorial, 2023).

Buddhism on Sexuality education.

'Buddhism clearly laid down the rules on different sector on sexuality and its conduct, basically there are two different codes one for monastic code and other one is for layman's codes. The lay-man's code was for simple followers of Buddhism and monastic code is for monks and nuns. According to monastic code, the monks and nun should have remained

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total celibacy throughout their life and the layman has to abstain from sexual misconduct' (Nash, 2016). They further explained as "Monks and nuns are required to adhere to strict vows of celibacy in accordance with the Vinaya, which includes refraining from masturbation and non-genital contact with the opposite sex, such as hugging or kissing" (Nash, 2016). The philosophy clearly laid down the rules on sexual misconduct and further explained on the issue of lay man as "sexual expression in the context of an appropriate relationship is understood to be a healthy method of dealing with the consequences of having a human body in the desire realms" (Nash, 2016).

Christianity and Sex Education.

According to the Bible "Sex as a gift of God is worth enjoying. Wise advice from King Solomon states: "Enjoy life with the wife you love for the rest of your life, which God has given you under the sun, because that is your part in life and in the work you do with the hard work under the sun" (Pkh 9: 9)" (Ming, 2021). Thus, sex education can be reconciled with the doctrine of holiness as the foundation of Christian faith as follows: First, holiness education in schools, seminars, and the church is needed to clarify the position of sexual sin committed outside of marriage. Calvin defines sanctification as a genuine change in our lives toward God, characterized by the act of killing the desires of the flesh and of old men and living under the guidance of the Spirit. Sanctification is the same as knowing God. Knowledge that encompasses not only the nature of the presence, but also predestination, in which God chooses each person as an individual based on His own will" (Miller, 1992). "Sexuality is a gift to us from God and should be viewed as such. God created sex for two purposes: procreation and unity between husband and wife (Genesis 1:28; Matthew 19:6; Mark 10:7-8; 1 Corinthians 7:1-5)" (Gotquestion, 2023).

Islam and sexuality education.

There are strong evidence-based supports for sexuality education, "in practice, sex education for young people remains a problematic issue in present times and one of the most difficult educational challenges, particularly across the Muslim world" (Tabatabaie & Mofatteh., 2011). Children are exposed with many sexual scene by different means per year. "Quran has placed so much emphasis on acquiring knowledge, and in the days of Prophet Muhammad Muslim men and women were never too shy to ask him questions including those related to private

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affairs such as sexual life, for Muslim parents of today, sex is a dirty word" (Athar, 2018).

"The shame of a woman is commensurate with her beauty. Beautiful Muslim women with a crown of shame. Allah ordered the keeping of *Aurat* (women) as a form of glory for Muslim women as in the Koran of An-Nur verse 31. Instead, a man must also do what is commanded by Allah in Surah An-Nur verse 30" (Ermayani, 2020). The writer further explains on implementing sex education from the early by saying "shame to Allah SWT, shame to yourself, and shame to others. How to instill shame in children can be applied starting from the age of 0 years to the age of Baligh (adulthood). Sex education in this way can be delivered by parents and teachers" (Ermayani, 2020)

Parents view on Sexuality education.

A study was conducted in the form of systematic review on 2020, the study pointed out that 'there were mixed views to start the SE in the grades, three different groups were identified, first group, 9 articles found out, SE should be implemented from elementary level, 2 study stated, it should begin as young as in preschool education and kindergarten, and another 2 articles found out the secondary school is the more appropriate for SE education. There were 3 articles found out age appropriate should be to begin SE in the school system' (Kee-Jiar & Shih-Hui, 2020). On CSE the parents in the same articles have given view on delivering the content should be appropriate person and they also stated the content of SE as "They suggested that the SE should start from introduction of biological content among younger students and progress towards a more comprehensive content as age grows. On the types of SE, all of them preferred CSE and two studies stated focus on absentee and some country like Malaysia and Bangladesh asked to align CSE with the religious values (Kee-Jiar & Shih-Hui, 2020)."

