



The 2013
YOUNG
ADULT
FERTILITY AND
SEXUALITY
Study in the Philippines

**The 2013 Young Adult Fertility
and Sexuality Study in the Philippines**

Demographic Research and Development Foundation Inc.
and University of the Philippines Population Institute
Diliman, Quezon City

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Studying the Filipino Youth

Josefina N. Natividad

Youth or young adulthood is best regarded as a period of transition from the dependence of childhood to the independence of adulthood. It is often considered a critical period, a time when one's future lies ahead with much promise and also much risk. Demographically, youth is a period of many critical transitions: school leaving, taking on the first job, entering into the first serious relationship, first marriage, first pregnancy and other crucial life changes that can have lifelong consequences on an individual's future life trajectory. Many young people fall into a path of problematic behaviors at this stage of their lives, making choices that have adverse consequences, both in the short and the long term. Preventing these problematic behaviors and promoting positive youth development is an investment into the future of the nation. After all, the youth of today are the future of a society. Understanding the youth is an important first step toward creating the path to promoting positive youth development. For this, there is need for empirical evidence, specifically data on a representative sample of this subpopulation, gathered using rigorous methods of inquiry.

The 2013 Young Adult Fertility and Sexuality Study (YAFS4) is the fourth round in a series of surveys on a nationally representative sample of Filipino young adults or the youth. It follows the United Nations (UN) definition of young adults as persons between the ages of 15 and 24 years.¹ Based on the 2010 Philippine

census, young adults constitute 19.6 percent of the Philippine population, a proportion that has been fairly constant for the past 50 years (i.e., since the 1960 Philippine census). In 2013, we estimated the young adult Filipino population to be 19.2 million. Of these, 10.2 million were aged 15–19 and 9 million were aged 20–24.

The first YAFS survey, the 1982 Young Adult Fertility Study (YAFS1), was the initial attempt to conduct such a study on young people with a nationally representative sample in the Philippines. At that time, the emphasis of most demographic studies was fertility. Thus, YAFS1 covered only young women. Unlike the National Demographic and Health Survey which is a national survey on women of reproductive age (15–49) conducted every five years since 1968 and centered mostly on fertility and its determinants and correlates, YAFS1 included the additional topics of premarital sex, dating and courtship, and attitudes toward virginity, marriage, and family formation. YAFS1 utilized a multistage cluster stratified sampling design that yielded a national probability sample of 5,204 married and unmarried females 15–24 years of age. YAFS1 was conducted by the University of the Philippines Population Institute, with funding from the Commission on Population (PopCom) through the Population Center Foundation.

The second YAFS (YAFS2) survey was conducted in 1994. It was the first survey in the YAFS series to cover both males and females. In

¹ UN Secretary-General's Report to the General Assembly, A/40/256, 1985.

YAFS2, the term “sexuality” was added to the title for the first time to reflect the change in perspective from a fertility-centered survey to one with a broader scope covering other young adult behaviors. This survey was conducted by the Demographic Research and Development Foundation, Inc. (DRDF),² with funding support from the United Nations Population Fund (UNFPA) and technical support from the East-West Center Program on Population. YAFS2 had a nationally representative sample of 10,849 respondents (5,257 males and 5,622 females). While fertility remained one of its themes, the YAFS2 questionnaire was expanded to include new emerging topics of interest pertinent to young adults, specifically sexuality, awareness and knowledge of HIV/AIDS, and the non-sexual risk behaviors of smoking, drinking, and drug use.

The 2002 Young Adult Fertility and Sexuality Study (YAFS3) was the second national survey of young adults, both male and female. In this round, the age coverage was expanded by three years (i.e., 15-27) because the study intended to analyze the consequences of marital behavior. It was deemed that by age 24, the number of cases that could be analyzed for this purpose would be small. Expanding the sample to age 27 was expected to yield more cases for analysis. Because of the expanded age coverage, YAFS3 had 19,728 respondents. The YAFS3 sample aged 15–24 was 16,964 cases. YAFS3 was the first YAFS round where a regionally representative sample of the Muslim youth was included. It also used qualitative data gathering techniques such as focus group discussions and key informant interviews to provide a deeper understanding of the survey results. Some qualitative data collection was also done before the survey to help frame the survey questionnaires. The approach for the design of YAFS3 was more interdisciplinary than YAFS2 with participation of experts from disciplines other than demography like sociology, anthropology, psychology, adolescent medicine and mass communication.

YAFS3 was conducted by the DRDF and UPPI with funding support from the David and Lucile Packard Foundation, a United States-based grant-giving institution. YAFS3 was undertaken primarily to update the national and regional database on sexuality and reproductive health knowledge, attitudes, and behaviors of young adults in the country. With this series of YAFS surveys, it became possible to establish trends in important reproductive health events of young adults in the Philippines such as premarital sex, sexual risk behaviors like unprotected sex, and non-sexual risk behaviors like smoking, drinking, and substance use. YAFS3 featured for the first time questions on other risk behaviors like suicidal ideation and suicide attempts.

YAFS4, conducted in 2013, used the same set of questions as YAFS3 to allow for the analysis of trends. Additionally, it contains new questions about developments affecting young people that were not yet existent in previous survey rounds, such as widespread cell phone and Internet use. Furthermore, the YAFS4 questionnaire contains a new block on health and lifestyle (e.g., diet, height, weight, exercise, body image), and self-assessed well-being (life satisfaction and happiness). New sections were added to existing blocks, such as depressive symptoms, experience of violence, and harassment using technology including cyberbullying. Funding support for YAFS4 came from the Australian government through the UNFPA and the Department of Health which released funds through the Health System Research Management Grants under the Philippine Council for Health Research and Development (PCHRD).

As with the three previous rounds, the overall objective of YAFS4 is to generate updated estimates of indicators of adolescent reproductive health such as the adolescent fertility rate, sexual and non-sexual risk behaviors of young people, and their determinants and consequences at the national and regional levels. But YAFS offers much more than information on these traditional domains.

² Except for YAFS1, funding for the YAFS series was coursed through the DRDF, which was founded in 1983.

It is also a rich data source on other aspects of young people's lives, such as schooling, employment, parental influences, values, and attitudes. Hence, YAFS4 data can be continually mined to gain further insights into this critical period of life for this current cohort of Filipino youth.

Research design

The YAFS is designed to be a cross-sectional survey of young adults aged 15–24. Results are considered representative of the Filipino youth at the national and regional levels.

Sampling design

The survey employed a two-stage sampling design with the region as the domain and the barangay as the primary sampling unit. At 5 percent risk with 5 percent margin of error, the minimum sample size required if simple random sampling will be used is about 343 cases per domain. Since the survey followed a two-stage sampling design, the sample size was doubled to account for the design effect of 2. Hence, the target sample size was doubled to 686 cases per region. Should there be other sources of inefficiency, it is assumed that stratification in the sampling design will negate this. However, the possibility of encountering uncooperative eligible respondents as well as inaccessible locations led to further adjustment of the sample size to 800 cases per region. Finally, to allow for a more detailed analysis of the results at the regional level, the target sample size was raised to around 1,000 cases per region.

With the regions as domains, the first step was to determine the sample barangays per region. The number of sample barangays was computed based on an estimate of 15 households per barangay that can be reasonably completed by a survey team in a given day. To account for the possibility of inclusion of inaccessible barangays in the sample, a 15 percent oversampling allowance was applied to the number of sample barangays.

To determine the number of households per region, the average number of target respondents per household was computed for each region. The sample size was proportionally allocated in subsequent stratifications. Once a sample household was selected, all eligible youth respondents (aged 15–24) in that household were interviewed.

Sample selection

To select the sample barangays in the region, barangays were first stratified into three strata (small, medium, and large), with the size of the youth population as the stratification variable. Once the three strata were formed, the number of sample barangays for the region was proportionally allocated. Within each stratum, the sample barangays were selected with probability proportional to their population size in the 2010 Census of Population. This method of selecting the barangays will result in a greater likelihood of distributing the sample barangays to all provinces.

Consequently using this method, all provinces in the country, except for three small provinces (Batanes, Siquijor, and Dinagat), were eventually included in the sample.

The urban-rural dimension was not considered in stratifying barangays since the use of population size in the stratification will implicitly consider urban-rural grouping (i.e., urban barangays have bigger population sizes, while most rural barangays have smaller population sizes). Thus, the design could guarantee the adequacy of samples for analyses made with the urban-rural dimension.

The sample barangays were divided into enumeration areas (EAs). An EA consists of around 500 households and is determined by natural and man-made boundaries like roads, bridges, and streets. In each sample barangay, one EA was selected using simple random sampling. For each barangay, a representative sample of 15 households was selected using systematic sampling, with the sampling interval derived by dividing the total number of households in

the barangay or EA by 15. All eligible members of the sample household (i.e., those 15–24 years old) were interviewed.

The population counts and the survey sample sizes for the complete YAFS4 sample (all regions) are summarized in Table 1.

In all, YAFS4 covered the 17 regions of the country: 78 provinces, 681 cities and municipalities, and 1,141 barangays. The total sample size is 19,178 cases, 9,353 males and 9,825 females.

Survey weights

The data was weighted to ensure that the results are representative of the country’s youth population and its regional distribution. The weights at the barangay level were computed using the Horvitz-Thompson estimator formula: $w_{hi}=1/p_{hi}$, where p_{hi} refers to the selection probability of i th sample barangay in stratum h . At the household level, the weights were adjusted based on the proportion of sample households to the total number of households in the barangay.

At the respondent level, weight adjustment was done by considering the response rate (i.e., the proportion of interviewed respondents to the total number of eligible respondents). The resulting weights were then scaled down to reflect the survey sample size.

Survey instruments

In all, YAFS4 used a total of 10 survey instruments: 8 Main Individual Respondents Questionnaire, the Household Questionnaire, and the Community Questionnaire.

The Household Questionnaire is administered in the household that has been selected to be part of the sample regardless of whether or not the household has a member 15-24 years old (eligible youth respondent). The respondent to the Household Questionnaire can be the head of the household, the spouse of the household head or any knowledgeable member of the household aged 18 years or above. The Household Questionnaire asks for information about all members of that household. Response

Table 1.1 YAFS4 sample size per region

Region	2010 Census of Population					2013 YAFS		
	Household population	No. of barangays	No. of households	No. of youth	No. of youth per household	No. of barangays	No. of households	No. of respondents
1	4,743,067	3,265	1,050,605	885,934	0.84	73	1,091	1,202
2	3,225,761	2,310	727,327	631,068	0.87	71	1,060	1,099
3	10,118,478	3,102	2,239,011	1,928,626	0.86	71	1,068	1,182
4A	12,583,009	4,011	2,833,595	2,396,690	0.85	73	1,088	1,137
4B	2,731,928	1,458	602,131	528,813	0.88	70	1,048	1,084
5	5,411,521	3,471	1,111,753	1,030,147	0.93	66	993	1,010
6	7,089,739	4,050	1,526,587	1,398,701	0.92	67	1,004	1,082
7	6,784,538	3,003	1,487,710	1,331,228	0.89	69	1,028	1,037
8	4,089,734	4,388	865,657	780,378	0.90	68	1,021	1,122
9	3,397,838	1,904	726,272	686,024	0.94	65	974	1,118
10	4,284,594	2,022	917,840	866,299	0.94	65	975	1,387
11	4,452,549	1,162	1,011,943	903,278	0.89	69	1,031	1,272
12	4,103,105	1,194	916,038	847,274	0.92	66	995	1,113
CAR	1,611,669	1,176	352,403	348,271	0.99	62	931	928
ARMM	3,248,787	2,490	538,941	634,937	1.18	52	781	1,056
CARAGA	2,424,788	1,310	504,257	488,958	0.97	63	949	1,259
NCR	11,796,873	1,704	2,759,829	2,360,131	0.86	72	1,076	1,090
Total	92,097,978	42,020	20,171,899	18,046,757		1,141	17,111	19,178

to the questionnaire is the basis for identifying eligible respondents in the household.

The Household Questionnaire gathers information about each member of the household such as relationship to household head, age, sex, highest grade completed, main activity, occupation, whether the household member is working abroad, and marital status. It also asks about the amenities owned by members of the household, the tenure status on the lot, and housing conditions (e.g., type of toilet facilities, source of water, housing materials) – information that is used to compute for the socioeconomic status index, the basis for determining the socioeconomic status of the household.

There are eight variants of the individual questionnaire: (1) Main single female, (2) Main married female, (3) Main single male, (4) Main married male, (5) Muslim single female, (6) Muslim married female, (7) Muslim single male, and (8) Muslim married male.

The majority of questions in the Main and the Muslim questionnaires are identical. Deviations from the Main Questionnaires were made in the sections on religion and religious practices and marriage and marriage practices and in some of attitude questions in block K (See blocks of the questionnaire below). For example, the section on religious practices in the Main Questionnaires asked for attendance in religious services such as the mass. For the Muslim questionnaires, the questions referred to practices in the Islamic faith such as fasting during Ramadan. The structure and wording of the questionnaires were designed to minimize interviewer bias and maximize clarity of response.

The Main Questionnaire contains the following blocks:

- Block A Individual Characteristics
- Block B Family Characteristics and Relationships
- Block C Self-Esteem and Values
- Block D School, Work, and Community
- Block E Media Exposure
- Block F Friends and Peers
- Block G Health and Lifestyle

- Block H Marriage
- Block I Puberty, Dating, and Sex
- Block J Fertility and Contraception
- Block K Knowledge and Attitudes toward Marriage, Sex, and Related Issues
- Block L Reproductive Health

The Main Individual Respondents Questionnaires were administered to all members of the household aged 15-24.

The 10th instrument is the Community Questionnaire administered to the barangay captain or a person in the barangay who was knowledgeable about the community. Data from the Community Questionnaire can provide insights into the immediate environment of the young adult outside the household. The Community Questionnaire has the following sections:

- Section A Background of the barangay
- Section B Communication and Entertainment Facilities
- Section C Reproductive Health Services
- Section D Economic Activities
- Section E Organizations in the Barangay
- Section F Youth-Related Concerns
- Section G Collective Efficacy

The YAFS4 questionnaires built on the core instruments used in the previous rounds and incorporated new developments that were not yet evident in 2002. As a preliminary step to developing the YAFS4 questionnaires, the DRDF team first conducted several focus group discussions with young people to better capture the prevailing conditions surrounding young adults and to frame the questions in the language that is appropriate for them. A consultative workshop participated by experts from the academe, government, non-government organizations and other stakeholders was later convened to further refine the questionnaires.

After the main questionnaires were completed, the questions that were to be revised for the Muslim version of the instrument were identified. Experts on Muslim culture were consulted in the development of the Muslim-specific questions. Focus group discussions were conducted to inquire on the propriety of asking certain questions being considered in the study.

The questionnaires were first prepared in English then translated into six major languages in the country, namely Tagalog, Cebuano, Ilonggo, Waray, Ilocano and Bicol. They were then back translated to English to ensure that the translations remained faithful to the original version. A translation into the Maguindanao language was prepared later, following a request from the Maguindanao area field team.

Informed consent

The consent of respondents was sought before an interview could be conducted. A standard informed consent form was first read to the potential respondent. Only if he/she indicated agreement to be interviewed under the conditions read to him/her by signing the form did the actual interview proceed. For respondents who were below 18 at the interview date, a parental informed consent form was used. It was first read to the youth's parent/guardian. Only after the parent consented for the youth to be interviewed did we proceed to read the informed consent form to the selected respondent. Unlike youth older than 18, the minor respondents signed an assent form, which is part of the parental consent form.

The procedure for securing informed consent was recommended by the Ethics Review Board of PCHRD which reviewed the ethical dimensions of the survey protocol.

Data collection

For the data collection, academe-based Regional Coordinators and Field Supervisors recruited from regional universities and organizations (Don Mariano Marcos Memorial State University for Ilocos, Cagayan State

University for Cagayan Valley, Central Luzon State University for Central Luzon, UP Los Baños for CALABARZON and MIMAROPA, Ateneo de Naga for Bicol, UP Iloilo for Western Visayas, Office of Population Studies of the University of San Carlos for Central Visayas, UP Tacloban for Eastern Visayas, Xavier University for Northern Mindanao and Caraga, Western Mindanao State University for Zamboanga Peninsula, and Family Planning Organization of the Philippines for Davao and SOCCSKSARGEN) co-supervised the data collection activities in most of the regions, while the DRDF team supervised data collection in the NCR, CAR and ARMM. Field Supervisors from the DRDF were deployed for monitoring and spot checking of field activities. Field Interviewers were recruited from each region.

All field personnel underwent a 4-day training on the questionnaires, the sampling methodology, interviewing techniques, and field methods. A national training was held in December 2012 participated in by Regional Coordinators and Field Supervisors and conducted by the DRDF central team. This was followed by 14 training sessions of the regional field teams, each conducted by two or three representatives of the central team. Each regional field team consisted of at least 2 Field Supervisors and 20 Field Interviewers.

Data was gathered through face-to-face interviews. The interviewer should be of the same sex as the respondent because of the sensitive nature of some of the questions, especially on sexuality.

Data collection started in the National Capital Region after the December 2012 training. In the regions, field work began as soon as the regional training was completed, starting in January 2013. Altogether data collection was from December 2012 to May 2013 with an average duration of 3 months per region.

Data processing

Data processing began in April 2013 even as the field work was still being completed in some study areas. Some form of data processing

occurred during field work, with field supervisors going over each completed questionnaire to ensure that these were filled in properly and that mistakes could be addressed while the teams were still in the field. Data processing in the central office consisted of office editing, coding and encoding, and data editing. A total of 72 personnel were involved in the various stages of data processing.

The Census and Survey Processing System (CSPPro), a software package developed by the United States Census Bureau, was used for data entry and verification. IBM SPSS Statistics was employed for data editing and generation of statistical tables

Organization of the book

This report presents results of the survey in main themes covered by the study. The description of results across the chapters follow a common format in that each presents the results differentiated along the same set of background characteristics, namely sex, age (classified into two categories: 15–19 and 20–24), region of residence, urban-rural residence, educational attainment at the time of the survey, and the socioeconomic status of the household to which the youth belongs. Urban-rural classification is based on the 2003 official definition of urban and rural barangays used by the then National Statistics Office (National Statistics Office, 2013). The socioeconomic status is derived from the wealth index, a composite index that categorizes households into quintiles ranging from 1 (the lowest quintile or the poorest) to 5 (the highest quintile or the wealthiest). The wealth index in turn employed information on ownership of household amenities and vehicles, and housing characteristics such as source of drinking water and type of toilet facilities in order to categorize households into the appropriate quintile following the methodology of Rutstein and Johnson (2008) that is used in demographic and health surveys (DHS) worldwide. These six basic characteristics are often used in the research literature to explain variability in individual behavior and can help us

understand better the differences and similarities among young people of today.

Furthermore, starting from Chapter 3 up to Chapter 11, findings are presented as a series of bivariate crosstabulations between a given basic characteristic and a given outcome variable. These give the reader some insights into the possible association between each background characteristic and each outcome variable. For example, for the variable smoking, the results will show the difference in smoking behavior between men and women, between the younger (15–19) and older (20–24) cohort, between urban and rural residents, across the wealth quintiles and the 17 regions of the country. In this monograph it is not the intent to test for the combined effects of the background variables. Thus, multivariate analysis is neither conducted nor presented here. That will be the subject of further studies on the YAFS4 data.

Where the data allow, each chapter also presents trends in specific outcome variables, such as the prevalence of premarital sex, drinking, smoking, and substance use, to show how these may have changed over the years. These trend data provide insights into changing behavioral patterns among the different cohorts of youth and how, at the macro level, Philippine society may also be changing.

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Filipino Youth through the Years

Nimfa B. Ogena
Grace T. Cruz

Demography of the Filipino Youth

The number and share of the youth in the world’s population is close to reaching its historical peak, a point that will mark the largest number and share of young people the world will ever see (Lam, 2007; Nugent, 2005). After this, we expect a period of decreasing share of the world’s youth population owing largely to the effects of the global decline in fertility. Estimates show that the size of the youth population has reached its maximum in all regions except Africa (United Nations, 2015).

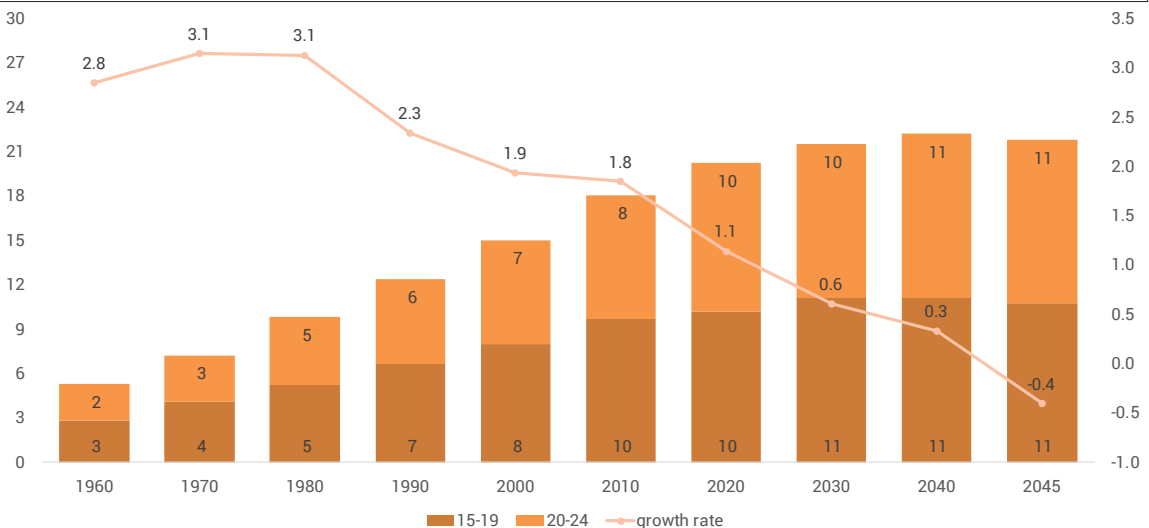
Still, there is an observed diversity in the demography of the youth population across regions and countries. In the Philippines, the number of young people aged 15–24 is increasing, with the momentum expected to be sustained

in the coming decades (Figure 1.1). As of 2010, there were around 18 million young adults in the country, 3.4 times its size 50 years earlier (i.e., 5.3 million in 1960). It is projected to expand to a maximum size of 22.2 million in 2040, after which it will start to shrink. This projected trend is based on the Philippine medium-term population projection assumptions, which set replacement fertility to be attained in 2035.

The current structure of the youth population shows a higher number in the younger (15–19 years old) than in the older cohort (20–24 years old). This will continue until 2040, after which a reversal is projected, with the 20–24 age group exceeding the size of the 15–19 age group.

In terms of sex composition, there are currently more male than female youth as indicated by the youth sex ratio of 103 in 2010

Figure 2.1 Youth population size (in millions) and growth, Philippines: 1960–2045



(or 103 males per hundred females). This difference is expected to heighten in the future as the youth sex ratio is projected to increase to 106 in 2045. The increasing proportion of males in the youth population is a reversal of the past trend characterized by more females. In 1970, for example, there were 94 male youth for every 100 female youth, a pattern that persisted until a balanced sex ratio was registered in 2000 (Table 2.1). The main driver to the increase in the sex ratio is the improvement in infant mortality over the preceding decades resulting in higher survivorship for all infants. Since the sex ratio at birth is usually above 100, improving infant mortality has resulted in more male babies surviving to early adulthood than had in previous times.

Similar to all other age groups, the youth population is increasing but at a decelerating pace. Its highest growth rate was posted in 1960–1970 at 3.1 percent, exceeding that of the total population growth rate of 3.0 percent, which at that time was the peak of growth of the Philippine population (Figure 2.2). Since the 1990s, the youth population has been growing at a lower rate relative to the total population. It is expected to sustain this trajectory of positive growth until 2040–2045, when it is projected to register a negative rate of growth for the first time. This negative growth rate will follow the same trajectory as that of the youngest cohort

Table 2.1 Sex ratio of youth 15–24: 1970–2045

Year	15–19	20–24	15–24
1970	95	94	94
1980	95	93	94
1990	100	99	99
2000	100	99	100
2010	103	102	103
2045*	106	106	106

Note: *Based on projections using medium assumption.

(i.e., <15 years old), the first age group in the country projected to register a negative rate of growth. Due to slowly declining fertility, the youngest age group has consistently been the lowest growing sector in the country since the 1960s.

While the size of the population 15–24 has been increasing over time, its percent share of the total population has remained more or less steady at 20 percent. The percent share reached its peak at 20.5 percent from 1980–1990 but is expected to decline to 16.2 percent in 2040, when the youth population will have achieved its maximum size (Figure 2.3). Studies show that the peak of the youth share of the total population (population 12–24 as a percentage of the total population) occurs at around 25–30 percent of the population for most countries (Lam, 2007).

Figure 2.2 Population growth rates by age group, Philippines: 1960–2045

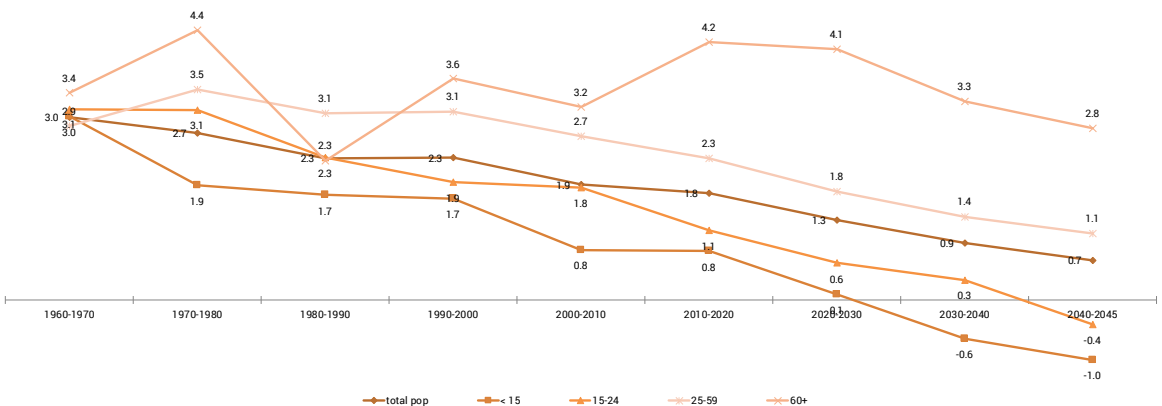
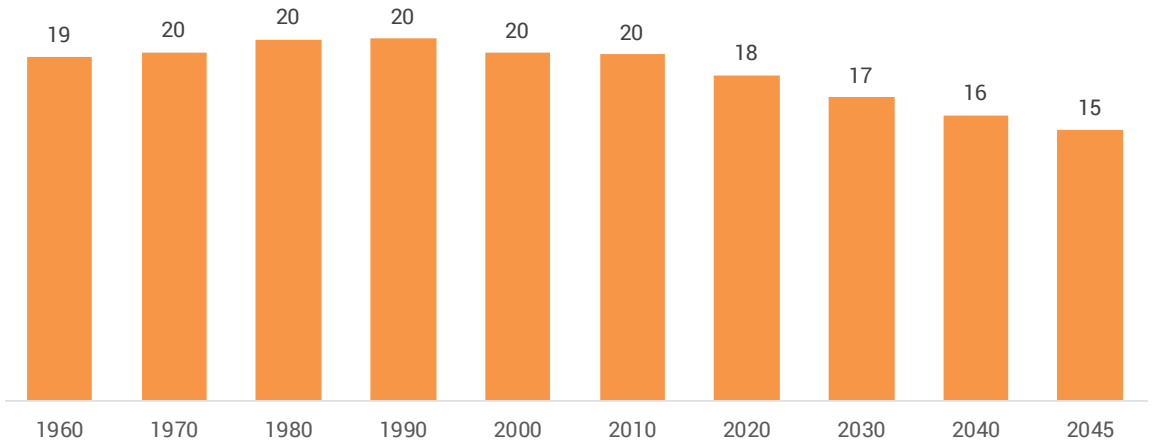


Figure 2.3 Population 15–24 as a percentage of the total population and growth rate: 1960–2045

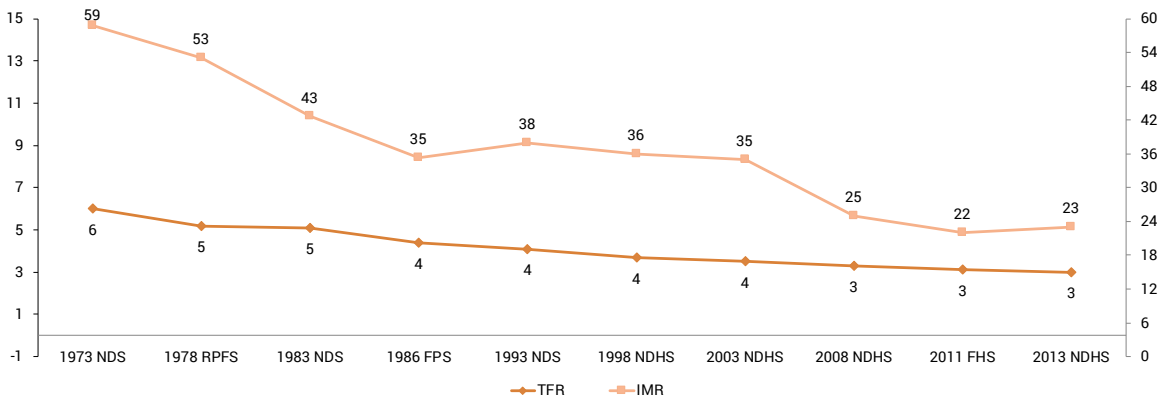


At present, the Philippine population displays a characteristic “youth bulge”, that is, the bulk of the population both in 1970 and 2010 are in the age groups below 25. But unlike other countries that show the temporary character of the youth bulge (Xenos & Kabamalan, 2002), that of the Philippines will likely persist for a relatively prolonged period owing to the slow demographic transition in the country.

The pace of the demographic transition can be discerned from Figure 2.4 which traces the trend in fertility and infant mortality in the Philippines. While fertility rates are declining, the pace of decline has slackened in recent years. This is evident in the total fertility rate (TFR), which dropped from 6 children per woman in

the 1970s to about 3 at present (Figure 2.4). It took two decades (1973–1993) to reduce the TFR from 6 to 4, or approximately one child per decade, but 20 years (1993–2013) to reduce the TFR further by another birth (Cruz, 2014). In comparison, mortality, measured in terms of the infant mortality rate (IMR), declined more rapidly than fertility, resulting in a high rate of natural increase. The highest natural increase was observed in the 1970s, coinciding with the highest population growth rate in the country. This high population growth rate translated to an increasing volume of population increments that resulted in the large cohort of the young adult population that we observe in the country today.

Figure 2.4 TFR and IMR, Philippines: 1973–2013



Population growth momentum is the other driver of the youth bulge. Population momentum refers to the inertia that is inherent in population dynamics because childbearing takes place two to three decades after birth (Lam, 2007; Shryock et al., 1975). With the higher increments in population size, we expect the childbearing population to continue to increase despite the declining fertility rate because the youth of today who are the parents of the future have already been born. Herrin and Costello (1996) estimated that 66 percent of the country’s population growth from 1995 through 2020 is due to population momentum, while unwanted (16%) and wanted fertility (18%) accounted for the remaining third.

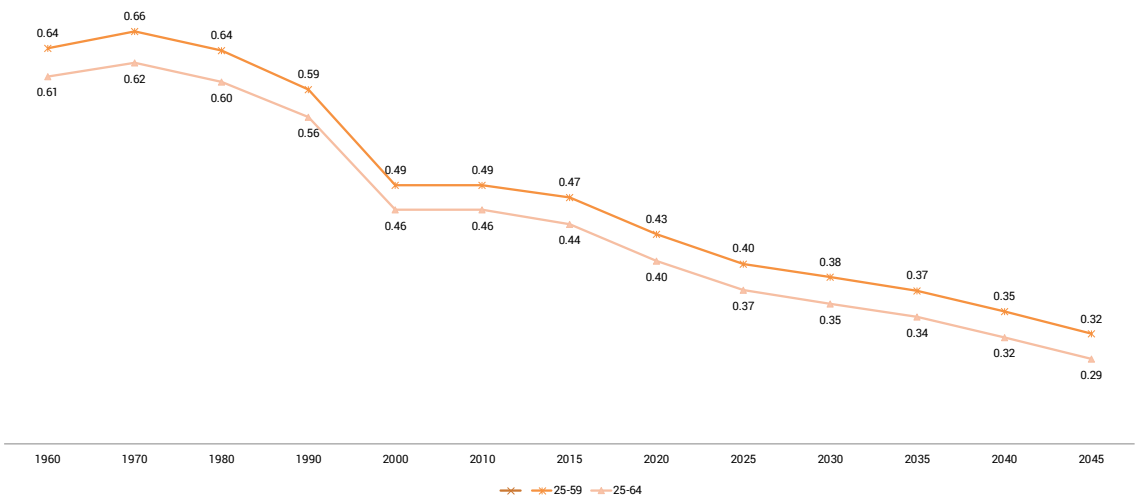
The foregoing overview of the demography of the Filipino youth underscores the significance of the youth sector on the country’s future. Their sheer volume alone will have distinct socioeconomic consequences that should be recognized by development planners. For example, their economic implication is evident in the ratio of the youth population to the working age group 25–64 or 25–59 which shows the youth population having a substantial share of the total working age population (Figure 2.5). In 1970, there were 61 youth aged 15–24 for every 100 adults aged 25–64. In 2010, there were 46 youth for every 100 adults aged 25–64. Although

the ratio had declined, the trend still portrays a very youthful potential labor force.

The high proportion of the youth in the labor force has been hailed as a possible boon to a country’s development if their economic potential is harnessed through gainful employment. On the other hand, if they lack the skills for gainful participation, a high proportion of the youth who end up unemployed or unemployable can present problems to the country as a whole (Emoju, 2014, Kumar, 2013).

In the foregoing discussion, we have established that there is a sizable proportion of the Philippine population who belong to the youth age group. We have also established the projected trajectories of the growth in size of this sector relative to the total population. In order to make appropriate plans for this sector it is important to establish a clearer understanding of who the youth are, beyond their sheer size, projected growth trajectories and relative position in the overall landscape of the Philippine population. The YAFS series of surveys has been one of the more prominent sources of data on the youth in the Philippines. Past YAFS results have been used extensively by government agencies like the Commission on Population, Department of Health and Department of Education as guides in crafting policies and programs targeting this age sector.

Figure 2.5 Ratio of the population 15–24 to population 25–59 and 25–64, Philippines: 1960–2045



The Youth in Context: Family, School, Peers, Work, and Community

In the following discussion, we present a description of the Filipino youth based on the results of the 2013 Young Adult Fertility and Sexuality Study. In particular, we situate the youth within the major sources of influences in their lives: family, school, peers, work and the community. In so doing, the chapter aims to provide an overall profile of the Filipino youth of today that will help facilitate our understanding of who they are.

A basic profile of the youth

Beginning in 1994, the YAFS study series was designed to capture a representative sample of the Filipino youth aged 15–24. Expectedly, the study sample must project a profile that closely resembles that of the total population it represents. Results of the last three survey rounds (1994, 2002, and 2013) show an almost equal gender split in the study population. Specifically, the males constitute anywhere between a 47 and 49 percent share, signifying a smaller number of males compared with the

females (Table 2.2). In the 2010 census, there is a slight numeric male edge among the youth in the country, although the difference between the census and the sample population is not significant.

In terms of age composition, the sample aptly captures the age structure of the country's youth population, as both show a higher proportion of the younger (15–19) than the older cohort (20–24). The age structure of the study sample has been more or less stable over the three survey rounds, with the younger cohort constituting around 60 percent of the youth population in the 2013 YAFS. The stability in the age structure over the three survey rounds is also evident in the consistent mean age (about 19 years) of the samples over the three YAFS rounds. Thus, the age and sex composition of the current study closely approximates the age-sex distribution of the Philippine population based on Census data, as did the three previous YAFS rounds. This bolsters the stand that the sample is representative of the Filipino youth in general, hence, the other characteristics of the sample also represent that of the population of Filipino youth of today.

Table 2.2 Percent distribution of YAFS sampled youth: 1994, 2002, and 2013

Background characteristics	1994		2002		2013	
	Percent	No. of cases	Percent	No. of cases	Percent	No. of cases
Sex						
Male	48.3	5,257	47.4	8,042	48.8	9,365
Female	51.7	5,622	52.6	8,922	51.2	9,813
Both sexes	100.0	10,879	100.0	16,964	100.0	19,178
Age						
15-19	58.2	6,336	60.3	10,236	59.6	11,424
20-24	41.8	4,543	39.7	6,728	40.4	7,754
15-24	100.0	10,878	100.0	16,964	100.0	19,178
Mean age	18.9	10,878	18.8	16,964	18.9	19,178

The modal highest educational attainment (36.7%) is high school undergraduate, mainly because many of those in the age group 15–19 are still in the last years of high school (Table 2.3). About 28 percent completed high school, 21 percent attained college-level education, and 13.8 percent had elementary-level schooling. An almost negligible proportion (0.4%) had no schooling at all, which leads to the conclusion that practically all Filipino youth have undergone some formal schooling. A gender variation in educational attainment is evident, with the females registering a somewhat better education profile relative to the males. For example, 23.8 percent of females attained college-level education compared with 18 percent of the males.

As to their main activity three months prior to the survey, 36.3 percent reported that they were in school while 25.3 percent were currently working. About one in five (19.8%), predominantly female, were doing housework. A minority of 8.8 percent were idle, that is, not doing any of the following: studying, working, looking for work, doing housework, or doing unpaid family work. There is a notable gender difference in main activity, with more males reporting themselves to be working and more females in school or doing housework.

The majority of the youth have never been married (76.6%). The remainder is either in a consensual union (13.8%) or formally married (8.5%); a small proportion (1.1%) are separated, divorced, or widowed (Table 2.3). Compared with past YAFS results, what is striking about the 2013 YAFS sample is the high proportion of youth who are in a living-in arrangement, which exceeds those in a legal union. Living-in is more common among females (20%) than males (8%). Likewise, more females are in a formal union, suggesting that they enter union formation earlier than males. Given the greater proportion of females in a marital union, it is not surprising that more of them reported being separated (2%) compared with males (0.3%), although the levels are very low for both sexes.

Comparing the marital status composition from the past three YAFS rounds with the

current survey, there is ample evidence that the marital profile of the Filipino youth has undergone dramatic changes, most evidently during the last decade. For one, the proportion of never married Filipino youth declined from 83.9 percent in 2002 to 76.6 percent in 2013, yet the proportion of formally married youth also declined from 9.8 percent in 2002 to 8.5 percent in 2013 (Figure 2.6). On the other hand, there is a striking increase in the proportion who are in a living-in arrangement from only 4.7 percent in 1994 to 13.8 percent in 2013. Also in 2013, the proportion of the youth who are separated, widowed, or divorced, although small at 1.1 percent, increased from 0.3 percent in 1994.

In terms of geographic location, more than a third of the youth reside in the biggest regions of the country, namely CALABARZON, NCR, and Central Luzon, with a combined share of 37 percent of the total youth population in the country.

Consistent with the acknowledged dominance of the Catholic faith in the country, 79.4 percent of the youth reported themselves to be Catholics, with the remainder distributed among other Christian and non-Christian religions. One in 20 youth (5%) are followers of Islam, a proportion that closely resembles the relative share of Muslim Filipinos to the total country population. Despite almost all youth professing to have a religion, only 34.7 percent report that they take part in religious ceremonies. About 44 percent said their parents or guardians required them to attend religious services while they were growing up, while 30.4 percent reported that their family attends religious services together. More among the female youth and the younger cohort attend religious ceremonies compared with their respective counterparts.

The family context

Persons who raised the youth

Family support plays a crucial role in the youth's developmental journey. In particular, the family provides a solid foundation for the

Table 2.3 Percent distribution of youth by sex, age group, and background characteristics

Background Characteristics	Male			Female			Both sexes		
	15-19	20-24	15-24	15-19	20-24	15-24	15-19	20-24	15-24
Marital status									
Never married	96.7	72.8	87.5	84.7	40.7	66.1	90.8	55.6	76.6
Living-in	2.6	16.5	7.9	11.5	30.3	19.5	7.0	23.9	13.8
Formally married	0.6	10.0	4.2	3.0	25.8	12.7	1.8	18.5	8.5
Separated/Widowed/Divorced	0.1	0.7	0.3	0.8	3.1	1.8	0.4	2.0	1.1
Educational Attainment									
No schooling/Elementary	18.2	19.0	18.5	9.3	9.5	9.4	13.8	13.9	13.8
High school undergraduate	49.1	19.4	37.7	49.8	16.5	35.7	49.5	17.8	36.7
High school graduate/Vocational	18.8	36.9	25.8	21.6	44.0	31.1	20.2	40.7	28.5
College or higher	13.8	24.7	18.0	19.3	30.0	23.8	16.5	27.5	21.0
Type of School									
Public	85.8	82.5	84.5	84.0	79.9	82.3	84.9	81.2	83.4
Private	13.9	16.9	15.1	15.8	19.5	17.4	14.8	18.3	16.2
Catholic	8.6	9.0	8.8	9.1	10.3	9.6	8.8	9.7	9.2
Protestant	0.4	0.5	0.5	0.6	0.9	0.8	0.5	0.8	0.6
Arabic (Eastern)	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Mixed Eastern and Western	0.3	0.3	0.3	0.3	0.4	0.4	0.3	0.4	0.3
Non-sectarian	4.2	6.5	5.1	5.3	7.6	6.3	4.8	7.1	5.7
Main Activity									
None	11.5	7.0	9.8	7.9	7.7	7.8	9.7	7.4	8.8
Student	50.8	12.9	36.3	56.5	8.9	36.3	53.6	10.8	36.3
Unemployed, looking for work	5.6	14.1	8.9	3.6	7.6	5.3	4.6	10.6	7.0
Housework	5.1	4.5	4.9	21.9	50.3	34.0	13.4	29.1	19.8
Unpaid family worker	3.8	4.7	4.2	1.2	1.9	1.5	2.5	3.2	2.8
Working (domestic helper included)	23.1	56.8	36.0	8.9	23.6	15.1	16.1	38.9	25.3
Region									
Ilocos	5.2	4.7	5.1	5.0	4.4	4.8	5.1	4.6	4.9
Cagayan Valley	3.8	3.4	3.7	3.3	3.3	3.3	3.6	3.4	3.5
Central Luzon	9.8	10.8	10.2	9.6	13.3	11.2	9.7	12.2	10.7
CALABARZON	13.4	13.0	13.3	13.9	12.5	13.3	13.6	12.7	13.3
MIMAROPA	3.0	3.0	3.0	2.7	3.0	2.8	2.9	3.0	2.9
Bicol	5.8	5.3	5.6	5.8	5.9	5.8	5.8	5.6	5.7
Western Visayas	8.6	7.5	8.2	7.1	7.7	7.4	7.9	7.6	7.7
Central Visayas	7.8	8.1	7.9	7.6	5.9	6.9	7.7	6.9	7.4
Eastern Visayas	4.7	4.3	4.5	4.2	4.0	4.1	4.5	4.1	4.3
Zamboanga Peninsula	4.0	4.1	4.0	3.3	4.1	3.6	3.6	4.1	3.8
North Mindanao	5.2	4.1	4.8	5.0	4.6	4.8	5.1	4.4	4.8
Davao	4.5	5.2	4.8	5.1	5.5	5.2	4.8	5.3	5.0
SOCCSKSARGEN	5.2	3.9	4.7	5.3	3.8	4.7	5.2	3.9	4.7
CAR	1.6	2.2	1.8	1.7	2.4	2.0	1.7	2.3	1.9
ARMM	3.1	4.0	3.4	3.4	3.8	3.6	3.3	3.9	3.5
CARAGA	3.0	2.6	2.8	2.8	2.3	2.6	2.9	2.4	2.7
NCR	11.4	13.7	12.3	14.0	13.6	13.8	12.7	13.6	13.1
Place of residence									
Urban	24.7	27.1	25.6	28.7	29.0	28.8	26.7	28.2	27.3
Rural	75.3	72.9	74.4	71.3	71.0	71.2	73.3	71.8	72.7
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	21.3	18.3	20.2	19.7	20.2	19.9	20.5	19.3	20.0
Second	21.4	18.9	20.5	21.3	19.7	20.6	21.3	19.3	20.5
Middle	22.2	22.5	22.3	21.2	21.2	21.2	21.7	21.8	21.8
Fourth	19.3	23.1	20.7	21.0	21.1	21.0	20.1	22.0	20.9
Highest (Richest)	15.8	17.1	16.3	16.8	17.8	17.2	16.3	17.5	16.8
Religion									
Catholic	79.0	80.5	79.6	78.7	79.9	79.2	78.9	80.2	79.4
Other Christian	15.6	13.7	14.9	15.2	14.1	14.7	15.4	14.0	14.8
Islam	4.7	5.0	4.8	5.2	5.3	5.3	5.0	5.1	5.0
Others/none	0.7	0.8	0.7	0.9	0.6	0.8	0.8	0.7	0.8
Religiosity									
Take part in any religious ceremonies/activities	30.4	27.7	29.4	42.4	36.2	39.7	36.3	32.3	34.7
Parents/guardian require R to attend mass/religious services, activities	38.8	35.5	37.5	50.7	48.0	49.5	44.7	42.2	43.7
R's family attend religious activities/services together	29.0	27.6	28.4	30.6	34.4	32.2	29.8	31.2	30.4
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
N	5,771	3,594	9,365	5,653	4,161	9,813	11,424	7,754	19,178

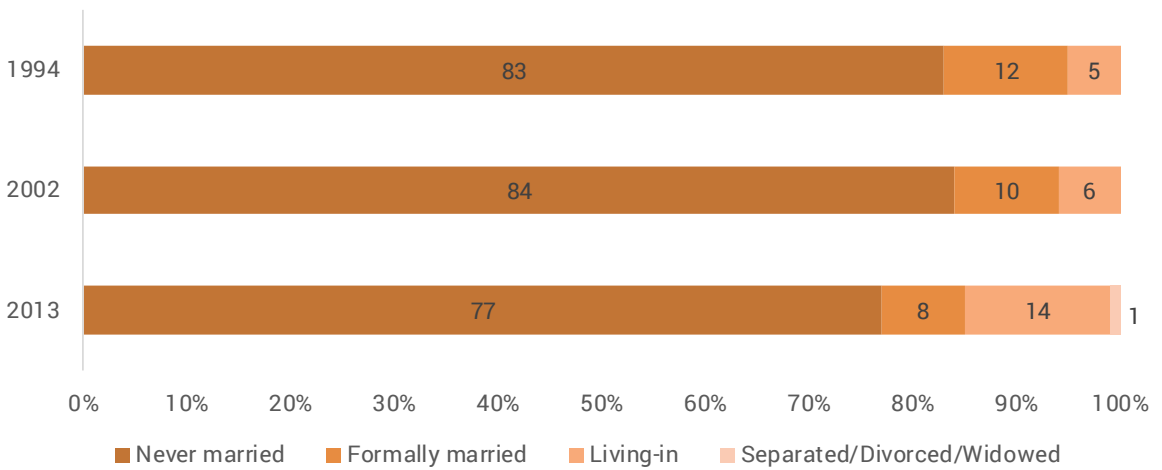
The questions on religiosity are:

A19 Do you take part in any religious ceremonies/activities: such as fasting on Ramadan, Tarawi, Eid-ul-Fitr, Eid-ul Adha? like prayer rallies, fellowship, bible study or healing sessions?

A21A Did your parents/guardian require you to attend: religious activities such as Ramadan, etc.? mass or religious services regularly?

A21B Does your family attend religious: activities such as Ramadan, Tarawi, Eid-ul-Fitr, Eid-ul Adha? services together?

Figure 2.6 Marital status of Filipino youth: 1994, 2002, and 2013



growth and development of its members. A vital building block to understanding one’s family support system is identifying the person who mostly raised the youth from birth until they reached the age of majority, i.e., age 18. In the Philippines, the age of majority is when a person becomes legally qualified and responsible for all his/her civil acts (Republic Act No. 6809 of 1989). Before then, parents or guardians are expected to direct or guide the youth to become responsible members of society. The normative expectation in Philippine society is for children to be raised by both parents.

In general this expectation continues to be met as about four of five Filipino youth said they were raised by both their mother and father (Figure 2.7). Slightly more among males (85.4%) than females (79.8%) (Table 2.4). About 9 percent were raised by either the mother only or the mother and someone else, while 2.2 percent were raised either by the father only or the father and another person. Surrogate parents, like grandparents and other relatives raised 6.3 percent of the youth.

Being raised by both parents is more common in rural than urban areas. By region, NCR has the lowest proportion of youth raised by both parents (75.2% for males and 69.4% for females), while Northern Mindanao has the highest (90.6% for males and 89.4% for females). Interestingly, the proportion raised

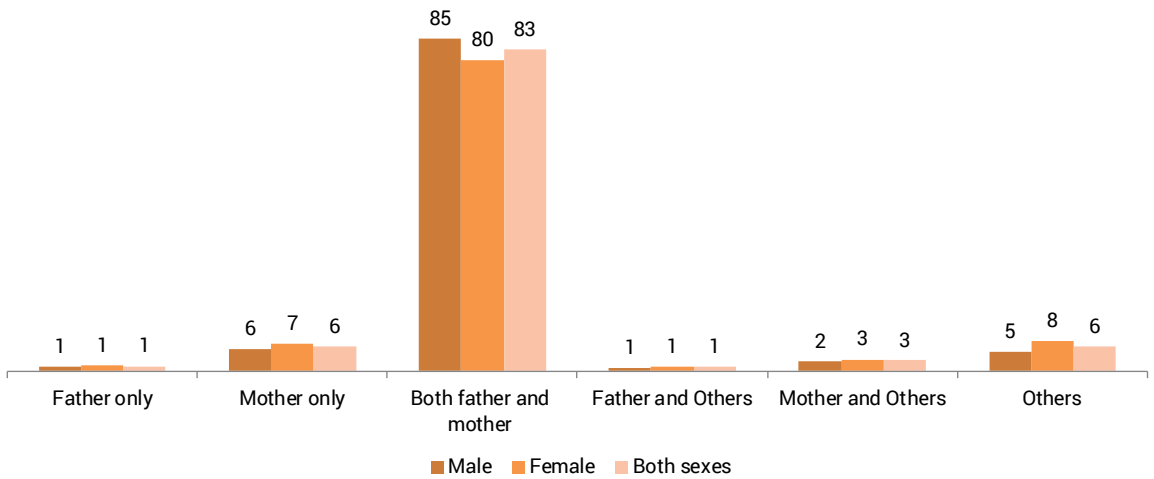
by both parents increases as the education level of the youth increases. This pattern is true for both males and females. In contrast, the proportion raised by both parents declines as socioeconomic status increases. This pattern is more pronounced among female than male youth.

Parenting style of parent/guardian

Among the topics explored in YAFS4 is the type of discipline enforced in the family while the young person was growing up, as well as the types of activities that the persons raising the child approved or disapproved of. These are elements of a collection of parental behaviors that characterize parenting styles, which may later influence the youth’s behaviors.

In one such question, a list of activities that young people may engage in—which could be allowed or disallowed by parents or guardians depending on how strict or liberal they are—was read to the respondents. The respondents were asked if their parents or guardians allowed them to engage in each activity. Cognizant of the possibility that the persons raising the child may impose different standards (e.g., the father may be stricter than the mother), the question was asked in reference to each of the two main persons who raised the respondent. These two persons could be any of the following: the mother,

Figure 2.7. Person who raised the youth by sex



the father, other immediate family members, or others. For both sexes, the most commonly identified first person who raised them is the father, while the second person is the mother. Results are shown in Tables 2.5 and 2.6.

For males, staying out late is the most commonly disapproved behavior by both the father (84.3%) and the mother (89.4%), followed by going out at night with friends (84% for the father, 89.1% for the mother). In contrast, for females, the most commonly disapproved behaviors by the father are having a boyfriend before age 18 (76.4%) and going to a party at short notice (76.3%). Mothers most commonly disapprove of going to a party at short notice (83.2%).

Respondents were further asked what the usual reactions of the father and the mother were when they did something wrong or something the parent/guardian disapproved of. This is an indicator of the style of discipline practiced in the home as the youth was growing up. According to the males, when they misbehaved, the three most commonly mentioned usual reactions of fathers were physical punishment (84.3%), grounding (83.8%), and counseling or talking to them (83.3%). In contrast, the top three usual reactions of mothers to male youth's

disapproved behavior were counseling (89.9%), silent treatment (89.6%), and verbal abuse (88.7%).

For females, the usual reactions of the father and mother when they misbehaved was completely different in pattern from that reported by the males. The two most commonly mentioned usual reactions of the mother are counseling (84.3%) and physical punishment (84%), while for the father the most common reaction is to not react at all (79.6%). Taken together, these indicate discernible differences in the way parents raise a male child from a female child in the Filipino home. Both male and female children can be physically punished for misbehaving, but who gives the punishment depends on the sex of the child. Males get punished by their father, whereas females are punished by their mother.

Another indicator of parenting style is how closely the parents/guardians are involved in their child's social development, as gauged from their knowledge of and meeting their child's close friends. The results in Table 2.6 show that most youth, males and females alike, reported that their fathers and mothers know of and have met their close friends. For males, about 83 percent said their fathers know of and have met their friends, while 89.8 percent said their mothers

Table 2.4 Percent distribution of youth by person who raised them until age 18 and background characteristics

Background Characteristics	Persons who raised male Rs until age 18						Persons who raised female Rs until age 18						No. of males	No. of females	
	Father only			Mother and Others			Father only			Mother and Others					
	Father only	Mother only	Both father and mother	Father and Others	Mother and Others	Both father and mother	Father only	Mother only	Both father and mother	Father and Others	Mother and Others	Both father and mother			
Age															
15-19	1.1	5.4	85.0	1.0	2.5	5.0	5.771	1.5	6.5	80.0	1.4	3.0	7.6	5,653	
20-24	1.0	5.9	85.9	0.6	2.3	4.4	3,593	1.2	7.7	79.5	0.7	3.0	7.8	4,162	
Region															
Ilocos	0.6	2.8	89.8	2.3	2.5	1.9	472	2.6	6.4	78.3	2.3	1.5	9.0	469	
Cagayan Valley	2.6	6.1	85.8	0.9	0.3	4.3	345	2.8	4.6	81.6	1.2	2.8	7.1	326	
Central Luzon	0.4	5.6	87.7	0.1	0.5	5.7	982	0.9	6.1	81.5	0.6	2.7	8.1	1,096	
CALABARZON	1.1	7.3	83.7	0.9	2.9	4.1	1,241	1.2	12.6	76.8	0.5	2.4	6.5	1,303	
MIMAROPA	0.4	3.5	87.6	0.7	1.8	6.0	283	1.8	5.4	83.5	0.4	1.8	7.2	279	
Bicol	1.0	4.8	88.3	1.3	1.5	3.1	522	0.2	3.8	85.7	1.2	2.1	7.0	574	
Western Visayas	1.0	5.4	87.3	0.4	1.0	4.8	765	1.0	6.0	83.7	0.4	1.4	7.6	722	
Central Visayas	1.5	3.0	86.6	0.8	3.4	4.7	741	0.4	4.3	85.3	0.4	2.1	7.4	674	
Eastern Visayas	1.9	4.4	81.3	1.2	3.0	8.2	427	2.0	5.5	78.6	2.2	4.2	7.5	402	
Zamboanga Peninsula	1.3	4.0	87.9	0.5	1.1	5.1	373	2.0	9.0	76.6	2.0	3.4	7.0	355	
Northern Mindanao	0.7	4.3	90.6	0.4	1.3	2.7	447	0.6	3.6	89.4	0.4	1.1	4.9	473	
Davao	1.3	9.2	80.5	0.4	2.2	6.3	446	2.7	9.7	75.6	0.4	2.1	9.5	516	
SOCCSKSARGEN	2.1	3.2	89.7	0.0	1.1	3.9	439	0.9	3.0	87.2	0.9	2.8	5.2	460	
CAR	1.2	2.9	90.1	0.6	2.3	2.9	172	2.0	5.0	83.9	0.5	2.0	6.5	199	
ARMM	1.2	4.0	91.6	0.3	0.0	2.8	321	1.4	7.1	82.2	0.6	2.3	6.5	353	
Caraga	0.8	4.2	86.8	0.8	2.6	4.9	265	2.0	7.8	79.2	1.6	3.5	5.9	255	
NCR	0.4	9.4	75.2	1.7	6.8	6.5	1,151	1.6	8.6	69.4	2.4	7.0	11.0	1,356	
Place of residence															
Urban	0.4	8.1	80.5	1.0	3.9	6.0	2,398	1.5	8.0	74.6	1.6	4.9	9.4	2,831	
Rural	1.3	4.7	87.0	0.8	1.9	4.3	6,967	1.3	6.6	82.0	0.9	2.2	7.0	6,981	
Educational attainment															
No schooling/Elementary	1.6	5.1	84.1	1.3	2.1	5.8	1,731	2.3	8.8	74.1	1.1	3.6	10.2	922	
High school undergraduate	1.2	5.4	84.8	0.8	3.0	4.8	3,532	1.9	7.3	78.2	1.3	2.9	8.4	3,502	
High school graduate/Vocational	0.7	5.3	86.2	0.5	1.7	5.4	2,412	1.0	6.7	81.8	1.0	2.2	7.4	3,053	
College or higher	0.8	6.6	86.6	0.9	2.4	2.7	1,687	0.6	6.4	82.0	0.9	4.0	6.1	2,336	
Socioeconomic status (Wealth quintile)															
Lowest (Poorest)	1.2	5.2	86.9	0.7	1.8	4.1	1,888	1.7	7.3	81.4	0.9	2.0	6.7	1,953	
Second	1.5	4.4	86.8	0.7	2.9	3.7	1,916	1.3	5.1	83.2	0.6	2.9	6.9	2,022	
Middle	1.2	6.3	85.2	0.5	1.8	4.9	2,092	1.3	7.6	79.7	1.4	2.3	7.8	2,082	
Fourth	0.7	5.7	85.2	1.0	2.0	5.5	1,942	1.4	7.6	78.2	1.3	3.0	8.6	2,064	
Highest (Richest)	0.7	6.4	81.9	1.2	3.9	6.0	1,527	1.1	7.6	76.1	1.2	5.2	8.7	1,692	
Total	1.1	5.6	85.4	0.8	2.4	4.8	9,365	1.4	7.1	79.8	1.1	3.0	7.7	9,813	

know of and have met their close friends. For females, 74.7 percent said their fathers know of and have met their friends, and 83.8 percent said their mothers know of and have met their friends. Seemingly, more parents know of and have met

the close friends of their sons than those of their daughters, as reported by the youth.

While transitioning to adulthood, it is normal to encounter problems in various aspects of one's life. Respondents were asked with whom they were most likely to share or talk

Table 2.5 Percent distribution of male youth by parenting style of persons who raised them until age 18

Background characteristics	1st Person who raised male Rs until age 18				No. of males	2nd Person who raised male Rs until age 18				No. of males
	Father	Mother	Other immediate family members	Others		Father	Mother	Other immediate family members	Others	
Activities disapproved by Person who raised R										
Going out of town with friends	83.2	11.8	4.8	0.2	9,258	4.5	88.2	6.1	1.2	8,502
Staying out late	84.3	10.2	5.0	0.5	9,253	3.5	89.4	5.6	1.5	8,499
Spending overnight at a friend's house	83.7	10.9	5.0	0.4	9,252	4.2	88.6	5.7	1.4	8,495
Going to a party at short notice	83.8	11.2	4.6	0.4	9,251	4.3	88.8	5.3	1.6	8,489
Going out on a single date	83.2	11.5	4.9	0.4	9,254	4.5	88.1	5.8	1.6	8,498
Having a BF/GF before age 18	82.4	12.5	4.6	0.5	9,259	4.3	88.3	5.8	1.6	8,497
Living away from home	83.3	12.0	4.4	0.3	9,251	4.5	88.9	5.3	1.3	8,485
Going out at night with friends	84.0	10.9	4.7	0.4	9,250	4.0	89.1	5.1	1.8	8,490
Usual reaction to R's disapproved behavior										
Counsel/talk	83.3	12.1	4.3	0.3	9,348	3.9	89.9	5.0	1.2	8,476
Ground me	83.8	9.8	5.1	1.3	9,347	4.9	86.3	6.0	2.7	8,475
Withhold allowance	74.2	15.2	10.6	0.0	9,348	5.6	79.6	9.3	5.6	8,475
Give me a scolding	81.8	12.9	5.1	0.2	9,348	5.7	87.8	5.3	1.3	8,476
Verbally abuse me	82.7	12.1	4.8	0.3	9,348	3.5	88.7	4.7	3.1	8,475
Physically punish me	84.3	10.4	5.1	0.2	9,349	4.8	88.4	5.6	1.2	8,477
Give me the silent treatment	77.7	15.4	6.9	0.0	9,346	1.9	89.6	7.1	1.4	8,475
No reaction	77.1	19.5	3.4	0.0	9,349	12.1	76.6	5.6	5.6	8,475
Who knows any of R's close friend	83.4	11.9	4.5	0.3	9,335	4.1	89.8	4.7	1.4	8,507
Who have met any of R's close friend	83.2	12.1	4.4	0.2	9,324	4.1	89.8	4.8	1.3	8,498

Table 2.6 Percent distribution of female youth by parenting style of persons who raised them until age 18

Background characteristics	1st Person who raised female Rs until age 18				No. of females	2nd Person who raised female Rs until age 18				No. of females
	Father	Mother	Other immediate family members	Others		Father	Mother	Other immediate family members	Others	
Activities disapproved by Person who raised R										
Going out of town with friends	75.3	16.3	8.1	0.2	9,799	8.6	81.3	8.5	1.5	8,599
Staying out late	75.7	16.6	7.5	0.2	9,804	8.2	82.4	7.9	1.5	8,592
Spending overnight at a friend's house	75.7	16.4	7.7	0.2	9,803	8.2	82.5	7.6	1.6	8,596
Going to a party at short notice	76.3	16.2	7.3	0.2	9,802	8.0	83.2	7.1	1.6	8,592
Going out on a single date	75.8	16.4	7.6	0.2	9,792	8.2	82.4	7.8	1.5	8,584
Having a BF/GF before age 18	76.4	15.6	7.9	0.2	9,800	8.7	81.7	8.1	1.4	8,597
Living away from home	75.3	16.5	8.0	0.2	9,793	8.1	82.2	8.3	1.4	8,583
Going out at night with friends	75.7	16.9	7.2	0.2	9,797	8.1	82.6	7.8	1.5	8,584
Usual reaction to R's disapproved behavior										
Counsel/talk	76.7	16.0	7.1	0.2	9,802	6.8	84.3	7.7	1.3	8,584
Ground me	74.6	17.8	7.5	0.0	9,801	5.4	81.5	12.5	0.6	8,585
Withhold allowance	67.7	26.2	4.6	1.5	9,801	8.7	80.4	10.9	0.0	8,584
Give me a scolding	73.2	18.7	7.9	0.2	9,802	8.2	83.3	7.1	1.4	8,585
Verbally abuse me	72.6	20.2	7.0	0.2	9,801	5.4	83.8	8.0	2.8	8,586
Physically punish me	72.2	19.4	8.3	0.1	9,802	7.5	84.0	7.2	1.3	8,584
Give me the silent treatment	71.3	19.3	9.1	0.4	9,802	5.7	82.3	8.9	3.2	8,585
No reaction	79.6	8.9	11.5	0.0	9,802	16.0	60.0	19.2	4.8	8,585
Who knows any of R's close friend	74.7	18.1	7.0	0.2	9,794	7.6	83.8	7.3	1.3	8,608
Who have met any of R's close friend	74.7	18.1	7.0	0.1	9,789	7.6	83.8	7.4	1.3	8,606

about problems they experienced when they were growing up, classified into school-related problems (e.g., bullying), financial problems, problems regarding relationships with family members, problems regarding relationships with friends, and problems with intimate relationships. Table 2.7 shows that when it comes to school-related and financial problems, the youth most commonly consult their mother but when it comes to problems regarding relationships, they most commonly consult close friends. Among males, over a third (36.3%) said they do not confide in anyone when it comes to problems regarding intimate relationships. The corresponding percentage for females is 23.5 percent.

It appears that the father is not a common choice for a confidante for either male or female youth, not even for problems that may not be so personal in nature, such as school-related and financial concerns. In this regard, the youth appear to be more connected to the mother. Moreover, in keeping with the more prominent role of peers in this age group as part of the normal development process, close friends also play a prominent role as confidantes, especially

for more personal concerns like intimate relationships.

Siblings

The Filipino youth typically come from a large family. In all, three out of four youth have three or more siblings (Table 2.8), 14.7 percent have two siblings, 7.2 percent have one sibling, and 1.9 percent are only child. The three regions with the highest proportion of youth with three or more siblings are ARMM (89%), Bicol (87.9%), and Caraga (87.1%). The region with the lowest proportion with three or more siblings is Central Luzon (66.8%).

Table 2.8 also shows that the number of siblings is negatively associated with education and socioeconomic status. The higher the educational attainment, the lower the average number of siblings. In the same manner, the proportion of youth with three or more siblings declines as socioeconomic status increases. Slightly more youth from the rural areas (77.9%) than from the urban areas (71.6%) come from a family with three or more siblings.

Table 2.7 Percent distribution of male and female youth by persons they are most likely to share or talk their problems with

Background characteristics	Male						No. of males
	No one	Father	Mother	Siblings/relatives	Close friends	Others	
With whom most likely to share or talk problem							
Regarding relationship with family members	15.4	9.9	30.8	10.1	28.8	4.9	9,353
Regarding relationship with friends	25.4	6.1	19.7	7.4	38.2	3.2	9,357
Regarding intimate relationships	36.3	4.4	15.6	5.5	35.7	2.5	9,355
School-related problems	10.1	12.5	53.5	4.2	10.8	8.7	9,356
Financial problems	7.6	22.2	54.5	4.5	3.8	7.4	9,354
Background characteristics	Female						No. of females
	No one	Father	Mother	Siblings/relatives	Close friends	Others	
With whom most likely to share or talk problem							
Regarding relationship with family members	6.9	3.3	30.4	14.4	41.2	3.8	9,807
Regarding relationship with friends	16.4	1.9	30.2	16.9	31.8	2.9	9,810
Regarding intimate relationships	23.5	1.2	21.2	12.0	40.7	1.4	9,781
School-related problems	5.9	7.0	62.0	7.9	12.2	5.0	9,809
Financial problems	4.6	16.0	62.7	6.1	5.0	5.7	9,809

The majority (77.6%) reported getting along well with all their siblings. There are slight differences in this proportion by sex, age, and socioeconomic status. More males, the older cohort, and those from the higher income quintiles reported getting along well with all siblings compared with their respective counterparts.

The school context

Human capital investment in the youth by the family is key to their social and economic mobility in later life. Parents and guardians generally provide the motivation and support to ensure that their children complete schooling. Figure 2.8 shows that 36.4 percent of Filipino youth were in school in the three months preceding the survey, while 63.2 percent were

Table 2.8 Percent distribution of Filipino youth by number of siblings and by getting along status with their siblings

Background Characteristics	No. of siblings				Total	No. of Cases	Percent who get along well with (all) siblings	No. of Cases
	0	1	2	3 or more				
Sex								
Male	2.0	7.7	15.6	74.7	100.0	9,345	79.7	9,155
Female	1.8	6.7	13.9	77.6	100.0	9,798	75.7	9,658
Age								
15-19	2.3	8.4	16.1	73.3	100.0	11,399	76.5	11,207
20-24	1.4	5.3	12.8	80.4	100.0	7,742	79.3	7,606
Region								
Ilocos	2.1	7.3	19.5	71.1	100.0	934	82.7	913
Cagayan Valley	1.9	10.2	19.5	68.4	100.0	668	74.2	635
Central Luzon	2.9	8.2	22.1	66.8	100.0	2,049	84.9	2,001
CALABARZON	1.8	7.7	14.3	76.2	100.0	2,547	86.0	2,545
MIMAROPA	1.2	5.3	13.2	80.2	100.0	561	82.1	559
Bicol	1.1	3.5	7.5	87.9	100.0	1,093	81.9	1,092
Western Visayas	2.2	9.4	12.2	76.3	100.0	1,481	80.2	1,451
Central Visayas	1.7	6.7	13.1	78.5	100.0	1,412	70.1	1,398
Eastern Visayas	1.6	4.1	8.6	85.7	100.0	828	82.8	812
Zamboanga Peninsula	2.1	7.6	15.0	75.4	100.0	727	73.9	716
Northern Mindanao	1.8	6.4	14.0	77.7	100.0	921	61.6	910
Davao	1.7	9.0	15.3	74.0	100.0	959	71.8	929
SOCCSKSARGEN	2.5	10.1	14.8	72.6	100.0	897	66.2	858
CAR	1.6	4.1	10.5	83.8	100.0	370	77.7	358
ARMM	1.0	3.1	6.8	89.0	100.0	672	75.8	641
Caraga	1.5	3.1	8.3	87.1	100.0	520	62.2	518
NCR	2.0	7.6	18.3	72.0	100.0	2,504	77.1	2,480
Place of residence								
Urban	2.0	8.0	18.3	71.6	100.0	5,224	77.2	5,153
Rural	1.9	6.8	13.4	77.9	100.0	13,918	77.8	13,660
Educational attainment								
No schooling/Elementary	0.8	3.0	7.9	88.3	100.0	2,645	74.7	2,580
High school undergraduate	1.9	6.7	13.4	78.0	100.0	7,019	75.6	6,900
High school graduate/Vocational	1.4	6.4	15.5	76.7	100.0	5,460	80.7	5,377
College or higher	3.3	11.8	20.6	64.3	100.0	4,016	79.0	3,953
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	1.0	4.6	10.0	84.3	100.0	3,832	75.4	3,746
Second	1.7	5.2	10.9	82.2	100.0	3,929	75.4	3,869
Middle	1.7	6.4	15.4	76.6	100.0	4,164	77.8	4,096
Fourth	2.7	8.0	17.6	71.9	100.0	4,000	78.4	3,937
Highest (Richest)	2.7	12.6	20.6	64.0	100.0	3,216	81.8	3,163
Total	1.9	7.2	14.7	76.2	100.0	19,143	77.6	18,813

not in school but had been in school before. Less than 1 percent (0.4%) have never been to school. There is no gender differential in schooling status, but among those in school, a slightly higher proportion of females (32.8%) than males (27.6%) have a college education (Figure 2.9).

There appears to be a positive association between socioeconomic status and being in school. Nearly half of the youth (46.6%) in the richest quintile were in school compared with less than a third of the youth in the poorest quintile (29.4%; Table 2.9).

To further explore the bivariate relationship between socioeconomic status and various dimensions of the school experience, Table 2.10 cross tabulates school characteristics by socioeconomic status among the youth who were in school at the time of the survey. Results indicate that the proportion of youth who attend public schools has a socioeconomic gradient. As socioeconomic status increases, the proportion enrolled in a public school decreases. The proportion of in-school youth who assessed their school performance as excellent/very good is highest among youth in the highest quintile and lowest among youth from the poorest quintile, but there is no monotonic increase as socioeconomic status improves.

Among those who have left school, the median age at school leaving is 16 years (Table 2.11). There are no large differentials by sex, age, urban/rural residence, and socioeconomic

Table 2.9 Percent distribution of Filipino youth by Schooling status in the past 3 months

Background Characteristics	Schooling status in the past 3 months			Total	No. of cases
	In school	Not in school but has been in school before	Never been in school		
Sex					
Male	36.4	63.2	0.4	100.0	9,365
Female	36.5	63.2	0.3	100.0	9,813
Age					
15-19	53.7	46.0	0.3	100.0	11,423
20-24	11.0	88.4	0.6	100.0	7,755
Region					
Ilocos	39.5	60.4	0.1	100.0	942
Cagayan Valley	35.9	63.8	0.3	100.0	671
Central Luzon	21.9	78.0	0.1	100.0	2,050
CALABARZON	36.8	62.9	0.3	100.0	2,547
MIMAROPA	39.3	60.5	0.2	100.0	562
Bicol	39.5	60.5	0.1	100.0	1,095
Western Visayas	36.2	63.7	0.1	100.0	1,486
Central Visayas	39.0	60.8	0.1	100.0	1,415
Eastern Visayas	35.7	63.8	0.5	100.0	829
Zamboanga Peninsula	36.6	63.4	0.0	100.0	729
Northern Mindanao	39.3	60.3	0.3	100.0	920
Davao	35.1	64.8	0.1	100.0	960
SOCCSKSARGEN	45.4	54.2	0.4	100.0	901
CAR	33.2	66.8	0.0	100.0	370
ARMM	27.3	66.6	6.1	100.0	674
Caraga	39.8	60.0	0.2	100.0	520
NCR	42.3	57.6	0.1	100.0	2,508
Place of residence					
Urban	40.0	59.9	0.2	100.0	5,228
Rural	35.1	64.4	0.5	100.0	13,950
Educational attainment					
No schooling/Elementary	12.0	85.3	2.8	100.0	2,653
High school undergraduate	60.6	39.4	0.0	100.0	7,034
High school graduate/Vocational	5.0	95.0	0.0	100.0	5,465
College or higher	52.9	47.1	0.0	100.0	4,024
Socioeconomic status (Wealth quintile)					
Lowest (Poorest)	29.4	69.5	1.0	100.0	3,842
Second	33.0	66.5	0.5	100.0	3,938
Middle	35.3	64.6	0.2	100.0	4,173
Fourth	39.7	60.3	0.1	100.0	4,005
Highest (Richest)	46.6	53.3	0.1	100.0	3,219
Total	36.4	63.2	0.4	100.0	19,178

Figure 2.8. Schooling status in the past three months by sex

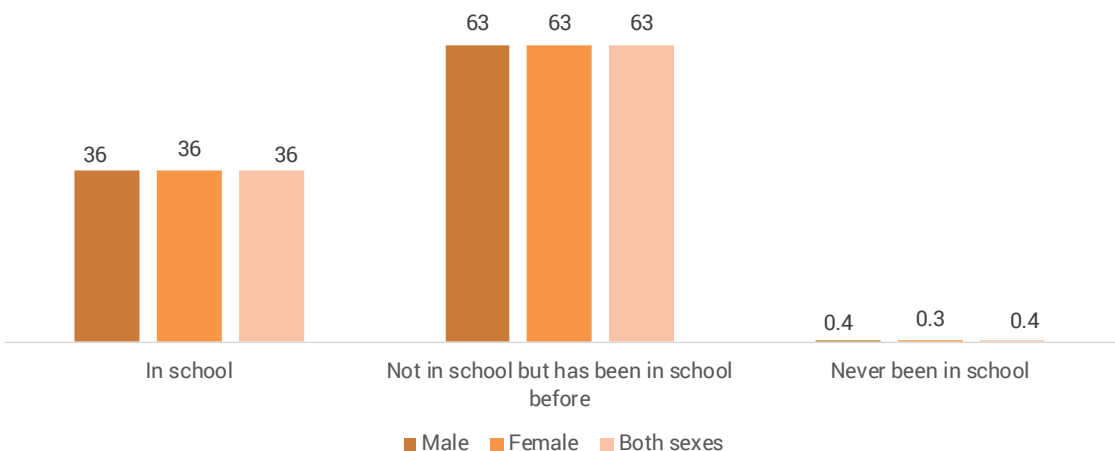


Table 2.10 Percent distribution of Filipino youth who are currently in school in the past 3 months by school characteristics

School characteristics	Socioeconomic status (Wealth quintile)					Total	No. of cases
	Lowest (Poorest)	Second	Middle	Fourth	Highest (Richest)		
Type of school							
Public	18.3	20.6	21.9	22.4	16.8	100.0	5,571
Private	7.9	10.8	17.7	23.8	39.7	100.0	1,415
Catholic	7.3	11.5	16.2	23.3	41.8	100.0	811
Protestant	20.9	9.3	9.3	18.6	41.9	100.0	43
Arabic (Eastern)	(20.0)	(40.0)	(40.0)	0.0	0.0	100.0	5
Mixed Eastern and Western	21.9	12.5	18.8	31.3	15.6	100.0	32
Non-sectarian	7.0	9.2	20.0	25.1	38.7	100.0	501
Expected highest schooling to be attained							
No schooling/Elementary	(71.4)	(7.1)	(3.6)	(10.7)	(7.1)	100.0	28
High school undergraduate	34.0	14.0	18.0	10.0	24.0	100.0	50
High school graduate/Vocational	30.1	26.0	20.8	15.6	7.6	100.0	1,214
College or higher	12.8	17.1	21.2	24.4	24.5	100.0	5,676
Subjective assessment of school performance							
Excellent	18.5	19.3	22.2	20.1	20.1	100.0	379
Very good	12.3	15.1	23.5	24.0	25.1	100.0	2,016
Good	16.5	19.0	19.9	23.5	21.1	100.0	3,888
Fair	24.4	25.9	20.3	16.2	13.3	100.0	656
Poor	32.4	27.0	13.5	16.2	10.8	100.0	37
Total	16.2	18.6	21.1	22.7	21.5	100.0	6,986

status. Across regions, the median age at school leaving is one year earlier in ARMM (15 years) and one year later (17 years) in MIMAROPA, Western Visayas, CAR, Caraga, and NCR. For those who left school with an elementary education, the median age at school leaving is 13 years.

Nearly two of every three youth who have left school plan to return to school. The proportion is higher among the youth in the 15–19 age group, urban residents, high school

graduates or higher, and those of higher socioeconomic status.

Participation in school organizations

School organizations provide the youth with varied opportunities for developing accountability, responsibility, and skills such as leadership and socializing. Table 2.12 shows the proportion who participate in school

Figure 2.9. Level of schooling of the currently in school youth by sex

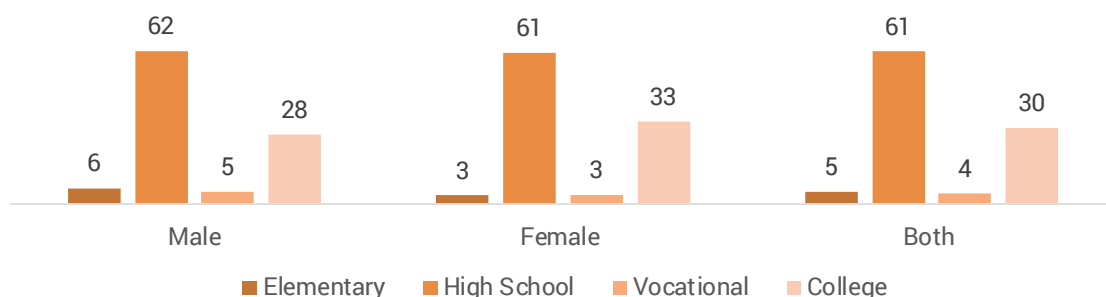


Table 2.11 Percent distribution of youth formerly in school by age left school, plan to return to school, and expected highest level of schooling to be completed

Background Characteristics	Median Age left school	No. of cases		Plan to return to school		Expected highest level of schooling to be completed					No. of cases	
		No.	%	Yes	No	Elementary	High school	Vocational	College	Post graduate		
Sex												
Male	16.0	5,810	37.5	62.5	5,862	0.3	11.9	7.6	40.3	1.8	5,907	
Female	16.0	6,125	37.1	62.9	6,158	0.0	6.7	7.2	45.1	3.4	6,196	
Age												
15-19	16.0	5,190	24.2	75.8	5,224	0.3	15.3	7.1	51.5	1.0	5,251	
20-24	17.0	6,745	47.3	52.7	6,797	0.1	4.6	7.6	36.0	3.9	6,853	
Region												
Ilocos	16.0	565	31.0	69.0	568	0.0	6.9	10.4	49.9	1.9	569	
Cagayan Valley	16.0	428	40.8	59.2	426	0.0	4.4	4.4	46.0	4.0	428	
Central Luzon	16.0	1,585	38.6	61.4	1,586	0.0	4.6	9.8	45.0	1.6	1,599	
CALABARZON	16.0	1,596	39.4	60.6	1,602	0.0	11.6	7.4	38.3	3.2	1,599	
MIMAROPA	17.0	337	36.4	63.6	338	0.0	10.0	8.6	42.8	1.8	339	
Bicol	16.0	658	34.2	65.8	661	0.5	13.8	8.8	39.8	2.9	661	
Western Visayas	17.0	925	35.6	64.4	939	0.1	10.6	6.6	45.2	1.4	944	
Central Visayas	16.0	860	34.4	65.6	860	0.5	12.6	6.3	44.7	1.5	862	
Eastern Visayas	16.0	516	43.0	57.0	523	1.3	14.7	3.2	31.8	3.2	529	
Zamboanga Peninsula	16.0	457	48.6	51.4	459	0.2	7.2	2.6	39.3	1.7	461	
Northern Mindanao	16.0	551	30.3	69.7	555	0.0	11.5	9.2	45.9	3.1	555	
Davao	16.0	615	38.4	61.6	614	0.6	7.1	9.3	41.4	2.3	621	
SOCCKSARGEN	16.0	450	55.5	44.5	463	0.2	7.8	3.9	38.4	2.3	487	
CAR	17.0	245	33.1	66.9	245	0.0	6.1	9.3	45.1	5.7	246	
ARMM	15.0	402	62.8	37.2	435	0.0	3.3	1.3	28.6	2.7	448	
Caraga	17.0	310	28.6	71.4	311	0.3	8.9	8.6	50.5	2.9	313	
NCR	17.0	1,435	28.2	71.8	1,434	0.1	10.5	8.0	48.3	4.4	1,443	
Place of residence												
Urban	17.0	3,107	31.1	68.9	3,107	0.0	8.2	7.8	48.3	4.0	3,130	
Rural	16.0	8,828	39.4	60.6	8,913	0.2	9.6	7.3	40.8	2.2	8,973	
Educational attainment												
No schooling/Elementary	13.0	2,206	43.8	56.2	2,238	1.0	22.2	2.3	17.3	0.4	2,260	
High school undergraduate	16.0	2,734	39.3	60.7	2,753	0.0	21.6	5.0	33.3	0.4	2,766	
High school graduate/Vocational	17.0	5,131	30.3	69.7	5,163	0.0	0.3	11.8	55.9	1.3	5,187	
College or higher	19.0	1,864	30.7	69.3	1,867	0.0	0.3	4.9	50.8	12.1	1,890	
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	15.0	2,610	46.2	53.8	2,648	0.4	14.3	5.6	32.4	0.6	2,671	
Second	16.0	2,565	38.4	61.6	2,595	0.3	10.1	8.4	41.0	1.2	2,614	
Middle	16.0	2,669	35.0	65.0	2,682	0.0	8.8	7.7	46.4	1.8	2,692	
Fourth	17.0	2,385	32.6	67.4	2,388	0.0	6.5	8.9	48.2	3.0	2,414	
Highest (Richest)	17.0	1,706	31.9	68.1	1,708	0.1	4.6	6.0	48.3	8.9	1,712	
Total	16.0	11,935	37.3	62.7	12,020	0.2	9.2	7.4	42.8	2.7	12,103	

Table 2.12 Participation in school organizations among the youth by highest education attainment and background characteristics

Background Characteristics	Percent of youth that participated in school organizations						No. of cases
	Elementary	High School	Vocational	College	Graduate	Total	
Sex							
Male	10.1	61.4	7.1	21.3	0.1	100.0	9,327
Female	5.6	61.5	6.4	26.4	0.1	100.0	9,760
Age							
15-19	8.4	69.4	3.6	18.5	0.0	100.0	11,369
20-24	6.8	49.1	11.6	32.3	0.2	100.0	7,717
Region							
Ilocos	5.8	61.0	7.0	25.8	0.4	100.0	940
Cagayan Valley	7.5	58.0	4.3	29.8	0.3	100.0	670
Central Luzon	4.2	57.5	9.6	28.6	0.1	100.0	2,038
CALABARZON	7.0	63.2	8.8	20.9	0.0	100.0	2,546
MIMAROPA	9.2	62.3	8.5	20.0	0.0	100.0	562
Bicol	10.4	65.5	4.9	19.3	0.0	100.0	1,092
Western Visayas	6.9	66.7	7.0	19.4	0.0	100.0	1,479
Central Visayas	10.7	68.3	3.8	17.2	0.0	100.0	1,414
Eastern Visayas	16.6	57.5	4.6	21.2	0.0	100.0	822
Zamboanga Peninsula	10.9	53.0	6.5	29.1	0.5	100.0	724
Northern Mindanao	6.8	68.7	6.0	18.6	0.0	100.0	920
Davao	11.4	61.5	6.9	20.2	0.0	100.0	953
SOCCSKSARGEN	10.4	68.7	3.8	16.8	0.2	100.0	873
CAR	4.4	55.8	7.8	32.0	0.0	100.0	367
ARMM	14.9	60.7	3.6	20.8	0.0	100.0	666
Caraga	8.1	70.6	3.9	17.4	0.0	100.0	519
NCR	3.4	53.2	7.7	35.5	0.1	100.0	2,504
Place of residence							
Urban	4.4	54.4	7.7	33.4	0.1	100.0	5,208
Rural	9.3	64.6	6.3	19.8	0.1	100.0	13,878
Educational attainment							
No schooling/Elementary	100.0	0.0	0.0	0.0	0.0	100.0	2,639
High school undergraduate	0.0	100.0	0.0	0.0	0.0	100.0	7,006
High school graduate/Vocational	0.0	77.7	22.3	0.0	0.0	100.0	5,434
College or higher	0.0	0.0	0.0	99.7	0.3	100.0	4,008
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	20.3	70.4	2.0	7.3	0.0	100.0	3,818
Second	9.8	72.0	5.8	12.4	0.0	100.0	3,920
Middle	5.5	68.8	6.2	19.5	0.0	100.0	4,153
Fourth	3.4	54.9	9.6	32.0	0.1	100.0	3,981
Highest (Richest)	2.5	43.3	9.0	44.8	0.3	100.0	3,212
Total	7.8	61.5	6.7	23.9	0.1	100.0	19,089

organizations, according to the level of education. Generally, participation in school organizations peaks at the high school level (61.5%). This is to be expected, as most youth with this level of education are still in school. Rural residents registered a higher proportion participating in high school organizations than urban youth. Expectedly, participation is higher among the 15-19-year-olds, most of whom are still in school. The top three regions in terms of the level

of participation in high school organizations are Caraga (70.6%), SOCCSKSARGEN (68.7%), and Northern Mindanao (68.7%).

About a fourth (23.9%) of the youth participate in college organizations. Higher proportions of participation in college organizations are noted for the 20-24 age group, females, urban residents, and those of higher socioeconomic status. The top three regions in terms of the proportion participating in college

organizations are NCR (35.5%), CAR (32%), and Zamboanga Peninsula (29.1%).

Friends

The dynamics of the social life of the youth are often framed by friendships. While the quantity and quality of relationships with friends is difficult to capture, the number of the youth’s close friends may be another indicator of social connectedness. In YAFS4, respondents were asked if they had any close friends; if they did, they were asked to give the number of close friends, broken down by sex. Table 2.13 shows that 90.2 percent of the youth have close friends, more among males (95.1%) than females (85.6%) and more among the younger (93.7%) than older (85.1%) cohort. The median number of close friends is 6, with males having more males as their close friends and females likewise having more females for close friends, although both sexes have close friends of the opposite sex. The youth in NCR reported the highest median number of close friends (8), while the youth in ARMM have the lowest (4.6). Those with college education, those of higher socioeconomic status, and urban residents have a higher median number of friends.

Fraternities/sororities or gangs also provide a space for youth social development, albeit many parents may not prefer these options. Table 2.14 shows that only 5 percent of the Filipino youth are members of fraternities or sororities. Membership in fraternities is higher among the 15–19-year-olds, urban residents, those with at least a high school education, and those of higher socioeconomic status. The top three regions in terms of youth membership in fraternities and sororities are NCR (9 %), Zamboanga Peninsula (7.9%), and MIMAROPA (6.8%).

Only 2.3 percent of the youth are members of gangs. The proportion of youth who reported being members of a gang is higher among males, urban residents, and those with high school or lower education. The top three regions in terms of membership in gangs are NCR (6.3%),

Table 2.13 Percent distribution of youth with close friends and median number of friends

Background Characteristics	Who have close friends	No. of Cases	Median number of friends			No. of Cases
			Males	Females	Total	
Sex						
Male	95.1	9,363	5.0	2.0	7.0	8,889
Female	85.6	9,813	1.0	4.0	5.0	8,393
Age						
15-19	93.7	11,421	3.0	3.0	6.0	10,688
20-24	85.1	7,753	3.0	3.0	6.0	6,594
Region						
Ilocos	86.1	940	3.0	3.0	6.0	808
Cagayan Valley	88.2	670	4.0	3.0	7.0	589
Central Luzon	91.4	2,049	3.0	3.0	7.0	1,873
CALABARZON	91.4	2,547	4.0	3.0	7.0	2,327
MIMAROPA	93.6	562	3.0	3.0	6.0	526
Bicol	93.2	1,095	3.0	3.0	5.0	1,021
Western Visayas	89.3	1,487	3.0	3.0	6.0	1,324
Central Visayas	93.4	1,415	3.0	2.0	5.0	1,321
Eastern Visayas	90.5	830	3.0	2.0	5.0	750
Zamboanga Peninsula	74.2	729	4.0	2.0	6.0	539
Northern Mindanao	89.7	921	2.0	2.0	5.0	825
Davao	92.2	960	3.0	3.0	6.0	883
SOCCSKSARGEN	87.1	898	3.0	3.0	6.0	780
CAR	88.6	370	3.0	3.0	5.0	327
ARMM	72.4	675	2.0	2.0	4.6	487
Caraga	92.5	520	2.0	2.0	5.0	481
NCR	96.6	2,507	4.0	4.0	8.0	2,421
Place of residence						
Urban	93.6	5,228	3.0	4.0	7.0	4,889
Rural	89.0	13,946	3.0	3.0	5.0	12,393
Educational attainment						
No schooling/Elementary	89.0	2,653	3.0	2.0	5.0	2,357
High school undergraduate	93.3	7,031	3.0	3.0	6.0	6,549
High school graduate/Vocational	86.2	5,465	3.0	3.0	5.0	4,711
College or higher	91.1	4,022	3.0	4.0	8.0	3,663
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	86.8	3,840	3.0	2.0	5.0	3,327
Second	89.2	3,938	3.0	2.0	5.0	3,508
Middle	90.6	4,173	3.0	3.0	6.0	3,772
Fourth	92.4	4,004	3.0	3.0	7.0	3,696
Highest (Richest)	92.5	3,219	4.0	4.0	8.0	2,978
Total	90.2	19,176	3.0	3.0	6.0	17,281

SOCCSKSARGEN (3.4%), and Davao (3.1%), although these numbers are generally low.

Work

Participation in economic activities in general signifies a crossing over to a more adult role. This role shift may entail greater responsibility, but it also opens up opportunities for economic independence and the widening of social networks. Altogether, 63 percent of Filipino youth have ever worked for pay, in cash

Table 2.14 Percent distribution of youth by membership in fraternities, sororities or gangs

Background Characteristics	Who are members of			
	Fraternities or sororities	No. of cases	Gangs	No. of cases
Sex				
Male	8.1	9,350	3.4	9,324
Female	2.0	9,775	1.2	9,765
Age				
15-19	3.4	11,395	2.1	11,376
20-24	7.2	7,729	2.6	7,713
Region				
Ilocos	4.3	938	0.5	929
Cagayan Valley	2.8	667	0.6	667
Central Luzon	5.0	2,049	0.8	2,033
CALABARZON	5.3	2,547	1.4	2,545
MIMAROPA	6.8	562	2.7	561
Bicol	6.4	1,092	1.9	1,092
Western Visayas	4.0	1,482	1.9	1,482
Central Visayas	3.3	1,414	2.8	1,414
Eastern Visayas	3.9	818	1.6	818
Zamboanga Peninsula	7.9	723	1.4	725
Northern Mindanao	3.5	920	2.1	920
Davao	3.3	957	3.1	957
SOCCKSARGEN	3.3	888	3.4	888
CAR	0.5	366	0.5	365
ARMM	2.1	672	0.4	669
Caraga	2.9	520	1.9	519
NCR	9.0	2,507	6.3	2,506
Place of residence				
Urban	7.0	5,223	4.1	5,213
Rural	4.2	13,902	1.6	13,876
Educational attainment				
No schooling/Elementary	3.5	2,639	2.2	2,635
High school undergraduate	4.4	7,018	3.0	7,013
High school graduate/Vocational	5.6	5,454	2.1	5,430
College or higher	6.0	4,010	1.4	4,009
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	2.5	3,821	1.3	3,818
Second	3.5	3,925	2.0	3,923
Middle	5.1	4,165	2.0	4,158
Fourth	6.9	3,998	3.4	3,987
Highest (Richest)	7.2	3,214	2.9	3,205
Total	5.0	19,125	2.3	19,089

or in kind, but only 28.8 percent worked for at least one hour in the week prior to the survey (Table 2.15) or were considered employed. The percentage who have worked for pay is higher among males, 20-24-year-olds, high school graduates, and those with less than high school education. The median age when the youth started working is 17 years (Table 2.16). For their first job, 59.1 percent received cash compensation, 1 percent received compensation in kind, and 2.6 percent received compensation both in cash and in kind.

A small percentage (5.8%) reported having a business in the week preceding the survey and were thus also considered employed (Table 2.15). On the other hand, 10.6 percent looked for work or tried to establish a business during the same reference period; these youth can be considered unemployed.

The proportion who have a business is higher among females, those with college or higher education, those of higher socioeconomic status, and urban residents, while the proportion looking for work or trying to establish a business in the week before the survey is higher among the 20-24-year-olds, those with at least a high school education, those of higher socioeconomic status, and urban residents. The top regions with high youth unemployment are NCR (13.1%), Northern Mindanao (13%), and Central Luzon and Davao (both at 12.9%). About three in 10 (30.8%) youth expected to work within the next three months. The top regions in terms of the proportion expecting to work in the next three months are Northern Mindanao (40.2%), NCR (38.5%), and MIMAROPA (35.5%).

Community

The youth were also asked whether they participated in community activities in the past three months and what type of activities they participated in. Table 2.16 shows the generally low levels of participation of the youth in community activities. Only 23.8 percent of the Filipino youth participated in community activities in the past three months, 17.8 percent

Table 2.15 Percent distribution of youth by selected work-related variables

Background Characteristics	Percent of youth who				No. of cases	expect to work during the next three months	No. of Cases
	ever worked for pay, in cash or in kind	worked for at least one hour during the past week	have business during the past week	look for work or try to establish a business during the past week			
Sex							
Male	67.6	41.2	4.4	10.6	9,364	26.0	9,259
Female	58.6	16.9	7.1	10.6	9,812	35.3	9,739
Age							
15-19	48.4	21.0	5.1	8.7	11,423	29.7	11,301
20-24	84.5	40.1	6.7	13.3	7,754	32.3	7,696
Region							
Ilocos	64.4	31.6	2.9	6.9	941	25.2	931
Cagayan Valley	70.3	33.7	4.9	6.1	670	20.2	657
Central Luzon	73.5	31.5	4.4	12.9	2,049	29.6	2,032
CALABARZON	63.1	31.4	6.6	10.8	2,547	33.2	2,531
MIMAROPA	66.4	32.4	6.6	9.3	562	35.5	561
Bicol	62.7	28.6	4.9	7.6	1,095	28.9	1,088
Western Visayas	63.1	28.8	5.0	9.5	1,487	28.8	1,463
Central Visayas	64.7	25.9	6.9	10.2	1,415	31.6	1,401
Eastern Visayas	60.9	27.6	5.7	8.8	829	33.9	817
Zamboanga Peninsula	55.8	24.6	7.4	11.3	729	27.8	723
Northern Mindanao	58.8	23.3	4.8	13.0	921	40.2	917
Davao	66.8	30.4	6.3	12.9	960	25.2	947
SOCSCSARGEN	47.6	23.0	4.2	8.8	900	19.6	878
CAR	74.3	44.9	3.5	7.8	370	21.7	369
ARMM	37.8	23.4	7.7	10.5	674	29.4	669
Caraga	66.7	25.2	4.6	10.0	520	30.8	519
NCR	62.8	27.2	7.6	13.1	2,507	38.5	2,494
Place of residence							
Urban	63.9	28.0	7.0	12.6	5,229	34.1	5,192
Rural	62.7	29.1	5.3	9.8	13,948	29.5	13,806
Educational attainment							
No schooling/Elementary	75.0	44.5	4.0	8.4	2,652	22.7	2,628
High school undergraduate	48.2	20.4	4.6	6.5	7,034	27.6	6,953
High school graduate/Vocational	80.0	35.6	6.5	15.9	5,465	36.2	5,416
College or higher	57.8	23.8	7.9	11.8	4,023	34.3	3,998
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	65.6	29.5	4.5	9.4	3,841	29.5	3,791
Second	65.8	30.2	5.5	9.2	3,938	29.0	3,893
Middle	65.5	28.5	5.8	10.6	4,173	32.1	4,139
Fourth	62.2	28.6	6.0	12.0	4,005	32.6	3,980
Highest (Richest)	54.3	26.6	7.2	11.7	3,220	30.4	3,196
Total	63.0	28.8	5.8	10.6	19,177	30.8	18,999

Table 2.16 Percent distribution of youth participation in community activities in the past 3 months by selected characteristics

Background Characteristics	Percent of youth who					
	participated in community activities in the past 3 months	No. of Cases	are members of youth organizations	No. of Cases	have ever done volunteer work	No. of Cases
Sex						
Male	28.4	9,363	19.4	9,339	37.2	9,349
Female	19.4	9,798	16.2	9,777	20.6	9,790
Age						
15-19	25.4	11,414	20.7	11,382	28.2	11,396
20-24	21.4	7,747	13.5	7,734	29.4	7,744
Region						
Ilocos	23.2	941	12.4	939	32.7	939
Cagayan Valley	24.8	669	13.3	668	43.6	667
Central Luzon	16.3	2,045	13.6	2,036	23.4	2,045
CALABARZON	19.9	2,547	13.4	2,542	27.6	2,547
MIMAROPA	29.5	562	19.4	561	33.6	562
Bicol	24.9	1,095	19.8	1,088	33.8	1,093
Western Visayas	28.3	1,486	18.4	1,480	32.6	1,479
Central Visayas	19.8	1,414	21.0	1,413	31.2	1,415
Eastern Visayas	17.2	829	20.0	824	28.3	827
Zamboanga Peninsula	22.9	728	16.5	727	14.3	729
Northern Mindanao	37.6	921	29.8	920	28.9	918
Davao	35.7	959	31.4	958	32.9	957
SOCCKSARGEN	27.4	897	24.4	897	19.9	894
CAR	32.7	370	23.2	367	46.2	370
ARMM	10.9	672	7.3	671	15.5	672
Caraga	41.0	520	36.2	519	31.7	518
NCR	21.6	2,507	11.1	2,506	27.9	2,506
Place of residence						
Urban	21.0	5,223	14.0	5,209	27.4	5,221
Rural	24.8	13,937	19.2	13,908	29.2	13,918
Educational attainment						
No schooling/Elementary	17.3	2,650	11.9	2,642	24.1	2,646
High school undergraduate	24.4	7,024	17.3	6,999	25.7	7,016
High school graduate/Vocational	23.9	5,463	18.3	5,455	29.4	5,455
College or higher	26.8	4,023	21.7	4,016	36.2	4,020
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	22.3	3,836	16.2	3,827	24.9	3,829
Second	25.6	3,934	19.7	3,925	29.0	3,934
Middle	25.2	4,169	18.8	4,159	29.1	4,163
Fourth	23.5	4,002	17.4	3,992	30.2	3,998
Highest (Richest)	21.8	3,219	16.3	3,212	30.5	3,217
Total	23.8	19,162	17.8	19,117	28.7	19,141

are members of youth organizations, and 28.7 percent have ever done volunteer work.

The community activities in which the youth most commonly participated are sports-related (10.6%) and environment-related activities (7.8%), as shown in Figure 1.10. A breakdown by sex reveals that participation in sports activities is dominated by males. Slightly more males participated in environmental activities, while slightly more females participated in religious activities.

The percentage who have ever done volunteer work is higher among males, the 20–24-year-olds, and rural residents (Table 2.16). Youth from CAR (46.2%) and Cagayan Valley (43.6%) have the highest proportion who have ever done volunteer work; the regions with the lowest are Zamboanga Peninsula (14.3%) and ARMM (15.5%).

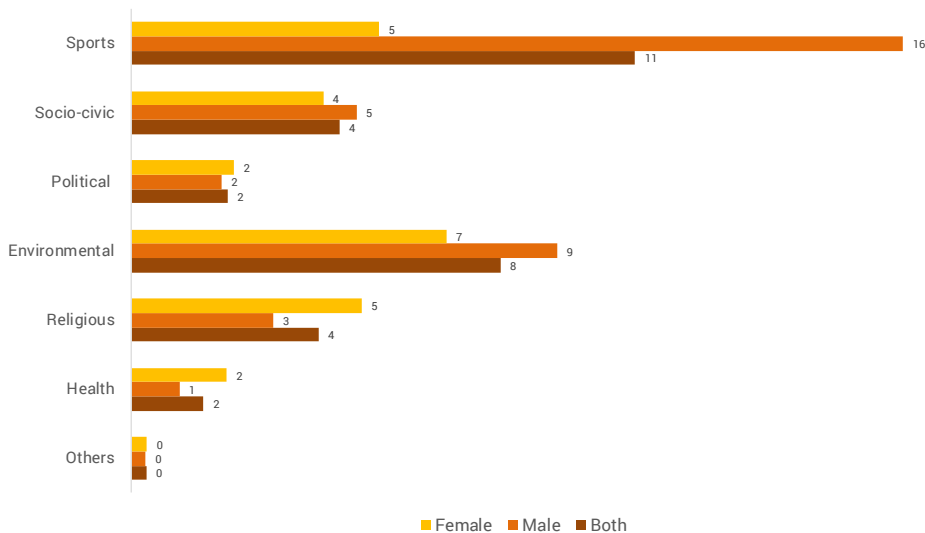
Summary and conclusions

The YAFS4 sample closely follows the age and sex composition of the Filipino youth in the total population, as did the samples of the three previous YAFS rounds, because the samples are intended to represent the total youth population in the country. One of the striking

findings regarding the profile of today’s youth is the changing composition in terms of marital status, with the proportion who are currently in a consensual union or living-in rising to an unprecedented level, triggering a shift in the proportions of the never married and formally married. The education profile indicates that almost all youth, except for a negligible minority of 0.4 percent, have had formal schooling. School-leaving data, however, show that many young people also leave school without completing secondary education.

YAFS4 contains data on the circumstances surrounding the youth while they were growing up, such as parenting styles, sibling relationships, and communication with family and friends; these can be explored as possible explanatory factors for later behaviors when further analysis of YAFS4 data is undertaken. Likewise, involvement in prosocial activities such as community organizations and volunteer work can be explored further in future analysis as a counterpoint to the risk behaviors that have often been the focus of YAFS analysis and reporting.

Figure 2.10 Percent who participated in community activities by type of activity and sex



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Media and Information Communication Technology Use

Elma P. Laguna

The rapid expansion in information and communication technologies (ICTs) has changed the communication environment of today's young people, much more than in previous generations. Earlier rounds of the YAFS consistently cited the role of mass media in shaping young people's behaviors and attitudes, but none foresaw how the development of ICTs in the past decade would vastly expand young peoples' sources of information. ICTs provide the youth with greater connection to ideas and to other people around the world. The adoption of these technologies leads to new patterns of communication and expression. Communication technologies include a range of communication media and devices including print, telephone, fax, radio, television, video, audio, computer, and the Internet (Neto, Kenny, Janakiram, & Watt, 2005).

Both young and old alike subscribe to traditional mass media forms (i.e., they watch television and listen to the radio). However, the new forms of information technologies such as the Internet tend to attract the younger generation. Across countries, younger age groups dominate the use of ICTs. In 2005, young people constituted 43 percent of all Internet users aged 15 and older in China. More than half of Internet users in Armenia, Bolivia, and Egypt also belong to the youth category (McKenzie, 2007).

There have been various attempts to study the younger generation's use of ICT. In the late 1990s, Tapscott (1998) first came up with the concept of a "Net Generation" to

refer to those born between January 1977 and December 1997, the period that coincided with the digital revolution. "Digital natives," a term coined by Prensky in 2001, refers to the generation of young people who are considered "native speakers" of the digital language of computers, video games, and the Internet (Prensky, 2001, p. 1). Particularly in the Western context, the digital natives are considered the first generation to have grown up with the new technology. Their childhood is immersed in a media-rich environment, where toys and tools of the digital age are considered an integral part of their lives (Prensky, 2001). As young adults, they use digital space for social interaction and identity formation. They are also active producers of media content. Unlike Tapscott, however, Prensky did not define digital natives in terms of birth year. Rather, he distinguished them from their predecessors, the "digital immigrants"—those who may have adopted the new technology but nonetheless keep "their foot in the past" (Prensky, 2001, p. 2). In the case of the United States, Prensky considered those born before 1980 as digital immigrants.

Several more concepts associated with digital natives have emerged in recent years, such as generation next, born digital, millennials, and Google generation. This suggests the growing interest among academicians, policy makers, marketers, and communicators, among others, to understand not only how young people born in the digital age are growing up using communication technologies, but also how these

technologies are shaping the way they socialize, interact, and form their identity as young adults (International Telecommunication Union, 2013).

The YAFS series has tracked exposure to the traditional media forms of print, radio, television, and movies. In the 2013 round, it added the use of the Internet and cell phones, technologies that have become additional sources of information for today's young people. This chapter describes the level and pattern of ICT use among young Filipinos. It explores how levels of use vary according to different background characteristics of the youth.

Use of traditional media

Both YAFS2 in 1994 and YAFS3 in 2002 found almost universal exposure of young Filipinos to the traditional media forms, especially broadcast media. The 2013 YAFS looked at regularity of media use. Findings presented here refer to the use of mass media on a daily basis in the three months preceding the survey.

In terms of print media consumption, only 11.7 percent of young people read any form of print media (newspapers, tabloids, magazines, and books other than textbooks) on a daily basis. The level is higher among females (14.2%) than males (9.1%) and among the younger than the older cohort (14.2% vs. 8.1%). Daily reading is more prevalent among the college educated and high school undergraduates, the majority of whom are still in school. Among the regions, reading daily is most prevalent in Bicol (17.4%), Eastern Visayas (15.9%), and NCR (15.8%) and least prevalent in Davao (7.7%), Cagayan Valley (8.2%), and Ilocos (8.6%; Table 3.1). The proportion that reads print media daily is uniformly low across socioeconomic status.

Listening to the radio every day was reported by 35.1 percent of the young people. This is slightly more common among the females than the males (37.3% vs. 32.8%). Similarly, the older age group (20–24) exhibited a slightly higher percentage of daily radio use than the younger age group (15–19). Across regions, daily

radio listening is common among the youth from Western Visayas, Central Luzon, Ilocos, Davao, and NCR.

Of all the traditional media, television remains the most popular. In all, 67.5 percent watch television every day, with the level slightly higher among females (68.8%) than males (66.2%). There is no difference between the younger and older cohorts. The proportion increases monotonically as education level increases, from 50.7 percent among those with elementary education to 72.7 percent among those with college education. Similarly, the proportion that watches television daily consistently increases as socioeconomic status improves. In the poorest quintile, 39.9 percent watch TV daily, while the comparative percentage for the richest quintile is 81.4 percent. Across the regions, watching TV daily is most prevalent in NCR (85.8%), Central Luzon (82.6%), and CALABARZON (80.2%) and least prevalent in ARMM (33.9%), Zamboanga Peninsula (47.9%), and CAR (48.1%).

Finally, 14.7 percent of all young people reported that they watch movies every day. Slightly more males than females, as well as youth from urban areas than rural areas, watch movies daily. There is no discernible pattern by education and socioeconomic status. More young people from NCR (21.9%), Eastern Visayas (20.7%), Northern Mindanao (17.7%), CALABARZON (17%), and Caraga (16.2%) watch movies daily compared with the national average. Unlike the other traditional media forms, movies can be accessed through various means, such as in a movie house, through television, through video equipment, or on the Internet. The YAFS4 questionnaire did not specifically ask for the means through which movies are accessed. Figure 3.1 below compares daily media use of young males and females.

