

Variance of Sexual Behavior among Americans

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Developmental scientists are interested in understanding what motivates individuals to engage in new behaviors, which includes sexual behavior. Several studies have indicated that the number of Americans engaging in sexual behavior is high, and it increases every day. The college student's perception regarding issues changes over time and is also informed by the model, which relates to sexual behavior. Sexual behavior starts immediately after individuals get to the adolescence stage and increases as they proceed to college. It is, therefore, evident that the number of American college students involved in sexual behavior is higher. Research has shown that most Americans become much involved in sexual behavior from seventeen, and they get much more active and involved until they complete college (Harden, 2014). According to Haden (2014), most Americans have had sexual intercourse with different partners, and these expose individuals to various risks. A study by Youth American established that early sexual intercourse results in pregnancy, sexually transmitted Diseases (STD), and HIV as well. Therefore, the variance in the sexual behavior of Americans results in several risks, such as early pregnancy, increased rate of abortion, and the spread of STDs and HIV in society. The research intends to investigate five key issues, which are risks that are caused by the sexual behavior of Americans.

Analysis

A study by public health has shown that sexual behavior prevalence among adolescents varies across demographic groups (Patrick, Jennifer, Lynne, & Christine, 2013). For instance, it is more likely for African Americans to be involved in sexual behavior compared to Asians and other communities living in the United States. The sexual behavior is motivated by different issues and according to Patrick, Jennifer and Christine (2013), most adolescence and teenagers are persuaded by desire to explore and also by peer influence. Research has also indicated majority of teenagers and young adults start to engage in sexual behavior because of motivation by changes resulted from new environment and also by new friends.

Research has established that some of the issues that motivate the sexual behavior of individuals are the current lifestyle (Kerpelman, Alyssa, Pittman, & Francesca, 2014). It is noted that individuals who are involved in a lot of parties, alcoholics, and other drug abuse are more likely to be involved in risky sexual behavior. According to Bachanas, Eileen, and Mary (2012), motivational influences on behavior have been one of the crucial components of a number of behavior theories. For instance, affective, social, conformity, and coping have been closely linked to high alcohol abuse among college students. As a result, it influences college students to be more involved in sexual behavior, which can put their

lives at risk. Therefore, it is evident that the sexual behavior of Americans is motivated by social life and other current lifestyles, which make individuals more aroused for sexual intercourse.

Several studies have also shown that sexual behavior is also influenced by peer influence, which leads to risky sexual behavior. As stated by Bachanas, Eileen, and Mary (2012), teenagers start to be involved in sexual activities at a tender age when in high school, and it continues to college until they become adults. It is established most teenagers are motivated by sexual behavior due to stories and attempts to feel that an individual is a grown-up, and all are influenced by peer pressure. According to research by public health, almost 40% of teenagers aged between 17 and 21 years have had sexual behavior, with 50% having sexual intercourse without protection (Bachanas, Eileen, & Mary, 2012). The motivation for sexual behavior among adolescents has been examined, and it is evident that the stage influences several teenagers to get involved in risky sexual behavior because of the feeling that individuals are grown up and make sexual decisions. A study has shown that this has increased the chances of pregnancy and other sexual issues among adolescents in society (Bachanas, Eileen, & Mary, 2012).

However, this puts the lives of teenagers and young adults at risk since these groups are more affected compared to others. A study conducted by public health shows that sexual behaviors among Americans result in risky behavior, which can result in the spread of STDs and other HIV (Kerpelman, Alyssa, Pittman, & Francesca, 2014). According to Kerpelman, Alyssa, Pittman and Francesca (2014), sexual behavior increases chances of getting STD since the majority of teenagers and young adults do not use any kind of protection and most of them end up getting infected. The study has also shown that.

Evaluation

Motivation for sexual behavior is what drives the whole idea of sexual intercourse among Americans. It is, therefore, essential to understand what motivates individuals to be involved in sexual affairs so that the variance in the sexual behavior of Americans can be understood. Sexual behavior is based on two main things: what motivates individuals and what influence factor, peer pressure, which contributes highly. Research has shown that it causes a lot of diseases and increases early pregnancy in society. As sexual behaviors increase in society, the risk factor increases as well. Research has established that the number of alcohol abuse, drugs, and other related contents result in unhealthy sexual behavior, which can lead to other risk factors in life (Patrick & Christine, 2015).

Sexual activities among teenagers are common because of the influence and the need for young people to explore life. Many young people take sexual behavior as a way of self-expression of love and relationship, which affects individuals' emotions and self-esteem as well, and therefore, individuals become very reckless. According to Patrick and Christine (2015), there are several teenagers and young adults involved in multiple sexual intercourses without planning yearly. As a result, individuals end up losing their lives through HIV and become unhealthy due to other health

risks such as STDs and pregnancy. It is, therefore, important to make sure that sexual behavior is put under control through various mechanisms to make sure that nobody is taking advantage, which can risk an individual life. The sexual behavior of Americans depends on the change of lifestyle, peer pressure, and changing trends which can motivate individuals to involve in sexual behavior which sometimes can be risky.

Self-reflection on the issue

The common sexual behavior among adolescents and young teenagers in America can be a result of changing trends in society. The cultures that used to make teenagers afraid of pregnancy have disappeared, and people see nothing wrong with involving in multiple sexual intercourse. It increases sexual practices across the board. I believe the sexual behavior of Americans is motivated by changing lifestyles, and it can be controlled as well.

Recommendation

It is appropriate to take various measures that are vital to design and conduct various developments and prevention research that can help in addressing sexual behavior in society. It is, therefore, recommended to develop measures that can address issues related to the enhancement of intimacy, values, and coping motivation for sex and health to solve problems related to sexual behavior. It is important to be inclusive, and therefore, the issue of sexual behavior should be addressed inclusively as a society. Therefore, parents, guidance, and even counselors should be open enough to discuss sexual behavior and affairs surrounding teenagers and young adults. It shall provide more information or education regarding sexual behavior. This will help teenagers to protect themselves through the use of protection to avoid risks related to unhealthy sexual activities.

It is also important to conduct further studies on how alcohol and drug abuse increases sexual behavior and how it can be addressed. It is necessary to study the relationship between alcohol abuse and sexual behavior. It is because, in most cases, individuals change their character and demand sexual intercourse. It is also because several college students, especially ladies, usually get weaker and are more likely to be involved in sexual intercourse when drunk. The relationship between sexual behaviors among ladies would unlock the underneath of sexual behavior and alcohol, which might provide an opportunity to address sexual behavior in society. The investigation of motivation of change among adolescents and young adults and involvement in more serious romantic relationships is an interesting issue that can be researched further to discover the relationship and, therefore, can be implemented if possible.

Conclusion

The sexual behavior of Americans is motivated by lifestyles that are based on changing trends in society. Peer pressure also plays a vital role in changing the sexual behavior of many Americans, and therefore, it is important to take certain actions to address the problem. The research established that sexual behavior can result in health risks, such as the spread of STDs and HIV among teenagers and young adults who, according to studies, are more involved in sexual behavior. As a result of the sexual behavior of Americans, the prevalence of early pregnancy is high, and this puts the lives of young people at risk, especially ladies. It is because pregnancy leads to school dropouts, and based on research, high school dropouts are high among Latinos and African Americans due to early pregnancy. Therefore, addressing sexual behavior issues would address sexual related sexual problems in society.

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