Problems on implementing CSE in LMICs

A study was carried out in the form of systematic review on factors affecting to implement CSE in Low and Middle Income Countries (LMICs) in 2020. The study of the literature stated that "lack of knowledge and negative environments regarding sexuality have made it difficult for adolescents and young people to make informed decisions. This is a major problem in LMICs. Unskilled teachers negatively impacted on the delivery of CSE. Counselling for adolescents)

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are insufficient. Adolescents' limited knowledge, misconceptions, and the minor misuse of contraceptives are factors associated with unintended pregnancy, access to modern contraceptives, unsafe abortions, violence (including gender-based violence), and puberty issues. Adolescents and young people are facing high rates of STIs and HIV infections. These problems created difficulties to the development and implementation of CSE programs" (Malizgani Paul Chavula; Joseph Mumba Zulu and Anna-Karin Hurtig., 2022).

These faiths are regarded as main faiths prevailed among the people of the world, there are off shoots from these main faiths also. Some of them search liberation from sex and some of them are against of married life and abstain from the sex life.

A case study of temples and sculpture.

In most of the famous temples of Hindus, there are carved sex scenes, why this has been exposed in the temples? A question arises to all of us, these questions lead to the importance of seed and genetic line age, all most all religious faiths have not condemned the sex education, and they have different views on how to teach. Hinduism is quiet liberal on the matter of sexuality and sex since it is a part of the creation and said pious if it is performed with wife in a form of sattwa. "Some of the historic places of worship embrace the holistic way of life, exuding spirituality as well as passion. The onlookers are left speechless with the erotic imagery in the sculptures of these Indian temples. These buildings might be centuries old, but they curate a life-style that is liberal and far more progressive than society admits today" (Holidify, 2023). One of the famous temple of Madhya Pradesh, named Khajuraho is a master piece on sexual sculpture carving, it has also listed in UNESCO Heritage site and believed 300 hundred to 400 hundred years old and "Men and women are depicted in the sculptures on the temple walls with beautiful features and curvy bodies and engaged in seduction and pleasure and plac-

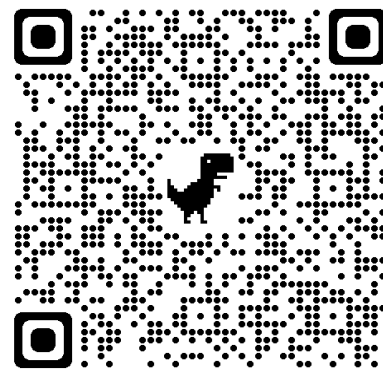


Figure 1 : Temple of Khajuraho- Source Holidify- explicit view on sex.

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and placing polyandry, polygamy, bisexuality and homosexuality all at the same pedestal (Holidify, 2023)” “ It is not only in India same sexual artistic images carved in Pashupati Temple of Nepal, the temple also listed in UNESCO heritage site and was constructed dated back to 400 A.D. . “Each and every beam which supports the roof of the temple is also sculpted with pictures depicting different types of sexual poses” (Ohfacts, 2016). “The sculptures are a depiction of sex-symbolism which is ‘sacramental’ in its likeness to the union of the individual soul with the universal spirit” (Kumar., 2021). This was regarded as highest form of the union of two souls, it is a form of bliss, this is only possible where two souls are pure. “On the outer walls you will notice the reliefs are not only sexual but many of daily life. In times where there was no sex education, this was it. Sex is important for married life. A temple in the olden times was not just a place of worship, but also a place for gatherings. Hence, this place seemed to be the best to teach/display important aspects of life” (Kumar., 2021). The temple was used a place of gathering of people and teaching also. In the outer part there are different scene which are socially accepted some are not accepted.

Sex and humanoid robots.