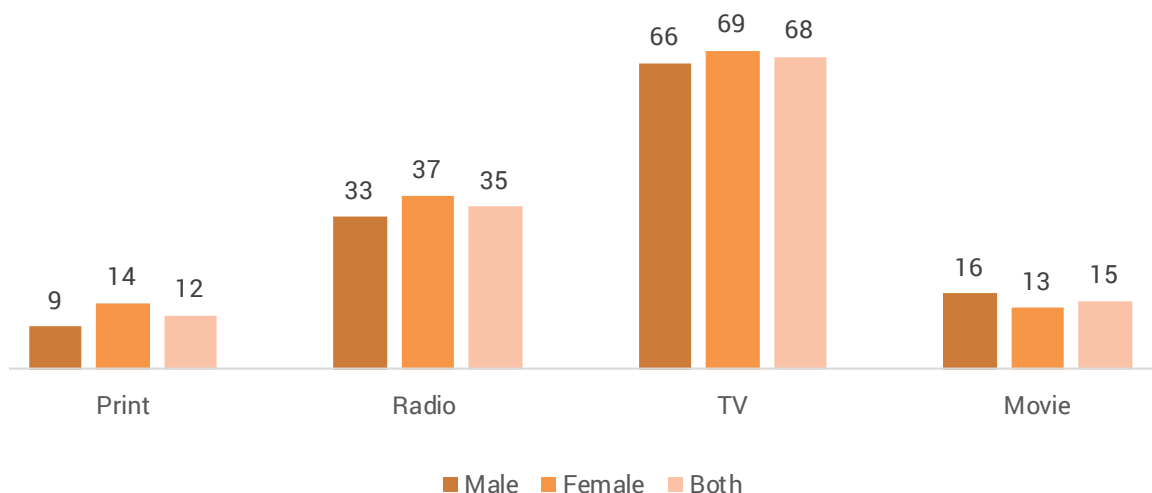
Cell phone use

The deregulation of the telecommunications industry in 1995 following the passage of Republic Act 7925

Table 3.1 Percent of males and females who use traditional media everyday by background characteristics

Background characteristics	Male			Female			Both sexes			No. of Cases					
	Print	Radio	TV	Movie	Print	Radio	TV	Movie	Print		Radio	TV	Movie		
Age															
15-19	10.8	30.3	66.4	15.7	5,769	17.6	35.8	68.4	13.4	5,648	14.2	33.0	67.4	14.6	11,413
20-24	6.3	36.9	65.9	17.3	3,593	9.6	39.4	69.2	12.9	4,159	8.1	38.2	67.7	15.0	7,752
Region															
Ilocos	8.5	37.8	72.6	11.3	474	8.8	41.1	69.8	8.8	468	8.6	39.4	71.3	10.0	941
Cagayan Valley	5.0	19.9	60.1	8.5	343	11.7	31.4	62.0	12.0	327	8.2	25.5	60.9	10.2	670
Central Luzon	5.1	33.0	80.0	11.2	953	12.8	45.0	85.0	7.4	1,097	9.2	39.4	82.6	9.2	2,050
CALABARZON	5.8	32.3	79.6	18.8	1,243	12.6	38.8	80.8	15.3	1,303	9.3	35.6	80.2	17.0	2,547
MIMAROPA	13.4	29.3	66.1	26.5	283	16.1	34.4	62.1	21.9	279	14.6	31.7	64.2	14.7	562
Bicol	14.9	30.3	50.3	15.7	521	19.5	32.6	59.4	13.1	574	17.4	31.5	55.1	14.4	1,095
Western Visayas	9.8	42.4	65.4	13.9	764	15.7	45.3	67.1	9.7	722	12.7	43.8	66.3	11.9	1,487
Central Visayas	8.8	35.8	59.3	15.0	742	11.7	39.2	63.7	9.8	673	10.2	37.5	61.4	12.5	1,415
Eastern Visayas	14.5	26.1	56.0	23.0	427	17.4	28.6	58.7	18.4	402	15.9	27.4	57.3	20.7	829
Zamboanga Peninsula	6.4	25.9	50.8	15.0	372	15.4	28.7	45.2	12.1	355	10.7	27.4	47.9	13.6	729
Northern Mindanao	10.5	31.6	52.8	19.0	447	10.5	38.3	55.1	16.7	474	10.5	35.1	54.0	17.7	921
Davao	6.1	38.8	67.2	13.0	445	9.1	39.6	66.7	11.1	515	7.7	39.2	67.0	12.0	960
SOCCKSARGEN	9.1	33.0	51.7	6.8	437	12.0	35.0	56.9	12.4	460	10.6	34.1	54.4	9.7	900
CAR	6.4	22.1	45.3	16.2	172	19.7	31.0	50.5	13.6	198	13.7	27.0	48.1	14.9	370
ARMM	5.0	18.5	30.8	9.7	321	21.9	16.5	36.6	9.4	355	13.8	17.4	33.9	9.5	671
Caraga	9.4	26.5	58.3	16.2	316	14.9	27.2	57.5	16.1	255	12.1	16.4	57.9	16.2	520
NCR	14.2	38.6	85.6	26.1	1,150	17.2	39.7	85.9	18.3	1,357	15.8	39.2	85.8	21.9	2,507
Place of residence															
Urban	10.9	36.4	80.6	20.0	2,398	15.8	40.5	82.4	14.6	2,831	13.5	38.6	81.5	17.1	5,228
Rural	8.4	31.6	61.2	15.0	6,962	13.6	36.0	63.3	12.6	6,982	11.0	33.8	62.3	13.8	13,944
Educational attainment															
No schooling/Elementary	5.4	31.4	51.6	13.3	1,730	9.4	32.6	49.1	11.0	922	6.8	31.8	50.7	12.5	2,651
High school undergraduate	11.3	29.7	66.2	17.0	3,530	17.4	34.4	67.0	14.2	3,503	14.4	32.1	66.6	15.6	7,032
High school graduate/Vocational	4.6	38.8	71.9	17.3	2,410	10.3	42.9	74.1	14.7	3,052	7.8	41.1	73.1	15.8	5,463
College or higher	14.5	32.3	73.1	16.4	1,688	16.6	36.3	72.3	10.7	2,336	15.8	34.6	72.7	13.1	4,023
Socioeconomic status (Wealth quintile)															
Lowest (Poorest)	8.7	30.0	40.3	10.9	1,887	12.7	31.0	39.5	9.5	1,954	10.7	30.5	39.9	10.2	3,840
Second	8.7	33.0	60.6	15.8	1,916	13.6	38.7	64.3	13.0	2,022	11.2	36.0	62.5	14.4	3,935
Middle	9.2	35.7	73.4	18.4	2,091	15.4	36.4	76.9	14.4	2,082	12.3	34.0	75.1	16.4	4,173
Fourth	9.2	34.1	78.7	20.5	1,942	12.6	40.3	80.9	16.1	2,063	11.0	38.1	79.8	18.2	4,006
Highest (Richest)	9.6	32.8	79.4	15.4	1,527	17.4	40.4	83.2	12.6	1,693	13.7	37.4	81.4	13.9	3,219
Total	9.1	32.8	66.2	16.3	9,361	14.2	37.3	68.8	13.2	9,813	11.7	35.1	67.5	14.7	19,174

Figure 3.1 Daily use of traditional media by sex



(Telecommunications Policy Act) paved the way for the rapid development of ICT in the country. Today, cell phones have become the most common communication technology tool for every Filipino. Table 3.2 presents the level of Internet use and cell phone ownership among Filipino youth.

Overall, 78.3 percent of the youth own a cell phone; the level is slightly higher among females (80.8%) than males (75.7%) and among the older (83%) than the younger (75.2%) cohort. Cell phone ownership increases consistently as education level rises, from 51.3 percent among those with elementary-level schooling to 94.6 percent among the college educated. This increasing pattern is also found when the wealth index is taken into consideration. Among the lowest quintile, 58 percent reported ownership of a cell phone, increasing to 92.9 percent among the highest wealth quintile. The proportions of youth who own a cellphone are highest in CALABARZON (87.3%), Ilocos (86.8%), Central Luzon (85.7%), and NCR (84.8%) and lowest in ARMM (52.4%).

Aside from communication, cell phone is also used as a means to meet new friends and form new relationships, some not requiring face-to-face contact. Among all youth who own a cell phone, 43.6 percent reported having text mates

whom they have not met personally (Table 3.3). This practice is more common among males (54.5%) than females (33.9%) and among the younger (48.3%) than the older cohort (37.4%). As shown in Figure 3.2, there is a reverse education and socioeconomic status gradient in this practice in that the proportion decreases as the education level and socioeconomic status rise. The prevalence of the practice is highest in Eastern Visayas (53.7%), Caraga (52.4%), and SOCCSKSARGEN (51.6%) and lowest in CAR (30.9%), NCR (35.9%), and ARMM (37.3%). Interestingly, more young people from rural areas than urban areas reported having text mates whom they have not personally met (45.8% vs. 38.4%).

While cell phones are generally used for communication (i.e., calling and sending SMS), the development of mobile phone technology, particularly the introduction of smart phones, has added a new function for cell phones. Almost half of the young people in the country use their phones for entertainment purposes, such as listening to music, playing games, and surfing the Internet, while 13.2 percent reported that their phones are used to take and store pictures and videos. These other cell phone functions are reported more by the younger age group than the older age group. Across regions, more

Figure 3.2 Percent of youth with text mates whom they have not met personally by education level and socioeconomic status



young people from CALABARZON (56%), NCR (55.8%), Eastern Visayas (54.4%), and Cagayan Valley (52.3%) are using their cell phones for entertainment. The percentage of young people reporting the use of cell phones other than for communication increases with rising educational attainment and socioeconomic status. This could be a function of access, as young people of higher socioeconomic status are more likely to own a smart phone than their less economically able counterparts (see Table 3.4).

Internet and social media use

In 2002, when YAFS3 was conducted, the Internet was still a relatively new innovation in the Philippines. In YAFS3, Internet use among young people was only about 2 percent. In the intervening period, Internet use has grown tremendously and has since become a ubiquitous source of information and a potent communication tool for Filipinos, especially the youth. This section presents findings on Internet use for social networking, communication, entertainment, and the formation of online friendships.

In general, 58.9 percent of today's youth use the Internet (Table 3.2). The level of Internet use is slightly higher among females (61%) than males (56.6%) and among the younger (60.3%) than the older (56.7%) cohort. Expectedly, there is a distinct education gradient in Internet use, from almost universal use (91.3%) among the college educated to a low 20.5 percent among

those with elementary education. Internet use also increases as socioeconomic status rises.

The regional profile of Internet use shows a picture of two regions at extreme ends and the rest of the regions within a narrow range in between. In the NCR, 92.3 percent use the Internet. In contrast, only 22.4 percent use the Internet in ARMM. The prevalence of Internet use in the rest of the regions falls between 40 percent to slightly below 70 percent.

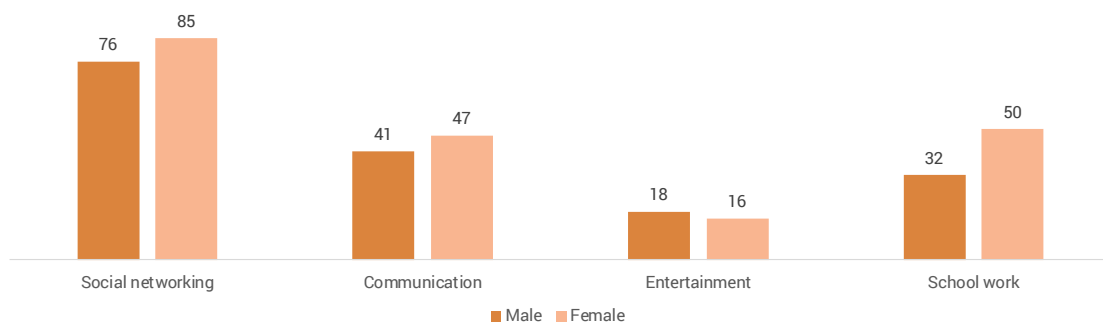
The Internet serves several functions for young people, but its most frequent use is for social purposes such as social networking, checking emails, and chatting. It is also frequently used for school work and entertainment (see Figure 3.3). Among Internet users, 80.3 percent reported using the Internet for social networking; again, females have a slightly higher prevalence (84.5%) than males (75.6%). The difference by education is not so pronounced. The regions with the highest prevalence of social networking among Internet users are NCR (87.8%), Central Luzon, Ilocos, and CALABARZON (all at about 84%). The prevalence is lowest in ARMM (60.7%), SOCCSKSARGEN (66.5%), Northern Mindanao (69.2%), and CAR (69.3%; Table 3.5).

Next to social networking, the Internet is used for purposes such as checking emails and chatting. About four in 10 Filipino youth reported this Internet function. Following the education and socioeconomic gradient in Internet use, the proportion of young people who use the Internet for communication also increases with a rise in education and socioeconomic status. Young people from the regions of Central Luzon (53.7%),

Table 3.2 Percent of males and females who use the internet and own a cellular phone by background characteristics

Background characteristics	Male		No. of Males	Female		No. of Females	Both sexes		No. of Cases
	Internet	Cellular phone		Internet	Cellular phone		Internet	Cellular phone	
Age									
15-19	57.7	71.9	5,771	63.1	78.6	5,653	60.3	75.2	11,423
20-24	54.9	81.9	3,594	58.3	83.9	4,160	56.7	83.0	7,754
Region									
Ilocos	64.7	85.0	474	67.9	88.7	468	66.3	86.8	941
Cagayan Valley	40.0	80.5	344	52.3	84.4	327	46.1	82.3	671
Central Luzon	70.8	83.2	953	65.1	87.0	1,097	67.8	85.7	2,050
CALABARZON	64.1	84.0	1,243	65.1	90.5	1,303	64.7	87.3	2,547
MIMAROPA	45.7	77.7	283	49.8	81.0	279	47.7	79.4	562
Bicol	38.4	70.3	521	41.5	74.5	574	40.1	72.5	1,095
Western Visayas	37.2	69.6	764	51.7	82.3	722	44.3	75.8	1,487
Central Visayas	63.5	73.8	742	70.9	81.7	673	67	77.6	1,415
Eastern Visayas	39.6	67.4	427	43.7	65.2	402	41.6	66.3	830
Zamboanga Peninsula	44.2	68.1	373	42.1	71.9	355	43.2	70	729
Northern Mindanao	47.9	72.3	447	61.8	77.6	474	55	75	921
Davao	56.2	71.1	445	57.1	78.2	515	56.7	74.9	960
SOCCKSARGEN	40.5	68.6	440	42.7	62.3	461	41.6	65.4	901
CAR	38.7	78.5	172	56.6	85.8	198	48.4	82.2	371
ARMM	16.8	55.1	321	27.5	50.0	355	22.4	52.4	675
Caraga	51.7	68.7	316	56.1	73.2	255	53.9	71	520
NCR	92.8	81.1	1,152	91.9	87.8	1,357	92.3	84.8	2,508
Place of residence									
Urban	84.2	80.9	2,398	82.9	87.2	2,831	83.6	84.3	5,228
Rural	47.1	73.9	6,966	52.2	78.3	6,982	49.6	76.1	13,944
Educational attainment									
No schooling/Elementary	21.1	51.4	1,732	19.3	51.0	922	20.5	51.3	2,651
High school undergraduate	52.6	71.0	3,531	51.6	71.8	3,503	52.1	71.4	7,032
High school graduate/Vocational	53.4	87.8	2,412	61.7	88.8	3,053	62.5	88.4	5,463
College or higher	91.9	93.3	1,688	90.8	95.7	2,336	91.3	94.6	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	23.9	56.9	1,889	29.4	59.0	1,954	26.7	58	3,840
Second	39.7	70.1	1,916	49.2	75.9	2,022	44.6	73.1	3,935
Middle	59.0	78.3	2,092	61.7	84.2	2,082	60.3	81.2	4,173
Fourth	75.9	85.0	1,942	80.0	91.5	2,063	78	88.3	4,006
Highest (Richest)	90.6	90.8	1,527	87.7	94.8	1,693	89.1	92.9	3,219
Total	56.6	75.7	9,363	61.0	80.8	9,364	58.9	78.3	19,177

Figure 3.3 Uses of the Internet by sex



SOCCKSARGEN (53.1%), Ilocos (51.9%), and Davao (50.6%) registered the highest proportion of Internet use for communication purposes.

Finally, the Internet facilitates school-related work. About four in 10 reported using the Internet for this purpose. Across background characteristics, the use of the Internet for school work is higher among females (49.8%), younger youth (45.7%), those from the rural areas (42.1%), and those from the regions of CAR (68.2%) and Cagayan Valley (57.8%). Meanwhile, 17 percent of the youth cited the entertainment

function of the Internet. This includes activities such as listening to music, downloading movies and TV shows, and playing online games. More males than females use the Internet for entertainment purposes (18.4% vs. 15.7%, respectively). The prevalence is higher among young people from urban areas and the younger age group. The proportion also increases with a rise in education and socioeconomic status. Across regions, it is highest in NCR and lowest in ARMM and CAR.

Table 3.3 Percent of younger people with textmates whom they have not met personally by background characteristics

Background characteristics	Male		Female		Both sexes	
	Percent	Number of Males	Percent	Number of Females	Percent	Number of Cases
Age						
15-19	57.8	4,135	39.4	4,425	48.3	8,560
20-24	49.8	2,936	27.0	3,472	37.4	6,407
Region						
Ilocos	47.8	400	31.1	411	39.2	811
Cagayan Valley	53.4	277	30.5	275	42.1	551
Central Luzon	57.7	792	26.0	961	40.3	1,753
CALABARZON	56.5	1,043	35.3	1,181	45.2	2,224
MIMAROPA	57.5	219	35.8	226	46.5	445
Bicol	57.2	362	45.8	428	51.1	789
Western Visayas	56.7	527	33.4	587	44.4	1,113
Central Visayas	50.1	547	38.3	549	44.2	1,095
Eastern Visayas	58.0	286	49.0	261	53.7	547
Zamboanga Peninsula	50.4	252	32.3	254	41.3	506
Northern Mindanao	61.6	323	40.6	367	50.4	691
Davao	61.8	317	38.4	401	48.8	717
SOCCKSARGEN	60.3	300	42.2	282	51.6	583
CAR	37.3	134	25.7	167	30.9	301
ARMM	42.6	176	32.0	175	37.3	351
Caraga	62.6	182	42.5	186	52.4	368
NCR	48.3	933	26.0	1,184	35.9	2,117
Place of residence						
Urban	51.0	1,938	28.5	2,456	38.4	4,393
Rural	55.8	5,133	36.4	5,441	45.8	10,574
Educational attainment						
No schooling/Elementary	60.9	887	43.4	465	54.9	1,352
High school undergraduate	59.2	2,498	43	2,504	51.1	5,002
High school graduate/Vocational	53.3	2,113	31.9	2,697	41.3	4,810
College or higher	45	1,572	24.3	2,230	32.9	3,803
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	58.4	1,066	40.0	1,145	48.9	2,210
Second	58.3	1,338	40.5	1,526	48.8	2,864
Middle	57.0	1,633	39.1	1,745	47.7	3,378
Fourth	53.1	1,648	27.4	1,877	39.4	3,525
Highest (Richest)	46.5	1,387	25.4	1,604	35.2	2,990
Total	54.5	7,071	33.9	7,895	43.6	14,966

Table 3.4 Uses of cellphone by background characteristics

Background characteristics	Male			Female			Both sexes			No. of Cases		
	No. of Males			No. of Females			No. of Cases					
	Communication	Entertainment	Others	Communication	Entertainment	Others	Communication	Entertainment	Others			
Age												
15-19	99.1	48.7	12.5	4,143	99.3	50.1	14.5	4,437	99.2	49.4	13.5	8,581
20-24	99.1	45.4	11.7	2,942	99.6	44.9	13.9	3,487	99.6	45.1	12.9	6,430
Region												
Ilocos	99.8	51.5	8.7	402	99.5	48.2	12.0	415	99.6	49.8	10.4	817
Cagayan Valley	99.6	50.7	4.7	277	98.9	53.8	11.0	272	99.3	52.3	7.8	549
Central Luzon	99.6	42.7	17.2	791	99.6	45.8	17.8	964	99.6	44.4	17.5	1,755
CALABARZON	97.9	49.1	10.7	1,043	99.2	62.0	21.1	1,180	98.6	56.0	16.2	2,223
MIMAROPA	98.2	44.3	7.3	219	98.7	50.9	15.0	226	98.4	47.5	11.4	446
Bicol	98.9	51.1	4.4	365	99.5	40.5	8.7	426	99.2	45.4	6.8	793
Western Visayas	99.8	44.4	10.9	532	99.7	41.3	8.4	595	99.7	42.8	9.6	1,126
Central Visayas	99.8	35.6	9.0	547	100.0	38.2	5.5	550	99.9	36.9	7.3	1,098
Eastern Visayas	100.0	57.5	12.8	288	99.6	51.0	25.4	260	99.8	54.4	18.8	548
Zamboanga Peninsula	99.6	48.4	12.2	254	98.0	35.9	8.2	256	99.0	42.0	10.4	510
Northern Mindanao	99.7	51.4	28.8	323	99.2	29.4	9.0	367	99.4	39.7	18.1	690
Davao	99.1	51.4	13.6	317	99.5	44.0	10.2	403	99.3	47.3	11.5	719
SOCCKSARGEN	99.3	44.2	13.0	301	100.0	35.3	14.3	286	99.7	39.9	13.5	586
CAR	99.3	48.9	5.2	135	98.2	37.9	7.1	169	98.7	42.8	6.3	304
ARMM	97.2	35.2	5.1	176	100.0	30.1	2.9	175	98.6	32.7	4.0	352
Caraga	99.5	59.3	34.4	183	99.5	37.4	11.2	187	99.2	48.2	22.6	368
NCR	100.0	49.0	11.1	932	99.6	61.2	19.7	1,192	99.8	55.8	15.9	2,125
Place of residence												
Urban	99.8	48.7	12.4	1,939	99.6	57.0	18.7	1,468	99.7	53.4	15.9	4,406
Rural	99.1	46.8	12.0	5,146	99.3	43.7	12.2	5,457	99.2	45.2	12.1	10,603
Educational attainment												
No schooling/Elementary	98.8	40.6	10.3	889	99.4	35.3	8.3	470	99.0	38.8	9.7	1,360
High school undergraduate	99.0	46.2	12.2	2,506	99.5	46.1	11.1	2,513	99.2	46.1	11.6	5,019
High school graduate/Vocational	99.5	47.6	13.0	2,117	99.2	46.0	15.4	2,706	99.4	46.7	14.4	4,824
College or higher	99.7	52.6	12.0	1,573	27.4	54.5	17.5	2,234	99.6	53.7	15.2	3,807
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	98.4	42.4	11.6	1,073	99.4	33.0	7.2	1,152	98.9	37.5	9.3	2,226
Second	99.5	43.1	12.0	1,342	99.6	41.9	10.5	1,528	99.6	44.5	11.2	2,871
Middle	99.3	46.5	10.5	1,637	99.5	42.1	11.7	1,752	99.3	44.3	11.1	3,389
Fourth	99.5	49.3	12.1	1,647	99.3	53.9	17.5	1,888	99.5	51.8	15.0	3,535
Highest (Richest)	99.4	53.8	14.6	1,386	99.4	63.1	21.8	1,605	99.3	58.8	18.5	2,991
Total	99.3	47.3	12.1	7,085	99.4	47.8	14.2	7,925	99.4	47.6	13.2	15,010

Table 3.5 Uses of Internet by background characteristics

Background characteristics	Male						Female						Both sexes						No. of cases	
	Entertainment		Communication		Social networking		Entertainment		Communication		Social networking		Entertainment		Communication		Social networking			
	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work		
Age																				
15-19	18.4	39.0	73.5	34.1	3,324	17.5	43.3	85.0	56.5	3,564	17.9	41.2	79.5	45.7	6,888					
20-24	18.5	45.4	79.2	29.0	1,974	13.2	53.5	83.8	40.0	2,422	15.7	49.9	81.7	35.0	4,395					
Region																				
Ilocos	24.5	48.7	81.0	30.1	305	17.7	55.0	86.5	47.3	318	21.1	51.9	83.7	38.8	624					
Cagayan Valley	9.5	38.7	67.4	49.6	138	10.1	35.9	76.0	64.1	171	9.7	37.3	72.1	57.8	308					
Central Luzon	21.4	51.2	84.1	17.6	674	16.2	56.0	84.2	44.7	714	18.6	53.7	84.2	31.6	1,389					
CALABARZON	20.4	35.6	78.3	30.5	797	16.8	41.4	88.5	48.6	851	18.6	38.6	83.6	39.8	1,648					
MIMAROPA	18.4	41.1	65.9	46.5	129	5.8	32.6	80.4	52.5	138	8.2	36.7	73.4	49.4	267					
Bicol	11.7	37.5	75.0	37.5	200	10.8	57.1	82.8	50.0	238	11.3	48.2	79.0	44.4	439					
Western Visayas	6.8	41.5	62.7	39.8	284	11.9	51.6	89.5	58.7	372	9.2	47.3	77.9	50.5	656					
Central Visayas	22.7	35.1	71.5	30.2	471	18.4	38.0	83.0	53.5	477	20.7	37.0	77.3	42.0	948					
Eastern Visayas	10.1	47.3	72.2	34.9	169	12.9	52.6	80.6	40.9	175	11.5	49.9	76.5	38.0	344					
Zamboanga Peninsula	13.7	49.7	73.9	32.1	165	11.0	51.0	79.2	55.7	149	12.4	50.3	76.7	43.3	313					
Northern Mindanao	17.9	35.5	68.7	38.8	214	11.6	34.6	69.9	64.8	292	14.7	34.9	69.2	53.8	507					
Davao	16.4	46.0	70.0	31.6	250	14.6	54.6	84.0	49.0	294	15.4	50.6	77.6	40.9	544					
SOCCKSARGEN	12.8	55.1	63.6	38.6	176	8.0	51.3	69.0	46.2	297	10.3	53.1	66.5	42.7	373					
CAR	7.5	34.3	64.2	61.8	67	7.6	45.0	72.3	71.4	112	7.6	41.0	69.3	68.2	179					
ARMM	3.7	37.0	55.6	42.6	54	3.1	59.8	62.9	58.3	97	3.4	52.0	60.7	52.7	150					
Caraga	16.2	45.3	75.4	33.3	138	11.4	49.0	79.7	47.9	143	13.0	47.0	77.5	40.7	280					
NCR	38.1	35.9	81.6	32.2	1,066	31.2	46.8	93.3	43.2	1,247	34.3	42.3	87.8	38.2	2,314					
Place of residence																				
Urban	30.7	41.4	79.2	31.5	2,019	27.3	50.1	90.2	48.5	2,348	28.8	46.1	85.1	40.6	4,366					
Rural	14.2	41.4	73.4	32.7	3,279	10.9	45.7	80.8	50.7	3,639	12.6	43.7	77.3	42.1	6,918					
Educational attainment																				
No schooling/Elementary	4.3	27.4	70.1	7.4	365	4.0	35.6	83.1	14.1	177	4.2	30.1	74.4	9.8	542					
High school undergraduate	15.9	36.0	73.4	32.1	1,856	11.5	40.9	81.3	52.7	1,806	13.7	38.4	77.3	42.2	3,662					
High school graduate/Vocational	21.5	43.4	77.5	24.1	1,527	15.0	47.1	87.1	32.6	1,882	17.9	45.5	82.8	28.8	310					
College or higher	33.7	49.1	77.7	46.2	1,549	27.4	54.4	85.1	65.6	2,119	30.1	52.2	82.0	57.4	3,669					
Socioeconomic status (Wealth quintile)																				
Lowest (Poorest)	5.7	30.3	63.5	29.0	452	4.0	37.0	72.4	45.2	1,954	4.8	34.1	68.4	38.1	1,026					
Second	9.3	40.4	71.3	30.8	760	10.1	43.1	79.0	49.4	2,022	9.7	41.9	75.6	41.4	1,753					
Middle	16.3	41.6	76.6	28.1	1,233	14.6	44.7	84.4	48.9	2,082	15.4	43.2	80.6	38.8	2,516					
Fourth	28.4	40.7	79.1	34.2	1,470	22.8	49.8	87.3	49.6	2,063	25.5	45.5	83.4	42.3	3,120					
Highest (Richest)	35.8	46.0	77.4	35.6	1,382	28.5	54.1	90.0	52.7	1,693	32.0	50.2	83.0	44.5	2,869					
Total	18.4	41.4	75.6	32.2	5,298	15.7	47.4	84.5	49.8	5,298	17.0	44.6	80.3	41.6	11,284					

Similar to the cell phone, the Internet likewise provides a means to establish relationships without face-to-face contact, referred to as online or virtual friendships. Among Internet users, more than half (52.3%) have online or virtual friends (i.e., friends they have not met personally). The pattern of difference by age and sex is the same as that for text mates in that more males than females (57.9% vs. 47.3%) and more of the younger than the older cohort (53.7% vs. 50%) have virtual

friends. There is no discernible difference by education level. In terms of regional differences, this kind of relationship is more common among young people from Central Luzon, Davao, NCR, and ARMM (Table 3.6).

Exposure to pornography through media

The exposure of Filipino youth to pornographic materials through videos increased slightly between the 2002 YAFS and

Table 3.6 Percent of young people with online friends whom they have not met personally by background characteristics

Background characteristics	Male		Female		Both sexes	
	Percent	No. of Males	Percent	No. of Females	Percent	No. of Cases
Age						
15-19	58.0	3,310	49.7	3,547	53.7	6,857
20-24	57.8	1,967	43.6	2,410	50.0	4,376
Region						
Ilocos	49.5	303	40.4	317	44.8	620
Cagayan Valley	58.8	136	51.2	168	54.6	304
Central Luzon	69.4	673	50.9	713	59.8	1,387
CALABARZON	59.3	796	46.0	852	52.4	1,648
MIMAROPA	57.4	129	52.2	138	54.7	267
Bicol	52.5	200	56.3	238	54.7	437
Western Visayas	53.4	279	40.9	372	46.3	652
Central Visayas	37.1	469	40.3	477	38.7	946
Eastern Visayas	56.2	169	43.9	171	50.1	339
Zamboanga Peninsula	45.1	162	44.2	147	44.8	310
Northern Mindanao	48.8	213	44.7	293	46.3	505
Davao	66.8	250	52.9	293	59.3	543
SOCCSKSARGEN	60.2	176	43.8	192	51.4	368
CAR	50.0	66	41.4	111	44.6	177
ARMM	69.8	53	49.5	91	57.3	143
Caraga	43.1	137	47.6	143	45.4	280
NCR	66.7	1,064	50.6	1,239	58.1	2,303
Place of residence						
Urban	64.3	2,014	50.7	2,339	57.0	4,353
Rural	54.0	3,263	45.0	3,617	49.3	6,879
Educational attainment						
No schooling/Elementary	56.1	360	51.4	175	54.5	536
High school undergraduate	54.5	1,843	46.8	1,791	50.7	3,634
High school graduate/Vocational	57.9	1,526	46.2	1,876	51.4	3,402
College or higher	62.4	1,547	48.2	2,114	54.2	3,661
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	45.0	447	40.3	566	42.3	1,013
Second	50.9	753	43.1	986	46.5	1,739
Middle	56.6	1,227	47.2	1,281	51.8	2,509
Fourth	61.9	1,468	51.3	1,646	56.3	3,114
Highest (Richest)	63.0	1,381	48.2	1,477	55.4	2,859
Total	57.9	5,277	47.3	5,955	52.3	11,232

2013 YAFS. In 2002, 55 percent of the youth aged 15–24 reported having ever watched pornographic videos. This rose to 56.5 percent in 2013. The same gender difference is found in the two survey rounds (see Figure 2.4). More males have ever watched pornographic materials than females, although the percentage among females rose slightly from 36.4 percent in 2002 to 38.1 percent in 2013. A higher percentage of young people in the age group 20–24 and those with high education have ever watched pornographic materials. Exposure to pornography through videos is higher among youth from Caraga (66.7%), followed by NCR (66.2%). Only 21.7 percent of the youth in ARMM have ever watched pornographic materials (Table 3.7).

In contrast, there is a slight decline in the percentage of youth who have ever read pornographic materials between 2002 and 2013, from 38.5 percent to 35.6 percent. Exposure to print materials with adult content is higher among males, the older youth, and those with high education. In terms of regional differences, more young people from NCR (47.4%), CALABARZON (45%), and Bicol (38%) reported having ever read pornographic materials. Again, youth from ARMM registered the lowest percentage who have ever read materials with pornographic content (11.1%). Exposure to both print and video pornographic materials tends to increase with the level of education and socioeconomic status. Among young people with elementary education or no schooling, 20.8 percent and 49 percent have been exposed to pornography

through print and video, respectively. Among those with college or higher education, exposure to pornographic materials through both media platforms rose to 48.1 percent and 63.3 percent, respectively.

Furthermore, ICTs, particularly the Internet, offer young people the possibility to discreetly access information on issues that they may be too embarrassed to ask or talk about because of cultural reasons. Sex-related topics are one of the top search topics on the Internet (McKenzie, 2007).

Among young Filipinos who reported to be Internet users, 26.3 percent admitted to having accessed websites with sexually explicit content (Table 3.8). There is an obvious disparity between males and females, with 46.7 percent of males reporting to have accessed adult-themed websites compared with 8.3 percent among females. The prevalence is also higher among the older cohort and those living in urban areas (both 32.3%). In terms of socioeconomic status, the proportion of young people who reported accessing adult-themed websites rose with increasing socioeconomic status. This is consistent with the pattern of Internet use. The youth from NCR (36%) have the highest prevalence of access to websites with sexual content, while those from ARMM have the lowest (11.5%).

Figure 3.4 Exposure to pornographic materials by sex: 2002 and 2013

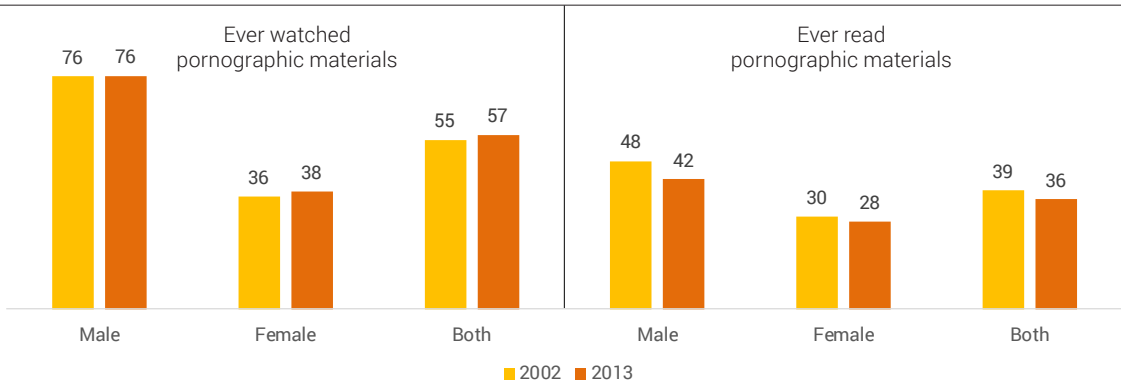


Table 3.7 Percent of young people who have been exposed to pornographic materials by different media and by background characteristic

Background characteristics	Male			Female			Both sexes		
	Read pornographic materials	Watch pornographic videos	N of cases	Read pornographic materials	Watch pornographic videos	N of cases	Read pornographic materials	Watch pornographic videos	N of cases
Age									
15-19	36.8	70.0	5,768	22.7	28.7	5,640	29.8	49.6	6,888
20-24	53.2	85.1	3,590	36.1	50.9	4,158	44.4	66.8	4,395
Region									
Ilocos	41.0	80.1	473	29.1	41.0	468	35.1	60.8	941
Cagayan Valley	31.3	71.5	344	34.8	38.7	326	33.0	55.5	670
Central Luzon	47.2	81.5	953	20.4	33.8	1,097	32.9	56.0	2,049
CALABARZON	60.8	85.0	1,243	30.0	39.2	1,304	45.0	61.5	2,547
MIMAROPA	34.0	72.4	283	28.3	34.4	279	31.3	53.6	562
Bicol	39.7	70.3	522	36.5	36.6	573	38.0	52.7	1,095
Western Visayas	32.5	63.8	765	24.1	36.1	721	28.4	50.3	1,485
Central Visayas	38.4	76.0	741	30.2	47.5	673	34.5	62.4	1,415
Eastern Visayas	26.8	59.8	423	30.8	32.6	399	28.7	46.6	822
Zamboanga Peninsula	34.9	74.2	372	23.3	32.9	356	29.3	54.0	728
Northern Mindanao	48.3	78.7	447	22.6	35.1	473	35.1	56.3	920
Davao	46.7	79.1	446	25.9	40.4	515	35.6	58.4	959
SOCCKSARGEN	38.7	75.0	440	20.2	30.2	457	29.3	52.2	897
CAR	39.0	72.7	172	35.4	31.8	198	37.0	50.8	370
ARMM	8.1	29.1	320	13.8	15.0	353	11.1	21.7	673
CARAGA	38.1	83.8	265	27.1	48.8	254	32.6	66.7	519
NCR	57.3	87.9	1,150	38.9	47.8	1,353	47.4	66.2	2,502
Place of residence									
Urban	54.1	85.6	2,396	34.8	44.3	2,826	43.6	63.3	5,222
Rural	39.3	72.4	6,962	25.8	35.6	6,972	32.5	54.0	13,934
Educational attainment									
No schooling/Elementary	23.3	60.4	684	16.3	27.5	666	20.8	49.0	2,648
High school undergraduate	36.9	70.9	1,025	20.7	28.9	2,484	28.8	50.0	7,021
High school graduate/Vocational	53.5	85.9	341	33.3	45.9	1,651	42.2	63.5	5,463
College or higher	61.6	87.3	214	38.3	45.9	1,264	48.1	63.3	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	26.9	61.8	1,886	21.7	28.3	1,947	24.2	44.8	3,833
Second	36.4	71.8	1,916	25.3	35.6	2,021	30.7	53.2	3,937
Middle	45.9	77.5	2,090	28.4	39.9	2,077	37.2	58.7	4,167
Fourth	50.2	83.0	1,941	31.5	42.1	2,062	40.6	62.0	4,003
Highest (Richest)	58.7	86.6	1,525	35.9	45.2	1,691	46.8	64.9	3,217
Total	42.1	75.8	9,363	28.4	38.1	9,811	35.6	56.5	19,156

Summary and conclusions

Compared with their predecessors, today's generation of youth are exposed to a far wider range of choices in connecting with the world, as it is in their generation that advancements in ICTs have proceeded at a very rapid pace. As such, they have greater access to information and resources that were not readily available to earlier generations. The Internet and mobile

telecommunications, in particular, have not only provided young people with a means of communication but have also extended their options for entertainment and socialization. They are no longer just passive consumers of technology but can be active producers of media content.

The findings showed that young Filipinos are still using the traditional media forms, although there is greater preference on

Table 3.8 Percent of young people who have accessed website with sexually explicit content, by background characteristics

Background Characteristics	Male		Female		Both sexes	
	Percent	N of cases	Percent	N of cases	Percent	N of cases
Age						
15-19	40.5	3,306	5.7	3,549	22.5	6,854
20-24	57.1	1,970	12.2	2,411	32.3	4,381
Region						
Ilocos	39.4	302	4.1	317	21.3	619
Cagayan Valley	30.4	135	7.7	169	18	306
Central Luzon	42.1	673	8.3	714	24.7	1,388
CALABARZON	53.6	797	6.8	852	29.4	1,649
MIMAROPA	33.3	129	5.0	139	18.7	268
Bicol	39.1	197	8.0	238	22	436
Western Visayas	32.6	282	8.7	368	19.1	650
Central Visayas	40.0	470	6.5	477	23.1	948
Eastern Visayas	37.1	167	8.6	174	22.5	342
Zamboanga Peninsula	55.8	163	8.8	147	33.2	310
Northern Mindanao	37.4	214	5.6	286	19.2	500
Davao	43.6	250	10.0	291	25.6	542
SOCCKSARGEN	48.0	173	3.6	192	24.7	365
CAR	35.4	65	7.3	110	18.2	176
ARMM	26.4	53	3.2	95	11.5	148
CARAGA	40.9	137	9.8	143	24.9	281
NCR	63.2	1,065	12.8	1,246	36	2,312
Place of residence						
Urban	57.1	2,015	10.9	2,346	32.3	4,361
Rural	40.2	3,262	6.6	3,613	22.6	6,874
Educational attainment						
No schooling/Elementary	33.3	363	11.4	156	26.2	539
High school undergraduate	37.7	1,843	4.9	1,711	21.5	3,541
High school graduate/Vocational	49	1,525	10.2	1,684	27.6	3,402
College or higher	58.2	1,546	9.3	1,912	30	3,654
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	30.6	451	5.5	568	16.5	1,019
Second	33.8	751	6.0	980	18.1	1,731
Middle	41.5	1,225	7.4	1,279	24.1	2,505
Fourth	50.3	1,471	8.4	1,647	28.2	3,118
Highest (Richest)	59.7	1,378	11.6	1,485	34.8	2,863
Total	46.7	5,277	8.3	5,960	26.3	11,237

broadcast media, particularly television. But this generation of youth is at the threshold of profound change in mass media forms. With more than half of young Filipinos using the Internet and more than two thirds owning cell phones, there is a greater possibility of media use convergence as contents from traditional media have become readily accessible through the Internet. Access to pornography and adult-themed content, for example, extends to the Internet and cell phones. On the other hand, the findings also underscored

the benefits that young people get from ICT. For instance, a significant proportion use the Internet for school-related activities. However, given the vast amount of information available through the Internet, concerns have been raised about young people's ability to filter and sort through the information they retrieve from the Internet.

While access to ICTs, particularly for young people, has improved through the years, there is still an obvious digital divide

within socioeconomic status and educational attainment, as well as across regions. The regional profile of Internet use depicts a picture of two regions at opposing ends, with Internet use registered at 92.3 percent in NCR and 22.4 percent in ARMM, while the rest of the regions fall within the range in between. Regardless of how the Internet is used, the same pattern prevails, with NCR and its neighboring areas at the high end and ARMM at the bottom end.

In the same manner, Internet use and cell phone ownership show a positive association with socioeconomic status and education. Young people at the lower end of both educational and socioeconomic status have a lower prevalence of Internet use and cell phone ownership compared with their counterparts. More equitable access to technology for young people requires addressing this socioeconomic disparity.

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Subjective Well-Being, Self-Assessed Health, and Lifestyle

Josefina N. Natividad

In the fourth iteration of the YAFS, a new area of study on the status of the Filipino youth is added, expanding the scope of the study beyond the core topics of fertility, sexuality, and attendant risk behaviors. For YAFS4, we added a section on health and lifestyle in recognition of the growing interest in the study of chronic diseases that may originate from habits and behaviors associated with certain lifestyles that are acquired in one's early years such as the ages of 15–24. Among these are habits related to diet, exercise, and leisure activities. YAFS4 also expanded the section on understanding how Filipino youth perceive themselves, using a variety of indicators. These self-assessments can be used as explanatory factors for variations in behaviors or can be dependent variables to be explained in future analysis. In all, this new addition to the YAFS data enriches our current understanding of the Filipino youth of today.

Self-assessed status

Overall, the self-assessed status measures aim to capture the individual's sense of how well he/she is doing with his/her life along a number of dimensions. All these measures can be conceived of as indicators of subjective well-being in its various facets. The notion that subjective well-being—a term that broadly captures an individual's evaluation of his or her life—is an important factor for understanding psychological well-being and overall mental health is well supported in theory and research (Moksnes & Espnes, 2013). Subjective well-

being, in turn, is often measured in terms of life satisfaction and self-esteem. While much of the literature on subjective well-being pertains to the adult population, a number of studies have looked at the adolescent years in which a multitude of biological, psychological, social, and cognitive changes are occurring, posing many challenges to the adolescent, with effects that may persist through adulthood.

Investigating the factors that may affect life satisfaction, Proctor, Linley, and Malbey (2009) reported only a very modest role played by gender and socioeconomic status among children and adolescents. Other studies that found a more pronounced gender difference generally reported boys as scoring higher on life satisfaction than girls (Goldbeck et al., 2007; Moksnes & Espnes, 2012). Similarly, males tend to report higher self-esteem than do females. Numerous studies show the positive link between self-esteem and psychological health and well-being during adolescence. Conversely, low self-esteem has been linked to experiencing more symptoms of anxiety and depression (Orth et al., 2009).

YAFS4 contained a number of self-assessed indicators of subjective well-being. These are life satisfaction, happiness, self-esteem, and depression. Life satisfaction and happiness are measured through a straightforward question asking the respondents to rate their satisfaction with their lives or how happy they are on a 10-point scale. Self-esteem is measured by the Rosenberg scale, while depression is

measured using a short version of the Center for Epidemiologic Studies-Depression (CES-D) scale.

Table 4.1 shows the self-assessments of Filipino youth broken down by region, urban-rural residence, highest educational attainment, and socioeconomic status based on the wealth index. Because of the often-documented strong gender difference in these measures observed in other studies, Table 4.1 shows the self-assessments separately for men and women.

Self-esteem

The mean self-esteem score for all participants is 18.5¹ with no difference between men and women. There is a considerable variation in the overall mean self-esteem score across the regions, ranging from the highest mean score of 19.8 from Central Luzon to the lowest mean score of 16.7 from Northern Mindanao. Within some regions, there are observed differences in mean scores between men and women, but no consistent pattern is apparent. In some regions, women have higher mean self-esteem

Table 4.1 Mean self-perception scores by background characteristics

Background characteristics	Mean Self-esteem score			Mean depression score			Mean life satisfaction rating			Mean self-rated happiness		
	Male	Female	All	Male	Female	All	Male	Female	All	Male	Female	All
Region												
Ilocos	18.8	17.8	18.3	19.2	20.7	19.9	7.5	7.2	7.3	8.2	7.9	8.1
Cagayan Valley	17.6	18.5	18.0	20.2	19.3	19.8	7.1	7.2	7.1	7.7	7.8	7.8
Central Luzon	19.7	19.8	19.8	18.1	17.6	17.8	7.5	7.7	7.6	8.2	8.3	8.3
CALABARZON	18.6	19.3	19.0	19.2	19.6	19.4	7.2	7.5	7.3	8.4	8.6	8.5
MIMAROPA	19.3	19.3	19.3	19.7	19.4	19.5	7.2	7.1	7.2	7.9	7.9	7.9
Bicol	19.1	18.7	18.9	20.5	21.0	20.8	6.6	7.0	6.9	7.4	7.6	7.5
Western Visayas	18.2	18.6	18.4	20.0	20.2	20.1	6.8	7.4	7.1	7.6	8.2	7.9
Central Visayas	17.5	17.6	17.5	19.3	20.8	20.0	7.0	7.1	7.1	7.8	7.4	7.6
Eastern Visayas	17.2	17.2	17.2	20.8	20.8	20.8	7.3	7.1	7.2	7.9	7.8	7.8
Zamboanga Peninsula	18.4	17.7	18.0	20.0	21.4	20.7	7.0	6.8	6.9	7.6	7.5	7.5
Northern Mindanao	16.7	16.7	16.7	21.4	21.5	21.4	6.6	6.8	6.7	7.4	7.7	7.5
Davao	18.3	17.5	17.8	19.9	20.2	20.1	6.9	6.7	6.8	7.8	7.2	7.5
SOCCKSARGEN	19.1	18.1	18.6	17.4	19.5	18.4	6.9	7.1	7.0	7.8	7.8	7.8
CAR	18.3	17.8	18.0	19.8	21.0	20.5	7.1	7.3	7.2	7.8	7.3	7.5
ARMM	17.7	18.8	18.3	21.8	20.8	21.2	6.9	7.6	7.3	7.2	7.8	7.5
Caraga	17.0	16.7	16.8	21.3	21.5	21.4	6.8	6.7	6.8	7.4	7.2	7.3
NCR	19.6	19.0	19.3	19.9	20.3	20.1	7.6	7.3	7.4	8.2	7.9	8.0
Place of residence												
Urban	19.2	18.9	19.0	19.6	20.0	19.8	7.4	7.3	7.4	8.1	7.9	8.0
Rural	18.2	18.3	18.3	19.7	20.1	19.9	7.0	7.2	7.1	7.8	7.9	7.8
Educational attainment												
No schooling/Elementary	17.7	17.5	17.6	20.1	20.6	20.3	6.9	7.0	6.9	7.6	7.6	7.6
High school undergraduate	18.4	18.2	18.3	19.8	20.2	20.0	7.1	7.3	7.2	7.9	7.9	7.9
High school graduate/Vocational	18.6	18.4	18.5	19.4	20.0	19.7	7.0	7.1	7.1	7.9	7.9	7.9
College or higher	19.5	19.2	19.3	19.4	19.8	19.6	7.6	7.5	7.5	8.2	7.9	8.0
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	17.8	17.7	17.7	20.2	20.5	20.3	6.7	7.0	6.8	7.5	7.5	7.5
Second	18.0	18.1	18.1	19.8	20.2	20.0	7.0	7.1	7.0	7.8	7.9	7.8
Middle	18.4	18.4	18.4	19.6	20.1	19.9	7.1	7.2	7.2	7.9	8.0	8.0
Fourth	19.0	18.8	18.9	19.5	19.9	19.7	7.3	7.4	7.4	8.1	8.0	8.0
Highest (Richest)	19.4	19.5	19.5	19.3	19.6	19.4	7.5	7.6	7.6	8.2	8.1	8.2
Total	18.5	18.5	18.5	19.7	20.1	19.9	7.1	7.2	7.2	7.9	7.9	7.9

¹ The scale ranges from 0–30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem (<https://www.wnorton.com/college/psych/psychsci/media/rosenberg.htm>)

scores (e.g., Cagayan Valley, CALABARZON, ARMM); in others, the men have higher scores (SOCCSKSARGEN, Zamboanga Peninsula, CAR). Still, the differences in scores between the sexes are small, rarely exceeding one point.

Youth from urban areas have higher self-esteem scores than youth from rural areas. Self-esteem also tends to increase as the level of education increases, with the college educated recording the highest mean scores for both men and women. The same pattern is observed for socioeconomic status, with a monotonic increase in the self-esteem score as the wealth quintile increases, from its lowest level among the poorest (mean of 17.7) to the highest level among the richest (mean of 19.5).

Depressive symptoms

In measuring depressive symptoms, YAFS4 adopted a 12-item version of the 20-item CES-D scale, a common scale used to screen for depression in the general population. Because there are no validated cut-off scores for depression among Filipino youth for this scale, we report and compare the mean depressive symptoms in place of a classification of the study population into the depressed and not depressed. For the 12-item scale, the range is 12–36.

The results show that the overall mean depressive symptoms score is 19.9. It is slightly higher among women (mean of 20.1) than men (mean of 19.7). Among the regions, the highest mean depression scores are found in Northern Mindanao and Caraga, both higher than the national average, at 21.4. The lowest mean scores are found in Central Luzon (mean of 17.8) and SOCCSKSARGEN (mean of 18.4). In all regions, except Cagayan Valley, Central Luzon, MIMAROPA, Eastern Visayas, and ARMM, women have slightly higher mean depressive symptoms scores than men.

There is a very slight difference in mean depression scores between urban and rural residents, with rural residents scoring marginally higher (mean of 19.9) than urban residents (mean of 19.8). By educational attainment, the

mean depression score is highest among those with no schooling or with elementary education (mean of 20.3) and decreases monotonically as educational attainment increases, with the lowest mean score recorded among the college educated (mean of 19.6). The same pattern of an inverse relationship is observed for socioeconomic status, with the highest mean depression score among youth in the poorest quintile (20.3) and the lowest among youth in the richest quintile (19.4).

Life satisfaction and happiness

Two measures of global self-assessed well-being were used in YAFS4. Each asked the respondent to give a self-assessed rating on two indicators of positive well-being: life satisfaction and happiness, both on a scale of 1–10, with 1 rated as the least satisfactory and 10 as the most satisfactory self-assessment.

For life satisfaction, the question was *“How satisfied are you with your life as a whole these days?”*; for happiness, the question was *“Taking all things together, would you say you are ...”* Flashcards showing the numbers 1–10 in an array, with 1 labeled “dissatisfied” or “not happy at all” and 10 labeled “satisfied” or “very happy” for life satisfaction and happiness, respectively, were presented to the respondents, who were then asked to report their self-assessments on these two measures by pointing to the appropriate number.

We tested the correlation between the two measures to check whether these are highly collinear and positively tapping the same construct. Results showed that the coefficient of correlation (Pearson's r) between the two measures is statistically significant and positive, indicating that life satisfaction and happiness are positively related. However, r is low ($r = .398$), suggesting that the two measures are not tapping the same construct (i.e., not measuring the same thing).

Overall, the mean life satisfaction rating is 7.2, 7.1 among men and 7.2 among women. Among the regions, the life satisfaction rating is

highest at 7.6 among the youth of Central Luzon. In all, there are five regions where the mean life satisfaction rating is above the national average of 7.2. The other four are NCR (7.4) and CALABARZON, Ilocos, and ARMM, all with a rating of 7.3. The lowest average life satisfaction rating is recorded in Northern Mindanao (6.7), followed by Caraga and Davao, both at 6.8. Urban residents have a slightly higher life satisfaction rating (7.4) than rural residents (7.1). Differentiating by educational attainment, those with the highest level of education also have the highest average life satisfaction rating (7.5), while those with the lowest level of education have the lowest average rating (6.9). Those with high school undergraduate education (most of whom are still in school) have a satisfaction rating equal to the national average, while those with a completed high school education scored 7.1. Meanwhile, there is a clear gradient by socioeconomic status, with the poorest reporting the lowest mean life satisfaction (6.8) and the richest reporting the highest (7.6), with a consistent rise in the mean rating as socioeconomic status improves.

For self-rated happiness, the overall average rating is higher at 7.9 than the average life satisfaction rating, which is 7.2. The same four regions with the highest life satisfaction ratings also had the highest average happiness ratings. These are the contiguous Luzon regions of Central Luzon, NCR, CALABARZON, and Ilocos. The region with the lowest self-rated happiness is Caraga at 7.3, while there are six regions with the next lowest happiness rating of 7.5. These are CAR, Bicol, Zamboanga Peninsula, ARMM, Northern Mindanao, and Davao.

As to the other attributes of residence, education, and socioeconomic status, the same patterns of differentials observed with life satisfaction manifest in the mean happiness rating. Urban residents, the better educated, and those with higher socioeconomic status give themselves a higher rating on happiness than their respective counterparts. There is no observed sex difference, with both men and women recording an average happiness rating of 7.9.

Health, diet, and exercise

Self-rated health

Another self-assessed measure is that of the youth's health status. Respondents were asked to rate their current health status as very healthy, healthier than average, of average health, somewhat unhealthy, or very unhealthy. In Table 4.2, very healthy and healthier than average are combined to form the category "healthier than average."

Results (see Table 4.2) show that the greatest proportion reported themselves as being healthy, either healthier than average (43%) or of average health (49.3%). This is to be expected, as the ages of 15–24 are among the age groups with the lowest levels of mortality. A self-assessed status of unhealthy (somewhat or very) is thus uncommon. Only 7.6 percent overall reported being unhealthy (somewhat or very).

Focusing only on unhealthy self-assessed status (somewhat and very unhealthy combined), there are distinct regional differences. While at the national level, 7.6 percent assessed themselves to be unhealthy, the percentage ranges from a low of 4.6 percent in CAR to 12.1 percent in Northern Mindanao. The three regions with over 10 percent of youth who assessed themselves to be unhealthy are Northern Mindanao, Caraga (11.8%), and Davao (10.2%), while the regions with the lowest proportion who are unhealthy are CAR (4.6%) and SOCCSKSARGEN (4.9%).

The percentage of youth with an unhealthy self-assessed status is higher among rural (8.1%) than urban (6.4%) residents. It increases monotonically as the level of education decreases, with 9 percent of those with no schooling or with elementary education reporting an unhealthy status compared with only 5.4 percent among the college educated. By socioeconomic status, youth in the poorest quintile have the highest percentage with an unhealthy self-assessed status (9.6%). The percentage progressively decreases to the fourth quintile (6%) but

increases for the youth in the richest quintile (6.7%).

Body mass index and body image

In recent decades, low- and middle-income countries have been described as experiencing the double burden of malnutrition, a situation where a sizable proportion of the population such as children, adolescents, and childbearing women are undernourished while, at the same time, the prevalence of overweight/obesity is increasing. Under- and overnutrition are both linked to major health risks. Adults who are undernourished in infancy and early childhood face the risk of stunting, both in physical and mental development. Women who are underweight prior to pregnancy and gain little weight during pregnancy face an elevated risk of complications and death. They are also more likely to give birth to low-birth-weight babies who face a greater risk of dying in infancy. On the other hand, the health risks associated with overweight and obesity are well documented in the research literature, the most common of which are diabetes mellitus, hypertension, and heart disease.

The most common measure used to gauge the nutrition status among adults is the body mass index (BMI),² a simple measure of weight-for-height ratio that is fairly easy to obtain. In the YAFS survey, youth respondents were asked to report their height and weight. These measures were then used to calculate the individual's BMI. The use of a self-report rather than actual measurements may be subject to bias, as some may not know their exact height or weight or may tend to underestimate their weight and overestimate their height. Nevertheless, if all respondents are similarly biased in their reporting, the results may still be used to compare across categories of youth to examine differentials.

Table 4.2 Self-assessed health by background characteristics

Background Characteristics	Very healthy/healthier than average	Average health	Somewhat unhealthy	Very unhealthy
Sex				
Male	41.7	52.2	5.6	0.5
Female	44.3	46.5	8.4	0.8
Age				
15-19	42.5	49.9	6.9	0.6
20-24	43.8	48.3	7.2	0.6
Region				
Ilocos	41.9	52.2	5.7	0.2
Cagayan Valley	36.9	57.6	4.8	0.6
Central Luzon	42.5	51.0	6.0	0.6
CALABARZON	44.9	48.3	6.0	0.9
MIMAROPA	49.4	42.8	7.1	0.7
Bicol	36.3	55.2	7.8	0.7
Western Visayas	38.5	52.6	7.9	1.1
Central Visayas	40.4	50.9	8.0	0.7
Eastern Visayas	43.4	48.6	7.5	0.5
Zamboanga Peninsula	36.8	56.0	6.9	0.3
Northern Mindanao	52.6	35.2	11.7	0.4
Davao	33.0	56.8	9.4	0.8
SOCCSKSARGEN	35.4	59.7	4.7	0.2
CAR	51.2	44.1	4.1	0.5
ARMM	37.1	53.4	9.1	0.4
Caraga	44.4	43.8	11.2	0.6
NCR	54.1	39.4	5.9	0.6
Place of residence				
Urban	48.9	44.7	5.8	0.6
Rural	40.8	51.0	7.5	0.6
Educational attainment				
No schooling/Elementary	33.3	57.6	8.1	0.9
High school undergraduate	40.7	50.8	7.7	0.8
High school graduate/Vocational	45.8	46.7	7.0	0.5
College or higher	49.9	44.6	5.2	0.2
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	37.1	53.2	9.2	0.4
Second	39.1	51.9	7.9	1.0
Middle	42.7	50.4	6.4	0.5
Fourth	48.0	46.1	5.6	0.4
Highest (Richest)	49.3	44.0	5.9	0.8
Total	43.0	49.3	7.0	0.6

² It is defined as the weight in kilograms divided by the square of the height in meters (kg/m²).

We computed the BMI for each respondent and classified the values according to the following cut points recommended by the World Health Organization (WHO):³

Underweight	<18.5
Normal weight	18.5–24.9
Overweight	25–29.9
Obese	30 and higher

Overall, the average BMI at 19.8 (see Table 4.3) indicates that the average Filipino youth falls within the normal range, tending toward the lower limit of the range (18.5–24.9). The general picture also indicates that overweight and obesity are not yet common among youth of this cohort, as only 4.8 percent are classified as overweight and 1.1 percent as obese. The striking finding is that over a third of Filipino youth are underweight (34.8%) The total picture is a classic case of a population experiencing the double burden of malnutrition.

Underweight is more common among the 15–19-year-olds, while the 20–24-year-olds have a higher percentage with above-normal BMI (7.9 % compared with 4.6 % among the 15–19-year-olds). By sex, more females have above-normal BMI,⁴ although the difference between the sexes is not high (6.0% for women vs. 5.8% for men). Moreover, more women than men are underweight (37.0 % vs. 32.5%).

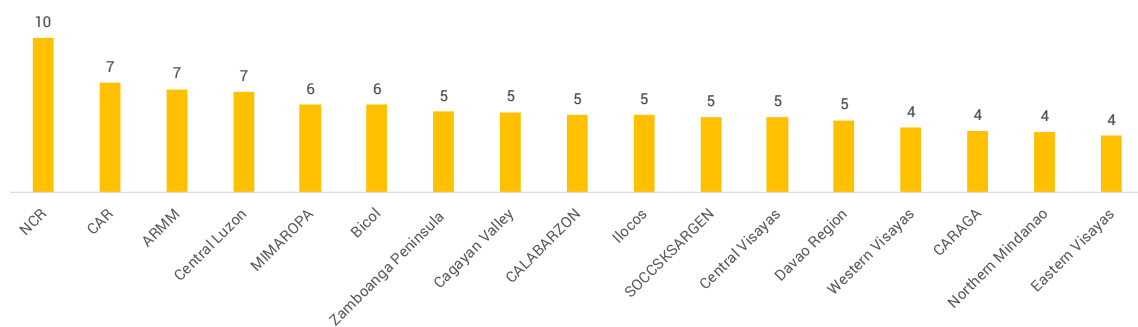
As with all the preceding self-assessed measures, there are notable regional differences. The percentage of underweight is highest among youth in Western Visayas (39.4%), CALABARZON (38.8%), and Ilocos (38.3%). The region with the lowest percentage of underweight is CAR, with only 20 percent.

At the other end of the BMI range are those whose BMI is classified as either overweight or obese. Because the percentage with BMI exceeding 29 is very low, we combined overweight and obese into one category called above normal. Figure 3.1 shows the percentage with above-normal BMI by region.

Figure 4.1 shows that, at 10 percent, NCR has the highest percentage of youth with above-normal BMI. This is consistent with findings from other developing countries where overweight/obesity is more prevalent in urban areas. None of the other regions equals this level. The prevalence of above-normal BMI is lowest in Eastern Visayas (3.8%), which is also among the poorest regions in the country.

Differentials across the other background characteristics as shown in Figure 4.2 indicate that the percentage with above-normal BMI is highest among urban residents, those with college-level education, and the youth from the richest quintile. These results corroborate what has been reported in other low- and

Figure 4.1 Percent with above-normal BMI by region



³ WHO Expert Consultation (2004). Appropriate body mass index for Asian populations and its implications for policy and intervention strategies. *The Lancet*, 363(9403), 157.

⁴ Above-normal BMI consists of the overweight plus the obese.

middle-income countries that are experiencing the double burden of malnutrition about the effects of urbanization and rising incomes on the nutritional status of the population. Urbanization is generally associated with increased consumption of refined sugars and animal fats, accompanied by a more sedentary lifestyle (Drewnovski & Popkin, 1997), while higher education and socioeconomic status are associated with higher household food security

brought about by higher income and thus more access to food (Tebekaw et al., 2014).

Body image

Body image was originally defined in the 1930s as “the picture of our own body which we form in our mind” (Schilder,1978 as cited in Pallan et al., 2011, p.1). Throughout the years, the concept has evolved into a multidimensional

Table 4.3 Percent distribution of BMI by background characteristics

Background Characteristics	Underweight	Normal	Overweight	Obese	Mean BMI	Very unhealthy
Sex						
Male	32.5	61.7	4.6	1.2	19.9	5.8
Female	37.0	56.9	4.9	1.1	19.7	6.0
Age						
15-19	42.0	53.4	3.7	0.8	19.3	4.6
20-24	24.2	67.9	6.4	1.5	20.6	7.9
Region						
Ilocos	38.3	56.5	4.2	1.0	19.6	5.2
Cagayan Valley	27.0	67.6	5.0	0.5	20.2	5.4
Central Luzon	35.7	57.5	6.0	0.8	19.8	6.8
CALABARZON	38.8	56.0	4.4	0.9	19.5	5.2
MIMAROPA	37.7	56.4	3.7	2.2	19.4	5.9
Bicol	37.7	56.4	3.7	2.2	19.7	5.9
Western Visayas	39.0	56.7	2.8	1.5	19.5	4.3
Central Visayas	33.1	61.9	4.3	0.7	19.7	5.1
Eastern Visayas	33.6	62.6	3.3	0.5	19.7	3.8
Zamboanga Peninsula	31.0	63.6	4.7	0.7	19.9	5.4
Northern Mindanao	34.4	61.5	3.3	0.8	19.7	4.0
Davao	32.0	63.1	4.3	0.5	19.8	4.9
SOCCSKSARGEN	32.0	62.9	4.2	0.9	19.8	5.1
CAR	20.2	72.4	5.7	1.6	20.7	7.4
ARMM	28.7	64.3	5.7	1.2	20.3	7.0
Caraga	37.0	58.9	3.7	0.4	19.4	4.1
NCR	34.3	55.3	8.0	2.4	20.3	10.4
Place of residence						
Urban	35.3	56.2	6.9	1.6	20.0	8.5
Rural	34.6	60.4	4.0	0.9	19.7	4.9
Educational attainment						
No schooling/Elementary	34.1	61.2	3.7	1.0	19.7	4.8
High school undergraduate	42.6	53.1	3.7	0.6	19.2	4.3
High school graduate/Vocational	31.2	63.1	4.7	1.1	20.0	5.8
College or higher	26.8	63.6	7.6	2.1	20.6	9.7
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	33.0	63.0	3.2	0.8	19.7	4.0
Second	36.8	58.9	3.7	0.6	19.5	4.3
Middle	37.8	56.6	4.6	1.1	19.7	5.6
Fourth	34.2	58.9	5.4	1.5	19.9	6.9
Highest (Richest)	31.5	59.1	7.6	1.8	20.4	9.3
Total	34.8	59.3	4.8	1.1	19.8	5.9

construct that embodies “neurological, psychological and sociocultural elements” (Pallan, 2011, p.1). The effect of body image on quality of life is potentially extensive (Pruzinsky, 2004).

Much of the research on body image has been conducted in the area of eating disorders. A disconnect between perceived body image and actual body weight through under- or overestimation of body weight and dissatisfaction with body image can lead to inappropriate eating habits and in extreme cases can be a cause for eating disorders such as bulimia and anorexia nervosa. In YAFS4, body image was determined by asking the question “How will you describe yourself in terms of your body weight?” The respondent was then asked to choose from a set of images that depict different body types according to weight: skinny, thin, just right/normal, chubby, and obese. This range of images roughly corresponds to the BMI classification, with skinny and thin corresponding to underweight, just right to normal, chubby to overweight, and obese to obese.

Figure 4.3 presents a comparison of the percent distribution of body image and BMI for all respondents. The distribution of responses follows the same pattern: The most commonly reported body image was just right/normal, just as most had BMI that fell within the normal range. Similarly, the next most common self-

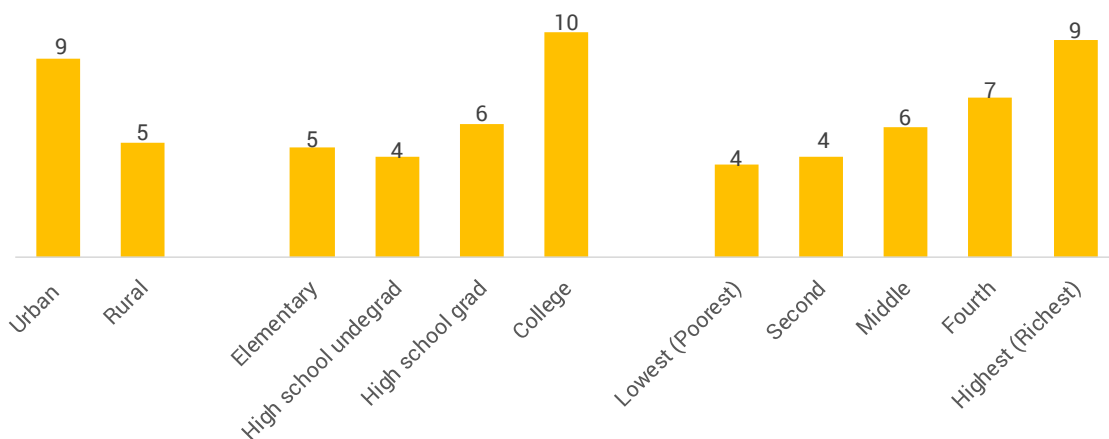
perception was skinny/thin, just as underweight was the second most common BMI. These indicate a general congruence in self-image and BMI at the aggregate level.

Figure 4.4, on the other hand, is a cross tabulation of BMI and body image. This figure shows a more pronounced discrepancy between BMI and body image. In all, 6 in 10 of the underweight perceive their body weight to be just right/normal, while a small percentage (about 3%) of the underweight perceive themselves to be chubby/obese. Among the overweight, 4 in 10 perceive themselves to be normal in body weight, while among the obese, about 3 in 10 perceive their body weight to be normal. Such incongruences can lead to behaviors that are inappropriate and potentially unhealthy. Those who are underweight but perceive themselves as chubby may be prone to eating disorders such as anorexia nervosa or bulimia. On the other hand, those who are overweight/obese but perceive their weight as normal may persist in unhealthy eating habits that lead to further weight gain.

Physical exercise

Among the contributory factors to overweight is the lack of physical exercise. Overall, a lifestyle with little physical activity coupled with overweight/obesity is a major risk factor for non-communicable diseases (NCDs)

Figure 4.2 Percent with above-normal BMI by background characteristics



such as hypertension and diabetes. Regular physical exercise is one of the recommendations of WHO to help prevent the onset of NCDs.

In the survey, physical exercise was measured through self-reported frequency of physical exercise by the respondent. The frequency of physical exercise is shown in Table 4.4.

Table 4.4 shows that over 4 in 10 Filipino youth reported exercising at least twice a week. However, about a third (32.6%) reported that they never exercise. There is a huge disparity between the sexes in exercise habits, with far less women exercising at least twice a week (34%) than men (59.4%). The gender difference is even more noteworthy when comparing the percentage who said they never exercise; while 19.5 percent of male youth reported that they never exercise, the corresponding percentage for female youth is a high 45.1 percent. By age

group, there is a higher percentage among the 20–24-year-olds who reported they never exercise (36.6%) compared with the 15–19-year-olds (29.9%) but only a small difference in the percentage who exercise twice a week. There is no notable difference between rural and urban residents, either in the percentage who exercise twice a week or the percentage who never exercise. For both educational attainment and socioeconomic status, there is no clear and consistent pattern to describe differences in exercise frequency, except for the finding that those with the lowest level of schooling and those who belong to the lowest income quintile have the lowest prevalence of exercising at least twice a week and the highest prevalence of never exercising.

Lastly, regional differences show that the percentage who said they never exercise is highest among youth in the Mindanao regions

Figure 4.3 Percent distribution of body image and BMI

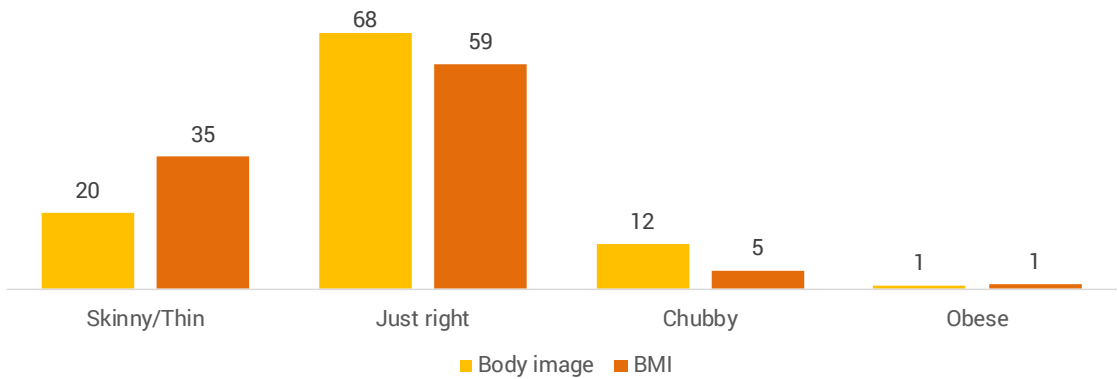
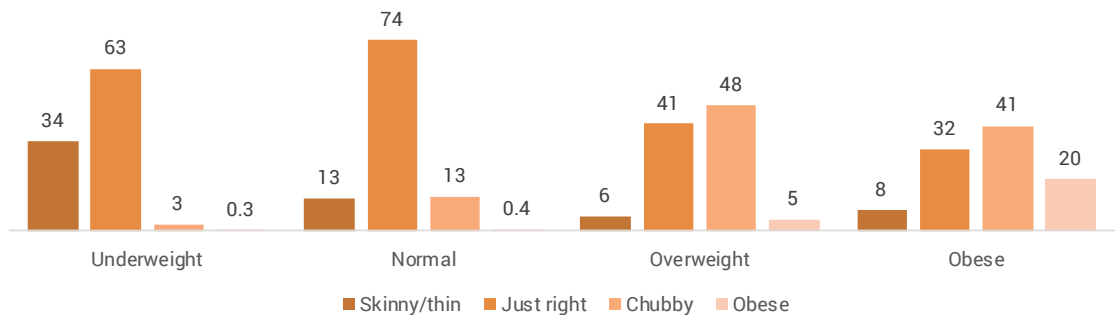


Figure 4.4 Congruence of body image and BMI



of ARMM (49.1%), SOCCSKSARGEN (43.7%), and Davao (42.8%) and lowest in Central Visayas (18.6%), Caraga (24.7%), and CAR (24.7%). Exercising at least twice a week is most prevalent in CAR (57.1%), Central Visayas (55.9%), and Western Visayas (54.6%), the same regions with the lowest prevalence of never exercising.

Table 4.4 Frequency of exercise by background characteristics

Background Characteristics	At least 2x a week	Once a week	Occasionally	Never
Sex				
Male	59.4	13.5	7.7	19.5
Female	34.0	12.6	8.4	45.1
Age				
15-19	47.3	14.7	8.2	29.9
20-24	45.0	10.6	7.8	36.6
Region				
Ilocos	49.3	13.8	7.7	29.3
Cagayan Valley	45.5	12.5	8.2	33.7
Central Luzon	44.0	14.1	3.3	38.6
CALABARZON	43.4	12.9	6.8	36.9
MIMAROPA	50.1	14.7	7.3	27.9
Bicol	44.5	16.7	12.9	25.9
Western Visayas	54.6	9.6	8.3	27.4
Central Visayas	55.9	15.8	9.8	18.6
Eastern Visayas	51.9	11.5	10.0	26.6
Zamboanga Peninsula	42.8	10.6	9.5	37.1
Northern Mindanao	44.1	13.7	15.0	27.2
Davao	39.5	11.4	6.4	42.8
SOCCSKSARGEN	40.9	9.9	5.6	43.7
CAR	57.1	11.4	6.8	24.7
ARMM	35.2	9.9	5.8	49.1
Caraga	40.1	14.5	20.8	24.7
NCR	47.6	13.9	5.9	32.6
Place of residence				
Urban	45.3	14.9	6.4	33.3
Rural	46.8	12.3	8.6	32.3
Educational attainment				
No schooling/Elementary	43.4	11.2	6.9	38.4
High school undergraduate	46.8	14.2	8.0	31.1
High school graduate/ Vocational	45.1	11.4	9.0	34.4
College or higher	49.4	14.2	7.3	29.0
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	43.5	10.2	8.8	37.6
Second	44.4	13.9	9.3	32.5
Middle	46.9	12.7	8.3	32.1
Fourth	49.0	13.3	6.8	30.8
Highest (Richest)	48.3	15.3	6.7	29.7
Total	46.4	13.0	8.0	32.6

Average sleep

Table 4.5 presents the results on the average hours of sleep the youth reported getting per night. On the average, Filipino youth reported getting 8.1 hours of sleep. There is no great disparity in average sleep duration between men (8.2 hours) and women (8.1 hours) and between the younger (8.2 hours) and older youth (8.0 hours). Urban residents reported an average of 7.9 hours of sleep, lower than the 8.2 hours reported by rural residents. Youth with the lowest level of education reported a longer sleep duration at 8.3 hours as compared to those with college-level education (7.8 hours). Likewise, the youth who belong to the lowest income quintile also have the longest average sleep duration at 8.3 hours, while those from the richest income quintile have the shortest average sleep duration (7.9 hours).

Across the regions, average sleep duration ranges from a high of 8.3 hours reported in Eastern Visayas, MIMAROPA, Bicol, and Cagayan Valley, to a low of 7.8 hours reported by the youth in ARMM and CAR.

Diet

Research on the double burden of malnutrition generally report that among the factors that contribute to the increasing prevalence of overweight amidst the still high prevalence of underweight in many low- and middle-income economies is the increasing availability and access to foods high in fats and sugar. Changing food preferences and food availability are among the factors that need to be documented to establish the evidence base for future intervention programs to combat the consequence of the double burden of malnutrition, which, in the adult population, means an increasing prevalence of overweight and obesity leading to an increase in the prevalence of diabetes and heart disease among other lifestyle diseases. Therefore, in YAFS4, a section in the questionnaire on health and lifestyle was included for the first time.

One of the components of this section is self-reported consumption of a selected list of common foods that are deemed to have unhealthy effects when consumed frequently, mostly because of their high sugar, fat, or salt content. The food consumption frequency is a proxy measure for diet. Table 4.6 shows the frequency of consumption of these selected food and drinks.

Of the list of food mentioned, chips and instant noodles are the most frequently consumed, with 37.5 percent and 28.3 percent of the youth consuming chips and instant noodles, respectively, two or more times per week. Among the drinks, coffee/tea and carbonated drinks are the most frequently consumed, with 39.1 percent drinking coffee/tea five to seven times a week and 15 percent taking carbonated drinks with the same frequency.

In Table 4.7, the percentage of youth who consumed each given food or drink at least twice a week is cross tabulated with their background characteristics. There is no distinct difference between the younger (15–19) and the older (20–24) youth in their patterns of food consumption, but there are some notable differences between the sexes for some items. More women consumed chocolates/sweets at least twice a week while more men drank carbonated drinks and energy drinks with the same frequency. Similarly, more urban residents consume chips and carbonated drinks than their rural counterparts. There are other notable differences in the frequency of consumption between rural and urban residents that are more a function of availability and access than of preference. Examples are hamburgers, french fries, and fried chicken, which are more available in urban areas.

Regional comparison likewise reflects preference as well as availability. As expected, consumption of all food and drinks on the list (except instant noodles) at a frequency of twice or more per week is highest in the more urbanized regions, notably in NCR, CALABARZON, and Ilocos. Youth in the Davao Region have the highest frequency of consuming instant noodles at least twice a week. The higher frequency of consumption of items like hamburgers, french fries, and fried chicken in the urbanized regions is mostly attributed to their ready availability in fast food establishments in urban centers. Chips, instant noodles, and carbonated drinks are readily available all over the country, so the differentials in the level of consumption of these items are probably mostly affected by buying power as well as preference. It is worth noting

Table 4.5 Mean hours of sleep by background characteristics

Background Characteristics	Mean hours of sleep
Sex	
Male	8.2
Female	8.1
Age	
15-19	8.2
20-24	8.0
Region	
Ilocos	8.2
Cagayan Valley	8.3
Central Luzon	8.2
CALABARZON	8.2
MIMAROPA	8.3
Bicol	8.3
Western Visayas	8.1
Central Visayas	8.2
Eastern Visayas	8.3
Zamboanga Peninsula	8.2
Northern Mindanao	8.1
Davao	8.1
SOCCKSARGEN	8.1
CAR	7.8
ARMM	7.8
Caraga	8.2
NCR	7.9
Place of residence	
Urban	7.9
Rural	8.2
Educational attainment	
No schooling/Elementary	8.3
High school undergraduate	8.2
High school graduate/Vocational	8.2
College or higher	7.8
Socioeconomic status (Wealth quintile)	
Lowest (Poorest)	8.3
Second	8.2
Middle	8.2
Fourth	8.1
Highest (Richest)	7.9
Total	8.1

that in the poorer regions such as Bicol, Eastern Visayas, Caraga, and ARMM, the percentages consuming the given items on the list tend to be on the lower end.

In examining the Filipino youth's consumption patterns of these selected food items that are known to pose health risks if consumed frequently, the overall picture formed is that of consumption levels that are not yet alarmingly high. This is consistent with the findings on BMI on this same study population, which show that the level of overweight/obesity among the Filipino youth is rather low compared with the levels in developed countries. These findings also indicate that the more prevalent issue to be addressed is the high percentage of underweight. Still, the study points out certain incipient concerns when it comes to food/drink preferences and choices that are probably best addressed now that the levels of consumption are still relatively low. Among these are the comparatively high consumption levels for carbonated drinks, chips, and instant noodles, all of them processed food—two well established to have little or no nutritional value (i.e., sodas and chips) and one with high sodium content.

Leisure

In the literature, leisure time is most commonly conceptualized as free time, that is, time not spent on work or gainful activity or other essential activities like sleeping. In the research on leisure in developed countries, there are usually seven categories under which activities undertaken during free or leisure time are classified. These are passive leisure (e.g., television viewing), active recreation (e.g., sports activities), amateur arts and crafts activity (e.g., hobbies like crochet), arts participation (as a consumer of professional arts activity like attending concerts and plays), folk life (any ethnic communal activities), informal social life (e.g., hanging out with friends, attending parties), and organized social participation (e.g., volunteering in socio-civic activities, religious activities; Peterson, 1981). The activities undertaken during one's free time can vary according to one's personal preferences and the means available with which to pursue one's interests. But there is also a large element of the social and cultural environment that directs one's choices of leisure activities. There are also

Table 4.6 Frequency of consumption of selected food and drinks

Food and drinks	Never	Less than once a week	Once a week	2-4 times a week	5-7 times a week
Instant noodles	9.0	27.8	35.0	23.6	4.7
Chips	13.5	24.0	25.0	22.1	15.4
Hamburger	31.3	30.8	23.9	11.2	2.8
French fries	42.1	28.5	18.9	7.4	3.2
Fried chicken	19.3	32.4	28.2	15.4	4.7
Fried street food	24.8	26.5	23.7	16.1	8.8
Grilled street food	19.9	28.4	27.2	17.3	7.1
Chocolate/desserts	22.8	31.4	24.8	14.1	6.9
Coffee/tea	16.5	13.9	13.2	17.2	39.1
Carbonated/soft drinks	9.8	22.5	28.4	24.3	15.0
Sweet bottled drinks	23.7	25.9	25.4	17.4	7.6
Energy drinks	49.7	21.2	17.1	8.0	4.0

Table 4.7 Percent of youth who consume a given food or drink item at least twice a week, by background characteristics

Background characteristics	Instant noodles	Chips	Hamburger	French fries	Fried chicken	Fried street food	Grilled street food	Chocolates/desserts	Carbonated drinks	Sweet bottled drinks	Energy drinks
Sex											
Male	29.8	35.0	13.5	8.7	18.3	27.6	26.3	16.3	43.1	25.8	18.1
Female	26.8	39.9	14.4	12.3	21.9	22.4	22.7	25.4	35.7	24.3	6.3
Age											
15-19	28.5	41.0	14.7	10.8	20.1	27.0	25.5	22.1	40.4	25.8	12.0
20-24	27.9	32.4	12.8	10.2	20.1	21.9	23.0	19.2	37.8	23.9	12.0
Region											
Ilocos	35.2	41.5	16.2	12.4	16.3	33.9	31.9	22.5	56.0	26.4	15.6
Cagayan Valley	30.6	41.9	7.2	6.1	12.4	27.5	23.0	16.6	44.1	25.3	13.3
Central Luzon	33.8	39.8	14.4	10.8	21.9	33.2	26.2	23.3	46.8	32.2	10.5
CALABARZON	30.4	43.1	20.8	13.7	25.4	37.1	30.6	28.5	38.8	28.4	13.1
MIMAROPA	23.3	31.3	14.9	8.7	14.6	23.7	19.8	23.3	27.9	20.6	9.4
Bicol	13.3	23.2	11.8	7.9	13.6	16.7	16.6	16.3	15.5	13.2	10.1
Western Visayas	24.6	36.5	11.5	7.8	19.1	18.5	25.4	14.9	43.8	23.7	13.9
Central Visayas	27.5	31.3	9.0	5.4	15.6	18.5	22.7	14.0	25.5	15.8	9.3
Eastern Visayas	28.2	36.4	7.7	6.3	15.0	16.9	23.0	14.0	25.1	13.9	11.8
Zamboanga Peninsula	32.8	37.8	6.9	4.5	12.4	16.2	21.0	14.0	32.9	20.6	13.6
Northern Mindanao	23.1	23.6	7.6	6.1	11.2	15.1	23.2	16.5	27.9	16.5	9.7
Davao	35.6	40.8	8.1	6.1	16.5	19.5	29.3	14.4	47.5	17.2	9.3
SOCCSKSARGEN	27.4	36.3	3.7	1.6	9.9	11.6	15.0	14.1	44.4	16.7	5.6
CAR	23.6	28.7	7.6	7.6	11.7	22.0	19.3	15.5	36.5	22.2	12.2
ARMM	29.3	33.6	3.7	2.4	6.0	9.4	8.8	14.6	29.8	21.0	11.1
Caraga	21.2	28.8	5.4	5.0	15.2	12.7	18.7	12.1	26.7	16.0	10.4
NCR	28.5	48.0	30.5	26.9	42.3	35.9	29.0	36.2	55.9	44.9	16.8
Place of residence											
Urban	29.4	43.8	22.6	19.5	33.1	33.0	29.4	31.0	51.2	36.3	14.1
Rural	27.8	35.2	10.7	7.2	15.3	21.9	22.6	17.2	34.9	20.8	11.3
Educational attainment											
No schooling/Elementary	28.2	30.2	6.6	5.9	11.4	17.6	20.1	10.4	31.1	16.4	13.3
High school undergraduate	28.5	38.6	13.8	8.4	19.0	26.9	25.3	20.3	38.8	23.3	11.9
High school graduate/	27.9	34.3	13.3	10.9	19.0	22.9	23.4	19.9	38.9	24.4	12.4
Vocational	28.4	44.9	20.0	16.7	29.4	29.1	27.3	30.6	46.2	34.7	10.9
College or higher	28.4	44.9	20.0	16.7	29.4	29.1	27.3	30.6	46.2	34.7	10.9
Socioeconomic status (Wealth quintile)											
Lowest (Poorest)	26.7	28.2	5.1	4.4	8.3	13.8	17.7	11.5	26.1	13.6	9.6
Second	27.4	34.8	9.6	5.9	13.7	21.0	22.8	15.3	32.7	18.8	11.1
Middle	29.3	36.6	13.7	9.4	18.8	28.3	25.9	19.6	39.1	23.2	11.7
Fourth	28.9	42.4	18.7	13.8	26.6	31.2	29.5	26.5	48.1	32.6	14.9
Highest (Richest)	29.1	47.2	24.3	20.8	35.7	30.8	26.3	34.0	52.6	39.4	12.9
Total	28.3	37.5	14.0	10.5	20.1	24.9	24.5	21.0	39.3	25.1	12.0

intergenerational differences in the manner in which leisure time is spent.

The YAFS4 data recorded the common leisure activities of the youth of today. Comparisons with past and future rounds of the YAFS survey will thus document the prevalent leisure activities of each cohort of young adults at various historical times. In Table 4.8, we list the most common leisure activities of Filipino youth who were in the age group 15–24 in 2013. The question that elicited these activities was “*What do you mainly do in your leisure time?*” No prompt was given as to the possible answers. Respondents were free to mention any activity they deemed as leisure and to name as many activities as they wanted. Table 4.8 presents the seven most commonly mentioned leisure activities of the Filipino youth. In decreasing order beginning with the most commonly mentioned activity, these are television viewing, texting, listening to music, engaging in sports, meeting up with friends, surfing the Internet, and reading.

Based on the categories cited above, the top seven leisure activities of Filipino youth in 2013 fall under three categories: passive leisure (watching television, listening to music, surfing the Internet, and reading), active recreation (playing sports), and informal social life (meeting up with friends and texting). Of these seven activities, four are mediated by technology (television watching, listening to music, surfing the Internet, and texting).

Comparing across background characteristics reveals some differences as well as basic similarities in the main leisure activities of the youth. Comparing by age, the order from highest to lowest percentage of main leisure activity is the same for the younger and the older youth. Watching television remains the most prevalent form of main leisure activity, whereas reading is the least prevalent. But the comparative percentages distinctly vary for some activities. More among the 15–19-year-olds play sports and read, mainly because this age group contains many in-school youth (mostly in high school) for whom these activities are also reinforced by the school.

Comparison by sex indicates clear gender differences in leisure activities, the most notable of which is playing sports, which is the most popular leisure activity of men (the main leisure activity of 43.6% of men) and the least popular for women (only 2% reported it as their main leisure activity). Furthermore, more women read, watch television, and text. Rural-urban differences are not so striking, as the differences in percentage per activity are not very high, with the notable exception of surfing the Internet, which is the main leisure activity of 27.6 percent of urban youth but only 7.3 percent of rural youth. Differences in leisure activities by educational attainment indicate that for the technology-mediated leisure activities, there is a clear education gradient, with the percentage reporting these activities as their main pastime consistently increasing as education increases. For the non-technology-mediated activities, there remains evidence of an education gradient in the reverse direction. The percentages reporting playing sports and meeting up with friends consistently decrease as educational attainment increases. For reading, there are two groups with relatively higher percentages reporting this activity: high school undergraduates and the college educated. As earlier noted, the high school undergraduates are mostly in-school youth; thus, reading for leisure may be a function of exposure to reading in school.

The pattern of differences across socioeconomic status mimics that of education differentials. The percentage who reported the technology-mediated activities as their main leisure activity consistently increases as socioeconomic status increases. This is to be expected because these leisure activities are directly affected by buying power. Meeting up with friends and playing sports show a reverse pattern, with a decreasing percentage reporting these as their main leisure activity as socioeconomic status increases.

Regional differences reflect basic differences among the regions in levels of urbanization and economic status. In the

Table 4.8 Most common leisure activities by background characteristics

Background characteristics	Watch TV	Text	Listen to music	Play sports	Meet up with friends	Go online/ Surf internet	Read
Sex							
Male	42.6	26.5	26.1	43.6	18.0	13.9	5.5
Female	55.6	33.6	27.8	2.0	17.4	11.8	17.2
Age							
15-19	48.0	32.9	27.0	24.6	18.3	13.6	13.1
20-24	51.2	26.1	26.9	19.0	16.7	11.6	9.0
Region							
Ilocos	54.7	29.1	29.6	18.2	13.4	9.4	7.7
Cagayan Valley	50.0	28.4	24.8	27.0	20.5	6.6	10.7
Central Luzon	63.5	43.7	29.3	19.1	10.7	16.7	7.3
CALABARZON	50.9	30.7	32.5	21.6	11.9	12.6	8.4
MIMAROPA	44.9	26.2	27.5	26.5	15.4	7.2	11.5
Bicol	48.6	28.3	26.9	24.7	18.8	8.4	17.2
Western Visayas	46.4	31.1	27.0	23.9	16.2	5.1	11.1
Central Visayas	39.2	27.8	23.2	27.0	29.2	10.8	13.0
Eastern Visayas	46.3	24.5	22.8	24.8	27.6	6.6	14.4
Zamboanga Peninsula	35.6	28.3	23.3	22.5	25.3	9.0	13.2
Northern Mindanao	49.7	32.6	26.8	23.5	15.5	5.9	11.1
Davao	52.7	30.9	23.9	22.2	22.8	11.6	9.7
SOCCSKSARGEN	45.1	32.1	18.5	20.8	21.8	6.6	13.8
CAR	42.3	27.1	24.1	18.4	26.3	5.7	19.2
ARMM	37.5	14.3	20.3	15.9	15.4	3.9	16.1
Caraga	40.3	26.3	24.3	28.1	27.2	6.6	10.0
NCR	52.9	27.7	29.9	20.8	14.0	34.5	13.0
Place of residence							
Urban	54.5	31.3	29.7	20.3	14.6	27.6	11.6
Rural	47.3	29.7	25.9	23.1	18.8	7.3	11.4
Educational attainment							
No schooling/Elementary	36.9	17.5	17.8	29.4	23.3	2.7	3.3
High school undergraduate	46.1	29.2	24.2	25.7	18.8	10.1	12.0
High school graduate/Vocational	53.9	33.2	30.3	19.1	14.9	11.3	8.4
College or higher	56.4	35.7	33.2	16.3	15.8	26.1	19.8
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	31.6	20.0	19.2	24.5	24.1	1.7	10.5
Second	47.5	27.6	25.4	23.2	18.7	4.7	11.3
Middle	55.3	32.4	26.5	22.7	16.9	9.9	11.6
Fourth	55.9	35.3	31.0	21.2	15.1	18.5	10.9
Highest (Richest)	55.6	35.6	33.3	19.8	13.3	32.0	13.3
Total	49.3	30.1	27.0	22.3	17.7	12.8	11.5

relatively more urbanized and more developed regions like NCR, Central Luzon, CALABARZON, and Ilocos, the proportions of youth whose main leisure activity is technology mediated and dependent on one's purchasing power tend to be the highest. The one exception is texting, which is dominated by youth from Northern Mindanao, SOCCSKSARGEN, and Western Visayas, in addition to youth from Central Luzon. On the other hand, activities that are not technology mediated like playing sports and meeting up

with friends have the highest percentages of youth from CAR, Caraga, Cagayan Valley, Eastern Visayas, and Central Visayas reporting these activities as their main leisure activities. The implication of these results is that in regions where the technology is available and more youth are able to spend for the services, leisure will be dominated by technology-mediated activities that tend to be passive and sedentary and require less face-to-face social interaction. In NCR, Ilocos, CALABARZON, and Central

Luzon, where technology-mediated leisure activities are most prevalent, the proportion of youth whose main leisure activity is meeting up with friends is the lowest.

Traveling as leisure

One emerging form of leisure in the Philippines is traveling for pleasure. This phenomenon is partly due to the more affordable cost of air travel and probably more spending capacity for greater numbers of Filipinos compared to previous decades. To track this new type of leisure activity that before now has been largely conceived as the prerogative only of the rich or of people in the developed world, a set of questions on traveling for leisure was asked in the 2013 YAFS. Specifically, the question was “*Have you ever traveled purely for leisure, within the country or abroad?*” To capture recent experience of leisure travel, the same question was asked with a reference period of the past 12 months prior to the survey.

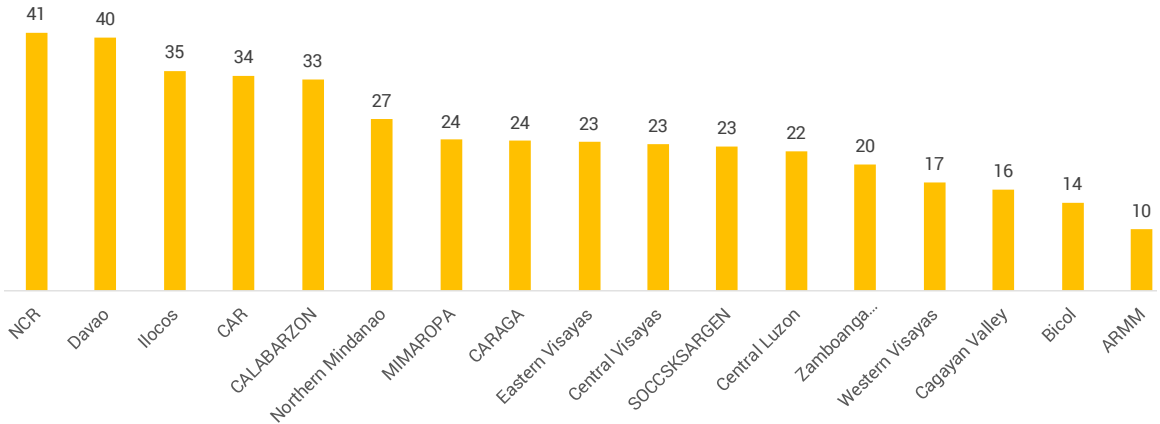
Results show that 26.5 percent of all Filipino youth said they have ever traveled purely for leisure; 26 percent have traveled within the country, while less than 1 percent have traveled abroad. Of those who have ever traveled for leisure, 65 percent traveled in the 12 months prior to the survey. They represent 17 percent of all Filipino youth.

Broken down by background characteristics, Table 4.9 shows that there is no notable difference between age groups and between the sexes in the percentage who have traveled for leisure. But distinct differences are observed with urban-rural residence, educational attainment, and socioeconomic status. More urban residents have ever traveled for leisure than rural residents. The percentage increases as education level and socioeconomic status rise, implying that traveling for leisure is probably highly correlated with the level of one’s economic means (proxied by education and socioeconomic status). Still, it is worth noting that the percentages who have ever traveled for leisure among those with the lowest level of

education and those who belong to the lowest quintiles are not low, indicating that travel for leisure is not totally suppressed by the lack of economic means. Altogether, this baseline data on traveling for leisure may be indicative of a new leisure activity that is worth tracking in future rounds of YAFS, as it may indicate changes in leisure activities for Filipinos in general.

Table 4.9 Percent of Filipino youth who have ever traveled for leisure

Background Characteristics	Ever traveled for leisure
Sex	
Male	26.9
Female	26.2
Age	
15-19	25.7
20-24	27.9
Region	
Ilocos	34.5
Cagayan Valley	15.9
Central Luzon	21.9
CALABARZON	33.3
MIMAROPA	23.7
Bicol	13.8
Western Visayas	17.0
Central Visayas	22.9
Eastern Visayas	23.3
Zamboanga Peninsula	19.8
Northern Mindanao	26.9
Davao	39.7
SOCCSKSARGEN	22.7
CAR	33.8
ARMM	9.7
Caraga	23.5
NCR	40.6
Place of residence	
Urban	33.9
Rural	23.8
Educational attainment	
No schooling/Elementary	16.8
High school undergraduate	23.6
High school graduate/Vocational	28.3
College or higher	36.0
Socioeconomic status (Wealth quintile)	
Lowest (Poorest)	16.7
Second	21.8
Middle	26.9
Fourth	31.7
Highest (Richest)	37.2
Total	26.5

Figure 4.5 Percent who ever traveled for leisure

In Figure 4.4, the percentage who have ever traveled by region is shown in decreasing order. As in most lifestyle indicators of the youth presented thus far, NCR is on top of the list and, at 41 percent, way above the national average of 26.5 percent. Travel for leisure is also comparatively high in Davao, Ilocos, CAR, and CALABARZON. The less developed regions of ARMM and Bicol are at the bottom of the list, at about 10 and 14 percent, respectively.

Summary and conclusions

In the simple bivariate cross tabulation of the various indicators of subjective well-being, health, and lifestyles of Filipino youth with the basic background characteristics of age, sex, region of residence, urban-rural residence, educational attainment, and socioeconomic status measured as wealth quintiles, there are observed recurring patterns in the relationships of the background variables to the various dependent variables described in this section of the report.

In the various measures of self-assessed status, youth who reside in the more developed regions of the country, specifically NCR, Central Luzon, and CALABARZON, consistently score the highest in positive self-assessment (self-esteem, life satisfaction, and happiness), while

youth from Northern Mindanao and Caraga are consistently among the lowest scoring. Youth from these latter two regions also have the highest mean depression scores. Socioeconomic status and educational attainment also show a similar pattern in that they exhibit a characteristic direct relation with positive self-assessment: The more educated and the higher the socioeconomic status, the higher the mean scores for each of these positive self-assessment measures. The pattern is the same for self-assessed health. Conversely, the relationship is inverse when it comes to the depression score.

Indications of the so-called double burden of nutrition are abundantly evident in the findings, with a very high level of undernutrition amidst a small percentage of the overweight/obese. The patterns suggest that overweight/obesity is somewhat associated with higher education and socioeconomic status and with the more developed regions in the country, especially NCR. Meanwhile, the comparison of body image and BMI suggests that there may be a segment of youth who have incorrect perceptions of their bodies, which can possibly lead to equally incorrect eating and exercise habits.

Data on exercise indicate a clear gender difference, with female youth showing a very low prevalence of exercising. There is also

an evident gender difference in diet or food/drink consumption, with more men consuming carbonated drinks and more women, chocolates/sweets. Overall, the data on food consumption indicate relatively low levels of consumption of foods with poor nutritional value (compared with developed countries), especially processed food. The hypothesis that affordability may be partly driving the observed differentials in the consumption of these low-nutritional-value foods is supported by the consistent education and socioeconomic gradient in the consumption of the foods and drinks on our list. Generally, those who can afford these foods and drinks more (i.e., the better educated and those from the higher wealth quintiles) also have higher consumption levels.

The main leisure activities of the Filipino youth show a predominance of passive, sedentary activities and reliance on technology-mediated pastimes (texting, surfing the Internet, listening to music). An emergent form of leisure activity, traveling for leisure, is documented for the first time.

These new data on health and lifestyle gathered for the first time in the YAFS series will be the baseline data against which to measure developments in these fields, especially the health-related components. Future rounds of YAFS may consider the use of objective measures of height and weight (through body measurements with scales and tape measures) to have a more reliable measure of BMI than self-reports.

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Beliefs and Attitudes of the Youth: Change and Continuity

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The youth of each generation are shaped by forces that emanate from the traditions of the past as well as by factors that are unique to their current milieu. Among these traditions are normative beliefs about what is proper or acceptable, imbibed by the current generation through socialization processes that begin in the family and later radiate to other institutions as the child's social circle expands. Normative beliefs are not immutable; they can change through time as a result of forces like modernization, urbanization, economic development, and technological changes, sometimes gradually, sometimes abruptly, such as when a significant historical event occurs to disrupt long-held beliefs.

Beliefs are generally thought to affect behavior. Although abundant research literature shows that beliefs and attitudes do not directly lead to specific behaviors and that the relationship of attitudes and behavior is more nuanced than outright causation (Ajzen & Fishbein, 1977, 1980, Schuman and Johnson, 1976), it is still worthwhile to study beliefs as they generally guide our actions. Beliefs are also a gauge of what the current generation thinks. By measuring the same beliefs over time, one can also gather insight into changing norms and guides to behavior in the wider society.

Since 1994, the YAFS series has tracked beliefs and attitudes related to the core areas of youth sexuality and fertility. These beliefs and attitudes center on premarital sex and premarital conception, marriage and cohabitation, divorce,

and abortion. In this section, we present the beliefs and attitudes of Filipino youth on these topics, broken down by background characteristics. We then present trends in beliefs and attitudes by presenting the data from the two previous rounds (1994 and 2002) compared with the results from the 2013 YAFS.

Ideal age at marriage

In general, Filipino youth believe that the ideal age for marriage is 23.6 years for a woman and 24.6 years for a man (Table 4.1). There is a distinct gender difference: Men say that the ideal age is 23.1 years for a woman and 24 years for a man, whereas women say the ideal age is one year later (i.e., 24.1 years for women and 25.1 years for men). Rural residents give a younger ideal age at marriage for both men and women compared with urban residents. The ideal age at marriage also tends to increase with a rising level of education and improving socioeconomic status. For example, for those with elementary-level schooling, the ideal age at marriage is 23.3 and 22.2 years for a man and a woman, respectively, while for the college educated, the ideal age is 25.4 years for a man and 24.6 years for a woman. Similarly, among those from the lowest quintile, the ideal age at marriage is 23.7 years for a man and 22.6 years for a woman. The corresponding age for the youth in the richest quintile is 25.3 for a man and 24.5 for a woman.

Across the regions, the ideal age at marriage for a man is highest in the NCR, Western Visayas,

and Bicol, all at 25 years, and lowest in ARMM at 22.6. For a woman, the highest ideal age at marriage (24 years) is reported in NCR, Western Visayas, and Ilocos. Again, the lowest ideal age at marriage for a woman is reported by youth from ARMM at 21.8 years.

Personal course of action when there is parental opposition to one's marriage plans

In the traditional Filipino family, parents exert a strong influence on a child's choice of a marital partner. Although they may not directly

Table 5.1 Percent who express specific beliefs and attitudes about marriage, cohabitation, premarital sex and premarital conception, by background characteristics

Background characteristics	Ideal age at marriage		Perceived personal course of action when there is parental opposition to marriage			Feel compelled to marry if got pregnant/got someone pregnant	Approve of premarital sex		Feel virginity at marriage is important/very important for a woman	Believe their own community will accept couples who are living in
	For a man	For a woman	Marry anyway	Live together	Follow parents		For a man	For a woman		
Sex										
Male	24.0	23.1	52.1	14.2	33.7	71.4	38.6	30.2	77.0	57.8
Female	25.1	24.1	35.1	6.4	58.4	56.9	21.8	16.9	82.2	55.6
Age										
15-19	24.6	23.8	38.0	8.7	53.2	65.7	25.3	18.9	83.3	52.2
20-24	24.5	23.4	51.4	12.4	36.2	61.4	36.9	30.0	74.4	63.4
Region										
Ilocos	24.8	24.3	49.8	9.1	41.1	65.0	32.3	24.0	79.0	55.5
Cagayan Valley	23.8	23.1	50.7	12.0	37.3	78.0	34.9	25.1	83.9	55.0
Central Luzon	24.3	23.5	44.3	15.6	40.0	67.9	34.9	28.0	82.0	72.2
CALABARZON	24.6	23.8	53.2	5.1	41.6	69.3	32.7	27.1	82.4	59.5
MIMAROPA	24.8	23.6	41.2	6.4	52.4	68.1	22.1	17.6	83.2	48.0
Bicol	25.0	23.7	36.2	7.8	56.0	75.3	25.8	19.4	85.0	43.3
Western Visayas	25.0	24.2	42.0	11.2	46.7	57.6	33.8	27.7	83.8	58.1
Central Visayas	24.7	23.5	42.3	12.6	45.1	57.0	23.6	17.9	72.7	47.2
Eastern Visayas	24.8	23.6	38.0	12.7	49.3	64.4	32.3	27.0	81.5	66.8
Zamboanga Peninsula	24.2	23.0	43.2	6.2	50.6	69.6	37.1	24.3	86.0	60.3
Northern Mindanao	24.4	23.2	31.6	9.3	59.2	54.5	26.6	22.0	76.1	44.9
Davao	24.1	22.8	38.9	13.6	47.5	42.6	30.8	25.0	69.1	72.7
SOCCKSARGEN	24.4	23.3	57.2	10.1	32.8	71.2	20.8	17.0	84.1	58.9
CAR	24.3	23.5	53.5	7.9	38.3	67.8	26.3	19.7	77.0	48.5
ARMM	22.6	21.8	27.8	2.8	69.3	64.4	9.1	3.3	95.8	7.2
Caraga	24.4	23.2	36.8	11.0	52.2	64.4	34.1	27.7	77.7	56.2
NCR	25.2	24.5	40.5	12.7	46.8	59.8	32.7	24.7	70.2	62.0
Place of residence										
Urban	25.1	24.2	40.8	11.9	47.3	60.7	31.7	24.6	74.8	63.5
Rural	24.4	23.4	44.4	9.6	45.9	65.2	29.4	23.0	81.5	54.2
Educational attainment										
No schooling/Elementary	23.3	22.2	43.2	13.0	43.8	70.7	30.3	24.6	77.9	50.3
High school undergraduate	24.5	23.6	37.3	9.7	52.9	66.4	26.5	20.6	81.9	52.6
High school graduate/Vocational	24.6	23.6	48.8	10.8	40.5	62.1	34.3	27.7	78.5	61.8
College or higher	25.4	24.6	47.0	8.5	44.3	57.9	30.1	21.7	78.4	61.1
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	23.7	22.6	41.0	9.9	49.0	66.3	25.8	20.4	81.4	48.3
Second	24.4	23.4	43.2	9.3	47.5	65.7	27.5	22.0	82.0	53.8
Middle	24.6	23.6	43.6	11.0	45.4	64.5	31.7	25.3	79.4	59.4
Fourth	24.8	24.1	43.0	10.8	46.3	60.7	31.9	24.5	77.0	61.2
Highest (Richest)	25.3	24.5	47.0	10.0	42.9	62.5	33.6	25.0	78.4	61.1
Total	24.6	23.6	43.4	10.2	46.3	64.0	30.0	23.4	79.7	56.7

choose their child's future spouse, parental acceptance of a child's potential partner is considered essential. Thus, when there is parental opposition to a proposed marriage, children are placed in a dilemma about which course of action to take. In earlier generations, the will of parents almost always prevailed when it came to choosing a life partner. In the survey, we posed the hypothetical question "*If your boyfriend proposed marriage/if you had proposed marriage but your parents were opposed to your marrying, would you marry anyway, live together with boyfriend/girlfriend, or follow parents?*" The normatively acceptable answer in the traditional view is to follow one's parents.

Overall, less than half (46.3%) said they would follow their parents' wishes, while the rest said they would defy their parents either by marrying anyway (43.4%) or by living together (i.e., entering a consensual union; 10.2%). More females (58.4%) than males (33.7%) and more among the younger (53.2%) than the older (36.2%) youth said they would follow their parents' wishes. There are no consistent patterns in responses across education and socioeconomic status. Urban residents have a slightly higher percentage who would follow their parents' wishes compared with rural residents. The regions with the highest percentages who would follow their parents are ARMM (69.3%), Northern Mindanao (59.2%), and Bicol (56%); the regions with the lowest percentages are SOCCSKSARGEN (32.8%), Cagayan Valley (37.3%), and CAR (38.3%; Table 5.1).

Feeling compelled to marry because of premarital pregnancy

In earlier generations of youth, premarital conception was uncommon; if it occurred at all, the young couple was usually compelled to legitimize the pregnancy by getting formally married. In YAFS4, respondents were asked whether they would feel compelled to marry if they got pregnant (for females) or got someone pregnant (for males) out of wedlock. The results show that the majority of youth (64%) said they

would feel compelled to marry because of a premarital pregnancy, which indicates that there is still some adherence to the traditional value of legitimizing an out-of-wedlock conception through formal marriage.

Tabulations across the categories of the background characteristics reveal some notable differences. Males (71.4%) more than females (56.9%) reported feeling compelled to marry under these circumstances. Slightly more rural (65.2%) than urban residents (60.7%) and more among those with elementary education (70.7%) than those with other educational attainment felt compelled to marry, with the college educated (57.9%) feeling the least compelled to marry. There is no marked distinction by socioeconomic status. Among the regions, the lowest percentage who would feel compelled to marry following a premarital pregnancy was reported by the youth from Davao Region (42.6%), followed by the youth from Northern Mindanao (54.5%). At the other extreme, the highest percentage was recorded in Cagayan Valley (78%), followed by Bicol (75.3%).

The importance of virginity in a woman

It has often been observed that Filipino society tends to have a double standard when it comes to sexual behavior in that women are held to a higher standard than men. Among the traditional values in Philippine society is the value for virginity for a woman when she marries. To gauge how salient this value remains among today's youth, we asked the question "*Nowadays, is it important for a woman to be a virgin when she gets married?*" The responses are "yes, very important," "yes, important," and "no, not important."

In all, almost eight in 10 (79.7%) were of the opinion that it is very important/important for a woman to be a virgin when she gets married (Table 5.1). More women, 15-19-year-olds, and rural residents expressed this sentiment than their respective counterparts. Belief in the importance of a woman's virginity is almost universal among youth in ARMM (95.8%). High proportions of youth from the Zamboanga

Peninsula (86%) and Bicol (85%) also expressed support for this view. The regions with the lowest percentages who agreed that it is very important/important for a woman to be a virgin when she marries are Davao (69.1%), NCR (70.2%), and Central Visayas (72.7%).

Approval of premarital sex

A related value to virginity is the prohibition of sexual activity outside of marriage. If preserving virginity is very important in a society, then no sexual activity should happen before formal marriage. Since the experience of premarital sex is one of the key variables being tracked by the YAFS series, approval of this practice is likewise one of the key values/attitudes tracked by YAFS. In the latest round, the questions asked were *“Do you approve of women having sex before marriage?”* and *“Do you approve of men having sex before marriage?”*

The results show that Filipino youth are as conservative in their views regarding premarital sexual activity as they are with virginity. In all, only 30 percent approve of men having sex before marriage and 23.4 percent approve of women doing the same. Expectedly, more men than women and more of the 20–24-year-olds than the 15–19-year-olds approve of premarital sex for men and for women. The urban-rural difference is less pronounced and in the expected direction of higher agreement among urban than rural youth. There is no clear and consistent pattern of difference by educational attainment and socioeconomic status.

In the regions, ARMM youth show the most consistent belief in the interrelated topics of virginity for a woman and premarital sex for both men and women. ARMM youth showed the lowest levels who approve of premarital sex for men (9.1%) and women (3.3%), which supports their almost universal agreement that virginity is very important/important for a woman when she marries. There is evidence of a double standard of morality for men and women in all regions, as manifested in the higher percentage who approve of premarital sex for a man than for a woman. The

differences are greatest in Zamboanga Peninsula, which shows the highest degree of difference in approval for premarital sex for men compared with women. It is also worth noting that although the youth from Zamboanga Peninsula are second only to ARMM in the percentage who think it is very important/important for a woman to be a virgin before she marries, the youth in Zamboanga also have the highest percentage who approve of men having premarital sex (37.1%).

In addition to Zamboanga, the regions with the highest percentages who approve of men having sex before marriage are Cagayan Valley, Central Luzon, and Caraga. The percentages who approve of women having sex before marriage are highest in Central Luzon, Western Visayas, Caraga, CALABARZON, and Eastern Visayas. ARMM, SOCCSKSARGEN, MIMAROPA, and Central Visayas have the lowest percentages who approve of premarital sex for men and women.

Perceived community support for couples who are living in

Given the implicit value for marriage and sexual activity within marriage in Philippine society, YAFS explored the acceptability of couples who are in a consensual union or living in. Unlike the previous questions that asked for the youth's individual beliefs or attitudes, we asked them their perception of the acceptability of live-in arrangements in the community they lived in. This question thus required them to assess community norms rather than their own individual stand on the matter. Specifically, the question was *“Do you think the people in your community would accept two unmarried persons who are living in?”*

Over half (56.7%) of the youth expressed the belief that their community would accept unmarried people who are living in; the percentages were higher among the older youth, the urban residents, the better educated (high school graduates and the college educated), and those belonging to the higher socioeconomic brackets (fourth and fifth quintiles).

In general, the variations across the regions seem to reflect the degree of adherence

to traditional values on marriage, premarital sex, and consensual unions in the region. For example, youth in Davao Region have the highest percentage who expressed the belief that consensual unions are acceptable to their community. This is consistent with the finding that Davao youth also have the lowest percentage who think virginity is important when a woman marries, as well as the lowest percentage who said they would feel compelled to marry if they got pregnant or got someone pregnant out of wedlock. At the other extreme are youth in ARMM, who, through their responses to the various indicators of traditional beliefs, consistently portray more traditional values. Only 7.2 percent of youth in ARMM believe that their community will accept two unmarried people who are living in.

Support for a bill to legalize divorce

The Philippines is the last country in the world that does not allow divorce for its citizens (with the exception of Muslims; Hundley & Santos, 2014). In the last two rounds of YAFS, the sentiment of the youth about the introduction of a law to allow divorce has been measured by asking the direct question *“If a bill to legalize divorce in the Philippines for non-Muslims is submitted in Congress, would you support the bill?”* In YAFS4, 41.4 percent answered “yes” to this question, which implies that support for a divorce bill is not so high among the youth (Table 5.2).

Support for a divorce bill is somewhat higher among females, older youth, and urban residents. The percentage expressing support for a divorce bill increases steadily as education level rises. By socioeconomic status, more youth belonging to the two highest quintiles would support a divorce bill compared with youth from the poorest quintiles.

Across the regions, support for a divorce bill is highest in the NCR, although at 53.2 percent, the level is not overwhelmingly high. The other region where at least half of the youth would support a divorce bill is Bicol. Surprisingly, only 42.3 percent of the youth in ARMM would support a divorce bill even as divorce is allowed for

Muslims. The region with the lowest percentage of potential supporters of a divorce bill is CAR (29.6%).

Approval of abortion

Another issue for which the attitudes and opinions of Filipino youth were sought is abortion. In the Philippines, abortion is generally illegal, and a person who intentionally causes an abortion can be subjected to imprisonment. Still, although the Penal Code does not list specific exceptions to the general prohibition on abortion, under the general criminal law principles of necessity as set forth in article 11(4) of the Code, an abortion may be legally performed to save the pregnant woman’s life (United Nations Population Division, n.d., p. 35).

The question on abortion has two components. The first is a global question that asks *“Do you approve of a woman having an abortion?”* Regardless of their answer to this global question, all respondents were asked if they would approve of abortion under a series of hypothetical circumstances. The responses to the global question indicate a prevalent opposition to the practice of abortion, as only 4.2 percent of Filipino youth answered the question in the affirmative. But when the situation is qualified and particular circumstances under which abortion may be performed are presented, the proportions expressing approval of abortion increase compared with the answer to the global question.

Under the eight circumstances presented, for which the respondents were asked if they would approve of abortion, the situation with the highest percentage of agreement is when “the life of the pregnant woman is in danger” (35.9%). Other circumstances under which about one in 10 would approve of abortion, in decreasing order, are: when the pregnancy is a result of incest, when the child may be deformed, and when the pregnancy is a result of rape. In all eight scenarios, more men than women expressed approval of abortion, although the difference between the sexes is not so high.

Slightly more men (36.8%) than women (35.1%), more older youth (38.1%) than younger youth (34.5%), and more urban (38.1%) than rural (35.1%) residents approve of abortion when the mother's life is in danger. There is also an increasing prevalence of approval as education level increases. As to socioeconomic status, there are no clear patterns, but those from the two highest wealth quintiles also manifest a higher

prevalence of approval of abortion when the mother's life is in danger.

Among the regions, support for the idea of abortion when the mother's life is in danger is highest (all at above 40%) in CALABARZON, CAR, NCR, and SOCCSKSARGEN. However, even among these regions, approval of abortion when the mother's life is in danger is not the majority idea. The highest percentage of approval is only 44.5

Table 5.2 Percent who express specific beliefs and attitudes about divorce and abortion by background characteristics

Background characteristics	Support a bill to legalize divorce	Approve of a woman having an abortion	Approve of abortion if...							
			The woman is single	The couple is too young	The life of the mother is in danger	The child may be born deformed	The pregnancy is a result of rape	The pregnancy is a result of incest	The couple does not want more children	The couple has many children
Sex										
Male	39.8	5.2	6.2	7.4	36.8	15.4	14.3	17.4	8.7	8.4
Female	43.0	3.2	3.8	4.2	35.1	13.1	10.5	13.0	5.6	6.2
Age										
15-19	38.4	4.3	5.5	6.0	34.5	14.0	13.1	15.5	7.5	7.3
20-24	45.9	3.9	4.2	5.3	38.1	14.6	11.3	14.6	6.6	7.2
Region										
Ilocos	38.0	4.9	3.2	4.0	34.3	11.9	15.4	19.8	4.5	5.0
Cagayan Valley	34.5	4.7	6.9	6.7	26.4	12.8	10.9	11.2	7.9	8.6
Central Luzon	47.6	7.3	6.2	7.4	31.2	18.6	17.1	21.4	6.5	6.5
CALABARZON	37.2	3.7	5.2	5.8	44.5	15.4	12.4	16.5	10.1	10.1
MIMAROPA	41.9	3.2	5.9	6.8	24.7	13.0	8.2	8.7	9.4	8.2
Bicol	52.0	3.2	11.2	9.6	38.0	17.0	14.3	14.2	13.8	12.4
Western Visayas	31.9	5.5	4.9	4.6	34.7	10.3	8.6	8.7	4.7	5.1
Central Visayas	35.9	3.8	3.5	3.8	34.8	12.6	8.8	12.9	4.7	5.2
Eastern Visayas	39.9	4.4	4.3	4.8	35.5	16.7	12.3	16.3	7.3	8.1
Zamboanga Peninsula	40.5	3.1	3.6	5.2	32.6	12.4	12.2	20.8	5.0	6.2
Northern Mindanao	38.2	3.3	3.6	3.9	28.6	11.8	8.9	9.9	5.6	6.8
Davao	41.1	2.8	2.5	2.7	31.4	10.0	7.1	10.6	3.1	3.8
SOCCSKSARGEN	38.2	2.5	1.3	2.3	41.3	12.0	10.1	11.9	2.4	2.4
CAR	29.6	2.5	1.9	4.3	42.4	14.6	11.4	11.4	3.8	4.3
ARMM	42.3	2.2	3.9	4.0	25.8	11.0	15.9	21.3	3.6	5.2
Caraga	38.7	4.2	7.7	9.6	39.5	15.2	14.8	13.1	11.5	11.7
NCR	53.2	4.3	5.5	8.0	42.1	16.4	15.1	16.9	9.5	8.9
Place of residence										
Urban	47.9	4.8	5.1	6.8	38.1	15.3	13.2	16.0	7.8	7.5
Rural	39.0	3.9	4.9	5.4	35.1	13.8	12.1	14.8	6.9	7.2
Educational attainment										
No schooling/Elementary	38.4	5.0	6.3	6.9	32.3	14.0	14.0	16.8	8.1	8.7
High school undergraduate	39.4	3.9	5.9	6.9	33.1	14.0	12.9	14.7	8.0	7.5
High school graduate/Vocational	43.7	4.0	3.6	4.3	36.5	13.2	11.4	14.9	6.5	6.3
College or higher	43.8	4.4	4.3	4.9	42.6	16.0	11.8	15.1	5.7	7.3
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	38.4	3.8	4.9	5.5	32.7	12.8	10.9	14.5	7.3	7.4
Second	38.3	3.0	5.2	5.8	31.7	13.0	12.2	13.9	7.1	6.7
Middle	39.8	5.0	5.3	6.1	37.1	14.2	12.6	15.4	7.2	7.9
Fourth	46.0	4.3	4.3	5.9	38.8	15.9	13.0	16.6	7.4	7.5
Highest (Richest)	45.4	4.9	5.1	5.4	39.9	15.2	13.4	15.1	6.5	6.9
Total	41.4	4.2	5.0	5.8	35.9	14.2	12.4	15.1	7.1	7.3

percent, reported by the youth in CALABARZON. At the other end, approval is lowest (all at below 30%) in Northern Mindanao, Cagayan Valley, ARMM, and MIMAROPA.

Of the three other conditions for abortion that were approved by more than 10 percent of the youth, there is slightly more support for the idea of abortion in the case of incest (15.1%) than rape (12.4%); slightly more too approve of abortion when the pregnancy is a result of incest than when the child may be born deformed (14.2%). Support for the idea of abortion for a pregnancy that is the result of incest is highest in ARMM (21.3%) and Zamboanga Peninsula (20.8%).

Trends in beliefs and attitudes

It is possible to follow how some of the preceding beliefs and attitudes have changed through the years because the same questions were asked to elicit the information in the three YAFS survey rounds with a complete youth sample of men and women (1994, 2002, and 2013). These beliefs and attitudes revolved around topics related to marriage, premarital sex, divorce, and abortion.

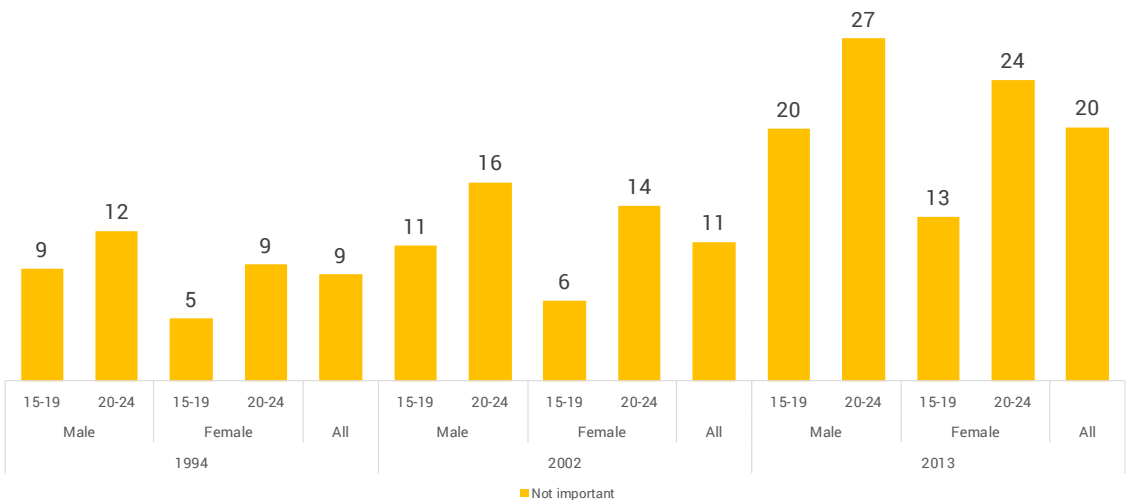
Beliefs about virginity and premarital sex

Perhaps the most awaited statistic produced by the YAFS series is the prevalence of premarital sex. The unspoken assumption is that sexual activity before marriage is unacceptable in the society, more so for women than for men. This further implies that for women more than men, virginity at the time of marriage is expected.

Figure 5.1 shows how belief in the importance of virginity at marriage has changed since 1994, comparing by age group and sex. Overall, there is a steady rise in the percentage who believe that virginity at marriage for a woman is not important, from 8.5 percent in 1994 to 20.3 percent in 2013. The increase in the prevalence of this belief was more steep between 2002 and 2013 than between 1994 and 2002. While the prevalence of this belief is observed among both men and women and the younger and the older youth, the highest relative increase in the percentage who believe that virginity at marriage is not important is observed among women 15-19 years old between the 2002 and 2013 survey rounds.

Figure 5.2 shows the response to the question “Would you approve of a woman having premarital sex?” Consistent with the findings of an increase in the proportion who believe that

Figure 5.1 Percent who believe it is not important for a woman to be a virgin when she marries, by age and sex: 1994, 2002, and 2013



virginity at marriage is not important, the results also show a consistent increase in the percentage who approve of premarital sex for a woman, from 12.8 percent in 1994 to 23.4 percent in 2013. This time, the increase in approval was sharper between the 1994 and 2002 YAFS than between the 2002 and 2013 YAFS.

Ideal age at marriage

The ideal age at marriage for a man remained the same, at 25 years, from 1994 to 2013 (Figure 5.3). Broken down by sex, the ideal mean age for a man, as reported by women, is higher by one year than that given by men. On the other hand, the overall ideal age at marriage for a woman increased by one year, from 23 years in 1994 to 24 in 2013. As with the ideal age for a man, women gave an ideal age that is one year higher than that given by the men.

Dealing with premarital conception

Respondents in each survey round from 1994 to 2013 were asked to give their opinion on what a woman who gets pregnant out of wedlock should do. The two most common responses are “keep the baby without getting married” and “try to get the father to marry her.” These are two opposing views: the first is a break from traditional beliefs that premarital sex is unacceptable and therefore that all pregnancies should occur within marriage, and the second is a perpetuation of the normative belief that the pregnancy should be legitimized by formal marriage. The third and fourth options are “put the baby up for adoption” and “try to end the pregnancy,” with neither view getting much support in all three rounds.

In Figures 5.4 and 5.5, we present the trend in the proportion who chose the first two options. The trend indicates a consistent rise in the percentage espousing the less conservative

Figure 5.2 Percent who approve of premarital sex for a woman, by age and sex: 1994, 2002, and 2013

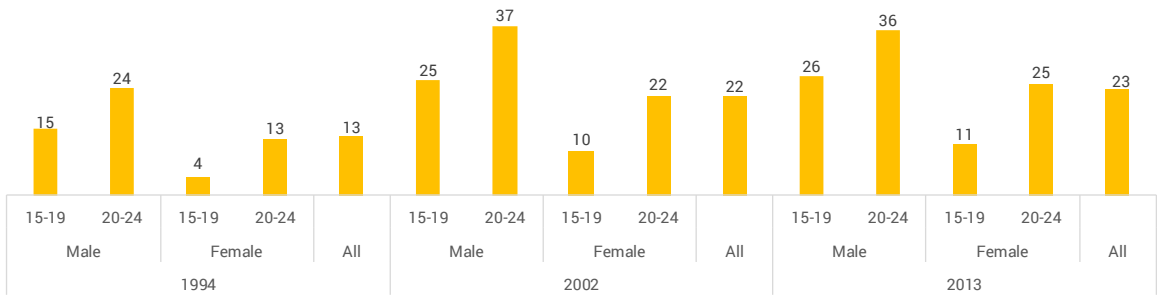
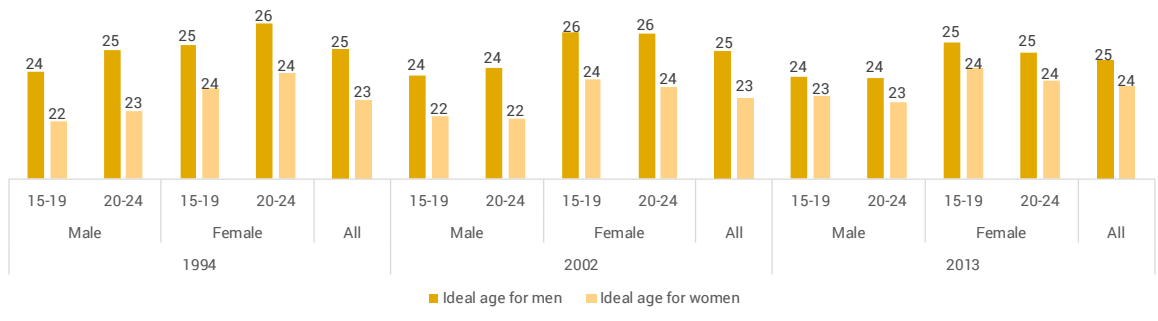


Figure 5.3 Ideal age at marriage for males and females, by age and sex: 1994, 2002, and 2013



¹ This question was not asked of men in 1994.

view (keep the baby without getting married), from 58.2 percent in 1994 to 67.8 percent in 2013. The increase is steep between 1994 and 2002 but plateaued between 2002 and 2013 for the men. For the women, a rise is observed between 2002 and 2013. In general, more women than men think that a woman should keep the baby without getting married when she gets pregnant out of wedlock.

Correspondingly, there is a consistent decline in the percentage who think that the woman should “try to get the father to marry her,” the more traditional response to an out-of-wedlock pregnancy (Figure 5.5), although less marked, from 36.1 percent in 1994 to 29.6 percent in 2013. Consistently, a gender difference is observed, with more men than women espousing this view. The decline in the overall percentage is mainly attributed to the decline in the support for this view among women, even as the pattern of men’s responses did not indicate a clear trend.

Support for a divorce law in the Philippines

Around the time the 2002 YAFS was being conceptualized, the possibility of introducing a divorce law in the Philippines was also being discussed more openly than in previous years in the Philippines. Prompted by this development, a new question was introduced in the YAFS3 survey: “Should a divorce bill be introduced in the Philippines, will you support it?”

Results in Figure 5.6 indicate that only a little over a third (37.3%) of the youth said they would support a divorce bill in the Philippines if it were introduced. The percentage was marginally higher among men than women and among younger than older youth. After 11 years, the 2013 YAFS results indicate a modest rise to 41.4 percent in the proportion who would support a divorce bill. The increase is most pronounced among young women in the age group 20–24. The increases among men, among both younger and older youth, and among 15–19-year-old women are modest.

Figure 5.4 Percent who said that a woman who gets pregnant out of wedlock should keep the baby without getting married, by age and sex: 1994, 2002, and 2013

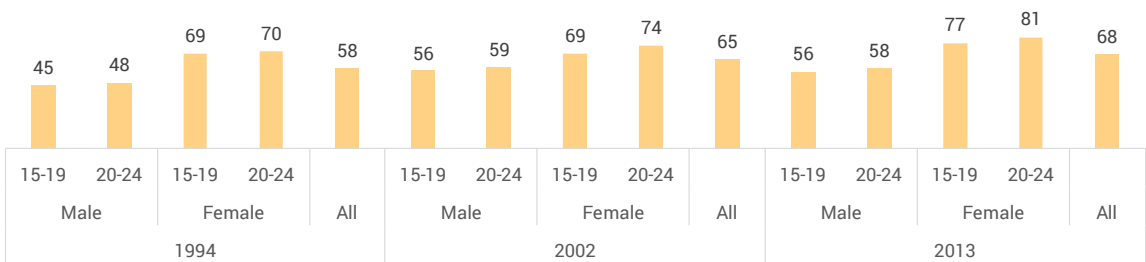
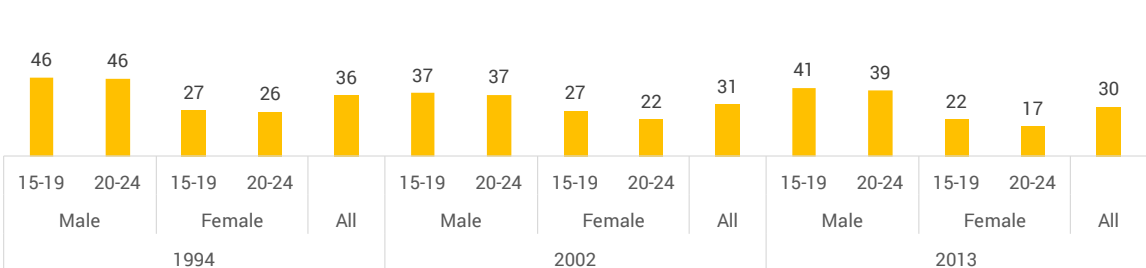


Figure 5.5 Percent who said that a woman who gets pregnant out of wedlock should try to get the father of the child to marry her, by age and sex: 1994, 2002, and 2013



Support for abortion in the Philippines

The responses to the global question “Do you approve of a woman having an abortion?” indicate that a high level of disapproval of the practice remains (see Figure 5.7). Throughout the 20-year period, the approval level fluctuated between 4 and 5 percent only.

Figure 5.8 shows the responses to the questions on specific circumstances under which the youth may approve of abortion in the three YAFS rounds. The trend in the percentages who approve shows a downward trajectory for each of the given conditions. The decline is most pronounced for the condition “The life of the pregnant woman is in danger.” While half approved of abortion under this circumstance in 1994, the approval dropped to 35.9 percent in 2013.

The timing of the YAFS survey in 2013 may have contributed somewhat to the results for this question. While the field work was ongoing, the debates on the Reproductive Health Bill were at their most heated, with extensive media coverage on the opposing positions taken by the various stakeholders in the bill. The Catholic Church has taken the particularly strong position that the Reproductive Health Bill would “only promote the use of abortifacient drugs” (Macairan, 2012). Some of that probably filtered down to the consciousness of the youth, and the effect was a decline in the support for abortion, even when the life of the mother is in danger. However, the possibility of a real decline in support for

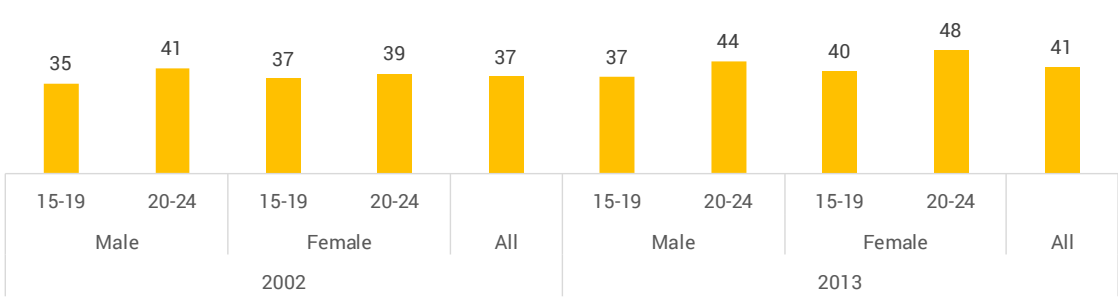
abortion under various circumstances over the 20-year period cannot be discounted, as there is consistency in the decrease, as seen even in the 2002 YAFS results.

Summary and conclusions

Results from the 2013 YAFS indicate that generally, support remains for the traditional beliefs and values on the importance of virginity, the unacceptability of premarital sex, and the need to marry when confronted with premarital pregnancy, although the numbers indicate no overwhelming support for these norms. In general, there is also a higher prevalence of support for traditional views among the younger youth (15–19-year-olds), rural residents, those with lower educational attainment, and those who belong to the lower socioeconomic quintiles. There are considerable variations among the 17 regions in the levels of support for the traditional views. The ARMM youth stand out as consistently expressing the highest prevalence of support for the traditional values. Contrary to expectations, the NCR youth were not consistently the regional group with the lowest levels of support for the traditional values.

The trend over the past 20 years, from YAFS2 in 1994 to YAFS4 in 2013, indicates a gradual shift toward decreasing support for the traditional beliefs on virginity, premarital sex, and premarital conception among the youth. Overall, we found no evidence of high levels rejecting these beliefs; hence, the majority still espouse the normative beliefs of society on virginity and

Figure 5.6 Percent who said they would support a bill to legalize divorce in the Philippines, by age and sex: 2002 and 2013



women engaging in premarital sex. But the pace of change is uneven across these values. While most still believe in the importance of virginity and the unacceptability of premarital sex, there is a move toward greater acceptance of the decoupling of premarital pregnancy and formal marriage. The trend toward higher acceptance of the option “to keep the baby without getting married” in 2013 compared with 1994 indicates greater acceptance of the idea that a premarital pregnancy need no longer be legitimized by formal marriage.

This shift of attitude may be behind the rise in consensual unions among the youth who do not get formally married but may live together as a consequence of premarital pregnancy. It is not far-fetched to surmise that the absence of a divorce law in the Philippines may partially drive the phenomenon of increasing premarital pregnancy and consensual unions and the rising tolerance for these heretofore unacceptable practices.

Figure 5.7 Percent who approve of a woman having an abortion, by age and sex: 1994, 2002, and 2013

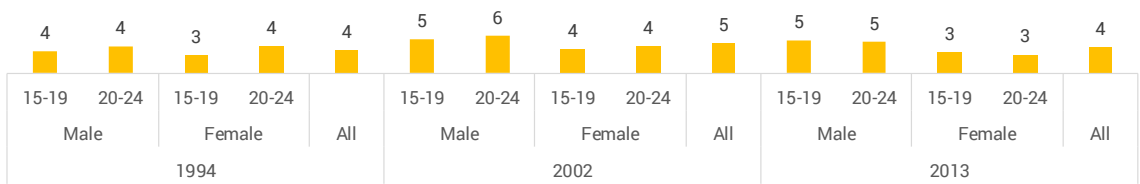
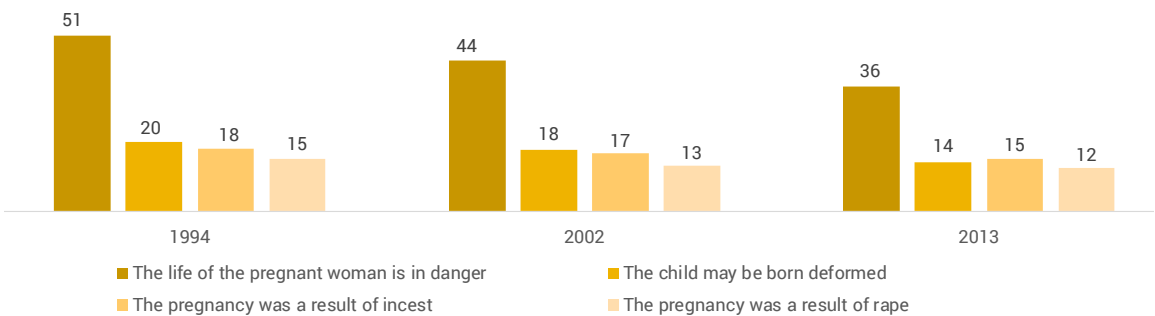


Figure 5.8 Percent who approve of abortion under specific circumstances: 1994, 2002, and 2013



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Non-sexual Risk Behaviors

Grace T. Cruz

This chapter examines the non-sexual risk behaviors of the Filipino youth that the Young Adult Fertility and Sexuality Survey (YAFS) series has traditionally tracked. This includes smoking, drinking, drug use, suicide ideation and attempts, and the experience of physical violence. The latter two are among the new areas covered in the last two survey rounds. Monitoring these risk behaviors among the young people is important as a public health concern not only because of their long-term effects but also because they are interrelated with other health issues faced by the youth. Young people who smoke are more likely to drink, do drugs, and engage in other risky behaviors. Those who start smoking earlier are at greater risk to be hooked on the vice (Breslau, Fenn, & Peterson, 1993; Park, et al., 2004; den Exter Blokland, et al., 2004). The close interrelationships among these non-sexual and sexual risk behaviors are clearly established in the literature (Kirby, 1999; Vallejo-Medina & Sierra, 2015). Smoking, drinking, and drug use have been found to serve as “gateways” that lead young people to other sexual risk behaviors such as early sexual initiation, unprotected sex, and casual sex (Abbey, 2002; Jewkes, Morrell, & Christofides, 2009; Vallejo-Medina & Sierra, 2015). They are likewise linked with the perpetration of violence and violence victimization among young people. Adolescents’ involvement in life-threatening behaviors such as suicide has also been found to be mediated by poor health behavior, which includes smoking and drinking (Laukkanen, et al., 2002).

That young people subscribe to the abovementioned non-sexual risk behaviors despite their known negative implications has been a continuing challenge for health planners. Still, majority of young people exhibit some degree of resilience in spite of their subscription to these health risk behaviors. This is evident in their continuing overall health and mortality improvement. For example, life table estimates in the country suggest that in the last four decades, 15-year-old females and males gained on average, about four and two years on life expectancy, respectively (i.e., 1970 and 2010). This means that the current cohort of young people is generally healthier than the previous generations that came before them. This extension in life expectancy, however, reflects only a partial gain, which could have been exploited to its fullest potential had their health risks been reduced, if not altogether eradicated. No doubt, efforts to address these non-sexual risk behaviors will ensure better health profiles and reduce the incidence of premature deaths among young people.

Results

Smoking

To assess exposure to smoking, we asked the respondents if they had ever tried smoking and if so, the timing and related circumstances of their initiation as well as the persistence of their tobacco consumption. Results show that

among all youth, 38.8 percent have ever smoked, significantly more so among the males relative to the females. However, a much lower proportion (19.7%) are currently smoking, again more among the males than the females. The decline in the proportion who ever smoked relative to those currently smoking suggests that some smokers eventually quit the practice. The dropout rate is higher among the females, with only 4.7 percent currently smoking from among the 22.1 percent who initiated tobacco use. The corresponding

figures for the males are 35.4 percent and 56.3 percent, respectively (Table 6.1).

The good news is that tobacco use among young Filipinos in general has dropped in the last two decades. For the males in particular, the proportion who are currently smoking dropped to its lowest level since it was first monitored by YAFS in 1982 (i.e., 40.4%, 37.6%, and 35.4% in 1994, 2002, and 2013, respectively). For their female counterparts, the corresponding proportions increased from 4.2 percent in 1994

Table 6.1 Percent of males and females who ever smoked and currently smoking by background characteristics

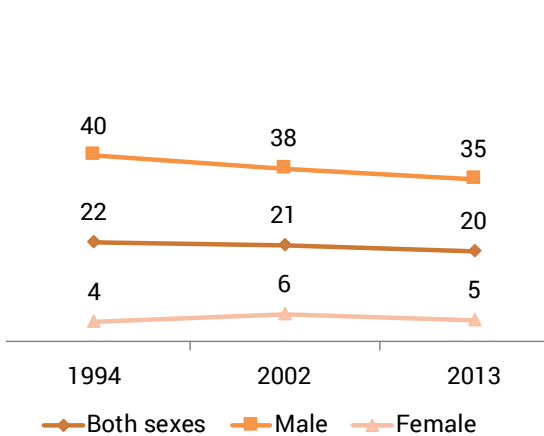
Background Characteristics	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	Ever smoked	Currently smoking		Ever smoked	Currently smoking		Ever smoked	Currently smoking	
Age									
15-19	48.0	28.0	5,769	16.9	3.1	5,652	32.6	15.6	11,422
20-24	69.8	47.3	3,589	29.1	6.8	4,161	47.9	25.6	7,750
Region									
Ilocos	57.5	33.4	473	20.9	3.6	468	39.3	18.6	941
Cagayan Valley	49.0	30.2	345	21.4	3.1	327	35.5	17.0	670
Central Luzon	54.1	45.5	953	24.7	6.6	1,096	38.4	24.7	2,050
CALABARZON	59.5	39.0	1,243	23.1	3.4	1,303	40.8	20.8	2,547
MIMAROPA	54.1	31.4	283	16.1	2.9	279	35.2	17.3	562
Bicol	62.3	37.7	522	18.3	2.6	574	39.3	19.3	1,095
Western Visayas	59.9	40.1	764	20.8	2.9	722	40.9	22.1	1,487
Central Visayas	57.5	33.2	742	12.9	2.4	673	36.3	18.5	1,415
Eastern Visayas	41.3	23.9	426	15.1	2.7	402	28.6	13.8	829
Zamboanga Peninsula	58.0	34.6	374	11.5	1.1	355	35.3	18.4	729
Northern Mindanao	56.6	27.3	447	12.9	0.6	474	34.1	13.5	921
Davao	62.6	36.6	446	16.3	2.1	515	37.8	18.1	960
SOCCKSARGEN	48.1	25.3	439	9.3	0.7	460	28.2	12.7	900
CAR	65.9	29.5	1,150	25.8	2.0	198	44.3	14.9	370
ARMM	35.4	26.5	173	8.5	0.3	355	21.3	12.5	671
Caraga	69.8	30.9	316	23.5	1.6	255	47.1	16.4	520
NCR	58.2	39.1	265	44.9	15.8	1,357	51.0	26.6	2,507
Place of residence									
Urban	58.0	38.2	2,398	33.5	9.7	2,831	44.7	22.8	5,228
Rural	55.8	34.4	6,962	17.5	2.6	6,982	36.6	18.5	13,944
Educational attainment									
No schooling/Elementary	61.8	46.2	1,730	19.2	5.4	922	47.0	32.0	2,651
High school undergraduate	51.6	32.4	3,530	19.5	4.8	3,503	35.6	18.6	7,032
High school graduate/Vocational	61.5	38.3	2,410	25.2	5.5	3,052	41.2	20.0	5,463
College or higher	53.2	26.7	1,688	23.0	3.0	2,336	35.7	13.0	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	54.7	34.9	1,886	13.3	2.1	1,954	33.6	18.2	3,840
Second	57.2	34.3	1,913	18.9	2.4	2,022	37.5	17.9	3,935
Middle	56.2	36.6	2,091	23.2	4.8	2,082	39.8	20.7	4,173
Fourth	57.6	37.4	1,942	26.6	6.7	2,063	41.6	21.6	4,006
Highest (Richest)	55.8	33.2	1,527	29.1	7.7	1,693	41.8	19.8	3,219
Total	56.3	35.4	9,361	22.1	4.7	9,813	38.8	19.7	19,174

to 5.9 percent in 2002 and decreased to 4.7 percent in 2013 (Figure 6.1).

Sociodemographic, environmental, and personal factors are correlated with young people’s tobacco use, as evident in the differentials in the exposure level across background variables. Those residing in NCR registered the highest level (51%) of exposure to tobacco (% who ever smoked), while the exposure is lowest in ARMM (21.3%).

Generally, males and those in the older age groups are more likely to be currently smoking. The proportion of male current smokers is highest in Central Luzon (45.5%), Western Visayas (40.1%), and NCR (39.1%). For the females, it is highest in NCR (15.8%) and Central Luzon (6.6%). Living in urban areas as compared to rural areas is associated with a higher prevalence of tobacco use. This is quite apparent among the females; about a third of those from the urban areas ever smoked, which is about twice the level in the rural areas. The same pattern is noted for current tobacco use, with the proportion currently smoking at 9.7 percent and 2.6 percent for urban and rural females, respectively. The urban-rural differential is not as stark for the males, where an almost comparable level of use is noted.

Figure 6.1 Percent of youth who are currently smoking cigarettes by sex: 1994, 2002, and 2013



No definite education gradient for tobacco exposure is evident from the data, although a gender distinction is notable. Generally, those with the lowest educational attainment (no schooling and elementary) registered the highest proportion who ever smoked and are currently smoking, although the level does not necessarily decline monotonically as one goes up the education ladder. This pattern seems to be true with males and for the current smoking status of the females. A different pattern is observed for females in terms of the proportion who ever smoked, however, with higher education associated with higher proportion of ever use. At least 25.2 percent and 23 percent of high school- and college-educated females, respectively, reported to have ever smoked, which is higher than the level observed among those with a lower educational background (about 19% for those with lower than high school education).

The SES differentials are also quite distinct between the males and the females. While a positive relationship generally exists between the proportions who ever smoked and the SES, the pattern is not as evident for current smoking. Data also show no substantial difference in cigarette exposure across the SES categories for the males, but a clear positive relationship is noted for the females. About 29 percent of females in the highest quintile have ever smoked as compared to 13.3 percent for their counterparts in the lowest quintile. The figures for the proportion currently smoking are 7.7 percent and 2.1 percent, respectively.

The timing of the onset of cigarette use is important to consider given the health consequences associated with early exposure, including the increased likelihood of addiction resulting from prolonged use and exposure to nicotine. Among those who have ever smoked, they started at 15.9 years, on the average. More than a quarter (27%) among those who have ever smoked started smoking before they turned 15 years old; this proportion increases dramatically to around nine in 10 by the time they turn 18 years old (Table 6.2). This implies that among the youth who have ever used tobacco, most of

them have tried it even before reaching the age of majority (i.e., 18 years).

Generally, the males smoke earlier than the females, starting at an average age of 15.7 (vs. 16.3 years among females). Males' earlier initiation is also evident from the findings showing that at least 28.8 percent among them had their first smoke by age 15 as compared to 22.7 percent for their female counterparts. Lower education is not only associated with higher prevalence of smoking but also with earlier age of initiation to tobacco use, with those attaining at least a high school diploma initiating smoking

a year later than their counterparts with lower education. No apparent age differential is noted in the initiation across the regions. Youth from SOCCSKSARGEN reported the lowest mean age of first tobacco use at 15.5 years on the average.

Drinking

Another problem associated with the youth is alcohol consumption. Like smoking, drinking—especially binge drinking and persistent consumption of alcohol—can compromise one's health and pose safety risks,

Table 6.2 Percent of youth by age first started to smoke and mean age smoking initiation by background characteristics

Background Characteristics	Age started to smoke						Mean age started to smoke	No. of cases
	Below 15	15	16	17	18	above 18		
Sex								
Male	28.8	17.6	16.3	14.3	10.9	12.1	15.7	5,263
Female	22.7	15.4	16.9	12.7	13.8	18.5	16.3	2,166
Region								
Ilocos	24.0	18.9	15.1	17.3	11.1	13.7	16.0	371
Cagayan Valley	26.1	16.8	16.0	12.6	10.5	18.1	16.0	238
Central Luzon	27.0	15.0	17.3	13.2	14.0	13.6	16.0	788
CALABARZON	27.4	17.5	21.3	11.3	11.1	11.5	15.8	1,037
MIMAROPA	21.9	17.9	17.9	12.8	14.3	15.3	16.1	196
Bicol	20.6	17.4	15.8	16.9	14.6	14.6	16.2	431
Western Visayas	25.5	20.1	18.6	12.0	11.5	12.2	15.7	607
Central Visayas	29.8	15.2	16.3	12.6	11.9	14.2	15.7	514
Eastern Visayas	19.9	20.8	14.0	12.3	11.4	21.6	16.4	236
Zamboanga Peninsula	26.1	14.8	18.3	12.5	11.7	16.7	16.0	257
Northern Mindanao	29.7	15.7	14.1	16.9	11.8	11.8	15.7	313
Davao	25.9	17.9	14.3	15.4	11.8	14.6	15.9	363
SOCCSKSARGEN	35.0	16.9	13.8	9.4	10.2	14.6	15.5	254
CAR	29.4	10.4	16.6	12.3	11.0	20.2	15.9	163
ARMM	23.7	19.4	15.1	15.1	9.4	17.3	16.1	139
Caraga	28.7	16.4	14.3	12.7	14.3	13.5	15.6	244
NCR	29.8	16.6	13.9	16.8	10.2	12.8	15.7	1,277
Place of residence								
Urban	29.1	16.5	14.4	15.3	11.4	13.2	15.8	2,336
Rural	26.1	17.2	17.4	13.2	11.9	14.3	15.9	5,091
Educational attainment								
No schooling/Elementary	31.2	20.0	15.5	12.0	9.3	12.1	15.6	1,242
High school undergraduate	36.0	21.1	15.8	11.3	7.6	8.2	15.2	2,503
High school graduate/Vocational	18.6	13.9	18.0	15.8	15.0	18.6	16.5	2,247
College or higher	21.1	11.8	16.0	16.8	16.0	18.3	16.3	1,435
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	25.7	19.1	18.3	13.4	9.8	13.6	15.8	1,290
Second	26.9	16.0	17.2	13.8	11.7	14.5	15.9	1,473
Middle	25.8	17.5	16.8	13.2	12.9	13.8	15.9	1,656
Fourth	27.4	17.2	15.3	14.2	12.0	14.0	15.8	1,665
Highest (Richest)	29.5	15.1	14.9	15.0	11.8	13.7	15.9	1,344
Total	27.0	17.0	16.5	13.9	11.7	13.9	15.9	7,429

such as involvement in vehicular accidents. Excessive drinking is also associated with other consequences such as school problems and could negatively affect peer and family relationships.

More Filipino youth drink than smoke. In all, 68.2 percent have ever drunk alcohol while 36.7 percent are current drinkers. As with smoking, drinking is a male-dominated behavior; while 53.2 percent of males are current drinkers, the corresponding proportion for females is only 21 percent (Table 6.3). Regardless of sex, drinking is more prevalent in the older (46.5%) than the younger (30.1%)

cohort. Older males (20–24 age group) exhibited the highest prevalence who ever drunk at 89.2 percent, although their female counterparts are not far behind (71.2%). By education, a positive relationship is apparent, with those having at least a high school diploma registering a markedly higher level of alcohol consumption relative to those with lower educational attainment. The college educated have the highest prevalence of current alcohol drinking behavior (62.9% and 28.9% for males and females, respectively). High school undergraduates reported the lowest level of current drinking, which could be attributed to

Table 6.3 Percent of males and females who ever drunk and are currently drinking by background characteristics

Background Characteristics	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	Ever drunk	Currently drinking		Ever drunk	Currently drinking		Ever drunk	Currently drinking	
Age									
15-19	68.8	42.9	5,770	52.2	17.1	5,652	60.6	30.1	11,422
20-24	89.2	69.8	3,590	71.2	26.3	4,160	79.5	46.5	7,751
Region									
Ilocos	79.1	54.3	473	65.5	17.5	468	72.3	36.0	942
Cagayan Valley	73.8	50.6	344	62.0	11.3	326	68.1	31.5	670
Central Luzon	80.9	64.5	953	62.1	20.5	1,096	70.8	41.0	2,050
CALABARZON	81.5	54.4	1,243	67.3	24.1	1,305	74.2	38.9	2,547
MIMAROPA	75.3	49.1	283	58.8	12.5	279	67.1	31.0	562
Bicol	77.0	53.8	522	56.9	14.0	573	66.5	33.0	1,094
Western Visayas	69.2	52.5	764	53.5	14.3	722	61.6	33.9	1,487
Central Visayas	80.2	60.5	742	61.8	23.6	674	71.4	43.0	1,415
Eastern Visayas	72.8	48.2	427	69.7	36.7	403	71.3	42.7	830
Zamboanga Peninsula	64.1	38.1	373	44.7	9.3	356	54.6	24.0	730
Northern Mindanao	77.9	46.5	447	49.9	10.6	473	63.5	28.2	920
Davao	81.8	53.6	446	49.4	13.4	514	64.5	32.1	960
SOCCSKSARGEN	62.6	33.7	439	32.1	6.7	460	46.9	19.9	899
CAR	84.3	64.7	173	65.5	13.7	197	74.3	37.4	370
ARMM	10.8	3.5	316	5.4	0.8	353	8.0	2.1	671
Caraga	88.3	50.0	265	72.0	17.6	255	80.2	34.0	520
NCR	92.7	68.8	1,150	84.2	45.4	1,357	88.1	56.1	2,507
Place of residence									
Urban	86.3	61.9	2,398	72.8	32.4	2,831	79.0	45.9	5,229
Rural	73.3	50.2	6,962	55.2	16.3	6,983	64.2	33.3	13,944
Educational attainment									
No schooling/Elementary	67.5	48.9	1,730	43.4	15.3	922	59.1	37.2	2,652
High school undergraduate	69.1	43.5	3,530	47.4	14.4	3,503	58.3	29.0	7,032
High school graduate/Vocational	86.6	63.9	2,410	70.0	24.1	3,052	77.3	41.6	5,463
College or higher	87.4	62.9	1,688	73.5	28.9	2,336	79.3	43.2	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	63.4	41.0	1,887	41.1	10.4	1,954	52.1	25.4	3,841
Second	73.8	48.3	1,913	53.0	15.7	2,022	63.1	31.5	3,935
Middle	77.2	56.4	2,091	63.4	20.0	2,082	70.3	38.2	4,173
Fourth	83.8	61.0	1,942	72.0	27.1	2,063	77.7	43.5	4,005
Highest (Richest)	86.4	60.3	1,527	72.8	33.2	1,692	79.2	46.1	3,220
Total	76.6	53.2	9,360	60.2	21.0	9,814	68.2	36.7	19,174

exposure. Those in the lower educational levels are more likely to be younger and are expected to have a lower exposure to drinking relative to their older counterparts.

An urban-rural differential is also evident, with 45.9 percent of urban youth currently drinking as compared to 33.3 percent for their rural counterparts. This pattern affirms the variation found across the regions, where the prevalence of current drinking is highest in NCR (56.1%), Central Visayas (43%), and Eastern Visayas (42.7%) and almost non-existent in ARMM (2.1%). The high current level of alcohol consumption observed in NCR is true for both gender, with almost half (45.4%) of the females currently drinking as compared to 68.8 percent for their male counterparts.

Unlike smoking, a clear positive relationship between alcohol consumption and SES is evident. About a fourth (25.4%) of those in the lowest quintile are currently drinking as compared to almost half (46.1%) among those in the highest quintile. While the prevalence of current drinking is lower among the females relative to the males, the SES differential is sharper among the former, with about a third of those in the highest quintile (33.2%) currently drinking, which is more than three times the proportion in the poorest quintile (10.4%). The magnitude of the difference is less for the males, where the prevalence among the richest quintile (60.3%) is about 1.5 times higher than that of the poorest quintile (41%).

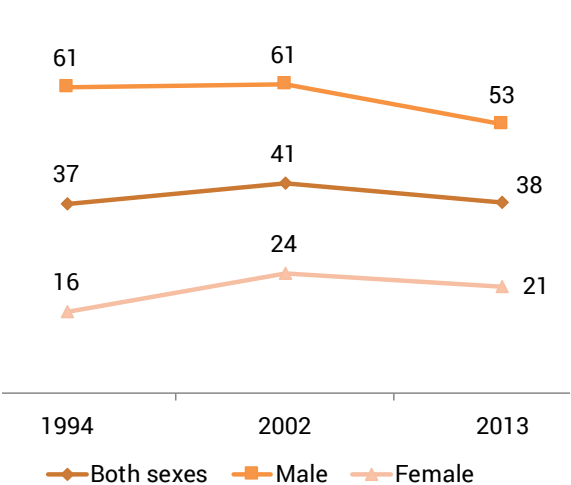
Young people smoke before they drink. Initiation to smoking happens at age 15.9 years on the average as compared to 16.3 years for drinking. About 19 percent had their first taste of alcoholic beverages before turning 15 as compared to 27 percent for smoking. However, the exposure rate to drinking increases more rapidly with age relative to smoking so that by the time they reach age 18, the levels of exposure for smoking and drinking are generally comparable (about 85% exposure rate for both before age 18). There is no perceptible difference in the timing of initiation to alcohol by place of

residence, educational attainment, SES, and region (Table 6.4).

Similar to smoking, there has also been a perceptible decline in drinking prevalence over the last decade, particularly for the males, where the proportion who are currently drinking dropped from 61.1 percent in 2002 to 53.2 percent in 2013. The same pattern is noted for the females, although to a much lesser degree than that of males, from 23.6 percent in 2002 to 21 percent in 2013 (Figure 6.2). This gender difference in the trend data suggests bigger recent improvements in male drinking behavior relative to the females, albeit males continue to outdo females in alcohol consumption.

The observed decline in drinking among the youth, particularly among the males, is a welcome development given the social, behavioral, and health problems associated with frequent and excessive alcohol consumption. Study findings show that a considerable number admitted to have gotten into trouble due to excessive drinking, particularly among older males (21%). At least 27.4 percent of older males and 7.3 percent of older females have experienced passing out during a drinking session because of too much alcohol intake; this

Figure 6.2 Percent of youth who are currently drinking alcoholic beverages by sex: 1994, 2002, and 2013



reveals the extent of extreme drinking behavior experienced by some young people. What is also revealing is the general lack of awareness among parents or guardians and even spouses/partners about the adolescents' drinking behavior, particularly among females in their teens (15–19 years old). Only about a third of the youth aged 15–24 admitted that their parents are aware of their drinking behavior (Table 6.5). For teenage girls, the level is lowest at 14.4 percent, which is worrisome considering that some of them have reported that they had passed out due to excessive alcohol intake.

Drug use

The increasing prevalence of drug use among the Filipino youth, particularly the males as revealed in the 1994 and 2002 rounds of YAFS has precipitated greater interest in continuing to monitor this youth risk behavior. Notwithstanding the reported low level of drug use in the country, the severe and far-reaching consequences of drug use, particularly among the young users, is in itself a compelling reason to continue understanding this issue and thus help achieve lower illegal drug demand—if not

Table 6.4 Percent of youth by age first started to drink and mean age of drinking initiation by background characteristics

Background Characteristics	Age started to drink						Mean age started to drink	No. of cases
	Below 15	15	16	17	18	above 18		
Sex								
Male	22.7	19.5	18.6	15.2	12.3	11.6	16.0	7,160
Female	13.7	16.0	19.5	14.6	17.4	18.7	16.7	5,904
Region								
Ilocos	17.2	19.3	19.6	15.1	14.3	14.6	16.4	680
Cagayan Valley	15.4	19.5	21.1	14.7	14.0	15.4	16.4	456
Central Luzon	18.2	16.5	19.9	16.0	14.2	15.2	16.4	1,449
CALABARZON	19.9	18.2	20.5	13.5	14.2	13.7	16.2	1,890
MIMAROPA	14.1	18.1	19.4	12.2	18.4	17.8	17.0	376
Bicol	10.2	13.9	16.0	19.5	18.8	21.6	16.5	728
Western Visayas	17.0	18.3	16.2	15.7	17.1	15.6	16.3	911
Central Visayas	18.8	18.7	19.4	15.1	12.5	15.5	16.4	1,011
Eastern Visayas	17.4	19.0	14.7	14.0	18.8	16.1	16.5	591
Zamboanga Peninsula	16.6	14.1	20.6	15.6	16.8	16.3	16.4	398
Northern Mindanao	16.4	19.3	17.4	17.4	14.9	14.5	16.5	585
Davao	16.7	18.8	17.0	14.1	14.2	19.3	16.1	618
SOCCSKSARGEN	22.2	19.1	17.9	12.9	13.4	14.6	15.9	419
CAR	17.2	15.7	20.1	15.0	17.9	14.2	16.4	274
ARMM	7.5	13.2	11.3	18.9	20.8	28.3	17.4	53
Caraga	19.4	19.9	18.5	15.3	13.7	13.2	16.1	417
NCR	24.6	18.3	20.8	13.9	11.8	10.5	16.5	2,208
Place of residence								
Urban	22.3	17.6	20.0	14.7	13.2	12.2	16.1	4,129
Rural	17.0	18.1	18.6	15.0	15.3	16.0	16.4	8,936
Educational attainment								
No schooling/Elementary	23.7	17.9	16.4	13.9	12.5	15.7	16.2	1,565
High school undergraduate	27.3	25.5	16.8	12.2	9.5	8.8	15.6	4,090
High school graduate/Vocational	12.3	13.7	19.5	17.0	18.6	18.9	16.8	4,217
College or higher	13.5	13.9	22.6	16.2	17.0	16.7	16.6	3,190
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	16.8	18.8	18.1	15.0	14.8	16.5	16.4	1,999
Second	17.4	17.0	18.3	15.9	14.5	16.8	16.4	2,477
Middle	16.0	18.7	19.0	15.6	15.9	14.7	16.4	2,935
Fourth	20.0	16.6	19.0	14.8	15.3	14.2	16.3	3,106
Highest (Richest)	22.7	18.8	20.4	13.2	12.2	12.6	16.0	2,549
Total	18.7	17.9	19.0	14.9	14.6	14.8	16.3	13,064

Table 6.5 Other indicators of drinking behavior by sex and age

Sex and age	Percent who have ever gotten into trouble in connection with drinking	Percent who have passed out in a drinking session because R drank too much	Percent whose parent/guardian is aware of R's drinking	Percent whose spouse/live-in partner is aware of R's drinking	Percent whose parent/guardian (never married) or spouse/live-in partner (married) is aware of R's drinking
Male	14.0	18.4	49.4	68.7	49.3
15-19	9.9	12.8	38.7	63.1	38.6
20-24	20.6	27.4	66.7	69.8	66.5
Female	2.6	5.0	18.5	17.3	18.5
15-19	2.1	3.3	14.4	13.3	14.4
20-24	3.2	7.3	24.0	18.7	24.0
Both sexes	8.2	11.5	33.6	30.6	33.5
15-19	6.1	8.1	26.7	22.3	26.6
20-24	11.3	16.6	43.8	33.1	43.6
Total	8.2	11.5	33.6	30.6	33.5

altogether eliminate it—particularly among the young population sector.

Consistent with the trend in smoking and drinking, the prevalence of drug use among the youth has dropped over the past decade (Figure 6.3). This is particularly notable among the males, whose prevalence of current use of drugs declined from 4.7 percent in 2002 to 1.3 percent in 2013. The Dangerous Drugs Board (DDB) of the Philippines defines drugs as chemicals that affect a person in such a way as to bring about physiological, emotional, or behavioral change, while “dangerous drugs” are those that have a high tendency for abuse and dependency.

YAFS4 findings reveal drug use to be less common compared to smoking and drinking, with 4 percent admitting to having ever abused drugs. Drug use is dominated, with an 8-to-1 male-to-female ratio among those who have ever used drugs (i.e., 7.1% and 0.9% among males and females, respectively) (Table 6.6). The proportion of current use is much lower compared to that of ever use but with more marked male dominance (1.3% vs. 0.1% for males and females, respectively). Shabu (or methamphetamine) and marijuana are identified as the “most used” illicit drugs of the youth in the country regardless of sex (Figures 6.4a and 6.4b).

Differences in drug use by age and place of residence follow the same direction as smoking and drinking. Data also show a clear education and SES pattern for the males, with the highest level of drug use reported among those with the highest education and in the richest quintile. About 9 percent of males with college education or higher have ever used drugs as compared to 5.8 percent for those at the lowest end of the education ladder. The corresponding values for SES are 8.1 percent among males in the richest quintile and 5 percent for their poorest

Figure 6.3 Percent of youth who are currently using using drugs by sex: 1994, 2002, and 2013

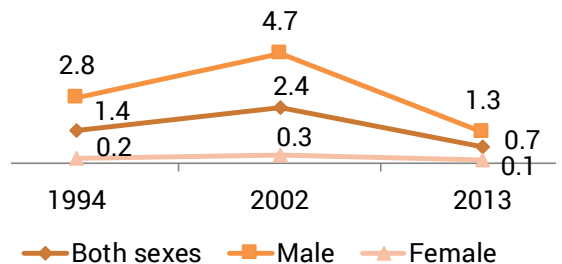


Figure 6.4a Types of drugs ever tried by male youth

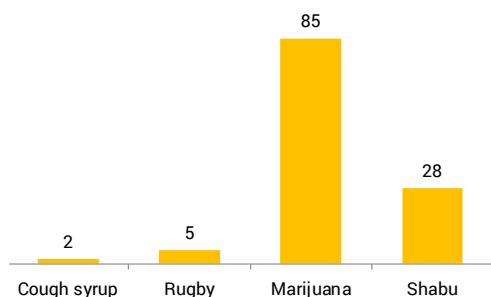


Figure 6.4b Types of drugs ever tried by female youth

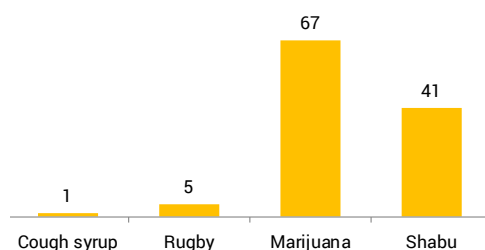


Table 6.6 Percent of males and females who ever used drugs and currently using drugs by background characteristics

Background Characteristics	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	Ever used drugs	Currently using drugs		Ever used drugs	Currently using drugs		Ever used drugs	Currently using drugs	
Age									
15-19	4.6	1.0	5,770	0.6	0.1	5,652	2.6	0.5	11,422
20-24	11.0	1.8	3,591	1.3	0.2	4,160	5.8	1.0	7,751
Region									
Ilocos	3.0	0.4	473	0.4	0.0	468	1.6	0.2	941
Cagayan Valley	2.0	0.6	345	0.9	0.0	326	1.6	0.3	671
Central Luzon	2.0	0.3	953	0.0	0.0	1,097	0.9	0.1	2,049
CALABARZON	6.7	1.8	1,244	0.2	0.0	1,304	3.4	0.9	2,548
MIMAROPA	2.5	0.4	284	0.7	0.0	279	1.6	0.2	562
Bicol	4.8	0.2	521	0.7	0.0	573	2.6	0.1	1,095
Western Visayas	4.5	1.2	764	0.8	0.1	723	2.7	0.7	1,487
Central Visayas	11.2	3.4	741	1.2	0.0	674	6.4	1.8	1,415
Eastern Visayas	2.6	0.2	427	0.7	0.0	402	1.8	0.1	829
Zamboanga Peninsula	7.8	0.8	373	0.0	0.0	355	4.0	0.4	729
Northern Mindanao	15.7	4.3	447	0.8	0.0	473	8.0	2.1	921
Davao	18.2	2.7	446	1.4	0.0	515	9.2	1.3	960
SOCCSKSARGEN	7.3	1.4	439	0.9	0.0	461	4.0	0.7	900
CAR	4.0	0.0	173	1.0	0.0	198	2.4	0.0	371
ARMM	1.9	0.6	318	0.0	0.0	354	0.9	0.3	672
Caraga	13.2	3.0	266	0.8	0.0	254	7.1	1.5	519
NCR	10.2	0.6	1,150	2.5	0.9	1,357	6.0	0.8	2,508
Place of residence									
Urban	9.6	1.3	2,397	1.7	0.5	2,831	5.3	0.8	5,228
Rural	6.2	1.3	6,963	0.5	0.0	6,981	3.4	0.7	13,944
Educational attainment									
No schooling/Elementary	5.8	1.0	1,731	1.4	0.1	922	4.3	0.7	2,653
High school undergraduate	5.6	1.2	3,530	0.8	0.1	3,502	3.2	0.6	7,031
High school graduate/Vocational	8.8	1.4	2,411	0.9	0.3	3,052	4.4	0.8	5,461
College or higher	9.0	1.7	1,687	0.7	0.0	2,336	4.2	0.7	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	5.0	0.9	1,887	0.4	0.0	1,953	2.7	0.4	3,840
Second	6.4	1.1	1,914	1.0	0.1	2,022	3.7	0.6	3,936
Middle	7.1	1.5	2,091	0.9	0.0	2,081	4.0	0.7	4,172
Fourth	8.9	1.1	1,941	1.1	0.4	2,063	4.9	0.7	4,005
Highest (Richest)	8.1	2.0	1,527	0.8	0.2	1,692	4.2	1.1	3,220
Total	7.1	1.3	9,364	0.9	0.1	9,813	3.9	0.7	19,173

counterpart. Across regions, Davao registered the highest proportion of youth who have ever used and are currently using drugs at 9.2 percent and 1.3 percent, respectively.

Among the three problem behaviors assessed so far, initiation to drugs comes relatively later. The mean age at first drug use is 17.3 years on the average and is similar for males and females (Table 6.7). That illicit drug experimentation comes later than smoking and drinking is also evident in the timing of initiation among those exposed to drugs. Significantly, teen girls are more likely to be initiated to drugs

sooner than their male counterparts, with 10.7 percent among the former having their first exposure prior to age 15 as compared to 8.5 percent among the males. By age 18, however, more teen boys than girls have been exposed to drugs. The timing of exposure to drugs also reveals that unlike smoking and drinking, where the onset happens mostly prior to age 18, drug initiation happens later which seems to agree to the data of the Dangerous Drugs Board that drug abusers in the country are about 28 years, on average (n.d.).

Table 6.7 Percent of youth by age first started to use drugs and mean age of drug use initiation by background characteristics

Background Characteristics	Age started to use drugs						Mean age started to use drugs	No. of cases
	Below 15	15	16	17	18	above 18		
Sex								
Male	8.5	11.6	15.4	16.6	19.2	28.7	17.3	656
Female	10.7	19.0	9.5	16.7	8.3	35.7	17.4	84
Region								
Ilocos	6.7	13.3	40.0	13.3	6.7	20.0	16.6	15
Cagayan Valley	9.1	27.3	18.2	18.2	18.2	9.1	16.5	11
Central Luzon	15.8	15.8	15.8	10.5	15.8	26.3	16.9	19
CALABARZON	3.6	7.1	29.8	16.7	17.9	25.0	17.4	84
MIMAROPA	11.1	0.0	0.0	22.2	11.1	55.6	18.7	9
Bicol	10.3	20.7	10.3	13.8	10.3	34.5	17.0	29
Western Visayas	7.9	23.7	10.5	7.9	13.2	36.8	17.5	38
Central Visayas	5.6	10.1	12.4	16.9	12.4	42.7	18.0	89
Eastern Visayas	0.0	0.0	13.3	26.7	26.7	33.3	17.7	15
Zamboanga Peninsula	6.9	6.9	3.4	27.6	24.1	31.0	17.8	29
Northern Mindanao	5.3	12.0	16.0	17.3	18.7	30.7	17.6	75
Davao	15.9	15.9	15.9	12.5	18.2	21.6	16.8	88
SOCCSKSARGEN	8.3	11.1	8.3	16.7	30.6	25.0	17.3	36
CAR	12.5	12.5	25.0	25.0	0.0	25.0	17.2	8
ARMM	0.0	16.7	16.7	33.3	16.7	16.7	17.4	6
Caraga	8.1	5.4	10.8	16.2	27.0	32.4	17.7	37
NCR	11.2	15.1	11.2	15.8	18.4	28.3	17.0	152
Place of residence								
Urban	10.3	12.9	15.4	15.8	17.3	28.3	17.1	274
Rural	7.9	12.2	14.3	16.9	18.4	30.2	17.4	466
Educational attainment								
No schooling/Elementary	5.6	16.7	15.7	14.8	17.6	29.6	17.5	108
High school undergraduate	17.9	10.8	17.0	21.5	16.1	16.6	16.6	223
High school graduate/Vocational	4.2	12.9	10.4	15.0	15.4	42.1	17.8	240
College or higher	5.3	11.2	17.2	13.6	23.7	29.0	17.5	169
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	9.1	11.1	15.2	24.2	18.2	22.2	17.3	99
Second	8.5	12.1	19.1	11.3	17.7	31.2	17.4	141
Middle	6.5	12.4	12.4	14.8	17.2	36.7	17.6	169
Fourth	12.2	12.2	12.8	16.8	14.8	31.1	17.1	196
Highest (Richest)	6.6	13.9	16.1	18.2	23.4	21.9	17.2	137
Total	8.7	12.4	14.8	16.6	18.0	29.5	17.3	740

Physical violence

Interpersonal violence is defined as “the intentional use of physical force or power, threatened or actual, against another person or against a group or community that results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation” (Dahlberg & Krug, 2002, p.5). Involvement in physical violence can either be as a victim or as an offender.

Youth involvement in violence in the country was initially explored in the 2002 YAFS and pursued in the 2013 YAFS. However, only one question was phrased similarly in the two surveys, which allows for the tracking of change in youth involvement in violence over time. Specifically, the question asked was “*Have you ever experienced being threatened by someone?*” The rest of the questions used different time frames, which render them incomparable.

Results of the 2013 YAFS reveal that about a quarter of the youth (23.7%) reported having ever been threatened by someone. This is slightly higher than the 20.8 percent level noted in 2002. The exposure to violence is true for both males and females (Table 6.8). Males, urban residents, those in the lower educational bracket, and those in the top two SES quintiles are more prone to the experience. On the other hand, respondents were also asked if they have been on the receiving end of physical violence and if they have been perpetrators of an act of physical violence against someone in the 12 months preceding the survey.

The level of youth experience of violence is generally high. The proportion who have ever experienced being hurt by someone in the past 12 months is 17.2 percent, which is lower than the proportion who reported hurting someone (22.5%). More males and those in the 15–19 age bracket are prone to violence. While there is no clear monotonic education pattern, those in the lowest education brackets are more predisposed to being a victim of physical violence. In particular, high school undergraduates registered the highest proportion (21.3%) who reported having been at the receiving end of violence. A clearer

positive pattern emerges for SES, with increasing brushes with violence noted as one goes up the SES ladder. For example, 14.1 percent among those belonging to the poorest quintile have ever been hurt by someone in the past year as compared to 20.5 percent among those in the richest quintile. The corresponding figures for those who admitted having perpetuated violence for the same period are 18.2 percent and 27 percent, respectively. This seems to suggest that poverty does not necessarily predispose the youth to violent behavior. Across the regions, those living in NCR reported the highest level of recent experience with violence, both as a victim (29.5%) and as a perpetrator (34.5%). Meanwhile, the proportions who experienced violence either as a victim (5.5%) or a perpetrator (10.5%) are lowest in ARMM.

In the study, we also asked the respondents if they carried a weapon with them in the last 12 months. Results show that the percentage is highest among the older males (11.2%) and lowest among the younger females (2.1%) (Table 6.9).

Circumstances surrounding the experience of violence vary across age and gender. Violence against the males in general has been perpetuated by their friends as well as classmates or schoolmates (for the younger cohort). Friends have also been the recipients of the young males’ violent outbursts (Table 6.9). Unlike the males, the females’ experience with violence is more likely to occur within the domestic front. In particular, teenage girls are more likely to have been hurt by their mother (3.9%), father (3.2%), or siblings (3.4%) and are more likely to vent their physical aggression on their siblings (7.4%). Intimate partner violence is more apparent among the older females, as indicated by their experience of violence involving someone with whom they have a close interpersonal relationship, such as a husband, partner, or boyfriend. Older females are more likely to report being physically hurt by their spouse, partner, or boyfriend, but at the same time, they also inflict physical violence on their intimate partners (Table 6.9).

Table 6.8 Percent who experienced violence by background characteristics

Background Characteristics	Ever been threatened by someone	No. of cases	Ever experienced being hurt by someone in the past 12 months	No. of cases	Have hurt someone in the past 12 months	No. of cases
Sex						
Male	30.2	9,361	21.1	9,358	24.5	9,363
Female	17.4	9,809	13.6	9,792	20.6	9,808
Age						
15-19	23.5	11,421	20.0	11,407	23.8	11,419
20-24	23.8	7,751	13.2	7,745	20.6	7,752
Region						
Ilocos	18.9	942	16.7	942	22.7	941
Cagayan Valley	22.5	671	14.9	670	27.4	671
Central Luzon	13.6	2,049	16.4	2,049	23.6	2,050
CALABARZON	23.7	2,547	18.4	2,539	24.9	2,547
MIMAROPA	21.5	562	18.5	561	19.8	562
Bicol	19.6	1,095	20.0	1,095	16.5	1,094
Western Visayas	21.0	1,484	11.0	1,482	15.6	1,485
Central Visayas	28.3	1,415	14.7	1,415	18.7	1,415
Eastern Visayas	26.5	829	13.3	826	13.5	827
Zamboanga Peninsula	20.0	729	11.0	729	20.6	729
Northern Mindanao	24.7	920	17.8	921	21.0	921
Davao	25.7	960	14.2	960	23.1	960
SOCCSKSARGEN	19.4	899	14.7	898	18.9	898
CAR	29.2	370	16.8	370	27.6	369
ARMM	11.7	674	5.5	674	10.5	674
Caraga	35.8	520	17.3	519	25.4	519
NCR	35.4	2,505	29.5	2,503	34.5	2,507
Place of residence						
Urban	28.2	5,226	23.1	5,224	29.9	5,229
Rural	21.9	13,944	15.0	13,927	19.8	13,942
Educational attainment						
No schooling/Elementary	24.9	2,654	18.6	2,646	20.7	2,653
High school undergraduate	24.4	7,031	21.3	7,025	25.5	7,029
High school graduate/Vocational	23.1	5,461	13.2	5,459	21.3	5,463
College or higher	22.2	4,023	14.8	4,019	20.2	4,023
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	22.2	3,841	14.1	3,829	18.2	3,838
Second	22.4	3,936	15.4	3,935	19.5	3,937
Middle	23.2	4,171	17.2	4,170	22.7	4,171
Fourth	25.7	4,005	19.6	4,003	25.8	4,005
Highest (Richest)	24.9	3,218	20.5	3,216	27.0	3,219
Total	23.7	19,172	17.2	19,153	22.5	19,171

Suicide

The 2014 World Health Organization Global Report cited suicide as the second leading cause of death globally among people 15 to 29 years of age (WHO, 2014). The significant toll that suicide takes on young lives notwithstanding, studies on the true state of suicide in certain settings like the Philippines remain scarce largely due to data

constraints (mostly cultural factors). Where suicide is considered a taboo, it is likely that deaths resulting from suicide are not properly recorded, resulting in the underestimation of suicide rates. The few studies on suicide among Filipino youth, including those emanating from the previous YAFS series, reveal low incidence rates. What is alarming, however, is the increasing incidence of suicide, with females registering the highest

Table 6.9 Other indicators of the youth's experience of violence by sex and age

Indicators of violence	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	15-19	20-24		15-19	20-24		15-19	20-24	
Person who hurt R in the last 12 months									
Friend	7.3	4.2	9,351	2.6	0.6	9,788	5.0	2.2	19,141
Classmate/schoolmate	5.4	0.6	9,351	1.5	0.3	9,788	3.5	0.5	19,141
Father	1.8	1.0	9,351	3.2	1.1	9,788	2.5	1.0	19,141
Spouse/partner (BF/GF)	1.1	1.5	9,351	1.2	4.4	9,788	1.1	3.1	19,141
Mother	1.0	0.5	9,351	3.9	1.4	9,788	2.4	1.0	19,141
Siblings	1.3	0.9	9,351	3.4	1.4	9,788	2.3	1.2	19,141
Person hurt by R in the last 12 months									
Friend	9.5	6.8	9,354	5.3	1.9	9,808	7.4	4.2	19,161
Classmate/schoolmate	8.2	2.6	9,354	3.4	0.7	9,808	5.8	1.6	19,161
Father	0.1	0.3	9,354	0.1	0.0	9,808	0.1	0.1	19,161
Spouse/partner (BF/GF)	0.1	0.8	9,354	3.7	8.1	9,808	1.9	4.7	19,161
Mother	0.1	0.0	9,354	0.2	0.0	9,808	0.2	0.0	19,161
Siblings	1.8	1.6	9,354	7.4	4.0	9,808	4.6	2.9	19,161
Percent who carried a weapon in the last 12 months									
	8.1	11.2	9,306	2.1	2.8	9,772	5.2	6.7	19,077

suicide rates among 15–24-year-olds (Redaniel, Lebanon-Dalida, & Gunnell, 2011). The same study found no substantial differential in rates across all age groups among the males. Findings indicating that for every suicide there are many more people who attempt suicide (WHO, 2014) suggest the need for closer scrutiny not only of suicide attempts but also of suicide ideation as

a significant risk factor to the risk of suicide in general.

It is in this context that the YAFS studies since 2002 have inquired into the youth's experiences of suicide ideation and attempts as well as the circumstances surrounding these experiences. Results show that like smoking, drinking, and drug use, the proportion of youth who have ever thought of committing suicide

Figure 6.5a Percent of youth who have ever thought of committing suicide by sex: 2002 and 2013

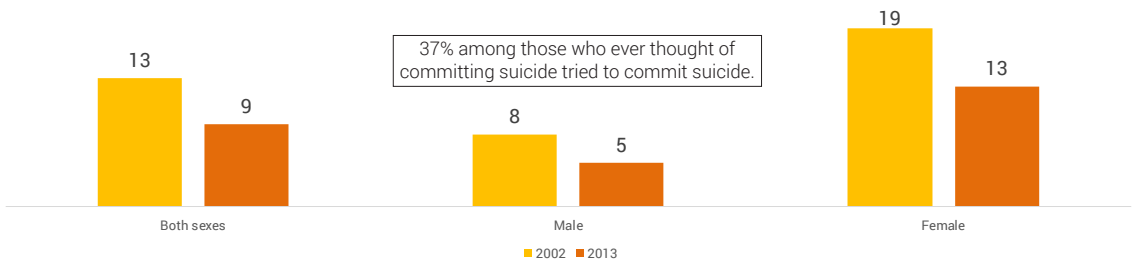
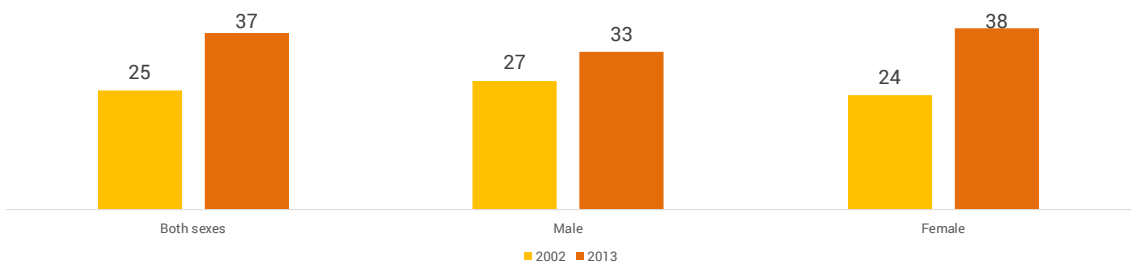


Figure 6.5b Percent of youth who have ever tried to commit suicide among those who ever thought of committing suicide by sex: 2002 and 2013



declined in the last decade from 13.4 percent in 2002 to 8.7 percent in 2013 (Figure 6.5a). However, the proportion among those who thought of committing suicide who attempted suicide increased from 25 percent to 37 percent with the increasing pattern observed for both males and females (Figure 6.5b). It should be

noted, however, that the level of reported suicide attempts is an underestimate as the study captures only non-fatal suicide attempts and excludes successful ones.

Results from the 2013 YAFS show that generally, more females than males entertained suicidal thoughts and attempted to end their lives. Around 12.6 percent of female youth aged 15–24 have ever thought of committing suicide as compared to 4.5 percent for their male counterparts (Figure 6.5a). The corresponding figures for suicide attempts are 4.8 percent and 1.5 percent, respectively (Table 6.10). Suicide ideation is also higher among the older youth, urban residents, those with higher education, and those in the highest income brackets. Suicide attempts are also higher among the older cohort, urban residents, and those residing in NCR. The reported level of suicide attempts does not vary much across education categories and is slightly elevated for those in the highest quintile.

Across regions, youth living in CARAGA (13.8%), Central Visayas (12.4%), and Davao (12.3%) expressed the highest level of suicide ideation, while those in Central Luzon (3.1%), Cagayan Valley (5.2%), and ARMM (6.2%) registered the lowest. For suicide attempts, the proportions are generally low in all regions. The highest prevalence is recorded in NCR at 5.6 percent. In most regions, the proportion who ever attempted suicide is below 3 percent.

A significant proportion (37%) of those with suicidal thoughts eventually carried out their plans to end their lives. Among them, a few reported the use of violent means of suicide. Different methods were employed by the males and females, with wrist slashing and substance ingestion more common among females and hanging oneself more common among males. Family problems and relationships are the most frequently mentioned precipitating factors for youth’s suicide attempts (Table 6.11).

The study findings indicate a strong relationship between adolescent suicide ideation and attempts and the presence of depression, low self-esteem, and alcohol abuse (Table 6.12). The CES-D depression scale and Rosenberg’s

Table 6.10 Percent who ever thought of and who have tried committing suicide by background characteristics

Background Characteristics	Percent who ever thought of committing suicide	Percent who tried to commit suicide	No. of cases
Sex			
Male	4.5	1.5	9,356
Female	12.6	4.8	9,807
Age			
15-19	7.3	2.5	11,412
20-24	10.7	4.3	7,749
Region			
Ilocos	10.0	2.6	940
Cagayan Valley	5.2	1.8	670
Central Luzon	3.1	2.2	2,047
CALABARZON	8.3	2.4	2,547
MIMAROPA	7.1	2.0	561
Bicol	7.7	3.7	1,094
Western Visayas	8.4	4.0	1,483
Central Visayas	12.4	3.2	1,414
Eastern Visayas	8.1	3.0	828
Zamboanga Peninsula	9.5	3.2	728
Northern Mindanao	11.3	4.2	920
Davao	12.3	3.2	961
SOCCSKSARGEN	6.3	1.6	898
CAR	8.1	1.6	369
ARMM	6.2	1.8	675
Caraga	13.8	3.8	520
NCR	10.9	5.6	2,507
Place of residence			
Urban	9.5	4.5	5,224
Rural	8.3	2.7	13,937
Educational attainment			
No schooling/Elementary	7.9	3.1	2,653
High school undergraduate	8.1	3.0	7,026
High school graduate/Vocational	9.0	3.2	5,461
College or higher	9.7	3.5	4,019
Socioeconomic status (Wealth quintile)			
Lowest (Poorest)	8.0	2.6	3,839
Second	9.1	3.1	3,936
Middle	8.5	2.9	4,170
Fourth	7.8	3.2	3,999
Highest (Richest)	10.2	4.4	3,217
Total	8.7	3.2	19,162

Table 6.11 Methods and reasons for committing suicide

Indicators of suicide	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	15-19	20-24		15-19	20-24		15-19	20-24	
Method used to commit suicide									
Ingesting substances	0.1	0.1	9,350	0.4	1.5	9,805	0.2	0.9	19,157
Slashed wrist	0.2	0.8	9,350	2.7	3.2	9,805	1.4	2.1	19,157
Hang self	0.6	0.8	9,350	0.7	0.9	9,805	0.6	0.9	19,157
Reason for attempting to commit suicide									
Family problem	0.7	0.8	9,354	2.7	3.2	9,803	1.7	2.1	19,159
Quarrel with spouse/partner	0.2	1.0	9,354	0.8	1.9	9,803	0.5	1.5	19,159

Note:
Method used in YAFS3 - one answer only
Method used in YAFS4 - multiple response

Table 6.12 Percent who ever thought of and who have ever tried committing suicide by mean depression and self-esteem score and drinking behavior

	Mean depression	Mean self-esteem score	Percent of currently drinking
Suicide ideation			
Yes	9.6	17.5	36.9
No	7.7	18.6	36.7
Total	7.9	18.5	36.7
Suicide attempt			
Yes	10.0	17.6	43.0
No	9.4	17.4	33.4
Total	9.6	17.5	36.9

self-esteem scale were used to measure the level of depression and self-esteem, respectively. Results indicate that those who ever considered and attempted to end their lives exhibited higher depression scores relative to those who did not. For example, those who have ever thought of committing suicide registered a mean depression score of 9.6 as compared to 7.7 among those who have not experienced such thoughts. In a similar vein, the mean self-esteem score of those who contemplated suicide is lower than those who did not. Youth who have tried to do something to end their lives are more likely to be current drinkers of alcoholic beverages compared to those who have not gone through the experience (43% vs. 33.4%, respectively).

Summary and conclusions

The foregoing discussion demonstrates that young Filipinos face a wide range of non-sexual risk behaviors. Alcohol consumption is

the most predominant among them, with about two in three having tried alcoholic beverages, although the prevalence of current drinkers is down to a third at the time of the survey. The youth are more likely to drink than to smoke, although they get initiated to tobacco sooner than to alcohol. There is considerable exposure to violence, both as a victim and as a perpetrator, with a higher incidence of intimate partner violence observed among the older female youth. Reports on suicide attempts and drug abuse may be much lower but are nevertheless significant considering their direct toll on the young persons' health and mortality condition. Findings indicating that over a third (37%) among those who contemplated suicide eventually carried it out provide an idea of the extent of the mental health problem among Filipino youth. Suicide ideation and the subsequent actions to end one's life which are found to be closely interrelated with self-esteem, depression, and current alcohol consumption, suggest the dangerous

connections among these unhealthy youth behaviors.

The dangers posed by these risk behaviors lie not only in the prevalence of practice but also in the timing of initiation. With many starting to explore these risk behaviors in their early teens, addiction and consequently long-term potential use, as in the case of smoking, are more likely to occur. These, in turn, are expected to be associated with greater health risk in later life.

The good news, however, is that for most of these non-sexual risk behaviors, the experience is far from universal. Many have dropped out after their initial excursions into these risky experiences. Moreover, results indicate a consistent decline in the prevalence of smoking, drinking, drug use, and suicide ideation and attempts over the last decade. Only the experience of violence increased over the same period.

The differentials in exposure to non-sexual risks across sectors of the youth population provide a clear mapping of youth vulnerability. Generally, the males are more likely to smoke, drink, do drugs, and engage in violence, but more females have entertained suicidal thoughts and carried them out. Compared to the rural areas, urban areas are associated with a higher prevalence of all the non-sexual risk behaviors considered in the analysis. However, the effect of education is not as clear. For the males, better education is associated with higher levels of alcohol and drug consumption but a lower level of smoking. Males with the lowest education registered the highest preponderance of smoking. For the females, the opposite effects of higher education are also noted in that higher educational attainment is associated with greater exposure to smoking and drinking. No clear education pattern is noted for the perpetuation of violence, although a higher incidence of being at the receiving end of violence is noted among those with poorer education. Suicide ideation is also higher among the better educated. The males exhibit a positive relationship between SES and drinking, drug use, and suicide ideation. For the females, higher

SES is associated with higher levels of smoking, alcohol use, and suicide ideation. Those of higher SES are also more likely to experience violence, both as a perpetrator and as a victim.

In sum, it seems that higher education and SES are both associated with higher exposure to smoking, drinking, and suicide ideation for the females and the males, with increased levels of drinking, drug use, and suicide ideation. Does this imply that the higher level of some of these risk behaviors such as smoking and drinking found among highly educated young people and those in the higher SES can be a function of access? The education patterns are not clear suggesting the need for further analysis to tease out the true direction of the relationship in a multivariate model.

The findings also show that while data over the last decade suggest a drop in the prevalence of these risk behaviors, the remaining proportion of young people who are still currently hooked on these risky behaviors is substantially high.

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Sexual Behavior

Maria Paz N. Marquez

The first YAFS conducted in 1982 was conceptualized primarily to examine sexuality-related issues and their antecedents among Filipino female youth to design interventions that would address the rising trend in unplanned and teenage pregnancy. Since then, YAFS has been known as the pioneering large-scale study of Filipino youth sexuality. The most recent YAFS round provides a comprehensive source of information on the Filipino youth's knowledge, attitude, and behavior related to sexuality. One of the main features of the YAFS4 survey is the inclusion of questions on new forms of sexual activity that have emerged in recent years, such as having a “fuck buddy” (FUBU), phone sex, and recording sex videos. It should be noted that YAFS—as with most surveys that deal with sensitive issues such as sexual behavior—is prone to social desirability bias, which could lead to over-reporting of sexual activity among males and under-reporting among females (Wellings et al., 2006). To minimize this limitation, the study devised several measures to ensure privacy during the interview process and confidentiality of the responses.

Sexual behavior covers a broad spectrum of activities including masturbation, kissing, petting, and having sex. The survey defined the term “having sex” as sexual intercourse or coitus that involves vaginal or anal penetration (Demographic Research and Development Foundation & University of the Philippines Population Institute, 2012). This chapter

discusses the patterns and trends of three aspects of sexual behavior: initiation of sexual activity, premarital sex experience, and risky sexual behaviors. Since gender disparity in sexual behavior is well established, most of the analyses in this chapter will be separate for males and females. In addition, apart from the five background characteristics, marital status has also been included in this chapter as one of the differentiating factors of sexual behavior.

Sexual experience

The majority of Filipino youth age 15–24 have not yet engaged in sexual intercourse. Table 7.1 shows that three in five youth have not initiated sexual activity (61.6% among males and 59.4% among females). Conversely, 2 in 5 youth have sexual experience. Among males, 38.5 percent have engaged in sex; 35.8 percent did so while they were still single. A minority of males' (2.6%) first sexual intercourse occurred after marriage. Among females, 40.6 percent have sexual experience. Similar to males, most sexual initiations of females are premarital (28.7%), but a substantial 11.9 percent reported marital first sex.

Age at sexual initiation

Age at sexual initiation is considered a proxy measure of exposure to the risk of pregnancy among females and the risk of fatherhood among males. It is also an important

Table 7.1 Percent distribution of the sexual experience of youth 15-24 years old by sex and background characteristics

Background characteristics	Male				Female								
	No sexual experience	With sexual experience		Total	No sexual experience	With sexual experience		Total					
		Premarital first sex	Marital first sex			Premarital first sex	Marital first sex						
Age	No. of males	Sexual experience (%)	Total (%)	No. of females	Sexual experience (%)	Total (%)	No. of females						
15-19	79.4	19.9	0.7	20.6	100.0	100.0	5,770	80.5	14.1	5.3	19.5	100.0	5,652
20-24	33.0	61.4	5.7	67.0	100.0	100.0	3,592	30.7	48.5	20.8	69.3	100.0	4,161
Marital Status													
Never married	70.3	29.7	0.0	29.7	100.0	100.0	8,198	89.9	10.1	0.0	10.1	100.0	6,483
Ever married	0.0	78.8	21.2	100.0	100.0	100.0	1,166	0.0	65.0	35.0	100.0	100.0	3,331
Region													
Ilocos	61.1	35.9	3.0	38.9	100.0	100.0	473	64.0	26.4	9.6	36.0	100.0	469
Cagayan Valley	67.2	29.1	3.8	32.8	100.0	100.0	344	55.0	25.4	19.6	45.0	100.0	327
Central Luzon	54.2	43.2	2.6	45.8	100.0	100.0	952	55.1	35.7	9.2	44.9	100.0	1,097
CALABARZON	62.7	36.1	1.2	37.3	100.0	100.0	1,243	65.5	22.5	12.0	34.5	100.0	1,304
MIMAROPA	62.5	34.6	2.8	37.5	100.0	100.0	283	59.3	28.2	12.5	40.7	100.0	280
Bicol	67.9	29.2	2.9	32.1	100.0	100.0	521	62.8	21.6	15.5	37.2	100.0	573
Western Visayas	67.1	31.7	1.2	32.9	100.0	100.0	764	60.5	31.9	7.6	39.5	100.0	722
Central Visayas	59.0	40.3	0.7	41.0	100.0	100.0	742	61.4	29.7	8.9	38.6	100.0	673
Eastern Visayas	68.6	27.2	4.2	31.4	100.0	100.0	427	55.5	23.6	20.9	44.5	100.0	402
Zamboanga Peninsula	59.7	36.8	3.5	40.3	100.0	100.0	372	56.1	31.8	12.1	43.9	100.0	355
Northern Mindanao	63.3	35.6	1.1	36.7	100.0	100.0	447	60.0	30.7	9.3	40.0	100.0	473
Davao	58.5	39.9	1.6	41.5	100.0	100.0	446	55.8	37.7	6.4	44.2	100.0	514
SOCCKSARGEN	70.7	25.9	3.4	29.3	100.0	100.0	440	62.9	20.6	16.5	37.1	100.0	461
CAR	66.9	30.8	2.3	33.1	100.0	100.0	172	51.8	37.1	11.2	48.2	100.0	197
ARMM	72.9	6.2	20.9	27.1	100.0	100.0	321	61.5	7.1	31.4	38.5	100.0	353
Caraga	61.9	35.8	2.3	38.1	100.0	100.0	265	58.3	31.5	10.2	41.7	100.0	254
NCR	50.8	48.6	0.6	49.2	100.0	100.0	1,151	56.4	34.7	8.9	43.6	100.0	1,357
Place of residence													
Urban	52.5	46.3	1.2	47.5	100.0	100.0	2,398	58.8	33.1	8.1	41.2	100.0	2,831
Rural	64.7	32.2	3.1	35.3	100.0	100.0	6,966	59.6	26.9	13.4	40.4	100.0	6,983
Educational attainment													
No schooling/Elementary	63.0	31.1	5.9	37.0	100.0	100.0	1,731	43.5	30.9	25.5	56.5	100.0	921
High school undergraduate	74.4	24.0	1.6	25.6	100.0	100.0	3,530	71.7	18.8	9.5	28.3	100.0	3,503
High school graduate/													
Vocational	48.6	48.7	2.7	51.4	100.0	100.0	2,412	44.5	39.5	15.9	55.5	100.0	3,052
College or higher	51.8	47.0	1.2	48.2	100.0	100.0	1,688	66.7	28.6	4.8	33.3	100.0	2,336
Socioeconomic status (Wealth quintile)													
Lowest (Poorest)	68.0	26.7	5.3	32.0	100.0	100.0	1,887	49.4	28.6	22.0	50.6	100.0	1,953
Second	68.9	28.5	2.5	31.1	100.0	100.0	1,916	59.3	27.8	12.8	40.7	100.0	2,022
Middle	59.9	37.7	2.5	40.1	100.0	100.0	2,090	58.7	29.3	12.0	41.3	100.0	2,082
Fourth	54.7	43.9	1.4	45.3	100.0	100.0	1,942	63.5	28.5	7.9	36.5	100.0	2,064
Highest (Richest)	55.4	43.4	1.2	44.6	100.0	100.0	1,527	66.8	29.4	3.8	33.2	100.0	1,692
Total	61.6	35.8	2.6	38.5	100.0	100.0	9,363	59.4	28.7	11.9	40.6	100.0	9,813

indicator of exposure to the transmission of sexually transmitted infections (STIs) including HIV. In the survey, age at sexual initiation was derived from responses to two questions asking for (1) the age at first premarital sex among youth with premarital sex experience and (2) the age at marriage or cohabitation among ever married youth with no premarital sex experience.

Table 7.2 presents the percentage distribution and median age at sexual initiation by background characteristics. Males reported a lower median age of 17.8 years compared with 18.2 years for females, signifying that males were generally initiated into sex at a younger age than females. As expected, the younger cohort of youth (15–19 years old) reported a lower median age at sexual initiation than the older cohort (20–24 years old) for both sexes. For males, the median age at first sex reported by those in the ages 15–19 is 16.6 years, while the median age at first sex for those in the ages 20–24 is 18.7 years. The corresponding figures for females are 16.8 and 18.8 years, respectively.

Interestingly, a gender variation is evident in the differentials of the median age by marital status. On average, ever married males engaged in sex at a much later age than their never married counterparts (18.4 vs. 17.7 years), while for females, the reverse is true. Never married females reported a higher median age of 18.5 years compared with the ever married at 18.1 years.

Across regions, the youngest median age at sexual initiation for males was recorded in NCR (17.0 years) and Davao Region (17.4 years), while the oldest was in CAR (18.6 years) and ARMM (19.3 years). Females exhibited a different pattern, with the highest median ages found in Bicol (18.6 years) and Central Visayas (18.5 years) and the lowest in Davao Region (17.7 years). In most regions, the median age at first sex of males is lower than that of females. However, for Cagayan Valley, Eastern Visayas, SOCCSKSARGEN, CAR, ARMM, and Caraga, it is the females who engage in sex earlier than males on average. The age at sexual initiation of female youth in ARMM was, on

average, 1.4 years earlier than that of their male counterparts (17.9 years old vs. 19.3 years old).

On average, urban residents reported an earlier onset of intercourse than their rural counterparts for both sexes. There is no clear pattern in the median age at first sex by education among males, but among females, a monotonic increase is apparent, with the median age at sexual initiation two years later among those with college education (19.1 years) compared with youth who had no or elementary schooling (16.9 years). Increasing socioeconomic status is associated with a decreasing median age at first sex among males, but there is no distinct pattern among females.

Among the sexual behaviors tracked by the YAFS series is early sexual initiation, defined as beginning sexual activity before age 18. The proportion is computed from the youth age 18–24 to avoid the censoring effect of the inclusion of youth who were not yet 18 years old. Also of particular interest is the proportion of youth age 15–24 who have had sexual intercourse before age 15. This is one of the core indicators used by the United Nations General Assembly Special Session on HIV/AIDS to measure the global progress made to halt the spread of HIV/AIDS (Joint United Nations Programme on HIV/AIDS, 2009a).

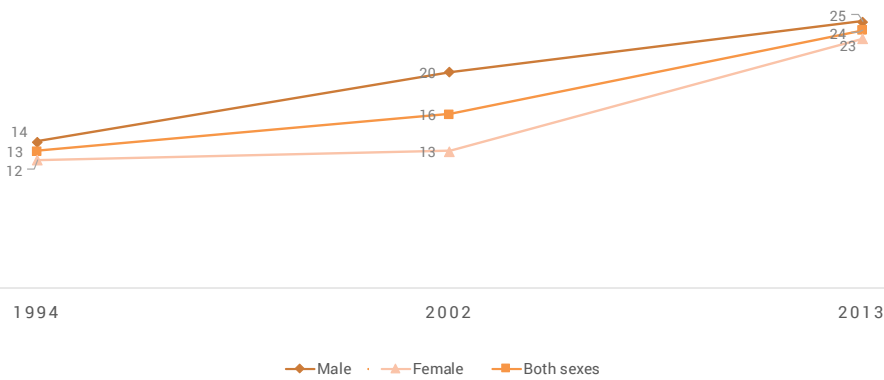
The results of the three YAFS rounds indicate an increasing proportion of youth who began sexual activity before age 18, from 12.9 percent in 1994 to 24.3 percent in 2013 for both males and females (Figure 7.1). Among males, this proportion increased from 13.8 percent in 1994 to 25.1 percent in 2013; for females, the corresponding increase was from 12 percent to 23.5 percent. The “younging” trend in the onset of sexual intercourse is also evident in the declining median age at first sex. For males, the median age at sexual initiation decreased from 18.0 years in 1994 to 17.8 in 2013; for females, it decreased from 18.8 in 1994 to 18.2 in 2013 (data not shown).

Looking at the proportion of youth with early sexual activity across background characteristics reveals interesting findings (Table 7.2). By marital status, there is a wide disparity

Table 7.2 Median age at first sex and percent of youth age 15-24 who had sex before age 18-24 who had sex before age 18 by sex and background characteristics

Background characteristics	Male					Female						
	Median age at first sex	No. of males 15-24 years old with sexual experience	Had sex before age 15	No. of males 15-24 years old	Had sex before age 18	No. of males 18-24 years old	Median age at first sex	No. of females 15-24 years old with sexual experience	Had sex before age 15	No. of females 15-24 years old	Had sex before age 18	No. of females 18-24 years old
Age												
15-19	16.6	1,159	3.2	5,740	25.4	2,197	16.8	1,030	2.1	5,583	26.9	1,953
20-24	18.7	2,316	3.7	3,504	24.9	3,504	18.8	2,625	1.8	3,906	21.8	3,907
Marital Status												
Never married	17.7	2,404	2.8	8,170	21.2	4,646	18.5	646	0.3	6,475	6.1	3,085
Ever married	18.4	1,071	7.4	1,074	41.9	1,055	18.1	3,009	5.5	3,013	42.8	2,774
Region												
Ilocos	17.8	178	2.1	468	23.6	284	18.1	154	1.5	455	24.2	273
Cagayan Valley	18.4	107	1.8	337	15.6	205	18.0	131	2.3	311	25.9	197
Central Luzon	17.7	421	4.8	937	30.3	630	18.3	474	2.1	1,079	22.8	782
CALABARZON	17.8	443	4.4	1,222	26.5	740	18.3	422	1.5	1,277	22.9	726
MIMAROPA	18.2	104	2.8	282	22.8	167	18.3	--	1.1	273	20.7	174
Bicol	17.8	162	2.1	516	21.3	310	18.6	195	1.3	555	19.5	339
Western Visayas	17.8	240	2.3	753	22.3	480	18.3	246	1.5	683	20.6	427
Central Visayas	18.2	301	2.8	738	21.4	471	18.5	240	1.4	653	17.9	368
Eastern Visayas	18.4	128	2.4	421	18.5	233	18.0	151	2.4	375	24.9	221
Zamboanga Peninsula	17.8	146	2.7	369	29.0	241	18.1	119	1.9	317	21.5	205
Northern Mindanao	17.8	162	1.8	445	25.9	247	18.3	175	1.3	458	20.4	260
Davao	17.4	176	4.3	437	30.4	270	17.7	214	2.4	501	30.1	322
SOCCKSARGEN	18.1	122	2.8	433	16.7	227	18.0	146	2.1	436	26.2	229
CAR	18.6	54	2.4	170	16.5	109	18.5	90	1.6	192	19.1	136
ARMM	19.3	83	0.9	319	8.6	220	17.9	121	3.8	341	24.4	213
Caraga	17.9	100	1.9	264	26.1	161	17.8	97	3.3	246	30.6	134
NCR	17.0	548	6.2	1,134	36.2	705	17.8	575	2.9	1,340	27.0	854
Place of residence												
Urban	17.4	1,104	5.7	2,364	34.3	1,488	18.0	1,112	2.5	2,777	25.1	1,758
Rural	18.0	2,371	2.6	6,881	21.8	4,213	18.2	2,543	1.8	6,713	22.7	4,102
Educational attainment												
No schooling/Elementary	17.9	607	3.4	1,699	23.0	998	16.9	455	7.9	859	48.4	506
High school undergraduate	17.2	882	3.1	3,509	23.4	1,324	17.2	902	2.6	3,413	39.5	1,057
High school graduate/ Vocational	18.1	1,193	3.3	2,367	25.6	1,998	18.5	1,569	0.9	2,981	21.7	2,464
College or higher	17.8	792	3.9	1,666	27.3	1,380	19.1	728	0.2	2,285	9.8	1,833
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	18.0	582	2.1	1,869	19.4	1,059	17.8	861	2.7	1,830	35.3	1,095
Second	18.0	574	1.9	1,895	20.4	1,137	18.3	750	2.4	1,952	21.7	1,137
Middle	18.0	701	2.7	2,054	23.2	1,309	18.3	791	2.1	2,014	22.0	1,255
Fourth	17.8	856	5.3	1,918	29.8	1,244	18.1	713	1.2	2,025	20.9	1,297
Highest (Richest)	17.3	662	5.1	1,508	33.3	952	18.3	539	1.5	1,669	18.1	1,076
Total	17.8	3,475	3.4	9,244	25.1	5,701	18.2	3,655	2.0	9,489	23.5	5,960

Notes: --- Not applicable

Figure 7.1 Percent of youth age 15-24 who had sex before age 18 by sex: 1994, 2002, 2013

in the proportion who initiated sex before age 18 between ever married and never married youth, suggesting that the sexual activity may have prompted the union. The 41.9 percent of ever married males with early sexual initiation is nearly double that of their never married counterparts. Among females, the proportion among the ever married (42.8%) is seven times higher than that among the never married (6.1%).

Worth noting is the proportion of youth in NCR with early sexual initiation, particularly for males, the highest among all regions. More than 3 in 10 (36.2%) young men in NCR began sexual activity before they turned 18, with 6.2 percent having sex at a very young age (below 15 years old). Females in NCR also recorded a high proportion of early sexual debut at 27 percent, but this is lower than Davao Region's 30.1 percent and Caraga's 30.6 percent. However, when sexual activity of females before age 15 is examined, ARMM and Caraga stand out with 3.8 and 3.3 percent, respectively.

For both sexes, early sexual activity is more pervasive among urban than rural residents. Also notable are the divergent gender patterns of early sexual activity by educational attainment and socioeconomic status. Among males, the proportion who had sex before age 18 is positively associated with both education and socioeconomic status, but an inverse association is evident for females. In other words, early sexual initiation is more prevalent among the more educated and wealthier males, but it is the

low-educated and poorer females who recorded greater prevalence of early sexual activity.

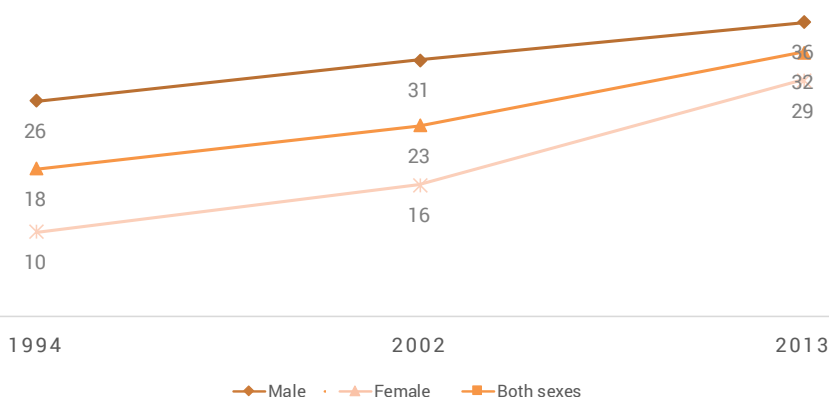
Premarital sexual initiation

Premarital sexual experience

The YAFS series has also been tracking the prevalence of premarital sexual activity, defined as sex before cohabitation or formal marriage, among Filipino youth. Premarital sex per se does not pose a higher risk for early and unintended pregnancy or increase the risk for STI transmission. The concern regarding premarital sex lies on its social unacceptability in the country, as reported in an earlier chapter.

Trend data reveal a substantial upward shift in the prevalence of premarital sex, from 17.9 percent in 1994 to 32.2 percent in 2013 (Figure 7.2). With the increasing prevalence of premarital sexual activity comes a narrowing of the gap in the level between men and women. In 1994, 26.2 percent of young men had premarital sexual experience, more than double the 10.2 percent prevalence among young women. Two decades later, 35.8 percent of males and 28.7 percent of females have engaged in premarital sex, a difference of only 7 percentage points. In fact, in 2013, the prevalence of premarital sexual activity is higher for females than males in CAR (37.1% vs. 30.8%) and Western Visayas (31.9% vs. 31.7%), as shown in Table 7.1.

Figure 7.2 Percent of youth age 15-24 with premarital sex experience by sex: 1994, 2002, 2013



It is evident in Table 7.1 that the lion's share of the young people's sexual initiations are premarital in nature. Among youth with sexual experience, 93.1 percent of males and 70.7 percent of females had their first sex prior to marriage.

Table 7.1 also presents the proportion of youth with premarital sex experience for males and females across background characteristics. The proportion of youth with premarital sex experience is much higher among the older than the younger cohort (61.4% vs. 19.9% for males and 48.5% vs. 14.1% for females). As expected, ever married youth reported a higher prevalence of premarital sex than never married youth. Nearly 8 in 10 (78.8%) ever married males have engaged in premarital sex, while the corresponding proportion among the never married males is only 29.7 percent. Among females, the gap is even wider at 65 percent among the ever married against 10.1 percent among the never married.

Males from NCR (48.6%) and Central Luzon (43.2%) and females from Davao Region (37.7%) and CAR (37.1%) reported the highest levels of premarital sexual activity. ARMM, where early marriage is common, reported the lowest at 6.2 percent for males and 7.1 percent for females. Regardless of sex, premarital sex is more common in urban than rural areas. By education, the level of premarital sex is highest among high school graduates (43.6%) and lowest among high school undergraduates (21.4%), a pattern that is evident for both males and females. However,

the proportion with premarital sex experience is positively associated with socioeconomic status for males but not for females.

Wantedness of first premarital sex

Respondents with premarital sex experience were asked to describe the wantedness of their first premarital sex by choosing from four scenarios: The first intercourse/contact was (1) something they wanted to happen at that time, (2) something they did not want to happen but went along with, (3) something they did not plan to happen but happened anyway, and (4) something that happened against their will. The results indicate that Filipino youth's sexual initiation is typically unplanned. Table 7.3 shows that less than half (46.6%) of the youth wanted their first sex to happen at the time it did. One in five (21%) youth said they did not want it to happen but went along with it, while 29.8 percent said they did not plan it but it happened anyway. The remaining 2.5 percent admitted that their first sex happened against their will (coercive sex).

Coercive sex is more common among females than males (3.8% vs. 1.5%, respectively). It is also more prevalent among younger youth, Bicol and MIMAROPA residents, and the least educated compared with their counterparts.

Protection during first premarital sex

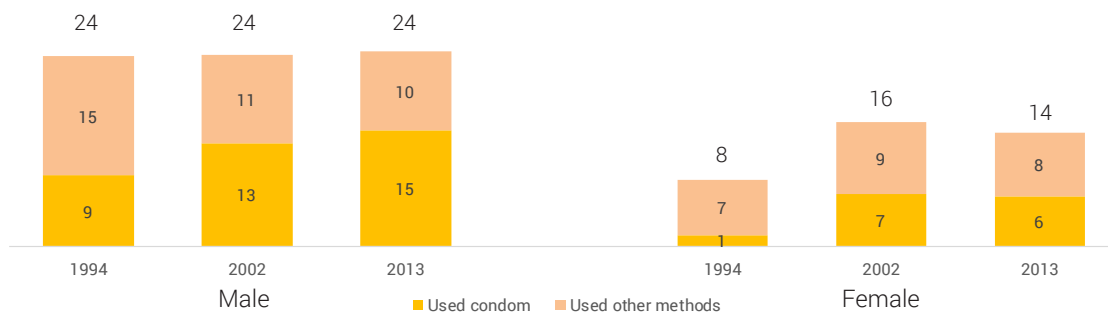
What makes premarital sex risky is not only the age at which it first transpired but also if the sexual act is not protected from the risk of conception or STIs. Table 7.3 shows the proportion of young people who used any form of protection and the proportion who used a

condom during their premarital sexual initiation. Special attention is accorded to the condom because among all methods, it has the distinction of providing dual protection against unintended pregnancy and STIs. The condom is the method of choice for Filipino youth's sexual initiation, as it accounts for 58.3 percent of protected sexual activities.

Table 7.3 Percent distribution of wantedness of first premarital sex and percent who used protection during first premarital sex among youth 15-24 years old with premarital sex experience by background characteristics

Background characteristics	Youth whose first premarital sex was something the youth:					Youth with premarital sex experience who:		No. of youth who ever had premarital sex
	Wanted to happen at that time	Did not want to happen but went along with	Did not plan but happened anyway	Happened against will	Total	Used any form of protection during first premarital sex	Used condom during first premarital sex	
Sex								
Male	53.4	16.0	29.1	1.5	100.0	26.6	15.7	3,217
Female	38.0	27.5	30.8	3.8	100.0	16.2	9.2	2,498
Age								
15-19	46.1	22.1	28.7	3.1	100.0	21.0	12.0	1,845
20-24	46.9	20.5	30.4	2.2	100.0	22.6	13.3	3,869
Marital Status								
Never married	47.6	18.9	31.2	2.3	100.0	27.3	17.7	3,036
Ever married	45.6	23.5	28.3	2.7	100.0	16.1	7.4	2,678
Region								
Ilocos	42.0	19.3	36.9	1.8	100.0	33.6	18.5	274
Cagayan Valley	54.9	22.8	19.8	2.5	100.0	13.7	9.3	162
Central Luzon	46.8	24.0	28.9	0.4	100.0	17.9	15.2	772
CALABARZON	51.5	14.5	32.6	1.5	100.0	30.9	17.8	688
MIMAROPA	38.1	26.8	30.4	4.8	100.0	22.8	10.2	168
Bicol	44.0	18.7	32.1	5.2	100.0	15.7	15.0	252
Western Visayas	53.3	22.2	20.6	3.8	100.0	12.4	10.2	418
Central Visayas	41.0	25.6	30.0	3.3	100.0	29.8	10.9	480
Eastern Visayas	49.4	22.7	25.0	2.8	100.0	15.9	10.2	176
Zamboanga Peninsula	44.7	20.2	33.7	1.4	100.0	9.1	6.2	208
Northern Mindanao	47.4	21.3	28.9	2.4	100.0	9.8	5.2	287
Davao	49.7	15.2	32.5	2.6	100.0	19.8	9.2	348
SOCCKSARGEN	54.0	21.6	22.7	1.7	100.0	9.0	7.9	176
CAR	40.7	25.4	29.7	4.2	100.0	22.2	13.6	118
ARMM	61.3	12.9	25.8	0.0	100.0	9.7	6.5	31
Caraga	60.0	15.8	20.6	3.6	100.0	14.5	5.5	165
NCR	40.6	22.5	33.9	3.0	100.0	31.5	16.3	995
Place of residence								
Urban	44.0	21.7	31.6	2.7	100.0	26.1	15.0	1,955
Rural	48.0	20.6	28.9	2.4	100.0	20.0	11.8	3,759
Educational attainment								
No schooling/Elementary	59.8	17.4	19.1	3.7	100.0	11.7	5.0	726
High school undergraduate	48.0	22.1	27.2	2.7	100.0	18.9	10.2	1,382
High school graduate/Vocational	44.7	20.5	32.2	2.5	100.0	20.4	11.1	2,219
College or higher	41.5	22.6	34.2	1.6	100.0	33.3	22.3	1,387
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	50.3	21.6	24.6	3.5	100.0	12.0	5.1	915
Second	46.9	23.4	26.9	2.8	100.0	14.5	8.7	1,018
Middle	49.4	18.3	28.7	3.6	100.0	21.6	9.3	1,281
Fourth	41.8	20.9	35.4	1.9	100.0	27.6	15.8	1,376
Highest (Richest)	46.4	21.6	31.2	0.8	100.0	30.9	23.5	1,124
Total	46.6	21.0	29.8	2.5	100.0	22.1	12.9	5,714

Figure 7.3 Percent who used any form of protection during first premarital sex by sex: 1994, 2002, 2013



Most of the first premarital sexual encounters of Filipino youth were unprotected. Among youth with premarital sex experience, 12.9 percent used a condom during their sexual initiation while 9.2 percent used other methods, notably withdrawal. The rest (77.9%) were unprotected. The low level of protected sex is not surprising given the generally spontaneous nature of the sexual initiation, as described earlier.