Artificial intelligence and combined of robotic technology created Humanoid robots with the purpose of sexual use. The production in the market is not in widely circulation in developing world, some of the developed country have been in use for more than 7 years. According to Danaher (2017) they act like human with limited expression line human. “In short, whether or not they are very advanced or realistic yet, humanoid sex robots –that is, sex robots designed to look and act like human beings – are very much in development. Some of them are on the market already. More of them are likely to be available in the near future” (John Danaher: Brain Earp: & Ander Sandber, 2017). The robots seen in the QR code were Henry, Solana and Harmony. “It triggers the feeling I had the first time I saw Harmony open her eyes, a sense of uncertainty and a sense of unease. What will happen when the machines really are like us?” (Trout, 2018). “In November 2022, the seventh International Congress on Love and Sex with Robots was “held – virtually”, naturally – and showed that academic interest in sex-tech is surging alongside popular interest” (Shepherd, 2023). ‘The sale of sex toys are increasing a study revealed that 56,000 sex robots were sold per year’ (Shepherd, 2023)

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and 'these are being developing more and more humanoid even the preference of the person and the past and the family history with hyper-realistic conversation, it means that these are coming with more and more realistically' (Cook, 2022). This was possible only from Artificial Intelligence (AI).

Research Analysis and Findings.

A research was conducted on comprehensive sexuality and beyond, to identify the views of the young population of Nepal, it was collected by distributing the Google form, within the given time frame 22 responses were received.

Demographic Analysis

Table 1: demographic analysis of the respondents

1	Gender Analysis	F.	M.	Total			
		7	15	22			
2	Age Analysis	20-24	25-30	31-35	41-50	51-above	Total
	Female	6	1		0	0	7
	Male	8	0	1	5	1	15
	Total						22
3	Ed. Analysis	+2	UG	Gr.	Total		
	Female	4	3	0	7		
	Male	2	6	7	15		

Source: Primary data, UG= under graduate, Gr=Graduate. Ed= Education, F=female and M=Male.

The females' participation to answer the questions on sexuality found 31.8 percent and their educational attainment is Graduate and 12 pass. It indicates the female population has been engaging in education well, particularly higher education also. They all have computer literate since they have to download the link and fill the form and send it back. It indicates the reliability of the answer is from their own understanding and experiences on the issue of sexuality education.



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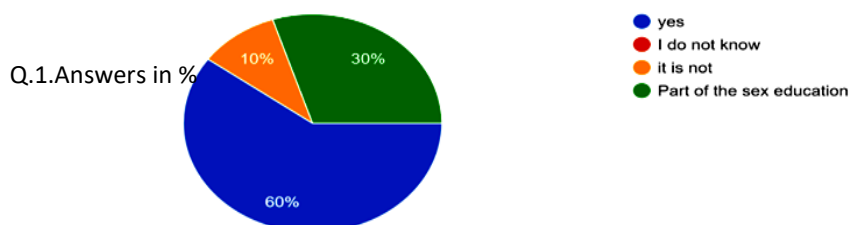
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Do you think sexuality education is apart of sex education?

20 responses



Source: Primary data

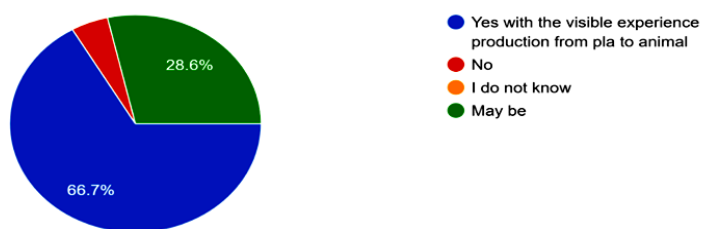
Out of 22 total respondents only 20 responded to the question, 60 percent of stated sexuality education is the sex education, 30 percent said part of the sex education and 10 percent said it is not a part of the sex education. Definitely, the finding pointed out as a part of the sex education. When it is determined a part of the sex education, how it should be addressed properly in the school system needed to be in common understanding of the stake holders.

Source: Primary data

Do you think sexuality education should be introduced from the early grade in the concept of known to unknown?

21 responses

Q.2.
Answers in %



Out of 22 respondents, 21 responded to the question and 66 percent agreed to introduce sexuality education from early grade, known to unknown. What are the known factors, they have seen parents, brother and sisters, animals giving birth, physical structures, differentiation, etc. These could be directly visible to the children. Plant also have grown, pollination is a part of the formation to make seed.