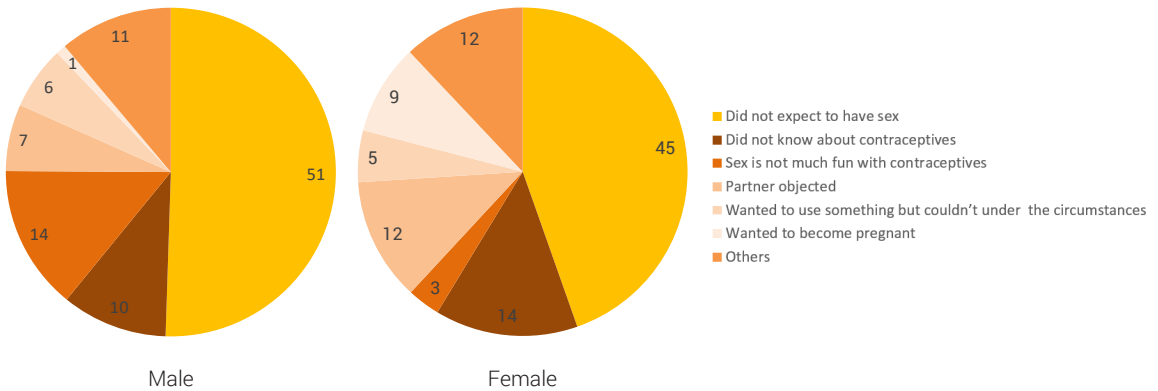
The proportion who reported using a condom during first sex is higher for males (15.7%) than females (9.2%), which is expected because the condom is a male-dependent method. Condom use is also higher among the older cohort of youth, the never married, and urban residents compared with their respective counterparts. Condom use at sexual initiation is more widespread among young people in Ilocos (18.5%), CALABARZON (17.8%), and NCR (16.3%) and least pervasive in Northern Mindanao (5.2%) and Caraga (5.5%). Condom use during first sex rises with corresponding increases in the levels of educational attainment and socioeconomic status. For instance, only 1 in 20 of the least educated or the poorest youth used a condom. In contrast, more than one in five among the college educated or those belonging to the richest quintile reported condom use. The wide disparity across education categories suggests that lack of knowledge about the condom or its sources may have hindered condom use. On the other hand, the large difference in condom use between the poorest and the richest segments of the youth

population implies that more financially well-off youth are able to afford condoms and other contraceptive methods more than their poorer counterparts.

The trend data in Figure 7.3 show that the prevalence of protected sexual initiation among males has remained stable over the past 20 years, while a seesaw pattern is apparent among females. From 1994 to 2013, nearly a quarter of males age 15–24 used any form of protection during their first premarital sex. In contrast, from 8.5 percent in 1994, the proportion of females who used protection during their sexual debut climbed to 15.8 percent in 2002 but went down to 14.1 percent in 2013. The good news is the rising level of condom use during the sexual initiation of both male and female youth. Among males, the 8.9 percent level of condom use in 1994 steadily rose until 2003, when it surpassed the level of use of other methods combined (14.6% vs. 9.7%, respectively). Among females, the rather low 1.4 percent level of condom use increased to 6.6 percent in 2002 but dipped slightly to 6.3 percent in 2013.

When asked for the main reason why the youth or their partner did not use any form of protection the first time they had premarital sex, the leading reason given was they did not expect to engage in sex at that time. This was reported by 50.5 percent of male youth and 44.6 percent of female youth (Figure 7.4). A substantial 10.4 percent of males and 14 percent of females also admitted a lack of knowledge about contraceptives as the

Figure 7.4 Percent distribution of the main reason for non-use of protection during first premarital sex by sex



reason for their unprotected sexual initiation. In addition, 14.2 percent of males but only 3.2 percent of females felt that the sexual act would not be fun if they used contraceptives. Objection by their sexual partner was the main reason given by a sizable 12.1 percent of females and 6.6 percent of males. Nearly 9 percent of females said they wanted to get pregnant. The corresponding proportion for males who wanted to get their partners pregnant is much lower at 1 percent. A variety of other reasons were mentioned, each rarely exceeding 1 percent, but when combined constitute about one tenth of all responses. These include belief that contraceptives are wrong or dangerous to use, deficient knowledge on where to get contraceptives, firm belief that pregnancy will not happen, inability to use contraceptives because they were drunk at that time or were raped, or simply personal choice.

Reason for first premarital sex

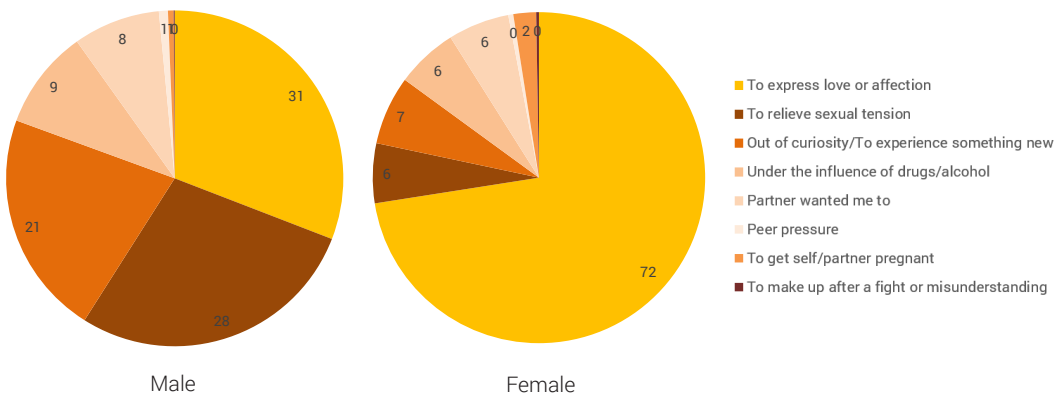
Meston and Buss (2007) identified a multitude of reasons why people engage in sexual intercourse. They noted significant gender differences that are also evident in the YAFS4 data. As shown in Figure 7.5, there is a considerable gender disparity in the main reason why Filipino youth engaged in sex for the first time. For a great majority (71.9%) of females, expression of love is the primary motivating factor for their first sexual activity. In contrast, only 30.6 percent of males gave the same reason, and a nearly equal proportion

(27.9%) admitted that release of sexual tension or arousal compelled them to have sex for the first time. The latter reason was reported by only 5.8 percent of females. In addition, for 21.4 percent of males and 6.7 percent of females, the desire to experience something new or curiosity about sex was the driving force behind their sexual initiation. Furthermore, a notable 9.5 percent of males and 6 percent of females were under the influence of drugs and alcohol when they first engaged in sexual intercourse, suggesting that their first sexual experience was nonconsensual in nature. Another 8.3 percent of males and 5.9 percent of females said they gave in to their partner's desire to have sex. Peer pressure was also one of the reasons mentioned by the youth, but it figured in only less than 1 percent of the young people's sexual debut. Other reasons cited for initiating sex include the desire to get themselves or their partner pregnant, to make up after a fight or misunderstanding, to escape from family problems, to prove virginity, and as a form of rebellion.

Risky sexual behaviors

The survey elicited information on a number of other sexual activities, which if unprotected could pose a higher risk for unplanned pregnancy and contracting STIs including HIV. These are commercial sex (paying for sex and being paid in exchange for sex), casual sex, having a FUBU, coercive sex, sex with

Figure 7.5 Percent distribution of the main reason for engaging in first premarital sex by sex



multiple partners, extramarital sex, and sex between males. Commercial sex, for instance, is an important public health concern because clients of sex workers are considered important bridging groups in the transmission of STIs and HIV to wider sexual networks (Wellings et al., 2006). The proportions of youth who engaged in these risky sexual activities are presented in Table 7.4.

Commercial sex

Commercial sex or transactional sex is defined in the study as sexual acts involving payment either in cash or in kind. The survey questions asked whether the respondent is a seeker (the respondent paid for sex) or a provider (the respondent has been paid for sex). Aside from cash, payments come in many forms, from expensive material things such as cellphones and other electronic gadgets, jewelry, clothes, perfume, and tuition fee payment to as little as cellphone load, slippers, and teddy bears. Intangibles such as assistance in doing homework are also exchanged for sexual favors.

Commercial sex activities among the young people are rather low: 1.4 percent have ever paid for sex, while 1.5 percent have been paid in exchange for sexual favors. About 3 percent of males reported having paid for or received payment for sex, while the comparable figure for females is considerably lower at less than 1 percent. Since commercial sex is illegal in

the country, there is reason to believe that the reported data may be under-reported.

Commercial sex is more common among older youth (20–24 years old) and urban residents. Both types of commercial sex activities are most common in NCR and Davao Region and least prevalent in Cagayan Valley and ARMM. There is no clear pattern in the prevalence of these sexual activities by marital status and education. A positive association is apparent, however, between socioeconomic status and the proportion who paid for sex, signifying a higher capacity to pay for such favors among the youth belonging to the highest quintile compared with their poorer counterparts.

Casual sex and sex with a FUBU

In recent years, casual sexual relationships or sexual hook-ups, as they are called in popular media, are increasingly becoming a normative experience among adolescents and young adults, particularly among university students in Western countries (Fielder, Walsh, Carey, & Carey, 2013; Garcia, Reiber, Massey, & Merriweather, 2012; Wentland & Reissing, 2014).

In the 2013 YAFS, casual sex refers to sexual activities outside the context of a romantic relationship, with no payment involved, and which happened only once or twice (e.g., one-night stand). Sexual partners in this type of sexual activity include strangers, acquaintances, neighbors, board mates, dorm mates, and friends.

Table 7.4 Percent of youth 15-24 years old who have engaged in risky sexual activities by background characteristics

Background characteristics	Youth who have:					Sex with multiple partners	No. of youth	Ever-married youth who have engaged in extramarital sex	No. of ever-married youth	Percentage of males who have sex with males (MSM)	No. of males
	Ever paid for sex	Received payment for sex	Casual sex experience	A "fuck buddy" (FUBU)	Coercive sex experience						
Sex											
Male	2.7	2.7	9.4	6.6	3.2	25.0	9,364	10.1	1,164	5.1	9,364
Female	0.1	0.3	0.7	0.7	5.5	5.5	9,813	0.6	3,325	---	---
Age											
15-19	0.6	0.8	2.5	1.9	2.4	7.8	11,424	1.4	1,051	3.4	5,771
20-24	2.5	2.4	8.5	6.1	7.4	25.6	7,755	3.6	3,436	7.7	3,594
Marital Status											
Never married	1.4	1.4	5.0	3.6	1.8	13.1	14,683	---	---	4.9	8,200
Ever married	1.4	1.5	4.7	3.5	13.2	21.3	4,496	3.1	4,489	6.3	1,166
Region											
Ilocos	0.6	1.0	5.6	2.9	5.0	14.8	941	3.1	194	5.1	473
Cagayan Valley	0.1	0.3	2.4	1.2	5.2	8.6	571	0.0	176	1.2	344
Central Luzon	2.1	1.6	4.6	3.1	2.1	15.8	2,050	1.2	573	5.0	953
CALABARZON	1.2	1.3	6.8	4.4	4.2	16.2	2,546	2.8	528	6.4	1,243
MIMAROPA	1.8	1.4	4.5	2.5	5.5	14.4	563	2.7	146	7.1	283
Bicol	0.6	1.2	2.5	2.0	6.6	10.8	1,095	2.1	233	3.3	521
Western Visayas	1.2	0.9	3.8	3.1	4.0	12.3	1,486	1.1	277	4.2	764
Central Visayas	1.2	1.7	5.1	3.2	5.4	15.7	1,415	2.1	291	4.2	741
Eastern Visayas	1.1	0.6	4.6	1.8	4.7	12.4	829	0.5	216	3.5	426
Zamboanga Peninsula	1.4	1.1	3.2	2.5	3.3	14.7	729	1.6	193	5.4	373
Northern Mindanao	1.4	2.6	4.8	2.4	4.4	14.8	921	3.1	196	7.8	448
Davao	2.4	2.4	6.4	4.0	4.3	18.9	960	2.6	230	7.0	446
SOCCKSARGEN	0.3	0.4	2.2	1.4	4.2	7.7	901	1.1	188	2.3	440
CAR	1.1	0.5	3.5	1.1	3.9	10.8	370	1.0	102	1.7	173
ARMM	0.3	0.0	1.2	0.3	3.6	3.0	676	0.0	207	0.6	321
Caraga	1.0	1.2	4.0	1.9	6.0	15.6	520	1.8	110	4.5	266
NCR	2.4	2.8	8.0	9.0	4.8	24.1	2,507	11.3	626	7.9	1,150
Place of residence											
Urban	2.0	2.5	7.2	6.9	4.6	21.3	5,228	6.8	1,216	7.0	2,398
Rural	1.1	1.1	4.1	2.3	4.3	12.6	13,949	1.7	3,272	4.4	6,967
Educational attainment											
No schooling/Elementary	1.8	2.2	4.2	3.2	5.2	15.2	2,653	1.9	776	4.9	1,731
High school undergraduate	0.8	1.1	3.1	2.1	3.0	10.0	7,033	4.5	1,219	3.7	3,532
High school graduate/ Vocational	1.9	1.7	6.5	4.5	6.4	18.6	5,465	2.3	1,816	6.5	2,412
College or higher	1.3	1.3	6.6	5.2	3.7	18.6	4,023	3.8	678	5.9	1,687
Socioeconomic status (Wealth quintile)											
Lowest (Poorest)	0.9	0.9	2.0	1.4	4.7	10.2	3,843	1.4	1,202	3.4	1,888
Second	1.0	1.7	3.5	2.1	4.4	11.5	3,938	1.0	911	5.0	1,917
Middle	1.6	1.5	5.0	3.1	5.1	16.0	4,172	3.3	978	5.3	2,091
Fourth	1.7	1.2	6.6	5.7	4.1	18.3	4,005	4.6	861	4.9	1,942
Highest (Richest)	1.7	2.2	7.8	6.0	3.6	19.6	3,219	7.3	534	7.0	1,527
Total	1.4	1.5	4.9	3.6	4.4	15.0	19,177	3.1	4,489	5.1	9,364

Notes: --- Not applicable

The proportion who have engaged in casual sex is 9.4 percent among males and only 0.7 percent for females.

As mentioned earlier, a new type of sexual relationship was documented for the first time in the 2013 YAFS: nonromantic regular sexual relationships where two people who are not in a romantic relationship regularly engage in sexual intercourse. In the language of the youth, this is called “FUBU” or “FB” (short for “friends with benefits”).¹ Sex with a FUBU may pose a higher vulnerability to STIs because it does not include an expectation of exclusivity in the sexual relationship. Hence, this type of arrangement carries a higher likelihood of having multiple partners for either partner. This sexual activity was reported by 3.6 percent of Filipino youth: 6.6 percent of males but only 0.7 percent of females.

For both casual sex and sex with a FUBU, the patterns across background characteristics are similar. The older youth, the urban residents, the more educated, and the economically well off exhibit a higher proportion of both casual sex and FUBU sex. Among regions, these sexual activities are most prevalent in NCR, where 8 percent have experienced casual sex and 9 percent have a FUBU.

Coercive sex

In addition to nonconsensual sex during premarital sexual initiation (Table 7.3), the survey also asked the respondents if they have ever been forced into having sexual intercourse at any time in their lives. The results presented in Table 7.4 reveal that 4.4 percent of the youth have experienced coercive sex. This risky sexual behavior has the distinction of being the only one in which females outnumber the males (5.5% vs. 3.2%, respectively). However, like the other risky sexual behaviors, the older youth, the ever married, and the urban residents recorded a higher prevalence compared with their counterparts. In terms of geographic variation, the proportion

with coercive sex is highest in Bicol (6.6%) and Caraga (6%) and lowest in Central Luzon (2.1%). There is no distinct pattern in the level of coercive sex experience across educational attainment and socioeconomic status gradients.

Sex with multiple partners

The proportion of youth who have engaged in sex with multiple partners measures the lifetime number of sexual partners. It is derived from responses to several questions asking for the number of sexual partners for each type of risky sexual behavior and whether the respondents have engaged in sex with someone other than their first partner. It should be noted that the data do not capture whether the sexual partnerships are concurrent (overlapping in time) or serial (one partner at a time). The former allows for a more rapid spread of STIs than the latter.

Table 7.4 shows that sexual monogamy remains the dominant pattern among Filipino youth, with only 15 percent reporting having more than one sexual partner. Multiple partnership is five times more prevalent among males than females (25% vs. 5.5%, respectively), lending support to the widely held belief that men are naturally polygamous. This finding comes as no surprise within the context of Philippine society, where the double standard of morality in sexual aspects privileges men (Medina, 2015). Having numerous “sexual conquests” among men is proof of their masculinity and enhances their reputation (Meston & Buss, 2007), whereas females with large numbers of sexual partners are often viewed in a negative light and labeled as “flirts” or “loose women.”

Huge disparities are also apparent in other background characteristics. Older youth, who have had presumably more opportunity to engage in sex with a greater number of partners compared with their more junior counterparts, exhibit a higher preponderance of multiple partnership. A quarter of the youth in the ages 15–24 and only

¹ It should be noted that the YAFS survey does not make any distinction between “fuck buddy” and “friends with benefits,” although many studies on casual sex (e.g., Wentland & Reissing, 2014) have defined “fuck buddies” as having a relationship primarily for sexual interaction while “friends with benefits” interact in both social and sexual situations.

7.8 percent of those in the ages 15–19 reported multiple sexual partners. By marital status, one fifth (21.3%) of the ever married youth have engaged in sex with more than one partner, while the corresponding proportion for the never married is lower at 13.1 percent. It should be noted that for ever married youth, the sexual partners include those that they have interacted with prior to the marriage or cohabitation.

The prevalence of multiple partnership is highest in NCR (24.1%) and lowest in ARMM (3%). This pattern is also evident in the urban-rural divide, wherein 21.3 percent of urban residents as against 12.6 percent of rural residents reported having sex with more than one partner. Higher proportions of multiple sexual partnership are also found among better-educated youth than those with lower educational attainment. By socioeconomic status, the proportion of multiple partnership monotonically increases from 10.2 percent among the poorest to 19.6 percent among the richest group of youth.

Extramarital sex

One form of concurrent multiple partnership is extramarital sex, defined as engaging in sexual intercourse with someone other than one's spouse or live-in partner while still married or cohabiting. In extramarital sex, the risk of acquiring STI and HIV infections is greater, as it extends to a wider sexual network consisting of the unfaithful spouses and their marital and extramarital partners. Medina (2015) noted that extramarital sex is more strongly condemned in the country than premarital sex because it does not only disrupt an ongoing marriage but also affects the married individuals, their children, and other family members.

This risky sexual behavior was reported by 3.1 percent of all youth, with the prevalence among males 10 times higher compared with females (10.1% vs. 0.6%, respectively). As a subset of sex with multiple partners, the differentials of extramarital sex experience across the youth's background characteristics mimic those of the former.

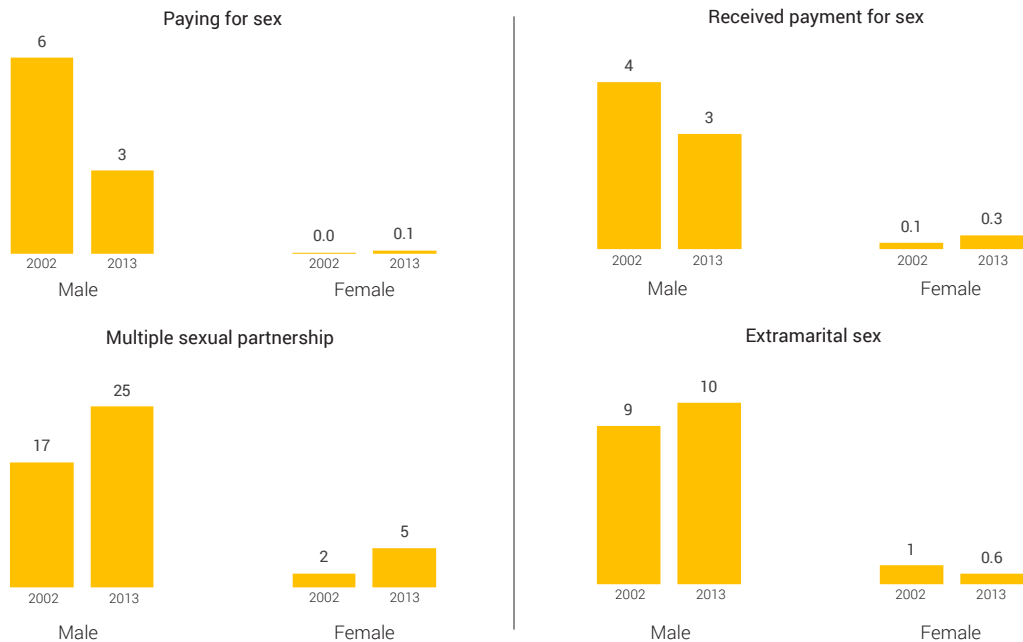
The differentials by specific marital status categories are not shown in Table 7.4, but the pattern validates the instability of cohabitation. Young people in a living-in arrangement are more susceptible to extramarital sex, as 4.2 percent admitted having extramarital sex experience. In contrast, only 0.9 percent of formally married youth have a concurrent sexual partner apart from their spouses. The youth who have been separated from their spouses or live-in partners reported the highest proportion of extramarital sex experience at 6.4 percent, which suggests that the extramarital affair may have been the cause of the separation.

Males who have sex with males

One of the sexual behaviors tracked by YAFS that is specific to males is same-sex activity or "men who have sex with men" (MSM). According to the UNAIDS Action Framework (Joint United Nations Programme on HIV/AIDS, 2009b), the term refers to males who have sex with other males, regardless of whether they have sex with women or have a personal or social identity associated with that behavior, such as being "gay" or "bisexual." It is of value to track this behavior because it poses a heightened risk for STIs, especially HIV, if unprotected. MSM is one of the sectors of the population with a rapidly growing incidence of HIV infection in the Philippines since 2008 (Philippine National AIDS Council, 2014). Consequently, young, sexually active men who have sex with men are now considered the core transmitters of the HIV epidemic in the country (Ross et al., 2013).

Table 7.4 shows that 5.1 percent of males have engaged in sex with a fellow male. This practice is most prevalent in NCR (7.9%) and Northern Mindanao (7.8%) and least common in ARMM (0.6%) and Cagayan Valley (1.2%). Similar to other types of risky sexual activities, more of the 20–24-year-olds and urban males have engaged in sex with another male than their respective counterparts. MSM is more common among ever married males (6.3%) than never married males (4.9%), while there is no discernible pattern in

Figure 7.6 Percent of youth 15-24 years old who have engaged in risky sexual activities by sex: 2002 and 2013



this practice across males' educational attainment or socioeconomic status categories.

Change in risky sexual behavior over time

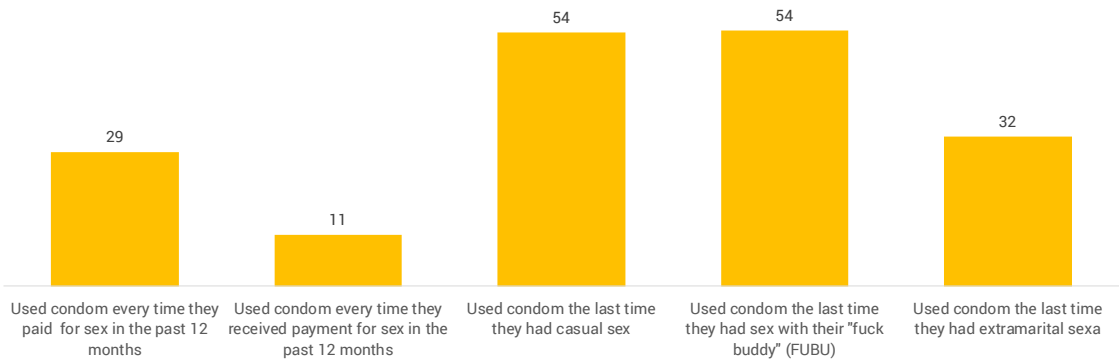
Comparable data on selected risky sexual behavior for 2002 and 2013 are depicted in Figure 7.6. Data from the past two survey years reveal a decline in the levels of commercial sex activities among males but an increase in multiple sex and extramarital sex. In 2013, 2.7 percent of males reported having paid for sex, about half of the level found in 2002. The proportion of males who received payment for sex, meanwhile, recorded a slight decline from 3.9 to 2.7 percent. For females, the prevalence of commercial sex is too low for a meaningful analysis.

An upsurge in the proportion with multiple sex partners is observed for both men and women. Males recorded a considerable increase, from 17.4 percent in 2002 to 25 percent in 2013. A more modest increase is evident for females, from 2 to 5.5 percent in the same period. For extramarital sex, the proportions changed slightly between

2002 and 2013 but in opposite directions for men and women.

Unprotected sex during risky sexual activities

Although the prevalence of the risky sexual activities described earlier may be on the low side, it is still a cause for concern because most young people engage in these activities without protection against the risk of unintended pregnancy and contracting STIs. For example, among males who have ever paid for sex, only 28.6 percent reported using a condom every time they paid for sex in the past 12 months before the survey (Figure 7.7). Among male youth who were paid in exchange for sexual favors, only 11 percent reported consistent condom use in the past 12 months prior to the survey. Those who engaged in casual sex reported higher levels of protected sex. Of those with casual sex experience, 53.8 percent used a condom the last time they had casual sex. The same level is recorded among males with FUBU sex. Extramarital sex activities are likewise mostly unprotected. Three in 10 males used a

Figure 7.7 Percent of males 15-24 years old who used a condom during risky sexual activities

condom the last time they engaged in sex with their extramarital partner.

Summary and conclusions

The 2013 YAFS provides a rich source of information on various facets of the sexual behavior of Filipino youth. The results indicate a heightened, bolder, and wider range of sexual behavior among the young. Trend data reveal that Filipino youth are increasingly becoming sexually active at an early age. Coupled with the delay in entry into marital union, it comes as no surprise that a growing proportion of youth are engaging in sex prior to marriage. What compounds the rising level of premarital sex is the low and unchanging level of first sexual encounters that are protected from unintended conception and STIs.

Sexual risk taking among the youth is becoming more pervasive, but contrary to general perceptions, the increase over time is quite modest. Recent years have witnessed the emergence of new forms of sexual interactions outside of committed relationships, such as sex with a FUBU. Sex with multiple partners registered the highest prevalence at 15 percent, while commercial sex, casual sex, sex with a FUBU, coercive sex, extramarital sex, and MSM all recorded single-digit levels. Although the proportions may be on the low side, when translated to absolute terms, this amounts to millions of young Filipinos who are potentially at risk of adverse consequences, especially in the context of low prevalence of the use of protection.

The established gender variation of sexual behavior is substantiated by the findings. Males are more sexually adventurous, as evidenced by the higher proportions who engage in risky sexual activities compared with females. It is only in coercive sex that females outnumber males. While some risky sexual behavior remains the domain of men, the narrowing gap in early sexual initiation and premarital sex points to increasing feminization of these sexual behaviors. This does not bode well, as the costs of such sexual activities are higher for females, particularly concerning pregnancy risks.

The findings also highlight distinct regional differences suggesting the possible influence of modernization and easy access to new technologies. The regional variation paints a picture of two extreme regions. Young people in NCR consistently reported the highest prevalence of risky sexual behavior among all regions, while the youth of ARMM repeatedly reported the lowest. A similar scenario is evident for premarital sex, with young people from ARMM exhibiting the lowest preponderance, largely due to the high prevalence of early marriage.

The differentials by other background characteristics reveal expected findings. That various sexual activities manifest at higher levels among the older cohort of youth is not surprising, as youth in the 20–24 age bracket have had longer exposure to these activities than those in the 15–19 age group. Urban-rural differentials are consistent with the regional findings. Generally, education and socioeconomic status show a

positive association with risky sexual behavior, with the prevalence higher among the more educated and better-off youth. The same direction of association, however, is evident in the use of protection, particularly condoms, suggesting that risks are minimized.

The findings altogether demonstrate the extent of the young people's vulnerability to unintended pregnancy and STI transmission. They underscore the need for sexual and reproductive health interventions for this important segment of the population.

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Fertility and Fertility Preferences

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The first survey in the YAFS series conducted in 1982 was designed as a fertility study on young women aged 15–24. Only in the second YAFS conducted in 1994 was the topic of sexuality included and the sample expanded to include male youth. Beginning in 1994, the YAFS results came to be associated more with sexuality than fertility. In this report on the 2013 YAFS, we reintroduce a focus on fertility in this age group, especially in light of the findings that fertility in the early childbearing years has been on the rise.

In describing the fertility of the youth, it is important to keep in mind that young adulthood covers two distinct age groups when it comes to childbearing. Generally, in the teen years, which include the ages 15–19, childbearing is considered too early and fraught with risk, both to mother and child (Natividad, 2013). Meanwhile, ages 20–24 mark the beginning of childbearing for most women. At these ages, childbearing is considered more biologically sound as well as culturally more acceptable in contrast to the teen years. Thus, there is typically a sharp increase in childbearing from late teenhood to the early 20s. To illustrate, results of the 2013 National Demographic and Health Survey (NDHS) show that the age-specific fertility rate (ASFR) of women aged 15–19 is 57 births per thousand women. In comparison, the ASFR among 20–24-year-old women was 148 births per thousand women (Philippine Statistics Authority & ICF International, 2014). Therefore, in reading about youth fertility, which spans the

ages 15–24, one must be aware of this important distinction.

The YAFS4 provides a rich source of data on youth fertility based on the pregnancy history of all women regardless of marital status. The pregnancy history collected detailed information on pregnancy intention; the child's sex, age, date of birth, date of pregnancy termination, and survival status; and prenatal, delivery, postnatal, and breastfeeding practices for each pregnancy and birth of the women. The main measure we use to describe youth fertility is the proportion of women who have begun childbearing. This refers to women who have had a birth plus women who were pregnant with their first child at the time of the survey. Through this measure, we can better describe the timing of childbearing because a woman (or more specifically, her experience of the first birth) is counted only once unlike the ASFR where a woman can contribute more than one birth (Singh, 1998).

Pregnancy and motherhood among young adults

Table 8.1 presents information on women 15–24 years old who have begun childbearing by background characteristics. Nearly one third of these young women have commenced childbearing, of which 29.4 percent have had a live birth and 3 percent are pregnant with their first child. As mentioned earlier, the early 20s mark the onset of most Filipino women's reproductive life; this is substantiated by the survey results.

The majority (57.8%) of the 20–24-year olds have begun childbearing, while the corresponding figure for their more junior counterparts is only 13.7 percent. Since a marital union provides a steady sexual partner, higher exposure to the risk of pregnancy is expected among women who are married or in a consensual union. The data lend support to this, as high proportions

(85.6% among women in a living-in arrangement and 88.8% among formally married women) have started childbearing compared with only 4.7 percent among never married women.

By place of residence, there is very little difference in the proportion who have begun childbearing between urban (31.3%) and rural (32.8%) women. However, across regions, the proportion ranges from a low of 26.7 percent in CALABARZON to a high of 40.4 percent in CAR. There is no clear pattern in the proportion who have begun childbearing across education categories, but socioeconomic status, a variable that the literature consistently shows to exert a significant influence on fertility behavior, displays an inverse association. From 42.8 percent among the poorest group of women, the proportion who have begun childbearing is down to half (21.8%) among women in the richest quintile.

In addition to the proportion of women who have begun childbearing, another important indicator of youth fertility is the proportion who have ever been pregnant. It must be noted that the latter measure will always result in a higher level compared with the former, since it includes women whose pregnancy did not result in a live birth. The results in Table 8.2 show that 33.5 percent of women 15–24 years old have ever been pregnant, about one percentage point higher than the proportion who have begun childbearing. This difference implies that at least 1 percent of women have experienced a pregnancy that ended either in a spontaneous or induced abortion or in a non-live birth. As expected, the patterns in the proportion of women who have ever been pregnant across the different background characteristics mirror that of the proportion who have begun childbearing.

Of particular interest in Table 8.2 is the proportion of women who have had three or more pregnancies. In the absence of contraceptive practice, we would expect these young women to eventually end up with a large family size, as they are still at the starting point of their childbearing period yet have already had three or more pregnancies. Overall, 2.7 percent

Table 8.1 Percent of females who have had a live birth, pregnant with first child and have begun childbearing by background characteristics

Background Characteristics	Have had a live birth	Are pregnant with first child	Have begun child-bearing	No. of Females
Age				
15-19	11.0	2.6	13.7	5,653
20-24	54.4	3.4	57.8	4,160
Marital status				
Never married	4.0	0.6	4.7	6,483
Living-in	75.9	9.8	85.6	1,912
Formally married	83.8	5.0	88.8	1,246
Separated/Widowed	76.3	1.1	76.9	173
Region				
Ilocos	25.2	3.0	28.0	468
Cagayan Valley	33.1	4.3	37.4	326
Central Luzon	32.2	3.9	36.1	1,097
CALABARZON	24.6	2.2	26.7	1,305
MIMAROPA	30.5	3.2	33.7	279
Bicol	27.2	2.1	29.4	574
Western Visayas	28.5	4.7	33.3	723
Central Visayas	27.6	2.2	29.7	673
Eastern Visayas	33.0	2.5	35.3	402
Zamboanga Peninsula	35.2	2.5	37.7	355
Northern Mindanao	32.3	3.4	35.7	474
Davao	34.6	2.9	37.5	514
SOCCSKSARGEN	27.6	3.3	31.0	461
CAR	37.6	3.1	40.4	198
ARMM	29.4	1.7	31.1	354
Caraga	30.6	3.1	33.9	254
NCR	28.2	2.7	31.0	1,357
Place of residence				
Urban	28.7	2.6	31.3	2,831
Rural	29.7	3.1	32.8	6,982
Educational attainment				
No schooling/Elementary	43.0	3.8	46.7	922
High school undergraduate	21.1	2.1	23.2	3,503
High school graduate/Vocational	41.6	3.9	45.5	3,053
College or higher	20.7	2.7	23.4	2,336
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	39.5	3.3	42.8	1,953
Second	31.8	2.9	34.7	2,022
Middle	29.5	3.3	32.8	2,081
Fourth	25.7	2.9	28.6	2,064
Highest (Richest)	19.4	2.4	21.8	1,693
Total	29.4	3.0	32.4	9,813

of women 15–24 years old have had at least three pregnancies. This percentage is highest in ARMM and Eastern Visayas, both high-fertility regions, where 7.1 percent and 5.2 percent of women, respectively, have already had three or more pregnancies. Among formally married

women, a sizeable 11.4 percent have already been pregnant at least three times.

Table 8.2 also presents the proportion of women who were pregnant at the time of the interview (“currently pregnant”), which measures not only fertility but also fecundity or

Table 8.2 Percent distribution of females by number of pregnancies and percent who have been pregnant and currently pregnant by background characteristics

Background Characteristics	No. of pregnancies ^a					Have ever been pregnant	Are currently pregnant	No. of females
	0	1	2	3 or more	Total			
Age								
15-19	85.6	12.0	2.2	0.2	100.0	14.4	3.5	5,653
20-24	40.6	34.4	18.8	6.2	100.0	59.4	8.2	4,161
Marital status								
Never married	95.2	4.3	0.4	0.1	100.0	4.8	0.7	6,483
Living-in	11.3	57.9	24.8	5.9	100.0	88.7	16.8	1,912
Formally married	9.0	49.8	29.7	11.4	100.0	91.0	13.6	1,245
Separated/Widowed	15.0	57.2	23.1	4.6	100.0	85.0	2.9	173
Region								
Ilocos	70.4	21.3	7.5	0.9	100.0	29.6	4.3	469
Cagayan Valley	61.3	25.5	11.0	2.1	100.0	38.7	8.3	326
Central Luzon	62.6	23.3	11.9	2.2	100.0	37.3	6.3	1,097
CALABARZON	72.4	16.6	7.9	3.1	100.0	27.6	5.9	1,304
MIMAROPA	63.9	24.6	7.9	3.6	100.0	35.7	5.7	280
Bicol	69.3	17.9	9.4	3.3	100.0	30.5	4.0	574
Western Visayas	65.9	23.4	8.3	2.4	100.0	34.2	7.1	722
Central Visayas	68.5	22.3	8.2	1.0	100.0	31.5	5.5	674
Eastern Visayas	63.3	21.3	10.2	5.2	100.0	36.8	6.5	403
Zamboanga Peninsula	61.7	23.1	11.3	3.9	100.0	38.6	5.3	355
Northern Mindanao	63.5	24.7	11.0	0.8	100.0	36.6	4.4	474
Davao	61.9	25.6	9.9	2.5	100.0	38.1	6.4	515
SOCCSKSARGEN	68.7	21.5	7.6	2.2	100.0	31.3	4.3	460
CAR	58.8	28.1	10.1	3.0	100.0	41.1	4.6	199
ARMM	68.6	13.0	11.3	7.1	100.0	31.4	7.4	354
Caraga	64.7	22.7	9.4	3.1	100.0	35.0	5.9	255
NCR	67.7	21.1	8.1	3.0	100.0	32.3	3.6	1,357
Place of residence								
Urban	67.5	21.6	8.2	2.7	100.0	32.5	4.4	2,831
Rural	66.1	21.4	9.7	2.7	100.0	33.9	5.9	6,983
Educational attainment								
No schooling/Elementary	51.1	24.9	16.5	7.5	100.0	48.8	9.3	921
High school undergraduate	75.8	13.9	7.9	2.4	100.0	24.2	3.8	3,503
High school graduate/Vocational	53.1	31.8	11.9	3.2	100.0	46.9	7.6	3,053
College or higher	76.2	17.9	5.1	0.9	100.0	23.8	3.6	2,336
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	55.7	23.7	15.3	5.3	100.0	44.2	7.8	1,954
Second	64.2	22.7	11.1	2.0	100.0	35.8	5.7	2,022
Middle	66.2	22.5	8.1	3.2	100.0	33.8	6.9	2,082
Fourth	70.6	21.2	6.4	1.7	100.0	29.3	3.7	2,063
Highest (Richest)	77.1	16.7	5.0	1.2	100.0	22.9	3.0	1,692
Total	66.5	21.5	9.3	2.7	100.0	33.5	5.5	9,813

Note: ^a Including current pregnancy

the capacity to bear children. This is an important fertility measure because when translated to absolute terms, it provides an indication of the demand for maternal and infant health services and facilities at a given time, particularly since early pregnancy is associated with increased health risk for both mother and child.

Overall, 5.5 percent of women 15–24 years old are currently pregnant. This proportion ranges from a low of 3.6 percent in NCR to a high of 8.3 percent in Cagayan Valley. This proportion likewise varies considerably according to women's other background characteristics. There are more than twice as many pregnant women among the 20–24-year-old women compared with women in the younger ages (8.2% vs. 3.5%, respectively). While a negligible 0.7 percent of never married women were pregnant at the time of the interview, the corresponding figures are 16.8 percent and 13.6 percent among living-in women and formally married women, respectively. Disaggregation by educational attainment and socioeconomic status also shows a wide disparity between the lowest and highest categories, but there is no clear general pattern.

Age at first birth

Age at first birth is an important fertility indicator because it signals the start of a woman's reproductive career. Postponing the first birth typically shortens the duration of the childbearing period, which can contribute to the decline of the total fertility rate. Table 8.3 presents the percent distribution of women's age at first birth categorized into three: below 18 years, 18–19 years, and 20–24 years. The table also shows the median age at first birth, which represents the age by which half of the women have experienced giving birth.

Among females aged 15–24 who have given birth, the median age at first birth is 19.3 years, a full year older than the median age at sexual initiation (median age of 18.2 years at first sex) as reported in the preceding chapter. More than a quarter (26.3%) had their first birth before they turned 18, 37.3 percent between the ages of 18

and 19 and 36.4 percent after their teens (ages 20–24). Among 15–19-year-old women who have given birth, three in five bore a child before they turned 18, while the corresponding proportion among the 20–24 year olds is much lower at 17 percent. For the latter group, a high 46.5 percent had their first birth in their 20s.

Differentials by marital status exhibited a somewhat surprising finding. The formerly married (separated/widowed) reported the earliest commencement of childbearing, with 32.3 percent having given birth before age 18 and a median age at first birth of 18.9 years. In comparison, the median age at first birth among the formally married is higher by about half a year (19.5 years).

Among all regions, ARMM and Caraga have the lowest median age at first birth (18.9 years) while Bicol and CAR have the highest (19.7 years), followed by MIMAROPA (19.6 years). Delayed childbearing among Bicol and CAR youth is also manifested in the low proportions who gave birth before age 18 (19% and 15.1%, respectively). In contrast, a third of NCR and ARMM female youth bore a child before they turned 18.

Urban-rural differentials show a slightly higher median age at first birth among rural women (19.3 years) relative to urban women (19.2 years). The median age at first birth monotonically increases with increasing educational attainment, from 17.9 years among women who did not reach high school to 20.1 years among those who have reached college. There is no clear variation in the age at first birth by socioeconomic status. However, women belonging to the lowest quintile recorded the earliest median age at first birth of 18.8 years. Also worth noting is that one in three of young women in the lowest quintile gave birth before age 18, much higher than the proportions for their economically better-off counterparts.

Teenage fertility

In this section, we present the fertility experience of the 15–19-year-old women. As

noted earlier in this chapter, childbearing in the teen years is known to be associated with higher risks both to mother and child compared to childbearing in the 20s. A high teenage fertility rate is thus considered a cause for concern and calls for public health intervention.

Among women aged 15–19 at the time of the survey, the YAFS4 results show that 14.4 percent have ever been pregnant. Over the 20-year period covered by the YAFS, this percentage rose dramatically only in the last 10 years, doubling from 6.9 percent in 2002 to its

Table 8.3 Percent distribution of females who have given birth by age at first birth and background characteristics

Background Characteristics	Age at first birth					No. of females who have ever given birth
	Below 18	18-19	20-24	Total	Median	
Age						
15-19	60.2	39.8	---	100.0	17.7	613
20-24	17.0	36.6	46.5	100.0	19.8	2,227
Marital status						
Never married	25.3	37.2	37.5	100.0	19.3	261
Living-in	20.8	35.6	43.6	100.0	19.1	1,033
Formally married	30.0	38.6	31.4	100.0	19.5	1,414
Separated/Widowed	32.3	35.4	32.3	100.0	18.9	130
Region						
Ilocos	23.9	38.5	37.6	100.0	19.3	117
Cagayan Valley	27.5	32.4	40.2	100.0	19.2	102
Central Luzon	22.8	35.7	41.5	100.0	19.5	342
CALABARZON	24.6	38.2	37.2	100.0	19.3	317
MIMAROPA	18.5	35.8	45.7	100.0	19.6	81
Bicol	19.0	39.9	41.2	100.0	19.7	153
Western Visayas	29.5	29.5	41.1	100.0	19.2	207
Central Visayas	23.9	37.5	38.6	100.0	19.4	184
Eastern Visayas	28.0	34.1	37.9	100.0	19.2	132
Zamboanga Peninsula	26.6	40.3	33.1	100.0	19.3	124
Northern Mindanao	19.7	45.4	34.9	100.0	19.2	152
Davao	32.6	31.5	36.0	100.0	19.1	178
SOCCSKSARGEN	26.8	38.6	34.6	100.0	19.1	127
CAR	15.1	41.1	43.8	100.0	19.7	73
ARMM	33.3	30.5	36.2	100.0	18.9	105
Caraga	27.4	38.4	34.2	100.0	18.9	73
NCR	34.2	42.2	23.5	100.0	19.0	374
Place of residence						
Urban	27.5	40.8	31.8	100.0	19.2	800
Rural	25.8	35.9	38.3	100.0	19.3	2,040
Educational attainment						
No schooling/Elementary	49.9	29.7	20.5	100.0	17.9	391
High school undergraduate	39.0	38.3	22.7	100.0	18.5	731
High school graduate/Vocational	17.9	39.1	42.9	100.0	19.6	1,237
College or higher	9.6	36.8	53.6	100.0	20.1	481
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	33.7	38.0	28.3	100.0	18.8	763
Second	23.2	39.7	37.0	100.0	19.3	624
Middle	22.9	32.6	44.5	100.0	19.6	607
Fourth	24.3	41.0	34.7	100.0	19.3	522
Highest (Richest)	24.4	33.3	42.3	100.0	19.5	324
Total	26.3	37.3	36.4	100.0	19.3	2,840

Notes: --- Not applicable

14.4 percent level in 2013 (Figure 8.1).¹ Between 1994 and 2002, the percentage of women who have ever been pregnant hardly changed (7.1 percent in 1994 vs. 6.9 percent in 2002).

In Figure 8.2 we show the prevalence of early childbearing, i.e., the percentage of women aged 15–19 at the time of the survey who had begun childbearing. Comparing 2002 and 2013 results indicates that the prevalence of early childbearing more than doubled in the 10-year period from 6.3 percent in 2002 to 13.6 percent in 2013. The latter is broken down to 11 percent who were already mothers and 2.6 percent who were pregnant with their first child when they were interviewed.

Table 8.4 and Table 8.5 show the fertility profile of 15–19 year olds across background characteristics. Again, two measures of fertility are shown: the proportion who have begun childbearing and the proportion who have ever

been pregnant. The difference between these two measures is an indicator of pregnancy loss. Broken down into single years, results in Table 8.4 show that the prevalence of early childbearing begins at a low level of 1.7 percent at age 15, rising dramatically by ages 17, 18 and 19. Among 19-year olds, 35.1 percent had already begun childbearing. Comparing across the woman’s marital status, 2.2 percent of 15–19-year-old women who were never married at the time of the survey have begun childbearing. The percentage increases considerably to 78 percent among teens in a consensual union or living-in arrangement and to 81.8 percent among the formally married. Even at this young age, a number of teens reported their marital status to be separated/widowed. Of this group, 53.5 percent have begun childbearing.

The two regions highest on the list in the two teenage fertility indicators are Cagayan

Figure 8.1 Percent of females age 15-19 who have ever been pregnant: 1994, 2002, 2013

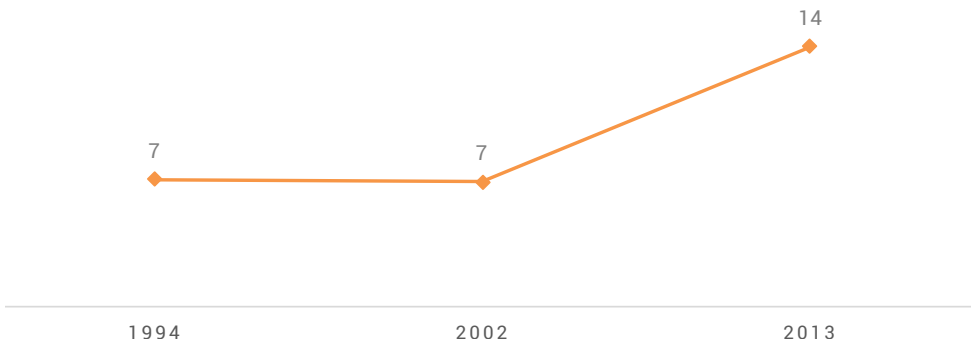
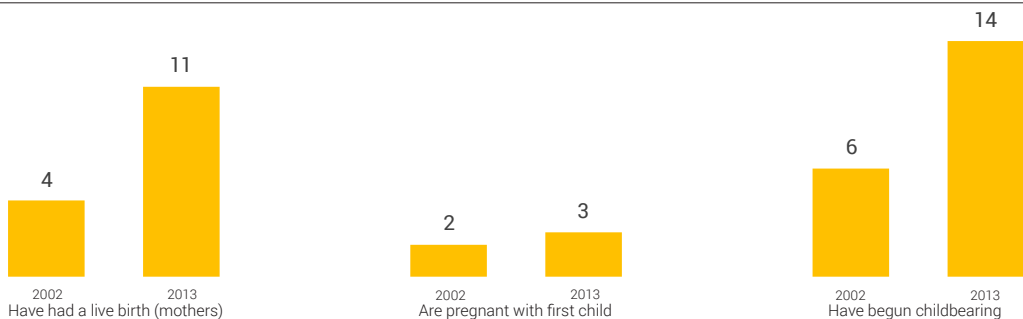


Figure 8.2 Percent of females age 15-19 who have begun childbearing: 2002 and 2013



¹ We use the proportion who have ever been pregnant to compare the trend in fertility over the 20-year period because the 1994 YAFS questionnaire did not contain a pregnancy history; thus, the percentage who had begun childbearing cannot be computed from the 1994 data.

Table 8.4 Percent of females age 15-19 who have had a live birth, pregnant with first child, and who have begun childbearing by background characteristics

Background Characteristics	Have had a live birth	Are pregnant with first child	Have begun child-bearing	No. of females age 15-19
Age				
15	1.3	0.5	1.7	1,261
16	3.1	1.3	4.4	1,173
17	7.4	2.9	10.4	1,222
18	18.9	4.0	23.0	1,049
19	29.9	5.4	35.1	948
Marital status				
Never married	1.6	0.5	2.2	4,789
Living-in	61.9	16.3	78.0	651
Formally married	70.8	10.7	81.8	171
Separated/Widowed	48.8	4.7	53.5	43
Region				
Ilocos	10.6	2.5	12.7	284
Cagayan Valley	14.9	3.2	18.1	187
Central Luzon	11.4	3.7	15.1	544
CALABARZON	7.1	1.0	8.1	785
MIMAROPA	10.3	1.9	12.3	155
Bicol	7.3	1.2	8.8	328
Western Visayas	10.9	4.3	15.1	403
Central Visayas	11.2	1.9	13.1	427
Eastern Visayas	9.7	2.1	11.8	238
Zamboanga Peninsula	13.5	2.7	16.3	185
Northern Mindanao	10.9	2.5	13.1	284
Davao	13.6	3.1	16.7	288
SOCCSKSARGEN	10.3	3.3	13.7	301
CAR	15.5	2.1	18.4	98
ARMM	10.8	1.0	11.8	195
Caraga	13.1	3.8	17.4	161
NCR	13.9	3.8	17.7	793
Place of residence				
Urban	12.0	3.0	14.9	1,623
Rural	10.7	2.5	13.2	4,031
Educational attainment				
No schooling/Elementary	22.9	3.3	26.1	525
High school undergraduate	7.9	1.9	9.8	2,818
High school graduate/Vocational	18.9	4.4	23.3	1,221
College or higher	4.6	2.4	7.0	1,089
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	15.8	2.7	18.5	1,114
Second	11.6	2.6	14.1	1,203
Middle	10.3	3.3	13.6	1,199
Fourth	9.5	2.3	11.9	1,187
Highest (Richest)	7.6	2.3	9.9	951
Total	11.0	2.7	13.7	5,654

Valley and CAR. Cagayan has the highest percentage of teens who have ever been pregnant (19.1%; Table 8.5) while CAR has the highest proportion who have begun childbearing at age 15-19 (18.4%; Table 8.4). Considering that CAR also has the highest median age at first birth and the lowest proportion of women whose first birth occurred below age 18 among all regions, these imply that while CAR has the highest proportion of women who have begun childbearing at ages 15-19, the teenage births are actually concentrated in the late teen years (i.e., ages 18 and 19). By either measure, teen fertility is lowest in Bicol and CALABARZON, both at less than 10 percent of teenage women.

More women residing in urban areas have begun childbearing compared with rural residents. By education, women with elementary-level schooling have the highest prevalence of early childbearing (26.1%), followed by high school graduates (23.3%). Those with college-level education have the lowest at 7 percent. High school undergraduates have a relatively low level of teen childbearing mainly because this group is composed mostly of those who are still in high school. The pattern by socioeconomic status indicates a clear gradient, with those belonging to the poorest quintile having the highest proportions who have either gotten pregnant (19.7%) or begun childbearing (18.5%), and those belonging to the highest quintile having the lowest (10.3% and 9.9% respectively). In between, the proportion steadily decreases with an increase in socioeconomic status.

Comparing the difference between the proportion who have had a pregnancy (Table 8.5) and the proportion who have begun childbearing (Table 8.4) across background characteristics, the difference is lowest among 15-year-olds compared with other ages. Those who are separated have the highest difference (9.3 percentage points), while there is no difference among the never married. Those who belong to the lowest education level and the poorest quintile have the biggest difference between the proportions who have ever been pregnant and have begun childbearing; otherwise, there

Table 8.5 Percent distribution of females age 15-19 years by number of pregnancies and percent who have been pregnant and currently pregnant by background characteristics

Background Characteristics	No. of pregnancies ^a				Have ever been pregnant	Are currently pregnant	No. of females age 15-19
	0	1	2 or more	Total			
Age							
15	98.2	1.7	0.1	100.0	1.8	0.6	1,260
16	95.5	4.3	0.2	100.0	4.5	1.4	1,176
17	88.5	9.6	1.9	100.0	11.5	3.2	1,218
18	75.7	20.4	3.9	100.0	24.3	6.0	1,050
19	63.8	29.0	7.3	100.0	36.2	7.5	949
Marital status							
Never married	97.8	2.2	0.0	100.0	2.2	0.5	4,788
Living-in	17.5	66.8	15.7	100.0	82.5	21.7	651
Formally married	15.2	69.6	15.2	100.0	84.8	16.0	171
Separated/Widowed	37.2	44.2	18.6	100.0	62.8	7.0	43
Region							
Ilocos	87.0	11.6	1.4	100.0	13.0	2.5	284
Cagayan Valley	80.9	13.3	5.9	100.0	19.1	5.3	188
Central Luzon	84.0	11.9	4.0	100.0	16.0	5.3	544
CALABARZON	91.2	7.5	1.3	100.0	8.8	2.0	785
MIMAROPA	85.2	12.9	1.9	100.0	14.8	3.2	155
Bicol	90.5	7.6	1.8	100.0	9.5	2.1	327
Western Visayas	83.7	12.6	3.7	100.0	16.3	5.8	404
Central Visayas	85.4	14.3	0.2	100.0	14.6	2.1	426
Eastern Visayas	87.4	9.7	2.9	100.0	12.6	3.0	238
Zamboanga Peninsula	83.2	14.1	2.7	100.0	16.8	3.3	185
Northern Mindanao	85.9	13.1	1.1	100.0	14.1	2.5	283
Davao	83.0	14.6	2.4	100.0	17.0	4.5	288
SOCCSKSARGEN	86.3	12.3	1.3	100.0	13.7	3.3	300
CAR	81.6	16.3	2.0	100.0	18.4	3.1	98
ARMM	88.1	7.2	4.6	100.0	11.9	2.1	194
Caraga	82.0	14.9	3.1	100.0	18.0	5.6	161
NCR	82.0	15.1	2.9	100.0	18.0	3.8	793
Place of residence							
Urban	84.6	12.8	2.6	100.0	15.4	3.5	1,623
Rural	86.0	11.7	2.3	100.0	14.0	3.5	4,030
Educational attainment							
No schooling/Elementary	71.6	20.0	8.4	100.0	28.4	6.2	525
High school undergraduate	89.6	8.5	1.9	100.0	10.4	2.3	2,817
High school graduate/Vocational	75.8	21.2	3.0	100.0	24.2	5.8	1,221
College or higher	92.9	6.9	0.2	100.0	7.1	2.5	1,089
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	80.3	16.4	3.2	100.0	19.7	4.1	1,113
Second	85.0	11.6	3.4	100.0	15.0	3.7	1,203
Middle	85.5	11.9	2.6	100.0	14.5	4.6	1,198
Fourth	88.0	10.5	1.5	100.0	12.0	2.4	1,187
Highest (Richest)	89.7	9.1	1.2	100.0	10.3	2.4	952
Total	85.6	12.0	2.4	100.0	14.4	3.5	5,653

Note: ^a Including current pregnancy

is no consistent pattern by education and socioeconomic status.

While it is risky enough to have begun childbearing in the teen years, having more than one pregnancy at this young age subjects the young woman to repeated risks. In Table 8.5 we show the results on the experience of repeat pregnancies during the teen years, based on data from the 15–19 year old respondents. Overall, 2.4 percent of women 15–19 years old have been pregnant more than once. By background characteristics, the proportion who have experienced more than one pregnancy is highest among the 19-year old women (7.3%), separated/widowed (18.6%), women from Cagayan Valley (5.9%), urban residents (2.6%), women with no schooling or those who have reached only the elementary level (8.4%) and women belonging to the second quintile (3.4%).

Male teen fertility

In the study of fertility in general and teen fertility in particular, an often-overlooked topic is the issue of early fatherhood. In this report, we present the experience of teen males with regard to early childbearing in the form of the proportion of 15–19-year-old males who reported that they have gotten someone pregnant. Unlike teenage childbearing, this measure is prone to bias, as men may not always know whether they have gotten someone pregnant, especially if they are not in a marital union as males in this age group are most likely to be.

In all, 2.4 percent of males aged 15–19 reported that they have gotten someone pregnant (Table 8.6). The proportion is higher among urban (3.7%) than rural (2%) residents. Across marital status, teen males in consensual unions and the formally married have very high proportions who have gotten someone pregnant.

This measure also varies widely across regions, from a low of 0.9 percent in Cagayan Valley and Zamboanga Peninsula to a high of 4.7 percent in NCR and Caraga. By education status, there is no difference between those with high and low education. Neither is there a pattern

by socioeconomic status, although the highest proportion who have gotten someone pregnant is recorded among young males with the highest socioeconomic status, at 3.3 percent.

Overall, the wide disparity between the proportion of teen males who reported having gotten someone pregnant and the proportion of teen girls who have ever been pregnant likely comes from two major factors: (1) reporting error by males due to lack of knowledge of whether they have fathered a child and (2) teenage women getting pregnant by non-teen partners.

Fertility preferences

All youth, regardless of marital or fertility status, were asked the question “*How many children do you want to have?*” The response to this question is likely a result of both personal preference and the influence of prevalent fertility norms. In general, males want more children (mean of 2.8) than do females (mean of 2.3; Table 8.7). There is no difference between the 15–19 and 20–24-year-old males; among females, the 15–19-year-olds on the average want a slightly lower number (mean of 2.3) than the 20–24-year-olds (mean of 2.4).

The pattern of difference in the preferred number of children across background characteristics is similar for men and women. Rural residents prefer slightly more children than urban residents. Those with the lowest educational attainment have the highest mean preferred number of children, but all those with higher than elementary education tend to have almost the same mean preferred number of children. The same is true for socioeconomic status. Those who belong to the poorest quintile also express a higher preferred number of children than all the rest, but those who belong to the second up to the fifth (richest) quintiles tend to express a similarly lower preference, with no apparent difference among the remaining four quintiles.

Across regions, youth in ARMM registered the highest preferred number of children as well

Table 8.6 Percent of males who have gotten someone pregnant by age group and background characteristics

Background Characteristics	Males age 15-19 years		Males age 20-24 years		Males age 15-24 years	
	Have gotten someone pregnant	No. of males	Have gotten someone pregnant	No. of males	Have gotten someone pregnant	No. of males
Marital status						
Never married	0.7	5,582	4.3	2,617	1.8	8,200
Living-in	58.0	150	74.8	592	71.4	742
Formally married	34.4	32	78.1	360	74.5	392
Separated/Widowed	(33.3)	6	(64.0)	25	58.1	31
Region						
Ilocos	1.3	303	24.1	170	9.5	473
Cagayan Valley	0.9	221	20.5	122	8.1	345
Central Luzon	3.0	564	20.3	389	10.1	953
CALABARZON	1.3	773	18.3	469	7.7	1,243
MIMAROPA	2.3	175	25.9	108	11.3	283
Bicol	2.1	332	21.2	189	9.0	521
Western Visayas	2.8	495	19.7	269	8.8	764
Central Visayas	2.4	449	18.5	292	8.9	742
Eastern Visayas	1.5	271	24.5	155	9.9	426
Zamboanga Peninsula	0.9	228	29.0	145	12.0	374
Northern Mindanao	2.0	299	24.3	148	9.4	447
Davao	2.7	259	27.3	187	13.0	446
SOCCSKSARGEN	1.0	298	28.2	142	9.8	440
CAR	2.1	95	17.9	78	9.3	172
ARMM	1.7	177	37.5	144	17.8	321
Caraga	4.7	171	23.4	94	10.9	265
NCR	4.7	657	30.2	493	15.7	1,150
Place of residence						
Urban	3.7	1,423	25.9	975	12.8	2,398
Rural	2.0	4,348	22.9	2,619	9.8	6,967
Educational attainment						
No schooling/Elementary	2.6	1,049	28.2	682	12.7	1,731
High school undergraduate	1.7	2,835	32.6	696	7.8	3,531
High school graduate/Vocational	3.7	1,085	24.1	1,326	15.0	2,413
College or higher	2.8	799	12.8	890	8.0	1,687
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	2.1	1,231	32.9	657	12.9	1,889
Second	1.8	1,236	23.3	681	9.4	1,916
Middle	2.2	1,282	22.2	810	9.9	2,091
Fourth	2.9	1,111	23.1	830	11.5	1,941
Highest (Richest)	3.3	911	17.2	616	8.9	1,527
Total	2.4	5,771	23.7	3,594	10.6	9,365

Notes: Figures in parentheses are based on less than 30 cases.

Totals may not add up due to rounding.

as the highest difference between the sexes. Male youth in ARMM want an average of 4.6 children, whereas female youth want only 3.5. ARMM is an outlier in this regard, as none of the regions come close to this desired number of children. Among males, the next highest number of preferred children is 3.0, which was registered

among male youth from Eastern Visayas. For female youth, the second highest preferred number of children is 2.5, among female youth from CAR and Central Mindanao. On the other hand, the lowest preferred number of children is found among male youth in Ilocos, at 2.5. Among female youth, six regions registered the lowest

Table 8.7 Percent distribution of males and females by the preferred number of children and mean preferred number of children by background characteristics

Background Characteristics	Preferred number of children among males						Preferred number of children among females						No. of								
	6 or more						6 or more						males	females							
	0	1	2	3	4	5	0	1	2	3	4	5	6 or more	Total	Mean						
Age																					
15-19	0.7	5.8	38.3	39.4	8.4	6.0	1.5	10.0	2.8	5.761	0.6	10.7	59.0	24.3	3.3	1.6	0.4	100.0	2.3	5,614	
20-24	0.4	5.4	40.1	37.7	8.6	5.1	2.7	10.0	2.8	3,589	1.0	11.3	51.4	27.1	6.6	1.6	1.0	100.0	2.4	4,146	
Marital status																					
Never married	0.6	5.5	38.0	39.2	8.7	5.9	2.0	10.0	2.8	8,189	1.1	10.3	57.2	24.8	4.4	1.7	0.6	100.0	2.3	6,433	
Living-in	0.1	7.4	51.5	34.5	4.3	1.6	0.5	10.0	2.4	742	0.1	13.0	58.1	24.7	3.3	0.8	0.1	100.0	2.2	1,912	
Formally married	0.0	4.9	34.9	37.9	11.0	7.4	3.8	10.0	3.1	391	0.0	9.6	45.0	31.5	9.0	2.7	2.3	100.0	2.6	1,242	
Separated/Widowed	0.0	0.0	39.3	35.7	17.9	3.6	3.6	10.0	3.0	28	0.0	22.0	56.1	17.9	2.3	1.7	0.0	100.0	2.1	173	
Number of living children																					
0	0.7	5.6	38.4	39.0	8.5	5.9	1.9	10.0	2.8	8,304	1.1	9.5	57.9	24.9	4.2	1.7	0.6	100.0	2.3	6,567	
1	0.0	8.0	45.7	34.7	6.7	2.9	2.0	10.0	2.7	654	0.1	20.5	53.9	21.7	2.4	0.9	0.5	100.0	2.1	1,845	
2	0.0	0.8	46.1	39.0	8.7	2.9	2.5	10.0	2.8	242	0.0	0.6	58.4	26.6	11.4	2.5	0.5	100.0	2.6	632	
3 or more	0.0	2.0	13.7	41.2	21.6	19.6	2.0	10.0	3.5	50	0.0	0.0	9.8	66.7	13.7	4.9	4.9	100.0	3.3	183	
Region																					
Ilocos	1.5	7.0	46.7	35.3	6.6	2.3	0.6	10.0	2.5	472	1.1	9.0	61.2	25.1	3.0	0.6	0.0	100.0	2.2	468	
Cagayan Valley	0.6	6.1	43.6	36.9	7.6	4.4	0.9	10.0	2.6	344	0.9	12.0	52.9	24.9	8.3	0.9	0.0	100.0	2.3	325	
Central Luzon	0.8	6.2	40.2	43.1	6.6	2.2	0.8	10.0	2.7	953	1.0	10.7	56.5	27.3	3.0	1.4	0.2	100.0	2.3	1,096	
CALABARZON	0.0	6.6	38.8	42.7	5.6	3.9	2.4	10.0	2.7	1,241	0.2	11.8	59.0	24.6	3.1	0.8	0.6	100.0	2.2	1,295	
MIMAROPA	0.0	3.5	33.3	46.5	7.1	7.8	1.8	10.0	2.9	283	0.4	12.5	57.0	27.2	2.2	0.7	0.0	100.0	2.2	279	
Bicol	0.2	4.4	34.8	43.3	9.4	7.1	0.8	10.0	2.8	520	1.7	11.5	51.1	28.8	5.2	1.6	0.0	100.0	2.3	573	
Western Visayas	0.8	3.9	41.7	40.9	8.0	3.9	0.7	10.0	2.7	762	1.1	13.9	57.4	23.1	3.3	0.8	0.3	100.0	2.2	718	
Central Visayas	0.9	7.2	42.0	35.1	9.9	3.6	1.2	10.0	2.6	740	0.3	14.7	55.3	22.7	5.8	1.0	0.1	100.0	2.2	673	
Eastern Visayas	0.7	5.2	30.6	41.9	8.7	10.1	2.8	10.0	3.0	425	0.8	9.3	55.3	29.0	4.5	1.3	0.0	100.0	2.3	400	
Zamboanga Peninsula	0.0	6.2	38.9	36.7	9.7	7.0	1.6	10.0	2.9	373	0.6	11.3	58.1	25.5	3.4	0.6	0.6	100.0	2.3	353	
Northern Mindanao	0.2	4.3	40.5	39.6	6.3	6.9	2.2	10.0	2.8	447	0.2	12.2	53.6	25.3	6.5	1.5	0.6	100.0	2.3	473	
Davao	0.5	5.5	34.8	37.5	10.3	9.6	1.8	10.0	2.9	445	1.2	8.9	59.1	25.0	4.0	1.2	0.6	100.0	2.3	505	
SOCCSKSARGEN	0.5	5.5	34.8	37.5	10.3	9.6	1.8	10.0	2.9	439	0.0	9.4	49.7	29.1	6.8	3.7	1.3	100.0	2.5	457	
CAR	1.7	4.7	34.9	37.8	12.8	6.4	1.7	10.0	2.9	172	0.0	6.6	50.5	30.6	9.2	3.1	0.0	100.0	2.5	198	
ARMM	0.0	0.6	11.3	20.4	24.1	25.7	17.9	10.0	4.6	319	0.3	5.5	22.3	28.6	18.2	14.7	10.4	100.0	3.5	347	
Caraga	0.8	5.3	35.8	42.6	7.5	6.4	1.5	10.0	2.8	265	0.8	10.6	52.2	28.6	4.7	2.4	0.8	100.0	2.4	255	
MCR	1.0	6.4	44.4	35.4	8.3	3.5	1.0	10.0	2.6	1,151	1.2	9.9	63.4	22.0	3.1	0.3	0.1	100.0	2.2	1,347	
Place of residence																					
Urban	0.8	6.4	43.1	36.9	8.1	3.7	1.0	10.0	2.6	2,399	1.0	10.6	59.9	23.4	3.7	1.1	0.3	100.0	2.2	2,814	
Rural	0.5	5.4	37.5	39.4	8.6	6.3	2.3	10.0	2.8	6,954	0.6	11.0	54.1	26.4	5.1	1.9	0.8	100.0	2.3	6,946	
Educational attainment																					
No schooling/Elementary	0.2	7.5	35.5	34.0	10.1	9.9	2.7	10.0	2.9	1,725	1.0	13.8	46.6	24.2	8.4	3.8	2.1	100.0	2.5	912	
High school undergraduate	0.6	5.8	39.5	38.4	8.2	6.2	1.3	10.0	2.7	3,528	0.5	11.2	58.2	23.9	4.1	1.5	0.5	100.0	2.3	3,483	
High school graduate/Vocational	0.5	5.0	38.0	42.9	7.6	3.6	2.4	10.0	2.8	2,412	0.7	11.9	55.8	25.7	4.2	1.2	0.6	100.0	2.3	3,039	
College or higher	1.0	4.3	42.6	38.3	8.6	3.1	2.1	10.0	2.7	1,686	1.1	8.1	55.8	28.1	4.9	1.5	0.5	100.0	2.3	2,327	
Socioeconomic status (Wealth quintile)																					
Lowest (Poorest)	0.4	5.3	35.3	36.5	9.4	10.1	3.0	10.0	3.0	1,879	0.4	10.1	50.5	26.9	7.6	2.9	1.6	100.0	2.5	1,944	
Second	0.6	6.0	37.9	38.2	9.1	6.5	1.7	10.0	2.8	1,914	0.5	11.1	56.2	24.7	5.2	1.7	0.5	100.0	2.3	2,004	
Middle	0.5	5.0	40.5	39.7	8.0	4.3	2.0	10.0	2.7	2,091	0.7	12.1	56.8	25.0	3.9	1.2	0.2	100.0	2.2	2,070	
Fourth	0.6	5.4	41.6	39.0	7.9	4.2	1.3	10.0	2.7	1,940	1.0	10.8	59.2	25.0	2.7	1.0	0.3	100.0	2.2	2,060	
Highest (Richest)	1.0	6.9	39.3	40.4	7.9	2.8	1.8	10.0	2.7	1,526	1.1	10.3	56.2	26.2	4.2	1.2	0.8	100.0	2.3	1,682	
Total	0.6	5.6	39.0	38.7	8.5	5.7	2.0	100.0	2.8	9,350	0.8	10.9	56.2	25.5	4.7	1.7	0.7	100.0	2.3	9,760	

preferred number of children, all at 2.2. These are Ilocos, CALABARZON, MIMAROPA, NCR, Central Visayas, and Western Visayas.

Table 8.7 also presents the percent distribution of the responses by the individual number of children the respondents said they want to have, putting into sharper focus the difference between the sexes as well as among the regions, differences which are averaged out when looking only at the mean. For example, more than half of all female youth (56.2%) want two children only; the comparative proportion for males is lower at 39 percent. Moreover, 67.9 percent of females want two or fewer children; for males, the comparative figure is much lower at 45.2 percent. A small percentage wants no children at all (0.6% among males and 0.8% among females). Preference for high fertility defined as wanting four or more children is low with 16.1 percent of male youth and 7.1 percent of female youth wanting four or more children. The low proportion expressing preference for 4 or more children is reflected across all the regions with the notable exception of ARMM where 67.7 percent of males and 43.4 percent of females said they wanted four or more children.

Trend in preferred number of children

Results from the NDHS on the ideal family size as expressed by women in the reproductive age shows that over the past 20 years (NDHS 1993, 1998, 2003, 2008, and 2013), the ideal family size has been consistently declining alongside the total fertility rate. Moreover, younger females (15–19) have likewise consistently registered a lower ideal family size than older females (20–24)—the same pattern observed in the YAFS results.

The YAFS series provides comparative data for men that cannot be found in the NDHS. Figure 8.3 shows the trend in the mean preferred number of children over the same 20-year period among Filipino youth by sex. It shows a consistent pattern of difference between the sexes, with males wanting more children. In 1994, male youth wanted on the average 3.3 children, while

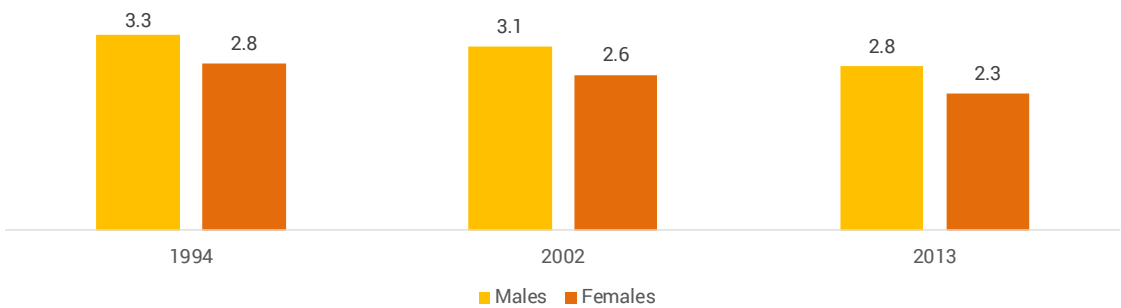
female youth reported wanting 2.8 children. By 2013, the preferred number of children declined to 2.8 for males and 2.3 for females. While the preferred number of children has consistently declined, the difference between the sexes has been constant at 0.5 children.

Unintended pregnancies

The preceding chapter on sexual behavior documented a low and inconsistent use of contraceptive methods during young people's various sexual activities, which may result in unplanned pregnancies. Unintended pregnancies are an important concern since such pregnancies are associated with a host of adverse consequences not only for the mother but for her child as well.

To assess the prevalence of unintended pregnancies among the youth, the intention or planning status at the time of conception of each pregnancy was asked. Specifically, the women were asked "*At the time you became pregnant, did you want to become pregnant then, did you want to wait until later, or did you not want to become pregnant at all?*" Responses of "wanted to become pregnant then" are considered intended pregnancies, pregnancies that were wanted at a later time are classified as mistimed pregnancies, and responses of not wanting to become pregnant at all are deemed unwanted pregnancies. The latter two combined constitute unintended pregnancies. It should be noted that although this measure of unintended pregnancies is widely used, it is likely to underestimate unintended pregnancies because it is subject to recall error and post-factum rationalization bias (Bankole & Westoff, 1998; Santelli et al., 2003). To minimize recall bias of pregnancy intention, the analysis was restricted to births in the five years prior to the survey.

Table 8.8 presents the distribution of births to women in the five years preceding the survey according to their intention status and selected characteristics at the time of birth. Overall, 37.4 percent of births to women aged 15–24 are unintended, 22.1 percent are mistimed,

Figure 8.3 Mean preferred number of children by sex: 1994, 2002 and 2013

and 15.3 percent were not wanted at all at the time of conception.

There is no distinct pattern in the proportion of unintended pregnancies by birth order. Unintended pregnancies, however, are highest among first-order births; 2 in 5 first births are unintended. Meanwhile, the proportion of unintended pregnancies is inversely related with the age of the mother at the time of birth. Such pregnancies are most prevalent among the youngest cohort of women. Data show that nearly half (46.7%) of births to women below 18 years old are unintended, with about one unwanted birth for every five births. In contrast, only one third of births to women 20–24 years old are unintended.

By marital status of the mother at the time of birth, unmarried women (single or separated/widowed) posted higher proportions of unintended pregnancies compared with their counterparts. Among births to never married mothers, three in five were unintended, with one in three an unwanted birth. Among births to separated or widowed women, half were unintended. In contrast, the corresponding proportions among women in a living-in arrangement and formal marriage are much lower at 37.5 percent and 24.6 percent, respectively.

Abortion attempt

To avoid unintended births, some women resort to abortion. In the Philippines, abortion is legally restricted, and women who

undergo this procedure are highly stigmatized. Despite this, it is estimated that a substantial 610,000 pregnancies among Filipino women end in abortion annually (Hussain & Finer, 2013). Unfortunately, most of these abortions are performed under clandestine and unsafe conditions that put women's lives and health in jeopardy.

To determine whether the young women have done anything to prematurely end a pregnancy, the following question was posed for each pregnancy, including the current one: *“Did you or with the help of someone else do something to end the pregnancy early?”* An affirmative response to this query is considered an attempt at induced abortion. The results indicate that more than one in 10 (11.6%) of ever-pregnant females have done something to terminate any of their pregnancies early (Table 8.9). There is no notable difference in this proportion between the two age cohorts of women. Likewise, a comparison between age groups across socioeconomic characteristics reveals generally similar patterns.

Predictably, the never married women consistently reported the highest proportion while the formally married reported the lowest proportion who have made an attempt at premature termination of a pregnancy. Among never married women 15–24 years old, 20.1 percent reported having done something to end the pregnancy early, while only 8.2 percent of their formally married counterparts reported such a practice. This comes as no surprise, since pregnancy outside the context of a marital union is still largely viewed as socially

unacceptable in Philippine society, although that view seems to be changing.

A comparison across regions shows that more than a quarter (26.3%) of women from Zamboanga Peninsula have tried to terminate a pregnancy. This is overwhelmingly higher than the figures recorded by regions with the next highest proportions, namely Western Visayas (18.8%) and NCR (17.4%). At the other end of the spectrum, Central Luzon (4.2%) and ARMM (4.9%) registered the lowest incidence of attempted pregnancy termination. Also worth noting is the high incidence of abortion attempts among the 15–19-year-olds in Western Visayas, where 23.3 percent have tried to end any of their pregnancies early.

The proportion of women with abortion attempt experience is higher in urban areas than in rural areas (14.9% vs. 10.4%) and increases with educational attainment, from 9.3 percent among the least educated women to 13.7 percent among the college-educated women. There is no distinct pattern across socioeconomic status categories, but women belonging to the poorest quintile reported the lowest proportion at 10.3 percent.

Summary and conclusions

The youth of today are the parents of the next generation. Analysis of fertility behavior at the earliest onset of childbearing provides important information for possible interventions to improve fertility outcomes for the teenage youth who have already begun childbearing and to prevent too early childbearing for those who have not. One of the most significant findings from the YAFS4 is the evidence of a doubling of the proportion of women aged 15–19 at the survey date who have begun childbearing (who have either borne a live birth or were pregnant at the time of the survey) in the last 10 years. To the extent that early childbearing is associated with increased risk to both mother and child, this unprecedented rise implies a higher need for maternal health services for very young women who have already begun childbearing. Further analysis of the YAFS4 results is needed to unravel the antecedents of this sharp rise in teen fertility.

Another significant finding is the high level of unintended pregnancies, either because these are mistimed or not wanted at all at the time of conception. This, along with the finding in the previous chapter of low contraceptive

Table 8.8 Percent distribution of births to females age 15-24 in the five years preceding the survey by the intention status of birth, birth order and mother's characteristics at the time of the birth

Background Characteristics	Intention status of birth			Total	Unintended births	Number of births
	Intended	Mistimed	Unwanted			
Birth order						
1	59.4	22.4	18.2	100.0	40.6	2,566
2	71.0	21.5	7.5	100.0	29.0	880
3 or more	66.4	21.1	12.5	100.0	33.6	232
Mother's age at birth						
Below 18	53.3	26.9	19.9	100.0	46.7	615
18-19	62.1	20.8	17.1	100.0	37.9	1,209
20-24	66.0	21.5	12.5	100.0	34.0	1,854
Mother's marital status at birth^a						
Never married	40.2	25.3	34.4	100.0	59.8	569
Living-in	62.5	23.3	14.2	100.0	37.5	1,905
Formally married	75.4	17.8	6.8	100.0	24.6	1,100
Separated/Widowed	49.5	30.1	20.4	100.0	50.5	93
Total	62.6	22.1	15.3	100.0	37.4	3,678

Note: ^a Excludes 11 cases with missing information

use among the sexually active, indicates a high level of unmet need for contraception among the youth. This finding corroborates persistent findings from the NDHS surveys that show the women in the youngest childbearing ages having very high levels of unmet need. Addressing unmet need is made even more imperative by

the finding that more than 1 in 10 ever pregnant women have tried to terminate pregnancy early.

Other significant findings are the persistent gap in the preferred number of children between the sexes, with men wanting more children compared with women. The fertility-related behaviors and attitudes of

Table 8.9 Percent of ever-pregnant females who did something to end pregnancy early by age group and background characteristics

Background Characteristics	Females age 15-19 years		Females age 20-24 years		Females age 15-24 years	
	Did something to end pregnancy early	No. of females who have ever been pregnant	Did something to end pregnancy early	No. of females who have ever been pregnant	Did something to end pregnancy early	No. of females who have ever been pregnant
Marital status						
Never married	16.5	103	22.1	195	20.1	298
Living-in	10.7	525	12.7	1,133	12.1	1,658
Formally married	11.9	134	7.6	952	8.2	1,087
Separated/Widowed	(11.5)	26	15.9	113	15.1	139
Region						
Ilocos	8.1	37	7.9	101	7.9	139
Cagayan Valley	6.5	31	8.1	86	7.7	117
Central Luzon	5.7	87	3.8	316	4.2	403
CALABARZON	13.0	69	11.4	281	11.7	351
MIMAROPA	(8.7)	23	13.0	77	11.1	99
Bicol	16.7	30	11.3	141	12.3	171
Western Visayas	23.3	60	17.2	163	18.8	223
Central Visayas	11.3	62	5.4	147	7.2	209
Eastern Visayas	(13.8)	29	10.3	117	11.0	146
Zamboanga Peninsula	(20.7)	29	28.2	103	26.3	133
Northern Mindanao	7.7	39	10.1	129	9.5	168
Davao	15.6	45	8.4	143	10.1	188
SOCCKSARGEN	19.4	36	14.4	97	15.8	133
CAR	(11.1)	18	7.1	56	8.2	73
ARMM	(9.1)	22	3.7	82	4.9	103
Caraga	6.7	30	11.7	60	10.1	89
NCR	10.5	143	20.7	295	17.4	438
Place of residence						
Urban	11.8	245	16.0	663	14.9	908
Rural	11.6	543	9.9	1,730	10.4	2,274
Educational attainment						
No schooling/Elementary	9.2	141	9.3	279	9.3	421
High school undergraduate	13.6	286	10.7	542	11.7	828
High school graduate/Vocational	10.8	288	11.7	1,103	11.5	1,390
College or higher	12.3	73	13.9	469	13.7	542
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	10.4	211	10.1	622	10.3	834
Second	14.6	171	9.8	521	11.0	693
Middle	10.5	171	13.1	518	12.5	689
Fourth	8.6	139	14.8	453	13.3	592
Highest (Richest)	14.7	95	10.4	279	11.7	375
Total	11.7	788	11.6	2,394	11.6	3,182

young males is a little-explored topic for further analysis and for intervention programs to reduce the risk of teen pregnancy. Again, the issue of the gender gap in male and female fertility-related beliefs, attitudes, and behavior is one area that needs to be further explored.

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Reproductive Health

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According to the World Health Organization (WHO, 2006), reproductive health (RH) refers to the total well-being in all aspects of reproduction (i.e., physical, emotional, behavioral, and social). This term gained greater prominence after the 1994 International Conference on Population and Development that saw a historic shift in paradigm from family planning to the broader concept of RH. RH is part of the UN Millennium Development Goals, with a specific target of achieving universal access to RH by 2015. But greater emphasis is given to addressing RH concerns of the youth, since they face specific health-related issues such as early sexual initiation and early and risky pregnancies. In the Philippines, the passage of the Responsible Parenthood and Reproductive Health Act of 2012, more commonly known as the RH Law, underscores the importance of providing universal access to RH. One of the key features of the RH Law is the provision of age- and development-appropriate RH education to adolescents.

RH encompasses a broad range of issues. The Department of Health has adopted 10 core service elements of RH since 1996 to effectively provide the necessary care and services (Commission on Population, 2003). Under the RH Law, these elements have been expanded to 12: (1) family planning information and services; (2) maternal, infant, and child health and nutrition, including breastfeeding; (3) proscription of abortion and management of abortion complications; (4) adolescent and youth RH guidance and counseling; (5) prevention,

treatment, and management of reproductive tract infections, HIV and AIDS, and other sexually transmitted infections (STIs); (6) elimination of violence against women and children and other forms of sexual and gender-based violence; (7) education and counseling on sexuality and RH; (8) treatment of breast and reproductive tract cancers and other gynecological conditions and disorders; (9) male responsibility and involvement and men's RH; (10) prevention, treatment, and management of infertility and sexual dysfunction; (11) RH education for the adolescents; and (12) mental health aspect of RH care.

Earlier chapters covered contraception and abortion. This chapter examines the Filipino youth's milestones in pubertal development, experience of RH problems, and awareness and knowledge of STIs, including HIV/AIDS.

Pubertal development

Puberty is the phase of development when boys and girls begin their physical transition to adulthood. It is the stage when the body transitions to sexual maturity and full reproductive ability. At this stage, young people experience physical changes, which can pose challenges for them as they assume the corresponding roles and responsibilities that such changes entail. This section focuses on young people's knowledge of these physical changes and the physiological milestones they experience as they traverse this transition.

Knowledge of physical changes at puberty

The YAFS4 survey asked male respondents to enumerate the physical changes they know that boys go through during the transition from childhood to adolescence. Similarly, female respondents were asked to mention spontaneously the changes that girls experience during this developmental stage. The data revealed universal knowledge of physical changes among Filipino youth. Less than 1 percent of males and females were unable to cite any physical change that happens to young people during puberty.

Table 9.1 presents the percentage of males and females who mentioned the physical changes specific to their sex. For males, the most cited physical change is body growth (79.7%), followed by growth of hair in underarms and pubic area (57.1%) and change in voice (55.2%). At the other end of the spectrum, the least cited are penile discharge (5.4%) and enlargement of the scrotum (7.3%). For females, the most frequently reported physical changes are the onset of menstrual period (75.7%) and development of breasts (72.9%). Very few females (5.6%) are aware of vaginal discharge as a physical change that girls experience at puberty.

As expected, older youth (20–24 years old) are more knowledgeable of these physical changes. Among males, this pattern is most pronounced in change of voice (53.8% for 15–19-year-olds vs. 57.3% for 20–24-year-olds) and enlargement of scrotum (6.4% vs. 8.8%). Among females, this age differential is most notable in development of breasts (70.8% vs. 75.7%) and onset of menstrual period (74.7% vs. 77.2%). While there are no evident urban-rural and socioeconomic status differentials, a clear education pattern is apparent, with a generally increasing level of knowledge with increasing educational attainment.

Comparing responses across regions, the patterns of responses are generally similar for both males and females. However, some deviations can be observed. Among ARMM youth, a significantly lower proportion of youth

cited body growth (46.5% for males and 36% for females) and growth of hair in the underarms and pubic area (25.6% for males and 19.4% for females). Meanwhile, a substantially higher proportion of Central Luzon female youth mentioned body growth (72.7%), development of breasts (91.3%), and onset of menstrual period (89.2%) compared with other regions.

Circumcision

Male circumcision is a traditional practice in Filipino culture. Male teenagers undergo the ritual before entering their adult years (Lee, 2006). More than a cultural rite of passage, male circumcision is now recognized as an efficacious intervention for the prevention of human immunodeficiency virus (HIV), the virus that causes the acquired immune deficiency syndrome (AIDS; WHO & UNAIDS, 2007).

The YAFS4 data show that this practice remains highly prevalent, as nearly all (98.6%) Filipino males aged 15–24 reported that they are circumcised (Table 9.2). Circumcision is a universal practice in all regions in the country except for ARMM, where 16.7 percent reported that they are not circumcised.

The mean age at circumcision is 11.0 years. Only around 0.1 percent (data not shown) had undergone circumcision at birth, a practice that is more widespread in Western countries. The lowest mean age of 9.3 years is recorded in Central Visayas, Northern Mindanao, and Davao Region, while ARMM has the highest mean age at circumcision of 12.9 years. There are no substantial differences in the mean age at circumcision by age, place of residence, education, and socioeconomic status.

Apart from age at circumcision, it is also important to examine the person who performed the circumcision, as those without medical training may practice unhygienic procedures or perform the circumcision in an unsanitary environment that can lead to infections. Table 9.2 shows the proportion of circumcised males whose circumcision procedure was done by a medical professional, which includes doctors,

Table 9.1 Percent of males and females who mentioned the physical changes that happen to a young person during the transition to adulthood by background characteristics

Background Characteristics	Percent of males who mentioned:					Percent of females who mentioned:									
	Body growth	Growth of hair in underarms and pubic area	Penile discharge	Skin becoming oily and development of pimples	Change in voice	Enlargement of Adam's apple	Enlargement of scrotum	No. of males	Body growth	Growth of hair in underarms and pubic area	Vaginal discharge	Skin becoming oily and dev't of pimples	Development of breasts	Onset of menstrual period	No. of females
Age															
15-19	79.7	56.5	5.2	24.1	53.8	28.5	6.4	5,743	55.6	35.9	5.2	26.5	70.8	74.7	5,641
20-24	79.7	58.0	5.7	24.4	57.3	30.2	8.8	3,580	56.1	36.6	6.2	26.4	75.7	77.2	4,145
Region															
Ilocos	91.5	59.4	2.1	16.1	65.2	21.2	1.3	472	49.9	50.7	1.9	26.9	70.4	77.8	469
Cagayan Valley	86.7	77.8	6.1	30.0	67.6	36.7	7.3	343	49.7	42.0	9.6	32.4	73.1	88.9	324
Central Luzon	84.9	77.3	14.5	45.9	74.4	51.4	26.6	953	72.7	48.6	6.9	26.4	91.3	89.2	1,097
CALABARZON	79.6	50.7	0.2	15.8	33.6	25.9	1.6	1,228	53.8	23.7	1.2	18.7	68.9	75.1	1,295
MIMAROPA	87.3	47.0	2.1	23.4	55.7	30.0	2.5	283	67.0	29.7	2.9	27.6	59.7	86.0	279
Bicol	85.2	57.2	1.3	14.2	53.0	22.9	1.2	520	60.4	37.3	2.1	22.2	75.5	79.8	573
Western Visayas	82.8	62.3	4.9	17.5	45.9	32.1	15.6	760	57.3	33.5	8.0	26.0	75.0	82.7	723
Central Visayas	66.9	55.9	3.1	14.8	59.9	18.7	4.0	742	53.9	30.6	2.5	29.4	70.5	56.8	673
Eastern Visayas	86.6	55.4	7.0	22.8	61.5	27.1	6.3	425	59.0	39.7	2.5	23.3	66.4	86.6	403
Zamboanga Peninsula	76.1	55.3	4.6	21.5	59.1	30.4	2.2	368	50.0	38.1	4.8	35.1	71.2	65.7	353
Northern Mindanao	74.3	61.7	20.1	46.1	73.2	40.3	22.4	447	35.3	26.8	4.7	36.6	78.3	73.2	473
Davao	77.8	62.1	4.5	29.6	54.8	21.8	1.8	446	64.9	47.2	19.6	36.7	77.9	76.1	515
SOCCKSARGEN	80.4	51.8	8.7	28.1	53.4	29.9	2.7	438	49.5	36.7	11.1	33.7	70.5	71.8	457
CAR	83.2	52.3	4.0	9.3	52.3	22.1	2.3	173	57.9	50.0	15.3	29.6	82.1	66.8	196
ARMM	46.5	25.6	5.4	36.2	68.0	38.1	3.2	316	36.0	19.4	6.3	25.4	57.1	72.0	350
Caraga	70.9	43.8	6.4	27.2	61.9	24.9	4.6	265	41.5	31.0	15.9	43.3	54.8	58.9	253
NCR	83.1	51.4	2.1	19.2	44.0	20.7	3.0	1,145	57.5	37.4	2.3	17.7	74.9	70.4	1,354
Place of residence															
Urban	81.4	57.2	4.1	23.6	51.1	27.9	7.0	2,389	58.6	40.8	5.3	24.5	74.8	73.7	2,827
Rural	79.1	57.0	5.8	24.4	56.6	29.6	7.4	6,934	54.7	34.3	5.8	27.2	72.1	76.6	6,959
Educational attainment															
No schooling/Elementary	76.3	49.3	4.2	23.0	48.7	24.0	4.8	1,718	44.7	27.3	5.9	20.3	63.5	72.8	921
High school undergraduate	78.5	56.4	5.4	24.0	54.6	27.7	6.5	3,514	54.7	32.2	5.0	26.3	68.4	74.9	3,491
High school graduate/Vocational	80.6	56.6	5.4	25.0	57.4	34.2	9.2	2,408	55.7	35.2	5.0	28.1	74.2	75.5	3,040
College or higher	84.2	67.0	6.5	24.4	59.8	30.2	8.7	1,681	62.1	46.8	7.3	26.9	81.7	78.4	2,334
Socioeconomic status (Wealth quintile)															
Lowest (Poorest)	76.7	54.6	6.7	26.6	55.3	28.1	7.8	1,878	49.0	28.7	6.4	28.7	64.8	73.7	1,945
Second	78.6	52.6	4.4	22.4	55.0	28.1	6.3	1,909	54.2	33.2	5.3	28.9	71.9	75.0	2,017
Middle	80.4	58.3	5.3	21.8	53.2	30.0	5.9	2,087	58.6	36.2	5.2	24.9	71.6	73.9	2,078
Fourth	79.7	58.3	5.1	27.4	57.3	28.9	7.6	1,930	55.8	41.3	5.2	25.4	76.6	77.7	2,061
Highest (Richest)	83.7	62.3	5.5	22.6	55.5	31.0	9.6	1,519	62.2	42.0	6.2	24.0	80.5	78.9	1,686
Total	79.7	57.1	5.4	24.2	55.2	29.1	7.3	9,323	55.8	36.2	5.6	26.4	72.9	75.7	9,785

nurses, midwives, and barangay health workers. The data show that two in three males were circumcised by a health professional. More than half (51.4%) of circumcisions were performed by a physician.

Circumcisions performed by health professionals are more prevalent among younger youth, urban residents, more educated youth, and more affluent youth. A high prevalence of circumcision by health professionals is also observed in NCR, Central Luzon, and Ilocos, where more than four in five males were circumcised by medical personnel. A cause for concern, however, is the low prevalence in CALABARZON, Western Visayas, and ARMM,

where about half of the males were circumcised by non-health professionals.

Menarche

Menarche refers to the onset of menstruation and marks the start of puberty in females. It also signals the beginning of females' capacity for reproduction. Almost all females aged 15–24 (99.7%) said they had already experienced menarche (Table 9.3). Only 0.3 percent have not started menstruating yet, all of whom belong to the 15–19 age group.

The mean age at menarche is 13.0 years, with a range of 7 to 22 years (Table 9.3). More than 1 in 10 women experienced menstruation

Table 9.2 Percent distribution of males by age at circumcision, mean age at circumcision, and percentage circumcised by medical professional by background characteristics

Background Characteristics	Age at circumcision (in years)						Total	Mean	No. of males	Circumcised by medical personnel ^a	No. of males who have been circumcised
	Below 10	10	11	12	13 and over	Not circumcised					
Age											
15-19	26.6	15.6	12.3	19.8	23.8	2.0	100.0	10.9	5,760	71.2	5,607
20-24	25.8	14.7	11.1	20.2	27.7	0.5	100.0	11.2	3,582	61.6	3,547
Region											
Ilocos	20.5	15.8	15.6	19.8	27.2	1.1	100.0	11.2	474	84.3	460
Cagayan Valley	14.5	17.7	12.5	22.3	31.9	1.2	100.0	11.7	345	69.5	334
Central Luzon	22.2	19.2	14.2	21.0	22.8	0.6	100.0	11.1	952	86.5	934
CALABARZON	11.3	11.1	14.3	29.5	31.3	2.4	100.0	11.9	1,242	51.8	1,205
MIMAROPA	11.7	12.1	13.1	27.3	34.4	1.4	100.0	11.9	282	30.2	278
Bicol	15.5	14.0	10.0	24.8	35.1	0.6	100.0	11.7	521	30.1	515
Western Visayas	9.7	10.4	9.1	20.5	48.9	1.4	100.0	12.4	761	52.7	748
Central Visayas	58.0	15.5	6.7	10.8	8.9	0.1	100.0	9.3	742	75.8	741
Eastern Visayas	40.5	19.0	6.8	16.6	16.2	0.9	100.0	10.1	427	59.2	422
Zamboanga Peninsula	48.8	16.4	9.1	13.4	11.5	0.8	100.0	9.8	373	60.1	368
Northern Mindanao	56.5	15.0	7.2	11.4	9.6	0.2	100.0	9.3	446	79.8	446
Davao	55.0	17.3	8.1	8.3	10.8	0.5	100.0	9.3	444	77.7	444
SOCCSKSARGEN	11.7	17.1	20.0	26.3	24.7	0.2	100.0	10.4	436	73.8	428
CAR	21.8	12.1	9.8	21.3	32.8	2.3	100.0	11.5	174	63.1	168
ARMM	9.0	8.7	5.4	12.5	47.8	16.7	100.0	12.9	312	52.9	261
Caraga	52.8	15.8	7.5	11.3	12.5	0.0	100.0	9.6	265	63.1	100
NCR	11.7	17.1	20.0	26.3	24.7	0.2	100.0	11.5	1,149	89.2	1,143
Place of residence											
Urban	21.8	17.9	15.7	22.3	22.0	0.4	100.0	11.0	2,394	84.0	2,379
Rural	27.8	14.4	10.5	19.1	26.4	1.8	100.0	11.0	6,949	61.7	6,775
Educational attainment											
No schooling/Elementary	23.6	14.7	6.6	17.1	35.0	3.0	100.0	11.4	1,724	50.6	1,671
High school undergraduate	27.0	14.8	11.9	20.3	24.1	1.9	100.0	10.9	3,523	68.3	3,431
High school graduate/Vocational	27.0	15.8	13.6	18.6	24.6	0.4	100.0	11.0	2,410	68.0	2,381
College or higher	26.4	16.3	14.6	23.8	18.6	0.3	100.0	10.8	1,686	82.0	1,669
Socioeconomic status (Wealth quintile)											
Lowest (Poorest)	29.6	13.7	7.5	15.6	30.3	3.3	100.0	11.0	1,880	49.9	1,810
Second	27.9	13.3	9.1	21.2	26.9	1.5	100.0	11.0	1,911	57.6	1,869
Middle	24.7	14.6	11.7	21.2	27.0	0.8	100.0	11.1	2,088	68.5	2,060
Fourth	24.7	17.5	14.6	19.6	23.2	0.4	100.0	11.0	1,941	77.6	1,917
Highest (Richest)	24.2	17.8	17.4	22.3	17.2	1.1	100.0	10.8	1,523	86.6	1,498
Total	26.3	15.3	11.8	19.9	25.3	1.4	100.0	11.0	9,342	67.5	9,159

Note: ^a Includes doctors, nurses, midwives, and barangay health workers (BHWs)

before age 12, 26.1 percent at age 12, 25.7 percent at age 13, 19.6 percent at age 14, and 15.2 percent at age 15 and older.

Across the regions, the youngest mean age at menarche is reported in NCR at 12.7 years, while the oldest, reported in ARMM, is 13.6 years. Nearly half (48.1%) of the women in NCR and two in five women in Ilocos, Cagayan Valley, Central Luzon, CALABARZON, Western Visayas, and Central Visayas had their first menstrual period before they turned 13 years old. Menstruation occurs later among rural females than their urban counterparts, with a mean age at menarche of 13.1 and 12.8 years, respectively.

By educational attainment, the mean age at menarche consistently decreases as education

increases, although the range is not very wide (from 12.8 years among the college educated to 13.3 years among those with no schooling/elementary education). The same pattern is apparent for socioeconomic status. The mean age at menarche is lowest among women belonging to the highest quintile (12.7 years) and highest among women from the lowest quintile (13.2 years). These patterns are not unexpected since higher educational attainment and socioeconomic status are associated with better nutrition and health practices which in turn are determinants of earlier onset of menarche (Osteria, 1983; Rah, et al., 2009).

Table 9.3 Percent distribution of females by age at menarche, and mean age at menarche by background characteristics

Background Characteristics	Age at menarche (in years)						Not menstruating yet	Total	Mean	No. of females
	10 and below	11	12	13	14	15 and over				
Age										
15-19	3.4	9.5	26.8	27.3	20.2	12.3	0.6	100.0	12.9	5,637
20-24	4.0	9.4	25.2	23.5	18.7	19.1	0.0	100.0	13.1	4,157
Region										
Ilocos	3.2	10.5	27.6	30.1	16.2	12.2	0.2	100.0	12.9	468
Cagayan Valley	3.4	8.6	30.3	21.1	23.5	12.8	0.3	100.0	13.0	327
Central Luzon	4.8	12.1	26.3	27.0	15.1	14.7	0.0	100.0	12.9	1,096
CALABARZON	2.3	11.5	26.3	24.4	20.2	15.3	0.0	100.0	13.0	1,295
MIMAROPA	1.8	8.6	25.5	23.7	25.9	14.4	0.0	100.0	13.1	574
Bicol	3.5	4.5	22.5	27.9	22.8	18.3	0.5	100.0	13.3	724
Western Visayas	4.7	9.4	27.9	25.8	19.5	12.0	0.7	100.0	12.9	673
Central Visayas	4.0	10.4	26.4	24.8	20.2	13.4	0.7	100.0	12.9	403
Eastern Visayas	0.7	7.2	24.8	25.3	21.8	19.4	0.7	100.0	13.3	355
Zamboanga Peninsula	2.0	7.9	23.1	26.5	22.5	17.7	0.3	100.0	13.2	473
Northern Mindanao	1.1	8.7	22.0	26.8	23.5	16.9	1.1	100.0	13.2	515
Davao	2.9	9.3	27.6	25.0	21.6	13.4	0.2	100.0	13.0	461
SOCCSKSARGEN	3.3	6.9	28.2	31.7	18.2	11.3	0.4	100.0	12.9	1,354
CAR	3.0	8.1	22.8	29.4	18.3	18.3	0.0	100.0	13.1	197
ARMM	2.6	3.7	12.9	25.1	28.9	25.1	1.7	100.0	13.6	350
Caraga	2.7	7.1	27.1	24.3	19.6	18.4	0.8	100.0	13.1	255
NCR	7.0	11.5	29.5	22.9	14.4	14.6	0.0	100.0	12.7	278
Place of residence										
Urban	5.7	11.1	28.8	24.7	16.1	13.6	0.0	100.0	12.8	2,825
Rural	2.8	8.8	25.0	26.1	20.9	15.9	0.5	100.0	13.1	6,969
Educational attainment										
No schooling/Elementary	2.9	4.9	19.1	28.2	26.5	17.1	1.3	100.0	13.3	918
High school undergraduate	3.1	8.8	26.7	27.9	20.3	12.6	0.5	100.0	13.0	3,501
High school graduate/Vocational	2.7	9.7	27.5	23.6	17.7	18.6	0.1	100.0	13.1	3,046
College or higher	6.0	11.9	26.0	24.1	18.1	13.9	0.0	100.0	12.8	2,329
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	1.7	5.8	24.2	27.1	22.8	17.5	0.9	100.0	13.2	1,950
Second	2.4	9.3	22.7	25.5	22.6	17.1	0.4	100.0	13.1	2,022
Middle	3.4	7.5	28.3	25.2	19.9	15.4	0.3	100.0	13.0	2,080
Fourth	3.8	12.4	28.0	24.4	17.0	14.3	0.1	100.0	12.9	2,057
Highest (Richest)	7.7	12.5	27.4	26.4	14.9	11.2	0.0	100.0	12.7	1,685
Total	3.7	9.5	26.1	25.7	19.6	15.2	0.3	100.0	13.0	9,794

Trends in pubertal development

Figure 9.1 shows the trends from 1994 to 2013 of the two indicators of pubertal development discussed earlier. The mean age at circumcision remained stable at 11.0 years during the 20-year period. The mean age at menarche, however, followed a slight downward trend from 13.3 years in 1994 to 13.0 years in 2013.

RH problems

Young people cannot reach their full potential if they are saddled with illnesses that can exact a toll on their everyday lives. Diseases related to their RH, in particular, can affect their reproductive lives, particularly their ability to bear children and to engage in healthy sexual relationships. The YAFS4 survey asked the young people if they have experienced symptoms related to RH problems. Symptoms such as abnormal genital discharge, genital warts, and swollen testicles are seen as possible indications of more serious diseases that require medical attention, such as STIs.

Tables 9.4 and 9.5 show the proportions of males and females who reported ever experiencing a given symptom. Among these symptoms are abnormal genital discharge, blood in urine, genital warts, itching in the genital area, and painful urination. Except for painful urination, which more females (28.5%) than males (19.9%) reported, the experience of symptoms of RH problems is about the same for men and women, and all symptoms have a

relatively low level of prevalence. In addition to these symptoms common to males and females, the study also inquired about gender-specific symptoms such as erectile dysfunction for males and dysmenorrhea for females.

The most common RH complaints of males are painful urination (19.9%), genital itching (11.1%), and infection from circumcision (9%). There is no distinct pattern of difference in post-circumcision infection by age and other background characteristics, but there is a wide variability across regions. The proportion of males who experienced post-circumcision infection is lowest at 0.1 percent in Central Luzon, followed by Bicol (2.1%) and MIMAROPA (2.9%). At the other extreme, the proportion is highest in SOCCSKSARGEN (42.9%), followed by Zamboanga Peninsula (26.4%) and Northern Mindanao (23.9%).

Among females, menstruation-related complaints are the most prevalent RH problems. Nearly half (47.6%) of females reported painful menstruation, while 31.6 percent have experienced irregular menstrual period. Sex-related problems are also quite common, more so among females than males. Low sex drive and painful sexual intercourse were reported by one in five females. Among males, young as they are, nearly 4 percent have also experienced impotence or erectile dysfunction.

In all, 36.5 percent of males and 73 percent of females have experienced any RH problem. The high level of RH problems among females can be attributed to the high prevalence of dysmenorrhea.

Figure 9.1 Trends in mean age at circumcision and age at menarche: 1994, 2002, and 2013

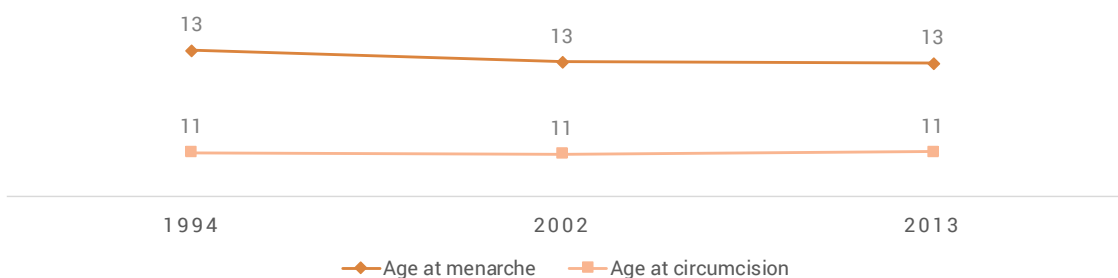


Table 9.4 Percent of males who experienced reproductive health (RH) problems and percentage who consulted a health professional for any RH problem by background characteristics

Percent of males who experienced the following RH problem													
Background Characteristics	Abnormal penile discharge	Blood in urine	Genital warts	Itching in the genital area	Painful urination	Reddish and swollen testicles	Infection from circumcision ^a	Low libido/sex drive	Impotence/Erectile dysfunction	Any RH problem	No. of males	Consulted a medical professional for any RH problem experienced	No. of males who experienced any RH problem
Age													
15-19	3.7	2.9	2.9	11.9	19.8	3.0	9.2	5.0	3.5	36.7	5,766	24.0	2,082
20-24	3.1	3.6	3.2	9.8	20.1	3.0	8.8	8.7	4.1	36.2	3,591	33.1	1,285
Marital status													
Never married	3.5	3.1	2.9	11.1	19.3	3.1	9.1	5.3	3.5	35.6	8,191	26.6	2,865
Ever married	3.8	4.0	4.0	11.2	24.1	2.5	8.8	14.1	5.4	42.9	1,166	32.2	503
Region													
Ilocos	1.9	1.3	1.7	6.8	17.8	0.8	5.4	2.8	1.7	28.0	472	27.8	133
Cagayan Valley	0.3	2.0	0.3	7.3	16.2	0.9	4.2	2.3	0.3	24.2	345	24.1	87
Central Luzon	0.4	1.5	0.4	2.0	9.6	0.8	0.1	3.2	2.0	10.8	952	38.1	113
CALABARZON	10.8	5.7	5.7	23.3	29.5	9.8	6.4	12.7	9.2	52.7	1,243	32.1	629
MIMAROPA	2.1	3.5	0.4	11.3	20.5	2.5	2.9	3.2	1.8	29.9	283	24.7	89
Bicol	1.9	2.9	2.1	20.0	27.6	3.7	2.1	6.0	5.4	43.3	520	21.9	219
Western Visayas	1.6	1.7	1.8	4.2	10.3	0.7	5.7	4.6	2.2	24.1	764	33.3	159
Central Visayas	3.1	4.2	1.3	5.5	12.8	2.2	4.3	6.3	3.5	26.4	741	32.3	195
Eastern Visayas	2.1	2.1	3.3	8.5	13.8	0.9	2.9	4.9	1.9	26.4	427	28.8	111
Zamboanga Peninsula	1.3	3.0	8.4	6.7	27.2	1.6	26.4	3.8	1.3	52.0	372	21.1	194
Northern Mindanao	5.6	3.6	6.7	10.7	28.9	1.8	23.9	6.0	4.3	53.6	447	25.3	237
Davao	3.4	2.2	4.5	8.1	22.9	2.0	13.0	6.1	4.5	44.2	446	26.0	192
SOCCKSARGEN	2.1	1.8	4.3	8.2	19.3	2.0	42.9	2.7	2.3	53.3	439	15.6	225
CAR	2.3	3.5	1.7	11.0	33.5	0.6	12.6	4.0	1.2	43.9	173	18.7	75
ARMM	2.5	2.5	1.3	6.3	15.1	0.0	6.6	0.6	0.3	24.8	317	14.1	85
Caraga	7.2	3.0	5.7	12.1	21.1	1.1	10.3	7.9	3.8	39.9	265	22.4	107
NCR	3.0	4.6	2.4	18.1	21.9	4.9	8.0	12.0	4.9	44.6	1,150	32.1	514
Place of residence													
Urban	2.8	3.6	3.2	12.6	19.1	3.5	8.0	9.4	3.9	38.2	2,398	31.4	917
Rural	3.7	3.0	3.0	10.6	20.2	2.8	9.4	5.4	3.7	35.9	6,958	26.0	2,450
Educational attainment													
No schooling/Elementary	3.4	3.2	3.4	9.3	20.0	4.0	8.7	4.9	4.3	35.9	1,730	31.2	628
High school undergraduate	3.7	2.8	3.5	12.6	20.8	2.4	10.0	6.2	3.1	38.9	3,528	22.3	1,356
High school graduate/Vocational College or higher	3.4	3.6	2.3	10.7	20.2	2.9	7.9	7.1	3.9	35.2	2,412	31.6	836
Socioeconomic status (Wealth quintile)	3.4	3.1	2.8	10.3	17.4	3.5	9.1	7.5	4.0	34.1	1,687	29.6	547
Lowest (Poorest)	2.8	2.7	3.1	9.6	20.2	2.8	12.5	3.8	2.6	37.6	1,884	24.4	712
Second	3.7	2.8	2.8	10.1	21.2	2.8	9.5	6.2	4.6	38.5	1,916	24.9	719
Middle	3.7	3.4	3.3	11.8	19.5	3.8	7.5	6.2	4.1	34.7	2,089	27.2	727
Fourth	2.4	3.4	2.8	10.6	20.0	2.2	6.6	7.2	3.6	30.7	1,941	30.7	688
Highest (Richest)	5.1	3.7	3.2	13.7	18.4	3.5	9.6	9.2	3.7	35.7	1,526	31.2	522
Total	3.5	3.2	3.0	11.1	19.9	3.0	9.0	6.4	3.7	36.5	9,356	27.4	3,367

Note: ^a Among males who have been circumcised

Table 9.5 Percent of females who experienced reproductive health (RH) problems and percentage who consulted a health professional for any RH problem by background characteristics

Background Characteristics	Percent of females who experienced the following RH problems											No. of females who experienced any RH problem	No. of females who consulted a medical professional for any RH problem experienced	No. of females who experienced any RH problem			
	Abnormal vaginal discharge	Blood in urine	Genital warts	Itching in the genital area	Painful urination	Dysmenorrhea ^a	Irregular menstrual period	Breast mass	Low libido/sex drive	Painful sexual intercourse ^b	Any RH problem				No. of females		
Age																	
15-19	3.5	4.1	2.1	10.0	27.3	46.5	30.3	2.8	18.2	25.1	70.4	5,646	27.7	3,909	3,120		
20-24	6.2	5.1	2.5	14.0	30.2	49.0	33.3	4.6	20.6	21.1	76.4	4,159	42.3				
Marital status																	
Never married	3.6	3.6	2.3	11.0	25.1	51.1	31.6	3.3	22.7	30.3	71.6	6,478	27.3	4,561	2,468		
Ever married	6.6	6.3	2.2	13.1	35.1	40.6	31.5	4.1	19.4	20.7	75.6	3,328	47.0				
Region																	
Ilocos	2.4	5.4	1.7	11.2	30.7	49.9	25.8	2.6	19.3	24.1	71.9	467	34.1	317	228		
Cagayan Valley	1.2	3.4	3.1	10.2	31.4	49.4	27.4	2.5	21.9	29.3	72.0	325	33.3	228	573		
Central Luzon	1.2	3.6	0.4	5.5	21.8	28.9	24.7	3.7	11.3	8.5	54.6	1,097	49.7	573	1,026		
CALABARZON	3.9	3.5	2.0	17.0	30.2	50.0	37.3	3.3	17.3	27.5	79.1	1,303	35.7	197	438		
MIMAROPA	3.6	4.7	1.1	17.5	29.7	38.6	36.4	1.8	17.5	24.6	70.9	573	36.0	197	541		
Bicol	2.4	3.1	0.5	10.6	31.9	47.5	36.1	2.8	31.6	31.8	77.5	723	35.8	438	566		
Western Visayas	6.5	5.3	6.4	11.5	25.9	50.8	40.3	2.1	27.3	23.1	76.7	403	39.2	271	223		
Central Visayas	5.3	4.6	1.0	8.6	32.2	61.6	40.6	2.7	33.3	27.2	84.9	674	25.3	271	223		
Eastern Visayas	3.5	3.5	2.2	12.2	26.3	34.0	27.0	3.5	16.8	17.9	67.6	403	34.3	271	223		
Zamboanga Peninsula	4.2	5.6	2.5	11.3	26.9	47.6	25.4	5.9	7.7	18.1	63.8	355	24.7	223	338		
Northern Mindanao	7.6	5.9	3.2	11.0	23.5	47.8	26.8	4.7	19.0	14.7	72.1	474	26.3	338	383		
Davao	5.7	4.9	1.0	9.9	22.4	54.6	22.0	4.5	8.9	13.8	65.9	514	27.0	338	277		
SOCCKSARGEN	6.5	6.9	4.8	6.9	32.2	42.7	13.3	6.5	6.5	11.8	62.7	461	25.6	277	153		
CAR	4.6	4.6	4.1	13.2	43.7	55.3	26.4	1.5	22.3	35.1	80.0	197	46.4	153	262		
ARMM	5.7	2.6	5.7	15.1	33.6	61.5	18.9	4.6	7.5	11.9	76.6	350	13.7	191	288		
Caraga	5.1	5.1	2.0	9.8	32.3	48.8	28.0	3.1	23.6	30.2	76.0	254	28.8	191	1,093		
NCR	7.2	5.3	1.6	16.1	28.9	50.3	41.6	3.5	29.6	30.5	80.9	1,357	38.8	1,093	2,124		
Place of residence																	
Urban	5.9	5.5	2.1	14.2	28.3	50.4	36.2	3.8	22.8	25.0	76.2	2,829	37.4	2,124	4,906		
Rural	4.1	4.1	2.3	10.7	28.6	46.4	29.7	3.5	18.7	21.1	71.6	6,976	32.8				
Educational attainment																	
No schooling/Elementary	4.8	5.5	2.2	8.7	30.8	35.9	26.5	2.0	13.9	22.2	64.4	921	30.9	579	2,359		
High school undergraduate	4.4	4.0	2.4	10.0	27.2	41.0	30.9	2.2	18.3	20.4	68.1	3,498	29.8	2,225	2,225		
High school graduate/Vocational	4.6	4.7	1.8	12.0	28.6	47.1	31.6	4.4	20.9	21.3	74.6	3,052	38.2	1,865	1,865		
College or higher	5.0	4.7	2.7	15.0	29.6	62.5	34.5	5.1	23.9	26.6	81.6	2,333	35.9				
Socioeconomic status (Wealth quintile)																	
Lowest (Poorest)	4.0	3.7	2.2	8.9	29.7	41.4	27.3	3.7	17.7	21.6	68.3	1,954	27.7	1,316	1,409		
Second	4.4	4.4	1.8	9.8	29.4	46.1	31.5	2.8	19.6	20.5	71.0	2,018	31.4	1,409	1,520		
Middle	4.9	5.2	2.8	13.0	27.2	47.2	31.3	3.8	20.2	20.0	74.3	2,080	34.3	1,520	1,537		
Fourth	4.7	4.5	2.0	11.9	29.4	49.3	32.1	4.7	20.1	25.0	20.62	37.3	37.3	1,537	1,248		
Highest (Richest)	5.2	4.7	2.5	15.2	26.8	54.7	36.1	4.3	23.6	25.5	75.9	1,691	40.5	1,248	7,029		
Total	4.6	4.5	2.3	11.7	28.5	47.6	31.6	3.6	19.9	22.2	73.0	9,805	34.2	7,029			

Notes: ^a Among females who have had their menstrual period

^b Among females who have sexual experience

Survey respondents who experienced a specific RH problem were asked if they consulted a doctor or a health professional for their problem. Of those who experienced any symptom of RH problems, more females (34.2%) consulted a medical professional than did males (27.4%). The older youth (20–24 years old), the ever married, urban residents, and richer youth tend to engage the assistance of medical personnel more than their counterparts do. For both males and females, Central Luzon and ARMM posted the highest and the lowest proportions, respectively, of youth who sought medical attention for their RH problem. Interestingly, while health utilization among females from CAR is among the highest, the reverse is true for their male counterparts, suggesting the need to further encourage health-seeking behavior among male youth in CAR.

STIs and HIV/AIDS

Addressing STIs is a major step in ensuring the RH of the youth. STIs are infections that are transmitted through sexual contact. According to the WHO (2015), there are more than 30 bacteria, viruses, and parasites that can be spread through person-to-person sexual contact. The most common diseases that these bacteria cause are chlamydia, gonorrhea, hepatitis, syphilis, human papilloma virus, and HIV.

Among the STIs, HIV/AIDS is one of the most serious public health concerns. HIV can be transmitted not only through sexual intercourse but also through mother-to-child transmission, blood transfusion, and intravenous drug use. HIV, however, cannot be transmitted through casual contact (e.g., kissing, shaking hands, or sharing food, clothing, or toilet seats), nor can it be spread by mosquitoes.

Unlike most parts of the world, the Philippines is one of the few countries with an accelerating increase of new HIV cases (UNAIDS, 2014). Once described as having a “low and slow” prevalence rate of HIV/AIDS, the number of HIV cases in the country is now rising at a “fast and furious” rate. In recent years, the Department

of Health has noted an alarming increase in the number of Filipinos infected with HIV. From 1984 to June 2015, there have been 26,456 diagnosed HIV/AIDS cases in the country, of which 22,032 or 83 percent were reported in the past five years (Department of Health, 2015). Young people aged 15–24 are considered a vulnerable sector for HIV/AIDS, as they account for more than a quarter of Filipinos living with HIV. This vulnerable population is predominantly male, with male-to-male sexual contact as the primary mode of transmission.

Awareness of STIs and HIV/AIDS

To assess the Filipino youth’s awareness of STIs and HIV/AIDS, the survey asked whether the respondents know about infections or diseases that are associated with sex or with having sex (STIs). Regardless of their response to this question, the respondents were also asked if they have heard of an illness called AIDS.

Results reveal a generally high level of awareness of AIDS among Filipino youth (83.3%), with no notable variation by sex (Table 9.6). Interestingly, awareness of the more general STIs is considerably lower, with less than half (47.4%) reporting knowing of STIs. Differentials in the awareness of STIs and AIDS are similar, with higher awareness found among the older cohort of youth, the urban residents, those with higher educational attainment, and those with higher socioeconomic status. Geographic differences also exhibit similar patterns, with NCR, Davao Region, and Central Luzon youth ranked the highest in terms of awareness of STIs and AIDS. The least aware of these diseases are the youth from ARMM, where only 43.8 percent have heard of AIDS and 15.8 percent are aware of STIs.

Respondents who have heard of AIDS were further asked if they think AIDS is curable. Additionally, they were asked a direct question: “*What are the chances that a person like you will get AIDS?*” Young Filipinos’ knowledge of HIV/AIDS is still shrouded in misinformation, as only 4 in 10 believe that AIDS is curable, with more males and older youth subscribing to this belief.

Table 9.6 Percent of youth who are aware and know STIs and HIV/AIDS by background characteristics

Background Characteristics	Know STIs	Have heard of AIDS	No. of youth	Think that AIDS is curable	Think that there is no chance of them getting HIV	No. of youth who have heard of AIDS
Sex						
Male	50.5	81.9	9,362	43.1	72.4	7,644
Female	44.5	84.7	9,807	36.6	80.3	8,240
Age						
15-19	43.3	79.8	11,414	38.5	76.4	9,061
20-24	53.5	88.5	7,753	41.3	76.7	6,825
Marital status						
Never married	47.9	82.7	14,672	39.1	76.0	12,082
Ever married	45.9	85.3	4,495	41.8	78.2	3,805
Region						
Ilocos	49.2	81.8	942	42.7	83.4	770
Cagayan Valley	41.2	76.6	671	44.8	79.5	502
Central Luzon	60.9	89.6	2,049	38.5	89.7	1,832
CALABARZON	44.1	86.7	2,545	42.7	74.6	2,199
MIMAROPA	49.6	85.9	562	47.8	85.7	482
Bicol	45.0	80.6	1,093	48.5	85.8	880
Western Visayas	43.5	79.4	1,487	35.6	71.5	1,161
Central Visayas	46.9	83.3	1,415	36.9	61.9	1,175
Eastern Visayas	36.6	73.0	829	40.6	76.9	597
Zamboanga Peninsula	30.4	80.1	728	39.8	71.8	581
Northern Mindanao	30.9	79.1	920	36.5	58.1	726
Davao	52.4	90.8	960	26.6	75.8	863
SOCCSKSARGEN	34.1	76.5	899	33.1	60.7	679
CAR	51.5	86.2	370	34.2	83.7	319
ARMM	15.8	43.8	672	35.8	70.7	290
Caraga	40.8	87.5	520	44.4	65.1	455
NCR	70.5	94.8	2,508	42.3	83.0	2,376
Place of residence						
Urban	63.0	92.0	5,227	38.9	80.8	4,787
Rural	41.5	80.1	13,941	40.1	74.6	11,098
Educational attainment						
No schooling/Elementary	26.9	58.4	2,651	44.8	72.2	1,537
High school undergraduate	40.4	79.9	7,028	38.2	76.2	5,582
High school graduate/Vocational	51.7	90.5	5,465	43.6	77.5	4,925
College or higher	67.4	95.9	4,023	34.9	77.3	3,844
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	28.1	68.8	3,838	38.0	71.8	2,627
Second	40.3	79.3	3,935	42.7	75.1	3,094
Middle	47.5	85.7	4,172	42.1	77.6	3,558
Fourth	58.9	90.9	4,003	38.4	78.5	3,629
Highest (Richest)	64.6	92.9	3,220	36.9	78.5	2,977
Total	47.4	83.3	19,167	39.7	76.5	15,887

In addition, about 8 in 10 think that there is no chance of them getting AIDS in the future, a manifestation of a general feeling of invincibility among the youth. While no age differential was found, there is a clear gender disparity, with more females (80.3%) than males (72.4%) thinking there is no chance of them getting infected with HIV.

Trends in the awareness and knowledge of HIV/AIDS

One of the most worrisome findings in YAFS4 is the evidence of a decline in the awareness of HIV/AIDS (Figure 9.2). In 1994, 95 percent of the youth expressed awareness of HIV and AIDS. This remained largely the same in 2002. However, in 2013, the level dropped to only 83.3 percent. The decrease is steeper among males (from 94.5% in 1994 to 81.9% in 2013) than among females (from 95% in 1994 to 84.7% in 2013). This declining trend is corroborated by the results of the series of National Demographic and Health Surveys, which documented a similar drop in the awareness of AIDS not only among the 15–24 age group but also among all women of reproductive age (15–49 years; National Statistics Office & ORC Macro, 2004; Philippine Statistics Authority & ICF International, 2014). If the declining level of HIV/AIDS awareness among our young people is a driving force behind the dramatic upsurge in HIV cases in the country, then this drop in awareness warrants a more in-depth investigation.

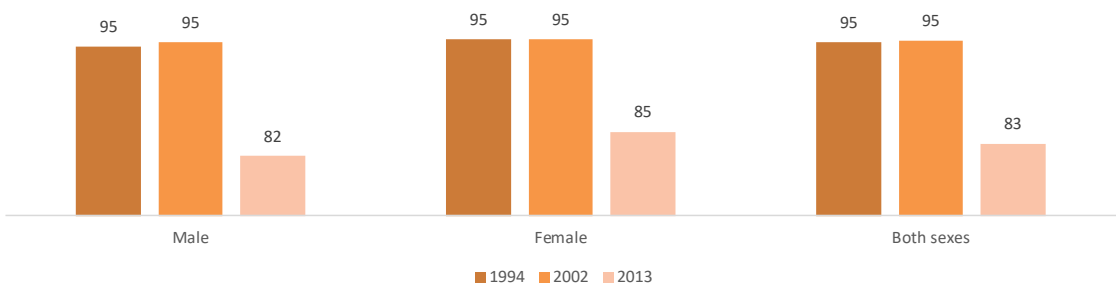
Knowledge of HIV/AIDS

One of the key indicators of the HIV/AIDS response to Millennium Development Goal 6 (to combat HIV/AIDS, malaria, and other diseases) is the proportion of the population aged 15–24 with comprehensive knowledge of HIV. Comprehensive knowledge of HIV is defined as correctly identifying the two major ways of preventing the sexual transmission of HIV (i.e., using condoms and limiting sex to one faithful, uninfected partner), rejecting the two most common local misconceptions about HIV transmission, and knowing that a healthy-looking person can be HIV positive (UNAIDS, 2009). In the YAFS4 survey, respondents were asked whether they agreed with each of the following five knowledge statements on HIV prevention and local misconceptions:

1. The risk of HIV transmission can be reduced by having sex with only one uninfected partner who has no other sexual partners.
2. A person can reduce the risk of getting infected with HIV by using a condom every time they have sex.
3. A healthy-looking person can have HIV.
4. A person can get HIV from mosquito bites.
5. A person can get HIV by sharing food with someone who is infected.

The last two statements were reverse coded to reflect the correct information. A person who agrees with all five statements is

Figure 9.2 Percent of youth who have heard of HIV/AIDS by sex: 1994, 2002, 2013



deemed to have comprehensive knowledge of HIV/AIDS.

Table 9.7 shows the proportion with correct knowledge for each of the five statements and the proportion with comprehensive knowledge of HIV/AIDS. Overall, only 16.8 percent of Filipino youth have comprehensive knowledge of HIV/AIDS, a level far below the 95 percent target set at the 2001 United Nations General Assembly Special Session on HIV and AIDS (United Nations, 2001). The proportion with comprehensive knowledge is higher among males, the older cohort, the urban residents, the higher educated, and those of higher socioeconomic status. Across the regions, the highest proportions with comprehensive knowledge are the youth from CAR (24%), NCR (22%), and Central Luzon (20.9%), while the regions with the lowest levels are ARMM (6.1%) and Northern Mindanao (9.1%).

A comparison of results across the five statements indicates that the proportion with correct knowledge is lowest for the statement *"A person cannot get HIV by sharing food with someone who is infected"* (41.8%). On the other hand, the highest proportion at 68.2 percent was posted for the statement that the risk of HIV can be reduced by maintaining a monogamous sexual relationship. Also worth noting is that two in three Filipino youth correctly answered that mosquito bites cannot transmit HIV.

Summary and conclusions

This chapter discussed several aspects of youth RH, such as milestones in pubertal development, experience of RH problems, and the awareness and knowledge of STIs including HIV/AIDS. In terms of pubertal development, trends in mean age at circumcision, mean age at first nocturnal emission, and mean age at menarche have largely remained the same over the past two decades. When it comes to RH problems, there is a gender disparity in both experience and consultation with medical professionals. Compared with their male counterparts, a higher percentage of females have experienced

any RH problem (73%) and have consulted a medical professional (34.2%). But the most worrisome finding in YAFS4 is the decline in the level of awareness of HIV/AIDS among the youth, with a more significant decline among males than females. This issue is further exacerbated by a very low level of comprehensive knowledge, pegged at 16.8 percent. This level is dismally lower than the 95 percent target set by the United Nations (2001).

Given these findings, much is needed to address various reproductive concerns of the Filipino youth, from access to medical professionals to information and dissemination about sexual health. While the recently passed RH Law promises to improve adolescent RH and provide RH education for the youth, more concrete and strategic steps are needed to address youth access to information and RH services. Perhaps the most pressing issue that needs immediate programmatic response is increasing the youth's awareness and knowledge of HIV/AIDS. Given the existing societal stigma surrounding HIV/AIDS, a critical intervention is needed in various sectors. Among the youth, education has an important role in reaching comprehensive knowledge. Since the proportion of those with comprehensive knowledge is lower among females, the younger cohort, rural residents, the lower educated, and those of lower socioeconomic status, educational programs and information campaigns might be needed to reach these sectors of the youth population.

Table 9.7 Percent of youth who correctly reject local misconceptions about HIV/AIDS and percent with comprehensive knowledge of HIV/AIDS by background characteristics

Background Characteristics	Percent of youth who say that:						No. of youth
	The risk of HIV transmission can be reduced by having sex with only one uninfected partner who has no other sexual partners	A person can reduce the risk of getting infected with HIV by using a condom everytime they have sex	A healthy-looking person can have HIV	A person cannot get HIV from mosquito bites	A person cannot get HIV by sharing food with someone who is infected	With comprehensive correct knowledge of HIV/AIDS ^a	
Sex							
Male	68.3	62.8	60.1	61.8	40.0	17.7	9,315
Female	68.1	55.3	59.4	68.3	43.4	16.0	9,745
Age							
15-19	63.6	53.7	55.5	61.9	39.4	14.5	11,352
20-24	75.0	66.7	66.0	69.9	45.3	20.2	7,709
Marital status							
Never married	67.0	58.0	59.3	64.5	41.6	16.7	14,586
Ever married	72.1	62.1	61.3	67.3	42.1	17.3	4,474
Region							
Ilocos	64.2	53.5	56.3	64.8	45.8	18.3	935
Cagayan Valley	63.4	54.5	51.8	54.1	36.5	12.0	661
Central Luzon	81.9	71.6	67.1	72.8	42.9	20.9	2,040
CALABARZON	70.1	61.0	69.3	66.0	40.6	18.2	2,538
MIMAROPA	72.8	58.1	49.4	66.5	39.6	12.7	561
Bicol	67.7	58.4	43.6	66.2	38.9	13.7	1,092
Western Visayas	59.2	53.0	61.4	60.7	44.1	17.1	1,470
Central Visayas	64.0	55.2	60.5	71.1	42.6	16.6	1,415
Eastern Visayas	59.3	52.3	56.5	51.6	33.6	12.9	827
Zamboanga Peninsula	67.6	63.9	59.3	52.7	39.2	14.8	724
Northern Mindanao	53.4	43.1	48.0	59.7	41.9	9.1	917
Davao	69.5	60.0	65.4	65.7	49.8	16.5	945
SOCCSKSARGEN	60.7	51.8	57.9	52.5	40.8	18.5	878
CAR	67.5	63.2	62.7	69.4	50.8	24.0	367
ARMM	34.6	26.2	27.4	28.4	21.9	6.1	674
Caraga	69.0	56.8	60.1	66.3	39.9	13.1	519
NCR	84.1	73.2	67.7	82.5	46.8	22.0	2,494
Place of residence							
Urban	79.4	69.7	67.9	75.6	45.9	21.1	5,194
Rural	64.0	54.9	56.7	61.2	40.2	15.2	13,866
Educational attainment							
No schooling/Elementary	46.7	40.3	38.1	41.4	26.8	8.4	2,636
High school undergraduate	62.2	53.3	54.0	61.0	37.9	12.7	6,982
High school graduate/Vocational	75.5	65.5	65.2	72.1	46.2	19.6	5,431
College or higher	82.9	72.3	76.7	78.4	52.4	25.7	4,006
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	53.2	45.2	46.4	49.7	33.7	11.1	3,818
Second	62.0	51.7	54.9	59.4	40.0	13.9	3,908
Middle	70.1	61.3	62.4	67.0	41.6	17.0	4,152
Fourth	76.5	67.3	65.7	73.9	45.3	19.0	3,983
Highest (Richest)	80.8	70.8	70.8	77.1	49.2	24.4	3,199
Total	68.2	59.0	59.8	65.1	41.8	16.8	19,060

Note: ^a Comprehensive knowledge means knowing that consistent use of condoms during sexual intercourse and having just one HIV-negative and faithful partner can reduce the chances of getting HIV, knowing that a healthy-looking person can have HIV, and rejecting the two most common local misconceptions about AIDS transmission and prevention, i.e., knowing that a person cannot get HIV from mosquito bites and a person cannot get HIV by sharing food with someone who is not infected.

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Knowledge and Sources of Information about Sex and Reproduction

Maria Midea M. Kabamalan

The YAFS surveys gather information that can provide possible explanatory factors for the variations in sexual and non-sexual risk behaviors of the youth. In relation to the sexual behaviors and their outcomes, YAFS4 asked about the youth's level of knowledge about sex and reproduction and their self-perceived adequacy of knowledge about sex. It also asked about their sources of information on sex and their preferences as to whom to consult if they have questions at home and in school regarding sex.

Perceived adequacy of knowledge about sex

To get a sense of their perceived adequacy of knowledge about sex, the respondents were asked a direct question: *“Do you think you have enough knowledge about sex?”* Only 27.4 percent of Filipino youth think they have enough knowledge about sex, with a higher proportion among males (30.9%) than females (24.1%) and among the older (41.9% and 33.2% for males and females, respectively) than the younger youth (24% and 17.4% for males and females, respectively; Table 10.1).

By region, NCR has the highest percentage of youth who think they have enough knowledge about sex (51.7% among males and 36.1% among females), while ARMM has the lowest (15.5% among males and 12.7% among females). In most of the regions, more males than females think they have enough knowledge about sex. In particular, the proportion of males in NCR,

Central Visayas, Ilocos, and Bicol who think they have enough knowledge about sex is at least 14 percentage points higher than that of their female counterparts. In contrast, more females than males in Caraga, Cagayan Valley, and Eastern Visayas think they have enough knowledge about sex, with a difference of at least five percentage points. Not surprisingly, more youth from urban areas reported having enough knowledge about sex compared with those from rural areas.

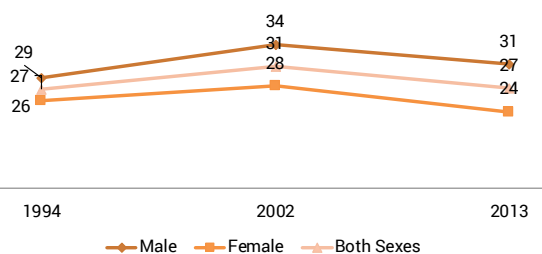
In terms of educational background, results show an education gradient, with an increasing proportion who think they have adequate knowledge about sex as the education level rises. However, the percentage among the college educated who think they have adequate knowledge is not high (only 41.3% for males and 31.5% for females), indicating a general self-perception of inadequate knowledge among the youth regardless of education level. A similar gradient is found with regard to socioeconomic status (SES), with the proportion who think they have adequate knowledge increasing as SES improves. This pattern is more pronounced among males than females.

Comparing the percentage of youth who think they have enough knowledge about sex in the three YAFS surveys (1994, 2002, and 2013), Figure 9.1 shows that this percentage has not improved over the past 20 years, with the 2013 level the same as that in 1994. In all three rounds, more males thought they had enough knowledge about sex compared with the females.

Table 10.1 Percent distribution of youth who said they have enough knowledge about sex by background characteristics and by sex

Background Characteristics	Males		Females	
	Percent who said they have enough knowledge about sex	Number	Percent who said they have enough knowledge about sex	Number
Age				
15-19	24.0	5,748	17.4	5,630
20-24	41.9	3,582	33.2	4,142
Region				
Ilocos	29.7	471	15.6	466
Cagayan Valley	24.0	339	29.4	321
Central Luzon	24.4	951	25.7	1,096
CALABARZON	35.7	1,243	24.9	1,301
MIMAROPA	28.5	281	30.0	279
Bicol	29.8	519	15.9	573
Western Visayas	39.0	760	31.0	711
Central Visayas	34.4	739	19.1	671
Eastern Visayas	20.1	426	25.1	402
Zamboanga Peninsula	26.9	371	17.8	354
Northern Mindanao	19.4	446	18.6	471
Davao	23.1	445	16.3	513
SOCCKSARGEN	18.8	436	19.0	457
CAR	32.2	171	21.7	197
ARMM	15.5	318	12.7	348
Caraga	17.4	265	23.8	255
NCR	51.7	1,150	36.1	1,357
Place of residence				
Urban	40.7	2,395	31.5	2,822
Rural	27.5	6,935	21.1	6,950
Educational attainment				
No schooling/Elementary	23.5	1,719	16.1	916
High school undergraduate	26.6	3,522	16.7	3,482
High school graduate/Vocational	35.2	2,406	29.3	3,041
College or higher	41.3	1,684	31.5	2,332
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	21.8	1,875	20.3	1,946
Second	24.0	1,909	19.4	2,004
Middle	31.3	2,086	22.5	2,077
Fourth	37.9	1,936	25.9	2,055
Highest (Richest)	41.3	1,522	33.9	1,690
Total	30.9	9,330	24.1	9,772

Figure 10.1 Trend in percentage of youth who said they have enough knowledge about sex: 1994, 2002 and 2013



Knowledge about reproduction

To test for actual knowledge, the respondents were asked several questions. One set of questions, adapted from the National Demographic and Health Survey, tested their knowledge of the timing of conception. Respondents were also asked whether they agreed or disagreed with the following series of statements about reproduction:

1. A girl can get pregnant before she experiences her first menstruation.
2. A woman can get pregnant from one unprotected sexual intercourse.
3. A girl can get pregnant if she engages in sexual intercourse any time during her menstrual cycle.
4. A woman cannot get pregnant if her partner did not ejaculate during sexual intercourse.

Results in Tables 10.2 and 10.3 show an overall poor level of knowledge about human reproduction among both males and females. Only 12 percent of males and 18.1 percent of females correctly identified the time during the menstrual cycle when a woman is most likely to conceive if she has sexual relations. Of the four statements above, only the second statement was correctly answered by a sizable majority (73.1% of males and 78.3% of females). The percentages who gave a correct answer to the three remaining statements (1, 3, and 4) are all below 36 percent.

Comparing by age group, place of residence, education, and SES among males, the results in Table 10.2 indicate that, in general, a

Knowledge and Sources of Information about Sex and Reproduction

slightly higher percentage of older youth, those residing in urban areas, the more educated, and those who come from richer households gave correct answers to the questions/statements on human reproduction. The ranking of the regions according to the percentage who gave the correct answers varies depending on the knowledge item considered. None of the regions consistently ranked lowest or highest for all or most of the knowledge items.

For females, the older youth and the more educated generally have a higher percentage of correct answers (Table 10.3). Unlike the male pattern, urban residents do not always outperform rural residents in the percentage of correct answers among females. The differential by SES does not follow a distinct pattern; those who belong to the higher SES groups do not necessarily know better. In contrast to the patterns found among males by region,

Table 10.2 Percent distribution of males by knowledge of when pregnancy is likely to occur by background characteristics

Background characteristics	Percent who correctly identified the time when a woman is most likely to get pregnant if she has sexual relations.	Percent who correctly answered that a girl can get pregnant before she experiences her first menstruation.	Percent who correctly answered that a woman can get pregnant from one unprotected sexual intercourse.	Percent who correctly answered that a woman can get pregnant even if her partner did not ejaculate during sexual intercourse.	Number of cases
Age					
15-19	11.6	26.9	69.9	35.3	5,730
20-24	12.8	31.8	78.1	36.1	3,567
Region					
Ilocos	12.1	22.5	57.3	32.8	471
Cagayan Valley	5.2	30.8	61.6	39.8	338
Central Luzon	13.6	45.2	78.7	30.9	945
CALABARZON	12.6	34.7	80.4	46.3	1,240
MIMAROPA	9.9	27.5	72.8	30.8	282
Bicol	16.3	31.7	64.4	27.5	515
Western Visayas	11.0	21.7	69.1	33.4	746
Central Visayas	19.1	17.4	66.7	41.9	740
Eastern Visayas	14.5	20.0	65.6	12.9	425
Zamboanga Peninsula	10.1	19.6	80.1	29.9	371
Northern Mindanao	12.8	24.7	75.7	37.5	447
Davao	8.7	28.3	77.0	38.2	444
SOCCSKSARGEN	8.5	20.9	73.0	47.9	436
CAR	7.3	22.8	63.4	36.8	170
ARMM	5.7	30.0	54.8	33.8	318
Caraga	7.8	27.0	73.2	44.6	265
NCR	12.3	33.9	85.7	32.3	1,144
Place of residence					
Urban	14.2	33.6	80.7	35.4	2,385
Rural	11.3	27.2	70.5	35.7	6,913
Educational attainment					
No schooling/Elementary	9.5	25.6	63.4	34.0	1,713
High school undergraduate	12.1	27.8	70.1	35.2	3,516
High school graduate/Vocational	12.0	29.3	77.3	37.0	2,386
College or higher	14.6	33.6	83.3	36.3	1,683
Socioeconomic status (Wealth quintile)					
Lowest (Poorest)	10.1	25.2	65.7	33.9	1,880
Second	11.1	25.4	68.3	37.0	1,911
Middle	12.9	28.2	72.4	37.5	2,089
Fourth	12.1	31.7	79.5	33.4	1,938
Highest (Richest)	14.5	34.7	80.8	36.3	1,525
Total	12.0	28.8	73.1	35.6	9,297

two regions—Central Luzon and CAR—are consistently in the top six, while Eastern Visayas is at the bottom of the list in three statements.

Altogether, these results show that Filipino youth are generally not knowledgeable about human reproduction. What is most surprising is that the percentage who gave correct answers to four of the five knowledge items is extremely low among the college educated. For instance, only 14.6 percent of college-educated males and

21.9 percent of college-educated females could correctly identify the time during the menstrual cycle when a woman is most likely to get pregnant if she has sexual relations.

Sources of information about puberty

Given these levels of knowledge, one could ask, “What could be the youth’s sources of information in matters pertaining to sexuality?”

Table 10.3 Percent distribution of females by knowledge of when pregnancy is likely to occur by background characteristics

Background characteristics	Percent who correctly identified the time when a woman is most likely to get pregnant if she has sexual relations.	Percent who agrees that a girl can get pregnant before she experiences her first menstruation.	Percent who agrees that a woman can get pregnant from one unprotected sexual intercourse.	Percent who agrees that a woman can get pregnant if her partner did not ejaculate during sexual intercourse.	Number of cases
Age					
15-19	15.1	28.5	74.8	31.2	5,609
20-24	22.2	30.4	83.1	33.0	4,114
Region					
Ilocos	19.9	24.9	68.3	37.4	467
Cagayan Valley	14.7	20.6	71.1	30.5	323
Central Luzon	27.6	38.1	85.6	41.0	1,084
CALABARZON	16.5	29.7	78.8	26.9	1,301
MIMAROPA	20.0	36.9	78.1	27.7	279
Bicol	24.7	38.2	73.3	31.6	573
Western Visayas	31.5	27.5	78.5	31.9	679
Central Visayas	20.5	13.5	71.8	28.5	673
Eastern Visayas	7.9	13.0	75.7	24.3	398
Zamboanga Peninsula	9.2	23.9	70.0	34.8	355
Northern Mindanao	7.1	19.6	76.1	36.1	473
Davao	8.9	17.3	86.4	34.9	510
SOCCKSARGEN	16.4	48.7	80.1	27.8	454
CAR	30.4	36.0	87.3	39.7	198
ARMM	21.9	23.2	52.3	27.5	344
Caraga	14.5	19.4	74.7	34.1	255
NCR	12.2	38.8	88.8	30.7	1,357
Place of residence					
Urban	16.9	33.7	84.7	31.3	2,811
Rural	18.6	27.5	75.8	32.2	6,912
Educational attainment					
No schooling/Elementary	14.0	28.6	70.0	37.9	913
High school undergraduate	14.4	28.5	72.3	32.7	3,474
High school graduate/Vocational	20.7	31.5	82.5	31.4	3,012
College or higher	21.9	28.0	85.2	29.3	2,322
Socioeconomic status (Wealth quintile)					
Lowest (Poorest)	16.2	26.7	72.4	31.5	1,952
Second	18.5	27.7	76.0	36.6	2,015
Middle	17.5	28.4	78.3	31.5	2,076
Fourth	16.6	32.4	81.0	28.9	2,060
Highest (Richest)	22.2	31.7	84.7	31.3	1,691
Total	18.1	29.3	78.3	32.0	9,723

Table 10.4 Percent distribution of youth by persons most helpful to them on what they know about puberty by background characteristics and by sex

Background characteristics	Male					Females												
	None	Father	Mother	Brother/ Sister	Other relatives	Friends	Others	Total	No. of Males	None	Father	Mother	"Brother/ Sister"	Other relatives	Friends	Others	Total	No. of Females
Age																		
15-19	27.3	17.5	23.7	4.1	4.8	17.2	5.6	100.0	5,727	7.1	1.5	70.5	6.6	8.2	3.4	2.6	100.0	5,615
20-24	30.2	17.5	20.0	4.9	4.4	18.0	5.0	100.0	3,568	9.2	1.4	72.4	4.7	7.4	3.0	1.9	100.0	4,145
Region																		
Ilocos	50.3	12.5	9.1	2.1	2.5	13.4	10.0	100.0	471	7.9	1.5	68.8	6.6	9.0	2.8	3.4	100.0	468
Cagayan Valley	29.4	23.7	24.0	3.6	3.3	12.2	3.9	100.0	337	9.6	1.9	73.6	4.3	7.1	2.8	0.6	100.0	322
Central Luzon	27.4	32.8	13.2	4.0	4.3	14.2	4.0	100.0	951	4.9	1.7	81.0	3.6	6.4	1.6	0.7	100.0	1,096
CALABARZON	24.9	14.3	21.1	4.2	4.1	22.4	9.0	100.0	1,239	10.3	0.7	67.6	9.0	6.0	3.1	3.3	100.0	1,304
MIMAROPA	19.0	25.0	27.1	4.9	5.3	15.5	3.2	100.0	284	5.8	1.8	78.0	6.1	5.8	1.4	1.1	100.0	277
Bicol	17.4	16.1	31.6	4.4	4.6	21.1	4.8	100.0	522	4.6	1.2	72.8	6.8	6.0	4.0	4.6	100.0	570
Western Visayas	28.3	16.7	29.9	5.7	3.0	12.0	4.4	100.0	756	6.7	1.3	71.3	4.3	7.7	4.9	3.9	100.0	718
Central Visayas	27.4	12.8	27.0	3.8	9.2	17.4	2.6	100.0	742	5.2	1.9	74.6	5.8	8.6	2.5	1.3	100.0	672
Eastern Visayas	30.8	13.6	23.8	4.2	4.5	17.9	5.2	100.0	425	15.5	1.5	60.5	7.0	7.8	5.8	2.0	100.0	400
Zamboanga Peninsula	48.5	14.9	12.5	3.5	1.9	14.1	4.6	100.0	369	14.7	0.6	67.7	5.1	7.4	3.7	0.8	100.0	353
Northern Mindanao	22.6	11.0	37.0	2.9	3.4	18.8	4.3	100.0	446	4.9	0.8	76.1	4.9	7.4	3.4	2.5	100.0	472
Davao	29.5	8.6	34.2	3.4	8.8	14.4	1.1	100.0	444	13.6	1.4	68.9	4.2	9.2	1.8	1.0	100.0	501
SOCCKSARGEN	31.9	16.2	18.1	2.8	4.6	16.2	10.2	100.0	432	8.2	1.8	75.2	3.8	8.2	2.0	0.9	100.0	452
CAR	44.4	15.2	8.2	3.5	3.5	15.8	9.4	100.0	171	6.1	1.5	70.4	9.7	6.6	3.1	2.6	100.0	196
ARMM	63.2	15.5	5.8	1.6	2.3	11.0	0.6	100.0	310	24.0	1.4	57.7	6.3	8.3	1.1	1.1	100.0	350
Caraga	19.0	16.0	30.8	2.7	6.5	20.9	4.2	100.0	263	5.1	1.6	74.0	6.7	7.1	4.7	0.8	100.0	254
NCR	15.0	20.6	20.7	8.7	4.9	24.3	5.8	100.0	1,136	3.5	2.0	69.4	5.4	11.4	4.7	3.6	100.0	1,348
Place of residence																		
Urban	21.4	19.3	21.5	6.6	4.3	20.7	6.2	100.0	2,376	4.9	1.7	71.9	5.6	8.8	3.9	3.2	100.0	2,811
Rural	30.8	16.8	22.6	3.6	4.8	16.4	5.1	100.0	6,921	9.3	1.4	71.1	5.9	7.4	3.0	2.0	100.0	6,949
Educational attainment																		
No schooling/Elementary	37.1	18.1	21.2	3.8	4.7	13.3	1.9	100.0	1,713	18.7	1.3	62.0	4.9	9.0	3.6	0.4	100.0	919
High school undergraduate	28.6	16.6	22.9	4.4	4.3	17.5	5.8	100.0	3,515	7.6	1.7	69.5	6.8	8.3	3.7	2.3	100.0	3,480
High school graduate/Vocational	25.4	18.1	20.9	4.8	6.2	18.7	6.0	100.0	2,397	7.8	1.4	72.7	5.9	7.6	2.5	2.1	100.0	3,040
College or higher	23.4	17.9	24.0	4.4	3.0	20.2	7.0	100.0	1,668	4.6	1.3	75.9	4.5	7.1	3.4	3.3	100.0	2,320
Socioeconomic status (Wealth quintile)																		
Lowest (Poorest)	33.9	17.1	23.3	2.9	4.1	14.7	3.9	100.0	1,865	12.1	1.3	69.9	5.2	6.9	3.0	1.6	100.0	1,948
Second	31.5	16.0	22.5	3.9	4.4	17.4	4.4	100.0	1,904	9.7	1.2	71.3	5.8	7.1	3.1	1.7	100.0	2,009
Middle	27.1	16.3	22.6	4.2	4.8	19.6	5.4	100.0	2,082	7.0	1.3	72.9	5.9	8.0	2.8	2.1	100.0	2,066
Fourth	25.2	20.4	20.8	5.6	4.9	17.2	5.9	100.0	1,935	6.1	2.1	70.5	5.9	8.1	3.6	3.6	100.0	2,055
Highest (Richest)	23.6	17.7	22.2	5.6	5.0	18.5	7.5	100.0	1,506	4.9	1.2	71.9	6.4	9.3	3.7	2.4	100.0	1,682
Total	28.4	17.5	22.3	4.4	4.6	17.5	5.3	100.0	9,295	8.0	1.5	71.3	5.8	7.8	3.2	2.3	100.0	9,760

There are several questions in YAFS4 designed to elicit information on the sources of information, including both persons and materials.

One question asked about the main person/s most helpful to the respondents in what they know about puberty. Table 10.4 shows that among males, 22.3 percent reported this person to be their mother, 17.5 percent cited their father, and another 17.5 percent mentioned their friends. However, almost 3 out of every 10 males said there is no particular person most helpful to them in what they know about puberty. Among females, about 7 in 10 reported this person to be their mother. Only 8 percent said that no particular person has been helpful to them.

Among male youth, the mother is more commonly mentioned by the younger youth, the college educated, and the rural residents. By region, mothers are mentioned by at least 25 percent of youth in MIMAROPA, Bicol, Western and Central Visayas, Northern Mindanao, Caraga, and Davao Region. Among female youth, the mother is more often mentioned by older youth and those with higher education. At least 75 percent of female youth in Central Luzon, MIMAROPA, Central Visayas, Northern Mindanao, and SOCCSKSARGEN reported their mother as their source of information about puberty.

Differences in the characteristics of those who reported having no one who was most helpful to them in what they know about puberty

Figure 10.2a Percent distribution of male youth's top five persons most helpful to them on what they know about puberty: 2002 and 2013

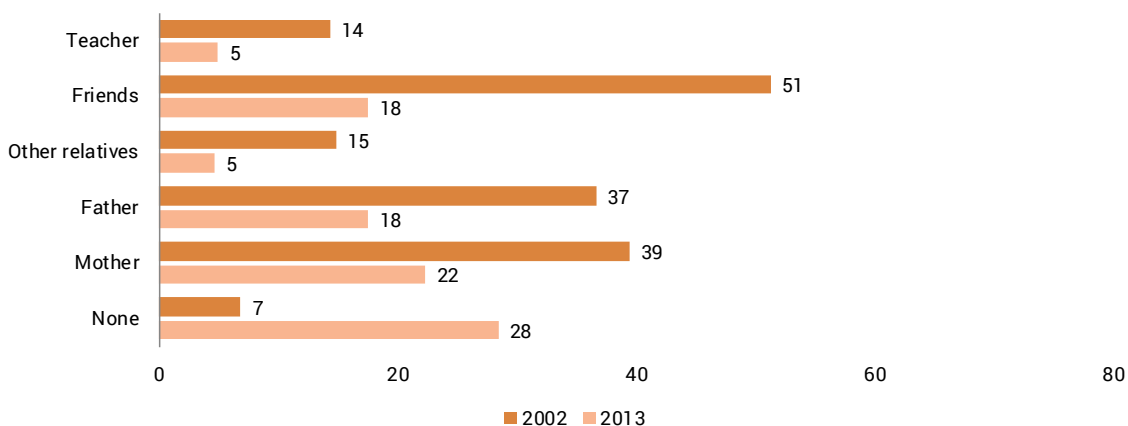
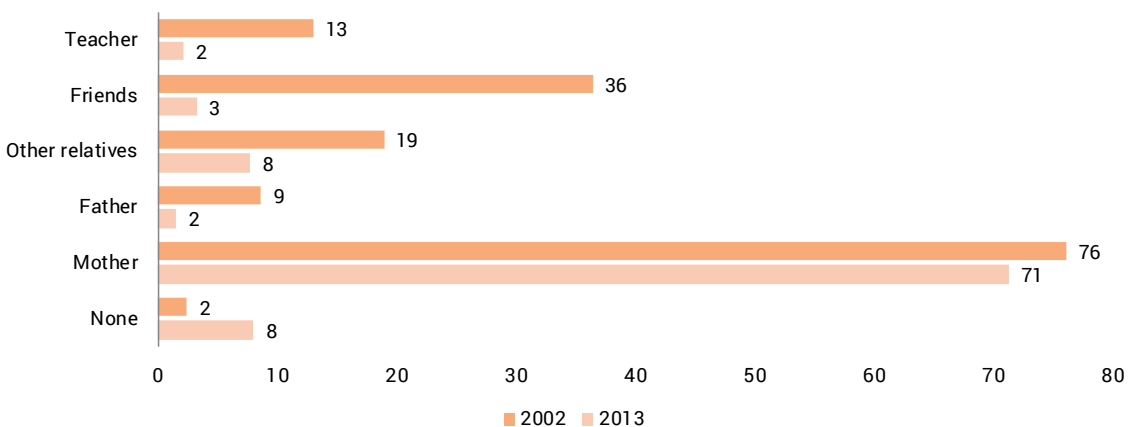


Figure 10.2b Percent distribution of female youth's top five persons most helpful to them on what they know about puberty: Females 2002 and 2013



are also important to highlight if programs are to be designed for these youth. More of the older youth, the rural residents, and those with lower educational attainment among both males and females belong to this category. Across regions, male youth in ARMM, Ilocos, and Zamboanga Peninsula and female youth in ARMM, Eastern Visayas, and Zamboanga Peninsula have the highest proportion who said no one was helpful to them in what they know about puberty.

Compared with data from 2002 and focusing on the five most commonly mentioned persons, Figures 10.2a and 10.2b show that for both males and females, fewer youth in 2013 reported their parents, teachers, friends, and other relatives as the most helpful persons to them in what they know about puberty. The proportion who reported that no one was helpful to them rose alarmingly over the past decade.

Respondents were also asked what their most important sources of information about puberty were (see Table 10.5). What is most striking about the results presented in Table 10.5 is that 45.7 percent of males and 43.4 percent of females reported no sources of information about puberty in the form of materials. Of those who did mention material sources of information, books and television are the most common answers, with more females mentioning books and more males mentioning television. By age, slightly more of the older youth reported having no material

sources compared with the younger youth. More of the older males mentioned television while more of the younger males mentioned books.

Across the regions, 78.1 percent of the males and 79.7 percent of the females in ARMM reported no material sources of information about puberty, the highest among the regions. Male youth in Central Luzon and Bicol and female youth from CAR and NCR have the lowest percentage (though still high at close to 30%) who reported no source. Among males, books are most frequently mentioned by residents of Western Visayas (22.5%) and Bicol (20.6%), while television is most commonly mentioned in Cagayan Valley, Central Luzon, and Bicol (higher than 30%). Among females, books are most popular among residents of Cagayan Valley and Bicol (both at 36.9%) and Western Visayas (36.1%), and television is most popular among those in Central Luzon (18.5%), Caraga (17.5%), and NCR (17.3%). In CAR, 18.9 percent of males and 21 percent of females relied on school charts/films; this source was also popular among Caraga males (19.8%) and Zamboanga Peninsula females (20.4%). Not surprisingly, males and females in NCR reported the highest percentages who relied on the Internet for information about puberty.

In terms of urban-rural differences, more youth in rural than urban areas reported no material source of information about puberty. Technology-based sources such as television and

Figure 10.3a. Percent distribution of male youth's top five material sources of information on puberty: 2002 and 2013

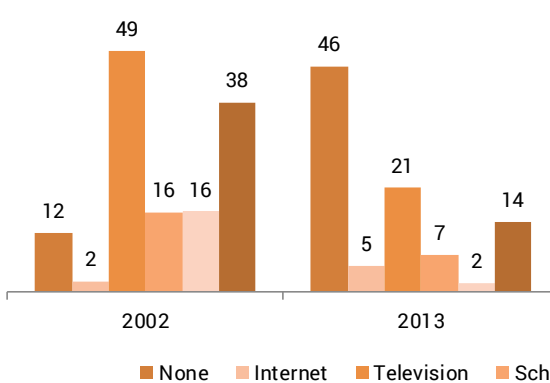


Figure 10.3b. Percent distribution of female youth's top five material sources of information on puberty: 2002 and 2013

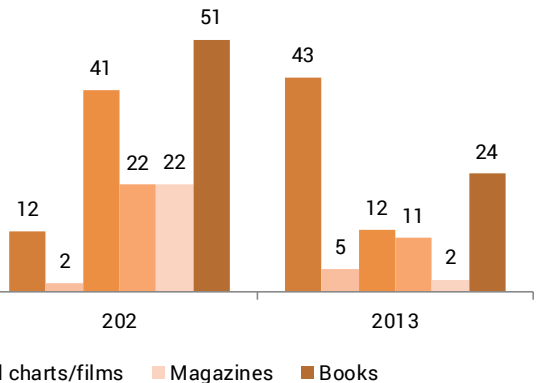


Table 10.5 Percent distribution of youth by most important (material) source of information on puberty by background characteristics and by sex

Background characteristics	Male						Females											
	None	Books	Television	School charts/ films	Internet	Magazines	Others	Total	No. of Males	None	Books	Television	School charts/ films	Internet	Magazines	Others	Total	No. of Females
Age																		
15-19	44.9	16.2	20.0	7.5	5.6	1.5	4.3	100.0	5,691	42.7	24.3	11.9	11.0	5.5	2.4	2.4	100.0	5,566
20-24	46.9	11.0	22.7	7.5	4.7	2.3	4.9	100.0	3,540	44.4	23.3	13.3	10.9	3.4	2.6	2.1	100.0	4,100
Region																		
Ilocos	67.5	13.2	8.9	1.7	5.3	1.7	1.7	100.0	471	54.1	23.4	7.3	6.9	3.4	3.0	1.9	100.0	466
Cagayan Valley	40.6	11.9	31.3	3.6	2.7	3.0	6.9	100.0	335	41.9	36.9	10.0	3.8	2.5	2.8	2.2	100.0	320
Central Luzon	28.8	13.5	32.5	10.3	6.9	2.1	5.9	100.0	933	38.0	15.6	18.5	18.4	2.6	4.5	2.4	100.0	1,090
CALABARZON	43.5	16.1	25.8	6.7	3.4	0.8	3.7	100.0	1,232	48.4	23.1	10.3	10.8	4.1	2.9	0.5	100.0	1,301
MIMAROPA	36.9	19.9	25.2	5.7	5.3	3.2	3.9	100.0	282	35.4	31.4	15.5	9.7	3.6	1.4	2.9	100.0	277
Bicol	29.8	20.6	34.4	2.3	4.2	2.1	6.5	100.0	520	35.7	36.9	14.8	4.6	3.9	2.6	1.6	100.0	569
Western Visayas	42.8	22.5	17.4	8.2	1.1	3.4	4.7	100.0	746	42.3	36.1	10.3	3.1	2.2	2.4	3.7	100.0	679
Central Visayas	57.7	16.4	6.8	3.3	5.7	3.7	6.5	100.0	737	44.2	27.7	8.7	6.9	6.0	3.6	2.8	100.0	667
Eastern Visayas	44.2	14.0	26.6	6.4	3.8	1.0	4.0	100.0	421	41.1	28.5	14.1	9.6	1.0	0.8	5.0	100.0	397
Zamboanga Peninsula	58.5	13.3	11.7	10.8	2.7	0.8	2.2	100.0	369	30.6	28.6	10.5	20.4	2.0	1.7	6.2	100.0	353
Northern Mindanao	48.5	12.4	14.4	16.0	3.2	0.9	4.5	100.0	443	55.2	17.8	11.4	10.1	1.9	1.1	2.6	100.0	466
Davao	56.2	6.4	21.2	4.6	5.7	0.9	5.0	100.0	438	61.8	12.0	10.4	10.2	2.2	1.4	1.8	100.0	498
SOCSCSARGEN	56.6	15.0	15.5	7.6	1.6	0.2	3.5	100.0	433	49.7	23.9	10.0	10.0	2.5	1.1	2.7	100.0	439
CAR	47.9	13.6	5.3	18.9	3.0	3.0	8.3	100.0	169	25.6	34.9	7.7	21.0	2.6	3.1	5.1	100.0	195
ARMM	78.1	5.2	10.0	2.3	1.0	0.0	3.5	100.0	310	79.7	13.7	3.7	2.0	0.9	0.0	0.0	100.0	350
Caraga	39.9	10.3	21.7	19.8	1.9	1.5	4.9	100.0	263	39.4	22.3	17.5	12.0	2.0	3.6	3.2	100.0	251
NCR	36.9	9.8	23.9	8.4	15.7	1.9	3.4	100.0	1,130	29.8	18.6	17.3	16.4	14.4	2.3	1.3	100.0	1,351
Place of residence																		
Urban	38.4	12.8	23.2	8.5	11.1	1.9	4.0	100.0	2,354	34.5	20.4	15.7	14.9	9.5	3.4	1.5	100.0	2,788
Rural	48.1	14.7	20.3	7.1	3.3	1.8	4.7	100.0	6,877	47.0	25.3	11.2	9.3	2.6	2.1	2.6	100.0	6,878
Educational attainment																		
No schooling/Elementary	62.3	8.3	19.3	2.3	1.3	1.0	5.6	100.0	1,716	66.2	11.7	12.1	4.1	0.9	1.2	3.8	100.0	911
High school undergraduate	46.0	15.7	20.1	8.5	4.7	1.7	3.5	100.0	3,497	46.9	22.9	11.4	10.5	4.0	1.8	2.4	100.0	3,464
High school graduate/Vocational	41.9	13.1	24.1	7.9	5.3	2.2	5.4	100.0	2,369	43.7	23.1	14.0	11.5	3.3	2.7	1.9	100.0	3,001
College or higher	32.8	18.8	20.5	10.1	10.8	2.4	4.4	100.0	1,650	28.8	31.1	12.2	13.6	8.6	3.8	1.9	100.0	2,291
Socioeconomic status (Wealth quintile)																		
Lowest (Poorest)	56.6	14.0	14.7	6.5	1.1	1.8	5.2	100.0	1,865	58.8	19.4	7.7	9.0	0.6	1.0	3.6	100.0	1,926
Second	48.3	12.8	21.9	6.0	2.8	2.2	6.0	100.0	1,889	47.4	24.3	12.5	9.0	2.4	2.4	2.2	100.0	1,987
Middle	42.8	14.7	23.2	9.1	4.7	1.3	4.2	100.0	2,068	41.6	26.6	13.2	10.6	3.7	2.2	2.2	100.0	2,044
Fourth	41.7	14.4	22.4	7.9	8.3	1.5	4.0	100.0	1,923	35.8	25.6	13.6	12.6	7.2	3.1	2.2	100.0	2,039
Highest (Richest)	37.7	15.4	23.1	7.7	10.6	2.6	3.1	100.0	1,488	32.4	23.3	15.6	13.9	9.7	4.0	1.1	100.0	1,668
Total	45.7	14.2	21.0	7.5	5.3	1.8	4.5	100.0	9,231	43.4	23.9	12.5	10.9	4.6	2.5	2.3	100.0	9,666

the Internet are reported by more youth in urban than rural areas. The patterns by education follow expectations that a higher percentage of less educated youth would report no sources compared with those with higher education; this is true for both males and females. Patterns by SES also indicate that higher percentages of youth from poorer families than youth from richer households reported having no sources of information.

A comparison of 2013 YAFS results with those from 2002 shows a shift in material sources (see Figures 10.3a and 10.3b). Mention of traditional media forms such as books and magazines, school charts or films, and television as sources of information declined from 2002 to 2013, while the percentage who cited the Internet as a material source of information increased sharply between the two periods.

Sources of information about sex

The youth were also asked to mention all their material sources of information about sex. As shown in Table 10.6, the most commonly mentioned among male youth are television (22.3%), the Internet (18.3%), and books (12.5%). The same sources were frequently mentioned by females but with a slightly different ranking: books (22.7%), television (18.5%), and the Internet (14.3%). In 2013, more than 4 in 10 youth (40.4% of males and 42.8% of females) mentioned no material sources of information on sex.

By age, more of the older males (24.7%) and females (20.3%) than their younger counterparts (20.8% for males and 17.2% for females) mentioned television, while more of the younger youth mentioned books, partly because most 15–19-year-olds are still in school. The Internet was reported by a higher percentage of younger females and older males. Similar to the patterns found earlier for sources of information about puberty, fewer youth from rural areas than urban areas reported the Internet as their source of information about sex. This is also validated by the higher percentages of youth from the more urbanized regions (NCR, CALABARZON, and Central Visayas) reporting the Internet as a source. Likewise, patterns found by education and SES reflect the association of access to the Internet for information about sex with higher education and higher SES.

The regions of NCR and ARMM again reveal a stark contrast with regard to sources of information about sex. In ARMM, 74.8 percent of males and 79.6 percent of females reported having no material sources of information on sex; in NCR, the corresponding percentages are 20 percent for males and 23.3 percent for females.

Trend data indicate that mention of the Internet as a source of information on sex has become more frequent over time, while mention of magazines declined from 1994 to 2013 (Figures 10.4a and 10.4b). There is no clear trend on the use of television, books, and school charts or films. A cause for concern is the steady

Figure 10.4a. Percent distribution of male youth's top five material sources of information about sex: 1994, 2002, and 2013

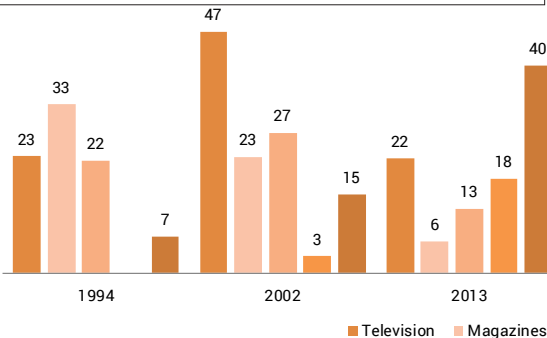


Figure 10.4b. Percent distribution of female youth's top five material sources of information about sex: 1994, 2002, and 2013

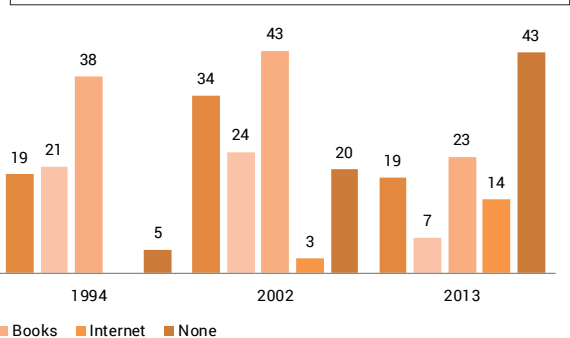


Table 10.6 Percent distribution of youth's (material) sources of information about sex by background characteristics and by sex

Background characteristics	Male						Females														
	None	Books	Television	School charts/films	Internet	Magazines	Radio	Movies	Others	No. of Males	None	Books	Television	School charts/films	Internet	Magazines	Radio	Movies	Others	No. of Females	
Age																					
15-19	41.0	13.2	20.8	5.2	17.7	5.5	2.7	6.0	10.2	5,744	42.9	23.7	17.2	6.7	14.9	6.0	2.0	2.1	7.5	5,622	
20-24	39.6	11.3	24.7	3.2	19.3	6.8	3.2	6.6	11.8	3,587	42.8	21.4	20.3	4.5	13.5	8.2	2.0	2.6	10.5	4,143	
Region																					
Ilocos	63.4	10.7	13.1	1.1	15.3	4.1	1.5	1.7	5.7	471	49.4	22.8	10.4	4.8	11.6	6.7	.6	.7	4.7	467	
Cagayan Valley	38.9	12.8	31.5	2.9	7.4	10.9	2.3	17.2	9.1	342	43.4	32.4	16.5	1.6	8.5	6.7	2.4	2.7	9.5	323	
Central Luzon	21.3	10.6	39.2	6.7	15.4	7.0	3.4	4.9	10.8	949	40.9	22.8	23.1	5.8	12.4	6.6	2.0	1.6	9.8	1,095	
CALABARZON	35.7	13.0	21.0	2.5	23.8	4.4	3.3	11.6	11.7	1,237	46.3	19.2	12.9	5.3	13.9	8.7	1.5	2.9	8.3	1,294	
MIMAROPA	33.5	14.8	28.7	3.4	14.2	10.7	1.8	8.9	13.0	282	35.5	25.8	21.0	4.5	9.7	6.8	2.5	3.6	10.0	279	
Bicol	24.7	17.8	40.3	1.7	14.3	6.7	2.3	9.7	11.7	516	34.9	30.7	30.8	3.2	11.2	8.7	3.3	4.1	9.3	573	
Western Visayas	46.8	14.7	19.6	5.7	6.0	8.5	5.3	3.0	11.2	761	45.3	29.7	16.7	2.9	8.4	10.2	2.1	2.4	8.6	716	
Central Visayas	51.7	17.4	6.2	1.2	16.5	7.1	2.1	2.3	9.8	741	43.3	23.4	13.1	3.3	17.1	7.8	1.4	2.7	11.3	673	
Eastern Visayas	39.8	13.7	31.7	2.7	14.7	7.3	3.5	13.3	9.7	427	41.1	20.3	23.9	8.8	8.9	7.3	4.5	2.8	12.4	401	
Zamboanga Peninsula	53.7	13.2	17.4	8.0	9.6	4.3	1.9	2.7	5.5	371	34.6	32.7	17.9	12.2	6.7	5.6	3.9	5.9	14.3	354	
Northern Mindanao	48.9	6.9	22.2	11.8	11.6	4.5	3.3	2.5	7.9	447	56.7	11.8	15.0	2.9	9.0	5.3	1.3	1.3	7.4	470	
Davao	54.1	5.5	21.3	2.6	19.2	4.0	2.9	10.0	10.9	444	62.8	15.8	13.9	6.5	9.2	4.3	2.3	1.9	7.4	510	
SOCSESKARGEN	58.0	13.7	16.2	6.1	7.4	1.9	2.3	0.7	6.3	440	53.5	22.8	15.0	9.2	5.2	3.4	1.3	1.3	7.8	456	
CAR	49.5	14.2	13.1	8.7	8.9	7.0	3.8	1.9	11.3	172	25.5	32.7	17.8	15.6	12.5	10.4	3.0	1.8	23.0	197	
APMM	74.8	6.8	10.5	1.2	2.9	2.6	1.3	2.4	5.6	315	79.6	10.0	5.2	1.2	4.3	1.2	.0	1.4	2.1	347	
Caraga	39.0	8.3	26.0	12.3	12.0	3.7	3.4	5.5	8.8	265	35.8	27.4	23.6	4.6	8.2	6.3	3.2	2.5	9.3	255	
NCR	20.0	12.6	18.0	4.3	49.2	6.7	2.9	5.2	18.6	1,150	23.3	20.8	26.6	8.6	37.0	6.9	1.5	1.5	6.2	1,356	
Place of residence																					
Urban	26.7	12.2	21.5	5.3	37.0	6.2	2.6	5.6	14.9	2,392	31.7	23.2	22.8	7.0	27.0	7.3	2.2	2.0	8.9	2,819	
Rural	45.2	12.6	22.6	4.1	11.9	5.9	3.0	6.5	9.4	6,940	47.4	22.5	16.8	5.3	9.2	6.8	1.9	2.4	8.7	6,946	
Educational attainment																					
No schooling/Elementary	59.4	6.8	19.2	1.3	4.1	3.0	3.7	5.0	8.3	1,723	65.8	9.8	15.8	1.8	3.0	2.2	3.1	1.4	8.4	912	
High school undergraduate	42.2	12.4	22.0	5.6	15.1	4.9	2.1	5.6	10.5	3,522	48.5	20.8	15.5	6.5	9.7	4.7	1.5	1.8	7.4	3,486	
High school graduate/Vocational	34.7	11.4	26.0	4.1	19.2	7.4	4.3	7.4	14.1	2,399	41.9	21.5	21.6	4.0	12.0	6.8	2.4	2.4	11.0	3,039	
College or higher	25.7	19.9	20.9	5.7	38.3	9.3	2.0	7.2	9.3	1,687	26.5	32.2	20.1	8.7	28.8	12.4	1.6	3.3	8.0	2,327	
Socioeconomic status (Wealth quintile)																					
Lowest (Poorest)	57.4	9.4	16.9	4.9	4.9	4.5	2.7	4.4	7.6	1,865	58.2	17.2	12.6	3.9	4.8	4.4	2.5	1.9	8.5	1,926	
Second	45.8	11.8	24.9	3.5	8.0	5.4	3.6	7.2	11.2	1,889	47.2	23.0	18.8	4.9	7.2	6.8	1.8	2.0	10.4	1,987	
Middle	38.0	14.0	23.9	4.4	17.3	5.7	3.7	6.5	10.9	2,068	44.4	21.6	19.1	6.2	11.5	5.6	2.3	2.0	8.9	2,044	
Fourth	31.2	12.8	24.6	4.4	26.3	6.8	2.5	6.8	13.2	1,923	33.7	24.8	22.6	6.6	22.2	7.7	1.7	2.7	8.7	2,039	
Highest (Richest)	27.8	14.8	20.8	5.0	39.1	7.9	1.8	6.6	10.9	1,488	29.3	27.3	19.3	7.5	27.5	10.9	1.4	3.0	6.9	1,668	
Total	40.4	12.5	22.3	4.4	18.3	6.0	2.9	6.2	10.8	9,332	42.8	22.7	18.5	5.8	14.3	6.9	2.0	2.3	8.8	9,765	

increase from 1994 to 2013 in the percentage of youth who said they had no material sources of information on sex.

Persons to consult for questions on sex

When asked about the persons the youth would most likely consult for questions about sex, half of the males reported they would consult their friends, 15.2 percent said they would consult their father, and 11.1 percent said they would consult their mother (Table 10.7). Among females, 43.1 percent said they would consult their mother, and 25.9 percent said they would consult their friends. More of the 15–19-year-olds would consult their father or mother compared with the older youth. Almost a fourth (23.7%) of the males and a fifth (19.6%) of the females reported they would consult no one for questions about sex.

By region, the majority of male youth from CALABARZON (64.2%) and NCR (59.3%) reported they would consult their friends. In Central Luzon, 24.3 percent of the male youth said they would consult their father, while in Bicol, 20.6 percent of the male youth said they would consult their mother. Around 11 percent each from MIMAROPA, Northern Mindanao, and NCR said they would also consult health professionals. Among female youth, one eighth each from MIMAROPA and CALABARZON reported they would consult their father, 58.3 percent from Central Luzon said they would consult their mother, and 36.7 percent and 35.3

percent from NCR and Bicol, respectively, said they would consult their friends. Again, ARMM has the highest percentages of male (58.5%) and female (53.2%) youth who reported they would consult no one. In NCR, 13 percent of males and 7.6 percent of females reported that they would consult no one. These regional variations are also reflected in the urban-rural pattern, where the rural youth reported higher percentages who would consult no one for questions they may have regarding sex.

Consulting their friends is more common among those with higher education than those with lower education for both males and females. In contrast, more youth with lower education reported they would likely consult no one if they have questions about sex. A similar pattern is found by SES, where more youth from poorer households reported they would likely consult no one compared with youth from richer households.

While friends are the most frequently mentioned persons to consult for questions about sex, the percentage who reported this source declined from 2002. In contrast, more youth reported they would consult their father, mother, spouse/partner or boyfriend/girlfriend, and medical professionals in 2013. Despite this, more youth in 2013 also reported that they would consult no one (Figures 10.5a and 10.5b).

Prompted by the ongoing debates on the role of parents and the school in providing sexuality education in connection with the crafting of the Reproductive Health Bill at the time the survey questions were being formulated, Director Tomas

Figure 10.5a. Percent distribution of male youth's top five persons to consult for questions about sex: 2002 and 2013

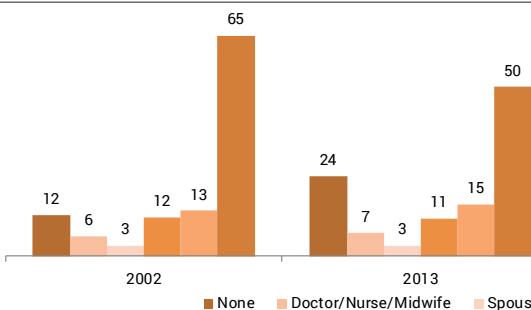


Figure 10.5b. Percent distribution of female youth's top five persons to consult for questions about sex: 2002 and 2013

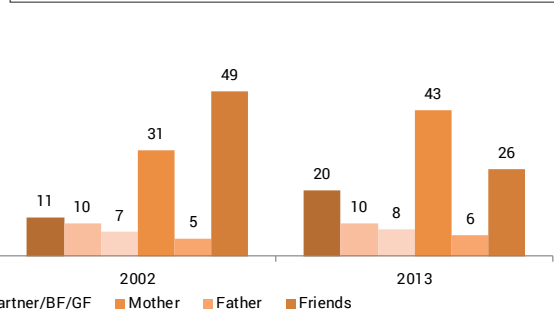


Table 10.7 Percent distribution of youth by persons they would most likely consult for questions about sex

Background characteristics	Male											Females											
	None	Father	Mother	Brother	Sister	Other relatives	Spouse/ Partner/ BF/GF	Friends	Doctor/ Nurse/ Midwife	Others	No. of Males	None	Father	Mother	Brother	Sister	Other relatives	Spouse/ Partner/ BF/GF	Friends	Doctor/ Nurse/ Midwife	Others	No. of Females	
Age																							
15-19	23.1	17.0	12.6	4.7	0.8	4.1	2.0	49.5	6.9	4.5	5,761	19.2	8.3	48.4	1.2	9.0	7.2	3.4	25.7	7.7	5.0	5,627	
20-24	24.5	12.2	8.6	5.4	0.8	3.6	5.1	50.9	9.5	2.7	3,593	20.1	3.7	35.9	.5	7.7	5.1	14.3	26.0	15.1	2.4	4,151	
Region																							
Ilocos	46.2	4.3	4.4	2.3	0.5	4.3	2.6	43.3	4.9	1.1	472	22.3	5.0	36.4	1.5	8.3	6.5	10.4	27.8	7.3	3.0	469	
Cagayan Valley	35.4	19.2	8.8	4.0	0.5	6.7	3.0	42.3	4.6	2.5	344	25.2	6.2	41.6	.8	4.1	6.2	8.9	22.2	10.2	3.4	325	
Central Luzon	19.5	24.3	9.4	5.3	0.7	4.1	2.6	47.2	9.1	2.2	953	17.8	3.4	58.3	.7	8.7	7.2	9.5	18.2	10.7	3.1	1,096	
CALABARZON	14.4	13.3	8.8	3.6	0.6	2.4	2.7	64.2	4.1	6.4	1,239	20.8	12.4	46.2	1.2	8.0	4.3	6.4	20.2	9.5	3.8	1,288	
MIMAROPA	21.4	18.7	15.1	4.8	0.5	4.0	1.9	45.3	11.8	4.0	283	11.5	12.0	54.9	2.2	9.8	6.2	6.9	19.0	12.9	4.9	279	
Bicol	14.0	17.8	20.6	5.5	0.6	3.8	4.4	48.6	7.0	3.1	520	11.9	9.1	53.0	.5	14.8	8.1	4.7	35.3	9.9	5.3	573	
Western Visayas	32.2	11.6	14.1	7.7	0.9	4.4	1.8	36.3	5.6	3.8	764	23.3	2.9	41.4	.7	5.9	6.6	6.4	25.7	5.6	2.5	716	
Central Visayas	17.2	13.1	12.0	2.9	1.0	5.3	4.5	56.5	9.9	2.0	741	11.7	6.2	40.9	.0	5.6	6.5	10.5	31.9	13.7	4.1	673	
Eastern Visayas	23.9	15.4	13.2	5.6	1.1	4.3	5.7	54.4	8.8	3.7	427	23.9	5.7	28.7	1.5	7.9	6.7	11.5	28.2	11.3	3.9	401	
Zamboanga Peninsula	33.2	9.4	4.1	3.8	0.8	3.3	3.9	51.1	6.2	3.5	372	25.3	4.3	41.1	1.0	8.7	4.9	7.6	22.0	11.9	4.5	355	
Northern Mindanao	17.4	12.4	16.0	5.4	0.7	3.9	3.2	45.8	10.8	1.9	447	23.5	4.4	37.0	1.3	3.6	3.5	3.5	20.2	14.6	4.0	473	
Davao	30.9	8.7	6.9	7.4	1.7	5.0	4.6	54.7	8.6	4.6	445	29.5	5.0	31.5	.3	11.3	5.3	5.8	31.7	11.5	6.1	514	
SOCCKSARGEN	27.9	18.4	12.7	3.7	0.9	4.2	1.8	38.6	8.1	9.5	440	27.0	3.5	40.3	1.3	6.8	2.9	8.3	18.5	15.9	4.8	460	
CAR	29.7	11.5	3.8	7.2	0.0	4.9	3.0	47.1	8.8	3.4	172	12.0	4.1	38.2	.2	12.3	6.0	10.8	32.2	20.3	4.0	197	
ARMM	58.5	12.4	2.4	3.4	0.0	3.2	2.2	23.5	9.5	2.2	320	53.2	.8	24.8	.4	10.0	1.2	9.6	9.6	4.6	2.4	347	
Caraga	19.8	11.5	14.3	3.6	1.4	2.8	1.9	49.4	6.1	3.6	265	14.8	6.3	36.0	1.2	8.8	5.0	7.9	31.3	11.6	2.2	255	
NCR	13.0	20.9	14.0	6.6	0.8	3.3	3.8	59.3	11.6	4.1	1,151	7.6	7.6	44.8	1.0	9.4	11.1	9.1	36.7	11.4	4.2	1,357	
Place of residence																							
Urban	16.9	18.7	12.7	6.3	0.9	3.5	3.5	53.8	10.1	4.4	2,396	13.1	6.7	45.1	1.1	8.9	9.2	8.4	31.5	10.9	4.5	2,822	
Rural	26.0	14.0	10.5	4.5	0.7	4.1	3.1	48.8	7.2	3.6	6,957	22.3	6.2	42.2	.8	8.2	5.2	7.9	23.6	10.8	3.6	6,956	
Educational attainment																							
No schooling/Elementary	32.6	14.2	10.0	5.0	0.9	4.9	4.8	40.9	5.4	1.1	1,726	32.3	2.2	34.2	.7	5.9	6.5	11.7	18.4	7.1	1.8	909	
High school undergraduate	24.9	15.0	11.6	5.4	0.6	3.8	2.3	49.5	6.0	4.3	3,529	22.4	8.3	45.5	.9	8.4	6.0	5.7	20.6	8.3	4.2	3,492	
High school graduate/Vocational	19.5	16.5	10.9	4.9	0.9	4.5	3.1	54.0	9.2	3.3	2,411	17.6	5.4	41.9	.7	8.8	6.7	11.1	26.6	12.3	2.4	3,043	
College or higher	17.9	14.8	11.4	4.0	1.0	2.4	3.5	55.0	12.6	6.3	1,687	13.2	6.2	44.5	1.3	8.8	6.4	5.9	35.7	14.4	6.2	2,334	
Socioeconomic status (Wealth quintile)																							
Lowest (Poorest)	30.6	13.5	10.2	4.2	0.5	3.5	3.2	43.4	6.4	2.6	1,884	30.2	3.7	36.5	.4	5.6	4.4	9.7	19.6	9.6	2.1	1,949	
Second	25.8	15.0	13.0	4.6	0.6	4.1	3.0	48.1	7.4	3.3	1,913	21.2	6.7	43.0	.7	7.9	5.8	8.6	22.7	10.9	3.1	2,009	
Middle	22.5	13.6	10.1	5.5	1.0	4.4	3.4	52.0	7.1	4.8	2,090	17.7	7.3	44.9	.8	9.2	5.4	8.1	25.1	11.0	5.0	2,075	
Fourth	20.0	16.0	10.8	6.2	0.7	4.5	3.0	54.3	9.2	3.8	1,941	14.0	7.1	46.6	1.6	9.1	8.7	7.7	30.6	11.7	4.8	2,057	
Highest (Richest)	18.7	18.5	11.4	4.1	1.1	3.0	3.3	52.6	9.9	4.5	1,526	14.7	6.9	44.3	1.3	10.4	7.6	5.6	32.1	10.9	4.5	1,689	
Total	23.7	15.2	11.1	4.9	0.8	3.9	3.2	50.0	7.9	3.8	9,354	19.6	6.3	43.1	.9	8.4	6.3	8.0	25.9	10.9	3.9	9,778	

Osias of the Commission on Population requested for the addition of one question on the youth's preferred sources of information on sex and reproduction. The question was as follows: "If you had a choice, would you like to learn about sex and reproduction from ...?" A list of possible persons was given, to which the respondent could answer yes or no. From a programmatic standpoint, this will be useful information so that programs will be better targeted.

Table 10.8 shows that the youth most commonly preferred to learn about sex and reproduction from friends of the same sex (64.7% for males and 54.5% for females). Half of the females and 33.8 percent of the males would like to learn from medical professionals. Parents still play a role, especially for females, half of whom said they would like to learn from their mother. For males, 29 percent would like to learn from their father, and 18.5 percent would like to learn from their mother. Again, there is a segment of youth who, given the choice, would still not want to learn about sex and reproduction from any person, consistently giving an answer of "no" to all the persons mentioned. They constitute about 20 percent of the youth, more of them from the rural areas, those with lower education, and those belonging to the poorer households.

By region, at least 70 percent of males from CALABARZON, Central Luzon, SOCCSKSARGEN, and NCR prefer to learn from their male friends. At least 55 percent of females from NCR, CAR, and Central Luzon prefer to learn from their mother. It is notable that 24 percent of the male youth from ARMM would like to learn about sex

and reproduction from their imam or religious leaders. Among the regions, ARMM youth have the highest percentage who prefer none of the given choices as sources of information on sex and reproduction (36.2% for males and 49.3% for females).

Discussion of sex at home

It is often argued in the Philippine context that knowledge and values about sex should begin to be inculcated in the home for the youth to get proper guidance from their parents. Data in Table 10.9 show that despite such pronouncements, only 10 percent reported that sex was ever discussed at home while they were growing up; the proportion was higher among older youth, urban residents, the more educated, and those from richer households. Across the regions, the highest proportion who discussed sex at home while growing up is in the NCR (20% among males and 16% among females), while the lowest is in ARMM (3.1% among males and 6.3% among females).

Trend data in Figure 10.6 show that the proportion of youth who ever discussed sex at home while growing up has declined in the last 10 years, with the percentage for males and females converging at 10 percent in 2013.

Persons to help with sex-related problems in school

The youth who were still in school at the time of the survey were asked if there was

Figure 10.6 Percent of youth who ever discussed sex at home by sex: 1994, 2002 & 2013

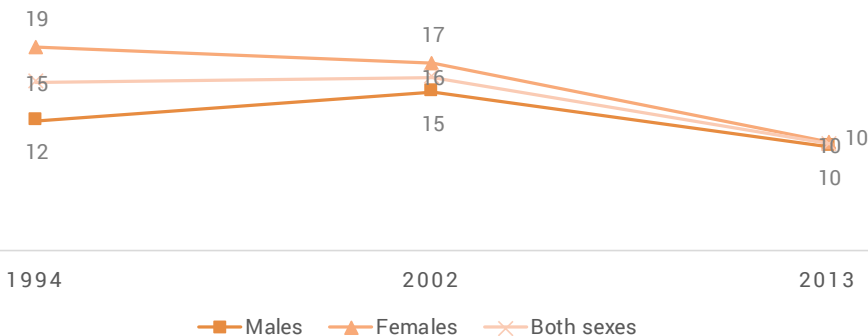


Table 10.8 Percent distribution of youth by preferred persons to consult for questions about sex and reproduction by background characteristics and by sex

Background characteristics	Male						Females															
	Father	Mother	Brother	Sister	Friends of same sex	School teachers	Inmam/ Religious leaders	Medical professionals	None	No. of Males	Father	Mother	Brother	Sister	Friends of same sex	School teachers	Inmam/ Religious leaders	Medical professionals	None	No. of Females		
Age																						
15-19	28.5	18.2	19.8	6.6	63.2	20.0	17.9	7.8	31.1	23.1	5.741	14.0	50.1	8.5	32.4	51.7	12.6	30.6	16.2	47.8	25.5	5,629
20-24	30.0	19.0	24.8	8.7	67.0	26.4	20.8	9.7	38.2	21.4	3,584	12.4	49.5	8.2	36.0	58.3	15.1	28.6	15.6	55.6	20.4	4,144
Region																						
Ilocos	10.8	5.7	10.3	1.8	50.7	11.9	6.1	1.3	17.3	42.4	471	7.7	39.6	6.3	22.4	46.5	9.6	18.0	8.2	42.2	29.4	466
Cagayan Valley	22.4	9.0	15.6	2.1	55.0	10.3	13.1	6.8	16.7	31.7	344	14.3	44.7	6.8	21.2	41.6	8.7	20.5	10.0	37.1	34.3	324
Central Luzon	41.3	17.3	25.2	6.0	71.9	13.2	18.5	3.1	26.0	14.4	963	11.6	68.2	6.0	38.6	54.3	7.4	28.6	13.2	50.4	14.2	1,097
CALABARZON	24.8	14.2	17.2	5.9	74.7	28.1	20.1	7.7	27.9	17.8	1,222	17.0	53.5	9.5	39.4	54.2	13.3	36.8	18.7	63.1	22.6	1,297
MIMAROPA	37.3	25.7	29.3	12.4	54.2	22.6	21.2	13.0	41.9	30.7	283	19.7	54.1	15.0	38.9	48.8	14.6	33.4	21.0	55.0	27.1	279
Bicol	36.6	27.0	31.6	8.9	68.6	24.0	24.4	11.9	54.9	14.0	519	19.4	53.0	14.2	42.5	63.9	16.6	36.0	21.5	56.9	17.3	571
Western Visayas	29.2	22.6	22.8	7.6	61.5	15.7	13.9	5.8	28.5	23.0	761	10.4	45.4	8.1	30.8	53.7	13.9	26.3	8.9	43.7	27.6	717
Central Visayas	26.0	20.2	20.7	9.9	63.1	23.1	11.5	5.5	36.5	19.7	736	14.4	51.8	6.7	30.6	51.8	13.3	28.6	14.0	56.3	24.8	671
Eastern Visayas	20.8	14.3	18.1	7.0	59.7	26.7	13.3	5.6	29.5	28.2	427	12.8	38.9	6.7	30.1	59.7	11.2	23.1	10.9	43.8	24.5	401
Zamboanga Peninsula	21.5	9.2	17.9	3.9	66.4	17.0	14.9	6.1	30.6	21.5	372	8.1	34.9	4.8	27.1	39.8	9.8	24.0	5.9	42.0	41.5	355
Northern Mindanao	30.3	23.4	18.8	9.9	53.4	23.9	18.2	7.2	33.6	28.3	447	13.6	41.9	9.2	24.1	36.4	9.9	23.5	15.5	36.2	34.7	472
Davao	20.1	14.7	20.2	9.0	65.4	27.9	21.0	11.1	44.1	24.8	445	9.2	45.1	4.9	31.5	60.0	14.4	24.7	14.3	44.8	22.6	510
SOCCSKSARGEN	36.1	26.1	23.1	7.5	70.5	26.0	25.7	11.6	35.3	18.3	440	9.2	45.2	6.8	24.0	36.5	7.9	13.3	8.5	34.9	32.6	459
CAR	20.1	12.8	23.3	5.7	66.2	19.2	19.5	9.5	36.3	22.5	171	9.1	56.7	7.7	45.2	68.2	14.6	30.2	15.8	58.0	14.2	196
ARMM	20.3	3.8	20.2	1.2	38.3	3.2	4.7	24.0	24.6	36.2	321	1.0	28.5	1.2	25.2	24.3	2.4	7.1	1.3	21.7	49.3	347
Caraga	24.4	22.0	25.4	13.6	67.8	32.9	16.6	11.3	26.7	23.4	264	11.9	40.6	5.2	32.2	57.5	11.1	23.1	11.9	40.6	22.3	254
NCR	40.0	28.3	27.0	10.6	70.0	34.9	35.6	13.6	51.0	18.7	1,149	18.4	55.0	12.9	42.0	77.7	28.1	49.5	32.9	70.8	8.6	1,356
Place of residence																						
Urban	36.6	24.3	25.9	9.6	69.4	30.4	29.9	12.2	44.8	18.6	2,392	15.6	53.5	9.8	36.6	66.3	20.4	40.5	24.7	61.1	15.1	2,821
Rural	26.4	16.5	20.3	6.7	63.0	19.7	15.3	7.3	30.1	23.7	6,932	12.4	48.4	7.8	32.9	49.8	10.9	25.4	12.4	47.1	26.7	6,952
Educational attainment																						
No schooling/Elementary	24.8	14.9	22.9	6.6	57.4	14.4	8.6	6.0	20.0	31.8	1,725	7.6	37.0	5.7	25.4	36.0	6.0	13.4	5.9	28.1	39.9	916
High school undergraduate	27.4	18.4	20.4	6.8	60.8	19.5	16.9	7.0	30.2	25.0	3,517	13.2	46.5	8.5	31.6	47.3	11.6	26.2	13.8	43.7	29.1	3,487
High school graduate/Vocational	29.3	17.7	23.7	8.3	70.7	24.2	19.6	8.2	35.7	18.0	2,398	13.5	53.2	9.1	37.8	57.5	13.2	29.3	15.1	56.0	19.4	3,041
College or higher	36.6	23.7	20.8	8.2	71.7	34.4	33.2	14.9	52.9	13.9	1,684	15.5	55.6	8.2	35.6	68.6	20.3	42.2	24.3	65.0	13.5	2,328
Socioeconomic status (Wealth quintile)																						
Lowest (Poorest)	23.5	15.3	18.0	6.0	57.8	14.1	10.9	6.8	24.7	28.3	1,889	8.3	41.2	5.9	26.6	40.2	7.1	17.0	7.5	36.3	35.7	1,954
Second	27.6	18.5	21.5	8.3	63.8	21.3	14.7	7.6	29.1	23.3	1,916	12.1	48.6	7.5	32.1	49.2	9.3	22.9	11.5	44.0	26.9	2,022
Middle	27.1	16.0	20.4	6.6	63.1	18.6	17.0	6.7	33.3	24.6	2,091	13.0	50.1	7.3	35.4	54.4	13.0	30.2	16.4	53.6	21.5	2,081
Fourth	32.2	21.6	25.9	8.1	69.5	27.8	25.9	9.9	39.2	18.5	1,942	15.8	52.2	10.5	35.1	61.8	17.5	37.3	20.7	59.0	18.9	2,061
Highest (Richest)	36.5	22.1	23.3	8.3	70.3	32.6	28.3	12.7	45.0	16.0	1,527	17.9	58.2	11.0	41.3	68.7	22.5	43.0	24.8	64.1	12.7	1,692
Total	29.0	18.5	21.7	7.4	64.7	22.5	19.0	8.5	33.8	22.4	9,365	13.3	49.9	8.4	33.9	54.5	13.7	29.8	16.0	51.1	23.4	9,809

anybody in their school who could help them with a sex-related problem in case they were confronted with one. Half of them answered in the affirmative (44.1% among males and 58.8% among females; Table 10.10). Asked to identify who these persons are, 75.4 percent of the males and 72.5 percent of the females reported that the person would be a classmate/friend (Table 9.10). Other persons mentioned were teachers (57.4%

among males and 70.4% among females) and guidance counselors (36.3% for males and 43.2% for females). One third reported that the person would be the school doctor or nurse (33.3% for males and 35.5% for females).

Since only half of those still in school reported that they have someone in school who can help them with problems about sex, it should therefore be emphasized that the other half reported that no one in their school can help them with a sex-related problem should they ever face one (Table 10.11). Also worth noting is that this percentage is higher among the 15–19-year-olds, the rural residents, those with lower educational attainment, and the poorer youth. Special mention should also be made of ARMM, since the majority (93.1% of males and 83.6% of females) are in this category.

Figure 10.7 shows the trend from 1994 to 2013 in the percentage who reported that there is someone in school who can help them with a sex-related problem. In general, the percentage has been on a steady decline, from 67 percent in 1994 to 52 percent in 2013.

Table 10.9 Percent of youth who ever discussed 'sex' at home by background characteristics and by sex

Background Characteristics	Males		Females	
	Percent of youth who ever discussed 'sex' at home	Number	Percent of youth who ever discussed 'sex' at home	Number
Age				
15-19	8.7	5,745	9.0	5,617
20-24	10.9	3,584	11.2	4,143
Region				
Ilocos	4.7	470	6.9	466
Cagayan Valley	5.8	342	9.5	325
Central Luzon	8.6	952	9.5	1,094
CALABARZON	12.9	1,237	10.0	1,298
MIMAROPA	13.8	283	11.5	279
Bicol	9.8	520	10.5	574
Western Visayas	7.5	748	8.2	709
Central Visayas	7.2	741	10.0	673
Eastern Visayas	6.6	427	8.5	390
Zamboanga Peninsula	7.5	371	5.9	353
Northern Mindanao	5.1	447	8.5	472
Davao	4.0	445	6.6	513
SOCCSKSARGEN	8.2	438	5.5	458
CAR	5.8	171	16.2	197
ARMM	3.1	320	6.3	348
Caraga	9.4	265	12.2	255
NCR	20.0	1,151	16.0	1,357
Place of residence				
Urban	16.5	2,395	13.5	2,823
Rural	7.1	6,933	8.5	6,936
Educational attainment				
No schooling/Elementary	6.2	1,719	7.6	912
High school undergraduate	8.0	3,515	7.5	3,483
High school graduate/Vocational	10.2	2,411	9.5	3,031
College or higher	15.2	1,685	15.1	2,332
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	5.7	1,879	7.6	1,940
Second	7.6	1,903	6.0	2,009
Middle	7.5	2,088	10.0	2,067
Fourth	11.5	1,938	12.1	2,054
Highest (Richest)	17.0	1,522	14.5	1,692
Total	9.6	9,329	9.9	9,760

Figure 10.7 Percentage of youth in school who said there is somebody in school who can help with a sex-related problem: 1994, 2002 & 2013

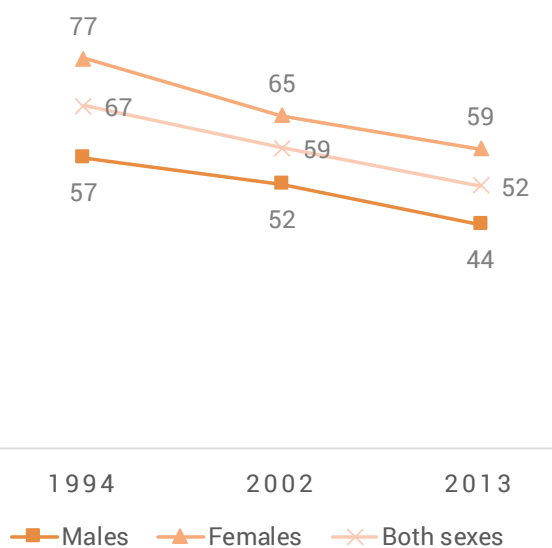


Table 10.10 Percent distribution of youth in school by persons in school who can help them for problems about sex by background characteristics and by sex

Background characteristics	Male					Female						
	Classmate/ Friend	Teacher/ Professor/ Adviser	Guidance Counselor	School Doctor/ Nurse	Others	No. of Males	Classmate/ Friend	Teacher/ Professor/ Adviser	Guidance Counselor	School Doctor/ Nurse	Others	No. of Females
Age												
15-19	76.3	58.1	36.5	33.8	5.1	1,267	73.4	70.5	42.9	35.3	8.3	1,866
20-24	70.1	53.5	34.7	30.7	3.9	216	64.1	69.8	46.4	37.9	1.4	216
Region												
Ilocos	80.7	62.5	34.6	35.4	7.4	49	73.5	65.6	34.1	36.6	7.3	115
Cagayan Valley	81.2	68.7	55.4	54.7	5.8	37	61.8	40.6	15.5	7.9	.0	54
Central Luzon	65.8	34.1	26.9	24.3	1.0	110	67.0	75.3	42.4	32.8	.0	155
CALABARZON	87.8	68.6	57.1	55.0	18.3	156	80.6	81.5	62.7	50.2	31.1	341
MIMAROPA	91.4	82.2	73.1	67.3	7.7	57	82.3	82.8	61.7	56.7	9.4	75
Bicol	75.4	53.2	28.0	26.2	.9	126	77.2	66.2	18.6	17.4	1.9	144
Western Visayas	63.7	71.1	61.6	45.1	16.5	105	72.0	83.7	55.7	44.5	13.5	115
Central Visayas	63.2	40.4	12.6	3.0	.0	101	63.8	53.4	11.1	3.7	1.0	183
Eastern Visayas	56.5	36.3	9.1	6.3	1.4	65	60.5	59.4	12.2	11.6	.5	83
Zamboanga Peninsula	88.2	59.0	46.3	45.2	3.5	60	64.2	80.7	52.3	49.6	1.6	54
Northern Mindanao	59.7	52.9	29.8	16.1	1.6	82	47.8	47.6	41.4	15.7	.0	101
Davao	82.9	63.3	41.0	48.1	2.0	59	71.9	66.9	46.3	41.0	3.3	68
SOCOSARGEN	68.1	61.0	27.9	28.9	1.4	89	85.6	82.3	78.1	65.3	8.7	69
CAR	85.5	63.3	43.8	50.4	.4	33	81.5	72.4	63.3	58.2	2.7	53
ARMM	89.0	55.6	55.6	66.6	13.9	5	77.6	60.6	41.9	44.0	8.0	17
Caraga	55.0	67.1	28.1	27.0	4.8	39	62.7	62.7	25.3	18.4	1.1	50
NCR	83.3	57.3	29.7	30.1	1.8	311	76.6	74.0	48.6	42.8	.9	407
Place of residence												
Urban	80.0	57.5	34.3	33.8	3.3	512	74.3	73.4	48.9	41.4	5.1	734
Rural	72.9	57.4	37.3	33.1	5.8	971	71.4	68.8	40.2	32.4	8.9	1,348
Educational attainment												
Elementary	75.7	55.9	25.9	27.0	2.3	62	58.0	68.7	19.7	19.0	2.0	39
High school	74.0	59.5	32.9	32.0	5.0	850	71.6	70.3	40.0	32.7	8.8	1,180
College or higher level	77.1	53.0	42.9	35.2	5.1	493	74.6	70.1	50.1	40.8	6.3	793
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	69.8	58.5	36.8	33.9	4.1	187	70.4	62.1	37.3	29.3	7.5	260
Second	68.0	59.9	36.3	30.6	3.2	244	73.0	63.1	38.3	28.9	7.0	379
Middle	80.8	58.4	33.0	30.9	4.2	282	75.9	70.6	40.5	34.6	6.2	432
Fourth	77.5	52.1	32.2	29.5	6.5	396	72.5	78.1	47.9	40.2	8.5	512
Highest (Richest)	76.6	60.2	42.8	40.7	5.3	374	70.1	72.3	47.7	39.8	8.2	499
Total	75.4	57.4	36.3	33.3	4.9	1,483	72.5	70.4	43.2	35.5	7.6	2,083

Summary and conclusions

As admitted by the youth themselves, only a small percentage have enough knowledge about sex. Actual knowledge about sex is very poor overall, as measured by the extremely low percentages who correctly identified the time during the menstrual cycle when a woman is most likely to conceive if she has sexual relations. Sadly, having higher education does not necessarily translate to being knowledgeable

about human reproduction. This brings to the fore the importance of learning about the youth's sources of information about human reproduction.

The sources of information of the youth in 2013 are mainly their parents (usually fathers for males and mothers for females), their friends (of the same sex), and some professionals in their current environment, namely teachers (among those still in school) and medical professionals. For material sources, the Internet has become a popular source, whereas print materials (e.g., books and magazines), presumably because they can also be read from the Internet, have become less popular sources. The trend in terms of television as a source of information is unclear but remains important.

What is alarming, however, is the high percentage of youth who reported having no material sources of information about human reproduction, especially among the males, the older youth, the rural residents, the poorer youth, and those with lower educational attainment. Patterns by region are difficult to summarize, but what is clear is that NCR and ARMM represent the two contrasting poles.

The increasing absence of material sources is accompanied by increasing reports of having no one to consult for information on puberty, sex, and reproduction. The high percentage of youth who reported having no one at school to help them with sex-related problems and the very low percentage who reported having discussed sex at home (which has also declined since 1994) should serve as an eye-opener for policy makers and program managers. If the youth's preferred sources are their friends, with whom they share the same characteristics, then the kind of information the youth will get should be a cause for concern.

Table 10.11 Percent distribution of youth in school who reported there is no one in school who can help with matters related to sex, by sex

Background Characteristics	Males		Females	
	Percent	No. of Males	Percent	No. of Females
Age				
15-19	56.2	2,896	41.1	3,171
20-24	53.9	467	41.4	371
Region				
Ilocos	71.0	167	41.4	196
Cagayan Valley	69.3	120	54.7	118
Central Luzon	48.3	213	31.9	228
CALABARZON	63.2	424	32.5	504
MIMAROPA	47.5	109	31.5	109
Bicol	37.7	203	36.6	227
Western Visayas	62.8	282	53.6	250
Central Visayas	62.1	266	35.9	286
Eastern Visayas	58.5	156	38.8	135
Zamboanga Peninsula	55.1	134	59.2	132
Northern Mindanao	51.9	170	46.3	187
Davao	62.9	159	61.5	177
SOCCSKSARGEN	58.5	214	63.8	190
CAR	40.9	56	18.9	65
ARMM	93.1	69	83.6	107
Caraga	61.5	100	52.0	105
NCR	40.2	521	22.5	525
Place of residence				
Urban	47.9	984	32.1	1,081
Rural	59.2	2,379	45.2	2,461
Educational attainment				
Elementary	68.1	194	64.1	110
High school	58.4	2,229	44.7	2,261
College or higher	47.5	940	32.1	1,171
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	64.6	529	55.4	583
Second	58.6	589	44.4	684
Middle	61.7	736	40.4	725
Fourth	48.1	763	36.8	810
Highest (Richest)	49.9	746	32.5	740
Total	55.9	3,363	41.2	3,542

Gender Identity and Sexual Orientation

Christian Joy P. Cruz

Adolescence is a time for exploration and discovery. During this time, individuals develop a sense of identity and autonomy. Adolescence is also a time when young people learn how to have relationships and build the relationship patterns that they will often carry into adulthood. Developing a stable sense of oneself and one's role in society is a key feature of healthy adolescent development. A strong sense of self prepares an individual for intimacy in young adulthood. This chapter will discuss two facets of identity that influence one's sexuality: gender identity and sexual orientation. It will also cover the youth's exposure to sexual minorities and the problems they face in relation to their gender and sexuality.

Gender identity refers to a person's internal sense of being male, female, or something else, whereas gender expression refers to the way a person communicates gender identity to others through behavior, clothing, hairstyle, voice, or body characteristics. Sex is different from gender. Sex is the biological status of being male or female assigned at birth and based primarily on physical attributes, while gender refers to the socially constructed roles, behaviors, activities, and attributes that a given culture considers appropriate for boys and men or girls and women (American Psychological Association, 2011). Related to gender identity is the term cisgender, which refers to a person whose gender identity conforms to his or her sex assignment at birth. While the vast majority of people are cisgender, there are people who consider themselves transgender; this is an

umbrella term for persons whose gender identity, gender expression, or behavior does not conform to those typically associated with the sex they were assigned at birth (American Psychological Association, 2011).

On the other hand, sexual orientation refers to each person's capacity for profound emotional, affectional, and sexual attraction to, and intimate and sexual relations with, individuals of a different gender, the same gender, or more than one gender ("Yogyakarta Principles," 2007). Sexual orientation is believed to range along a continuum, but it is generally discussed in terms of attraction to the opposite sex (heterosexual), attraction to the same sex (homosexual/gay among males and lesbian among females), and attraction to both sexes (bisexual).

Conceptually, sexual orientation has three major dimensions: (a) sexual identity – how one identifies one's sexual orientation (heterosexual/straight, gay, lesbian, or bisexual); (b) sexual attraction – the sex or gender of individuals to whom one feels attracted; and (c) sexual behavior – the sex of sex partners (i.e., individuals of the same sex, opposite sex, or both sexes; Gagnon & Simon, 1973; Sexual Minority Assessment Research Team [SMART], 2009).

All young people, including sexual minorities, face certain developmental challenges such as developing social skills, thinking about career choices, and fitting into a peer group. Like most heterosexual youth, most lesbian, gay, bisexual, and transgender youths are healthy individuals who have significant attachments to

and make contributions to their families, peers, schools, and religious institutions. However, these young sexual minorities must also cope with the prejudice, discrimination, and violence against them in society and, in some cases, in their own families, schools, and communities. Such marginalization negatively affects their health in general and their mental health in particular.

Gender identity

Information on gender identity from YAFS4 is based on the question “*If you could choose your sex, what would you want it to be? Male or female?*” The response categories are “same sex,” “opposite sex,” and “it does not matter.” Results of the YAFS4 show that the overwhelming majority of respondents would prefer their current sex, while a minority (6.2%) signified their desire to be the opposite sex (see Table 11.1). This cross-gender desire is more apparent among females (9.7%) than males (2.5%).

No notable difference in cross-gender desires across age groups was observed, implying that age does not have a differentiating effect on cross-gender desires. However, disparities can be observed across the regions. ARMM has the highest proportion of males who want to be females (4.7%), while Bicol and Zamboanga Peninsula have the lowest (0.4% and 0.5%, respectively). NCR has the highest proportion of young females who want to be males (17.5%), whereas ARMM has the lowest (1.7%).

In terms of place of residence, more young males from the urban areas compared with their rural counterparts (3.9% vs. 2.1%) want to be the opposite sex. The same observation holds for females but with a wider difference between the proportion from urban and rural areas who have cross-gender desires (13.9% vs. 8%).

Results show an increasing level of cross-gender desires as the level of education increases, regardless of the respondent’s sex. Among those with a college education, 3.6 percent of males and 12.3 percent of females want to be the opposite sex, compared with 1.9

percent of males and 6.8 percent of females with the lowest educational attainment. In terms of socioeconomic status, there is an increasing proportion of females who want to be males as one goes up the socioeconomic ladder (5.9% from the lowest socioeconomic status vs. 12.5% from the highest socioeconomic status).

The same question was also asked in the YAFS2 and YAFS3, thus permitting a comparison of results from the three rounds, each conducted about 10 years apart. Figure 11.1 shows that the proportion of young people who want to be the opposite sex declined between 1994 and 2013, from 11.3 to 6.2 percent. The difference in cross-gender desires between males and females is negligible at less than 1 percent, but both exhibited a declining pattern, from 11.5 percent to 6.0 percent among males and from 10.9 percent to 6.6 percent among females during the same period. Similarly, there is a declining proportion with cross-gender desires among both the younger and older youth. The decline is steeper among the 20–24-year-olds, where the proportion expressing cross-gender desires is also higher to begin with.

Wanting to be the same or opposite sex does not always connote a sexual dimension, as males or females may be attracted to other aspects of gender identity, such as power or influence for the male gender identity. There is a need to evaluate the reasons for these cross-gender desires to determine if they are within the bounds of the transgender identity. Moreover, to verify the sexual dimension of the responses to the gender identity question, they should be cross validated with answers to related questions on sexual orientation and sexual attraction—an analysis that is beyond the scope of this chapter.

Sexual orientation

Sexual identity

The direct question “*How would you best describe yourself?*” was used to gauge the identity dimension of sexual orientation. The response categories are straight/heterosexual,

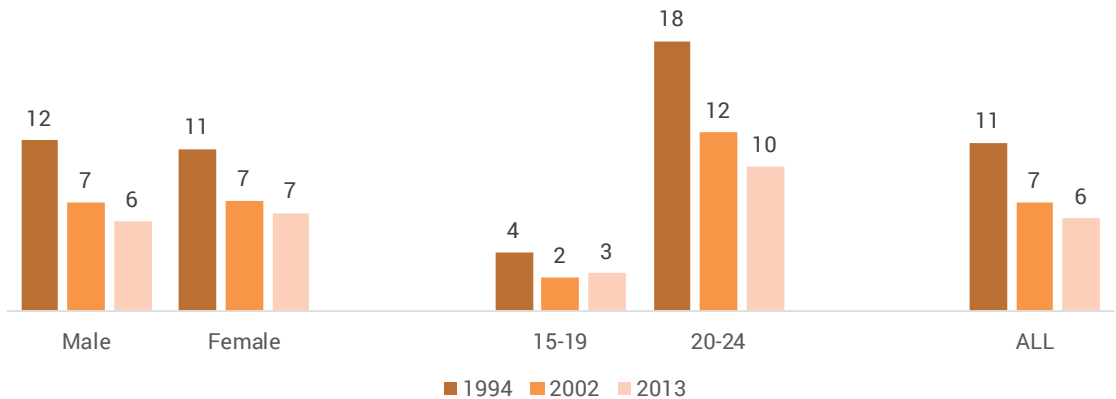
Table 11.1 Same gender and cross gender desires of males and females by background characteristics

Background characteristics	Percent of males who want to be (when they could choose their sex):			Total	No. of males	Percent of females who want to be (when they could choose their sex):			Total	No. of females
	same sex	opposite sex	it does not matter what sex			same sex	opposite sex	it does not matter what sex		
Age										
15-19	94.4	2.4	3.2	100	5744	89.9	9.6	0.5	100	5625
20-24	94.7	2.8	2.5	100	3576	89.6	9.9	0.5	100	4139
Region										
Ilocos	96.8	2.3	0.8	100	472	91.6	8.1	0.2	100	467
Cagayan Valley	98.8	0.9	0.3	100	345	92.3	7.1	0.6	100	325
Central Luzon	95.6	3.7	0.6	100	942	92.8	6.9	0.3	100	1090
CALABARZON	88.2	1.4	10.5	100	1241	88.6	10.4	1.0	100	1296
MIMAROPA	98.2	1.8	0.0	100	281	88.5	11.5	0.0	100	279
Bicol	99.2	0.4	0.4	100	520	92.0	8.0	0.0	100	573
Western Visayas	95.4	3.7	0.9	100	754	89.5	10.2	0.3	100	713
Central Visayas	96.6	1.6	1.8	100	742	87.8	11.8	0.4	100	672
Eastern Visayas	92.4	3.8	3.8	100	423	90.8	8.4	0.7	100	403
Zamboanga Peninsula	98.1	0.5	1.3	100	372	92.9	6.3	0.9	100	351
Northern Mindanao	97.5	2.0	0.4	100	448	92.6	7.0	0.4	100	474
Davao	90.8	3.1	6.1	100	446	87.1	11.9	1.0	100	512
SOCCSKSARGEN	95.9	3.0	1.1	100	436	94.7	4.8	0.4	100	454
CAR	96.5	2.9	0.6	100	172	92.9	6.6	0.5	100	197
ARMM	95.3	4.7	0.0	100	319	96.5	1.7	1.7	100	344
Caraga	97.4	2.3	0.4	100	265	92.2	7.5	0.4	100	255
NCR	91.6	3.8	4.5	100	1144	82.5	17.5	0.0	100	1356
Place of residence										
Urban	92.5	3.9	3.6	100	2387	85.7	13.9	0.4	100	2826
Rural	95.3	2.1	2.7	100	6934	91.4	8.0	0.5	100	6938
Educational attainment										
No schooling/Elementary	96.6	1.9	1.5	100	1725	92.6	6.8	0.7	100	915
High school undergraduate	94.3	2.2	3.4	100	3513	90.8	8.7	0.5	100	3484
High school graduate/Vocational	94.9	2.7	2.4	100	2402	89.8	9.8	0.5	100	3035
College or higher	92.3	3.6	4.1	100	1681	87.2	12.3	0.4	100	2327
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	95.4	2.0	2.6	100	1878	93.4	5.9	0.7	100	1940
Second	94.0	3.1	2.8	100	1908	90.3	9.3	0.3	100	2006
Middle	95.5	1.9	2.6	100	2083	90.6	9.1	0.3	100	2070
Fourth	94.7	3.0	2.2	100	1936	87.4	12.2	0.4	100	2056
Highest (Richest)	92.6	2.6	4.7	100	1517	86.9	12.5	0.7	100	1692
Total	94.5	2.5	2.9	100	9320	89.8	9.7	0.5	100	9764

lesbian, gay, and bisexual. The results in Table 10.2 indicate that an overwhelming majority of males (95.8%) and females (96.6%) describe themselves as heterosexual. Only 2.4 percent of males identify as gay and 1.9 percent of males identify as bisexual, regardless of age group. For females, the proportion of 20–24-year-olds who self-describe as lesbian is 2.5 percent, which is higher than that of their 15–19-year-old counterparts at 1.3 percent. In contrast, a

slightly higher proportion of the 15–19-year-old females (2%) identify as bisexual compared with the 20–24-year-olds (1.1%).

The region with the highest proportion of males who consider themselves gay (4.2%) and bisexual (4.2%) is NCR. The regions with the next highest proportion of males who self-identify as gay are Central Luzon (3.7%) and Eastern Visayas (3.5%). The region with the second highest proportion who self-identify as bisexual

Figure 11.1 Trends in cross gender desires by sex and age group: 1994, 2002 and 2013

is Davao (3.2%). At the other end of the spectrum is ARMM, where none of the male youth consider themselves gay.

For females, the region with the highest proportion who self-identify as lesbian is Eastern Visayas (2.7%), followed by Western Visayas and NCR (both at 2.4%). The highest proportion who self-reported as bisexual was found in Central Visayas (2.7%) and Western Visayas (2.6%). ARMM youth registered the lowest proportion of males and females who identify as non-heterosexual (i.e., gay, lesbian, or bisexual).

In terms of place of residence, slightly more males (3.6% vs. 1.9%) and females (2.2% vs. 1.6%) from the urban areas compared with their rural counterparts self-identify as gays and lesbians, respectively. Bisexual identity among males (3.2% for urban vs. 1.4% for rural) and females (2.2% for urban vs. 1.4% for rural) also exhibited a slight difference across place of residence.

Education-wise, results show that among males, the level of gay and bisexual identities increases with the level of education. Specifically, 3.6 percent and 3.7 percent of males with a college education identify as gay and bisexual, respectively, compared with the 1.1 percent who identify as gay and 0.4 percent who identify as bisexual among the males with the lowest educational attainment. The same pattern is observed among males across socioeconomic status; an increasing proportion of males identify as gay and bisexual as socioeconomic

status increases. About 3 percent of males from the highest socioeconomic status identify as either gay or bisexual compared with about 1 percent from the lowest socioeconomic status.

The pattern among males of an increasing proportion expressing homosexual and bisexual identities across education and socioeconomic status was not observed among females. While the lowest socioeconomic status has the lowest proportion of females who self-identify as lesbian (1.3%) and bisexual (0.8%), the highest proportion of females with lesbian (2.4%) and bisexual (2.3%) identities are found in the fourth socioeconomic quintile, not the richest quintile.

The direct question on sexual identity also provided for an 'Others' category for respondents who do not fit in any of the three categories provided, namely straight/heterosexual, lesbian, gay, and bisexual. The respondents who chose this category were asked to specify what best describe themselves, and two respondents reported that they have an identity crisis.