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-Nimananda Rijal¹, Ashok Pandey², Aayuska Parajuli³ and Dal Bahadur Gurung⁴

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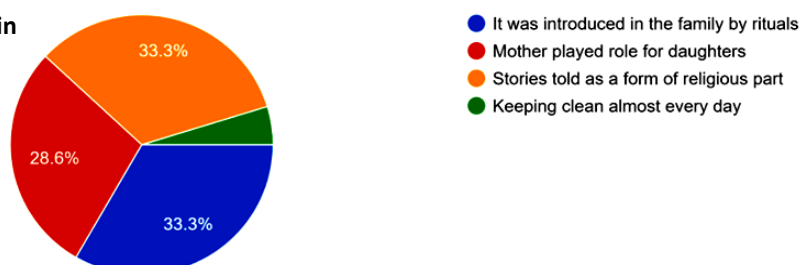
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What was an approach of Sexuality education in our history?

21 responses

Q.3 Answers in



Source: Primary data

Sexuality education was introduced by the family in the form of rituals- 33.3 percent agreed on this issue. There are different rituals in different culture, 28.6 percent mother played role on education children on their sexual role, and it was a part of the sexuality education. Another 33.3 percent agreed the religious story told that are linked with the sexuality related. In Mahabharat such stories are full. "In chapter 63 of Adiparva in Mahabharat, open sex between Rishi Parashar and Satyavati Matsyangandha has been described. Also, in the 104th chapter of Adiparva, it is mentioned that son of Utthat, Dirghtama started having sex with a woman in front of all the people (Srivastava, 2016).

Source: Primary data

How do you interpret the sexual poses in the Tudals of temples, these are mostly visible in the temples of Kathmandu.

21 responses

Q.4. Answers in



Sexual poses visible in the temples of Kathmandu, 52.4 percent answered the sexuality education is connected with spirituality, 23.8 percent stated as a part of the

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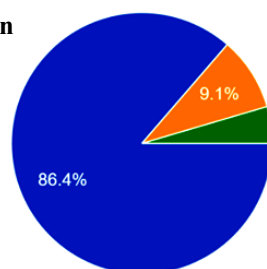
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, sexuality education, 19 percent said this is a way of protecting generation/gene/seed. 4.8 percent said sex is pure and pious. . It is divine “In such explosions there is no external supply of energy, it comes from within. Similarly in the act of sex, energy is created within the person and is released. The sculptures are not aimed at showing the physical union but the cosmic truth” (Sanskrit, 2023). A way of teaching sex to the people who come to the temple, it is for humanity to exist also. Children, young, old men and women visits temples and in olden days temples were the means of meeting people and managing even household chorus.

Comprehensive sexuality education is connected with health related issues, self decision, protecting themselves, knowing their body and prot... practices ? Should it be introduced to all youth.
22 responses

Q.5. Answers in



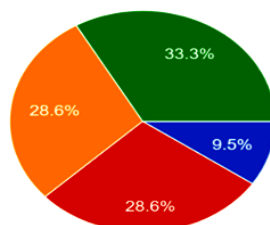
- yes, it should be introduced
- It should not be introduced since it will made them indulging in sex.
- It should be introduced with associating with more health part
- I do not have any idea.

Source: Primary data

Among all respondents 86.4 percent agreed to have CSE program should be introduced to all youth 9.1 percent emphasized associated to health issue. What could be the health issue should be explored more.

Comprehensive sexuality education: We are in this sector after many stage passed, what should be next step ?
21 responses

Q 6 Answers in %



- I do not have ides for the next step
- Youth automatically attracted to sex, so they have to teach - sex and responsibility
- The course should be sexual health- sex- responsibility, need to combine.
- Nesxt step need to be keeping the sex and sexual education , maintaining relation and responsibility.