Sexual attraction

Attraction is a vital dimension of sexual orientation, especially in the study of young people and others who are not yet sexually active (Saewyc et al., 2004). Some have claimed that attraction is the essence of sexual orientation; hence, it is an important dimension in research on psychological and developmental aspects, such as those focused on suicide ideation and

Table 11.2 Sexual identity of males and females by background characteristics

Background Characteristics	Percent of males who identify as:				Percent of females who identify as:			
	Heterosexual	Gay	Bisexual	Total	Heterosexual	Lesbian	Bisexual	Total
Age								
15-19	95.9	2.3	1.9	100.0	96.7	1.3	2.0	100.0
20-24	95.6	2.5	1.9	100.0	96.4	2.5	1.1	100.0
Region								
Ilocos	95.6	3.0	1.5	100.0	96.8	1.9	1.3	100.0
Cagayan Valley	97.7	1.7	0.6	100.0	96.6	1.8	1.5	100.0
Central Luzon	93.9	3.7	2.4	100.0	95.4	2.2	2.4	100.0
CALABARZON	95.8	1.6	2.6	100.0	97.8	1.4	0.8	100.0
MIMAROPA	98.2	1.1	0.7	100.0	96.8	1.4	1.8	100.0
Bicol	97.7	1.2	1.2	100.0	96.7	1.9	1.4	100.0
Western Visayas	96.8	2.1	1.1	100.0	95.0	2.4	2.6	100.0
Central Visayas	96.6	2.6	0.8	100.0	96.6	0.7	2.7	100.0
Eastern Visayas	94.6	3.5	1.9	100.0	96.0	2.7	1.2	100.0
Zamboanga Peninsula	98.4	1.1	0.5	100.0	97.7	1.7	0.6	100.0
Northern Mindanao	97.1	1.3	1.6	100.0	95.6	2.3	2.1	100.0
Davao	94.1	2.7	3.2	100.0	96.7	2.1	1.2	100.0
SOCCKSARGEN	97.3	1.6	1.1	100.0	98.7	0.9	0.4	100.0
CAR	97.1	2.3	0.6	100.0	98.5	0.5	1.0	100.0
ARMM	99.4	0.0	0.6	100.0	99.7	0.3	0.0	100.0
Caraga	97.0	2.3	0.8	100.0	96.9	2.0	1.2	100.0
NCR	91.7	4.2	4.2	100.0	95.4	2.4	2.3	100.0
Place of residence								
Urban	93.2	3.6	3.2	100.0	95.6	2.2	2.2	100.0
Rural	96.7	1.9	1.4	100.0	97.0	1.6	1.4	100.0
Educational attainment								
No schooling/Elementary	98.5	1.1	0.4	100.0	96.6	2.6	0.8	100.0
High school undergraduate	96.7	2.0	1.3	100.0	96.3	1.6	2.1	100.0
High school graduate/Vocational	94.6	2.9	2.5	100.0	96.7	1.8	1.6	100.0
College or higher	92.6	3.6	3.7	100.0	96.9	1.8	1.4	100.0
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	98.0	0.7	1.3	100.0	97.8	1.3	0.8	100.0
Second	95.7	2.8	1.5	100.0	97.2	1.3	1.5	100.0
Middle	96.8	2.1	1.1	100.0	96.6	2.1	1.3	100.0
Fourth	94.2	2.9	2.8	100.0	95.3	2.4	2.3	100.0
Highest (Richest)	93.6	3.5	2.9	100.0	96.0	1.8	2.2	100.0
Total	95.8	2.4	1.9	100.0	96.6	1.8	1.6	100.0

attempts (Cochran & Mays, 2000; Russell & Joyner, 2001).

To capture the attraction component of sexual orientation, the respondents were asked two questions: one on feelings of attraction and another on their preferred sexual partner. The first question on feelings of attraction to males and/or females is as follows:

*Which describes your feelings of attraction?
Are you...*

- Only attracted to males?
- Mostly attracted to males?
- Equally attracted to males and females?
- Mostly attracted to females?
- Only attracted to females?

The categories were read out to the respondents. To help them describe their feelings of attraction, a flashcard containing the question and categories was shown.

Results show that while the majority of youth describe their feelings of attraction as exclusively toward the opposite sex, this proportion was higher among females (79%) compared with males (68.8%; see Table 11.3). Interestingly, a sizable proportion reported being attracted mostly but not exclusively to the opposite sex, with a much higher proportion among the male (25.6%) than the female (8.6%) youth. Meanwhile, a higher proportion of female youth (10.5%) compared with male youth (2.6%) expressed being equally attracted to males and females. Two percent of males are attracted only to males, while less than 1 percent of females are attracted only to females.

In terms of age, a slightly higher proportion of the 20–24-year-old males (2.6%) compared with the 15–19-year-olds (1.6%) expressed being attracted only to males. The same age pattern was observed among females, but the levels are lower at 0.7 percent among the 15–19-year-old females and 1.1 percent among the 20–24-year-olds. More among the 15–19-year-olds of both sexes expressed being equally attracted to males and females.

Looking at the differentials by region of residence, Central Luzon has the highest proportion of males who are attracted only to males (4%), while MIMAROPA and Bicol have the lowest (both at 0.4%). NCR has the highest proportion of males who are attracted equally to both sexes (7%), while ARMM has the lowest (0.3%). Surprisingly, ARMM has the highest proportion of women who reported being attracted equally to males and females (21.7%), while Northern Mindanao has the lowest (4.9%). Ilocos has the highest proportion of females who reported being attracted only to females (2.2%). In CAR and CALABARZON, none of the female respondents reported being attracted only to females.

A consistent pattern of responses by educational attainment was observed for both males and females in the proportion who reported being exclusively attracted to the opposite sex: The proportion exclusively attracted to the opposite sex tends to decrease as educational attainment increases. While an education gradient is also observed for the response “equally attracted to males and females” for the male youth, this is in the opposite direction: The bisexual attraction tends to increase as education increases. Likewise, an increasing proportion of male youth equally attracted to males and females is noted as socioeconomic status improves.

The second question on sexual attraction is “*Who are your preferred sexual partners?*” The response categories are exclusively males, exclusively females, and either male or female. Table 11.4 presents the preferred sexual partners of the male and female respondents. It indicates that a great majority of youth prefers someone from the opposite sex; 92.7 percent of males and 96.8 percent of females prefer a partner who is exclusively of the opposite sex. The difference between males and females is more pronounced in that more males either exclusively prefer a sexual partner of the same sex (3.3% for males vs. 1.8% for females) or want either a male or female partner (4% for males vs. 1.5% for females).

Table 11.3 Feelings of attraction of males and females by background characteristics

Background characteristics	Percent of males who are attracted:				Percent of females who are attracted:				Total	No. of females			
	Only to males	Mostly to males	Equally to males and females	Mostly to females	Only to males	Mostly to males	Equally to males and females	Mostly to females					
Age	No. of males	Total	No. of males	Total	No. of males	Total	No. of males	Total	No. of females	Total			
15-19	1.6	1.0	3.2	25.8	68.5	100.0	5705	78.7	8.6	11.2	0.7	100.0	5604
20-24	2.6	1.0	1.8	25.4	69.2	100.0	3556	79.4	8.7	9.5	1.4	100.0	4142
Region													
Ilocos	1.3	1.5	3.2	10.6	83.4	100.0	470	79.7	7.8	9.5	0.9	100.0	464
Cagayan Valley	1.2	0.6	1.8	36.3	60.1	100.0	336	82.7	6.2	8.3	1.5	100.0	324
Central Luzon	4.0	1.5	2.1	44.6	47.9	100.0	936	84.6	7.3	5.7	1.1	100.0	1089
CALABARZON	1.5	0.2	2.2	21.7	74.4	100.0	1235	75.7	10.8	12.3	1.2	100.0	1302
MIMAROPA	0.4	0.7	1.4	36.1	61.4	100.0	277	81.3	5.8	10.8	0.7	100.0	278
Bicol	0.4	0.6	1.9	21.5	75.6	100.0	520	78.1	9.3	10.8	1.4	100.0	572
Western Visayas	1.3	1.4	1.7	16.4	79.1	100.0	761	82.7	4.6	10.4	1.3	100.0	718
Central Visayas	2.7	0.7	0.9	34.7	60.8	100.0	737	78.5	15.3	5.3	0.3	100.0	673
Eastern Visayas	2.9	1.2	2.9	15.2	77.9	100.0	420	77.2	8.1	11.6	2.0	100.0	395
Zamboanga Peninsula	0.8	0.3	1.9	14.9	82.1	100.0	369	72.6	13.4	12.6	0.6	100.0	350
Northern Mindanao	1.8	0.2	1.6	40.6	55.8	100.0	446	81.6	10.2	4.9	1.9	100.0	472
Davao	2.0	2.0	4.5	11.7	79.7	100.0	443	84.6	4.7	9.1	0.6	100.0	507
SOCCSKSARGEN	1.4	1.2	2.4	30.4	64.6	100.0	418	90.0	3.3	6.2	0.2	100.0	452
CAR	2.4	0.0	1.8	20.1	75.7	100.0	169	78.8	6.6	12.1	2.5	100.0	198
ARMM	0.9	1.3	0.3	51.9	45.6	100.0	316	72.3	4.9	21.7	0.9	100.0	350
Caraga	2.6	1.9	1.1	44.2	50.2	100.0	265	76.8	12.6	8.3	0.8	100.0	254
NCR	2.8	1.4	7.0	11.4	77.4	100.0	1144	72.7	9.7	16.0	0.7	100.0	1345
Place of residence													
Urban	3.1	1.3	4.7	19.8	71.2	100.0	2383	75.8	10.1	12.4	0.8	100.0	2804
Rural	1.6	0.9	1.9	27.7	67.9	100.0	6879	80.3	8.1	9.7	1.1	100.0	6942
Educational attainment													
No schooling/Elementary	1.7	0.7	1.5	25.8	70.3	100.0	1692	82.8	6.7	6.7	2.3	100.0	906
High school undergraduate	1.1	0.9	2.1	25.8	70.1	100.0	3490	80.6	7.0	10.6	0.9	100.0	3469
High school graduate/Vocational	3.3	0.9	2.6	26.6	66.6	100.0	2398	78.8	10.1	9.3	1.1	100.0	3039
College or higher	2.1	1.7	5.1	23.8	67.4	100.0	1681	75.4	9.8	13.3	0.7	100.0	2328
Socioeconomic status (Wealth quintile)													
Lowest (Poorest)	1.1	0.5	1.6	27.9	69.0	100.0	1854	82.7	7.1	8.5	0.9	100.0	1935
Second	2.4	1.4	1.7	25.8	68.7	100.0	1888	79.7	8.4	9.9	0.9	100.0	2016
Middle	1.9	0.9	2.1	27.3	67.9	100.0	2078	81.3	7.5	9.5	1.0	100.0	2064
Fourth	2.0	1.0	3.5	22.5	70.9	100.0	1922	74.9	10.4	12.3	1.5	100.0	2052
Highest (Richest)	2.6	1.3	4.7	24.2	67.1	100.0	1519	76.2	9.9	12.3	1.0	100.0	1679
Total	2.0	1.0	2.5	25.5	68.8	100.0	9262	79.0	8.6	10.5	1.0	100.0	9746

Young males from the highly urbanized areas of NCR and its neighbors CALABARZON and Central Luzon have the highest proportion who prefer same-sex sexual partners or want either male or female partners. The same pattern is observed among females in Ilocos, NCR, and Western Visayas.

When grouped according to their place of residence, more males and females from urban areas than rural areas express preference for same-sex sexual partners. There is a contrasting result across education between males and females: While males who have at least a high school education have the highest proportion of same-sex sexual partner preference, the highest proportion among females was reported among those with an elementary or lower education. Across wealth quintiles, males belonging to the richest quintile and females belonging to the fourth quintile registered the highest proportion who prefers sexual partners from the same sex or either sex.

Sexual behavior

The behavioral dimension of sexual orientation is imperative for studies on sexual and other health topics (Pathela, Blank, Sell, & Schillinger, 2006). In YAFS4, sexual behavior was gauged through two questions: The first is a proxy for sexual behavior with the opposite sex, and the second is a proxy for sexual behavior with the same sex. The two questions are gender specific. For males, the questions were “*Did you ever have a girlfriend?*” and “*Sometimes, boys also have a romantic relationship with another boy. Did you ever have a boyfriend?*” For females, the questions were “*Did you ever have a boyfriend?*” and “*Sometimes, girls also have a romantic relationship with another girl. Did you ever have a girlfriend?*”

The other indicator of the behavioral dimension of sexual orientation was derived from several questions that directly asked the respondents for the sex of the person or persons with whom they have engaged in sexual activities (e.g., first sexual experience, extramarital sex,

regular non-romantic sex, casual sex, commercial sex, and coerced sex).

Results in Table 11.5 show that close to a quarter of young males and females have never had any romantic relationship. About 7 in 10 (71.7% of males and 72.2% of females) have had romantic relationships only with someone of the opposite sex. A low proportion (1.5% each for males and females) have had a romantic relationship only with someone of the same sex. More females (4.3%) than males (2.8%) reported having had romantic relationships with both sexes.

As expected, more of the 15–19-year-olds have not yet experienced a romantic relationship compared with the 20–24-year-olds. Among males, slightly more among the older males have had a romantic relationship only with another male (1.9% vs. 1.3% among the younger youth) and with both sexes (4.1% for those aged 20–24 vs. 2% for those aged 15–19). A similar age pattern is observed among females, with 2.2 percent of those aged 20–24 and 1.0 percent of those aged 15–19 having had a romantic relationship only with someone of the same sex. However, more among the 15–19-year-olds (4.6%) reported having had relationships with persons of both sexes compared with the 20–24-year-olds (3.9%).

Comparing by region, the youth in ARMM have the highest proportion who have never had a romantic relationship (55.5% of males and 56.2% of females). The prevalence of romantic relationships with someone of the same sex or persons of both sexes is practically nil in ARMM. In contrast, in NCR, only about 16 percent of either males or females have never had a romantic relationship—the lowest among all regions. The proportion of male and female youth who have ever had a homosexual romantic relationship in NCR was the highest of all the regions. For bisexual relationships, the region with the highest reported prevalence is Northern Mindanao for males (7.2%) and NCR and Davao for females (both at 6.8%).

Across the type of residence, more males and females from urban areas have had

Table 11.4 Preferred sexual partners of males and females by background characteristics

Background characteristics	Percent of males whose preferred sexual partner is:			Total	No. of males	Percent of females whose preferred sexual partner is:			Total	No. of females
	Exclusively males	Exclusively females	Either male or female			Exclusively males	Exclusively females	Either male or female		
Age										
15-19	3.3	92.6	4.1	100.0	5754	97.0	1.2	1.7	100.0	5625
20-24	3.5	92.8	3.7	100.0	3591	96.4	2.5	1.1	100.0	4136
Region										
Ilocos	3.8	92.1	4.1	100.0	469	96.4	3.0	0.6	100.0	467
Cagayan Valley	2.6	94.2	3.2	100.0	345	96.3	1.5	2.1	100.0	326
Central Luzon	5.5	90.1	4.4	100.0	951	95.9	2.3	1.8	100.0	1094
CALABARZON	2.8	90.7	6.5	100.0	1243	97.3	0.8	1.8	100.0	1302
MIMAROPA	2.5	94.7	2.8	100.0	281	97.1	1.4	1.4	100.0	279
Bicol	1.2	95.7	3.1	100.0	517	97.9	1.7	0.3	100.0	574
Western Visayas	3.3	95.3	1.4	100.0	762	94.8	2.8	2.4	100.0	706
Central Visayas	2.0	96.0	2.0	100.0	741	97.3	1.3	1.3	100.0	673
Eastern Visayas	3.7	92.3	4.0	100.0	427	95.4	0.8	3.8	100.0	395
Zamboanga Peninsula	1.4	96.8	1.9	100.0	370	97.4	0.9	1.7	100.0	351
Northern Mindanao	3.4	94.4	2.2	100.0	447	96.0	1.9	2.1	100.0	472
Davao	3.8	91.5	4.7	100.0	446	96.1	2.7	1.2	100.0	511
SOCCKSARGEN	3.7	92.2	4.1	100.0	437	98.5	0.4	1.1	100.0	456
CAR	3.5	93.0	3.5	100.0	171	98.0	1.0	1.0	100.0	197
ARMM	1.6	96.0	2.5	100.0	321	99.7	0.0	0.3	100.0	346
Caraga	3.4	94.0	2.6	100.0	265	98.4	1.2	0.4	100.0	254
NCR	4.9	88.7	6.4	100.0	1150	96.2	2.9	0.9	100.0	1357
Place of residence										
Urban	4.6	90.6	4.8	100.0	2394	96.2	2.4	1.4	100.0	2823
Rural	2.9	93.4	3.7	100.0	6952	97.0	1.5	1.5	100.0	6938
Educational attainment										
No schooling/Elementary	2.0	95.3	2.7	100.0	1728	96.7	2.2	1.1	100.0	915
High school undergraduate	2.6	93.6	3.9	100.0	3520	96.7	1.6	1.7	100.0	3488
High school graduate/Vocational	4.9	90.5	4.6	100.0	2410	96.9	1.8	1.4	100.0	3030
College or higher	4.1	91.4	4.5	100.0	1686	96.7	1.8	1.5	100.0	2327
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	2.1	95.2	2.7	100.0	1879	98.0	1.1	0.9	100.0	1943
Second	3.7	92.3	4.1	100.0	1913	97.3	1.6	1.2	100.0	2000
Middle	3.4	92.4	4.2	100.0	2085	97.0	1.7	1.3	100.0	2069
Fourth	3.2	92.5	4.3	100.0	1940	95.0	2.5	2.5	100.0	2057
Highest (Richest)	4.5	90.9	4.7	100.0	1526	96.6	2.0	1.4	100.0	1690
Total	3.3	92.7	4.0	100.0	9345	96.8	1.8	1.5	100.0	9761

romantic relationships with persons of the same sex and of both sexes. On the other hand, when grouped according to their highest educational attainment, the proportion of males who have had a romantic relationship with another male rises as educational attainment increases. Among females, those with the lowest education posted the highest proportion who have had a romantic relationship with another female, while the high school undergraduates have the highest proportion who have had romantic relationships

with both sexes. In terms of socioeconomic status, males belonging to the richest quintile have the highest proportion who have had homosexual and bisexual romantic relationships; among females, the highest proportion is registered for the fourth socioeconomic quintile.

Table 11.6 presents the percentage of males and females who have ever had sexual contact with males, females, and both sexes. In all, 63.5 percent of males and 59.5 percent of females have never had sex; 33.6 percent of

Table 11.5 Romantic relationships of males and females by background characteristics

Background characteristics	Percent of males whose romantic relationships are with:				Total	No. of males	Percent of females whose romantic relationships are with:				Total	No. of females
	only males	both sexes	neither sexes (never had any romantic relationship)	only females			only males	both sexes	neither sexes (never had any romantic relationship)	only females		
	only males	both sexes	neither sexes (never had any romantic relationship)	only females			only males	both sexes	neither sexes (never had any romantic relationship)	only females		
Age												
15-19	64.5	1.3	2.0	32.2	100.0	5768	61.3	1.0	4.6	33.1	100.0	5640
20-24	83.4	1.9	4.1	10.6	100.0	3591	87.0	2.2	3.9	6.9	100.0	4160
Region												
Ilocos	73.2	1.7	3.0	22.1	100.0	470	74.0	2.1	2.4	21.5	100.0	466
Cagayan Valley	76.7	0.9	0.9	21.5	100.0	344	76.4	1.2	5.2	17.2	100.0	326
Central Luzon	75.0	2.8	2.5	19.6	100.0	953	78.8	2.6	3.1	15.4	100.0	1096
CALABARZON	76.2	1.8	3.8	18.2	100.0	1244	74.8	0.8	4.8	19.6	100.0	1304
MIMAROPA	77.0	0.4	1.4	21.3	100.0	282	69.9	1.1	6.5	22.6	100.0	279
Bicol	70.7	1.0	1.5	26.8	100.0	522	68.5	1.4	4.9	25.2	100.0	571
Western Visayas	68.2	0.8	1.7	29.3	100.0	765	72.3	1.5	3.2	23.0	100.0	718
Central Visayas	74.7	0.9	3.8	20.6	100.0	742	76.1	0.7	4.8	18.4	100.0	673
Eastern Visayas	62.0	1.6	1.2	35.2	100.0	426	71.5	2.0	2.5	24.1	100.0	403
Zamboanga Peninsula	74.5	0.5	2.4	22.5	100.0	373	72.4	0.8	4.2	22.5	100.0	355
Northern Mindanao	64.2	1.6	7.2	27.1	100.0	447	68.8	1.3	4.0	25.9	100.0	474
Davao	73.9	1.6	4.7	19.8	100.0	444	72.2	1.7	6.8	19.2	100.0	515
SOCOSKARGEN	67.9	0.7	0.5	31.0	100.0	439	63.1	0.4	2.6	33.8	100.0	458
CAR	63.2	0.6	0.6	35.7	100.0	171	76.3	0.5	2.0	21.2	100.0	198
ARMM	43.9	0.0	0.6	55.5	100.0	321	42.9	0.6	0.3	56.2	100.0	354
Caraga	69.8	1.5	2.3	26.4	100.0	265	69.4	0.8	4.7	25.1	100.0	255
NCR	77.5	3.0	3.7	15.7	100.0	1150	74.5	2.6	6.8	16.1	100.0	1358
Place of residence												
Urban	76.1	2.7	3.6	17.6	100.0	2396	73.6	1.9	5.6	18.8	100.0	2829
Rural	70.2	1.1	2.5	26.1	100.0	6963	71.6	1.3	3.8	23.2	100.0	6970
Educational attainment												
No schooling/Elementary	61.4	1.1	2.4	35.1	100.0	1730	66.8	1.8	4.2	27.1	100.0	920
High school undergraduate	67.0	0.9	2.4	29.7	100.0	3528	60.6	1.1	4.9	33.4	100.0	3497
High school graduate/Vocational	80.4	2.0	3.8	13.8	100.0	2411	83.7	1.7	4.6	10.0	100.0	3047
College or higher	80.0	2.8	2.4	14.8	100.0	1686	76.7	1.7	3.1	18.4	100.0	2334
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	61.4	0.7	2.5	35.4	100.0	1887	68.2	0.9	2.9	28.0	100.0	1951
Second	68.0	1.6	2.5	27.8	100.0	1915	70.3	1.0	4.5	24.1	100.0	2020
Middle	73.8	1.0	3.0	22.2	100.0	2090	74.0	1.2	4.5	20.3	100.0	2078
Fourth	79.6	2.1	2.5	15.9	100.0	1942	74.0	2.7	5.4	17.9	100.0	2062
Highest (Richest)	76.3	2.6	3.6	17.4	100.0	1526	74.6	1.6	4.3	19.5	100.0	1688
Total	71.7	1.5	2.8	23.9	100.0	9358	72.2	1.5	4.3	22.0	100.0	9801

males and 39.4 percent of females have had sexual relations with someone of the opposite sex. Below one percent of either males or females said they have ever had a sexual relationship with someone of the same sex. More males (2%) than females (0.7%) have sexual experience with both male and female partners.

When grouped by age, a higher proportion of the older youth reported having had sex with a person of the opposite sex and with persons of both sexes. Across region of residence, Northern Mindanao has the highest proportion of young males who reported having sexual experience with another male (2.9%), while NCR has the highest proportion of young males who reported having sexual experience with partners from both sexes (4.1%). Among females, youth from Cagayan Valley have the highest proportion who had sex with another female (1.2%), while Caraga youth have the highest proportion that reported having bisexual sex experience (1.2%). Still, across all regions, the proportion that have had sex with the same sex or with both sexes is generally low.

Similar to the other dimensions of sexual orientation, more male and female urban residents reported having homosexual and bisexual sex experience. A positive relationship between education and homosexual sex experience among males was also observed; the proportion of males who have had sex with another male increases as educational attainment rises. There is no observed pattern among females across education, but those with the lowest education posted the highest proportion who have had sex with another female and with persons of both sexes. Likewise, in terms of socioeconomic status, there is no consistent pattern.

Non-heteronormative personal contacts

Another important aspect of studying sexual orientation is the exposure to sexual minorities. As established in several studies, knowing someone who is gay or lesbian fosters more accepting attitudes toward many of the issues surrounding gay and lesbian relations

(Herek, 1984; Morales, 2009). In the YAFS4, the respondents were asked if they have family members and friends who are gay, lesbian, or bisexual. In general, a higher proportion of youth reported having close friends rather than family members who are gay, lesbian, or bisexual. Of the three types of sexual minorities, the most commonly mentioned is gay (i.e., homosexual men).

More female youth reported having family members and close friends they know to be gay, lesbian, or bisexual. A comparison by age groups shows that more of the older youth of both sexes reported knowing a family member who belongs to the sexual minority (Table 11.7a). The same pattern was observed in the proportion who reported knowing a close friend who is gay, lesbian, or bisexual (Table 11.7b).

The regions with the highest proportion of male youth who reported having family members who are gay, lesbian, or bisexual are Central Luzon, NCR, Eastern Visayas, and Zamboanga Peninsula. Among females, the corresponding regions are NCR, Western Visayas, Central Visayas, and Cagayan Valley. The lowest proportions were reported in ARMM, Central Visayas, and CAR for males and in Ilocos, Central Visayas, and ARMM for females.

More urban residents than rural residents know members of the sexual minority among their family members and close friends. In terms of educational attainment, the proportion with a family member and close friend in the sexual minority is highest among those with a college education; the proportion decreases consistently as educational attainment decreases. The same positive relationship is observed for socioeconomic status, with the highest proportion among youth in the richest quintile and the lowest among youth in the poorest quintile.

Problems experienced

Respondents who have cross-gender desires and those who identified as non-heterosexual (gay, lesbian, or bisexual) were

asked if they have encountered problems because of their gender and sexuality, namely confusion regarding gender, discrimination, rejection by family and friends, verbal abuse, physical assault, and sexual abuse. The list of possible problems was read out to the respondent.

Results in Table 11.8 show that among youth who expressed cross-gender desires or who self-identified as homosexual or bisexual, more males experienced problems related to their gender and sexuality compared with females. Gender confusion, discrimination, and verbal abuse were the more commonly reported problems, more so among males than females.

A higher proportion of males was sexually abused and was rejected by family. Some of the respondents were rejected by friends and experienced physical assault, but there is no significant difference in the proportion of males and females who encountered these two problems.

Summary and conclusions

This chapter discussed gender identity and sexual orientation, which are two important facets of youth sexuality. It also provided information on the youth’s exposure to gays,

Table 11.6 Sexual behavior of males and females by background characteristics

Background characteristics	Percent of males who ever had sexual contact with:				Total	No. of males	Percent of females who ever had sexual contact with:				Total	No. of females
	Males	Females	Both sexes	Never had sex			Males	Females	Both sexes	Never had sex		
Age												
15-19	0.7	17.5	1.2	80.5	100.0	5770	18.8	0.4	0.2	80.5	100.0	5654
20-24	1.2	59.4	3.2	36.2	100.0	3593	67.4	0.5	1.3	30.8	100.0	4161
Region												
Ilocos	0.8	35.8	1.5	61.9	100.0	472	35.2	0.0	0.9	64.0	100.0	469
Cagayan Valley	0.3	30.4	0.9	68.4	100.0	345	42.6	1.2	0.9	55.2	100.0	326
Central Luzon	1.3	39.9	2.2	56.7	100.0	953	43.6	0.6	0.5	55.2	100.0	1097
CALABARZON	0.6	32.0	2.7	64.7	100.0	1243	33.2	0.8	0.5	65.5	100.0	1304
MIMAROPA	0.7	32.5	1.4	65.4	100.0	283	40.4	0.0	0.4	59.3	100.0	280
Bicol	0.4	29.1	1.3	69.2	100.0	522	36.8	0.0	0.3	62.8	100.0	573
Western Visayas	0.5	27.2	1.4	70.8	100.0	765	38.3	0.6	0.8	60.3	100.0	723
Central Visayas	1.2	38.3	1.2	59.2	100.0	741	38.2	0.1	0.4	61.2	100.0	675
Eastern Visayas	0.9	27.9	0.7	70.4	100.0	426	43.0	0.5	1.0	55.5	100.0	402
Zamboanga Peninsula	0.5	35.9	1.1	62.5	100.0	373	43.0	0.3	0.6	56.2	100.0	356
Northern Mindanao	2.9	29.8	3.1	64.1	100.0	446	39.0	0.0	0.8	60.1	100.0	474
Davao	0.7	36.8	2.2	60.3	100.0	446	42.9	0.2	1.0	55.9	100.0	515
SOCCSKSARGEN	0.2	28.0	0.9	70.9	100.0	440	36.7	0.0	0.2	63.0	100.0	460
CAR	0.0	30.1	1.2	68.8	100.0	173	47.0	0.5	1.0	51.5	100.0	198
ARMM	0.0	26.3	0.0	73.8	100.0	320	38.4	0.0	0.0	61.6	100.0	354
Caraga	1.5	34.3	1.1	63.0	100.0	265	40.4	0.0	1.2	58.4	100.0	255
NCR	1.6	39.7	4.1	54.7	100.0	1150	41.4	1.0	1.0	56.5	100.0	1356
Place of residence												
Urban	1.2	39.8	3.3	55.8	100.0	2398	39.7	0.5	0.9	58.9	100.0	2831
Rural	0.8	31.4	1.5	66.2	100.0	4613	39.3	0.4	0.6	59.7	100.0	6982
Educational attainment												
No schooling/Elementary	0.6	32.8	1.9	64.6	100.0	1733	54.8	1.1	0.8	43.4	100.0	922
High school undergraduate	0.6	22.3	1.6	75.6	100.0	3531	27.5	0.2	0.6	71.8	100.0	3503
High school graduate Vocational	1.3	45.2	2.6	51.0	100.0	2412	53.9	0.7	0.7	44.6	100.0	3053
College or higher	1.4	41.4	2.1	55.1	100.0	1689	32.3	0.2	0.7	66.8	100.0	2335
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	0.7	28.4	1.6	69.3	100.0	1889	49.4	0.4	0.7	49.6	100.0	1955
Second	0.9	27.3	1.5	70.3	100.0	1917	39.6	0.2	0.8	59.4	100.0	2022
Middle	0.7	34.7	2.2	62.5	100.0	2092	40.0	0.4	0.8	58.8	100.0	2081
Fourth	1.2	40.7	1.8	56.3	100.0	1941	35.1	0.9	0.4	63.5	100.0	2063
Highest (Richest)	1.1	37.3	3.0	58.6	100.0	1527	32.2	0.3	0.6	66.9	100.0	1693
Total	0.9	33.6	2.0	63.5	100.0	9364	39.4	0.4	0.7	59.5	100.0	9813

lesbians, bisexual men, and bisexual women, as well as the problems faced by the youth who have cross-gender desires and those who identify as members of the sexual minority. In terms of gender identity, trends in cross-gender desires exhibited a declining pattern over the past two decades. While there was no gender disparity in cross-gender desires in the last three YAFS rounds, a significant but narrowing difference across age groups was observed. A higher proportion of the youth who are urban residents, more educated, and belong to a higher socioeconomic status have cross-gender desires. Further analysis on the reasons for these

cross-gender desires is needed to determine if these young people fall under the transgender category.

The identity, attraction, and behavioral dimensions of sexual orientation were explored in this chapter. Youth who belong to the older age group, are urban residents, and reside in the highly urbanized regions of the country, namely NCR and Central Luzon, consistently have the highest proportion who belong to the sexual minority across the identity, attraction, and behavior indicators. ARMM youth consistently have the lowest levels across these three dimensions. The proportion of youth who belong

Table 11.7a Percent of males and females with family members who are gays, lesbians, bisexual man and bisexual woman by background characteristics

Background characteristics	Percent of males with family members who are:				No. of males	Percent of females with family members who are:				No. of females
	Gay	Lesbian	Bisexual man	Bisexual woman		Gay	Lesbian	Bisexual man	Bisexual woman	
Age										
15-19	12.0	5.8	1.5	0.3	5750	17.7	11.6	2.5	1.5	5612
20-24	11.8	8.2	2.5	0.7	3579	22.3	14.2	3.0	1.5	4139
Region										
Ilocos	7.9	4.3	0.9	0.2	470	9.9	4.5	1.3	0.0	466
Cagayan Valley	11.6	3.5	0.3	0.3	344	28.3	19.0	1.8	0.0	325
Central Luzon	19.4	10.2	3.7	0.7	950	30.2	21.4	4.9	2.0	1091
CALABARZON	10.4	7.3	3.6	0.6	1242	17.7	10.8	1.9	0.8	1298
MIMAROPA	10.2	5.0	3.5	0.4	283	12.5	9.3	2.2	1.8	279
Bicol	9.1	5.2	0.2	0.2	519	14.0	7.3	0.5	1.0	573
Western Visayas	13.6	6.5	1.6	0.3	756	31.3	15.8	3.5	2.2	691
Central Visayas	6.1	2.2	0.0	0.0	741	7.6	3.1	0.3	0.4	673
Eastern Visayas	14.4	7.6	3.5	0.7	423	18.4	11.5	2.5	0.7	402
Zamboanga Peninsula	16.0	6.5	1.6	0.3	369	22.4	9.6	0.3	0.0	353
Northern Mindanao	12.5	4.9	0.4	0.0	447	16.7	8.9	0.4	0.6	472
Davao	14.1	6.6	2.3	0.7	440	15.0	9.7	1.6	1.0	514
SOCCSKSARGEN	11.7	5.0	0.2	0.2	437	11.4	6.6	0.2	0.4	458
CAR	4.1	3.5	1.2	0.0	172	15.2	9.1	1.5	1.0	197
ARMM	3.4	0.6	0.6	0.6	319	10.5	7.1	0.0	0.3	351
Caraga	13.2	3.4	0.4	0.4	265	13.4	9.4	0.8	0.4	254
NCR	13.4	13.6	2.5	1.2	1150	27.8	23.4	8.3	4.7	1355
Place of residence										
Urban	14.4	10.4	2.7	1.0	2388	24.2	18.4	5.8	3.5	2821
Rural	11.0	5.5	1.6	0.3	6940	17.8	10.4	1.5	0.6	6932
Educational attainment										
No schooling/Elementary	8.5	4.8	1.1	0.3	1725	16.7	10.1	1.6	0.5	918
High school undergraduate	12.4	7.0	1.8	0.4	3519	17.5	10.7	2.2	1.1	3481
High school graduate/Vocational	11.8	7.4	1.9	0.7	2403	21.4	14.2	3.8	2.2	3035
College or higher	14.3	7.3	2.9	0.7	1682	21.8	14.8	2.6	1.4	2317
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	9.0	3.8	1.2	0.2	1878	14.1	7.9	1.4	0.8	1946
Second	11.3	5.6	1.1	0.3	1910	17.9	10.0	1.4	0.4	2007
Middle	11.1	5.2	1.6	0.5	2081	20.6	13.5	3.0	1.7	2068
Fourth	13.0	10.0	2.7	0.9	1935	20.8	17.1	3.3	2.1	2050
Highest (Richest)	15.9	9.7	3.1	0.6	1523	25.6	15.0	4.7	2.3	1682
Total	11.9	6.7	1.9	0.5	9329	19.7	12.7	2.7	1.5	9752

to the sexual minority in terms of identity, attraction, and behavior increases as education and socioeconomic status increase.

It must be noted that sexual identity is not always congruent with sexual attraction or behavior (Laumann, Gagnon, Michael, & Michaels, 1994; Saewyc et al., 2004). For example, it is possible that people reporting only same-sex attraction and/or behavior will self-identify as heterosexual or bisexual. The incongruence between these three dimensions might be attributed to factors such as stigma, laws, cultural values, partner selection opportunities, and even economic reasons (SMART, 2009).

In YAFS4, only 10 percent of the youth found it sometimes/always acceptable for two males or two females to have a romantic relationship. The fact that romantic relationships between two males and between two females are still generally unacceptable among the Filipino youth may be related to their low level of exposure to gays, lesbians, bisexual men, and bisexual women. Several studies have found that persons with negative attitudes toward gay men and lesbians are less likely to have had personal contact with them (Herek, 1984).

The sexual minority among the youth in the country is confronted with problems

Table 11.7b Percent of males and females with close friends who are gays, lesbians, bisexual man and bisexual woman by background characteristics

Background characteristics	Percent of males with close friends who are:				No. of males	Percent of females with close friends who are:				No. of females
	Gay	Lesbian	Bisexual man	Bisexual woman		Gay	Lesbian	Bisexual man	Bisexual woman	
Age										
15-19	39.2	25.2	9.2	4.0	5715	59.9	38.8	9.3	6.7	5635
20-24	44.6	30.8	12.2	6.2	3578	56.7	39.0	8.9	6.0	4139
Region										
Ilocos	29.8	20.0	3.6	0.6	471	53.8	29.5	7.7	5.2	465
Cagayan Valley	21.2	9.6	0.6	0.3	345	53.2	36.3	4.0	1.2	325
Central Luzon	56.4	34.0	25.5	6.9	943	60.8	40.8	8.2	4.9	1093
CALABARZON	45.5	27.2	13.3	8.4	1221	61.2	36.4	8.4	6.8	1300
MIMAROPA	32.5	24.4	7.8	4.2	283	51.4	31.2	6.8	6.8	279
Bicol	44.2	21.9	1.7	0.8	520	50.2	34.2	7.7	6.1	574
Western Visayas	31.8	20.7	5.4	3.3	760	56.0	39.6	6.3	3.8	712
Central Visayas	29.1	17.9	3.8	2.2	741	58.2	37.6	5.1	3.4	673
Eastern Visayas	37.0	27.7	13.0	4.0	424	57.4	40.4	15.2	8.0	401
Zamboanga Peninsula	42.1	22.6	6.5	2.7	368	54.4	29.6	2.2	0.6	356
Northern Mindanao	41.6	30.9	2.7	0.9	447	55.2	38.2	4.9	5.1	474
Davao	61.5	44.2	18.6	8.2	441	66.3	43.6	3.7	3.1	514
SOCCSKSARGEN	34.3	26.3	3.4	2.3	438	45.5	25.9	1.5	1.5	459
CAR	25.7	12.2	2.3	1.2	172	42.3	25.5	6.2	3.6	196
ARMM	6.0	0.9	0.3	0.0	320	29.3	16.5	0.6	0.6	351
Caraga	35.6	25.3	6.8	4.9	265	60.2	33.5	6.3	4.7	255
NCR	59.4	48.5	20.1	11.4	1137	77.2	61.1	26.4	18.9	1349
Place of residence										
Urban	56.5	42.9	20.6	9.9	2379	70.1	51.0	17.0	12.6	2819
Rural	36.0	22.0	6.8	3.1	6914	53.9	34.0	6.0	4.0	6955
Educational attainment										
No schooling/Elementary	27.5	18.8	5.7	2.5	1722	36.5	23.6	1.8	1.5	919
High school undergraduate	36.8	23.7	8.3	3.4	3493	54.7	35.5	7.4	5.1	3487
High school graduate/Vocational	46.3	29.9	11.6	4.9	2402	59.2	43.5	10.2	7.5	3040
College or higher	57.4	40.3	17.6	10.1	1676	72.1	44.0	13.2	9.0	2327
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	29.2	17.8	3.6	1.3	1879	40.8	26.8	2.9	1.7	1949
Second	33.6	21.3	6	2.1	1904	53.2	33.3	4.4	3.2	2012
Middle	42.1	26.8	8.9	3.7	2078	59.5	40.7	10.3	6.4	2075
Fourth	47.6	35.1	16.1	8.1	1927	67.7	48.3	13.6	9.8	2050
Highest (Richest)	56.7	38	19.1	10	1505	73.1	45.8	15.1	11.8	1687
Total	41.3	27.4	10.4	4.8	9293	58.5	38.9	9.1	6.4	9773

Table 11.8 Problems experienced by males and females because of their gender and sexuality

Problems	Male	Female
Confusion regarding gender	51.2	39.4
Discrimination	45.5	14.6
Rejection by family	11.0	7.5
Rejection by friends	4.8	7.7
Verbal abuse	34.8	12.6
Physical assault	6.5	5.7
Sexual abuse	5.5	1.3
Did not experience any problem	11.5	35.0
No. of youth who are non-heterosexual or who have cross-gender desires	418	855

surrounding their gender and sexual orientation. They experience confusion regarding their gender, are discriminated against, and experience verbal abuse. Apart from being rejected by their family and friends, some of these sexual minorities also reported experiencing physical assault and sexual abuse. While facing developmental challenges, these young people have also had to cope with this marginalization, which negatively affects their general well being.

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Summary of Findings, Policy and Program Directions

Josefina N. Natividad

The results of the 2013 Young Adult Fertility and Sexuality Survey present a current picture of the conditions of today's cohort of young adults in the traditional topic areas tracked by the YAFS series: sexual and non-sexual risk behaviors, as well as in some newly introduced topics like diet and lifestyle and an expanded section on gender identity, among others. Using the background factors of age, sex, highest educational attainment, urban-rural residence, socioeconomic status measured as wealth quintiles and region of residence, the overall results show that these background characteristics remain influential factors in explaining variability in the prevalence of risk behaviors as well as the other outcome measures discussed in the various chapters.

Compared with the results of YAFS surveys on earlier cohorts of Filipino youth we can draw, in broad strokes some of the notable areas of change in the conditions of today's young adults compared with the 1994 and 2002 cohorts. Among the most striking is the change in marriage patterns, notably a dramatic increase in the percentage of young people in a consensual union, commonly called living in, over the last decade with corresponding decline in the proportion who are formally married. In fact, over the last three YAFS rounds covering 20 years, there is evidence of a continuous decline in the proportion never married among the youth, accompanied by a similar decline in the proportion who are formally married, while the proportion who are living in has risen steadily, quite dramatically so in the last decade.

The shifting marriage pattern echoes, albeit weakly, the trend in other parts of the world, notably in western societies, of the decreasing proportions of couples in formal union and increase in consensual arrangements.

We also documented an increase in the prevalence of premarital sexual activity, with an evident narrowing of the gender gap such that the percentage of males and females who have engaged in premarital sex have now become almost equal, compared to 1994 and 2002 when the percentage was markedly higher among males. Despite the higher prevalence of premarital sexual activity however, the use of contraception among the youth remained very low and almost unchanged from the 1994 level. The net effect is a dramatic rise in teen pregnancy, more than doubling in the past 10 years, from 6 percent to 13 percent of 15-19 year old women who have begun childbearing in 2002 and 2013, respectively.

Unprotected premarital sex is considered in the YAFS surveys as risky because of the heightened likelihood of ending up with an unwanted pregnancy or of contracting a sexually transmitted infection. Generally, we found that most of the risky sexual activities are unprotected. Other forms of risky sex have been documented in this latest YAFS round, including a type of sexual relationship with a regular partner that is nonromantic in nature. In general there is evidence of increase in the prevalence of having multiple sexual partners but a decrease in commercial sex activity. Still, on the whole despite evidence of increase,

the levels of the prevalence of risky sexual behaviors remain relatively low (all way below 50 percent) compared to the levels reported in developed countries although, under the local mores that prescribe no premarital sex at all, such levels may still be considered high.

Despite these documented changes in the behaviors of youth that suggest an increasing break from traditionally strict codes of sexual conduct, their attitudes and beliefs nonetheless reflect relatively high levels of adherence to such conservative beliefs as the importance of virginity before marriage for a woman and low levels of approval of premarital sexual activity also for a woman. A possible drift toward less conservative views is evident in the increasing proportions of youth who expressed the belief that a woman who gets pregnant out of wedlock should keep the baby without marrying the child's father. This is a significant shift from the attitudes and practices of earlier generations when an out-of-wedlock pregnancy had to be legitimized by formal marriage, regardless of the circumstances that led to the pregnancy. Such evidence of acceptance seen in the 2013 YAFS data is probably related to the rise of consensual unions among today's youth. In general, these results indicate that actual behaviors of the youth are changing faster than the norms of the larger society.

Moreover, while the prevalence of premarital sexual activity and other risky sexual behaviors are increasing, the level of knowledge about reproductive health in general, about conception in particular have remained poor as many of the youth are unable to correctly answer the survey questions designed to gauge level of knowledge about conception, even among those with college education. Even more alarming is the finding that the proportion of youth who are aware of STIs in general and of HIV in particular declined between 2002 and 2013. Moreover the proportion of youth who have comprehensive knowledge of HIV/AIDS is only 17 percent. The picture is even more dire when one considers

the fact that between 2002 and 2013 the HIV infection rate in the Philippines has ballooned to epidemic proportions, fueled mainly by the risk behavior of men having sex with other men.

Overall, the youth appear to have limited access to credible material sources of information on puberty or on reproductive health. Asked to identify their most important material source of information on puberty, 46 percent said none. However, of those who mentioned a material source of information, the 2013 results showed a significant increase in the mention of the internet alongside television and books.

While there is evidence of increase in sexual risk behaviors, the trend in the non-sexual risk behaviors of smoking, drinking and drug use indicate a positive shift toward decreasing prevalence of these risk behaviors, more pronounced for smoking than for drinking. The decrease in the prevalence of smoking and drinking cannot be attributed to the passage of the law in 2013 increasing "sin" taxes for tobacco and liquor because the data collection phase of YAFS preceded the implementation of the law. More likely, the youth have become more conscious of the risks attributed to smoking and drinking such that fewer in this cohort took up these behaviors compared to their 1994 and 2002 counterparts. Furthermore, the prevalence of ever use of drugs documented in earlier survey rounds to be at a low level, has gone even lower in 2013.

But there are other forms of non-sexual risks that the youth are exposed to such as the experience of physical violence, both as victim and aggressor and the little researched risk behavior of suicide, proxied in the survey by suicidal ideation and suicide attempt.

Another significant development that the 2013 YAFS results has documented is the changing patterns of use of mass media by the youth. While television remains the most commonly subscribed media form, the use of the internet has supplanted other forms, particularly printed materials. Fewer youth

in 2013 read any form of printed material compared with earlier cohorts, be they books, comics, magazines or newspapers. The 2013 YAFS also documents the phenomenal increase in the pervasiveness of the use of the internet, from a mere 2 percent in 2002 to 59 percent of current users in 2013.

In the field of communications technologies in general, the 2013 YAFS has documented the remarkable increase in the prevalence of ownership of a cellular phone and its pervasive use in many aspects of the young people's lives. The personal cell phone has become a tool to widen one's social circles through virtual friends. It has also become a way to meet other young people for hook ups. Together, the cell phone and the internet has transformed the lives of today's youth to the point where most of their leisure activities are now technology-driven, but sadly, also more sedentary.

Amidst all these developments in telecommunications which are reshaping the lives of today's young people, there remains a significant variability in access to these technologies, evident in the Report when the youth are subdivided by education, socioeconomic status, urban-rural residence and by the region where they reside. Differentials in access remain, showing that those who have lower education, belong to the lower wealth quintiles, rural residents and residing in regions that are less developed are disadvantaged by having fewer of them able to use the internet or own a cell phone.

Policy and program implications

From the beginning of the YAFS surveys in 1982, the enduring impetus for conducting these studies on the Filipino youth has been the need to provide the evidence base for programs and policies aimed at this sector. A recognition of the fast pace of change because of modernization, technological innovations, changing values, lifestyles and influences, the

fluidity of youth itself calls for a constant and regular updating of our knowledge about the youth so that policies and programs remain attuned to the realities on the ground. Not really by design, the YAFS surveys have been carried out every ten years, on average. Many planners in government and in the development community now recognize that a 10-year interval between YAFS rounds is too long and some incipient developments that can have profound consequences at a later time may be missed if the data is updated only every 10 years. Thus, the first policy implication is the call for a regular YAFS survey, with a shorter interval, ideally 5 years.

There are many specific findings either already outlined in this Report or that can be generated from further mining of the 2013 YAFS data that can guide specific programs for the youth, over a very wide range of program intervention areas. Some of these specific recommendations for program planners can be found in the summary and conclusions section of each chapter beginning with chapter 2.

Some examples of the policy and program implications of the 2013 YAFS findings are:

1. The persistence of poor levels of knowledge about reproductive health, the lack of sources or even the interest to consult sources call for specific programs of action to raise the knowledge level of today's youth regarding matters related to sexuality and reproductive health, especially since many are already engaged in risky sexual behaviors. The historic passage of the Responsible Parenthood and Reproductive Health Act of 2012 (RA 10354) presents the golden opportunity to come up with a comprehensive sexuality education at the basic education level that will help overturn this current situation. The YAFS results provide the concrete evidence of the dire consequences of a general lack of a working knowledge on reproductive health among a sector already engaged in risky sexual behaviors, consequences

like the high teen pregnancy rates and an unacceptably high HIV infection rate. The YAFS results can likewise help identify the appropriate strategies for reaching out to this sector. For one, the use of reading materials for information dissemination may be less effective because of the low level of consumption of traditional print media. Information dissemination for the youth may be more effective if delivered via the internet or the cell phone.

2. While risk behaviors are the main focus of the YAFS surveys, there are other areas of intervention to enhance overall youth welfare and development that need attention, such as the promotion of healthy diets and lifestyles. Already, there is evidence of a decline in smoking and drinking among the youth, a positive development that needs reinforcing . The next area to address is the promotion of healthy nutrition and a healthy lifestyle, to prevent at this early stage in the life of the youth the later onset of lifestyle diseases brought about by poor diets and lack of physical activity.

In conclusion, as with previous rounds of the Young Adult Fertility and Sexuality studies, the 2013 YAFS results will continue to be mined further to help shed light on other aspects that may need an empirical evidence to guide programs for young people. The breadth and depth of information that the data can yield is barely scratched in this Report. We expect that the data will be mined further as new questions and new proposals for youth programs are planned, until it is felt that too much time has passed and it is time again to conduct a new YAFS survey.

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Studying the Filipino Youth

Josefina N. Natividad

Youth or young adulthood is best regarded as a period of transition from the dependence of childhood to the independence of adulthood. It is often considered a critical period, a time when one's future lies ahead with much promise and also much risk. Demographically, youth is a period of many critical transitions: school leaving, taking on the first job, entering into the first serious relationship, first marriage, first pregnancy and other crucial life changes that can have lifelong consequences on an individual's future life trajectory. Many young people fall into a path of problematic behaviors at this stage of their lives, making choices that have adverse consequences, both in the short and the long term. Preventing these problematic behaviors and promoting positive youth development is an investment into the future of the nation. After all, the youth of today are the future of a society. Understanding the youth is an important first step toward creating the path to promoting positive youth development. For this, there is need for empirical evidence, specifically data on a representative sample of this subpopulation, gathered using rigorous methods of inquiry.

The 2013 Young Adult Fertility and Sexuality Study (YAFS4) is the fourth round in a series of surveys on a nationally representative sample of Filipino young adults or the youth. It follows the United Nations (UN) definition of young adults as persons between the ages of 15 and 24 years.¹ Based on the 2010 Philippine

census, young adults constitute 19.6 percent of the Philippine population, a proportion that has been fairly constant for the past 50 years (i.e., since the 1960 Philippine census). In 2013, we estimated the young adult Filipino population to be 19.2 million. Of these, 10.2 million were aged 15–19 and 9 million were aged 20–24.

The first YAFS survey, the 1982 Young Adult Fertility Study (YAFS1), was the initial attempt to conduct such a study on young people with a nationally representative sample in the Philippines. At that time, the emphasis of most demographic studies was fertility. Thus, YAFS1 covered only young women. Unlike the National Demographic and Health Survey which is a national survey on women of reproductive age (15–49) conducted every five years since 1968 and centered mostly on fertility and its determinants and correlates, YAFS1 included the additional topics of premarital sex, dating and courtship, and attitudes toward virginity, marriage, and family formation. YAFS1 utilized a multistage cluster stratified sampling design that yielded a national probability sample of 5,204 married and unmarried females 15–24 years of age. YAFS1 was conducted by the University of the Philippines Population Institute, with funding from the Commission on Population (PopCom) through the Population Center Foundation.

The second YAFS (YAFS2) survey was conducted in 1994. It was the first survey in the YAFS series to cover both males and females. In

¹ UN Secretary-General's Report to the General Assembly, A/40/256, 1985.

YAFS2, the term “sexuality” was added to the title for the first time to reflect the change in perspective from a fertility-centered survey to one with a broader scope covering other young adult behaviors. This survey was conducted by the Demographic Research and Development Foundation, Inc. (DRDF),² with funding support from the United Nations Population Fund (UNFPA) and technical support from the East-West Center Program on Population. YAFS2 had a nationally representative sample of 10,849 respondents (5,257 males and 5,622 females). While fertility remained one of its themes, the YAFS2 questionnaire was expanded to include new emerging topics of interest pertinent to young adults, specifically sexuality, awareness and knowledge of HIV/AIDS, and the non-sexual risk behaviors of smoking, drinking, and drug use.

The 2002 Young Adult Fertility and Sexuality Study (YAFS3) was the second national survey of young adults, both male and female. In this round, the age coverage was expanded by three years (i.e., 15-27) because the study intended to analyze the consequences of marital behavior. It was deemed that by age 24, the number of cases that could be analyzed for this purpose would be small. Expanding the sample to age 27 was expected to yield more cases for analysis. Because of the expanded age coverage, YAFS3 had 19,728 respondents. The YAFS3 sample aged 15–24 was 16,964 cases. YAFS3 was the first YAFS round where a regionally representative sample of the Muslim youth was included. It also used qualitative data gathering techniques such as focus group discussions and key informant interviews to provide a deeper understanding of the survey results. Some qualitative data collection was also done before the survey to help frame the survey questionnaires. The approach for the design of YAFS3 was more interdisciplinary than YAFS2 with participation of experts from disciplines other than demography like sociology, anthropology, psychology, adolescent medicine and mass communication.

YAFS3 was conducted by the DRDF and UPPI with funding support from the David and Lucile Packard Foundation, a United States-based grant-giving institution. YAFS3 was undertaken primarily to update the national and regional database on sexuality and reproductive health knowledge, attitudes, and behaviors of young adults in the country. With this series of YAFS surveys, it became possible to establish trends in important reproductive health events of young adults in the Philippines such as premarital sex, sexual risk behaviors like unprotected sex, and non-sexual risk behaviors like smoking, drinking, and substance use. YAFS3 featured for the first time questions on other risk behaviors like suicidal ideation and suicide attempts.

YAFS4, conducted in 2013, used the same set of questions as YAFS3 to allow for the analysis of trends. Additionally, it contains new questions about developments affecting young people that were not yet existent in previous survey rounds, such as widespread cell phone and Internet use. Furthermore, the YAFS4 questionnaire contains a new block on health and lifestyle (e.g., diet, height, weight, exercise, body image), and self-assessed well-being (life satisfaction and happiness). New sections were added to existing blocks, such as depressive symptoms, experience of violence, and harassment using technology including cyberbullying. Funding support for YAFS4 came from the Australian government through the UNFPA and the Department of Health which released funds through the Health System Research Management Grants under the Philippine Council for Health Research and Development (PCHRD).

As with the three previous rounds, the overall objective of YAFS4 is to generate updated estimates of indicators of adolescent reproductive health such as the adolescent fertility rate, sexual and non-sexual risk behaviors of young people, and their determinants and consequences at the national and regional levels. But YAFS offers much more than information on these traditional domains.

² Except for YAFS1, funding for the YAFS series was coursed through the DRDF, which was founded in 1983.

It is also a rich data source on other aspects of young people's lives, such as schooling, employment, parental influences, values, and attitudes. Hence, YAFS4 data can be continually mined to gain further insights into this critical period of life for this current cohort of Filipino youth.

Research design

The YAFS is designed to be a cross-sectional survey of young adults aged 15–24. Results are considered representative of the Filipino youth at the national and regional levels.

Sampling design

The survey employed a two-stage sampling design with the region as the domain and the barangay as the primary sampling unit. At 5 percent risk with 5 percent margin of error, the minimum sample size required if simple random sampling will be used is about 343 cases per domain. Since the survey followed a two-stage sampling design, the sample size was doubled to account for the design effect of 2. Hence, the target sample size was doubled to 686 cases per region. Should there be other sources of inefficiency, it is assumed that stratification in the sampling design will negate this. However, the possibility of encountering uncooperative eligible respondents as well as inaccessible locations led to further adjustment of the sample size to 800 cases per region. Finally, to allow for a more detailed analysis of the results at the regional level, the target sample size was raised to around 1,000 cases per region.

With the regions as domains, the first step was to determine the sample barangays per region. The number of sample barangays was computed based on an estimate of 15 households per barangay that can be reasonably completed by a survey team in a given day. To account for the possibility of inclusion of inaccessible barangays in the sample, a 15 percent oversampling allowance was applied to the number of sample barangays.

To determine the number of households per region, the average number of target respondents per household was computed for each region. The sample size was proportionally allocated in subsequent stratifications. Once a sample household was selected, all eligible youth respondents (aged 15–24) in that household were interviewed.

Sample selection

To select the sample barangays in the region, barangays were first stratified into three strata (small, medium, and large), with the size of the youth population as the stratification variable. Once the three strata were formed, the number of sample barangays for the region was proportionally allocated. Within each stratum, the sample barangays were selected with probability proportional to their population size in the 2010 Census of Population. This method of selecting the barangays will result in a greater likelihood of distributing the sample barangays to all provinces.

Consequently using this method, all provinces in the country, except for three small provinces (Batanes, Siquijor, and Dinagat), were eventually included in the sample.

The urban-rural dimension was not considered in stratifying barangays since the use of population size in the stratification will implicitly consider urban-rural grouping (i.e., urban barangays have bigger population sizes, while most rural barangays have smaller population sizes). Thus, the design could guarantee the adequacy of samples for analyses made with the urban-rural dimension.

The sample barangays were divided into enumeration areas (EAs). An EA consists of around 500 households and is determined by natural and man-made boundaries like roads, bridges, and streets. In each sample barangay, one EA was selected using simple random sampling. For each barangay, a representative sample of 15 households was selected using systematic sampling, with the sampling interval derived by dividing the total number of households in

the barangay or EA by 15. All eligible members of the sample household (i.e., those 15–24 years old) were interviewed.

The population counts and the survey sample sizes for the complete YAFS4 sample (all regions) are summarized in Table 1.

In all, YAFS4 covered the 17 regions of the country: 78 provinces, 681 cities and municipalities, and 1,141 barangays. The total sample size is 19,178 cases, 9,353 males and 9,825 females.

Survey weights

The data was weighted to ensure that the results are representative of the country’s youth population and its regional distribution. The weights at the barangay level were computed using the Horvitz-Thompson estimator formula: $w_{hi}=1/p_{hi}$, where p_{hi} refers to the selection probability of i th sample barangay in stratum h . At the household level, the weights were adjusted based on the proportion of sample households to the total number of households in the barangay.

At the respondent level, weight adjustment was done by considering the response rate (i.e., the proportion of interviewed respondents to the total number of eligible respondents). The resulting weights were then scaled down to reflect the survey sample size.

Survey instruments

In all, YAFS4 used a total of 10 survey instruments: 8 Main Individual Respondents Questionnaire, the Household Questionnaire, and the Community Questionnaire.

The Household Questionnaire is administered in the household that has been selected to be part of the sample regardless of whether or not the household has a member 15-24 years old (eligible youth respondent). The respondent to the Household Questionnaire can be the head of the household, the spouse of the household head or any knowledgeable member of the household aged 18 years or above. The Household Questionnaire asks for information about all members of that household. Response

Table 1.1 YAFS4 sample size per region

Region	2010 Census of Population					2013 YAFS		
	Household population	No. of barangays	No. of households	No. of youth	No. of youth per household	No. of barangays	No. of households	No. of respondents
1	4,743,067	3,265	1,050,605	885,934	0.84	73	1,091	1,202
2	3,225,761	2,310	727,327	631,068	0.87	71	1,060	1,099
3	10,118,478	3,102	2,239,011	1,928,626	0.86	71	1,068	1,182
4A	12,583,009	4,011	2,833,595	2,396,690	0.85	73	1,088	1,137
4B	2,731,928	1,458	602,131	528,813	0.88	70	1,048	1,084
5	5,411,521	3,471	1,111,753	1,030,147	0.93	66	993	1,010
6	7,089,739	4,050	1,526,587	1,398,701	0.92	67	1,004	1,082
7	6,784,538	3,003	1,487,710	1,331,228	0.89	69	1,028	1,037
8	4,089,734	4,388	865,657	780,378	0.90	68	1,021	1,122
9	3,397,838	1,904	726,272	686,024	0.94	65	974	1,118
10	4,284,594	2,022	917,840	866,299	0.94	65	975	1,387
11	4,452,549	1,162	1,011,943	903,278	0.89	69	1,031	1,272
12	4,103,105	1,194	916,038	847,274	0.92	66	995	1,113
CAR	1,611,669	1,176	352,403	348,271	0.99	62	931	928
ARMM	3,248,787	2,490	538,941	634,937	1.18	52	781	1,056
CARAGA	2,424,788	1,310	504,257	488,958	0.97	63	949	1,259
NCR	11,796,873	1,704	2,759,829	2,360,131	0.86	72	1,076	1,090
Total	92,097,978	42,020	20,171,899	18,046,757		1,141	17,111	19,178

to the questionnaire is the basis for identifying eligible respondents in the household.

The Household Questionnaire gathers information about each member of the household such as relationship to household head, age, sex, highest grade completed, main activity, occupation, whether the household member is working abroad, and marital status. It also asks about the amenities owned by members of the household, the tenure status on the lot, and housing conditions (e.g., type of toilet facilities, source of water, housing materials) – information that is used to compute for the socioeconomic status index, the basis for determining the socioeconomic status of the household.

There are eight variants of the individual questionnaire: (1) Main single female, (2) Main married female, (3) Main single male, (4) Main married male, (5) Muslim single female, (6) Muslim married female, (7) Muslim single male, and (8) Muslim married male.

The majority of questions in the Main and the Muslim questionnaires are identical. Deviations from the Main Questionnaires were made in the sections on religion and religious practices and marriage and marriage practices and in some of attitude questions in block K (See blocks of the questionnaire below). For example, the section on religious practices in the Main Questionnaires asked for attendance in religious services such as the mass. For the Muslim questionnaires, the questions referred to practices in the Islamic faith such as fasting during Ramadan. The structure and wording of the questionnaires were designed to minimize interviewer bias and maximize clarity of response.

The Main Questionnaire contains the following blocks:

- Block A Individual Characteristics
- Block B Family Characteristics and Relationships
- Block C Self-Esteem and Values
- Block D School, Work, and Community
- Block E Media Exposure
- Block F Friends and Peers
- Block G Health and Lifestyle

- Block H Marriage
- Block I Puberty, Dating, and Sex
- Block J Fertility and Contraception
- Block K Knowledge and Attitudes toward Marriage, Sex, and Related Issues
- Block L Reproductive Health

The Main Individual Respondents Questionnaires were administered to all members of the household aged 15-24.

The 10th instrument is the Community Questionnaire administered to the barangay captain or a person in the barangay who was knowledgeable about the community. Data from the Community Questionnaire can provide insights into the immediate environment of the young adult outside the household. The Community Questionnaire has the following sections:

- Section A Background of the barangay
- Section B Communication and Entertainment Facilities
- Section C Reproductive Health Services
- Section D Economic Activities
- Section E Organizations in the Barangay
- Section F Youth-Related Concerns
- Section G Collective Efficacy

The YAFS4 questionnaires built on the core instruments used in the previous rounds and incorporated new developments that were not yet evident in 2002. As a preliminary step to developing the YAFS4 questionnaires, the DRDF team first conducted several focus group discussions with young people to better capture the prevailing conditions surrounding young adults and to frame the questions in the language that is appropriate for them. A consultative workshop participated by experts from the academe, government, non-government organizations and other stakeholders was later convened to further refine the questionnaires.

After the main questionnaires were completed, the questions that were to be revised for the Muslim version of the instrument were identified. Experts on Muslim culture were consulted in the development of the Muslim-specific questions. Focus group discussions were conducted to inquire on the propriety of asking certain questions being considered in the study.

The questionnaires were first prepared in English then translated into six major languages in the country, namely Tagalog, Cebuano, Ilonggo, Waray, Ilocano and Bicol. They were then back translated to English to ensure that the translations remained faithful to the original version. A translation into the Maguindanao language was prepared later, following a request from the Maguindanao area field team.

Informed consent

The consent of respondents was sought before an interview could be conducted. A standard informed consent form was first read to the potential respondent. Only if he/she indicated agreement to be interviewed under the conditions read to him/her by signing the form did the actual interview proceed. For respondents who were below 18 at the interview date, a parental informed consent form was used. It was first read to the youth's parent/guardian. Only after the parent consented for the youth to be interviewed did we proceed to read the informed consent form to the selected respondent. Unlike youth older than 18, the minor respondents signed an assent form, which is part of the parental consent form.

The procedure for securing informed consent was recommended by the Ethics Review Board of PCHRD which reviewed the ethical dimensions of the survey protocol.

Data collection

For the data collection, academe-based Regional Coordinators and Field Supervisors recruited from regional universities and organizations (Don Mariano Marcos Memorial State University for Ilocos, Cagayan State

University for Cagayan Valley, Central Luzon State University for Central Luzon, UP Los Baños for CALABARZON and MIMAROPA, Ateneo de Naga for Bicol, UP Iloilo for Western Visayas, Office of Population Studies of the University of San Carlos for Central Visayas, UP Tacloban for Eastern Visayas, Xavier University for Northern Mindanao and Caraga, Western Mindanao State University for Zamboanga Peninsula, and Family Planning Organization of the Philippines for Davao and SOCCSKSARGEN) co-supervised the data collection activities in most of the regions, while the DRDF team supervised data collection in the NCR, CAR and ARMM. Field Supervisors from the DRDF were deployed for monitoring and spot checking of field activities. Field Interviewers were recruited from each region.

All field personnel underwent a 4-day training on the questionnaires, the sampling methodology, interviewing techniques, and field methods. A national training was held in December 2012 participated in by Regional Coordinators and Field Supervisors and conducted by the DRDF central team. This was followed by 14 training sessions of the regional field teams, each conducted by two or three representatives of the central team. Each regional field team consisted of at least 2 Field Supervisors and 20 Field Interviewers.

Data was gathered through face-to-face interviews. The interviewer should be of the same sex as the respondent because of the sensitive nature of some of the questions, especially on sexuality.

Data collection started in the National Capital Region after the December 2012 training. In the regions, field work began as soon as the regional training was completed, starting in January 2013. Altogether data collection was from December 2012 to May 2013 with an average duration of 3 months per region.

Data processing

Data processing began in April 2013 even as the field work was still being completed in some study areas. Some form of data processing

occurred during field work, with field supervisors going over each completed questionnaire to ensure that these were filled in properly and that mistakes could be addressed while the teams were still in the field. Data processing in the central office consisted of office editing, coding and encoding, and data editing. A total of 72 personnel were involved in the various stages of data processing.

The Census and Survey Processing System (CSPPro), a software package developed by the United States Census Bureau, was used for data entry and verification. IBM SPSS Statistics was employed for data editing and generation of statistical tables

Organization of the book

This report presents results of the survey in main themes covered by the study. The description of results across the chapters follow a common format in that each presents the results differentiated along the same set of background characteristics, namely sex, age (classified into two categories: 15–19 and 20–24), region of residence, urban-rural residence, educational attainment at the time of the survey, and the socioeconomic status of the household to which the youth belongs. Urban-rural classification is based on the 2003 official definition of urban and rural barangays used by the then National Statistics Office (National Statistics Office, 2013). The socioeconomic status is derived from the wealth index, a composite index that categorizes households into quintiles ranging from 1 (the lowest quintile or the poorest) to 5 (the highest quintile or the wealthiest). The wealth index in turn employed information on ownership of household amenities and vehicles, and housing characteristics such as source of drinking water and type of toilet facilities in order to categorize households into the appropriate quintile following the methodology of Rutstein and Johnson (2008) that is used in demographic and health surveys (DHS) worldwide. These six basic characteristics are often used in the research literature to explain variability in individual behavior and can help us

understand better the differences and similarities among young people of today.

Furthermore, starting from Chapter 3 up to Chapter 11, findings are presented as a series of bivariate crosstabulations between a given basic characteristic and a given outcome variable. These give the reader some insights into the possible association between each background characteristic and each outcome variable. For example, for the variable smoking, the results will show the difference in smoking behavior between men and women, between the younger (15–19) and older (20–24) cohort, between urban and rural residents, across the wealth quintiles and the 17 regions of the country. In this monograph it is not the intent to test for the combined effects of the background variables. Thus, multivariate analysis is neither conducted nor presented here. That will be the subject of further studies on the YAFS4 data.

Where the data allow, each chapter also presents trends in specific outcome variables, such as the prevalence of premarital sex, drinking, smoking, and substance use, to show how these may have changed over the years. These trend data provide insights into changing behavioral patterns among the different cohorts of youth and how, at the macro level, Philippine society may also be changing.

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Filipino Youth through the Years

Nimfa B. Ogena
Grace T. Cruz

Demography of the Filipino Youth

The number and share of the youth in the world’s population is close to reaching its historical peak, a point that will mark the largest number and share of young people the world will ever see (Lam, 2007; Nugent, 2005). After this, we expect a period of decreasing share of the world’s youth population owing largely to the effects of the global decline in fertility. Estimates show that the size of the youth population has reached its maximum in all regions except Africa (United Nations, 2015).

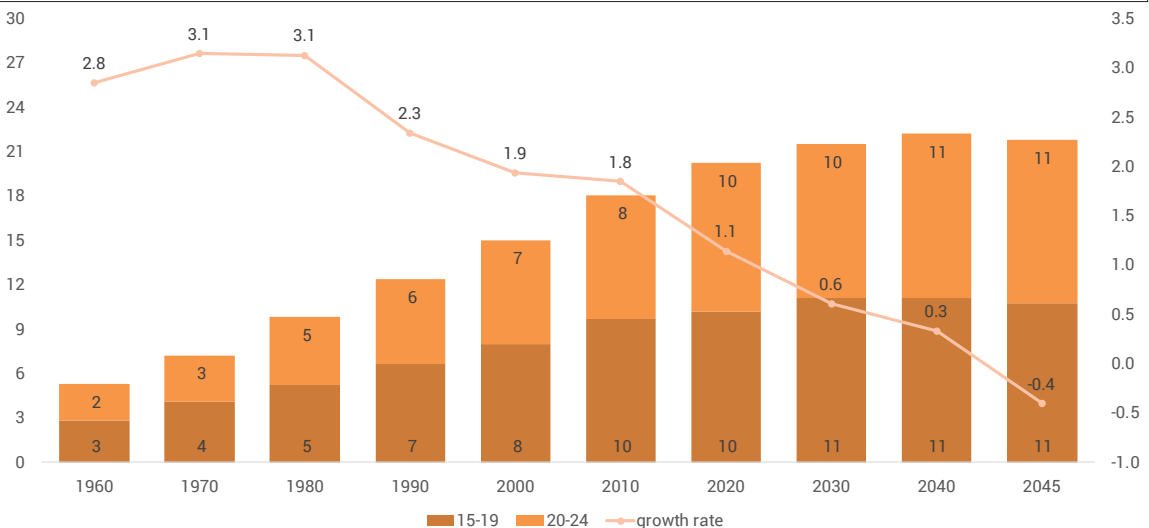
Still, there is an observed diversity in the demography of the youth population across regions and countries. In the Philippines, the number of young people aged 15–24 is increasing, with the momentum expected to be sustained

in the coming decades (Figure 1.1). As of 2010, there were around 18 million young adults in the country, 3.4 times its size 50 years earlier (i.e., 5.3 million in 1960). It is projected to expand to a maximum size of 22.2 million in 2040, after which it will start to shrink. This projected trend is based on the Philippine medium-term population projection assumptions, which set replacement fertility to be attained in 2035.

The current structure of the youth population shows a higher number in the younger (15–19 years old) than in the older cohort (20–24 years old). This will continue until 2040, after which a reversal is projected, with the 20–24 age group exceeding the size of the 15–19 age group.

In terms of sex composition, there are currently more male than female youth as indicated by the youth sex ratio of 103 in 2010

Figure 2.1 Youth population size (in millions) and growth, Philippines: 1960–2045



(or 103 males per hundred females). This difference is expected to heighten in the future as the youth sex ratio is projected to increase to 106 in 2045. The increasing proportion of males in the youth population is a reversal of the past trend characterized by more females. In 1970, for example, there were 94 male youth for every 100 female youth, a pattern that persisted until a balanced sex ratio was registered in 2000 (Table 2.1). The main driver to the increase in the sex ratio is the improvement in infant mortality over the preceding decades resulting in higher survivorship for all infants. Since the sex ratio at birth is usually above 100, improving infant mortality has resulted in more male babies surviving to early adulthood than had in previous times.

Similar to all other age groups, the youth population is increasing but at a decelerating pace. Its highest growth rate was posted in 1960–1970 at 3.1 percent, exceeding that of the total population growth rate of 3.0 percent, which at that time was the peak of growth of the Philippine population (Figure 2.2). Since the 1990s, the youth population has been growing at a lower rate relative to the total population. It is expected to sustain this trajectory of positive growth until 2040–2045, when it is projected to register a negative rate of growth for the first time. This negative growth rate will follow the same trajectory as that of the youngest cohort

Table 2.1 Sex ratio of youth 15–24: 1970–2045

Year	15–19	20–24	15–24
1970	95	94	94
1980	95	93	94
1990	100	99	99
2000	100	99	100
2010	103	102	103
2045*	106	106	106

Note: *Based on projections using medium assumption.

(i.e., <15 years old), the first age group in the country projected to register a negative rate of growth. Due to slowly declining fertility, the youngest age group has consistently been the lowest growing sector in the country since the 1960s.

While the size of the population 15–24 has been increasing over time, its percent share of the total population has remained more or less steady at 20 percent. The percent share reached its peak at 20.5 percent from 1980–1990 but is expected to decline to 16.2 percent in 2040, when the youth population will have achieved its maximum size (Figure 2.3). Studies show that the peak of the youth share of the total population (population 12–24 as a percentage of the total population) occurs at around 25–30 percent of the population for most countries (Lam, 2007).

Figure 2.2 Population growth rates by age group, Philippines: 1960–2045

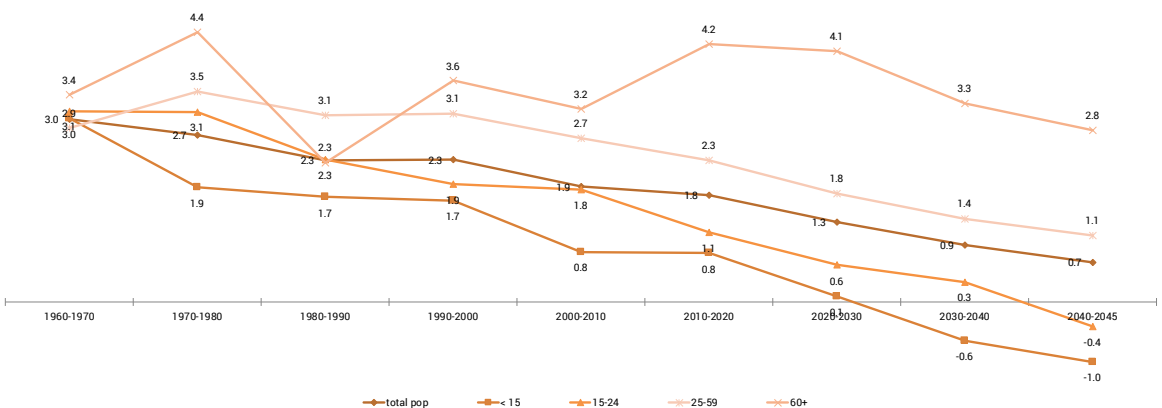
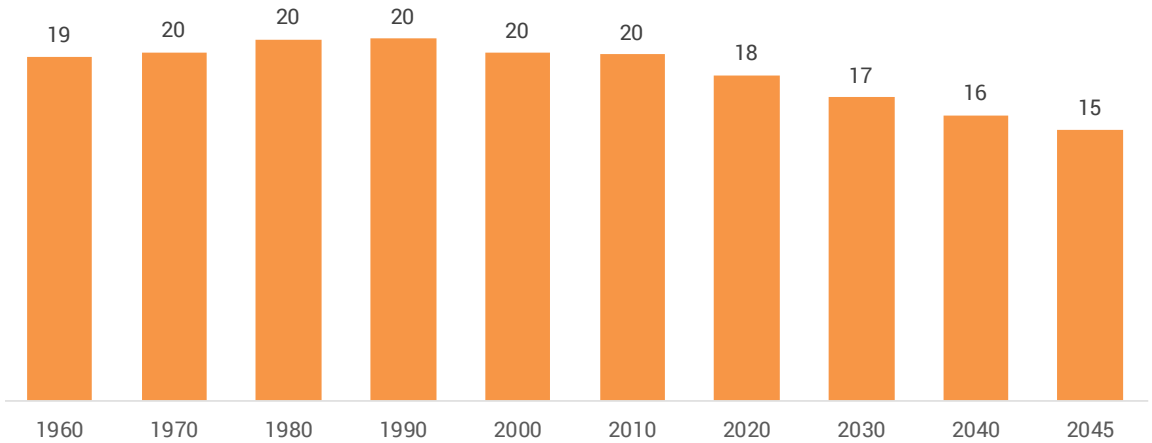


Figure 2.3 Population 15–24 as a percentage of the total population and growth rate: 1960–2045

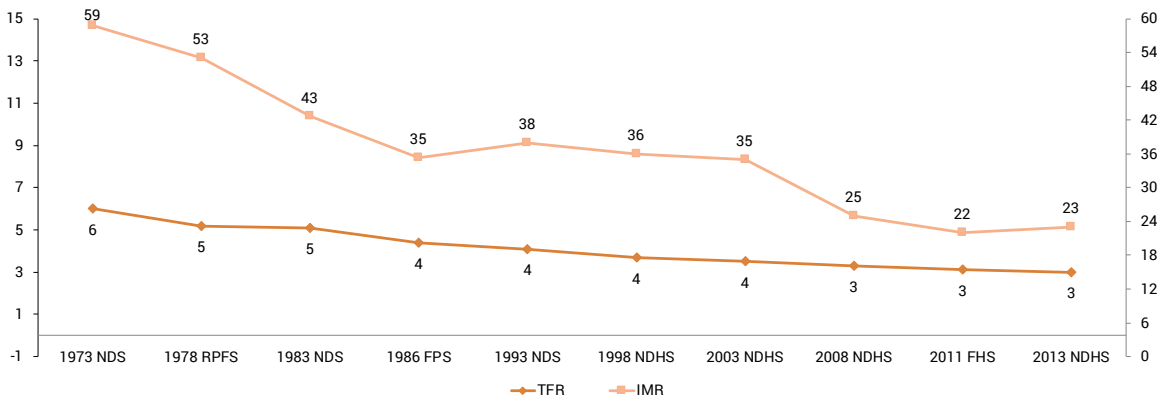


At present, the Philippine population displays a characteristic “youth bulge”, that is, the bulk of the population both in 1970 and 2010 are in the age groups below 25. But unlike other countries that show the temporary character of the youth bulge (Xenos & Kabamalan, 2002), that of the Philippines will likely persist for a relatively prolonged period owing to the slow demographic transition in the country.

The pace of the demographic transition can be discerned from Figure 2.4 which traces the trend in fertility and infant mortality in the Philippines. While fertility rates are declining, the pace of decline has slackened in recent years. This is evident in the total fertility rate (TFR), which dropped from 6 children per woman in

the 1970s to about 3 at present (Figure 2.4). It took two decades (1973–1993) to reduce the TFR from 6 to 4, or approximately one child per decade, but 20 years (1993–2013) to reduce the TFR further by another birth (Cruz, 2014). In comparison, mortality, measured in terms of the infant mortality rate (IMR), declined more rapidly than fertility, resulting in a high rate of natural increase. The highest natural increase was observed in the 1970s, coinciding with the highest population growth rate in the country. This high population growth rate translated to an increasing volume of population increments that resulted in the large cohort of the young adult population that we observe in the country today.

Figure 2.4 TFR and IMR, Philippines: 1973–2013



Population growth momentum is the other driver of the youth bulge. Population momentum refers to the inertia that is inherent in population dynamics because childbearing takes place two to three decades after birth (Lam, 2007; Shryock et al., 1975). With the higher increments in population size, we expect the childbearing population to continue to increase despite the declining fertility rate because the youth of today who are the parents of the future have already been born. Herrin and Costello (1996) estimated that 66 percent of the country’s population growth from 1995 through 2020 is due to population momentum, while unwanted (16%) and wanted fertility (18%) accounted for the remaining third.

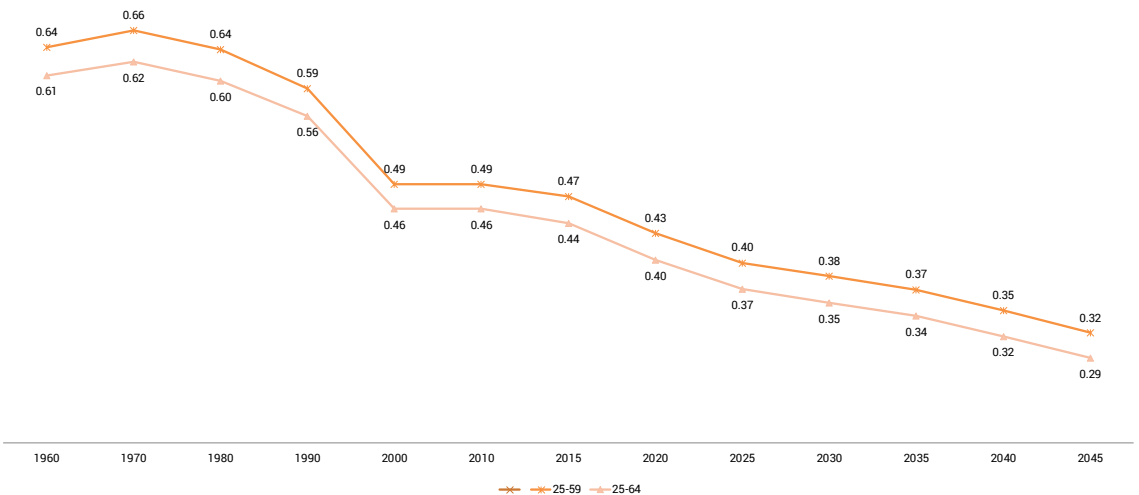
The foregoing overview of the demography of the Filipino youth underscores the significance of the youth sector on the country’s future. Their sheer volume alone will have distinct socioeconomic consequences that should be recognized by development planners. For example, their economic implication is evident in the ratio of the youth population to the working age group 25–64 or 25–59 which shows the youth population having a substantial share of the total working age population (Figure 2.5). In 1970, there were 61 youth aged 15–24 for every 100 adults aged 25–64. In 2010, there were 46 youth for every 100 adults aged 25–64. Although

the ratio had declined, the trend still portrays a very youthful potential labor force.

The high proportion of the youth in the labor force has been hailed as a possible boon to a country’s development if their economic potential is harnessed through gainful employment. On the other hand, if they lack the skills for gainful participation, a high proportion of the youth who end up unemployed or unemployable can present problems to the country as a whole (Emoju, 2014, Kumar, 2013).

In the foregoing discussion, we have established that there is a sizable proportion of the Philippine population who belong to the youth age group. We have also established the projected trajectories of the growth in size of this sector relative to the total population. In order to make appropriate plans for this sector it is important to establish a clearer understanding of who the youth are, beyond their sheer size, projected growth trajectories and relative position in the overall landscape of the Philippine population. The YAFS series of surveys has been one of the more prominent sources of data on the youth in the Philippines. Past YAFS results have been used extensively by government agencies like the Commission on Population, Department of Health and Department of Education as guides in crafting policies and programs targeting this age sector.

Figure 2.5 Ratio of the population 15–24 to population 25–59 and 25–64, Philippines: 1960–2045



The Youth in Context: Family, School, Peers, Work, and Community

In the following discussion, we present a description of the Filipino youth based on the results of the 2013 Young Adult Fertility and Sexuality Study. In particular, we situate the youth within the major sources of influences in their lives: family, school, peers, work and the community. In so doing, the chapter aims to provide an overall profile of the Filipino youth of today that will help facilitate our understanding of who they are.

A basic profile of the youth

Beginning in 1994, the YAFS study series was designed to capture a representative sample of the Filipino youth aged 15–24. Expectedly, the study sample must project a profile that closely resembles that of the total population it represents. Results of the last three survey rounds (1994, 2002, and 2013) show an almost equal gender split in the study population. Specifically, the males constitute anywhere between a 47 and 49 percent share, signifying a smaller number of males compared with the

females (Table 2.2). In the 2010 census, there is a slight numeric male edge among the youth in the country, although the difference between the census and the sample population is not significant.

In terms of age composition, the sample aptly captures the age structure of the country's youth population, as both show a higher proportion of the younger (15–19) than the older cohort (20–24). The age structure of the study sample has been more or less stable over the three survey rounds, with the younger cohort constituting around 60 percent of the youth population in the 2013 YAFS. The stability in the age structure over the three survey rounds is also evident in the consistent mean age (about 19 years) of the samples over the three YAFS rounds. Thus, the age and sex composition of the current study closely approximates the age-sex distribution of the Philippine population based on Census data, as did the three previous YAFS rounds. This bolsters the stand that the sample is representative of the Filipino youth in general, hence, the other characteristics of the sample also represent that of the population of Filipino youth of today.

Table 2.2 Percent distribution of YAFS sampled youth: 1994, 2002, and 2013

Background characteristics	1994		2002		2013	
	Percent	No. of cases	Percent	No. of cases	Percent	No. of cases
Sex						
Male	48.3	5,257	47.4	8,042	48.8	9,365
Female	51.7	5,622	52.6	8,922	51.2	9,813
Both sexes	100.0	10,879	100.0	16,964	100.0	19,178
Age						
15-19	58.2	6,336	60.3	10,236	59.6	11,424
20-24	41.8	4,543	39.7	6,728	40.4	7,754
15-24	100.0	10,878	100.0	16,964	100.0	19,178
Mean age	18.9	10,878	18.8	16,964	18.9	19,178

The modal highest educational attainment (36.7%) is high school undergraduate, mainly because many of those in the age group 15–19 are still in the last years of high school (Table 2.3). About 28 percent completed high school, 21 percent attained college-level education, and 13.8 percent had elementary-level schooling. An almost negligible proportion (0.4%) had no schooling at all, which leads to the conclusion that practically all Filipino youth have undergone some formal schooling. A gender variation in educational attainment is evident, with the females registering a somewhat better education profile relative to the males. For example, 23.8 percent of females attained college-level education compared with 18 percent of the males.

As to their main activity three months prior to the survey, 36.3 percent reported that they were in school while 25.3 percent were currently working. About one in five (19.8%), predominantly female, were doing housework. A minority of 8.8 percent were idle, that is, not doing any of the following: studying, working, looking for work, doing housework, or doing unpaid family work. There is a notable gender difference in main activity, with more males reporting themselves to be working and more females in school or doing housework.

The majority of the youth have never been married (76.6%). The remainder is either in a consensual union (13.8%) or formally married (8.5%); a small proportion (1.1%) are separated, divorced, or widowed (Table 2.3). Compared with past YAFS results, what is striking about the 2013 YAFS sample is the high proportion of youth who are in a living-in arrangement, which exceeds those in a legal union. Living-in is more common among females (20%) than males (8%). Likewise, more females are in a formal union, suggesting that they enter union formation earlier than males. Given the greater proportion of females in a marital union, it is not surprising that more of them reported being separated (2%) compared with males (0.3%), although the levels are very low for both sexes.

Comparing the marital status composition from the past three YAFS rounds with the

current survey, there is ample evidence that the marital profile of the Filipino youth has undergone dramatic changes, most evidently during the last decade. For one, the proportion of never married Filipino youth declined from 83.9 percent in 2002 to 76.6 percent in 2013, yet the proportion of formally married youth also declined from 9.8 percent in 2002 to 8.5 percent in 2013 (Figure 2.6). On the other hand, there is a striking increase in the proportion who are in a living-in arrangement from only 4.7 percent in 1994 to 13.8 percent in 2013. Also in 2013, the proportion of the youth who are separated, widowed, or divorced, although small at 1.1 percent, increased from 0.3 percent in 1994.

In terms of geographic location, more than a third of the youth reside in the biggest regions of the country, namely CALABARZON, NCR, and Central Luzon, with a combined share of 37 percent of the total youth population in the country.

Consistent with the acknowledged dominance of the Catholic faith in the country, 79.4 percent of the youth reported themselves to be Catholics, with the remainder distributed among other Christian and non-Christian religions. One in 20 youth (5%) are followers of Islam, a proportion that closely resembles the relative share of Muslim Filipinos to the total country population. Despite almost all youth professing to have a religion, only 34.7 percent report that they take part in religious ceremonies. About 44 percent said their parents or guardians required them to attend religious services while they were growing up, while 30.4 percent reported that their family attends religious services together. More among the female youth and the younger cohort attend religious ceremonies compared with their respective counterparts.

The family context

Persons who raised the youth

Family support plays a crucial role in the youth's developmental journey. In particular, the family provides a solid foundation for the

Table 2.3 Percent distribution of youth by sex, age group, and background characteristics

Background Characteristics	Male			Female			Both sexes		
	15-19	20-24	15-24	15-19	20-24	15-24	15-19	20-24	15-24
Marital status									
Never married	96.7	72.8	87.5	84.7	40.7	66.1	90.8	55.6	76.6
Living-in	2.6	16.5	7.9	11.5	30.3	19.5	7.0	23.9	13.8
Formally married	0.6	10.0	4.2	3.0	25.8	12.7	1.8	18.5	8.5
Separated/Widowed/Divorced	0.1	0.7	0.3	0.8	3.1	1.8	0.4	2.0	1.1
Educational Attainment									
No schooling/Elementary	18.2	19.0	18.5	9.3	9.5	9.4	13.8	13.9	13.8
High school undergraduate	49.1	19.4	37.7	49.8	16.5	35.7	49.5	17.8	36.7
High school graduate/Vocational	18.8	36.9	25.8	21.6	44.0	31.1	20.2	40.7	28.5
College or higher	13.8	24.7	18.0	19.3	30.0	23.8	16.5	27.5	21.0
Type of School									
Public	85.8	82.5	84.5	84.0	79.9	82.3	84.9	81.2	83.4
Private	13.9	16.9	15.1	15.8	19.5	17.4	14.8	18.3	16.2
Catholic	8.6	9.0	8.8	9.1	10.3	9.6	8.8	9.7	9.2
Protestant	0.4	0.5	0.5	0.6	0.9	0.8	0.5	0.8	0.6
Arabic (Eastern)	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Mixed Eastern and Western	0.3	0.3	0.3	0.3	0.4	0.4	0.3	0.4	0.3
Non-sectarian	4.2	6.5	5.1	5.3	7.6	6.3	4.8	7.1	5.7
Main Activity									
None	11.5	7.0	9.8	7.9	7.7	7.8	9.7	7.4	8.8
Student	50.8	12.9	36.3	56.5	8.9	36.3	53.6	10.8	36.3
Unemployed, looking for work	5.6	14.1	8.9	3.6	7.6	5.3	4.6	10.6	7.0
Housework	5.1	4.5	4.9	21.9	50.3	34.0	13.4	29.1	19.8
Unpaid family worker	3.8	4.7	4.2	1.2	1.9	1.5	2.5	3.2	2.8
Working (domestic helper included)	23.1	56.8	36.0	8.9	23.6	15.1	16.1	38.9	25.3
Region									
Ilocos	5.2	4.7	5.1	5.0	4.4	4.8	5.1	4.6	4.9
Cagayan Valley	3.8	3.4	3.7	3.3	3.3	3.3	3.6	3.4	3.5
Central Luzon	9.8	10.8	10.2	9.6	13.3	11.2	9.7	12.2	10.7
CALABARZON	13.4	13.0	13.3	13.9	12.5	13.3	13.6	12.7	13.3
MIMAROPA	3.0	3.0	3.0	2.7	3.0	2.8	2.9	3.0	2.9
Bicol	5.8	5.3	5.6	5.8	5.9	5.8	5.8	5.6	5.7
Western Visayas	8.6	7.5	8.2	7.1	7.7	7.4	7.9	7.6	7.7
Central Visayas	7.8	8.1	7.9	7.6	5.9	6.9	7.7	6.9	7.4
Eastern Visayas	4.7	4.3	4.5	4.2	4.0	4.1	4.5	4.1	4.3
Zamboanga Peninsula	4.0	4.1	4.0	3.3	4.1	3.6	3.6	4.1	3.8
North Mindanao	5.2	4.1	4.8	5.0	4.6	4.8	5.1	4.4	4.8
Davao	4.5	5.2	4.8	5.1	5.5	5.2	4.8	5.3	5.0
SOCCSKSARGEN	5.2	3.9	4.7	5.3	3.8	4.7	5.2	3.9	4.7
CAR	1.6	2.2	1.8	1.7	2.4	2.0	1.7	2.3	1.9
ARMM	3.1	4.0	3.4	3.4	3.8	3.6	3.3	3.9	3.5
CARAGA	3.0	2.6	2.8	2.8	2.3	2.6	2.9	2.4	2.7
NCR	11.4	13.7	12.3	14.0	13.6	13.8	12.7	13.6	13.1
Place of residence									
Urban	24.7	27.1	25.6	28.7	29.0	28.8	26.7	28.2	27.3
Rural	75.3	72.9	74.4	71.3	71.0	71.2	73.3	71.8	72.7
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	21.3	18.3	20.2	19.7	20.2	19.9	20.5	19.3	20.0
Second	21.4	18.9	20.5	21.3	19.7	20.6	21.3	19.3	20.5
Middle	22.2	22.5	22.3	21.2	21.2	21.2	21.7	21.8	21.8
Fourth	19.3	23.1	20.7	21.0	21.1	21.0	20.1	22.0	20.9
Highest (Richest)	15.8	17.1	16.3	16.8	17.8	17.2	16.3	17.5	16.8
Religion									
Catholic	79.0	80.5	79.6	78.7	79.9	79.2	78.9	80.2	79.4
Other Christian	15.6	13.7	14.9	15.2	14.1	14.7	15.4	14.0	14.8
Islam	4.7	5.0	4.8	5.2	5.3	5.3	5.0	5.1	5.0
Others/none	0.7	0.8	0.7	0.9	0.6	0.8	0.8	0.7	0.8
Religiosity									
Take part in any religious ceremonies/activities	30.4	27.7	29.4	42.4	36.2	39.7	36.3	32.3	34.7
Parents/guardian require R to attend mass/religious services, activities	38.8	35.5	37.5	50.7	48.0	49.5	44.7	42.2	43.7
R's family attend religious activities/services together	29.0	27.6	28.4	30.6	34.4	32.2	29.8	31.2	30.4
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
N	5,771	3,594	9,365	5,653	4,161	9,813	11,424	7,754	19,178

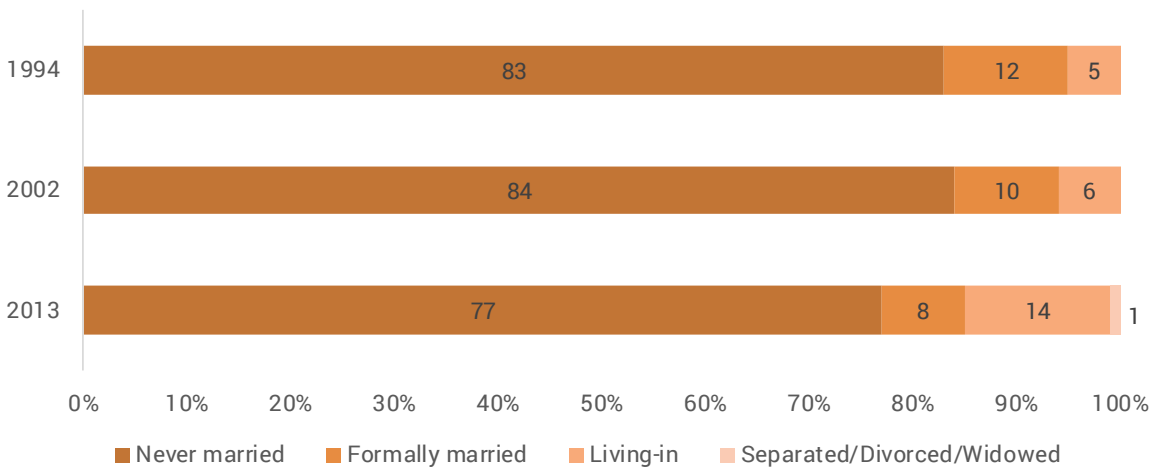
The questions on religiosity are:

A19 Do you take part in any religious ceremonies/activities: such as fasting on Ramadan, Tarawi, Eid-ul Fitr, Eid-ul Adha? like prayer rallies, fellowship, bible study or healing sessions?

A21A Did your parents/guardian require you to attend: religious activities such as Ramadan, etc.? mass or religious services regularly?

A21B Does your family attend religious: activities such as Ramadan, Tarawi, Eid-ul Fitr, Eid-ul Adha? services together?

Figure 2.6 Marital status of Filipino youth: 1994, 2002, and 2013



growth and development of its members. A vital building block to understanding one’s family support system is identifying the person who mostly raised the youth from birth until they reached the age of majority, i.e., age 18. In the Philippines, the age of majority is when a person becomes legally qualified and responsible for all his/her civil acts (Republic Act No. 6809 of 1989). Before then, parents or guardians are expected to direct or guide the youth to become responsible members of society. The normative expectation in Philippine society is for children to be raised by both parents.

In general this expectation continues to be met as about four of five Filipino youth said they were raised by both their mother and father (Figure 2.7). Slightly more among males (85.4%) than females (79.8%) (Table 2.4). About 9 percent were raised by either the mother only or the mother and someone else, while 2.2 percent were raised either by the father only or the father and another person. Surrogate parents, like grandparents and other relatives raised 6.3 percent of the youth.

Being raised by both parents is more common in rural than urban areas. By region, NCR has the lowest proportion of youth raised by both parents (75.2% for males and 69.4% for females), while Northern Mindanao has the highest (90.6% for males and 89.4% for females). Interestingly, the proportion raised

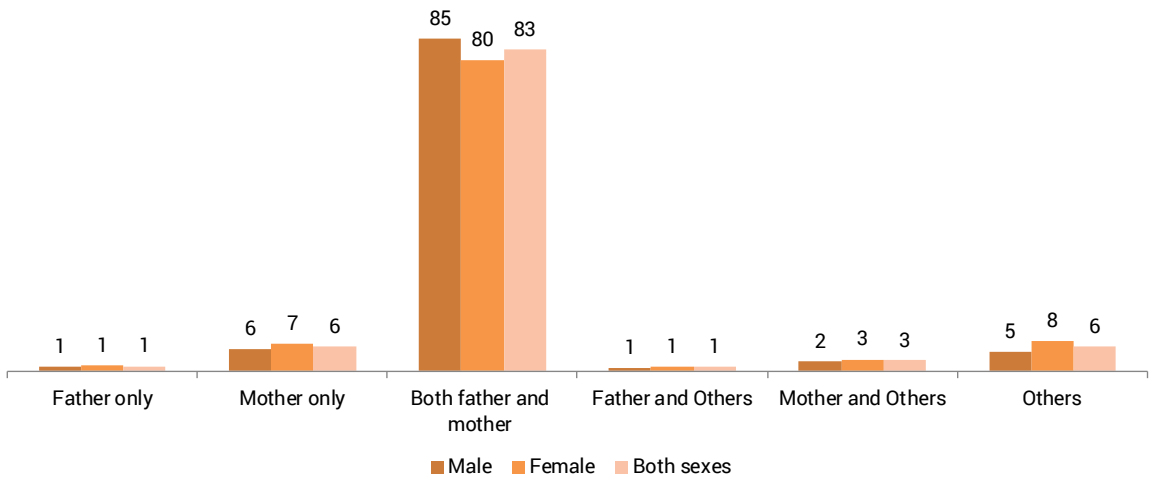
by both parents increases as the education level of the youth increases. This pattern is true for both males and females. In contrast, the proportion raised by both parents declines as socioeconomic status increases. This pattern is more pronounced among female than male youth.

Parenting style of parent/guardian

Among the topics explored in YAFS4 is the type of discipline enforced in the family while the young person was growing up, as well as the types of activities that the persons raising the child approved or disapproved of. These are elements of a collection of parental behaviors that characterize parenting styles, which may later influence the youth’s behaviors.

In one such question, a list of activities that young people may engage in—which could be allowed or disallowed by parents or guardians depending on how strict or liberal they are—was read to the respondents. The respondents were asked if their parents or guardians allowed them to engage in each activity. Cognizant of the possibility that the persons raising the child may impose different standards (e.g., the father may be stricter than the mother), the question was asked in reference to each of the two main persons who raised the respondent. These two persons could be any of the following: the mother,

Figure 2.7. Person who raised the youth by sex



the father, other immediate family members, or others. For both sexes, the most commonly identified first person who raised them is the father, while the second person is the mother. Results are shown in Tables 2.5 and 2.6.

For males, staying out late is the most commonly disapproved behavior by both the father (84.3%) and the mother (89.4%), followed by going out at night with friends (84% for the father, 89.1% for the mother). In contrast, for females, the most commonly disapproved behaviors by the father are having a boyfriend before age 18 (76.4%) and going to a party at short notice (76.3%). Mothers most commonly disapprove of going to a party at short notice (83.2%).

Respondents were further asked what the usual reactions of the father and the mother were when they did something wrong or something the parent/guardian disapproved of. This is an indicator of the style of discipline practiced in the home as the youth was growing up. According to the males, when they misbehaved, the three most commonly mentioned usual reactions of fathers were physical punishment (84.3%), grounding (83.8%), and counseling or talking to them (83.3%). In contrast, the top three usual reactions of mothers to male youth's

disapproved behavior were counseling (89.9%), silent treatment (89.6%), and verbal abuse (88.7%).

For females, the usual reactions of the father and mother when they misbehaved was completely different in pattern from that reported by the males. The two most commonly mentioned usual reactions of the mother are counseling (84.3%) and physical punishment (84%), while for the father the most common reaction is to not react at all (79.6%). Taken together, these indicate discernible differences in the way parents raise a male child from a female child in the Filipino home. Both male and female children can be physically punished for misbehaving, but who gives the punishment depends on the sex of the child. Males get punished by their father, whereas females are punished by their mother.

Another indicator of parenting style is how closely the parents/guardians are involved in their child's social development, as gauged from their knowledge of and meeting their child's close friends. The results in Table 2.6 show that most youth, males and females alike, reported that their fathers and mothers know of and have met their close friends. For males, about 83 percent said their fathers know of and have met their friends, while 89.8 percent said their mothers

know of and have met their close friends. For females, 74.7 percent said their fathers know of and have met their friends, and 83.8 percent said their mothers know of and have met their friends. Seemingly, more parents know of and have met

the close friends of their sons than those of their daughters, as reported by the youth.

While transitioning to adulthood, it is normal to encounter problems in various aspects of one's life. Respondents were asked with whom they were most likely to share or talk

Table 2.5 Percent distribution of male youth by parenting style of persons who raised them until age 18

Background characteristics	1st Person who raised male Rs until age 18				No. of males	2nd Person who raised male Rs until age 18				No. of males
	Father	Mother	Other immediate family members	Others		Father	Mother	Other immediate family members	Others	
Activities disapproved by Person who raised R										
Going out of town with friends	83.2	11.8	4.8	0.2	9,258	4.5	88.2	6.1	1.2	8,502
Staying out late	84.3	10.2	5.0	0.5	9,253	3.5	89.4	5.6	1.5	8,499
Spending overnight at a friend's house	83.7	10.9	5.0	0.4	9,252	4.2	88.6	5.7	1.4	8,495
Going to a party at short notice	83.8	11.2	4.6	0.4	9,251	4.3	88.8	5.3	1.6	8,489
Going out on a single date	83.2	11.5	4.9	0.4	9,254	4.5	88.1	5.8	1.6	8,498
Having a BF/GF before age 18	82.4	12.5	4.6	0.5	9,259	4.3	88.3	5.8	1.6	8,497
Living away from home	83.3	12.0	4.4	0.3	9,251	4.5	88.9	5.3	1.3	8,485
Going out at night with friends	84.0	10.9	4.7	0.4	9,250	4.0	89.1	5.1	1.8	8,490
Usual reaction to R's disapproved behavior										
Counsel/talk	83.3	12.1	4.3	0.3	9,348	3.9	89.9	5.0	1.2	8,476
Ground me	83.8	9.8	5.1	1.3	9,347	4.9	86.3	6.0	2.7	8,475
Withhold allowance	74.2	15.2	10.6	0.0	9,348	5.6	79.6	9.3	5.6	8,475
Give me a scolding	81.8	12.9	5.1	0.2	9,348	5.7	87.8	5.3	1.3	8,476
Verbally abuse me	82.7	12.1	4.8	0.3	9,348	3.5	88.7	4.7	3.1	8,475
Physically punish me	84.3	10.4	5.1	0.2	9,349	4.8	88.4	5.6	1.2	8,477
Give me the silent treatment	77.7	15.4	6.9	0.0	9,346	1.9	89.6	7.1	1.4	8,475
No reaction	77.1	19.5	3.4	0.0	9,349	12.1	76.6	5.6	5.6	8,475
Who knows any of R's close friend	83.4	11.9	4.5	0.3	9,335	4.1	89.8	4.7	1.4	8,507
Who have met any of R's close friend	83.2	12.1	4.4	0.2	9,324	4.1	89.8	4.8	1.3	8,498

Table 2.6 Percent distribution of female youth by parenting style of persons who raised them until age 18

Background characteristics	1st Person who raised female Rs until age 18				No. of females	2nd Person who raised female Rs until age 18				No. of females
	Father	Mother	Other immediate family members	Others		Father	Mother	Other immediate family members	Others	
Activities disapproved by Person who raised R										
Going out of town with friends	75.3	16.3	8.1	0.2	9,799	8.6	81.3	8.5	1.5	8,599
Staying out late	75.7	16.6	7.5	0.2	9,804	8.2	82.4	7.9	1.5	8,592
Spending overnight at a friend's house	75.7	16.4	7.7	0.2	9,803	8.2	82.5	7.6	1.6	8,596
Going to a party at short notice	76.3	16.2	7.3	0.2	9,802	8.0	83.2	7.1	1.6	8,592
Going out on a single date	75.8	16.4	7.6	0.2	9,792	8.2	82.4	7.8	1.5	8,584
Having a BF/GF before age 18	76.4	15.6	7.9	0.2	9,800	8.7	81.7	8.1	1.4	8,597
Living away from home	75.3	16.5	8.0	0.2	9,793	8.1	82.2	8.3	1.4	8,583
Going out at night with friends	75.7	16.9	7.2	0.2	9,797	8.1	82.6	7.8	1.5	8,584
Usual reaction to R's disapproved behavior										
Counsel/talk	76.7	16.0	7.1	0.2	9,802	6.8	84.3	7.7	1.3	8,584
Ground me	74.6	17.8	7.5	0.0	9,801	5.4	81.5	12.5	0.6	8,585
Withhold allowance	67.7	26.2	4.6	1.5	9,801	8.7	80.4	10.9	0.0	8,584
Give me a scolding	73.2	18.7	7.9	0.2	9,802	8.2	83.3	7.1	1.4	8,585
Verbally abuse me	72.6	20.2	7.0	0.2	9,801	5.4	83.8	8.0	2.8	8,586
Physically punish me	72.2	19.4	8.3	0.1	9,802	7.5	84.0	7.2	1.3	8,584
Give me the silent treatment	71.3	19.3	9.1	0.4	9,802	5.7	82.3	8.9	3.2	8,585
No reaction	79.6	8.9	11.5	0.0	9,802	16.0	60.0	19.2	4.8	8,585
Who knows any of R's close friend	74.7	18.1	7.0	0.2	9,794	7.6	83.8	7.3	1.3	8,608
Who have met any of R's close friend	74.7	18.1	7.0	0.1	9,789	7.6	83.8	7.4	1.3	8,606

about problems they experienced when they were growing up, classified into school-related problems (e.g., bullying), financial problems, problems regarding relationships with family members, problems regarding relationships with friends, and problems with intimate relationships. Table 2.7 shows that when it comes to school-related and financial problems, the youth most commonly consult their mother but when it comes to problems regarding relationships, they most commonly consult close friends. Among males, over a third (36.3%) said they do not confide in anyone when it comes to problems regarding intimate relationships. The corresponding percentage for females is 23.5 percent.

It appears that the father is not a common choice for a confidante for either male or female youth, not even for problems that may not be so personal in nature, such as school-related and financial concerns. In this regard, the youth appear to be more connected to the mother. Moreover, in keeping with the more prominent role of peers in this age group as part of the normal development process, close friends also play a prominent role as confidantes, especially

for more personal concerns like intimate relationships.

Siblings

The Filipino youth typically come from a large family. In all, three out of four youth have three or more siblings (Table 2.8), 14.7 percent have two siblings, 7.2 percent have one sibling, and 1.9 percent are only child. The three regions with the highest proportion of youth with three or more siblings are ARMM (89%), Bicol (87.9%), and Caraga (87.1%). The region with the lowest proportion with three or more siblings is Central Luzon (66.8%).

Table 2.8 also shows that the number of siblings is negatively associated with education and socioeconomic status. The higher the educational attainment, the lower the average number of siblings. In the same manner, the proportion of youth with three or more siblings declines as socioeconomic status increases. Slightly more youth from the rural areas (77.9%) than from the urban areas (71.6%) come from a family with three or more siblings.

Table 2.7 Percent distribution of male and female youth by persons they are most likely to share or talk their problems with

Background characteristics	Male						No. of males
	No one	Father	Mother	Siblings/relatives	Close friends	Others	
With whom most likely to share or talk problem							
Regarding relationship with family members	15.4	9.9	30.8	10.1	28.8	4.9	9,353
Regarding relationship with friends	25.4	6.1	19.7	7.4	38.2	3.2	9,357
Regarding intimate relationships	36.3	4.4	15.6	5.5	35.7	2.5	9,355
School-related problems	10.1	12.5	53.5	4.2	10.8	8.7	9,356
Financial problems	7.6	22.2	54.5	4.5	3.8	7.4	9,354
Background characteristics	Female						No. of females
	No one	Father	Mother	Siblings/relatives	Close friends	Others	
With whom most likely to share or talk problem							
Regarding relationship with family members	6.9	3.3	30.4	14.4	41.2	3.8	9,807
Regarding relationship with friends	16.4	1.9	30.2	16.9	31.8	2.9	9,810
Regarding intimate relationships	23.5	1.2	21.2	12.0	40.7	1.4	9,781
School-related problems	5.9	7.0	62.0	7.9	12.2	5.0	9,809
Financial problems	4.6	16.0	62.7	6.1	5.0	5.7	9,809

The majority (77.6%) reported getting along well with all their siblings. There are slight differences in this proportion by sex, age, and socioeconomic status. More males, the older cohort, and those from the higher income quintiles reported getting along well with all siblings compared with their respective counterparts.

The school context

Human capital investment in the youth by the family is key to their social and economic mobility in later life. Parents and guardians generally provide the motivation and support to ensure that their children complete schooling. Figure 2.8 shows that 36.4 percent of Filipino youth were in school in the three months preceding the survey, while 63.2 percent were

Table 2.8 Percent distribution of Filipino youth by number of siblings and by getting along status with their siblings

Background Characteristics	No. of siblings				Total	No. of Cases	Percent who get along well with (all) siblings	No. of Cases
	0	1	2	3 or more				
Sex								
Male	2.0	7.7	15.6	74.7	100.0	9,345	79.7	9,155
Female	1.8	6.7	13.9	77.6	100.0	9,798	75.7	9,658
Age								
15-19	2.3	8.4	16.1	73.3	100.0	11,399	76.5	11,207
20-24	1.4	5.3	12.8	80.4	100.0	7,742	79.3	7,606
Region								
Ilocos	2.1	7.3	19.5	71.1	100.0	934	82.7	913
Cagayan Valley	1.9	10.2	19.5	68.4	100.0	668	74.2	635
Central Luzon	2.9	8.2	22.1	66.8	100.0	2,049	84.9	2,001
CALABARZON	1.8	7.7	14.3	76.2	100.0	2,547	86.0	2,545
MIMAROPA	1.2	5.3	13.2	80.2	100.0	561	82.1	559
Bicol	1.1	3.5	7.5	87.9	100.0	1,093	81.9	1,092
Western Visayas	2.2	9.4	12.2	76.3	100.0	1,481	80.2	1,451
Central Visayas	1.7	6.7	13.1	78.5	100.0	1,412	70.1	1,398
Eastern Visayas	1.6	4.1	8.6	85.7	100.0	828	82.8	812
Zamboanga Peninsula	2.1	7.6	15.0	75.4	100.0	727	73.9	716
Northern Mindanao	1.8	6.4	14.0	77.7	100.0	921	61.6	910
Davao	1.7	9.0	15.3	74.0	100.0	959	71.8	929
SOCCKSARGEN	2.5	10.1	14.8	72.6	100.0	897	66.2	858
CAR	1.6	4.1	10.5	83.8	100.0	370	77.7	358
ARMM	1.0	3.1	6.8	89.0	100.0	672	75.8	641
Caraga	1.5	3.1	8.3	87.1	100.0	520	62.2	518
NCR	2.0	7.6	18.3	72.0	100.0	2,504	77.1	2,480
Place of residence								
Urban	2.0	8.0	18.3	71.6	100.0	5,224	77.2	5,153
Rural	1.9	6.8	13.4	77.9	100.0	13,918	77.8	13,660
Educational attainment								
No schooling/Elementary	0.8	3.0	7.9	88.3	100.0	2,645	74.7	2,580
High school undergraduate	1.9	6.7	13.4	78.0	100.0	7,019	75.6	6,900
High school graduate/Vocational	1.4	6.4	15.5	76.7	100.0	5,460	80.7	5,377
College or higher	3.3	11.8	20.6	64.3	100.0	4,016	79.0	3,953
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	1.0	4.6	10.0	84.3	100.0	3,832	75.4	3,746
Second	1.7	5.2	10.9	82.2	100.0	3,929	75.4	3,869
Middle	1.7	6.4	15.4	76.6	100.0	4,164	77.8	4,096
Fourth	2.7	8.0	17.6	71.9	100.0	4,000	78.4	3,937
Highest (Richest)	2.7	12.6	20.6	64.0	100.0	3,216	81.8	3,163
Total	1.9	7.2	14.7	76.2	100.0	19,143	77.6	18,813

not in school but had been in school before. Less than 1 percent (0.4%) have never been to school. There is no gender differential in schooling status, but among those in school, a slightly higher proportion of females (32.8%) than males (27.6%) have a college education (Figure 2.9).

There appears to be a positive association between socioeconomic status and being in school. Nearly half of the youth (46.6%) in the richest quintile were in school compared with less than a third of the youth in the poorest quintile (29.4%; Table 2.9).

To further explore the bivariate relationship between socioeconomic status and various dimensions of the school experience, Table 2.10 cross tabulates school characteristics by socioeconomic status among the youth who were in school at the time of the survey. Results indicate that the proportion of youth who attend public schools has a socioeconomic gradient. As socioeconomic status increases, the proportion enrolled in a public school decreases. The proportion of in-school youth who assessed their school performance as excellent/very good is highest among youth in the highest quintile and lowest among youth from the poorest quintile, but there is no monotonic increase as socioeconomic status improves.

Among those who have left school, the median age at school leaving is 16 years (Table 2.11). There are no large differentials by sex, age, urban/rural residence, and socioeconomic

Table 2.9 Percent distribution of Filipino youth by Schooling status in the past 3 months

Background Characteristics	Schooling status in the past 3 months			Total	No. of cases
	In school	Not in school but has been in school before	Never been in school		
Sex					
Male	36.4	63.2	0.4	100.0	9,365
Female	36.5	63.2	0.3	100.0	9,813
Age					
15-19	53.7	46.0	0.3	100.0	11,423
20-24	11.0	88.4	0.6	100.0	7,755
Region					
Ilocos	39.5	60.4	0.1	100.0	942
Cagayan Valley	35.9	63.8	0.3	100.0	671
Central Luzon	21.9	78.0	0.1	100.0	2,050
CALABARZON	36.8	62.9	0.3	100.0	2,547
MIMAROPA	39.3	60.5	0.2	100.0	562
Bicol	39.5	60.5	0.1	100.0	1,095
Western Visayas	36.2	63.7	0.1	100.0	1,486
Central Visayas	39.0	60.8	0.1	100.0	1,415
Eastern Visayas	35.7	63.8	0.5	100.0	829
Zamboanga Peninsula	36.6	63.4	0.0	100.0	729
Northern Mindanao	39.3	60.3	0.3	100.0	920
Davao	35.1	64.8	0.1	100.0	960
SOCCKSARGEN	45.4	54.2	0.4	100.0	901
CAR	33.2	66.8	0.0	100.0	370
ARMM	27.3	66.6	6.1	100.0	674
Caraga	39.8	60.0	0.2	100.0	520
NCR	42.3	57.6	0.1	100.0	2,508
Place of residence					
Urban	40.0	59.9	0.2	100.0	5,228
Rural	35.1	64.4	0.5	100.0	13,950
Educational attainment					
No schooling/Elementary	12.0	85.3	2.8	100.0	2,653
High school undergraduate	60.6	39.4	0.0	100.0	7,034
High school graduate/Vocational	5.0	95.0	0.0	100.0	5,465
College or higher	52.9	47.1	0.0	100.0	4,024
Socioeconomic status (Wealth quintile)					
Lowest (Poorest)	29.4	69.5	1.0	100.0	3,842
Second	33.0	66.5	0.5	100.0	3,938
Middle	35.3	64.6	0.2	100.0	4,173
Fourth	39.7	60.3	0.1	100.0	4,005
Highest (Richest)	46.6	53.3	0.1	100.0	3,219
Total	36.4	63.2	0.4	100.0	19,178

Figure 2.8. Schooling status in the past three months by sex

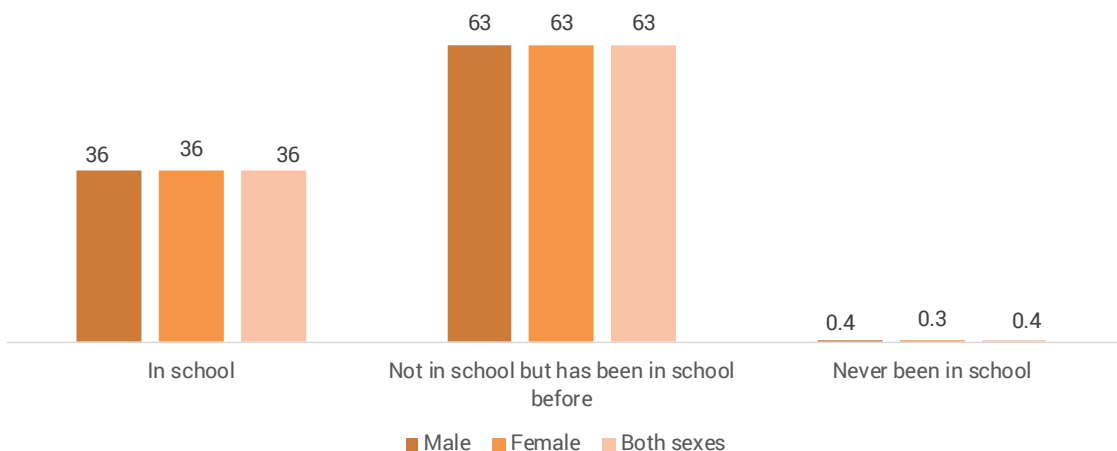


Table 2.10 Percent distribution of Filipino youth who are currently in school in the past 3 months by school characteristics

School characteristics	Socioeconomic status (Wealth quintile)					Total	No. of cases
	Lowest (Poorest)	Second	Middle	Fourth	Highest (Richest)		
Type of school							
Public	18.3	20.6	21.9	22.4	16.8	100.0	5,571
Private	7.9	10.8	17.7	23.8	39.7	100.0	1,415
Catholic	7.3	11.5	16.2	23.3	41.8	100.0	811
Protestant	20.9	9.3	9.3	18.6	41.9	100.0	43
Arabic (Eastern)	(20.0)	(40.0)	(40.0)	0.0	0.0	100.0	5
Mixed Eastern and Western	21.9	12.5	18.8	31.3	15.6	100.0	32
Non-sectarian	7.0	9.2	20.0	25.1	38.7	100.0	501
Expected highest schooling to be attained							
No schooling/Elementary	(71.4)	(7.1)	(3.6)	(10.7)	(7.1)	100.0	28
High school undergraduate	34.0	14.0	18.0	10.0	24.0	100.0	50
High school graduate/Vocational	30.1	26.0	20.8	15.6	7.6	100.0	1,214
College or higher	12.8	17.1	21.2	24.4	24.5	100.0	5,676
Subjective assessment of school performance							
Excellent	18.5	19.3	22.2	20.1	20.1	100.0	379
Very good	12.3	15.1	23.5	24.0	25.1	100.0	2,016
Good	16.5	19.0	19.9	23.5	21.1	100.0	3,888
Fair	24.4	25.9	20.3	16.2	13.3	100.0	656
Poor	32.4	27.0	13.5	16.2	10.8	100.0	37
Total	16.2	18.6	21.1	22.7	21.5	100.0	6,986

status. Across regions, the median age at school leaving is one year earlier in ARMM (15 years) and one year later (17 years) in MIMAROPA, Western Visayas, CAR, Caraga, and NCR. For those who left school with an elementary education, the median age at school leaving is 13 years.

Nearly two of every three youth who have left school plan to return to school. The proportion is higher among the youth in the 15–19 age group, urban residents, high school

graduates or higher, and those of higher socioeconomic status.

Participation in school organizations

School organizations provide the youth with varied opportunities for developing accountability, responsibility, and skills such as leadership and socializing. Table 2.12 shows the proportion who participate in school

Figure 2.9. Level of schooling of the currently in school youth by sex

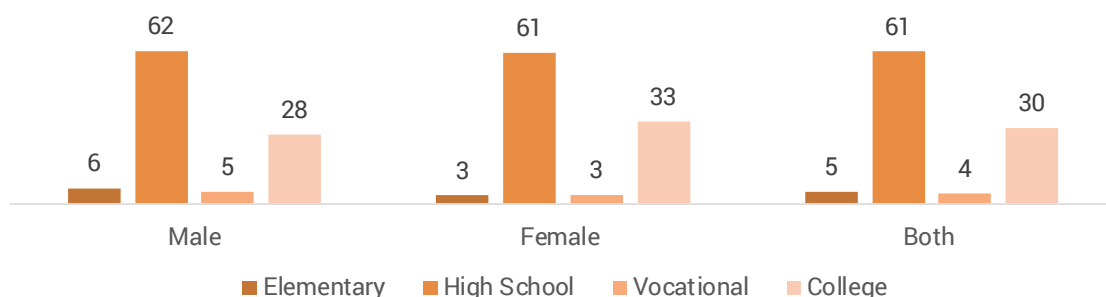


Table 2.11 Percent distribution of youth formerly in school by age left school, plan to return to school, and expected highest level of schooling to be completed

Background Characteristics	Median Age left school	No. of cases		Plan to return to school		Expected highest level of schooling to be completed					No. of cases	
		No.	%	Yes	No	Elementary	High school	Vocational	College	Post graduate		
Sex												
Male	16.0	5,810	37.5	62.5	5,862	0.3	11.9	7.6	40.3	1.8	5,907	
Female	16.0	6,125	37.1	62.9	6,158	0.0	6.7	7.2	45.1	3.4	6,196	
Age												
15-19	16.0	5,190	24.2	75.8	5,224	0.3	15.3	7.1	51.5	1.0	5,251	
20-24	17.0	6,745	47.3	52.7	6,797	0.1	4.6	7.6	36.0	3.9	6,853	
Region												
Ilocos	16.0	565	31.0	69.0	568	0.0	6.9	10.4	49.9	1.9	569	
Cagayan Valley	16.0	428	40.8	59.2	426	0.0	4.4	4.4	46.0	4.0	428	
Central Luzon	16.0	1,585	38.6	61.4	1,586	0.0	4.6	9.8	45.0	1.6	1,599	
CALABARZON	16.0	1,596	39.4	60.6	1,602	0.0	11.6	7.4	38.3	3.2	1,599	
MIMAROPA	17.0	337	36.4	63.6	338	0.0	10.0	8.6	42.8	1.8	339	
Bicol	16.0	658	34.2	65.8	661	0.5	13.8	8.8	39.8	2.9	661	
Western Visayas	17.0	925	35.6	64.4	939	0.1	10.6	6.6	45.2	1.4	944	
Central Visayas	16.0	860	34.4	65.6	860	0.5	12.6	6.3	44.7	1.5	862	
Eastern Visayas	16.0	516	43.0	57.0	523	1.3	14.7	6.3	31.8	3.2	529	
Zamboanga Peninsula	16.0	457	48.6	51.4	459	0.2	7.2	2.6	39.3	1.7	461	
Northern Mindanao	16.0	551	30.3	69.7	555	0.0	11.5	9.2	45.9	3.1	555	
Davao	16.0	615	38.4	61.6	614	0.6	7.1	9.3	41.4	2.3	621	
SOCCKSARGEN	16.0	450	55.5	44.5	463	0.2	7.8	3.9	38.4	2.3	487	
CAR	17.0	245	33.1	66.9	245	0.0	6.1	9.3	45.1	5.7	246	
ARMM	15.0	402	62.8	37.2	435	0.0	3.3	1.3	28.6	2.7	448	
Caraga	17.0	310	28.6	71.4	311	0.3	8.9	8.6	50.5	2.9	313	
NCR	17.0	1,435	28.2	71.8	1,434	0.1	10.5	8.0	48.3	4.4	1,443	
Place of residence												
Urban	17.0	3,107	31.1	68.9	3,107	0.0	8.2	7.8	48.3	4.0	3,130	
Rural	16.0	8,828	39.4	60.6	8,913	0.2	9.6	7.3	40.8	2.2	8,973	
Educational attainment												
No schooling/Elementary	13.0	2,206	43.8	56.2	2,238	1.0	22.2	2.3	17.3	0.4	2,260	
High school undergraduate	16.0	2,734	39.3	60.7	2,753	0.0	21.6	5.0	33.3	0.4	2,766	
High school graduate/Vocational	17.0	5,131	30.3	69.7	5,163	0.0	0.3	11.8	55.9	1.3	5,187	
College or higher	19.0	1,864	30.7	69.3	1,867	0.0	0.3	4.9	50.8	12.1	1,890	
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	15.0	2,610	46.2	53.8	2,648	0.4	14.3	5.6	32.4	0.6	2,671	
Second	16.0	2,565	38.4	61.6	2,595	0.3	10.1	8.4	41.0	1.2	2,614	
Middle	16.0	2,669	35.0	65.0	2,682	0.0	8.8	7.7	46.4	1.8	2,692	
Fourth	17.0	2,385	32.6	67.4	2,388	0.0	6.5	8.9	48.2	3.0	2,414	
Highest (Richest)	17.0	1,706	31.9	68.1	1,708	0.1	4.6	6.0	48.3	8.9	1,712	
Total	16.0	11,935	37.3	62.7	12,020	0.2	9.2	7.4	42.8	2.7	12,103	

Table 2.12 Participation in school organizations among the youth by highest education attainment and background characteristics

Background Characteristics	Percent of youth that participated in school organizations						No. of cases
	Elementary	High School	Vocational	College	Graduate	Total	
Sex							
Male	10.1	61.4	7.1	21.3	0.1	100.0	9,327
Female	5.6	61.5	6.4	26.4	0.1	100.0	9,760
Age							
15-19	8.4	69.4	3.6	18.5	0.0	100.0	11,369
20-24	6.8	49.1	11.6	32.3	0.2	100.0	7,717
Region							
Ilocos	5.8	61.0	7.0	25.8	0.4	100.0	940
Cagayan Valley	7.5	58.0	4.3	29.8	0.3	100.0	670
Central Luzon	4.2	57.5	9.6	28.6	0.1	100.0	2,038
CALABARZON	7.0	63.2	8.8	20.9	0.0	100.0	2,546
MIMAROPA	9.2	62.3	8.5	20.0	0.0	100.0	562
Bicol	10.4	65.5	4.9	19.3	0.0	100.0	1,092
Western Visayas	6.9	66.7	7.0	19.4	0.0	100.0	1,479
Central Visayas	10.7	68.3	3.8	17.2	0.0	100.0	1,414
Eastern Visayas	16.6	57.5	4.6	21.2	0.0	100.0	822
Zamboanga Peninsula	10.9	53.0	6.5	29.1	0.5	100.0	724
Northern Mindanao	6.8	68.7	6.0	18.6	0.0	100.0	920
Davao	11.4	61.5	6.9	20.2	0.0	100.0	953
SOCCSKSARGEN	10.4	68.7	3.8	16.8	0.2	100.0	873
CAR	4.4	55.8	7.8	32.0	0.0	100.0	367
ARMM	14.9	60.7	3.6	20.8	0.0	100.0	666
Caraga	8.1	70.6	3.9	17.4	0.0	100.0	519
NCR	3.4	53.2	7.7	35.5	0.1	100.0	2,504
Place of residence							
Urban	4.4	54.4	7.7	33.4	0.1	100.0	5,208
Rural	9.3	64.6	6.3	19.8	0.1	100.0	13,878
Educational attainment							
No schooling/Elementary	100.0	0.0	0.0	0.0	0.0	100.0	2,639
High school undergraduate	0.0	100.0	0.0	0.0	0.0	100.0	7,006
High school graduate/Vocational	0.0	77.7	22.3	0.0	0.0	100.0	5,434
College or higher	0.0	0.0	0.0	99.7	0.3	100.0	4,008
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	20.3	70.4	2.0	7.3	0.0	100.0	3,818
Second	9.8	72.0	5.8	12.4	0.0	100.0	3,920
Middle	5.5	68.8	6.2	19.5	0.0	100.0	4,153
Fourth	3.4	54.9	9.6	32.0	0.1	100.0	3,981
Highest (Richest)	2.5	43.3	9.0	44.8	0.3	100.0	3,212
Total	7.8	61.5	6.7	23.9	0.1	100.0	19,089

organizations, according to the level of education. Generally, participation in school organizations peaks at the high school level (61.5%). This is to be expected, as most youth with this level of education are still in school. Rural residents registered a higher proportion participating in high school organizations than urban youth. Expectedly, participation is higher among the 15-19-year-olds, most of whom are still in school. The top three regions in terms of the level

of participation in high school organizations are Caraga (70.6%), SOCCSKSARGEN (68.7%), and Northern Mindanao (68.7%).

About a fourth (23.9%) of the youth participate in college organizations. Higher proportions of participation in college organizations are noted for the 20-24 age group, females, urban residents, and those of higher socioeconomic status. The top three regions in terms of the proportion participating in college

organizations are NCR (35.5%), CAR (32%), and Zamboanga Peninsula (29.1%).

Friends

The dynamics of the social life of the youth are often framed by friendships. While the quantity and quality of relationships with friends is difficult to capture, the number of the youth’s close friends may be another indicator of social connectedness. In YAFS4, respondents were asked if they had any close friends; if they did, they were asked to give the number of close friends, broken down by sex. Table 2.13 shows that 90.2 percent of the youth have close friends, more among males (95.1%) than females (85.6%) and more among the younger (93.7%) than older (85.1%) cohort. The median number of close friends is 6, with males having more males as their close friends and females likewise having more females for close friends, although both sexes have close friends of the opposite sex. The youth in NCR reported the highest median number of close friends (8), while the youth in ARMM have the lowest (4.6). Those with college education, those of higher socioeconomic status, and urban residents have a higher median number of friends.

Fraternities/sororities or gangs also provide a space for youth social development, albeit many parents may not prefer these options. Table 2.14 shows that only 5 percent of the Filipino youth are members of fraternities or sororities. Membership in fraternities is higher among the 15–19-year-olds, urban residents, those with at least a high school education, and those of higher socioeconomic status. The top three regions in terms of youth membership in fraternities and sororities are NCR (9 %), Zamboanga Peninsula (7.9%), and MIMAROPA (6.8%).

Only 2.3 percent of the youth are members of gangs. The proportion of youth who reported being members of a gang is higher among males, urban residents, and those with high school or lower education. The top three regions in terms of membership in gangs are NCR (6.3%),

Table 2.13 Percent distribution of youth with close friends and median number of friends

Background Characteristics	Who have close friends	No. of Cases	Median number of friends			No. of Cases
			Males	Females	Total	
Sex						
Male	95.1	9,363	5.0	2.0	7.0	8,889
Female	85.6	9,813	1.0	4.0	5.0	8,393
Age						
15-19	93.7	11,421	3.0	3.0	6.0	10,688
20-24	85.1	7,753	3.0	3.0	6.0	6,594
Region						
Ilocos	86.1	940	3.0	3.0	6.0	808
Cagayan Valley	88.2	670	4.0	3.0	7.0	589
Central Luzon	91.4	2,049	3.0	3.0	7.0	1,873
CALABARZON	91.4	2,547	4.0	3.0	7.0	2,327
MIMAROPA	93.6	562	3.0	3.0	6.0	526
Bicol	93.2	1,095	3.0	3.0	5.0	1,021
Western Visayas	89.3	1,487	3.0	3.0	6.0	1,324
Central Visayas	93.4	1,415	3.0	2.0	5.0	1,321
Eastern Visayas	90.5	830	3.0	2.0	5.0	750
Zamboanga Peninsula	74.2	729	4.0	2.0	6.0	539
Northern Mindanao	89.7	921	2.0	2.0	5.0	825
Davao	92.2	960	3.0	3.0	6.0	883
SOCCSKSARGEN	87.1	898	3.0	3.0	6.0	780
CAR	88.6	370	3.0	3.0	5.0	327
ARMM	72.4	675	2.0	2.0	4.6	487
Caraga	92.5	520	2.0	2.0	5.0	481
NCR	96.6	2,507	4.0	4.0	8.0	2,421
Place of residence						
Urban	93.6	5,228	3.0	4.0	7.0	4,889
Rural	89.0	13,946	3.0	3.0	5.0	12,393
Educational attainment						
No schooling/Elementary	89.0	2,653	3.0	2.0	5.0	2,357
High school undergraduate	93.3	7,031	3.0	3.0	6.0	6,549
High school graduate/Vocational	86.2	5,465	3.0	3.0	5.0	4,711
College or higher	91.1	4,022	3.0	4.0	8.0	3,663
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	86.8	3,840	3.0	2.0	5.0	3,327
Second	89.2	3,938	3.0	2.0	5.0	3,508
Middle	90.6	4,173	3.0	3.0	6.0	3,772
Fourth	92.4	4,004	3.0	3.0	7.0	3,696
Highest (Richest)	92.5	3,219	4.0	4.0	8.0	2,978
Total	90.2	19,176	3.0	3.0	6.0	17,281

SOCCSKSARGEN (3.4%), and Davao (3.1%), although these numbers are generally low.

Work

Participation in economic activities in general signifies a crossing over to a more adult role. This role shift may entail greater responsibility, but it also opens up opportunities for economic independence and the widening of social networks. Altogether, 63 percent of Filipino youth have ever worked for pay, in cash

Table 2.14 Percent distribution of youth by membership in fraternities, sororities or gangs

Background Characteristics	Who are members of			
	Fraternities or sororities	No. of cases	Gangs	No. of cases
Sex				
Male	8.1	9,350	3.4	9,324
Female	2.0	9,775	1.2	9,765
Age				
15-19	3.4	11,395	2.1	11,376
20-24	7.2	7,729	2.6	7,713
Region				
Ilocos	4.3	938	0.5	929
Cagayan Valley	2.8	667	0.6	667
Central Luzon	5.0	2,049	0.8	2,033
CALABARZON	5.3	2,547	1.4	2,545
MIMAROPA	6.8	562	2.7	561
Bicol	6.4	1,092	1.9	1,092
Western Visayas	4.0	1,482	1.9	1,482
Central Visayas	3.3	1,414	2.8	1,414
Eastern Visayas	3.9	818	1.6	818
Zamboanga Peninsula	7.9	723	1.4	725
Northern Mindanao	3.5	920	2.1	920
Davao	3.3	957	3.1	957
SOCCSKSARGEN	3.3	888	3.4	888
CAR	0.5	366	0.5	365
ARMM	2.1	672	0.4	669
Caraga	2.9	520	1.9	519
NCR	9.0	2,507	6.3	2,506
Place of residence				
Urban	7.0	5,223	4.1	5,213
Rural	4.2	13,902	1.6	13,876
Educational attainment				
No schooling/Elementary	3.5	2,639	2.2	2,635
High school undergraduate	4.4	7,018	3.0	7,013
High school graduate/Vocational	5.6	5,454	2.1	5,430
College or higher	6.0	4,010	1.4	4,009
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	2.5	3,821	1.3	3,818
Second	3.5	3,925	2.0	3,923
Middle	5.1	4,165	2.0	4,158
Fourth	6.9	3,998	3.4	3,987
Highest (Richest)	7.2	3,214	2.9	3,205
Total	5.0	19,125	2.3	19,089

or in kind, but only 28.8 percent worked for at least one hour in the week prior to the survey (Table 2.15) or were considered employed. The percentage who have worked for pay is higher among males, 20-24-year-olds, high school graduates, and those with less than high school education. The median age when the youth started working is 17 years (Table 2.16). For their first job, 59.1 percent received cash compensation, 1 percent received compensation in kind, and 2.6 percent received compensation both in cash and in kind.

A small percentage (5.8%) reported having a business in the week preceding the survey and were thus also considered employed (Table 2.15). On the other hand, 10.6 percent looked for work or tried to establish a business during the same reference period; these youth can be considered unemployed.

The proportion who have a business is higher among females, those with college or higher education, those of higher socioeconomic status, and urban residents, while the proportion looking for work or trying to establish a business in the week before the survey is higher among the 20-24-year-olds, those with at least a high school education, those of higher socioeconomic status, and urban residents. The top regions with high youth unemployment are NCR (13.1%), Northern Mindanao (13%), and Central Luzon and Davao (both at 12.9%). About three in 10 (30.8%) youth expected to work within the next three months. The top regions in terms of the proportion expecting to work in the next three months are Northern Mindanao (40.2%), NCR (38.5%), and MIMAROPA (35.5%).

Community

The youth were also asked whether they participated in community activities in the past three months and what type of activities they participated in. Table 2.16 shows the generally low levels of participation of the youth in community activities. Only 23.8 percent of the Filipino youth participated in community activities in the past three months, 17.8 percent

Table 2.15 Percent distribution of youth by selected work-related variables

Background Characteristics	Percent of youth who				No. of cases	expect to work during the next three months	No. of Cases
	ever worked for pay, in cash or in kind	worked for at least one hour during the past week	have business during the past week	look for work or try to establish a business during the past week			
Sex							
Male	67.6	41.2	4.4	10.6	9,364	26.0	9,259
Female	58.6	16.9	7.1	10.6	9,812	35.3	9,739
Age							
15-19	48.4	21.0	5.1	8.7	11,423	29.7	11,301
20-24	84.5	40.1	6.7	13.3	7,754	32.3	7,696
Region							
Ilocos	64.4	31.6	2.9	6.9	941	25.2	931
Cagayan Valley	70.3	33.7	4.9	6.1	670	20.2	657
Central Luzon	73.5	31.5	4.4	12.9	2,049	29.6	2,032
CALABARZON	63.1	31.4	6.6	10.8	2,547	33.2	2,531
MIMAROPA	66.4	32.4	6.6	9.3	562	35.5	561
Bicol	62.7	28.6	4.9	7.6	1,095	28.9	1,088
Western Visayas	63.1	28.8	5.0	9.5	1,487	28.8	1,463
Central Visayas	64.7	25.9	6.9	10.2	1,415	31.6	1,401
Eastern Visayas	60.9	27.6	5.7	8.8	829	33.9	817
Zamboanga Peninsula	55.8	24.6	7.4	11.3	729	27.8	723
Northern Mindanao	58.8	23.3	4.8	13.0	921	40.2	917
Davao	66.8	30.4	6.3	12.9	960	25.2	947
SOCSCSARGEN	47.6	23.0	4.2	8.8	900	19.6	878
CAR	74.3	44.9	3.5	7.8	370	21.7	369
ARMM	37.8	23.4	7.7	10.5	674	29.4	669
Caraga	66.7	25.2	4.6	10.0	520	30.8	519
NCR	62.8	27.2	7.6	13.1	2,507	38.5	2,494
Place of residence							
Urban	63.9	28.0	7.0	12.6	5,229	34.1	5,192
Rural	62.7	29.1	5.3	9.8	13,948	29.5	13,806
Educational attainment							
No schooling/Elementary	75.0	44.5	4.0	8.4	2,652	22.7	2,628
High school undergraduate	48.2	20.4	4.6	6.5	7,034	27.6	6,953
High school graduate/Vocational	80.0	35.6	6.5	15.9	5,465	36.2	5,416
College or higher	57.8	23.8	7.9	11.8	4,023	34.3	3,998
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	65.6	29.5	4.5	9.4	3,841	29.5	3,791
Second	65.8	30.2	5.5	9.2	3,938	29.0	3,893
Middle	65.5	28.5	5.8	10.6	4,173	32.1	4,139
Fourth	62.2	28.6	6.0	12.0	4,005	32.6	3,980
Highest (Richest)	54.3	26.6	7.2	11.7	3,220	30.4	3,196
Total	63.0	28.8	5.8	10.6	19,177	30.8	18,999

Table 2.16 Percent distribution of youth participation in community activities in the past 3 months by selected characteristics

Background Characteristics	Percent of youth who					
	participated in community activities in the past 3 months	No. of Cases	are members of youth organizations	No. of Cases	have ever done volunteer work	No. of Cases
Sex						
Male	28.4	9,363	19.4	9,339	37.2	9,349
Female	19.4	9,798	16.2	9,777	20.6	9,790
Age						
15-19	25.4	11,414	20.7	11,382	28.2	11,396
20-24	21.4	7,747	13.5	7,734	29.4	7,744
Region						
Ilocos	23.2	941	12.4	939	32.7	939
Cagayan Valley	24.8	669	13.3	668	43.6	667
Central Luzon	16.3	2,045	13.6	2,036	23.4	2,045
CALABARZON	19.9	2,547	13.4	2,542	27.6	2,547
MIMAROPA	29.5	562	19.4	561	33.6	562
Bicol	24.9	1,095	19.8	1,088	33.8	1,093
Western Visayas	28.3	1,486	18.4	1,480	32.6	1,479
Central Visayas	19.8	1,414	21.0	1,413	31.2	1,415
Eastern Visayas	17.2	829	20.0	824	28.3	827
Zamboanga Peninsula	22.9	728	16.5	727	14.3	729
Northern Mindanao	37.6	921	29.8	920	28.9	918
Davao	35.7	959	31.4	958	32.9	957
SOCCKSARGEN	27.4	897	24.4	897	19.9	894
CAR	32.7	370	23.2	367	46.2	370
ARMM	10.9	672	7.3	671	15.5	672
Caraga	41.0	520	36.2	519	31.7	518
NCR	21.6	2,507	11.1	2,506	27.9	2,506
Place of residence						
Urban	21.0	5,223	14.0	5,209	27.4	5,221
Rural	24.8	13,937	19.2	13,908	29.2	13,918
Educational attainment						
No schooling/Elementary	17.3	2,650	11.9	2,642	24.1	2,646
High school undergraduate	24.4	7,024	17.3	6,999	25.7	7,016
High school graduate/Vocational	23.9	5,463	18.3	5,455	29.4	5,455
College or higher	26.8	4,023	21.7	4,016	36.2	4,020
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	22.3	3,836	16.2	3,827	24.9	3,829
Second	25.6	3,934	19.7	3,925	29.0	3,934
Middle	25.2	4,169	18.8	4,159	29.1	4,163
Fourth	23.5	4,002	17.4	3,992	30.2	3,998
Highest (Richest)	21.8	3,219	16.3	3,212	30.5	3,217
Total	23.8	19,162	17.8	19,117	28.7	19,141

are members of youth organizations, and 28.7 percent have ever done volunteer work.

The community activities in which the youth most commonly participated are sports-related (10.6%) and environment-related activities (7.8%), as shown in Figure 1.10. A breakdown by sex reveals that participation in sports activities is dominated by males. Slightly more males participated in environmental activities, while slightly more females participated in religious activities.

The percentage who have ever done volunteer work is higher among males, the 20–24-year-olds, and rural residents (Table 2.16). Youth from CAR (46.2%) and Cagayan Valley (43.6%) have the highest proportion who have ever done volunteer work; the regions with the lowest are Zamboanga Peninsula (14.3%) and ARMM (15.5%).

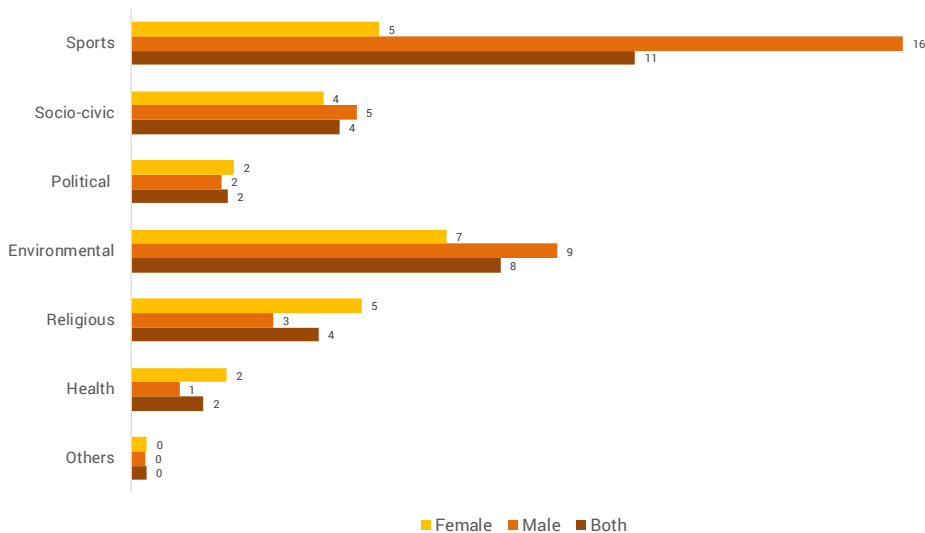
Summary and conclusions

The YAFS4 sample closely follows the age and sex composition of the Filipino youth in the total population, as did the samples of the three previous YAFS rounds, because the samples are intended to represent the total youth population in the country. One of the striking

findings regarding the profile of today’s youth is the changing composition in terms of marital status, with the proportion who are currently in a consensual union or living-in rising to an unprecedented level, triggering a shift in the proportions of the never married and formally married. The education profile indicates that almost all youth, except for a negligible minority of 0.4 percent, have had formal schooling. School-leaving data, however, show that many young people also leave school without completing secondary education.

YAFS4 contains data on the circumstances surrounding the youth while they were growing up, such as parenting styles, sibling relationships, and communication with family and friends; these can be explored as possible explanatory factors for later behaviors when further analysis of YAFS4 data is undertaken. Likewise, involvement in prosocial activities such as community organizations and volunteer work can be explored further in future analysis as a counterpoint to the risk behaviors that have often been the focus of YAFS analysis and reporting.

Figure 2.10 Percent who participated in community activities by type of activity and sex



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Media and Information Communication Technology Use

Elma P. Laguna

The rapid expansion in information and communication technologies (ICTs) has changed the communication environment of today's young people, much more than in previous generations. Earlier rounds of the YAFS consistently cited the role of mass media in shaping young people's behaviors and attitudes, but none foresaw how the development of ICTs in the past decade would vastly expand young peoples' sources of information. ICTs provide the youth with greater connection to ideas and to other people around the world. The adoption of these technologies leads to new patterns of communication and expression. Communication technologies include a range of communication media and devices including print, telephone, fax, radio, television, video, audio, computer, and the Internet (Neto, Kenny, Janakiram, & Watt, 2005).

Both young and old alike subscribe to traditional mass media forms (i.e., they watch television and listen to the radio). However, the new forms of information technologies such as the Internet tend to attract the younger generation. Across countries, younger age groups dominate the use of ICTs. In 2005, young people constituted 43 percent of all Internet users aged 15 and older in China. More than half of Internet users in Armenia, Bolivia, and Egypt also belong to the youth category (McKenzie, 2007).

There have been various attempts to study the younger generation's use of ICT. In the late 1990s, Tapscott (1998) first came up with the concept of a "Net Generation" to

refer to those born between January 1977 and December 1997, the period that coincided with the digital revolution. "Digital natives," a term coined by Prensky in 2001, refers to the generation of young people who are considered "native speakers" of the digital language of computers, video games, and the Internet (Prensky, 2001, p. 1). Particularly in the Western context, the digital natives are considered the first generation to have grown up with the new technology. Their childhood is immersed in a media-rich environment, where toys and tools of the digital age are considered an integral part of their lives (Prensky, 2001). As young adults, they use digital space for social interaction and identity formation. They are also active producers of media content. Unlike Tapscott, however, Prensky did not define digital natives in terms of birth year. Rather, he distinguished them from their predecessors, the "digital immigrants"—those who may have adopted the new technology but nonetheless keep "their foot in the past" (Prensky, 2001, p. 2). In the case of the United States, Prensky considered those born before 1980 as digital immigrants.

Several more concepts associated with digital natives have emerged in recent years, such as generation next, born digital, millennials, and Google generation. This suggests the growing interest among academicians, policy makers, marketers, and communicators, among others, to understand not only how young people born in the digital age are growing up using communication technologies, but also how these

technologies are shaping the way they socialize, interact, and form their identity as young adults (International Telecommunication Union, 2013).

The YAFS series has tracked exposure to the traditional media forms of print, radio, television, and movies. In the 2013 round, it added the use of the Internet and cell phones, technologies that have become additional sources of information for today's young people. This chapter describes the level and pattern of ICT use among young Filipinos. It explores how levels of use vary according to different background characteristics of the youth.

Use of traditional media

Both YAFS2 in 1994 and YAFS3 in 2002 found almost universal exposure of young Filipinos to the traditional media forms, especially broadcast media. The 2013 YAFS looked at regularity of media use. Findings presented here refer to the use of mass media on a daily basis in the three months preceding the survey.

In terms of print media consumption, only 11.7 percent of young people read any form of print media (newspapers, tabloids, magazines, and books other than textbooks) on a daily basis. The level is higher among females (14.2%) than males (9.1%) and among the younger than the older cohort (14.2% vs. 8.1%). Daily reading is more prevalent among the college educated and high school undergraduates, the majority of whom are still in school. Among the regions, reading daily is most prevalent in Bicol (17.4%), Eastern Visayas (15.9%), and NCR (15.8%) and least prevalent in Davao (7.7%), Cagayan Valley (8.2%), and Ilocos (8.6%; Table 3.1). The proportion that reads print media daily is uniformly low across socioeconomic status.

Listening to the radio every day was reported by 35.1 percent of the young people. This is slightly more common among the females than the males (37.3% vs. 32.8%). Similarly, the older age group (20–24) exhibited a slightly higher percentage of daily radio use than the younger age group (15–19). Across regions, daily

radio listening is common among the youth from Western Visayas, Central Luzon, Ilocos, Davao, and NCR.

Of all the traditional media, television remains the most popular. In all, 67.5 percent watch television every day, with the level slightly higher among females (68.8%) than males (66.2%). There is no difference between the younger and older cohorts. The proportion increases monotonically as education level increases, from 50.7 percent among those with elementary education to 72.7 percent among those with college education. Similarly, the proportion that watches television daily consistently increases as socioeconomic status improves. In the poorest quintile, 39.9 percent watch TV daily, while the comparative percentage for the richest quintile is 81.4 percent. Across the regions, watching TV daily is most prevalent in NCR (85.8%), Central Luzon (82.6%), and CALABARZON (80.2%) and least prevalent in ARMM (33.9%), Zamboanga Peninsula (47.9%), and CAR (48.1%).

Finally, 14.7 percent of all young people reported that they watch movies every day. Slightly more males than females, as well as youth from urban areas than rural areas, watch movies daily. There is no discernible pattern by education and socioeconomic status. More young people from NCR (21.9%), Eastern Visayas (20.7%), Northern Mindanao (17.7%), CALABARZON (17%), and Caraga (16.2%) watch movies daily compared with the national average. Unlike the other traditional media forms, movies can be accessed through various means, such as in a movie house, through television, through video equipment, or on the Internet. The YAFS4 questionnaire did not specifically ask for the means through which movies are accessed. Figure 3.1 below compares daily media use of young males and females.

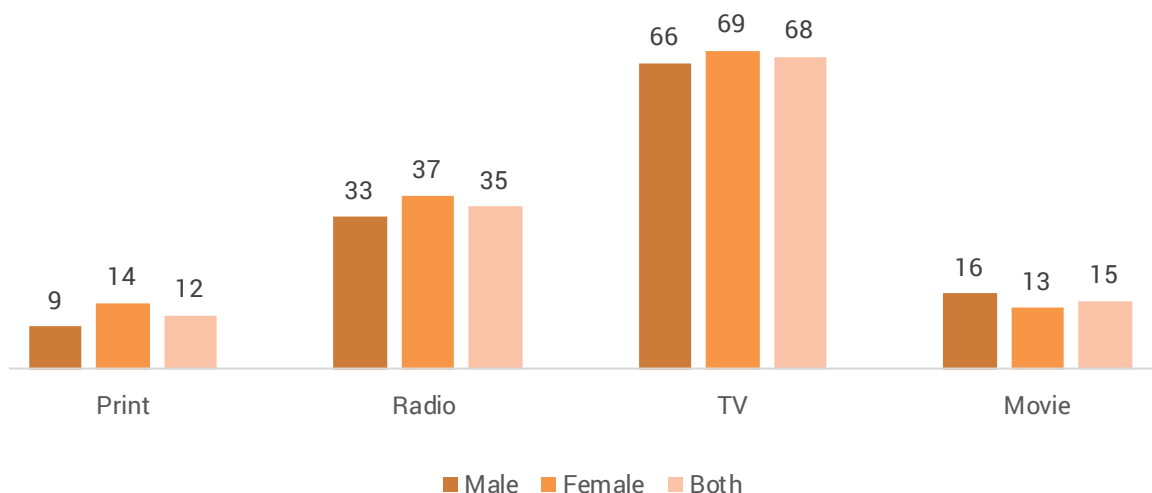
Cell phone use

The deregulation of the telecommunications industry in 1995 following the passage of Republic Act 7925

Table 3.1 Percent of males and females who use traditional media everyday by background characteristics

Background characteristics	Male			Female			Both sexes			No. of Cases					
	Print	Radio	TV	Movie	Print	Radio	TV	Movie	Print		Radio	TV	Movie		
Age															
15-19	10.8	30.3	66.4	15.7	5,769	17.6	35.8	68.4	13.4	5,648	14.2	33.0	67.4	14.6	11,413
20-24	6.3	36.9	65.9	17.3	3,593	9.6	39.4	69.2	12.9	4,159	8.1	38.2	67.7	15.0	7,752
Region															
Ilocos	8.5	37.8	72.6	11.3	474	8.8	41.1	69.8	8.8	468	8.6	39.4	71.3	10.0	941
Cagayan Valley	5.0	19.9	60.1	8.5	343	11.7	31.4	62.0	12.0	327	8.2	25.5	60.9	10.2	670
Central Luzon	5.1	33.0	80.0	11.2	953	12.8	45.0	85.0	7.4	1,097	9.2	39.4	82.6	9.2	2,050
CALABARZON	5.8	32.3	79.6	18.8	1,243	12.6	38.8	80.8	15.3	1,303	9.3	35.6	80.2	17.0	2,547
MIMAROPA	13.4	29.3	66.1	26.5	283	16.1	34.4	62.1	21.9	279	14.6	31.7	64.2	14.7	562
Bicol	14.9	30.3	50.3	15.7	521	19.5	32.6	59.4	13.1	574	17.4	31.5	55.1	14.4	1,095
Western Visayas	9.8	42.4	65.4	13.9	764	15.7	45.3	67.1	9.7	722	12.7	43.8	66.3	11.9	1,487
Central Visayas	8.8	35.8	59.3	15.0	742	11.7	39.2	63.7	9.8	673	10.2	37.5	61.4	12.5	1,415
Eastern Visayas	14.5	26.1	56.0	23.0	427	17.4	28.6	58.7	18.4	402	15.9	27.4	57.3	20.7	829
Zamboanga Peninsula	6.4	25.9	50.8	15.0	372	15.4	28.7	45.2	12.1	355	10.7	27.4	47.9	13.6	729
Northern Mindanao	10.5	31.6	52.8	19.0	447	10.5	38.3	55.1	16.7	474	10.5	35.1	54.0	17.7	921
Davao	6.1	38.8	67.2	13.0	445	9.1	39.6	66.7	11.1	515	7.7	39.2	67.0	12.0	960
SOCCKSARGEN	9.1	33.0	51.7	6.8	437	12.0	35.0	56.9	12.4	460	10.6	34.1	54.4	9.7	900
CAR	6.4	22.1	45.3	16.2	172	19.7	31.0	50.5	13.6	198	13.7	27.0	48.1	14.9	370
ARMM	5.0	18.5	30.8	9.7	321	21.9	16.5	36.6	9.4	355	13.8	17.4	33.9	9.5	671
Caraga	9.4	26.5	58.3	16.2	316	14.9	27.2	57.5	16.1	255	12.1	16.4	57.9	16.2	520
NCR	14.2	38.6	85.6	26.1	1,150	17.2	39.7	85.9	18.3	1,357	15.8	39.2	85.8	21.9	2,507
Place of residence															
Urban	10.9	36.4	80.6	20.0	2,398	15.8	40.5	82.4	14.6	2,831	13.5	38.6	81.5	17.1	5,228
Rural	8.4	31.6	61.2	15.0	6,962	13.6	36.0	63.3	12.6	6,982	11.0	33.8	62.3	13.8	13,944
Educational attainment															
No schooling/Elementary	5.4	31.4	51.6	13.3	1,730	9.4	32.6	49.1	11.0	922	6.8	31.8	50.7	12.5	2,651
High school undergraduate	11.3	29.7	66.2	17.0	3,530	17.4	34.4	67.0	14.2	3,503	14.4	32.1	66.6	15.6	7,032
High school graduate/Vocational	4.6	38.8	71.9	17.3	2,410	10.3	42.9	74.1	14.7	3,052	7.8	41.1	73.1	15.8	5,463
College or higher	14.5	32.3	73.1	16.4	1,688	16.6	36.3	72.3	10.7	2,336	15.8	34.6	72.7	13.1	4,023
Socioeconomic status (Wealth quintile)															
Lowest (Poorest)	8.7	30.0	40.3	10.9	1,887	12.7	31.0	39.5	9.5	1,954	10.7	30.5	39.9	10.2	3,840
Second	8.7	33.0	60.6	15.8	1,916	13.6	38.7	64.3	13.0	2,022	11.2	36.0	62.5	14.4	3,935
Middle	9.2	35.7	73.4	18.4	2,091	15.4	36.4	76.9	14.4	2,082	12.3	34.0	75.1	16.4	4,173
Fourth	9.2	34.1	78.7	20.5	1,942	12.6	40.3	80.9	16.1	2,063	11.0	38.1	79.8	18.2	4,006
Highest (Richest)	9.6	32.8	79.4	15.4	1,527	17.4	40.4	83.2	12.6	1,693	13.7	37.4	81.4	13.9	3,219
Total	9.1	32.8	66.2	16.3	9,361	14.2	37.3	68.8	13.2	9,813	11.7	35.1	67.5	14.7	19,174

Figure 3.1 Daily use of traditional media by sex



(Telecommunications Policy Act) paved the way for the rapid development of ICT in the country. Today, cell phones have become the most common communication technology tool for every Filipino. Table 3.2 presents the level of Internet use and cell phone ownership among Filipino youth.

Overall, 78.3 percent of the youth own a cell phone; the level is slightly higher among females (80.8%) than males (75.7%) and among the older (83%) than the younger (75.2%) cohort. Cell phone ownership increases consistently as education level rises, from 51.3 percent among those with elementary-level schooling to 94.6 percent among the college educated. This increasing pattern is also found when the wealth index is taken into consideration. Among the lowest quintile, 58 percent reported ownership of a cell phone, increasing to 92.9 percent among the highest wealth quintile. The proportions of youth who own a cellphone are highest in CALABARZON (87.3%), Ilocos (86.8%), Central Luzon (85.7%), and NCR (84.8%) and lowest in ARMM (52.4%).

Aside from communication, cell phone is also used as a means to meet new friends and form new relationships, some not requiring face-to-face contact. Among all youth who own a cell phone, 43.6 percent reported having text mates

whom they have not met personally (Table 3.3). This practice is more common among males (54.5%) than females (33.9%) and among the younger (48.3%) than the older cohort (37.4%). As shown in Figure 3.2, there is a reverse education and socioeconomic status gradient in this practice in that the proportion decreases as the education level and socioeconomic status rise. The prevalence of the practice is highest in Eastern Visayas (53.7%), Caraga (52.4%), and SOCCSKSARGEN (51.6%) and lowest in CAR (30.9%), NCR (35.9%), and ARMM (37.3%). Interestingly, more young people from rural areas than urban areas reported having text mates whom they have not personally met (45.8% vs. 38.4%).

While cell phones are generally used for communication (i.e., calling and sending SMS), the development of mobile phone technology, particularly the introduction of smart phones, has added a new function for cell phones. Almost half of the young people in the country use their phones for entertainment purposes, such as listening to music, playing games, and surfing the Internet, while 13.2 percent reported that their phones are used to take and store pictures and videos. These other cell phone functions are reported more by the younger age group than the older age group. Across regions, more

Figure 3.2 Percent of youth with text mates whom they have not met personally by education level and socioeconomic status



young people from CALABARZON (56%), NCR (55.8%), Eastern Visayas (54.4%), and Cagayan Valley (52.3%) are using their cell phones for entertainment. The percentage of young people reporting the use of cell phones other than for communication increases with rising educational attainment and socioeconomic status. This could be a function of access, as young people of higher socioeconomic status are more likely to own a smart phone than their less economically able counterparts (see Table 3.4).

Internet and social media use

In 2002, when YAFS3 was conducted, the Internet was still a relatively new innovation in the Philippines. In YAFS3, Internet use among young people was only about 2 percent. In the intervening period, Internet use has grown tremendously and has since become a ubiquitous source of information and a potent communication tool for Filipinos, especially the youth. This section presents findings on Internet use for social networking, communication, entertainment, and the formation of online friendships.

In general, 58.9 percent of today’s youth use the Internet (Table 3.2). The level of Internet use is slightly higher among females (61%) than males (56.6%) and among the younger (60.3%) than the older (56.7%) cohort. Expectedly, there is a distinct education gradient in Internet use, from almost universal use (91.3%) among the college educated to a low 20.5 percent among

those with elementary education. Internet use also increases as socioeconomic status rises.

The regional profile of Internet use shows a picture of two regions at extreme ends and the rest of the regions within a narrow range in between. In the NCR, 92.3 percent use the Internet. In contrast, only 22.4 percent use the Internet in ARMM. The prevalence of Internet use in the rest of the regions falls between 40 percent to slightly below 70 percent.

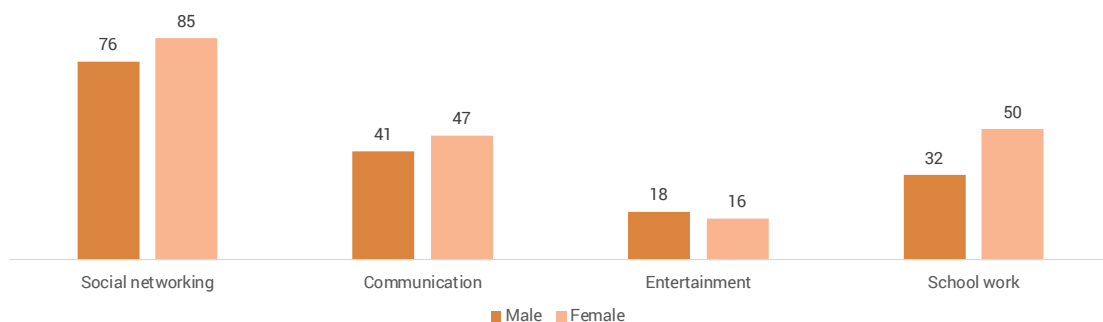
The Internet serves several functions for young people, but its most frequent use is for social purposes such as social networking, checking emails, and chatting. It is also frequently used for school work and entertainment (see Figure 3.3). Among Internet users, 80.3 percent reported using the Internet for social networking; again, females have a slightly higher prevalence (84.5%) than males (75.6%). The difference by education is not so pronounced. The regions with the highest prevalence of social networking among Internet users are NCR (87.8%), Central Luzon, Ilocos, and CALABARZON (all at about 84%). The prevalence is lowest in ARMM (60.7%), SOCCSKSARGEN (66.5%), Northern Mindanao (69.2%), and CAR (69.3%; Table 3.5).

Next to social networking, the Internet is used for purposes such as checking emails and chatting. About four in 10 Filipino youth reported this Internet function. Following the education and socioeconomic gradient in Internet use, the proportion of young people who use the Internet for communication also increases with a rise in education and socioeconomic status. Young people from the regions of Central Luzon (53.7%),

Table 3.2 Percent of males and females who use the internet and own a cellular phone by background characteristics

Background characteristics	Male		No. of Males	Female		No. of Females	Both sexes		No. of Cases
	Internet	Cellular phone		Internet	Cellular phone		Internet	Cellular phone	
Age									
15-19	57.7	71.9	5,771	63.1	78.6	5,653	60.3	75.2	11,423
20-24	54.9	81.9	3,594	58.3	83.9	4,160	56.7	83.0	7,754
Region									
Ilocos	64.7	85.0	474	67.9	88.7	468	66.3	86.8	941
Cagayan Valley	40.0	80.5	344	52.3	84.4	327	46.1	82.3	671
Central Luzon	70.8	83.2	953	65.1	87.0	1,097	67.8	85.7	2,050
CALABARZON	64.1	84.0	1,243	65.1	90.5	1,303	64.7	87.3	2,547
MIMAROPA	45.7	77.7	283	49.8	81.0	279	47.7	79.4	562
Bicol	38.4	70.3	521	41.5	74.5	574	40.1	72.5	1,095
Western Visayas	37.2	69.6	764	51.7	82.3	722	44.3	75.8	1,487
Central Visayas	63.5	73.8	742	70.9	81.7	673	67	77.6	1,415
Eastern Visayas	39.6	67.4	427	43.7	65.2	402	41.6	66.3	830
Zamboanga Peninsula	44.2	68.1	373	42.1	71.9	355	43.2	70	729
Northern Mindanao	47.9	72.3	447	61.8	77.6	474	55	75	921
Davao	56.2	71.1	445	57.1	78.2	515	56.7	74.9	960
SOCCKSARGEN	40.5	68.6	440	42.7	62.3	461	41.6	65.4	901
CAR	38.7	78.5	172	56.6	85.8	198	48.4	82.2	371
ARMM	16.8	55.1	321	27.5	50.0	355	22.4	52.4	675
Caraga	51.7	68.7	316	56.1	73.2	255	53.9	71	520
NCR	92.8	81.1	1,152	91.9	87.8	1,357	92.3	84.8	2,508
Place of residence									
Urban	84.2	80.9	2,398	82.9	87.2	2,831	83.6	84.3	5,228
Rural	47.1	73.9	6,966	52.2	78.3	6,982	49.6	76.1	13,944
Educational attainment									
No schooling/Elementary	21.1	51.4	1,732	19.3	51.0	922	20.5	51.3	2,651
High school undergraduate	52.6	71.0	3,531	51.6	71.8	3,503	52.1	71.4	7,032
High school graduate/Vocational	53.4	87.8	2,412	61.7	88.8	3,053	62.5	88.4	5,463
College or higher	91.9	93.3	1,688	90.8	95.7	2,336	91.3	94.6	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	23.9	56.9	1,889	29.4	59.0	1,954	26.7	58	3,840
Second	39.7	70.1	1,916	49.2	75.9	2,022	44.6	73.1	3,935
Middle	59.0	78.3	2,092	61.7	84.2	2,082	60.3	81.2	4,173
Fourth	75.9	85.0	1,942	80.0	91.5	2,063	78	88.3	4,006
Highest (Richest)	90.6	90.8	1,527	87.7	94.8	1,693	89.1	92.9	3,219
Total	56.6	75.7	9,363	61.0	80.8	9,364	58.9	78.3	19,177

Figure 3.3 Uses of the Internet by sex



SOCCKSARGEN (53.1%), Ilocos (51.9%), and Davao (50.6%) registered the highest proportion of Internet use for communication purposes.

Finally, the Internet facilitates school-related work. About four in 10 reported using the Internet for this purpose. Across background characteristics, the use of the Internet for school work is higher among females (49.8%), younger youth (45.7%), those from the rural areas (42.1%), and those from the regions of CAR (68.2%) and Cagayan Valley (57.8%). Meanwhile, 17 percent of the youth cited the entertainment

function of the Internet. This includes activities such as listening to music, downloading movies and TV shows, and playing online games. More males than females use the Internet for entertainment purposes (18.4% vs. 15.7%, respectively). The prevalence is higher among young people from urban areas and the younger age group. The proportion also increases with a rise in education and socioeconomic status. Across regions, it is highest in NCR and lowest in ARMM and CAR.

Table 3.3 Percent of younger people with textmates whom they have not met personally by background characteristics

Background characteristics	Male		Female		Both sexes	
	Percent	Number of Males	Percent	Number of Females	Percent	Number of Cases
Age						
15-19	57.8	4,135	39.4	4,425	48.3	8,560
20-24	49.8	2,936	27.0	3,472	37.4	6,407
Region						
Ilocos	47.8	400	31.1	411	39.2	811
Cagayan Valley	53.4	277	30.5	275	42.1	551
Central Luzon	57.7	792	26.0	961	40.3	1,753
CALABARZON	56.5	1,043	35.3	1,181	45.2	2,224
MIMAROPA	57.5	219	35.8	226	46.5	445
Bicol	57.2	362	45.8	428	51.1	789
Western Visayas	56.7	527	33.4	587	44.4	1,113
Central Visayas	50.1	547	38.3	549	44.2	1,095
Eastern Visayas	58.0	286	49.0	261	53.7	547
Zamboanga Peninsula	50.4	252	32.3	254	41.3	506
Northern Mindanao	61.6	323	40.6	367	50.4	691
Davao	61.8	317	38.4	401	48.8	717
SOCCKSARGEN	60.3	300	42.2	282	51.6	583
CAR	37.3	134	25.7	167	30.9	301
ARMM	42.6	176	32.0	175	37.3	351
Caraga	62.6	182	42.5	186	52.4	368
NCR	48.3	933	26.0	1,184	35.9	2,117
Place of residence						
Urban	51.0	1,938	28.5	2,456	38.4	4,393
Rural	55.8	5,133	36.4	5,441	45.8	10,574
Educational attainment						
No schooling/Elementary	60.9	887	43.4	465	54.9	1,352
High school undergraduate	59.2	2,498	43	2,504	51.1	5,002
High school graduate/Vocational	53.3	2,113	31.9	2,697	41.3	4,810
College or higher	45	1,572	24.3	2,230	32.9	3,803
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	58.4	1,066	40.0	1,145	48.9	2,210
Second	58.3	1,338	40.5	1,526	48.8	2,864
Middle	57.0	1,633	39.1	1,745	47.7	3,378
Fourth	53.1	1,648	27.4	1,877	39.4	3,525
Highest (Richest)	46.5	1,387	25.4	1,604	35.2	2,990
Total	54.5	7,071	33.9	7,895	43.6	14,966

Table 3.4 Uses of cellphone by background characteristics

Background characteristics	Male			Female			Both sexes			No. of Cases		
	No. of Males			No. of Females			No. of Cases					
	Communication	Entertainment	Others	Communication	Entertainment	Others	Communication	Entertainment	Others			
Age												
15-19	99.1	48.7	12.5	4,143	99.3	50.1	14.5	4,437	99.2	49.4	13.5	8,581
20-24	99.1	45.4	11.7	2,942	99.6	44.9	13.9	3,487	99.6	45.1	12.9	6,430
Region												
Ilocos	99.8	51.5	8.7	402	99.5	48.2	12.0	415	99.6	49.8	10.4	817
Cagayan Valley	99.6	50.7	4.7	277	98.9	53.8	11.0	272	99.3	52.3	7.8	549
Central Luzon	99.6	42.7	17.2	791	99.6	45.8	17.8	964	99.6	44.4	17.5	1,755
CALABARZON	97.9	49.1	10.7	1,043	99.2	62.0	21.1	1,180	98.6	56.0	16.2	2,223
MIMAROPA	98.2	44.3	7.3	219	98.7	50.9	15.0	226	98.4	47.5	11.4	446
Bicol	98.9	51.1	4.4	365	99.5	40.5	8.7	426	99.2	45.4	6.8	793
Western Visayas	99.8	44.4	10.9	532	99.7	41.3	8.4	595	99.7	42.8	9.6	1,126
Central Visayas	99.8	35.6	9.0	547	100.0	38.2	5.5	550	99.9	36.9	7.3	1,098
Eastern Visayas	100.0	57.5	12.8	288	99.6	51.0	25.4	260	99.8	54.4	18.8	548
Zamboanga Peninsula	99.6	48.4	12.2	254	98.0	35.9	8.2	256	99.0	42.0	10.4	510
Northern Mindanao	99.7	51.4	28.8	323	99.2	29.4	9.0	367	99.4	39.7	18.1	690
Davao	99.1	51.4	13.6	317	99.5	44.0	10.2	403	99.3	47.3	11.5	719
SOCCKSARGEN	99.3	44.2	13.0	301	100.0	35.3	14.3	286	99.7	39.9	13.5	586
CAR	99.3	48.9	5.2	135	98.2	37.9	7.1	169	98.7	42.8	6.3	304
ARMM	97.2	35.2	5.1	176	100.0	30.1	2.9	175	98.6	32.7	4.0	352
Caraga	99.5	59.3	34.4	183	99.5	37.4	11.2	187	99.2	48.2	22.6	368
NCR	100.0	49.0	11.1	932	99.6	61.2	19.7	1,192	99.8	55.8	15.9	2,125
Place of residence												
Urban	99.8	48.7	12.4	1,939	99.6	57.0	18.7	1,468	99.7	53.4	15.9	4,406
Rural	99.1	46.8	12.0	5,146	99.3	43.7	12.2	5,457	99.2	45.2	12.1	10,603
Educational attainment												
No schooling/Elementary	98.8	40.6	10.3	889	99.4	35.3	8.3	470	99.0	38.8	9.7	1,360
High school undergraduate	99.0	46.2	12.2	2,506	99.5	46.1	11.1	2,513	99.2	46.1	11.6	5,019
High school graduate/Vocational	99.5	47.6	13.0	2,117	99.2	46.0	15.4	2,706	99.4	46.7	14.4	4,824
College or higher	99.7	52.6	12.0	1,573	27.4	54.5	17.5	2,234	99.6	53.7	15.2	3,807
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	98.4	42.4	11.6	1,073	99.4	33.0	7.2	1,152	98.9	37.5	9.3	2,226
Second	99.5	43.1	12.0	1,342	99.6	41.9	10.5	1,528	99.6	44.5	11.2	2,871
Middle	99.3	46.5	10.5	1,637	99.5	42.1	11.7	1,752	99.3	44.3	11.1	3,389
Fourth	99.5	49.3	12.1	1,647	99.3	53.9	17.5	1,888	99.5	51.8	15.0	3,535
Highest (Richest)	99.4	53.8	14.6	1,386	99.4	63.1	21.8	1,605	99.3	58.8	18.5	2,991
Total	99.3	47.3	12.1	7,085	99.4	47.8	14.2	7,925	99.4	47.6	13.2	15,010

Table 3.5 Uses of Internet by background characteristics

Background characteristics	Male						Female						Both sexes						No. of cases			
	Entertainment		Communication		Social networking		Entertainment		Communication		Social networking		Entertainment		Communication		Social networking					
	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work	No. of	School work				
Age																						
15-19	18.4	39.0	73.5	34.1	3,324	17.5	43.3	85.0	56.5	3,564	17.9	41.2	79.5	45.7	6,888							
20-24	18.5	45.4	79.2	29.0	1,974	13.2	53.5	83.8	40.0	2,422	15.7	49.9	81.7	35.0	4,395							
Region																						
Ilocos	24.5	48.7	81.0	30.1	305	17.7	55.0	86.5	47.3	318	21.1	51.9	83.7	38.8	624							
Cagayan Valley	9.5	38.7	67.4	49.6	138	10.1	35.9	76.0	64.1	171	9.7	37.3	72.1	57.8	308							
Central Luzon	21.4	51.2	84.1	17.6	674	16.2	56.0	84.2	44.7	714	18.6	53.7	84.2	31.6	1,389							
CALABARZON	20.4	35.6	78.3	30.5	797	16.8	41.4	88.5	48.6	851	18.6	38.6	83.6	39.8	1,648							
MIMAROPA	18.4	41.1	65.9	46.5	129	5.8	32.6	80.4	52.5	138	8.2	36.7	73.4	49.4	267							
Bicol	11.7	37.5	75.0	37.5	200	10.8	57.1	82.8	50.0	238	11.3	48.2	79.0	44.4	439							
Western Visayas	6.8	41.5	62.7	39.8	284	11.9	51.6	89.5	58.7	372	9.2	47.3	77.9	50.5	656							
Central Visayas	22.7	35.1	71.5	30.2	471	18.4	38.0	83.0	53.5	477	20.7	37.0	77.3	42.0	948							
Eastern Visayas	10.1	47.3	72.2	34.9	169	12.9	52.6	80.6	40.9	175	11.5	49.9	76.5	38.0	344							
Zamboanga Peninsula	13.7	49.7	73.9	32.1	165	11.0	51.0	79.2	55.7	149	12.4	50.3	76.7	43.3	313							
Northern Mindanao	17.9	35.5	68.7	38.8	214	11.6	34.6	69.9	64.8	292	14.7	34.9	69.2	53.8	507							
Davao	16.4	46.0	70.0	31.6	250	14.6	54.6	84.0	49.0	294	15.4	50.6	77.6	40.9	544							
SOCCKSARGEN	12.8	55.1	63.6	38.6	176	8.0	51.3	69.0	46.2	297	10.3	53.1	66.5	42.7	373							
CAR	7.5	34.3	64.2	61.8	67	7.6	45.0	72.3	71.4	112	7.6	41.0	69.3	68.2	179							
ARMM	3.7	37.0	55.6	42.6	54	3.1	59.8	62.9	58.3	97	3.4	52.0	60.7	52.7	150							
Caraga	16.2	45.3	75.4	33.3	138	11.4	49.0	79.7	47.9	143	13.0	47.0	77.5	40.7	280							
NCR	38.1	35.9	81.6	32.2	1,066	31.2	46.8	93.3	43.2	1,247	34.3	42.3	87.8	38.2	2,314							
Place of residence																						
Urban	30.7	41.4	79.2	31.5	2,019	27.3	50.1	90.2	48.5	2,348	28.8	46.1	85.1	40.6	4,366							
Rural	14.2	41.4	73.4	32.7	3,279	10.9	45.7	80.8	50.7	3,639	12.6	43.7	77.3	42.1	6,918							
Educational attainment																						
No schooling/Elementary	4.3	27.4	70.1	7.4	365	4.0	35.6	83.1	14.1	177	4.2	30.1	74.4	9.8	542							
High school undergraduate	15.9	36.0	73.4	32.1	1,856	11.5	40.9	81.3	52.7	1,806	13.7	38.4	77.3	42.2	3,662							
High school graduate/Vocational	21.5	43.4	77.5	24.1	1,527	15.0	47.1	87.1	32.6	1,882	17.9	45.5	82.8	28.8	310							
College or higher	33.7	49.1	77.7	46.2	1,549	27.4	54.4	85.1	65.6	2,119	30.1	52.2	82.0	57.4	3,669							
Socioeconomic status (Wealth quintile)																						
Lowest (Poorest)	5.7	30.3	63.5	29.0	452	4.0	37.0	72.4	45.2	1,954	4.8	34.1	68.4	38.1	1,026							
Second	9.3	40.4	71.3	30.8	760	10.1	43.1	79.0	49.4	2,022	9.7	41.9	75.6	41.4	1,753							
Middle	16.3	41.6	76.6	28.1	1,233	14.6	44.7	84.4	48.9	2,082	15.4	43.2	80.6	38.8	2,516							
Fourth	28.4	40.7	79.1	34.2	1,470	22.8	49.8	87.3	49.6	2,063	25.5	45.5	83.4	42.3	3,120							
Highest (Richest)	35.8	46.0	77.4	35.6	1,382	28.5	54.1	90.0	52.7	1,693	32.0	50.2	83.0	44.5	2,869							
Total	18.4	41.4	75.6	32.2	5,298	15.7	47.4	84.5	49.8	5,298	17.0	44.6	80.3	41.6	11,284							

Similar to the cell phone, the Internet likewise provides a means to establish relationships without face-to-face contact, referred to as online or virtual friendships. Among Internet users, more than half (52.3%) have online or virtual friends (i.e., friends they have not met personally). The pattern of difference by age and sex is the same as that for text mates in that more males than females (57.9% vs. 47.3%) and more of the younger than the older cohort (53.7% vs. 50%) have virtual

friends. There is no discernible difference by education level. In terms of regional differences, this kind of relationship is more common among young people from Central Luzon, Davao, NCR, and ARMM (Table 3.6).

Exposure to pornography through media

The exposure of Filipino youth to pornographic materials through videos increased slightly between the 2002 YAFS and

Table 3.6 Percent of young people with online friends whom they have not met personally by background characteristics

Background characteristics	Male		Female		Both sexes	
	Percent	No. of Males	Percent	No. of Females	Percent	No. of Cases
Age						
15-19	58.0	3,310	49.7	3,547	53.7	6,857
20-24	57.8	1,967	43.6	2,410	50.0	4,376
Region						
Ilocos	49.5	303	40.4	317	44.8	620
Cagayan Valley	58.8	136	51.2	168	54.6	304
Central Luzon	69.4	673	50.9	713	59.8	1,387
CALABARZON	59.3	796	46.0	852	52.4	1,648
MIMAROPA	57.4	129	52.2	138	54.7	267
Bicol	52.5	200	56.3	238	54.7	437
Western Visayas	53.4	279	40.9	372	46.3	652
Central Visayas	37.1	469	40.3	477	38.7	946
Eastern Visayas	56.2	169	43.9	171	50.1	339
Zamboanga Peninsula	45.1	162	44.2	147	44.8	310
Northern Mindanao	48.8	213	44.7	293	46.3	505
Davao	66.8	250	52.9	293	59.3	543
SOCCSKSARGEN	60.2	176	43.8	192	51.4	368
CAR	50.0	66	41.4	111	44.6	177
ARMM	69.8	53	49.5	91	57.3	143
Caraga	43.1	137	47.6	143	45.4	280
NCR	66.7	1,064	50.6	1,239	58.1	2,303
Place of residence						
Urban	64.3	2,014	50.7	2,339	57.0	4,353
Rural	54.0	3,263	45.0	3,617	49.3	6,879
Educational attainment						
No schooling/Elementary	56.1	360	51.4	175	54.5	536
High school undergraduate	54.5	1,843	46.8	1,791	50.7	3,634
High school graduate/Vocational	57.9	1,526	46.2	1,876	51.4	3,402
College or higher	62.4	1,547	48.2	2,114	54.2	3,661
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	45.0	447	40.3	566	42.3	1,013
Second	50.9	753	43.1	986	46.5	1,739
Middle	56.6	1,227	47.2	1,281	51.8	2,509
Fourth	61.9	1,468	51.3	1,646	56.3	3,114
Highest (Richest)	63.0	1,381	48.2	1,477	55.4	2,859
Total	57.9	5,277	47.3	5,955	52.3	11,232

2013 YAFS. In 2002, 55 percent of the youth aged 15–24 reported having ever watched pornographic videos. This rose to 56.5 percent in 2013. The same gender difference is found in the two survey rounds (see Figure 2.4). More males have ever watched pornographic materials than females, although the percentage among females rose slightly from 36.4 percent in 2002 to 38.1 percent in 2013. A higher percentage of young people in the age group 20–24 and those with high education have ever watched pornographic materials. Exposure to pornography through videos is higher among youth from Caraga (66.7%), followed by NCR (66.2%). Only 21.7 percent of the youth in ARMM have ever watched pornographic materials (Table 3.7).

In contrast, there is a slight decline in the percentage of youth who have ever read pornographic materials between 2002 and 2013, from 38.5 percent to 35.6 percent. Exposure to print materials with adult content is higher among males, the older youth, and those with high education. In terms of regional differences, more young people from NCR (47.4%), CALABARZON (45%), and Bicol (38%) reported having ever read pornographic materials. Again, youth from ARMM registered the lowest percentage who have ever read materials with pornographic content (11.1%). Exposure to both print and video pornographic materials tends to increase with the level of education and socioeconomic status. Among young people with elementary education or no schooling, 20.8 percent and 49 percent have been exposed to pornography

through print and video, respectively. Among those with college or higher education, exposure to pornographic materials through both media platforms rose to 48.1 percent and 63.3 percent, respectively.

Furthermore, ICTs, particularly the Internet, offer young people the possibility to discreetly access information on issues that they may be too embarrassed to ask or talk about because of cultural reasons. Sex-related topics are one of the top search topics on the Internet (McKenzie, 2007).

Among young Filipinos who reported to be Internet users, 26.3 percent admitted to having accessed websites with sexually explicit content (Table 3.8). There is an obvious disparity between males and females, with 46.7 percent of males reporting to have accessed adult-themed websites compared with 8.3 percent among females. The prevalence is also higher among the older cohort and those living in urban areas (both 32.3%). In terms of socioeconomic status, the proportion of young people who reported accessing adult-themed websites rose with increasing socioeconomic status. This is consistent with the pattern of Internet use. The youth from NCR (36%) have the highest prevalence of access to websites with sexual content, while those from ARMM have the lowest (11.5%).

Figure 3.4 Exposure to pornographic materials by sex: 2002 and 2013

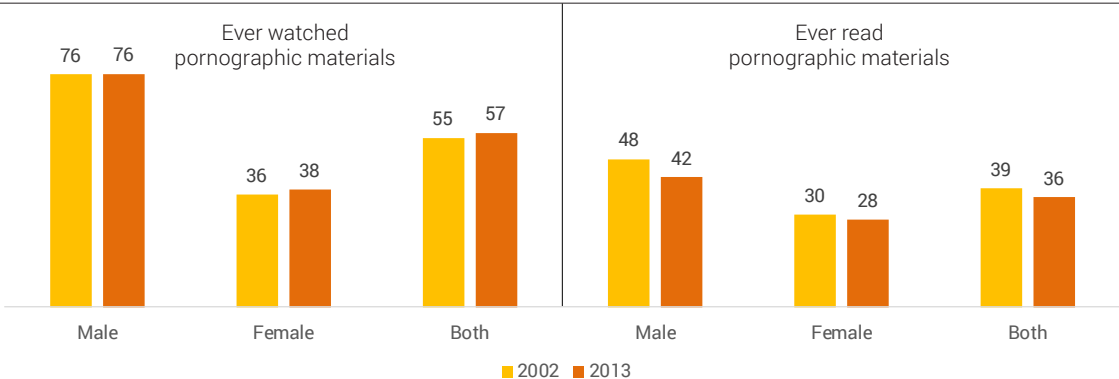


Table 3.7 Percent of young people who have been exposed to pornographic materials by different media and by background characteristic

Background characteristics	Male			Female			Both sexes		
	Read pornographic materials	Watch pornographic videos	N of cases	Read pornographic materials	Watch pornographic videos	N of cases	Read pornographic materials	Watch pornographic videos	N of cases
Age									
15-19	36.8	70.0	5,768	22.7	28.7	5,640	29.8	49.6	6,888
20-24	53.2	85.1	3,590	36.1	50.9	4,158	44.4	66.8	4,395
Region									
Ilocos	41.0	80.1	473	29.1	41.0	468	35.1	60.8	941
Cagayan Valley	31.3	71.5	344	34.8	38.7	326	33.0	55.5	670
Central Luzon	47.2	81.5	953	20.4	33.8	1,097	32.9	56.0	2,049
CALABARZON	60.8	85.0	1,243	30.0	39.2	1,304	45.0	61.5	2,547
MIMAROPA	34.0	72.4	283	28.3	34.4	279	31.3	53.6	562
Bicol	39.7	70.3	522	36.5	36.6	573	38.0	52.7	1,095
Western Visayas	32.5	63.8	765	24.1	36.1	721	28.4	50.3	1,485
Central Visayas	38.4	76.0	741	30.2	47.5	673	34.5	62.4	1,415
Eastern Visayas	26.8	59.8	423	30.8	32.6	399	28.7	46.6	822
Zamboanga Peninsula	34.9	74.2	372	23.3	32.9	356	29.3	54.0	728
Northern Mindanao	48.3	78.7	447	22.6	35.1	473	35.1	56.3	920
Davao	46.7	79.1	446	25.9	40.4	515	35.6	58.4	959
SOCCSKSARGEN	38.7	75.0	440	20.2	30.2	457	29.3	52.2	897
CAR	39.0	72.7	172	35.4	31.8	198	37.0	50.8	370
ARMM	8.1	29.1	320	13.8	15.0	353	11.1	21.7	673
CARAGA	38.1	83.8	265	27.1	48.8	254	32.6	66.7	519
NCR	57.3	87.9	1,150	38.9	47.8	1,353	47.4	66.2	2,502
Place of residence									
Urban	54.1	85.6	2,396	34.8	44.3	2,826	43.6	63.3	5,222
Rural	39.3	72.4	6,962	25.8	35.6	6,972	32.5	54.0	13,934
Educational attainment									
No schooling/Elementary	23.3	60.4	684	16.3	27.5	666	20.8	49.0	2,648
High school undergraduate	36.9	70.9	1,025	20.7	28.9	2,484	28.8	50.0	7,021
High school graduate/Vocational	53.5	85.9	341	33.3	45.9	1,651	42.2	63.5	5,463
College or higher	61.6	87.3	214	38.3	45.9	1,264	48.1	63.3	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	26.9	61.8	1,886	21.7	28.3	1,947	24.2	44.8	3,833
Second	36.4	71.8	1,916	25.3	35.6	2,021	30.7	53.2	3,937
Middle	45.9	77.5	2,090	28.4	39.9	2,077	37.2	58.7	4,167
Fourth	50.2	83.0	1,941	31.5	42.1	2,062	40.6	62.0	4,003
Highest (Richest)	58.7	86.6	1,525	35.9	45.2	1,691	46.8	64.9	3,217
Total	42.1	75.8	9,363	28.4	38.1	9,811	35.6	56.5	19,156

Summary and conclusions

Compared with their predecessors, today's generation of youth are exposed to a far wider range of choices in connecting with the world, as it is in their generation that advancements in ICTs have proceeded at a very rapid pace. As such, they have greater access to information and resources that were not readily available to earlier generations. The Internet and mobile

telecommunications, in particular, have not only provided young people with a means of communication but have also extended their options for entertainment and socialization. They are no longer just passive consumers of technology but can be active producers of media content.

The findings showed that young Filipinos are still using the traditional media forms, although there is greater preference on

Table 3.8 Percent of young people who have accessed website with sexually explicit content, by background characteristics

Background Characteristics	Male		Female		Both sexes	
	Percent	N of cases	Percent	N of cases	Percent	N of cases
Age						
15-19	40.5	3,306	5.7	3,549	22.5	6,854
20-24	57.1	1,970	12.2	2,411	32.3	4,381
Region						
Ilocos	39.4	302	4.1	317	21.3	619
Cagayan Valley	30.4	135	7.7	169	18	306
Central Luzon	42.1	673	8.3	714	24.7	1,388
CALABARZON	53.6	797	6.8	852	29.4	1,649
MIMAROPA	33.3	129	5.0	139	18.7	268
Bicol	39.1	197	8.0	238	22	436
Western Visayas	32.6	282	8.7	368	19.1	650
Central Visayas	40.0	470	6.5	477	23.1	948
Eastern Visayas	37.1	167	8.6	174	22.5	342
Zamboanga Peninsula	55.8	163	8.8	147	33.2	310
Northern Mindanao	37.4	214	5.6	286	19.2	500
Davao	43.6	250	10.0	291	25.6	542
SOCCKSARGEN	48.0	173	3.6	192	24.7	365
CAR	35.4	65	7.3	110	18.2	176
ARMM	26.4	53	3.2	95	11.5	148
CARAGA	40.9	137	9.8	143	24.9	281
NCR	63.2	1,065	12.8	1,246	36	2,312
Place of residence						
Urban	57.1	2,015	10.9	2,346	32.3	4,361
Rural	40.2	3,262	6.6	3,613	22.6	6,874
Educational attainment						
No schooling/Elementary	33.3	363	11.4	156	26.2	539
High school undergraduate	37.7	1,843	4.9	1,711	21.5	3,541
High school graduate/Vocational	49	1,525	10.2	1,684	27.6	3,402
College or higher	58.2	1,546	9.3	1,912	30	3,654
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	30.6	451	5.5	568	16.5	1,019
Second	33.8	751	6.0	980	18.1	1,731
Middle	41.5	1,225	7.4	1,279	24.1	2,505
Fourth	50.3	1,471	8.4	1,647	28.2	3,118
Highest (Richest)	59.7	1,378	11.6	1,485	34.8	2,863
Total	46.7	5,277	8.3	5,960	26.3	11,237

broadcast media, particularly television. But this generation of youth is at the threshold of profound change in mass media forms. With more than half of young Filipinos using the Internet and more than two thirds owning cell phones, there is a greater possibility of media use convergence as contents from traditional media have become readily accessible through the Internet. Access to pornography and adult-themed content, for example, extends to the Internet and cell phones. On the other hand, the findings also underscored

the benefits that young people get from ICT. For instance, a significant proportion use the Internet for school-related activities. However, given the vast amount of information available through the Internet, concerns have been raised about young people's ability to filter and sort through the information they retrieve from the Internet.

While access to ICTs, particularly for young people, has improved through the years, there is still an obvious digital divide

within socioeconomic status and educational attainment, as well as across regions. The regional profile of Internet use depicts a picture of two regions at opposing ends, with Internet use registered at 92.3 percent in NCR and 22.4 percent in ARMM, while the rest of the regions fall within the range in between. Regardless of how the Internet is used, the same pattern prevails, with NCR and its neighboring areas at the high end and ARMM at the bottom end.

In the same manner, Internet use and cell phone ownership show a positive association with socioeconomic status and education. Young people at the lower end of both educational and socioeconomic status have a lower prevalence of Internet use and cell phone ownership compared with their counterparts. More equitable access to technology for young people requires addressing this socioeconomic disparity.

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Subjective Well-Being, Self-Assessed Health, and Lifestyle

Josefina N. Natividad

In the fourth iteration of the YAFS, a new area of study on the status of the Filipino youth is added, expanding the scope of the study beyond the core topics of fertility, sexuality, and attendant risk behaviors. For YAFS4, we added a section on health and lifestyle in recognition of the growing interest in the study of chronic diseases that may originate from habits and behaviors associated with certain lifestyles that are acquired in one's early years such as the ages of 15–24. Among these are habits related to diet, exercise, and leisure activities. YAFS4 also expanded the section on understanding how Filipino youth perceive themselves, using a variety of indicators. These self-assessments can be used as explanatory factors for variations in behaviors or can be dependent variables to be explained in future analysis. In all, this new addition to the YAFS data enriches our current understanding of the Filipino youth of today.

Self-assessed status

Overall, the self-assessed status measures aim to capture the individual's sense of how well he/she is doing with his/her life along a number of dimensions. All these measures can be conceived of as indicators of subjective well-being in its various facets. The notion that subjective well-being—a term that broadly captures an individual's evaluation of his or her life—is an important factor for understanding psychological well-being and overall mental health is well supported in theory and research (Moksnes & Espnes, 2013). Subjective well-

being, in turn, is often measured in terms of life satisfaction and self-esteem. While much of the literature on subjective well-being pertains to the adult population, a number of studies have looked at the adolescent years in which a multitude of biological, psychological, social, and cognitive changes are occurring, posing many challenges to the adolescent, with effects that may persist through adulthood.

Investigating the factors that may affect life satisfaction, Proctor, Linley, and Malbey (2009) reported only a very modest role played by gender and socioeconomic status among children and adolescents. Other studies that found a more pronounced gender difference generally reported boys as scoring higher on life satisfaction than girls (Goldbeck et al., 2007; Moksnes & Espnes, 2012). Similarly, males tend to report higher self-esteem than do females. Numerous studies show the positive link between self-esteem and psychological health and well-being during adolescence. Conversely, low self-esteem has been linked to experiencing more symptoms of anxiety and depression (Orth et al., 2009).

YAFS4 contained a number of self-assessed indicators of subjective well-being. These are life satisfaction, happiness, self-esteem, and depression. Life satisfaction and happiness are measured through a straightforward question asking the respondents to rate their satisfaction with their lives or how happy they are on a 10-point scale. Self-esteem is measured by the Rosenberg scale, while depression is

measured using a short version of the Center for Epidemiologic Studies-Depression (CES-D) scale.

Table 4.1 shows the self-assessments of Filipino youth broken down by region, urban-rural residence, highest educational attainment, and socioeconomic status based on the wealth index. Because of the often-documented strong gender difference in these measures observed in other studies, Table 4.1 shows the self-assessments separately for men and women.

Self-esteem

The mean self-esteem score for all participants is 18.5¹ with no difference between men and women. There is a considerable variation in the overall mean self-esteem score across the regions, ranging from the highest mean score of 19.8 from Central Luzon to the lowest mean score of 16.7 from Northern Mindanao. Within some regions, there are observed differences in mean scores between men and women, but no consistent pattern is apparent. In some regions, women have higher mean self-esteem

Table 4.1 Mean self-perception scores by background characteristics

Background characteristics	Mean Self-esteem score			Mean depression score			Mean life satisfaction rating			Mean self-rated happiness		
	Male	Female	All	Male	Female	All	Male	Female	All	Male	Female	All
Region												
Ilocos	18.8	17.8	18.3	19.2	20.7	19.9	7.5	7.2	7.3	8.2	7.9	8.1
Cagayan Valley	17.6	18.5	18.0	20.2	19.3	19.8	7.1	7.2	7.1	7.7	7.8	7.8
Central Luzon	19.7	19.8	19.8	18.1	17.6	17.8	7.5	7.7	7.6	8.2	8.3	8.3
CALABARZON	18.6	19.3	19.0	19.2	19.6	19.4	7.2	7.5	7.3	8.4	8.6	8.5
MIMAROPA	19.3	19.3	19.3	19.7	19.4	19.5	7.2	7.1	7.2	7.9	7.9	7.9
Bicol	19.1	18.7	18.9	20.5	21.0	20.8	6.6	7.0	6.9	7.4	7.6	7.5
Western Visayas	18.2	18.6	18.4	20.0	20.2	20.1	6.8	7.4	7.1	7.6	8.2	7.9
Central Visayas	17.5	17.6	17.5	19.3	20.8	20.0	7.0	7.1	7.1	7.8	7.4	7.6
Eastern Visayas	17.2	17.2	17.2	20.8	20.8	20.8	7.3	7.1	7.2	7.9	7.8	7.8
Zamboanga Peninsula	18.4	17.7	18.0	20.0	21.4	20.7	7.0	6.8	6.9	7.6	7.5	7.5
Northern Mindanao	16.7	16.7	16.7	21.4	21.5	21.4	6.6	6.8	6.7	7.4	7.7	7.5
Davao	18.3	17.5	17.8	19.9	20.2	20.1	6.9	6.7	6.8	7.8	7.2	7.5
SOCCKSARGEN	19.1	18.1	18.6	17.4	19.5	18.4	6.9	7.1	7.0	7.8	7.8	7.8
CAR	18.3	17.8	18.0	19.8	21.0	20.5	7.1	7.3	7.2	7.8	7.3	7.5
ARMM	17.7	18.8	18.3	21.8	20.8	21.2	6.9	7.6	7.3	7.2	7.8	7.5
Caraga	17.0	16.7	16.8	21.3	21.5	21.4	6.8	6.7	6.8	7.4	7.2	7.3
NCR	19.6	19.0	19.3	19.9	20.3	20.1	7.6	7.3	7.4	8.2	7.9	8.0
Place of residence												
Urban	19.2	18.9	19.0	19.6	20.0	19.8	7.4	7.3	7.4	8.1	7.9	8.0
Rural	18.2	18.3	18.3	19.7	20.1	19.9	7.0	7.2	7.1	7.8	7.9	7.8
Educational attainment												
No schooling/Elementary	17.7	17.5	17.6	20.1	20.6	20.3	6.9	7.0	6.9	7.6	7.6	7.6
High school undergraduate	18.4	18.2	18.3	19.8	20.2	20.0	7.1	7.3	7.2	7.9	7.9	7.9
High school graduate/Vocational	18.6	18.4	18.5	19.4	20.0	19.7	7.0	7.1	7.1	7.9	7.9	7.9
College or higher	19.5	19.2	19.3	19.4	19.8	19.6	7.6	7.5	7.5	8.2	7.9	8.0
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	17.8	17.7	17.7	20.2	20.5	20.3	6.7	7.0	6.8	7.5	7.5	7.5
Second	18.0	18.1	18.1	19.8	20.2	20.0	7.0	7.1	7.0	7.8	7.9	7.8
Middle	18.4	18.4	18.4	19.6	20.1	19.9	7.1	7.2	7.2	7.9	8.0	8.0
Fourth	19.0	18.8	18.9	19.5	19.9	19.7	7.3	7.4	7.4	8.1	8.0	8.0
Highest (Richest)	19.4	19.5	19.5	19.3	19.6	19.4	7.5	7.6	7.6	8.2	8.1	8.2
Total	18.5	18.5	18.5	19.7	20.1	19.9	7.1	7.2	7.2	7.9	7.9	7.9

¹ The scale ranges from 0–30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem (<https://www.wnorton.com/college/psych/psychsci/media/rosenberg.htm>)

scores (e.g., Cagayan Valley, CALABARZON, ARMM); in others, the men have higher scores (SOCCSKSARGEN, Zamboanga Peninsula, CAR). Still, the differences in scores between the sexes are small, rarely exceeding one point.

Youth from urban areas have higher self-esteem scores than youth from rural areas. Self-esteem also tends to increase as the level of education increases, with the college educated recording the highest mean scores for both men and women. The same pattern is observed for socioeconomic status, with a monotonic increase in the self-esteem score as the wealth quintile increases, from its lowest level among the poorest (mean of 17.7) to the highest level among the richest (mean of 19.5).

Depressive symptoms

In measuring depressive symptoms, YAFS4 adopted a 12-item version of the 20-item CES-D scale, a common scale used to screen for depression in the general population. Because there are no validated cut-off scores for depression among Filipino youth for this scale, we report and compare the mean depressive symptoms in place of a classification of the study population into the depressed and not depressed. For the 12-item scale, the range is 12–36.

The results show that the overall mean depressive symptoms score is 19.9. It is slightly higher among women (mean of 20.1) than men (mean of 19.7). Among the regions, the highest mean depression scores are found in Northern Mindanao and Caraga, both higher than the national average, at 21.4. The lowest mean scores are found in Central Luzon (mean of 17.8) and SOCCSKSARGEN (mean of 18.4). In all regions, except Cagayan Valley, Central Luzon, MIMAROPA, Eastern Visayas, and ARMM, women have slightly higher mean depressive symptoms scores than men.

There is a very slight difference in mean depression scores between urban and rural residents, with rural residents scoring marginally higher (mean of 19.9) than urban residents (mean of 19.8). By educational attainment, the

mean depression score is highest among those with no schooling or with elementary education (mean of 20.3) and decreases monotonically as educational attainment increases, with the lowest mean score recorded among the college educated (mean of 19.6). The same pattern of an inverse relationship is observed for socioeconomic status, with the highest mean depression score among youth in the poorest quintile (20.3) and the lowest among youth in the richest quintile (19.4).

Life satisfaction and happiness

Two measures of global self-assessed well-being were used in YAFS4. Each asked the respondent to give a self-assessed rating on two indicators of positive well-being: life satisfaction and happiness, both on a scale of 1–10, with 1 rated as the least satisfactory and 10 as the most satisfactory self-assessment.

For life satisfaction, the question was *“How satisfied are you with your life as a whole these days?”*; for happiness, the question was *“Taking all things together, would you say you are ...”* Flashcards showing the numbers 1–10 in an array, with 1 labeled “dissatisfied” or “not happy at all” and 10 labeled “satisfied” or “very happy” for life satisfaction and happiness, respectively, were presented to the respondents, who were then asked to report their self-assessments on these two measures by pointing to the appropriate number.

We tested the correlation between the two measures to check whether these are highly collinear and positively tapping the same construct. Results showed that the coefficient of correlation (Pearson's r) between the two measures is statistically significant and positive, indicating that life satisfaction and happiness are positively related. However, r is low ($r = .398$), suggesting that the two measures are not tapping the same construct (i.e., not measuring the same thing).

Overall, the mean life satisfaction rating is 7.2, 7.1 among men and 7.2 among women. Among the regions, the life satisfaction rating is

highest at 7.6 among the youth of Central Luzon. In all, there are five regions where the mean life satisfaction rating is above the national average of 7.2. The other four are NCR (7.4) and CALABARZON, Ilocos, and ARMM, all with a rating of 7.3. The lowest average life satisfaction rating is recorded in Northern Mindanao (6.7), followed by Caraga and Davao, both at 6.8. Urban residents have a slightly higher life satisfaction rating (7.4) than rural residents (7.1). Differentiating by educational attainment, those with the highest level of education also have the highest average life satisfaction rating (7.5), while those with the lowest level of education have the lowest average rating (6.9). Those with high school undergraduate education (most of whom are still in school) have a satisfaction rating equal to the national average, while those with a completed high school education scored 7.1. Meanwhile, there is a clear gradient by socioeconomic status, with the poorest reporting the lowest mean life satisfaction (6.8) and the richest reporting the highest (7.6), with a consistent rise in the mean rating as socioeconomic status improves.

For self-rated happiness, the overall average rating is higher at 7.9 than the average life satisfaction rating, which is 7.2. The same four regions with the highest life satisfaction ratings also had the highest average happiness ratings. These are the contiguous Luzon regions of Central Luzon, NCR, CALABARZON, and Ilocos. The region with the lowest self-rated happiness is Caraga at 7.3, while there are six regions with the next lowest happiness rating of 7.5. These are CAR, Bicol, Zamboanga Peninsula, ARMM, Northern Mindanao, and Davao.

As to the other attributes of residence, education, and socioeconomic status, the same patterns of differentials observed with life satisfaction manifest in the mean happiness rating. Urban residents, the better educated, and those with higher socioeconomic status give themselves a higher rating on happiness than their respective counterparts. There is no observed sex difference, with both men and women recording an average happiness rating of 7.9.

Health, diet, and exercise

Self-rated health

Another self-assessed measure is that of the youth's health status. Respondents were asked to rate their current health status as very healthy, healthier than average, of average health, somewhat unhealthy, or very unhealthy. In Table 4.2, very healthy and healthier than average are combined to form the category "healthier than average."

Results (see Table 4.2) show that the greatest proportion reported themselves as being healthy, either healthier than average (43%) or of average health (49.3%). This is to be expected, as the ages of 15–24 are among the age groups with the lowest levels of mortality. A self-assessed status of unhealthy (somewhat or very) is thus uncommon. Only 7.6 percent overall reported being unhealthy (somewhat or very).

Focusing only on unhealthy self-assessed status (somewhat and very unhealthy combined), there are distinct regional differences. While at the national level, 7.6 percent assessed themselves to be unhealthy, the percentage ranges from a low of 4.6 percent in CAR to 12.1 percent in Northern Mindanao. The three regions with over 10 percent of youth who assessed themselves to be unhealthy are Northern Mindanao, Caraga (11.8%), and Davao (10.2%), while the regions with the lowest proportion who are unhealthy are CAR (4.6%) and SOCCSKSARGEN (4.9%).

The percentage of youth with an unhealthy self-assessed status is higher among rural (8.1%) than urban (6.4%) residents. It increases monotonically as the level of education decreases, with 9 percent of those with no schooling or with elementary education reporting an unhealthy status compared with only 5.4 percent among the college educated. By socioeconomic status, youth in the poorest quintile have the highest percentage with an unhealthy self-assessed status (9.6%). The percentage progressively decreases to the fourth quintile (6%) but

increases for the youth in the richest quintile (6.7%).

Body mass index and body image

In recent decades, low- and middle-income countries have been described as experiencing the double burden of malnutrition, a situation where a sizable proportion of the population such as children, adolescents, and childbearing women are undernourished while, at the same time, the prevalence of overweight/obesity is increasing. Under- and overnutrition are both linked to major health risks. Adults who are undernourished in infancy and early childhood face the risk of stunting, both in physical and mental development. Women who are underweight prior to pregnancy and gain little weight during pregnancy face an elevated risk of complications and death. They are also more likely to give birth to low-birth-weight babies who face a greater risk of dying in infancy. On the other hand, the health risks associated with overweight and obesity are well documented in the research literature, the most common of which are diabetes mellitus, hypertension, and heart disease.

The most common measure used to gauge the nutrition status among adults is the body mass index (BMI),² a simple measure of weight-for-height ratio that is fairly easy to obtain. In the YAFS survey, youth respondents were asked to report their height and weight. These measures were then used to calculate the individual's BMI. The use of a self-report rather than actual measurements may be subject to bias, as some may not know their exact height or weight or may tend to underestimate their weight and overestimate their height. Nevertheless, if all respondents are similarly biased in their reporting, the results may still be used to compare across categories of youth to examine differentials.

Table 4.2 Self-assessed health by background characteristics

Background Characteristics	Very healthy/healthier than average	Average health	Somewhat unhealthy	Very unhealthy
Sex				
Male	41.7	52.2	5.6	0.5
Female	44.3	46.5	8.4	0.8
Age				
15-19	42.5	49.9	6.9	0.6
20-24	43.8	48.3	7.2	0.6
Region				
Ilocos	41.9	52.2	5.7	0.2
Cagayan Valley	36.9	57.6	4.8	0.6
Central Luzon	42.5	51.0	6.0	0.6
CALABARZON	44.9	48.3	6.0	0.9
MIMAROPA	49.4	42.8	7.1	0.7
Bicol	36.3	55.2	7.8	0.7
Western Visayas	38.5	52.6	7.9	1.1
Central Visayas	40.4	50.9	8.0	0.7
Eastern Visayas	43.4	48.6	7.5	0.5
Zamboanga Peninsula	36.8	56.0	6.9	0.3
Northern Mindanao	52.6	35.2	11.7	0.4
Davao	33.0	56.8	9.4	0.8
SOCCSKSARGEN	35.4	59.7	4.7	0.2
CAR	51.2	44.1	4.1	0.5
ARMM	37.1	53.4	9.1	0.4
Caraga	44.4	43.8	11.2	0.6
NCR	54.1	39.4	5.9	0.6
Place of residence				
Urban	48.9	44.7	5.8	0.6
Rural	40.8	51.0	7.5	0.6
Educational attainment				
No schooling/Elementary	33.3	57.6	8.1	0.9
High school undergraduate	40.7	50.8	7.7	0.8
High school graduate/Vocational	45.8	46.7	7.0	0.5
College or higher	49.9	44.6	5.2	0.2
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	37.1	53.2	9.2	0.4
Second	39.1	51.9	7.9	1.0
Middle	42.7	50.4	6.4	0.5
Fourth	48.0	46.1	5.6	0.4
Highest (Richest)	49.3	44.0	5.9	0.8
Total	43.0	49.3	7.0	0.6

² It is defined as the weight in kilograms divided by the square of the height in meters (kg/m²).

We computed the BMI for each respondent and classified the values according to the following cut points recommended by the World Health Organization (WHO):³

Underweight	<18.5
Normal weight	18.5–24.9
Overweight	25–29.9
Obese	30 and higher

Overall, the average BMI at 19.8 (see Table 4.3) indicates that the average Filipino youth falls within the normal range, tending toward the lower limit of the range (18.5–24.9). The general picture also indicates that overweight and obesity are not yet common among youth of this cohort, as only 4.8 percent are classified as overweight and 1.1 percent as obese. The striking finding is that over a third of Filipino youth are underweight (34.8%) The total picture is a classic case of a population experiencing the double burden of malnutrition.

Underweight is more common among the 15–19-year-olds, while the 20–24-year-olds have a higher percentage with above-normal BMI (7.9 % compared with 4.6 % among the 15–19-year-olds). By sex, more females have above-normal BMI,⁴ although the difference between the sexes is not high (6.0% for women vs. 5.8% for men). Moreover, more women than men are underweight (37.0 % vs. 32.5%).

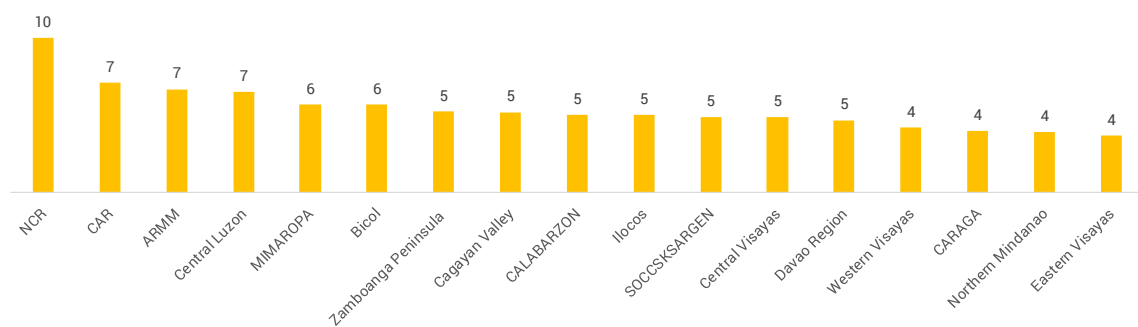
As with all the preceding self-assessed measures, there are notable regional differences. The percentage of underweight is highest among youth in Western Visayas (39.4%), CALABARZON (38.8%), and Ilocos (38.3%). The region with the lowest percentage of underweight is CAR, with only 20 percent.

At the other end of the BMI range are those whose BMI is classified as either overweight or obese. Because the percentage with BMI exceeding 29 is very low, we combined overweight and obese into one category called above normal. Figure 3.1 shows the percentage with above-normal BMI by region.

Figure 4.1 shows that, at 10 percent, NCR has the highest percentage of youth with above-normal BMI. This is consistent with findings from other developing countries where overweight/obesity is more prevalent in urban areas. None of the other regions equals this level. The prevalence of above-normal BMI is lowest in Eastern Visayas (3.8%), which is also among the poorest regions in the country.

Differentials across the other background characteristics as shown in Figure 4.2 indicate that the percentage with above-normal BMI is highest among urban residents, those with college-level education, and the youth from the richest quintile. These results corroborate what has been reported in other low- and

Figure 4.1 Percent with above-normal BMI by region



³WHO Expert Consultation (2004). Appropriate body mass index for Asian populations and its implications for policy and intervention strategies. The Lancet, 363(9403), 157.

⁴ Above-normal BMI consists of the overweight plus the obese.

middle-income countries that are experiencing the double burden of malnutrition about the effects of urbanization and rising incomes on the nutritional status of the population. Urbanization is generally associated with increased consumption of refined sugars and animal fats, accompanied by a more sedentary lifestyle (Drewnovski & Popkin, 1997), while higher education and socioeconomic status are associated with higher household food security

brought about by higher income and thus more access to food (Tebekaw et al., 2014).

Body image

Body image was originally defined in the 1930s as “the picture of our own body which we form in our mind” (Schilder, 1978 as cited in Pallan et al., 2011, p.1). Throughout the years, the concept has evolved into a multidimensional

Table 4.3 Percent distribution of BMI by background characteristics

Background Characteristics	Underweight	Normal	Overweight	Obese	Mean BMI	Very unhealthy
Sex						
Male	32.5	61.7	4.6	1.2	19.9	5.8
Female	37.0	56.9	4.9	1.1	19.7	6.0
Age						
15-19	42.0	53.4	3.7	0.8	19.3	4.6
20-24	24.2	67.9	6.4	1.5	20.6	7.9
Region						
Ilocos	38.3	56.5	4.2	1.0	19.6	5.2
Cagayan Valley	27.0	67.6	5.0	0.5	20.2	5.4
Central Luzon	35.7	57.5	6.0	0.8	19.8	6.8
CALABARZON	38.8	56.0	4.4	0.9	19.5	5.2
MIMAROPA	37.7	56.4	3.7	2.2	19.4	5.9
Bicol	37.7	56.4	3.7	2.2	19.7	5.9
Western Visayas	39.0	56.7	2.8	1.5	19.5	4.3
Central Visayas	33.1	61.9	4.3	0.7	19.7	5.1
Eastern Visayas	33.6	62.6	3.3	0.5	19.7	3.8
Zamboanga Peninsula	31.0	63.6	4.7	0.7	19.9	5.4
Northern Mindanao	34.4	61.5	3.3	0.8	19.7	4.0
Davao	32.0	63.1	4.3	0.5	19.8	4.9
SOCCSKSARGEN	32.0	62.9	4.2	0.9	19.8	5.1
CAR	20.2	72.4	5.7	1.6	20.7	7.4
ARMM	28.7	64.3	5.7	1.2	20.3	7.0
Caraga	37.0	58.9	3.7	0.4	19.4	4.1
NCR	34.3	55.3	8.0	2.4	20.3	10.4
Place of residence						
Urban	35.3	56.2	6.9	1.6	20.0	8.5
Rural	34.6	60.4	4.0	0.9	19.7	4.9
Educational attainment						
No schooling/Elementary	34.1	61.2	3.7	1.0	19.7	4.8
High school undergraduate	42.6	53.1	3.7	0.6	19.2	4.3
High school graduate/Vocational	31.2	63.1	4.7	1.1	20.0	5.8
College or higher	26.8	63.6	7.6	2.1	20.6	9.7
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	33.0	63.0	3.2	0.8	19.7	4.0
Second	36.8	58.9	3.7	0.6	19.5	4.3
Middle	37.8	56.6	4.6	1.1	19.7	5.6
Fourth	34.2	58.9	5.4	1.5	19.9	6.9
Highest (Richest)	31.5	59.1	7.6	1.8	20.4	9.3
Total	34.8	59.3	4.8	1.1	19.8	5.9

construct that embodies “neurological, psychological and sociocultural elements” (Pallan, 2011, p.1). The effect of body image on quality of life is potentially extensive (Pruzinsky, 2004).

Much of the research on body image has been conducted in the area of eating disorders. A disconnect between perceived body image and actual body weight through under- or overestimation of body weight and dissatisfaction with body image can lead to inappropriate eating habits and in extreme cases can be a cause for eating disorders such as bulimia and anorexia nervosa. In YAFS4, body image was determined by asking the question “How will you describe yourself in terms of your body weight?” The respondent was then asked to choose from a set of images that depict different body types according to weight: skinny, thin, just right/normal, chubby, and obese. This range of images roughly corresponds to the BMI classification, with skinny and thin corresponding to underweight, just right to normal, chubby to overweight, and obese to obese.

Figure 4.3 presents a comparison of the percent distribution of body image and BMI for all respondents. The distribution of responses follows the same pattern: The most commonly reported body image was just right/normal, just as most had BMI that fell within the normal range. Similarly, the next most common self-

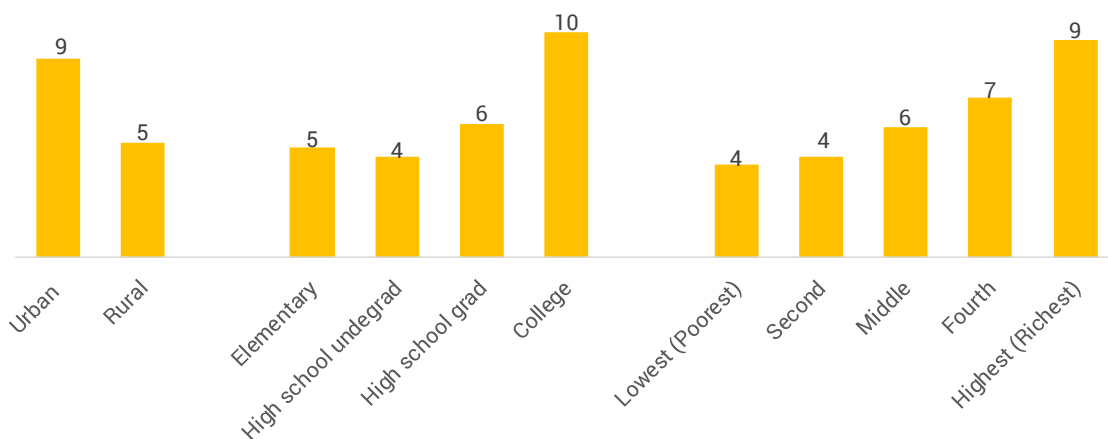
perception was skinny/thin, just as underweight was the second most common BMI. These indicate a general congruence in self-image and BMI at the aggregate level.

Figure 4.4, on the other hand, is a cross tabulation of BMI and body image. This figure shows a more pronounced discrepancy between BMI and body image. In all, 6 in 10 of the underweight perceive their body weight to be just right/normal, while a small percentage (about 3%) of the underweight perceive themselves to be chubby/obese. Among the overweight, 4 in 10 perceive themselves to be normal in body weight, while among the obese, about 3 in 10 perceive their body weight to be normal. Such incongruences can lead to behaviors that are inappropriate and potentially unhealthy. Those who are underweight but perceive themselves as chubby may be prone to eating disorders such as anorexia nervosa or bulimia. On the other hand, those who are overweight/obese but perceive their weight as normal may persist in unhealthy eating habits that lead to further weight gain.