Source Primary data

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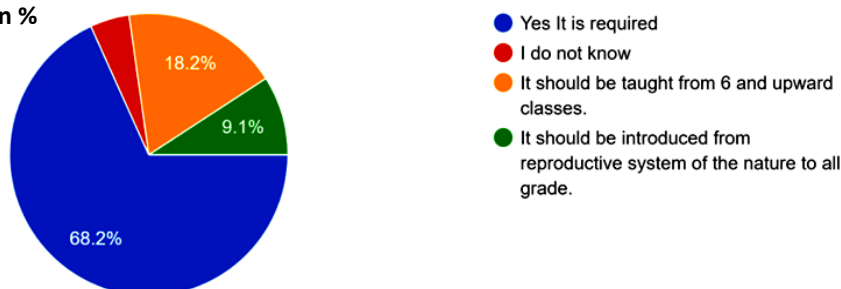
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Do you think sexuality education required in the school system? Please choose one option.

22 responses

Q.7. Answers in %



Source: Primary data

All respondents responded to the question and 68.2 percent agreed to have sexuality education in the school system and another 18.2 percent made bar, it should be implemented from 6 standard and above. There were 9.1 percent stated it should be introduced from reproductive system of the nature to all grades.

Discussion and findings of the research.

Major three aspects being studied found, those were faith based literatures mainly form the main scripts and their views, some have clear cut ideas on sexuality and sex education four major faith has laid down their rules on sexuality education. Islam even asked it should

started from the early age-0 age. Children has visualize the sexuality in different forms. The children move naked and some are male and female, this raises curiosity to them for knowing them the differences. Parents also have the same view on sexuality education.

Parents views and their findings. There were 29 articles being selected by the researchers as a part of the systematic review, all of the studies accepted the SE in the school system. They had differed in views for implementing age and time frame. Some of them said Secondary school is the proper one to introduce sexuality education, others said elementary school and some suggested he content should start from biological part and progress towards more comprehensive content as they grow.

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What should be the next issue after CSE? Humanoid robotic age just entered to the door-step. If the people started to have pleasure with humanoid robots, what could happen to the human generation? Therefore after CSE 28.6 percent stated 'youth automatically attracted to sex, so that they have to teach also sex and responsibility attached with sex. Another 28.6 percent stated the sexuality education need to combine sexual health and responsibility attached with it. To the next step another 33.3 percent stated for keeping Sexuality education (CSE) with adding responsibility on it. If we combine the three responses 90.5 percent people agreed sex and sexuality education need to come with attached responsibilities. It need further research on the part of responsibility attached with CSE.

Discussion and Findings from Humanoid Sex robots in use.

Sex robots may pose some threats to humankind in future but they will remain robots with filled in information and sensuality and will not be able to give humans feelings on family creation. It has added value to make people more responsible to the sexuality education, yes the humanoid robots even give the pleasure as human have but they will not give family and their sentiments, the people who had difficulties in sexual satisfaction, certainly they will fulfill it and they will have some sort of companions since they will have some conversations in limited form and locate their human counterpart. They will also obey the commands, how to make it more human friendly robots for incoming educational part of sex education. This could be a toy for the youth who are not able to have sexual relation with the male/female partners.

Findings from the primary data.

All the respondents, 100 percent respondents agreed on the requirement of the Sexuality of education. The major findings tabulated as below.



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CSE is part of Sex education	60.0
Introduction to Early grade to higher	66.7
Sex poses in temples - part of education	23.8
Sex education (CSE) Requires	86.0
Next Step- Maintaining Relationship with Responsibility	33.3
SE required in the school	68.2
History of SE teaching: Rituals, family and stories telling.	66.6

Average percent of the major findings was 57.8 percent. Majority of them accepted the motion and requirement of sexual Education with the development of responsibility to the young people.

Conclusion.

Sexuality education has been evolving through the centuries, at the stage of 21st century it has dominated by comprehensive sexuality education. At this age artificial intelligence and humanoid sex robots have been in use, still these are in developing with the sense and conversations with real sexual activities including lubrication and proper temperature but these robots cannot replace the human, therefore the incoming generation should be responsible to protect human and responsible in the relation with opposite sex partners. Major faiths also not ignoring the sexual education completely, Hinduism is more generous to protect gene and having proper education also. They have developed different methods of sexuality teaching. All these faiths have proper laid down rules and regulation on sexuality and sex. With the findings sexuality education should introduce in attached with sex with responsibility of relation and protection of gene. It will help to be prepared for proper family life.



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