Physical exercise

Among the contributory factors to overweight is the lack of physical exercise. Overall, a lifestyle with little physical activity coupled with overweight/obesity is a major risk factor for non-communicable diseases (NCDs)

Figure 4.2 Percent with above-normal BMI by background characteristics



such as hypertension and diabetes. Regular physical exercise is one of the recommendations of WHO to help prevent the onset of NCDs.

In the survey, physical exercise was measured through self-reported frequency of physical exercise by the respondent. The frequency of physical exercise is shown in Table 4.4.

Table 4.4 shows that over 4 in 10 Filipino youth reported exercising at least twice a week. However, about a third (32.6%) reported that they never exercise. There is a huge disparity between the sexes in exercise habits, with far less women exercising at least twice a week (34%) than men (59.4%). The gender difference is even more noteworthy when comparing the percentage who said they never exercise; while 19.5 percent of male youth reported that they never exercise, the corresponding percentage for female youth is a high 45.1 percent. By age

group, there is a higher percentage among the 20–24-year-olds who reported they never exercise (36.6%) compared with the 15–19-year-olds (29.9%) but only a small difference in the percentage who exercise twice a week. There is no notable difference between rural and urban residents, either in the percentage who exercise twice a week or the percentage who never exercise. For both educational attainment and socioeconomic status, there is no clear and consistent pattern to describe differences in exercise frequency, except for the finding that those with the lowest level of schooling and those who belong to the lowest income quintile have the lowest prevalence of exercising at least twice a week and the highest prevalence of never exercising.

Lastly, regional differences show that the percentage who said they never exercise is highest among youth in the Mindanao regions

Figure 4.3 Percent distribution of body image and BMI

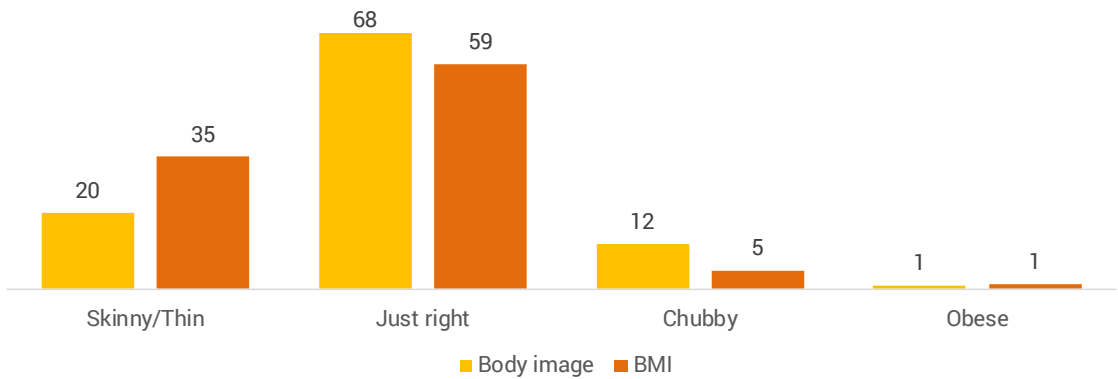
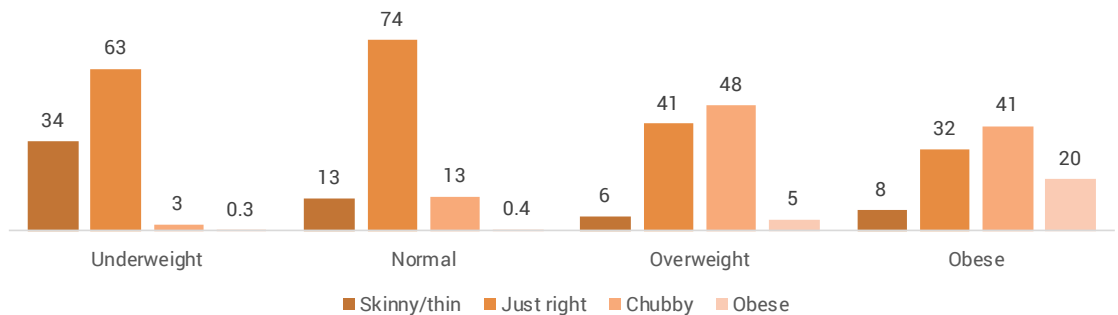


Figure 4.4 Congruence of body image and BMI



of ARMM (49.1%), SOCCSKSARGEN (43.7%), and Davao (42.8%) and lowest in Central Visayas (18.6%), Caraga (24.7%), and CAR (24.7%). Exercising at least twice a week is most prevalent in CAR (57.1%), Central Visayas (55.9%), and Western Visayas (54.6%), the same regions with the lowest prevalence of never exercising.

Table 4.4 Frequency of exercise by background characteristics

Background Characteristics	At least 2x a week	Once a week	Occasionally	Never
Sex				
Male	59.4	13.5	7.7	19.5
Female	34.0	12.6	8.4	45.1
Age				
15-19	47.3	14.7	8.2	29.9
20-24	45.0	10.6	7.8	36.6
Region				
Ilocos	49.3	13.8	7.7	29.3
Cagayan Valley	45.5	12.5	8.2	33.7
Central Luzon	44.0	14.1	3.3	38.6
CALABARZON	43.4	12.9	6.8	36.9
MIMAROPA	50.1	14.7	7.3	27.9
Bicol	44.5	16.7	12.9	25.9
Western Visayas	54.6	9.6	8.3	27.4
Central Visayas	55.9	15.8	9.8	18.6
Eastern Visayas	51.9	11.5	10.0	26.6
Zamboanga Peninsula	42.8	10.6	9.5	37.1
Northern Mindanao	44.1	13.7	15.0	27.2
Davao	39.5	11.4	6.4	42.8
SOCCSKSARGEN	40.9	9.9	5.6	43.7
CAR	57.1	11.4	6.8	24.7
ARMM	35.2	9.9	5.8	49.1
Caraga	40.1	14.5	20.8	24.7
NCR	47.6	13.9	5.9	32.6
Place of residence				
Urban	45.3	14.9	6.4	33.3
Rural	46.8	12.3	8.6	32.3
Educational attainment				
No schooling/Elementary	43.4	11.2	6.9	38.4
High school undergraduate	46.8	14.2	8.0	31.1
High school graduate/ Vocational	45.1	11.4	9.0	34.4
College or higher	49.4	14.2	7.3	29.0
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	43.5	10.2	8.8	37.6
Second	44.4	13.9	9.3	32.5
Middle	46.9	12.7	8.3	32.1
Fourth	49.0	13.3	6.8	30.8
Highest (Richest)	48.3	15.3	6.7	29.7
Total	46.4	13.0	8.0	32.6

Average sleep

Table 4.5 presents the results on the average hours of sleep the youth reported getting per night. On the average, Filipino youth reported getting 8.1 hours of sleep. There is no great disparity in average sleep duration between men (8.2 hours) and women (8.1 hours) and between the younger (8.2 hours) and older youth (8.0 hours). Urban residents reported an average of 7.9 hours of sleep, lower than the 8.2 hours reported by rural residents. Youth with the lowest level of education reported a longer sleep duration at 8.3 hours as compared to those with college-level education (7.8 hours). Likewise, the youth who belong to the lowest income quintile also have the longest average sleep duration at 8.3 hours, while those from the richest income quintile have the shortest average sleep duration (7.9 hours).

Across the regions, average sleep duration ranges from a high of 8.3 hours reported in Eastern Visayas, MIMAROPA, Bicol, and Cagayan Valley, to a low of 7.8 hours reported by the youth in ARMM and CAR.

Diet

Research on the double burden of malnutrition generally report that among the factors that contribute to the increasing prevalence of overweight amidst the still high prevalence of underweight in many low- and middle-income economies is the increasing availability and access to foods high in fats and sugar. Changing food preferences and food availability are among the factors that need to be documented to establish the evidence base for future intervention programs to combat the consequence of the double burden of malnutrition, which, in the adult population, means an increasing prevalence of overweight and obesity leading to an increase in the prevalence of diabetes and heart disease among other lifestyle diseases. Therefore, in YAFS4, a section in the questionnaire on health and lifestyle was included for the first time.

One of the components of this section is self-reported consumption of a selected list of common foods that are deemed to have unhealthy effects when consumed frequently, mostly because of their high sugar, fat, or salt content. The food consumption frequency is a proxy measure for diet. Table 4.6 shows the frequency of consumption of these selected food and drinks.

Of the list of food mentioned, chips and instant noodles are the most frequently consumed, with 37.5 percent and 28.3 percent of the youth consuming chips and instant noodles, respectively, two or more times per week. Among the drinks, coffee/tea and carbonated drinks are the most frequently consumed, with 39.1 percent drinking coffee/tea five to seven times a week and 15 percent taking carbonated drinks with the same frequency.

In Table 4.7, the percentage of youth who consumed each given food or drink at least twice a week is cross tabulated with their background characteristics. There is no distinct difference between the younger (15–19) and the older (20–24) youth in their patterns of food consumption, but there are some notable differences between the sexes for some items. More women consumed chocolates/sweets at least twice a week while more men drank carbonated drinks and energy drinks with the same frequency. Similarly, more urban residents consume chips and carbonated drinks than their rural counterparts. There are other notable differences in the frequency of consumption between rural and urban residents that are more a function of availability and access than of preference. Examples are hamburgers, french fries, and fried chicken, which are more available in urban areas.

Regional comparison likewise reflects preference as well as availability. As expected, consumption of all food and drinks on the list (except instant noodles) at a frequency of twice or more per week is highest in the more urbanized regions, notably in NCR, CALABARZON, and Ilocos. Youth in the Davao Region have the highest frequency of consuming instant noodles at least twice a week. The higher frequency of consumption of items like hamburgers, french fries, and fried chicken in the urbanized regions is mostly attributed to their ready availability in fast food establishments in urban centers. Chips, instant noodles, and carbonated drinks are readily available all over the country, so the differentials in the level of consumption of these items are probably mostly affected by buying power as well as preference. It is worth noting

Table 4.5 Mean hours of sleep by background characteristics

Background Characteristics	Mean hours of sleep
Sex	
Male	8.2
Female	8.1
Age	
15-19	8.2
20-24	8.0
Region	
Ilocos	8.2
Cagayan Valley	8.3
Central Luzon	8.2
CALABARZON	8.2
MIMAROPA	8.3
Bicol	8.3
Western Visayas	8.1
Central Visayas	8.2
Eastern Visayas	8.3
Zamboanga Peninsula	8.2
Northern Mindanao	8.1
Davao	8.1
SOCCKSARGEN	8.1
CAR	7.8
ARMM	7.8
Caraga	8.2
NCR	7.9
Place of residence	
Urban	7.9
Rural	8.2
Educational attainment	
No schooling/Elementary	8.3
High school undergraduate	8.2
High school graduate/Vocational	8.2
College or higher	7.8
Socioeconomic status (Wealth quintile)	
Lowest (Poorest)	8.3
Second	8.2
Middle	8.2
Fourth	8.1
Highest (Richest)	7.9
Total	8.1

that in the poorer regions such as Bicol, Eastern Visayas, Caraga, and ARMM, the percentages consuming the given items on the list tend to be on the lower end.

In examining the Filipino youth's consumption patterns of these selected food items that are known to pose health risks if consumed frequently, the overall picture formed is that of consumption levels that are not yet alarmingly high. This is consistent with the findings on BMI on this same study population, which show that the level of overweight/obesity among the Filipino youth is rather low compared with the levels in developed countries. These findings also indicate that the more prevalent issue to be addressed is the high percentage of underweight. Still, the study points out certain incipient concerns when it comes to food/drink preferences and choices that are probably best addressed now that the levels of consumption are still relatively low. Among these are the comparatively high consumption levels for carbonated drinks, chips, and instant noodles, all of them processed food—two well established to have little or no nutritional value (i.e., sodas and chips) and one with high sodium content.

Leisure

In the literature, leisure time is most commonly conceptualized as free time, that is, time not spent on work or gainful activity or other essential activities like sleeping. In the research on leisure in developed countries, there are usually seven categories under which activities undertaken during free or leisure time are classified. These are passive leisure (e.g., television viewing), active recreation (e.g., sports activities), amateur arts and crafts activity (e.g., hobbies like crochet), arts participation (as a consumer of professional arts activity like attending concerts and plays), folk life (any ethnic communal activities), informal social life (e.g., hanging out with friends, attending parties), and organized social participation (e.g., volunteering in socio-civic activities, religious activities; Peterson, 1981). The activities undertaken during one's free time can vary according to one's personal preferences and the means available with which to pursue one's interests. But there is also a large element of the social and cultural environment that directs one's choices of leisure activities. There are also

Table 4.6 Frequency of consumption of selected food and drinks

Food and drinks	Never	Less than once a week	Once a week	2-4 times a week	5-7 times a week
Instant noodles	9.0	27.8	35.0	23.6	4.7
Chips	13.5	24.0	25.0	22.1	15.4
Hamburger	31.3	30.8	23.9	11.2	2.8
French fries	42.1	28.5	18.9	7.4	3.2
Fried chicken	19.3	32.4	28.2	15.4	4.7
Fried street food	24.8	26.5	23.7	16.1	8.8
Grilled street food	19.9	28.4	27.2	17.3	7.1
Chocolate/desserts	22.8	31.4	24.8	14.1	6.9
Coffee/tea	16.5	13.9	13.2	17.2	39.1
Carbonated/soft drinks	9.8	22.5	28.4	24.3	15.0
Sweet bottled drinks	23.7	25.9	25.4	17.4	7.6
Energy drinks	49.7	21.2	17.1	8.0	4.0

Table 4.7 Percent of youth who consume a given food or drink item at least twice a week, by background characteristics

Background characteristics	Instant noodles	Chips	Hamburger	French fries	Fried chicken	Fried street food	Grilled street food	Chocolates/desserts	Carbonated drinks	Sweet bottled drinks	Energy drinks
Sex											
Male	29.8	35.0	13.5	8.7	18.3	27.6	26.3	16.3	43.1	25.8	18.1
Female	26.8	39.9	14.4	12.3	21.9	22.4	22.7	25.4	35.7	24.3	6.3
Age											
15-19	28.5	41.0	14.7	10.8	20.1	27.0	25.5	22.1	40.4	25.8	12.0
20-24	27.9	32.4	12.8	10.2	20.1	21.9	23.0	19.2	37.8	23.9	12.0
Region											
Ilocos	35.2	41.5	16.2	12.4	16.3	33.9	31.9	22.5	56.0	26.4	15.6
Cagayan Valley	30.6	41.9	7.2	6.1	12.4	27.5	23.0	16.6	44.1	25.3	13.3
Central Luzon	33.8	39.8	14.4	10.8	21.9	33.2	26.2	23.3	46.8	32.2	10.5
CALABARZON	30.4	43.1	20.8	13.7	25.4	37.1	30.6	28.5	38.8	28.4	13.1
MIMAROPA	23.3	31.3	14.9	8.7	14.6	23.7	19.8	23.3	27.9	20.6	9.4
Bicol	13.3	23.2	11.8	7.9	13.6	16.7	16.6	16.3	15.5	13.2	10.1
Western Visayas	24.6	36.5	11.5	7.8	19.1	18.5	25.4	14.9	43.8	23.7	13.9
Central Visayas	27.5	31.3	9.0	5.4	15.6	18.5	22.7	14.0	25.5	15.8	9.3
Eastern Visayas	28.2	36.4	7.7	6.3	15.0	16.9	23.0	14.0	25.1	13.9	11.8
Zamboanga Peninsula	32.8	37.8	6.9	4.5	12.4	16.2	21.0	14.0	32.9	20.6	13.6
Northern Mindanao	23.1	23.6	7.6	6.1	11.2	15.1	23.2	16.5	27.9	16.5	9.7
Davao	35.6	40.8	8.1	6.1	16.5	19.5	29.3	14.4	47.5	17.2	9.3
SOCCKSARGEN	27.4	36.3	3.7	1.6	9.9	11.6	15.0	14.1	44.4	16.7	5.6
CAR	23.6	28.7	7.6	7.6	11.7	22.0	19.3	15.5	36.5	22.2	12.2
ARMM	29.3	33.6	3.7	2.4	6.0	9.4	8.8	14.6	29.8	21.0	11.1
Caraga	21.2	28.8	5.4	5.0	15.2	12.7	18.7	12.1	26.7	16.0	10.4
NCR	28.5	48.0	30.5	26.9	42.3	35.9	29.0	36.2	55.9	44.9	16.8
Place of residence											
Urban	29.4	43.8	22.6	19.5	33.1	33.0	29.4	31.0	51.2	36.3	14.1
Rural	27.8	35.2	10.7	7.2	15.3	21.9	22.6	17.2	34.9	20.8	11.3
Educational attainment											
No schooling/Elementary	28.2	30.2	6.6	5.9	11.4	17.6	20.1	10.4	31.1	16.4	13.3
High school undergraduate	28.5	38.6	13.8	8.4	19.0	26.9	25.3	20.3	38.8	23.3	11.9
High school graduate/	27.9	34.3	13.3	10.9	19.0	22.9	23.4	19.9	38.9	24.4	12.4
Vocational	28.4	44.9	20.0	16.7	29.4	29.1	27.3	30.6	46.2	34.7	10.9
College or higher	28.4	44.9	20.0	16.7	29.4	29.1	27.3	30.6	46.2	34.7	10.9
Socioeconomic status (Wealth quintile)											
Lowest (Poorest)	26.7	28.2	5.1	4.4	8.3	13.8	17.7	11.5	26.1	13.6	9.6
Second	27.4	34.8	9.6	5.9	13.7	21.0	22.8	15.3	32.7	18.8	11.1
Middle	29.3	36.6	13.7	9.4	18.8	28.3	25.9	19.6	39.1	23.2	11.7
Fourth	28.9	42.4	18.7	13.8	26.6	31.2	29.5	26.5	48.1	32.6	14.9
Highest (Richest)	29.1	47.2	24.3	20.8	35.7	30.8	26.3	34.0	52.6	39.4	12.9
Total	28.3	37.5	14.0	10.5	20.1	24.9	24.5	21.0	39.3	25.1	12.0

intergenerational differences in the manner in which leisure time is spent.

The YAFS4 data recorded the common leisure activities of the youth of today. Comparisons with past and future rounds of the YAFS survey will thus document the prevalent leisure activities of each cohort of young adults at various historical times. In Table 4.8, we list the most common leisure activities of Filipino youth who were in the age group 15–24 in 2013. The question that elicited these activities was “*What do you mainly do in your leisure time?*” No prompt was given as to the possible answers. Respondents were free to mention any activity they deemed as leisure and to name as many activities as they wanted. Table 4.8 presents the seven most commonly mentioned leisure activities of the Filipino youth. In decreasing order beginning with the most commonly mentioned activity, these are television viewing, texting, listening to music, engaging in sports, meeting up with friends, surfing the Internet, and reading.

Based on the categories cited above, the top seven leisure activities of Filipino youth in 2013 fall under three categories: passive leisure (watching television, listening to music, surfing the Internet, and reading), active recreation (playing sports), and informal social life (meeting up with friends and texting). Of these seven activities, four are mediated by technology (television watching, listening to music, surfing the Internet, and texting).

Comparing across background characteristics reveals some differences as well as basic similarities in the main leisure activities of the youth. Comparing by age, the order from highest to lowest percentage of main leisure activity is the same for the younger and the older youth. Watching television remains the most prevalent form of main leisure activity, whereas reading is the least prevalent. But the comparative percentages distinctly vary for some activities. More among the 15–19-year-olds play sports and read, mainly because this age group contains many in-school youth (mostly in high school) for whom these activities are also reinforced by the school.

Comparison by sex indicates clear gender differences in leisure activities, the most notable of which is playing sports, which is the most popular leisure activity of men (the main leisure activity of 43.6% of men) and the least popular for women (only 2% reported it as their main leisure activity). Furthermore, more women read, watch television, and text. Rural-urban differences are not so striking, as the differences in percentage per activity are not very high, with the notable exception of surfing the Internet, which is the main leisure activity of 27.6 percent of urban youth but only 7.3 percent of rural youth. Differences in leisure activities by educational attainment indicate that for the technology-mediated leisure activities, there is a clear education gradient, with the percentage reporting these activities as their main pastime consistently increasing as education increases. For the non-technology-mediated activities, there remains evidence of an education gradient in the reverse direction. The percentages reporting playing sports and meeting up with friends consistently decrease as educational attainment increases. For reading, there are two groups with relatively higher percentages reporting this activity: high school undergraduates and the college educated. As earlier noted, the high school undergraduates are mostly in-school youth; thus, reading for leisure may be a function of exposure to reading in school.

The pattern of differences across socioeconomic status mimics that of education differentials. The percentage who reported the technology-mediated activities as their main leisure activity consistently increases as socioeconomic status increases. This is to be expected because these leisure activities are directly affected by buying power. Meeting up with friends and playing sports show a reverse pattern, with a decreasing percentage reporting these as their main leisure activity as socioeconomic status increases.

Regional differences reflect basic differences among the regions in levels of urbanization and economic status. In the

Table 4.8 Most common leisure activities by background characteristics

Background characteristics	Watch TV	Text	Listen to music	Play sports	Meet up with friends	Go online/ Surf internet	Read
Sex							
Male	42.6	26.5	26.1	43.6	18.0	13.9	5.5
Female	55.6	33.6	27.8	2.0	17.4	11.8	17.2
Age							
15-19	48.0	32.9	27.0	24.6	18.3	13.6	13.1
20-24	51.2	26.1	26.9	19.0	16.7	11.6	9.0
Region							
Ilocos	54.7	29.1	29.6	18.2	13.4	9.4	7.7
Cagayan Valley	50.0	28.4	24.8	27.0	20.5	6.6	10.7
Central Luzon	63.5	43.7	29.3	19.1	10.7	16.7	7.3
CALABARZON	50.9	30.7	32.5	21.6	11.9	12.6	8.4
MIMAROPA	44.9	26.2	27.5	26.5	15.4	7.2	11.5
Bicol	48.6	28.3	26.9	24.7	18.8	8.4	17.2
Western Visayas	46.4	31.1	27.0	23.9	16.2	5.1	11.1
Central Visayas	39.2	27.8	23.2	27.0	29.2	10.8	13.0
Eastern Visayas	46.3	24.5	22.8	24.8	27.6	6.6	14.4
Zamboanga Peninsula	35.6	28.3	23.3	22.5	25.3	9.0	13.2
Northern Mindanao	49.7	32.6	26.8	23.5	15.5	5.9	11.1
Davao	52.7	30.9	23.9	22.2	22.8	11.6	9.7
SOCCSKSARGEN	45.1	32.1	18.5	20.8	21.8	6.6	13.8
CAR	42.3	27.1	24.1	18.4	26.3	5.7	19.2
ARMM	37.5	14.3	20.3	15.9	15.4	3.9	16.1
Caraga	40.3	26.3	24.3	28.1	27.2	6.6	10.0
NCR	52.9	27.7	29.9	20.8	14.0	34.5	13.0
Place of residence							
Urban	54.5	31.3	29.7	20.3	14.6	27.6	11.6
Rural	47.3	29.7	25.9	23.1	18.8	7.3	11.4
Educational attainment							
No schooling/Elementary	36.9	17.5	17.8	29.4	23.3	2.7	3.3
High school undergraduate	46.1	29.2	24.2	25.7	18.8	10.1	12.0
High school graduate/Vocational	53.9	33.2	30.3	19.1	14.9	11.3	8.4
College or higher	56.4	35.7	33.2	16.3	15.8	26.1	19.8
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	31.6	20.0	19.2	24.5	24.1	1.7	10.5
Second	47.5	27.6	25.4	23.2	18.7	4.7	11.3
Middle	55.3	32.4	26.5	22.7	16.9	9.9	11.6
Fourth	55.9	35.3	31.0	21.2	15.1	18.5	10.9
Highest (Richest)	55.6	35.6	33.3	19.8	13.3	32.0	13.3
Total	49.3	30.1	27.0	22.3	17.7	12.8	11.5

relatively more urbanized and more developed regions like NCR, Central Luzon, CALABARZON, and Ilocos, the proportions of youth whose main leisure activity is technology mediated and dependent on one's purchasing power tend to be the highest. The one exception is texting, which is dominated by youth from Northern Mindanao, SOCCSKSARGEN, and Western Visayas, in addition to youth from Central Luzon. On the other hand, activities that are not technology mediated like playing sports and meeting up

with friends have the highest percentages of youth from CAR, Caraga, Cagayan Valley, Eastern Visayas, and Central Visayas reporting these activities as their main leisure activities. The implication of these results is that in regions where the technology is available and more youth are able to spend for the services, leisure will be dominated by technology-mediated activities that tend to be passive and sedentary and require less face-to-face social interaction. In NCR, Ilocos, CALABARZON, and Central

Luzon, where technology-mediated leisure activities are most prevalent, the proportion of youth whose main leisure activity is meeting up with friends is the lowest.

Traveling as leisure

One emerging form of leisure in the Philippines is traveling for pleasure. This phenomenon is partly due to the more affordable cost of air travel and probably more spending capacity for greater numbers of Filipinos compared to previous decades. To track this new type of leisure activity that before now has been largely conceived as the prerogative only of the rich or of people in the developed world, a set of questions on traveling for leisure was asked in the 2013 YAFS. Specifically, the question was “*Have you ever traveled purely for leisure, within the country or abroad?*” To capture recent experience of leisure travel, the same question was asked with a reference period of the past 12 months prior to the survey.

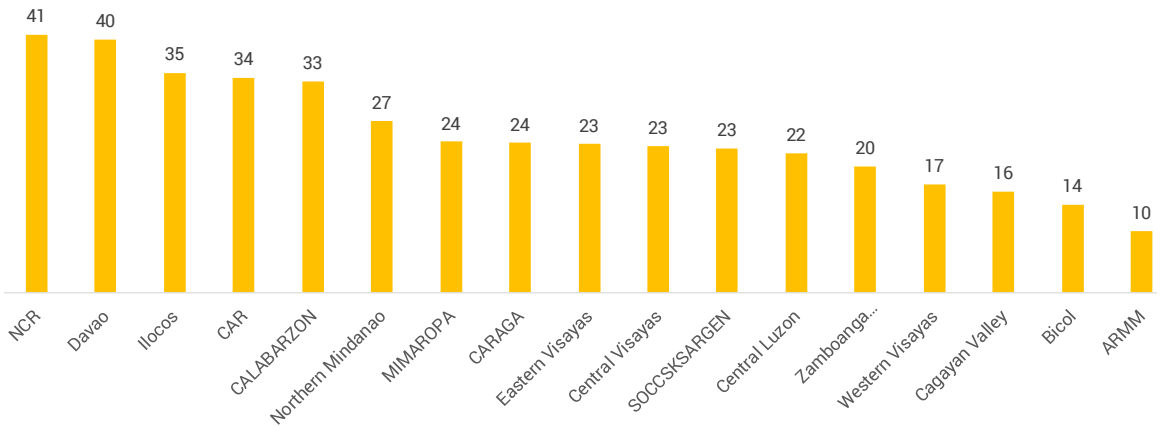
Results show that 26.5 percent of all Filipino youth said they have ever traveled purely for leisure; 26 percent have traveled within the country, while less than 1 percent have traveled abroad. Of those who have ever traveled for leisure, 65 percent traveled in the 12 months prior to the survey. They represent 17 percent of all Filipino youth.

Broken down by background characteristics, Table 4.9 shows that there is no notable difference between age groups and between the sexes in the percentage who have traveled for leisure. But distinct differences are observed with urban-rural residence, educational attainment, and socioeconomic status. More urban residents have ever traveled for leisure than rural residents. The percentage increases as education level and socioeconomic status rise, implying that traveling for leisure is probably highly correlated with the level of one’s economic means (proxied by education and socioeconomic status). Still, it is worth noting that the percentages who have ever traveled for leisure among those with the lowest level of

education and those who belong to the lowest quintiles are not low, indicating that travel for leisure is not totally suppressed by the lack of economic means. Altogether, this baseline data on traveling for leisure may be indicative of a new leisure activity that is worth tracking in future rounds of YAFS, as it may indicate changes in leisure activities for Filipinos in general.

Table 4.9 Percent of Filipino youth who have ever traveled for leisure

Background Characteristics	Ever traveled for leisure
Sex	
Male	26.9
Female	26.2
Age	
15-19	25.7
20-24	27.9
Region	
Ilocos	34.5
Cagayan Valley	15.9
Central Luzon	21.9
CALABARZON	33.3
MIMAROPA	23.7
Bicol	13.8
Western Visayas	17.0
Central Visayas	22.9
Eastern Visayas	23.3
Zamboanga Peninsula	19.8
Northern Mindanao	26.9
Davao	39.7
SOCCSKSARGEN	22.7
CAR	33.8
ARMM	9.7
Caraga	23.5
NCR	40.6
Place of residence	
Urban	33.9
Rural	23.8
Educational attainment	
No schooling/Elementary	16.8
High school undergraduate	23.6
High school graduate/Vocational	28.3
College or higher	36.0
Socioeconomic status (Wealth quintile)	
Lowest (Poorest)	16.7
Second	21.8
Middle	26.9
Fourth	31.7
Highest (Richest)	37.2
Total	26.5

Figure 4.5 Percent who ever traveled for leisure

In Figure 4.4, the percentage who have ever traveled by region is shown in decreasing order. As in most lifestyle indicators of the youth presented thus far, NCR is on top of the list and, at 41 percent, way above the national average of 26.5 percent. Travel for leisure is also comparatively high in Davao, Ilocos, CAR, and CALABARZON. The less developed regions of ARMM and Bicol are at the bottom of the list, at about 10 and 14 percent, respectively.

Summary and conclusions

In the simple bivariate cross tabulation of the various indicators of subjective well-being, health, and lifestyles of Filipino youth with the basic background characteristics of age, sex, region of residence, urban-rural residence, educational attainment, and socioeconomic status measured as wealth quintiles, there are observed recurring patterns in the relationships of the background variables to the various dependent variables described in this section of the report.

In the various measures of self-assessed status, youth who reside in the more developed regions of the country, specifically NCR, Central Luzon, and CALABARZON, consistently score the highest in positive self-assessment (self-esteem, life satisfaction, and happiness), while

youth from Northern Mindanao and Caraga are consistently among the lowest scoring. Youth from these latter two regions also have the highest mean depression scores. Socioeconomic status and educational attainment also show a similar pattern in that they exhibit a characteristic direct relation with positive self-assessment: The more educated and the higher the socioeconomic status, the higher the mean scores for each of these positive self-assessment measures. The pattern is the same for self-assessed health. Conversely, the relationship is inverse when it comes to the depression score.

Indications of the so-called double burden of nutrition are abundantly evident in the findings, with a very high level of undernutrition amidst a small percentage of the overweight/obese. The patterns suggest that overweight/obesity is somewhat associated with higher education and socioeconomic status and with the more developed regions in the country, especially NCR. Meanwhile, the comparison of body image and BMI suggests that there may be a segment of youth who have incorrect perceptions of their bodies, which can possibly lead to equally incorrect eating and exercise habits.

Data on exercise indicate a clear gender difference, with female youth showing a very low prevalence of exercising. There is also

an evident gender difference in diet or food/drink consumption, with more men consuming carbonated drinks and more women, chocolates/sweets. Overall, the data on food consumption indicate relatively low levels of consumption of foods with poor nutritional value (compared with developed countries), especially processed food. The hypothesis that affordability may be partly driving the observed differentials in the consumption of these low-nutritional-value foods is supported by the consistent education and socioeconomic gradient in the consumption of the foods and drinks on our list. Generally, those who can afford these foods and drinks more (i.e., the better educated and those from the higher wealth quintiles) also have higher consumption levels.

The main leisure activities of the Filipino youth show a predominance of passive, sedentary activities and reliance on technology-mediated pastimes (texting, surfing the Internet, listening to music). An emergent form of leisure activity, traveling for leisure, is documented for the first time.

These new data on health and lifestyle gathered for the first time in the YAFS series will be the baseline data against which to measure developments in these fields, especially the health-related components. Future rounds of YAFS may consider the use of objective measures of height and weight (through body measurements with scales and tape measures) to have a more reliable measure of BMI than self-reports.

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Beliefs and Attitudes of the Youth: Change and Continuity

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The youth of each generation are shaped by forces that emanate from the traditions of the past as well as by factors that are unique to their current milieu. Among these traditions are normative beliefs about what is proper or acceptable, imbibed by the current generation through socialization processes that begin in the family and later radiate to other institutions as the child's social circle expands. Normative beliefs are not immutable; they can change through time as a result of forces like modernization, urbanization, economic development, and technological changes, sometimes gradually, sometimes abruptly, such as when a significant historical event occurs to disrupt long-held beliefs.

Beliefs are generally thought to affect behavior. Although abundant research literature shows that beliefs and attitudes do not directly lead to specific behaviors and that the relationship of attitudes and behavior is more nuanced than outright causation (Ajzen & Fishbein, 1977, 1980, Schuman and Johnson, 1976), it is still worthwhile to study beliefs as they generally guide our actions. Beliefs are also a gauge of what the current generation thinks. By measuring the same beliefs over time, one can also gather insight into changing norms and guides to behavior in the wider society.

Since 1994, the YAFS series has tracked beliefs and attitudes related to the core areas of youth sexuality and fertility. These beliefs and attitudes center on premarital sex and premarital conception, marriage and cohabitation, divorce,

and abortion. In this section, we present the beliefs and attitudes of Filipino youth on these topics, broken down by background characteristics. We then present trends in beliefs and attitudes by presenting the data from the two previous rounds (1994 and 2002) compared with the results from the 2013 YAFS.

Ideal age at marriage

In general, Filipino youth believe that the ideal age for marriage is 23.6 years for a woman and 24.6 years for a man (Table 4.1). There is a distinct gender difference: Men say that the ideal age is 23.1 years for a woman and 24 years for a man, whereas women say the ideal age is one year later (i.e., 24.1 years for women and 25.1 years for men). Rural residents give a younger ideal age at marriage for both men and women compared with urban residents. The ideal age at marriage also tends to increase with a rising level of education and improving socioeconomic status. For example, for those with elementary-level schooling, the ideal age at marriage is 23.3 and 22.2 years for a man and a woman, respectively, while for the college educated, the ideal age is 25.4 years for a man and 24.6 years for a woman. Similarly, among those from the lowest quintile, the ideal age at marriage is 23.7 years for a man and 22.6 years for a woman. The corresponding age for the youth in the richest quintile is 25.3 for a man and 24.5 for a woman.

Across the regions, the ideal age at marriage for a man is highest in the NCR, Western Visayas,

and Bicol, all at 25 years, and lowest in ARMM at 22.6. For a woman, the highest ideal age at marriage (24 years) is reported in NCR, Western Visayas, and Ilocos. Again, the lowest ideal age at marriage for a woman is reported by youth from ARMM at 21.8 years.

Personal course of action when there is parental opposition to one's marriage plans

In the traditional Filipino family, parents exert a strong influence on a child's choice of a marital partner. Although they may not directly

Table 5.1 Percent who express specific beliefs and attitudes about marriage, cohabitation, premarital sex and premarital conception, by background characteristics

Background characteristics	Ideal age at marriage		Perceived personal course of action when there is parental opposition to marriage			Feel compelled to marry if got pregnant/got someone pregnant	Approve of premarital sex		Feel virginity at marriage is important/very important for a woman	Believe their own community will accept couples who are living in
	For a man	For a woman	Marry anyway	Live together	Follow parents		For a man	For a woman		
Sex										
Male	24.0	23.1	52.1	14.2	33.7	71.4	38.6	30.2	77.0	57.8
Female	25.1	24.1	35.1	6.4	58.4	56.9	21.8	16.9	82.2	55.6
Age										
15-19	24.6	23.8	38.0	8.7	53.2	65.7	25.3	18.9	83.3	52.2
20-24	24.5	23.4	51.4	12.4	36.2	61.4	36.9	30.0	74.4	63.4
Region										
Ilocos	24.8	24.3	49.8	9.1	41.1	65.0	32.3	24.0	79.0	55.5
Cagayan Valley	23.8	23.1	50.7	12.0	37.3	78.0	34.9	25.1	83.9	55.0
Central Luzon	24.3	23.5	44.3	15.6	40.0	67.9	34.9	28.0	82.0	72.2
CALABARZON	24.6	23.8	53.2	5.1	41.6	69.3	32.7	27.1	82.4	59.5
MIMAROPA	24.8	23.6	41.2	6.4	52.4	68.1	22.1	17.6	83.2	48.0
Bicol	25.0	23.7	36.2	7.8	56.0	75.3	25.8	19.4	85.0	43.3
Western Visayas	25.0	24.2	42.0	11.2	46.7	57.6	33.8	27.7	83.8	58.1
Central Visayas	24.7	23.5	42.3	12.6	45.1	57.0	23.6	17.9	72.7	47.2
Eastern Visayas	24.8	23.6	38.0	12.7	49.3	64.4	32.3	27.0	81.5	66.8
Zamboanga Peninsula	24.2	23.0	43.2	6.2	50.6	69.6	37.1	24.3	86.0	60.3
Northern Mindanao	24.4	23.2	31.6	9.3	59.2	54.5	26.6	22.0	76.1	44.9
Davao	24.1	22.8	38.9	13.6	47.5	42.6	30.8	25.0	69.1	72.7
SOCCKSARGEN	24.4	23.3	57.2	10.1	32.8	71.2	20.8	17.0	84.1	58.9
CAR	24.3	23.5	53.5	7.9	38.3	67.8	26.3	19.7	77.0	48.5
ARMM	22.6	21.8	27.8	2.8	69.3	64.4	9.1	3.3	95.8	7.2
Caraga	24.4	23.2	36.8	11.0	52.2	64.4	34.1	27.7	77.7	56.2
NCR	25.2	24.5	40.5	12.7	46.8	59.8	32.7	24.7	70.2	62.0
Place of residence										
Urban	25.1	24.2	40.8	11.9	47.3	60.7	31.7	24.6	74.8	63.5
Rural	24.4	23.4	44.4	9.6	45.9	65.2	29.4	23.0	81.5	54.2
Educational attainment										
No schooling/Elementary	23.3	22.2	43.2	13.0	43.8	70.7	30.3	24.6	77.9	50.3
High school undergraduate	24.5	23.6	37.3	9.7	52.9	66.4	26.5	20.6	81.9	52.6
High school graduate/Vocational	24.6	23.6	48.8	10.8	40.5	62.1	34.3	27.7	78.5	61.8
College or higher	25.4	24.6	47.0	8.5	44.3	57.9	30.1	21.7	78.4	61.1
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	23.7	22.6	41.0	9.9	49.0	66.3	25.8	20.4	81.4	48.3
Second	24.4	23.4	43.2	9.3	47.5	65.7	27.5	22.0	82.0	53.8
Middle	24.6	23.6	43.6	11.0	45.4	64.5	31.7	25.3	79.4	59.4
Fourth	24.8	24.1	43.0	10.8	46.3	60.7	31.9	24.5	77.0	61.2
Highest (Richest)	25.3	24.5	47.0	10.0	42.9	62.5	33.6	25.0	78.4	61.1
Total	24.6	23.6	43.4	10.2	46.3	64.0	30.0	23.4	79.7	56.7

choose their child's future spouse, parental acceptance of a child's potential partner is considered essential. Thus, when there is parental opposition to a proposed marriage, children are placed in a dilemma about which course of action to take. In earlier generations, the will of parents almost always prevailed when it came to choosing a life partner. In the survey, we posed the hypothetical question "*If your boyfriend proposed marriage/if you had proposed marriage but your parents were opposed to your marrying, would you marry anyway, live together with boyfriend/girlfriend, or follow parents?*" The normatively acceptable answer in the traditional view is to follow one's parents.

Overall, less than half (46.3%) said they would follow their parents' wishes, while the rest said they would defy their parents either by marrying anyway (43.4%) or by living together (i.e., entering a consensual union; 10.2%). More females (58.4%) than males (33.7%) and more among the younger (53.2%) than the older (36.2%) youth said they would follow their parents' wishes. There are no consistent patterns in responses across education and socioeconomic status. Urban residents have a slightly higher percentage who would follow their parents' wishes compared with rural residents. The regions with the highest percentages who would follow their parents are ARMM (69.3%), Northern Mindanao (59.2%), and Bicol (56%); the regions with the lowest percentages are SOCCSKSARGEN (32.8%), Cagayan Valley (37.3%), and CAR (38.3%; Table 5.1).

Feeling compelled to marry because of premarital pregnancy

In earlier generations of youth, premarital conception was uncommon; if it occurred at all, the young couple was usually compelled to legitimize the pregnancy by getting formally married. In YAFS4, respondents were asked whether they would feel compelled to marry if they got pregnant (for females) or got someone pregnant (for males) out of wedlock. The results show that the majority of youth (64%) said they

would feel compelled to marry because of a premarital pregnancy, which indicates that there is still some adherence to the traditional value of legitimizing an out-of-wedlock conception through formal marriage.

Tabulations across the categories of the background characteristics reveal some notable differences. Males (71.4%) more than females (56.9%) reported feeling compelled to marry under these circumstances. Slightly more rural (65.2%) than urban residents (60.7%) and more among those with elementary education (70.7%) than those with other educational attainment felt compelled to marry, with the college educated (57.9%) feeling the least compelled to marry. There is no marked distinction by socioeconomic status. Among the regions, the lowest percentage who would feel compelled to marry following a premarital pregnancy was reported by the youth from Davao Region (42.6%), followed by the youth from Northern Mindanao (54.5%). At the other extreme, the highest percentage was recorded in Cagayan Valley (78%), followed by Bicol (75.3%).

The importance of virginity in a woman

It has often been observed that Filipino society tends to have a double standard when it comes to sexual behavior in that women are held to a higher standard than men. Among the traditional values in Philippine society is the value for virginity for a woman when she marries. To gauge how salient this value remains among today's youth, we asked the question "*Nowadays, is it important for a woman to be a virgin when she gets married?*" The responses are "yes, very important," "yes, important," and "no, not important."

In all, almost eight in 10 (79.7%) were of the opinion that it is very important/important for a woman to be a virgin when she gets married (Table 5.1). More women, 15-19-year-olds, and rural residents expressed this sentiment than their respective counterparts. Belief in the importance of a woman's virginity is almost universal among youth in ARMM (95.8%). High proportions of youth from the Zamboanga

Peninsula (86%) and Bicol (85%) also expressed support for this view. The regions with the lowest percentages who agreed that it is very important/important for a woman to be a virgin when she marries are Davao (69.1%), NCR (70.2%), and Central Visayas (72.7%).

Approval of premarital sex

A related value to virginity is the prohibition of sexual activity outside of marriage. If preserving virginity is very important in a society, then no sexual activity should happen before formal marriage. Since the experience of premarital sex is one of the key variables being tracked by the YAFS series, approval of this practice is likewise one of the key values/attitudes tracked by YAFS. In the latest round, the questions asked were *“Do you approve of women having sex before marriage?”* and *“Do you approve of men having sex before marriage?”*

The results show that Filipino youth are as conservative in their views regarding premarital sexual activity as they are with virginity. In all, only 30 percent approve of men having sex before marriage and 23.4 percent approve of women doing the same. Expectedly, more men than women and more of the 20–24-year-olds than the 15–19-year-olds approve of premarital sex for men and for women. The urban-rural difference is less pronounced and in the expected direction of higher agreement among urban than rural youth. There is no clear and consistent pattern of difference by educational attainment and socioeconomic status.

In the regions, ARMM youth show the most consistent belief in the interrelated topics of virginity for a woman and premarital sex for both men and women. ARMM youth showed the lowest levels who approve of premarital sex for men (9.1%) and women (3.3%), which supports their almost universal agreement that virginity is very important/important for a woman when she marries. There is evidence of a double standard of morality for men and women in all regions, as manifested in the higher percentage who approve of premarital sex for a man than for a woman. The

differences are greatest in Zamboanga Peninsula, which shows the highest degree of difference in approval for premarital sex for men compared with women. It is also worth noting that although the youth from Zamboanga Peninsula are second only to ARMM in the percentage who think it is very important/important for a woman to be a virgin before she marries, the youth in Zamboanga also have the highest percentage who approve of men having premarital sex (37.1%).

In addition to Zamboanga, the regions with the highest percentages who approve of men having sex before marriage are Cagayan Valley, Central Luzon, and Caraga. The percentages who approve of women having sex before marriage are highest in Central Luzon, Western Visayas, Caraga, CALABARZON, and Eastern Visayas. ARMM, SOCCSKSARGEN, MIMAROPA, and Central Visayas have the lowest percentages who approve of premarital sex for men and women.

Perceived community support for couples who are living in

Given the implicit value for marriage and sexual activity within marriage in Philippine society, YAFS explored the acceptability of couples who are in a consensual union or living in. Unlike the previous questions that asked for the youth's individual beliefs or attitudes, we asked them their perception of the acceptability of live-in arrangements in the community they lived in. This question thus required them to assess community norms rather than their own individual stand on the matter. Specifically, the question was *“Do you think the people in your community would accept two unmarried persons who are living in?”*

Over half (56.7%) of the youth expressed the belief that their community would accept unmarried people who are living in; the percentages were higher among the older youth, the urban residents, the better educated (high school graduates and the college educated), and those belonging to the higher socioeconomic brackets (fourth and fifth quintiles).

In general, the variations across the regions seem to reflect the degree of adherence

to traditional values on marriage, premarital sex, and consensual unions in the region. For example, youth in Davao Region have the highest percentage who expressed the belief that consensual unions are acceptable to their community. This is consistent with the finding that Davao youth also have the lowest percentage who think virginity is important when a woman marries, as well as the lowest percentage who said they would feel compelled to marry if they got pregnant or got someone pregnant out of wedlock. At the other extreme are youth in ARMM, who, through their responses to the various indicators of traditional beliefs, consistently portray more traditional values. Only 7.2 percent of youth in ARMM believe that their community will accept two unmarried people who are living in.

Support for a bill to legalize divorce

The Philippines is the last country in the world that does not allow divorce for its citizens (with the exception of Muslims; Hundley & Santos, 2014). In the last two rounds of YAFS, the sentiment of the youth about the introduction of a law to allow divorce has been measured by asking the direct question *“If a bill to legalize divorce in the Philippines for non-Muslims is submitted in Congress, would you support the bill?”* In YAFS4, 41.4 percent answered “yes” to this question, which implies that support for a divorce bill is not so high among the youth (Table 5.2).

Support for a divorce bill is somewhat higher among females, older youth, and urban residents. The percentage expressing support for a divorce bill increases steadily as education level rises. By socioeconomic status, more youth belonging to the two highest quintiles would support a divorce bill compared with youth from the poorest quintiles.

Across the regions, support for a divorce bill is highest in the NCR, although at 53.2 percent, the level is not overwhelmingly high. The other region where at least half of the youth would support a divorce bill is Bicol. Surprisingly, only 42.3 percent of the youth in ARMM would support a divorce bill even as divorce is allowed for

Muslims. The region with the lowest percentage of potential supporters of a divorce bill is CAR (29.6%).

Approval of abortion

Another issue for which the attitudes and opinions of Filipino youth were sought is abortion. In the Philippines, abortion is generally illegal, and a person who intentionally causes an abortion can be subjected to imprisonment. Still, although the Penal Code does not list specific exceptions to the general prohibition on abortion, under the general criminal law principles of necessity as set forth in article 11(4) of the Code, an abortion may be legally performed to save the pregnant woman’s life (United Nations Population Division, n.d., p. 35).

The question on abortion has two components. The first is a global question that asks *“Do you approve of a woman having an abortion?”* Regardless of their answer to this global question, all respondents were asked if they would approve of abortion under a series of hypothetical circumstances. The responses to the global question indicate a prevalent opposition to the practice of abortion, as only 4.2 percent of Filipino youth answered the question in the affirmative. But when the situation is qualified and particular circumstances under which abortion may be performed are presented, the proportions expressing approval of abortion increase compared with the answer to the global question.

Under the eight circumstances presented, for which the respondents were asked if they would approve of abortion, the situation with the highest percentage of agreement is when “the life of the pregnant woman is in danger” (35.9%). Other circumstances under which about one in 10 would approve of abortion, in decreasing order, are: when the pregnancy is a result of incest, when the child may be deformed, and when the pregnancy is a result of rape. In all eight scenarios, more men than women expressed approval of abortion, although the difference between the sexes is not so high.

Slightly more men (36.8%) than women (35.1%), more older youth (38.1%) than younger youth (34.5%), and more urban (38.1%) than rural (35.1%) residents approve of abortion when the mother's life is in danger. There is also an increasing prevalence of approval as education level increases. As to socioeconomic status, there are no clear patterns, but those from the two highest wealth quintiles also manifest a higher

prevalence of approval of abortion when the mother's life is in danger.

Among the regions, support for the idea of abortion when the mother's life is in danger is highest (all at above 40%) in CALABARZON, CAR, NCR, and SOCCSKSARGEN. However, even among these regions, approval of abortion when the mother's life is in danger is not the majority idea. The highest percentage of approval is only 44.5

Table 5.2 Percent who express specific beliefs and attitudes about divorce and abortion by background characteristics

Background characteristics	Support a bill to legalize divorce	Approve of a woman having an abortion	Approve of abortion if...							
			The woman is single	The couple is too young	The life of the mother is in danger	The child may be born deformed	The pregnancy is a result of rape	The pregnancy is a result of incest	The couple does not want more children	The couple has many children
Sex										
Male	39.8	5.2	6.2	7.4	36.8	15.4	14.3	17.4	8.7	8.4
Female	43.0	3.2	3.8	4.2	35.1	13.1	10.5	13.0	5.6	6.2
Age										
15-19	38.4	4.3	5.5	6.0	34.5	14.0	13.1	15.5	7.5	7.3
20-24	45.9	3.9	4.2	5.3	38.1	14.6	11.3	14.6	6.6	7.2
Region										
Ilocos	38.0	4.9	3.2	4.0	34.3	11.9	15.4	19.8	4.5	5.0
Cagayan Valley	34.5	4.7	6.9	6.7	26.4	12.8	10.9	11.2	7.9	8.6
Central Luzon	47.6	7.3	6.2	7.4	31.2	18.6	17.1	21.4	6.5	6.5
CALABARZON	37.2	3.7	5.2	5.8	44.5	15.4	12.4	16.5	10.1	10.1
MIMAROPA	41.9	3.2	5.9	6.8	24.7	13.0	8.2	8.7	9.4	8.2
Bicol	52.0	3.2	11.2	9.6	38.0	17.0	14.3	14.2	13.8	12.4
Western Visayas	31.9	5.5	4.9	4.6	34.7	10.3	8.6	8.7	4.7	5.1
Central Visayas	35.9	3.8	3.5	3.8	34.8	12.6	8.8	12.9	4.7	5.2
Eastern Visayas	39.9	4.4	4.3	4.8	35.5	16.7	12.3	16.3	7.3	8.1
Zamboanga Peninsula	40.5	3.1	3.6	5.2	32.6	12.4	12.2	20.8	5.0	6.2
Northern Mindanao	38.2	3.3	3.6	3.9	28.6	11.8	8.9	9.9	5.6	6.8
Davao	41.1	2.8	2.5	2.7	31.4	10.0	7.1	10.6	3.1	3.8
SOCCSKSARGEN	38.2	2.5	1.3	2.3	41.3	12.0	10.1	11.9	2.4	2.4
CAR	29.6	2.5	1.9	4.3	42.4	14.6	11.4	11.4	3.8	4.3
ARMM	42.3	2.2	3.9	4.0	25.8	11.0	15.9	21.3	3.6	5.2
Caraga	38.7	4.2	7.7	9.6	39.5	15.2	14.8	13.1	11.5	11.7
NCR	53.2	4.3	5.5	8.0	42.1	16.4	15.1	16.9	9.5	8.9
Place of residence										
Urban	47.9	4.8	5.1	6.8	38.1	15.3	13.2	16.0	7.8	7.5
Rural	39.0	3.9	4.9	5.4	35.1	13.8	12.1	14.8	6.9	7.2
Educational attainment										
No schooling/Elementary	38.4	5.0	6.3	6.9	32.3	14.0	14.0	16.8	8.1	8.7
High school undergraduate	39.4	3.9	5.9	6.9	33.1	14.0	12.9	14.7	8.0	7.5
High school graduate/Vocational	43.7	4.0	3.6	4.3	36.5	13.2	11.4	14.9	6.5	6.3
College or higher	43.8	4.4	4.3	4.9	42.6	16.0	11.8	15.1	5.7	7.3
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	38.4	3.8	4.9	5.5	32.7	12.8	10.9	14.5	7.3	7.4
Second	38.3	3.0	5.2	5.8	31.7	13.0	12.2	13.9	7.1	6.7
Middle	39.8	5.0	5.3	6.1	37.1	14.2	12.6	15.4	7.2	7.9
Fourth	46.0	4.3	4.3	5.9	38.8	15.9	13.0	16.6	7.4	7.5
Highest (Richest)	45.4	4.9	5.1	5.4	39.9	15.2	13.4	15.1	6.5	6.9
Total	41.4	4.2	5.0	5.8	35.9	14.2	12.4	15.1	7.1	7.3

percent, reported by the youth in CALABARZON. At the other end, approval is lowest (all at below 30%) in Northern Mindanao, Cagayan Valley, ARMM, and MIMAROPA.

Of the three other conditions for abortion that were approved by more than 10 percent of the youth, there is slightly more support for the idea of abortion in the case of incest (15.1%) than rape (12.4%); slightly more too approve of abortion when the pregnancy is a result of incest than when the child may be born deformed (14.2%). Support for the idea of abortion for a pregnancy that is the result of incest is highest in ARMM (21.3%) and Zamboanga Peninsula (20.8%).

Trends in beliefs and attitudes

It is possible to follow how some of the preceding beliefs and attitudes have changed through the years because the same questions were asked to elicit the information in the three YAFS survey rounds with a complete youth sample of men and women (1994, 2002, and 2013). These beliefs and attitudes revolved around topics related to marriage, premarital sex, divorce, and abortion.

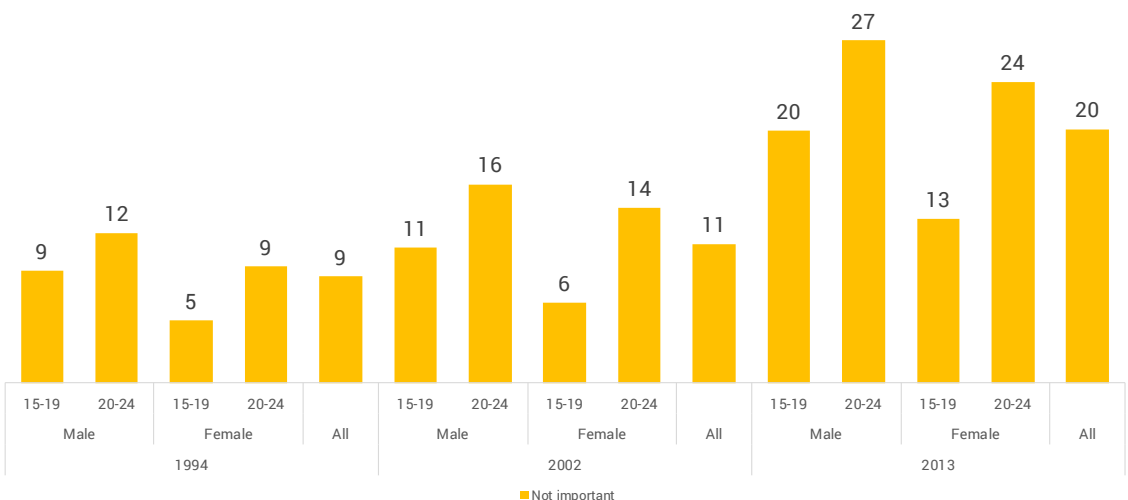
Beliefs about virginity and premarital sex

Perhaps the most awaited statistic produced by the YAFS series is the prevalence of premarital sex. The unspoken assumption is that sexual activity before marriage is unacceptable in the society, more so for women than for men. This further implies that for women more than men, virginity at the time of marriage is expected.

Figure 5.1 shows how belief in the importance of virginity at marriage has changed since 1994, comparing by age group and sex. Overall, there is a steady rise in the percentage who believe that virginity at marriage for a woman is not important, from 8.5 percent in 1994 to 20.3 percent in 2013. The increase in the prevalence of this belief was more steep between 2002 and 2013 than between 1994 and 2002. While the prevalence of this belief is observed among both men and women and the younger and the older youth, the highest relative increase in the percentage who believe that virginity at marriage is not important is observed among women 15-19 years old between the 2002 and 2013 survey rounds.

Figure 5.2 shows the response to the question “Would you approve of a woman having premarital sex?” Consistent with the findings of an increase in the proportion who believe that

Figure 5.1 Percent who believe it is not important for a woman to be a virgin when she marries, by age and sex: 1994, 2002, and 2013



virginity at marriage is not important, the results also show a consistent increase in the percentage who approve of premarital sex for a woman, from 12.8 percent in 1994 to 23.4 percent in 2013. This time, the increase in approval was sharper between the 1994 and 2002 YAFS than between the 2002 and 2013 YAFS.

Ideal age at marriage

The ideal age at marriage for a man remained the same, at 25 years, from 1994 to 2013 (Figure 5.3). Broken down by sex, the ideal mean age for a man, as reported by women, is higher by one year than that given by men. On the other hand, the overall ideal age at marriage for a woman increased by one year, from 23 years in 1994 to 24 in 2013. As with the ideal age for a man, women gave an ideal age that is one year higher than that given by the men.

Dealing with premarital conception

Respondents in each survey round from 1994 to 2013 were asked to give their opinion on what a woman who gets pregnant out of wedlock should do. The two most common responses are “keep the baby without getting married” and “try to get the father to marry her.” These are two opposing views: the first is a break from traditional beliefs that premarital sex is unacceptable and therefore that all pregnancies should occur within marriage, and the second is a perpetuation of the normative belief that the pregnancy should be legitimized by formal marriage. The third and fourth options are “put the baby up for adoption” and “try to end the pregnancy,” with neither view getting much support in all three rounds.

In Figures 5.4 and 5.5, we present the trend in the proportion who chose the first two options. The trend indicates a consistent rise in the percentage espousing the less conservative

Figure 5.2 Percent who approve of premarital sex for a woman, by age and sex: 1994, 2002, and 2013

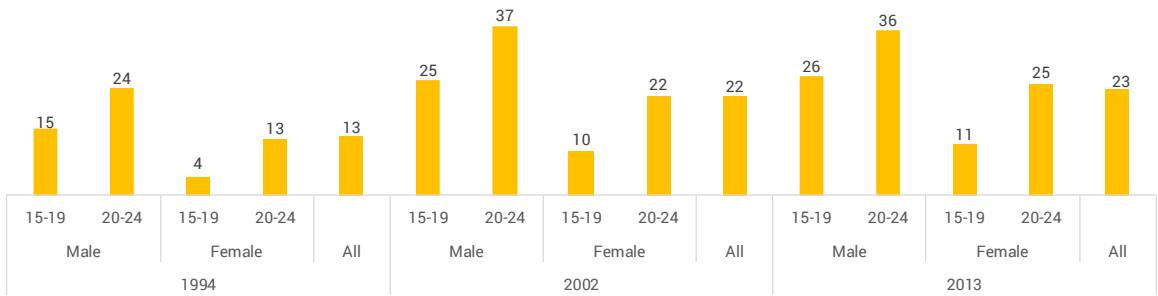
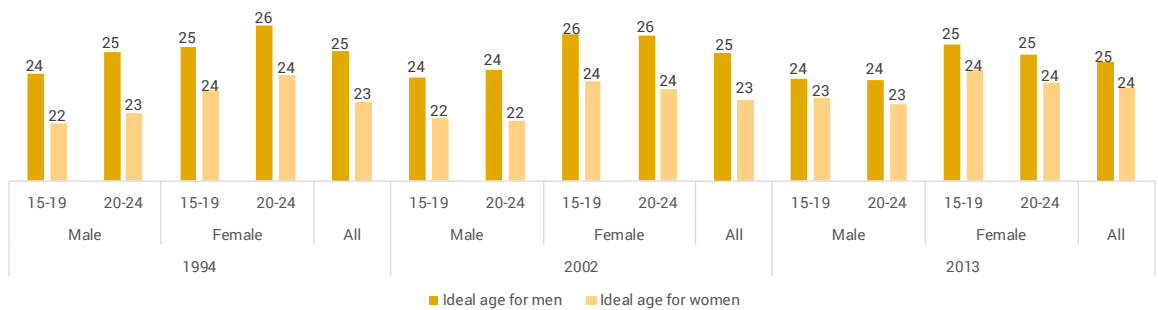


Figure 5.3 Ideal age at marriage for males and females, by age and sex: 1994, 2002, and 2013



¹ This question was not asked of men in 1994.

view (keep the baby without getting married), from 58.2 percent in 1994 to 67.8 percent in 2013. The increase is steep between 1994 and 2002 but plateaued between 2002 and 2013 for the men. For the women, a rise is observed between 2002 and 2013. In general, more women than men think that a woman should keep the baby without getting married when she gets pregnant out of wedlock.

Correspondingly, there is a consistent decline in the percentage who think that the woman should “try to get the father to marry her,” the more traditional response to an out-of-wedlock pregnancy (Figure 5.5), although less marked, from 36.1 percent in 1994 to 29.6 percent in 2013. Consistently, a gender difference is observed, with more men than women espousing this view. The decline in the overall percentage is mainly attributed to the decline in the support for this view among women, even as the pattern of men’s responses did not indicate a clear trend.

Support for a divorce law in the Philippines

Around the time the 2002 YAFS was being conceptualized, the possibility of introducing a divorce law in the Philippines was also being discussed more openly than in previous years in the Philippines. Prompted by this development, a new question was introduced in the YAFS3 survey: “Should a divorce bill be introduced in the Philippines, will you support it?”

Results in Figure 5.6 indicate that only a little over a third (37.3%) of the youth said they would support a divorce bill in the Philippines if it were introduced. The percentage was marginally higher among men than women and among younger than older youth. After 11 years, the 2013 YAFS results indicate a modest rise to 41.4 percent in the proportion who would support a divorce bill. The increase is most pronounced among young women in the age group 20–24. The increases among men, among both younger and older youth, and among 15–19-year-old women are modest.

Figure 5.4 Percent who said that a woman who gets pregnant out of wedlock should keep the baby without getting married, by age and sex: 1994, 2002, and 2013

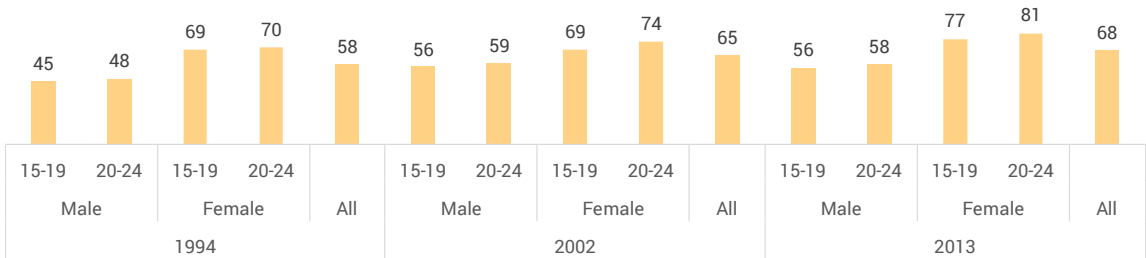
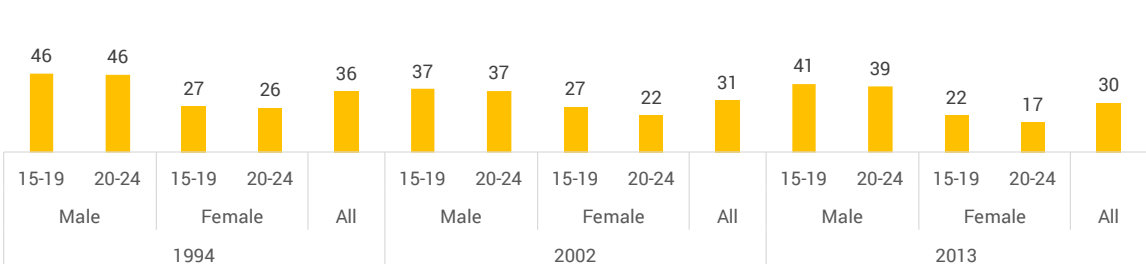


Figure 5.5 Percent who said that a woman who gets pregnant out of wedlock should try to get the father of the child to marry her, by age and sex: 1994, 2002, and 2013



Support for abortion in the Philippines

The responses to the global question “Do you approve of a woman having an abortion?” indicate that a high level of disapproval of the practice remains (see Figure 5.7). Throughout the 20-year period, the approval level fluctuated between 4 and 5 percent only.

Figure 5.8 shows the responses to the questions on specific circumstances under which the youth may approve of abortion in the three YAFS rounds. The trend in the percentages who approve shows a downward trajectory for each of the given conditions. The decline is most pronounced for the condition “The life of the pregnant woman is in danger.” While half approved of abortion under this circumstance in 1994, the approval dropped to 35.9 percent in 2013.

The timing of the YAFS survey in 2013 may have contributed somewhat to the results for this question. While the field work was ongoing, the debates on the Reproductive Health Bill were at their most heated, with extensive media coverage on the opposing positions taken by the various stakeholders in the bill. The Catholic Church has taken the particularly strong position that the Reproductive Health Bill would “only promote the use of abortifacient drugs” (Macairan, 2012). Some of that probably filtered down to the consciousness of the youth, and the effect was a decline in the support for abortion, even when the life of the mother is in danger. However, the possibility of a real decline in support for

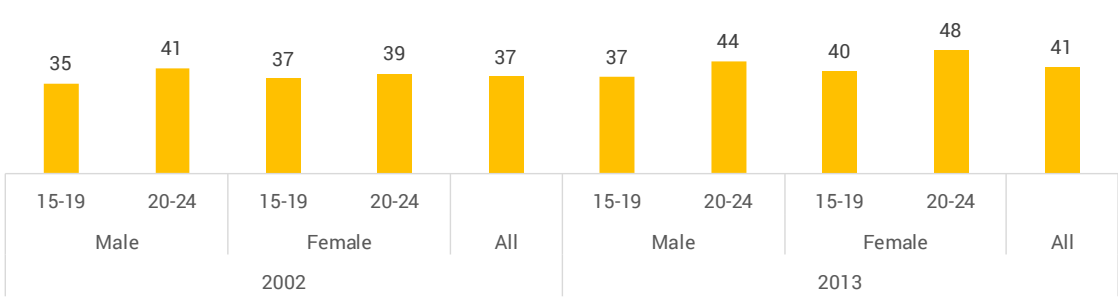
abortion under various circumstances over the 20-year period cannot be discounted, as there is consistency in the decrease, as seen even in the 2002 YAFS results.

Summary and conclusions

Results from the 2013 YAFS indicate that generally, support remains for the traditional beliefs and values on the importance of virginity, the unacceptability of premarital sex, and the need to marry when confronted with premarital pregnancy, although the numbers indicate no overwhelming support for these norms. In general, there is also a higher prevalence of support for traditional views among the younger youth (15–19-year-olds), rural residents, those with lower educational attainment, and those who belong to the lower socioeconomic quintiles. There are considerable variations among the 17 regions in the levels of support for the traditional views. The ARMM youth stand out as consistently expressing the highest prevalence of support for the traditional values. Contrary to expectations, the NCR youth were not consistently the regional group with the lowest levels of support for the traditional values.

The trend over the past 20 years, from YAFS2 in 1994 to YAFS4 in 2013, indicates a gradual shift toward decreasing support for the traditional beliefs on virginity, premarital sex, and premarital conception among the youth. Overall, we found no evidence of high levels rejecting these beliefs; hence, the majority still espouse the normative beliefs of society on virginity and

Figure 5.6 Percent who said they would support a bill to legalize divorce in the Philippines, by age and sex: 2002 and 2013



women engaging in premarital sex. But the pace of change is uneven across these values. While most still believe in the importance of virginity and the unacceptability of premarital sex, there is a move toward greater acceptance of the decoupling of premarital pregnancy and formal marriage. The trend toward higher acceptance of the option “to keep the baby without getting married” in 2013 compared with 1994 indicates greater acceptance of the idea that a premarital pregnancy need no longer be legitimized by formal marriage.

This shift of attitude may be behind the rise in consensual unions among the youth who do not get formally married but may live together as a consequence of premarital pregnancy. It is not far-fetched to surmise that the absence of a divorce law in the Philippines may partially drive the phenomenon of increasing premarital pregnancy and consensual unions and the rising tolerance for these heretofore unacceptable practices.

Figure 5.7 Percent who approve of a woman having an abortion, by age and sex: 1994, 2002, and 2013

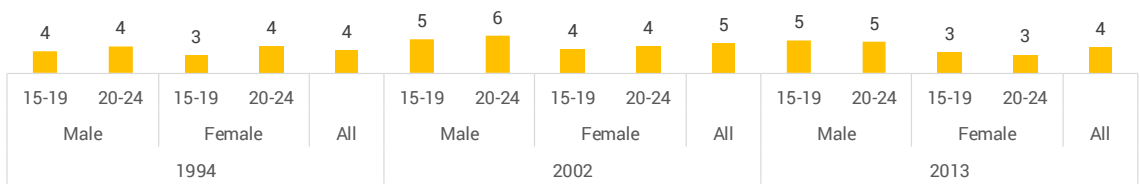
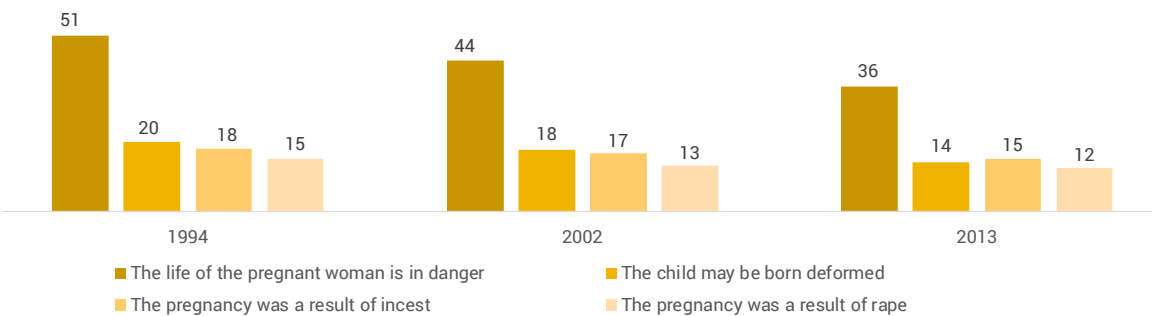


Figure 5.8 Percent who approve of abortion under specific circumstances: 1994, 2002, and 2013



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Non-sexual Risk Behaviors

Grace T. Cruz

This chapter examines the non-sexual risk behaviors of the Filipino youth that the Young Adult Fertility and Sexuality Survey (YAFS) series has traditionally tracked. This includes smoking, drinking, drug use, suicide ideation and attempts, and the experience of physical violence. The latter two are among the new areas covered in the last two survey rounds. Monitoring these risk behaviors among the young people is important as a public health concern not only because of their long-term effects but also because they are interrelated with other health issues faced by the youth. Young people who smoke are more likely to drink, do drugs, and engage in other risky behaviors. Those who start smoking earlier are at greater risk to be hooked on the vice (Breslau, Fenn, & Peterson, 1993; Park, et al., 2004; den Exter Blokland, et al., 2004). The close interrelationships among these non-sexual and sexual risk behaviors are clearly established in the literature (Kirby, 1999; Vallejo-Medina & Sierra, 2015). Smoking, drinking, and drug use have been found to serve as “gateways” that lead young people to other sexual risk behaviors such as early sexual initiation, unprotected sex, and casual sex (Abbey, 2002; Jewkes, Morrell, & Christofides, 2009; Valejo-Medina & Sierra, 2015). They are likewise linked with the perpetration of violence and violence victimization among young people. Adolescents’ involvement in life-threatening behaviors such as suicide has also been found to be mediated by poor health behavior, which includes smoking and drinking (Laukkanen, et al., 2002).

That young people subscribe to the abovementioned non-sexual risk behaviors despite their known negative implications has been a continuing challenge for health planners. Still, majority of young people exhibit some degree of resilience in spite of their subscription to these health risk behaviors. This is evident in their continuing overall health and mortality improvement. For example, life table estimates in the country suggest that in the last four decades, 15-year-old females and males gained on average, about four and two years on life expectancy, respectively (i.e., 1970 and 2010). This means that the current cohort of young people is generally healthier than the previous generations that came before them. This extension in life expectancy, however, reflects only a partial gain, which could have been exploited to its fullest potential had their health risks been reduced, if not altogether eradicated. No doubt, efforts to address these non-sexual risk behaviors will ensure better health profiles and reduce the incidence of premature deaths among young people.

Results

Smoking

To assess exposure to smoking, we asked the respondents if they had ever tried smoking and if so, the timing and related circumstances of their initiation as well as the persistence of their tobacco consumption. Results show that

among all youth, 38.8 percent have ever smoked, significantly more so among the males relative to the females. However, a much lower proportion (19.7%) are currently smoking, again more among the males than the females. The decline in the proportion who ever smoked relative to those currently smoking suggests that some smokers eventually quit the practice. The dropout rate is higher among the females, with only 4.7 percent currently smoking from among the 22.1 percent who initiated tobacco use. The corresponding

figures for the males are 35.4 percent and 56.3 percent, respectively (Table 6.1).

The good news is that tobacco use among young Filipinos in general has dropped in the last two decades. For the males in particular, the proportion who are currently smoking dropped to its lowest level since it was first monitored by YAFS in 1982 (i.e., 40.4%, 37.6%, and 35.4% in 1994, 2002, and 2013, respectively). For their female counterparts, the corresponding proportions increased from 4.2 percent in 1994

Table 6.1 Percent of males and females who ever smoked and currently smoking by background characteristics

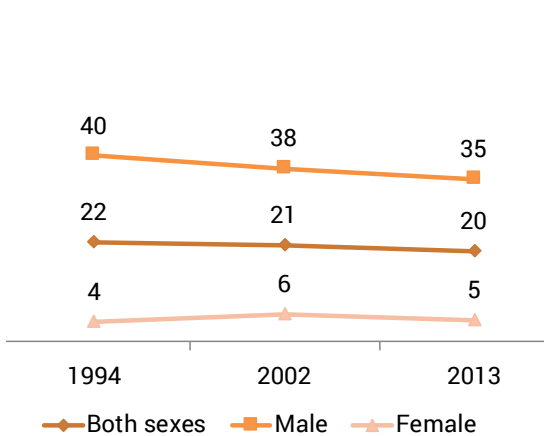
Background Characteristics	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	Ever smoked	Currently smoking		Ever smoked	Currently smoking		Ever smoked	Currently smoking	
Age									
15-19	48.0	28.0	5,769	16.9	3.1	5,652	32.6	15.6	11,422
20-24	69.8	47.3	3,589	29.1	6.8	4,161	47.9	25.6	7,750
Region									
Ilocos	57.5	33.4	473	20.9	3.6	468	39.3	18.6	941
Cagayan Valley	49.0	30.2	345	21.4	3.1	327	35.5	17.0	670
Central Luzon	54.1	45.5	953	24.7	6.6	1,096	38.4	24.7	2,050
CALABARZON	59.5	39.0	1,243	23.1	3.4	1,303	40.8	20.8	2,547
MIMAROPA	54.1	31.4	283	16.1	2.9	279	35.2	17.3	562
Bicol	62.3	37.7	522	18.3	2.6	574	39.3	19.3	1,095
Western Visayas	59.9	40.1	764	20.8	2.9	722	40.9	22.1	1,487
Central Visayas	57.5	33.2	742	12.9	2.4	673	36.3	18.5	1,415
Eastern Visayas	41.3	23.9	426	15.1	2.7	402	28.6	13.8	829
Zamboanga Peninsula	58.0	34.6	374	11.5	1.1	355	35.3	18.4	729
Northern Mindanao	56.6	27.3	447	12.9	0.6	474	34.1	13.5	921
Davao	62.6	36.6	446	16.3	2.1	515	37.8	18.1	960
SOCCKSARGEN	48.1	25.3	439	9.3	0.7	460	28.2	12.7	900
CAR	65.9	29.5	1,150	25.8	2.0	198	44.3	14.9	370
ARMM	35.4	26.5	173	8.5	0.3	355	21.3	12.5	671
Caraga	69.8	30.9	316	23.5	1.6	255	47.1	16.4	520
NCR	58.2	39.1	265	44.9	15.8	1,357	51.0	26.6	2,507
Place of residence									
Urban	58.0	38.2	2,398	33.5	9.7	2,831	44.7	22.8	5,228
Rural	55.8	34.4	6,962	17.5	2.6	6,982	36.6	18.5	13,944
Educational attainment									
No schooling/Elementary	61.8	46.2	1,730	19.2	5.4	922	47.0	32.0	2,651
High school undergraduate	51.6	32.4	3,530	19.5	4.8	3,503	35.6	18.6	7,032
High school graduate/Vocational	61.5	38.3	2,410	25.2	5.5	3,052	41.2	20.0	5,463
College or higher	53.2	26.7	1,688	23.0	3.0	2,336	35.7	13.0	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	54.7	34.9	1,886	13.3	2.1	1,954	33.6	18.2	3,840
Second	57.2	34.3	1,913	18.9	2.4	2,022	37.5	17.9	3,935
Middle	56.2	36.6	2,091	23.2	4.8	2,082	39.8	20.7	4,173
Fourth	57.6	37.4	1,942	26.6	6.7	2,063	41.6	21.6	4,006
Highest (Richest)	55.8	33.2	1,527	29.1	7.7	1,693	41.8	19.8	3,219
Total	56.3	35.4	9,361	22.1	4.7	9,813	38.8	19.7	19,174

to 5.9 percent in 2002 and decreased to 4.7 percent in 2013 (Figure 6.1).

Sociodemographic, environmental, and personal factors are correlated with young people’s tobacco use, as evident in the differentials in the exposure level across background variables. Those residing in NCR registered the highest level (51%) of exposure to tobacco (% who ever smoked), while the exposure is lowest in ARMM (21.3%).

Generally, males and those in the older age groups are more likely to be currently smoking. The proportion of male current smokers is highest in Central Luzon (45.5%), Western Visayas (40.1%), and NCR (39.1%). For the females, it is highest in NCR (15.8%) and Central Luzon (6.6%). Living in urban areas as compared to rural areas is associated with a higher prevalence of tobacco use. This is quite apparent among the females; about a third of those from the urban areas ever smoked, which is about twice the level in the rural areas. The same pattern is noted for current tobacco use, with the proportion currently smoking at 9.7 percent and 2.6 percent for urban and rural females, respectively. The urban-rural differential is not as stark for the males, where an almost comparable level of use is noted.

Figure 6.1 Percent of youth who are currently smoking cigarettes by sex: 1994, 2002, and 2013



No definite education gradient for tobacco exposure is evident from the data, although a gender distinction is notable. Generally, those with the lowest educational attainment (no schooling and elementary) registered the highest proportion who ever smoked and are currently smoking, although the level does not necessarily decline monotonically as one goes up the education ladder. This pattern seems to be true with males and for the current smoking status of the females. A different pattern is observed for females in terms of the proportion who ever smoked, however, with higher education associated with higher proportion of ever use. At least 25.2 percent and 23 percent of high school- and college-educated females, respectively, reported to have ever smoked, which is higher than the level observed among those with a lower educational background (about 19% for those with lower than high school education).

The SES differentials are also quite distinct between the males and the females. While a positive relationship generally exists between the proportions who ever smoked and the SES, the pattern is not as evident for current smoking. Data also show no substantial difference in cigarette exposure across the SES categories for the males, but a clear positive relationship is noted for the females. About 29 percent of females in the highest quintile have ever smoked as compared to 13.3 percent for their counterparts in the lowest quintile. The figures for the proportion currently smoking are 7.7 percent and 2.1 percent, respectively.

The timing of the onset of cigarette use is important to consider given the health consequences associated with early exposure, including the increased likelihood of addiction resulting from prolonged use and exposure to nicotine. Among those who have ever smoked, they started at 15.9 years, on the average. More than a quarter (27%) among those who have ever smoked started smoking before they turned 15 years old; this proportion increases dramatically to around nine in 10 by the time they turn 18 years old (Table 6.2). This implies that among the youth who have ever used tobacco, most of

them have tried it even before reaching the age of majority (i.e., 18 years).

Generally, the males smoke earlier than the females, starting at an average age of 15.7 (vs. 16.3 years among females). Males' earlier initiation is also evident from the findings showing that at least 28.8 percent among them had their first smoke by age 15 as compared to 22.7 percent for their female counterparts. Lower education is not only associated with higher prevalence of smoking but also with earlier age of initiation to tobacco use, with those attaining at least a high school diploma initiating smoking

a year later than their counterparts with lower education. No apparent age differential is noted in the initiation across the regions. Youth from SOCCSKSARGEN reported the lowest mean age of first tobacco use at 15.5 years on the average.

Drinking

Another problem associated with the youth is alcohol consumption. Like smoking, drinking—especially binge drinking and persistent consumption of alcohol—can compromise one's health and pose safety risks,

Table 6.2 Percent of youth by age first started to smoke and mean age smoking initiation by background characteristics

Background Characteristics	Age started to smoke					Mean age started to smoke	No. of cases	
	Below 15	15	16	17	18			above 18
Sex								
Male	28.8	17.6	16.3	14.3	10.9	12.1	15.7	5,263
Female	22.7	15.4	16.9	12.7	13.8	18.5	16.3	2,166
Region								
Ilocos	24.0	18.9	15.1	17.3	11.1	13.7	16.0	371
Cagayan Valley	26.1	16.8	16.0	12.6	10.5	18.1	16.0	238
Central Luzon	27.0	15.0	17.3	13.2	14.0	13.6	16.0	788
CALABARZON	27.4	17.5	21.3	11.3	11.1	11.5	15.8	1,037
MIMAROPA	21.9	17.9	17.9	12.8	14.3	15.3	16.1	196
Bicol	20.6	17.4	15.8	16.9	14.6	14.6	16.2	431
Western Visayas	25.5	20.1	18.6	12.0	11.5	12.2	15.7	607
Central Visayas	29.8	15.2	16.3	12.6	11.9	14.2	15.7	514
Eastern Visayas	19.9	20.8	14.0	12.3	11.4	21.6	16.4	236
Zamboanga Peninsula	26.1	14.8	18.3	12.5	11.7	16.7	16.0	257
Northern Mindanao	29.7	15.7	14.1	16.9	11.8	11.8	15.7	313
Davao	25.9	17.9	14.3	15.4	11.8	14.6	15.9	363
SOCCSKSARGEN	35.0	16.9	13.8	9.4	10.2	14.6	15.5	254
CAR	29.4	10.4	16.6	12.3	11.0	20.2	15.9	163
ARMM	23.7	19.4	15.1	15.1	9.4	17.3	16.1	139
Caraga	28.7	16.4	14.3	12.7	14.3	13.5	15.6	244
NCR	29.8	16.6	13.9	16.8	10.2	12.8	15.7	1,277
Place of residence								
Urban	29.1	16.5	14.4	15.3	11.4	13.2	15.8	2,336
Rural	26.1	17.2	17.4	13.2	11.9	14.3	15.9	5,091
Educational attainment								
No schooling/Elementary	31.2	20.0	15.5	12.0	9.3	12.1	15.6	1,242
High school undergraduate	36.0	21.1	15.8	11.3	7.6	8.2	15.2	2,503
High school graduate/Vocational	18.6	13.9	18.0	15.8	15.0	18.6	16.5	2,247
College or higher	21.1	11.8	16.0	16.8	16.0	18.3	16.3	1,435
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	25.7	19.1	18.3	13.4	9.8	13.6	15.8	1,290
Second	26.9	16.0	17.2	13.8	11.7	14.5	15.9	1,473
Middle	25.8	17.5	16.8	13.2	12.9	13.8	15.9	1,656
Fourth	27.4	17.2	15.3	14.2	12.0	14.0	15.8	1,665
Highest (Richest)	29.5	15.1	14.9	15.0	11.8	13.7	15.9	1,344
Total	27.0	17.0	16.5	13.9	11.7	13.9	15.9	7,429

such as involvement in vehicular accidents. Excessive drinking is also associated with other consequences such as school problems and could negatively affect peer and family relationships.

More Filipino youth drink than smoke. In all, 68.2 percent have ever drunk alcohol while 36.7 percent are current drinkers. As with smoking, drinking is a male-dominated behavior; while 53.2 percent of males are current drinkers, the corresponding proportion for females is only 21 percent (Table 6.3). Regardless of sex, drinking is more prevalent in the older (46.5%) than the younger (30.1%)

cohort. Older males (20–24 age group) exhibited the highest prevalence who ever drunk at 89.2 percent, although their female counterparts are not far behind (71.2%). By education, a positive relationship is apparent, with those having at least a high school diploma registering a markedly higher level of alcohol consumption relative to those with lower educational attainment. The college educated have the highest prevalence of current alcohol drinking behavior (62.9% and 28.9% for males and females, respectively). High school undergraduates reported the lowest level of current drinking, which could be attributed to

Table 6.3 Percent of males and females who ever drunk and are currently drinking by background characteristics

Background Characteristics	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	Ever drunk	Currently drinking		Ever drunk	Currently drinking		Ever drunk	Currently drinking	
Age									
15-19	68.8	42.9	5,770	52.2	17.1	5,652	60.6	30.1	11,422
20-24	89.2	69.8	3,590	71.2	26.3	4,160	79.5	46.5	7,751
Region									
Ilocos	79.1	54.3	473	65.5	17.5	468	72.3	36.0	942
Cagayan Valley	73.8	50.6	344	62.0	11.3	326	68.1	31.5	670
Central Luzon	80.9	64.5	953	62.1	20.5	1,096	70.8	41.0	2,050
CALABARZON	81.5	54.4	1,243	67.3	24.1	1,305	74.2	38.9	2,547
MIMAROPA	75.3	49.1	283	58.8	12.5	279	67.1	31.0	562
Bicol	77.0	53.8	522	56.9	14.0	573	66.5	33.0	1,094
Western Visayas	69.2	52.5	764	53.5	14.3	722	61.6	33.9	1,487
Central Visayas	80.2	60.5	742	61.8	23.6	674	71.4	43.0	1,415
Eastern Visayas	72.8	48.2	427	69.7	36.7	403	71.3	42.7	830
Zamboanga Peninsula	64.1	38.1	373	44.7	9.3	356	54.6	24.0	730
Northern Mindanao	77.9	46.5	447	49.9	10.6	473	63.5	28.2	920
Davao	81.8	53.6	446	49.4	13.4	514	64.5	32.1	960
SOCCSKSARGEN	62.6	33.7	439	32.1	6.7	460	46.9	19.9	899
CAR	84.3	64.7	173	65.5	13.7	197	74.3	37.4	370
ARMM	10.8	3.5	316	5.4	0.8	353	8.0	2.1	671
Caraga	88.3	50.0	265	72.0	17.6	255	80.2	34.0	520
NCR	92.7	68.8	1,150	84.2	45.4	1,357	88.1	56.1	2,507
Place of residence									
Urban	86.3	61.9	2,398	72.8	32.4	2,831	79.0	45.9	5,229
Rural	73.3	50.2	6,962	55.2	16.3	6,983	64.2	33.3	13,944
Educational attainment									
No schooling/Elementary	67.5	48.9	1,730	43.4	15.3	922	59.1	37.2	2,652
High school undergraduate	69.1	43.5	3,530	47.4	14.4	3,503	58.3	29.0	7,032
High school graduate/Vocational	86.6	63.9	2,410	70.0	24.1	3,052	77.3	41.6	5,463
College or higher	87.4	62.9	1,688	73.5	28.9	2,336	79.3	43.2	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	63.4	41.0	1,887	41.1	10.4	1,954	52.1	25.4	3,841
Second	73.8	48.3	1,913	53.0	15.7	2,022	63.1	31.5	3,935
Middle	77.2	56.4	2,091	63.4	20.0	2,082	70.3	38.2	4,173
Fourth	83.8	61.0	1,942	72.0	27.1	2,063	77.7	43.5	4,005
Highest (Richest)	86.4	60.3	1,527	72.8	33.2	1,692	79.2	46.1	3,220
Total	76.6	53.2	9,360	60.2	21.0	9,814	68.2	36.7	19,174

exposure. Those in the lower educational levels are more likely to be younger and are expected to have a lower exposure to drinking relative to their older counterparts.

An urban-rural differential is also evident, with 45.9 percent of urban youth currently drinking as compared to 33.3 percent for their rural counterparts. This pattern affirms the variation found across the regions, where the prevalence of current drinking is highest in NCR (56.1%), Central Visayas (43%), and Eastern Visayas (42.7%) and almost non-existent in ARMM (2.1%). The high current level of alcohol consumption observed in NCR is true for both gender, with almost half (45.4%) of the females currently drinking as compared to 68.8 percent for their male counterparts.

Unlike smoking, a clear positive relationship between alcohol consumption and SES is evident. About a fourth (25.4%) of those in the lowest quintile are currently drinking as compared to almost half (46.1%) among those in the highest quintile. While the prevalence of current drinking is lower among the females relative to the males, the SES differential is sharper among the former, with about a third of those in the highest quintile (33.2%) currently drinking, which is more than three times the proportion in the poorest quintile (10.4%). The magnitude of the difference is less for the males, where the prevalence among the richest quintile (60.3%) is about 1.5 times higher than that of the poorest quintile (41%).

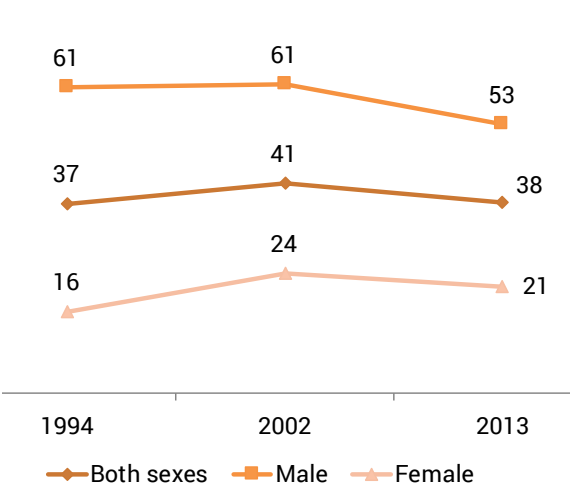
Young people smoke before they drink. Initiation to smoking happens at age 15.9 years on the average as compared to 16.3 years for drinking. About 19 percent had their first taste of alcoholic beverages before turning 15 as compared to 27 percent for smoking. However, the exposure rate to drinking increases more rapidly with age relative to smoking so that by the time they reach age 18, the levels of exposure for smoking and drinking are generally comparable (about 85% exposure rate for both before age 18). There is no perceptible difference in the timing of initiation to alcohol by place of

residence, educational attainment, SES, and region (Table 6.4).

Similar to smoking, there has also been a perceptible decline in drinking prevalence over the last decade, particularly for the males, where the proportion who are currently drinking dropped from 61.1 percent in 2002 to 53.2 percent in 2013. The same pattern is noted for the females, although to a much lesser degree than that of males, from 23.6 percent in 2002 to 21 percent in 2013 (Figure 6.2). This gender difference in the trend data suggests bigger recent improvements in male drinking behavior relative to the females, albeit males continue to outdo females in alcohol consumption.

The observed decline in drinking among the youth, particularly among the males, is a welcome development given the social, behavioral, and health problems associated with frequent and excessive alcohol consumption. Study findings show that a considerable number admitted to have gotten into trouble due to excessive drinking, particularly among older males (21%). At least 27.4 percent of older males and 7.3 percent of older females have experienced passing out during a drinking session because of too much alcohol intake; this

Figure 6.2 Percent of youth who are currently drinking alcoholic beverages by sex: 1994, 2002, and 2013



reveals the extent of extreme drinking behavior experienced by some young people. What is also revealing is the general lack of awareness among parents or guardians and even spouses/partners about the adolescents' drinking behavior, particularly among females in their teens (15–19 years old). Only about a third of the youth aged 15–24 admitted that their parents are aware of their drinking behavior (Table 6.5). For teenage girls, the level is lowest at 14.4 percent, which is worrisome considering that some of them have reported that they had passed out due to excessive alcohol intake.

Drug use

The increasing prevalence of drug use among the Filipino youth, particularly the males as revealed in the 1994 and 2002 rounds of YAFS has precipitated greater interest in continuing to monitor this youth risk behavior. Notwithstanding the reported low level of drug use in the country, the severe and far-reaching consequences of drug use, particularly among the young users, is in itself a compelling reason to continue understanding this issue and thus help achieve lower illegal drug demand—if not

Table 6.4 Percent of youth by age first started to drink and mean age of drinking initiation by background characteristics

Background Characteristics	Age started to drink						Mean age started to drink	No. of cases
	Below 15	15	16	17	18	above 18		
Sex								
Male	22.7	19.5	18.6	15.2	12.3	11.6	16.0	7,160
Female	13.7	16.0	19.5	14.6	17.4	18.7	16.7	5,904
Region								
Ilocos	17.2	19.3	19.6	15.1	14.3	14.6	16.4	680
Cagayan Valley	15.4	19.5	21.1	14.7	14.0	15.4	16.4	456
Central Luzon	18.2	16.5	19.9	16.0	14.2	15.2	16.4	1,449
CALABARZON	19.9	18.2	20.5	13.5	14.2	13.7	16.2	1,890
MIMAROPA	14.1	18.1	19.4	12.2	18.4	17.8	17.0	376
Bicol	10.2	13.9	16.0	19.5	18.8	21.6	16.5	728
Western Visayas	17.0	18.3	16.2	15.7	17.1	15.6	16.3	911
Central Visayas	18.8	18.7	19.4	15.1	12.5	15.5	16.4	1,011
Eastern Visayas	17.4	19.0	14.7	14.0	18.8	16.1	16.5	591
Zamboanga Peninsula	16.6	14.1	20.6	15.6	16.8	16.3	16.4	398
Northern Mindanao	16.4	19.3	17.4	17.4	14.9	14.5	16.5	585
Davao	16.7	18.8	17.0	14.1	14.2	19.3	16.1	618
SOCCSKSARGEN	22.2	19.1	17.9	12.9	13.4	14.6	15.9	419
CAR	17.2	15.7	20.1	15.0	17.9	14.2	16.4	274
ARMM	7.5	13.2	11.3	18.9	20.8	28.3	17.4	53
Caraga	19.4	19.9	18.5	15.3	13.7	13.2	16.1	417
NCR	24.6	18.3	20.8	13.9	11.8	10.5	16.5	2,208
Place of residence								
Urban	22.3	17.6	20.0	14.7	13.2	12.2	16.1	4,129
Rural	17.0	18.1	18.6	15.0	15.3	16.0	16.4	8,936
Educational attainment								
No schooling/Elementary	23.7	17.9	16.4	13.9	12.5	15.7	16.2	1,565
High school undergraduate	27.3	25.5	16.8	12.2	9.5	8.8	15.6	4,090
High school graduate/Vocational	12.3	13.7	19.5	17.0	18.6	18.9	16.8	4,217
College or higher	13.5	13.9	22.6	16.2	17.0	16.7	16.6	3,190
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	16.8	18.8	18.1	15.0	14.8	16.5	16.4	1,999
Second	17.4	17.0	18.3	15.9	14.5	16.8	16.4	2,477
Middle	16.0	18.7	19.0	15.6	15.9	14.7	16.4	2,935
Fourth	20.0	16.6	19.0	14.8	15.3	14.2	16.3	3,106
Highest (Richest)	22.7	18.8	20.4	13.2	12.2	12.6	16.0	2,549
Total	18.7	17.9	19.0	14.9	14.6	14.8	16.3	13,064

Table 6.5 Other indicators of drinking behavior by sex and age

Sex and age	Percent who have ever gotten into trouble in connection with drinking	Percent who have passed out in a drinking session because R drank too much	Percent whose parent/guardian is aware of R's drinking	Percent whose spouse/live-in partner is aware of R's drinking	Percent whose parent/guardian (never married) or spouse/live-in partner (married) is aware of R's drinking
Male	14.0	18.4	49.4	68.7	49.3
15-19	9.9	12.8	38.7	63.1	38.6
20-24	20.6	27.4	66.7	69.8	66.5
Female	2.6	5.0	18.5	17.3	18.5
15-19	2.1	3.3	14.4	13.3	14.4
20-24	3.2	7.3	24.0	18.7	24.0
Both sexes	8.2	11.5	33.6	30.6	33.5
15-19	6.1	8.1	26.7	22.3	26.6
20-24	11.3	16.6	43.8	33.1	43.6
Total	8.2	11.5	33.6	30.6	33.5

altogether eliminate it—particularly among the young population sector.

Consistent with the trend in smoking and drinking, the prevalence of drug use among the youth has dropped over the past decade (Figure 6.3). This is particularly notable among the males, whose prevalence of current use of drugs declined from 4.7 percent in 2002 to 1.3 percent in 2013. The Dangerous Drugs Board (DDB) of the Philippines defines drugs as chemicals that affect a person in such a way as to bring about physiological, emotional, or behavioral change, while “dangerous drugs” are those that have a high tendency for abuse and dependency.

YAFS4 findings reveal drug use to be less common compared to smoking and drinking, with 4 percent admitting to having ever abused drugs. Drug use is dominated, with an 8-to-1 male-to-female ratio among those who have ever used drugs (i.e., 7.1% and 0.9% among males and females, respectively) (Table 6.6). The proportion of current use is much lower compared to that of ever use but with more marked male dominance (1.3% vs. 0.1% for males and females, respectively). Shabu (or methamphetamine) and marijuana are identified as the “most used” illicit drugs of the youth in the country regardless of sex (Figures 6.4a and 6.4b).

Differences in drug use by age and place of residence follow the same direction as smoking and drinking. Data also show a clear education and SES pattern for the males, with the highest level of drug use reported among those with the highest education and in the richest quintile. About 9 percent of males with college education or higher have ever used drugs as compared to 5.8 percent for those at the lowest end of the education ladder. The corresponding values for SES are 8.1 percent among males in the richest quintile and 5 percent for their poorest

Figure 6.3 Percent of youth who are currently using using drugs by sex: 1994, 2002, and 2013

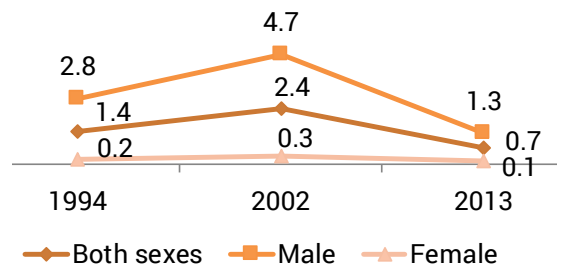


Figure 6.4a Types of drugs ever tried by male youth

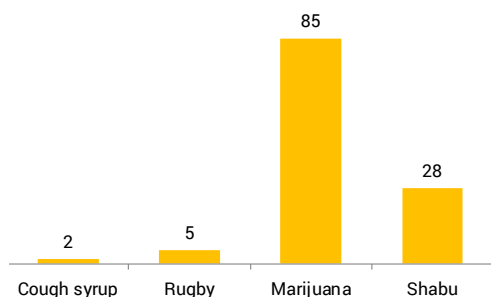


Figure 6.4b Types of drugs ever tried by female youth

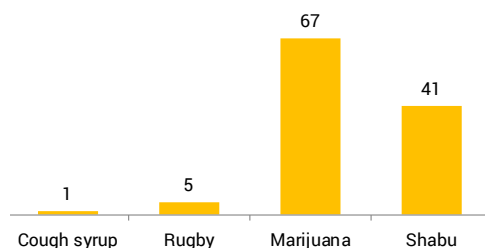


Table 6.6 Percent of males and females who ever used drugs and currently using drugs by background characteristics

Background Characteristics	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	Ever used drugs	Currently using drugs		Ever used drugs	Currently using drugs		Ever used drugs	Currently using drugs	
Age									
15-19	4.6	1.0	5,770	0.6	0.1	5,652	2.6	0.5	11,422
20-24	11.0	1.8	3,591	1.3	0.2	4,160	5.8	1.0	7,751
Region									
Ilocos	3.0	0.4	473	0.4	0.0	468	1.6	0.2	941
Cagayan Valley	2.0	0.6	345	0.9	0.0	326	1.6	0.3	671
Central Luzon	2.0	0.3	953	0.0	0.0	1,097	0.9	0.1	2,049
CALABARZON	6.7	1.8	1,244	0.2	0.0	1,304	3.4	0.9	2,548
MIMAROPA	2.5	0.4	284	0.7	0.0	279	1.6	0.2	562
Bicol	4.8	0.2	521	0.7	0.0	573	2.6	0.1	1,095
Western Visayas	4.5	1.2	764	0.8	0.1	723	2.7	0.7	1,487
Central Visayas	11.2	3.4	741	1.2	0.0	674	6.4	1.8	1,415
Eastern Visayas	2.6	0.2	427	0.7	0.0	402	1.8	0.1	829
Zamboanga Peninsula	7.8	0.8	373	0.0	0.0	355	4.0	0.4	729
Northern Mindanao	15.7	4.3	447	0.8	0.0	473	8.0	2.1	921
Davao	18.2	2.7	446	1.4	0.0	515	9.2	1.3	960
SOCCSKSARGEN	7.3	1.4	439	0.9	0.0	461	4.0	0.7	900
CAR	4.0	0.0	173	1.0	0.0	198	2.4	0.0	371
ARMM	1.9	0.6	318	0.0	0.0	354	0.9	0.3	672
Caraga	13.2	3.0	266	0.8	0.0	254	7.1	1.5	519
NCR	10.2	0.6	1,150	2.5	0.9	1,357	6.0	0.8	2,508
Place of residence									
Urban	9.6	1.3	2,397	1.7	0.5	2,831	5.3	0.8	5,228
Rural	6.2	1.3	6,963	0.5	0.0	6,981	3.4	0.7	13,944
Educational attainment									
No schooling/Elementary	5.8	1.0	1,731	1.4	0.1	922	4.3	0.7	2,653
High school undergraduate	5.6	1.2	3,530	0.8	0.1	3,502	3.2	0.6	7,031
High school graduate/Vocational	8.8	1.4	2,411	0.9	0.3	3,052	4.4	0.8	5,461
College or higher	9.0	1.7	1,687	0.7	0.0	2,336	4.2	0.7	4,023
Socioeconomic status (Wealth quintile)									
Lowest (Poorest)	5.0	0.9	1,887	0.4	0.0	1,953	2.7	0.4	3,840
Second	6.4	1.1	1,914	1.0	0.1	2,022	3.7	0.6	3,936
Middle	7.1	1.5	2,091	0.9	0.0	2,081	4.0	0.7	4,172
Fourth	8.9	1.1	1,941	1.1	0.4	2,063	4.9	0.7	4,005
Highest (Richest)	8.1	2.0	1,527	0.8	0.2	1,692	4.2	1.1	3,220
Total	7.1	1.3	9,364	0.9	0.1	9,813	3.9	0.7	19,173

counterpart. Across regions, Davao registered the highest proportion of youth who have ever used and are currently using drugs at 9.2 percent and 1.3 percent, respectively.

Among the three problem behaviors assessed so far, initiation to drugs comes relatively later. The mean age at first drug use is 17.3 years on the average and is similar for males and females (Table 6.7). That illicit drug experimentation comes later than smoking and drinking is also evident in the timing of initiation among those exposed to drugs. Significantly, teen girls are more likely to be initiated to drugs

sooner than their male counterparts, with 10.7 percent among the former having their first exposure prior to age 15 as compared to 8.5 percent among the males. By age 18, however, more teen boys than girls have been exposed to drugs. The timing of exposure to drugs also reveals that unlike smoking and drinking, where the onset happens mostly prior to age 18, drug initiation happens later which seems to agree to the data of the Dangerous Drugs Board that drug abusers in the country are about 28 years, on average (n.d.).

Table 6.7 Percent of youth by age first started to use drugs and mean age of drug use initiation by background characteristics

Background Characteristics	Age started to use drugs						Mean age started to use drugs	No. of cases
	Below 15	15	16	17	18	above 18		
Sex								
Male	8.5	11.6	15.4	16.6	19.2	28.7	17.3	656
Female	10.7	19.0	9.5	16.7	8.3	35.7	17.4	84
Region								
Ilocos	6.7	13.3	40.0	13.3	6.7	20.0	16.6	15
Cagayan Valley	9.1	27.3	18.2	18.2	18.2	9.1	16.5	11
Central Luzon	15.8	15.8	15.8	10.5	15.8	26.3	16.9	19
CALABARZON	3.6	7.1	29.8	16.7	17.9	25.0	17.4	84
MIMAROPA	11.1	0.0	0.0	22.2	11.1	55.6	18.7	9
Bicol	10.3	20.7	10.3	13.8	10.3	34.5	17.0	29
Western Visayas	7.9	23.7	10.5	7.9	13.2	36.8	17.5	38
Central Visayas	5.6	10.1	12.4	16.9	12.4	42.7	18.0	89
Eastern Visayas	0.0	0.0	13.3	26.7	26.7	33.3	17.7	15
Zamboanga Peninsula	6.9	6.9	3.4	27.6	24.1	31.0	17.8	29
Northern Mindanao	5.3	12.0	16.0	17.3	18.7	30.7	17.6	75
Davao	15.9	15.9	15.9	12.5	18.2	21.6	16.8	88
SOCCKSARGEN	8.3	11.1	8.3	16.7	30.6	25.0	17.3	36
CAR	12.5	12.5	25.0	25.0	0.0	25.0	17.2	8
ARMM	0.0	16.7	16.7	33.3	16.7	16.7	17.4	6
Caraga	8.1	5.4	10.8	16.2	27.0	32.4	17.7	37
NCR	11.2	15.1	11.2	15.8	18.4	28.3	17.0	152
Place of residence								
Urban	10.3	12.9	15.4	15.8	17.3	28.3	17.1	274
Rural	7.9	12.2	14.3	16.9	18.4	30.2	17.4	466
Educational attainment								
No schooling/Elementary	5.6	16.7	15.7	14.8	17.6	29.6	17.5	108
High school undergraduate	17.9	10.8	17.0	21.5	16.1	16.6	16.6	223
High school graduate/Vocational	4.2	12.9	10.4	15.0	15.4	42.1	17.8	240
College or higher	5.3	11.2	17.2	13.6	23.7	29.0	17.5	169
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	9.1	11.1	15.2	24.2	18.2	22.2	17.3	99
Second	8.5	12.1	19.1	11.3	17.7	31.2	17.4	141
Middle	6.5	12.4	12.4	14.8	17.2	36.7	17.6	169
Fourth	12.2	12.2	12.8	16.8	14.8	31.1	17.1	196
Highest (Richest)	6.6	13.9	16.1	18.2	23.4	21.9	17.2	137
Total	8.7	12.4	14.8	16.6	18.0	29.5	17.3	740

Physical violence

Interpersonal violence is defined as “the intentional use of physical force or power, threatened or actual, against another person or against a group or community that results in or has a high likelihood of resulting in injury, death, psychological harm, maldevelopment, or deprivation” (Dahlberg & Krug, 2002, p.5). Involvement in physical violence can either be as a victim or as an offender.

Youth involvement in violence in the country was initially explored in the 2002 YAFS and pursued in the 2013 YAFS. However, only one question was phrased similarly in the two surveys, which allows for the tracking of change in youth involvement in violence over time. Specifically, the question asked was “*Have you ever experienced being threatened by someone?*” The rest of the questions used different time frames, which render them incomparable.

Results of the 2013 YAFS reveal that about a quarter of the youth (23.7%) reported having ever been threatened by someone. This is slightly higher than the 20.8 percent level noted in 2002. The exposure to violence is true for both males and females (Table 6.8). Males, urban residents, those in the lower educational bracket, and those in the top two SES quintiles are more prone to the experience. On the other hand, respondents were also asked if they have been on the receiving end of physical violence and if they have been perpetrators of an act of physical violence against someone in the 12 months preceding the survey.

The level of youth experience of violence is generally high. The proportion who have ever experienced being hurt by someone in the past 12 months is 17.2 percent, which is lower than the proportion who reported hurting someone (22.5%). More males and those in the 15–19 age bracket are prone to violence. While there is no clear monotonic education pattern, those in the lowest education brackets are more predisposed to being a victim of physical violence. In particular, high school undergraduates registered the highest proportion (21.3%) who reported having been at the receiving end of violence. A clearer

positive pattern emerges for SES, with increasing brushes with violence noted as one goes up the SES ladder. For example, 14.1 percent among those belonging to the poorest quintile have ever been hurt by someone in the past year as compared to 20.5 percent among those in the richest quintile. The corresponding figures for those who admitted having perpetuated violence for the same period are 18.2 percent and 27 percent, respectively. This seems to suggest that poverty does not necessarily predispose the youth to violent behavior. Across the regions, those living in NCR reported the highest level of recent experience with violence, both as a victim (29.5%) and as a perpetrator (34.5%). Meanwhile, the proportions who experienced violence either as a victim (5.5%) or a perpetrator (10.5%) are lowest in ARMM.

In the study, we also asked the respondents if they carried a weapon with them in the last 12 months. Results show that the percentage is highest among the older males (11.2%) and lowest among the younger females (2.1%) (Table 6.9).

Circumstances surrounding the experience of violence vary across age and gender. Violence against the males in general has been perpetuated by their friends as well as classmates or schoolmates (for the younger cohort). Friends have also been the recipients of the young males’ violent outbursts (Table 6.9). Unlike the males, the females’ experience with violence is more likely to occur within the domestic front. In particular, teenage girls are more likely to have been hurt by their mother (3.9%), father (3.2%), or siblings (3.4%) and are more likely to vent their physical aggression on their siblings (7.4%). Intimate partner violence is more apparent among the older females, as indicated by their experience of violence involving someone with whom they have a close interpersonal relationship, such as a husband, partner, or boyfriend. Older females are more likely to report being physically hurt by their spouse, partner, or boyfriend, but at the same time, they also inflict physical violence on their intimate partners (Table 6.9).

Table 6.8 Percent who experienced violence by background characteristics

Background Characteristics	Ever been threatened by someone	No. of cases	Ever experienced being hurt by someone in the past 12 months	No. of cases	Have hurt someone in the past 12 months	No. of cases
Sex						
Male	30.2	9,361	21.1	9,358	24.5	9,363
Female	17.4	9,809	13.6	9,792	20.6	9,808
Age						
15-19	23.5	11,421	20.0	11,407	23.8	11,419
20-24	23.8	7,751	13.2	7,745	20.6	7,752
Region						
Ilocos	18.9	942	16.7	942	22.7	941
Cagayan Valley	22.5	671	14.9	670	27.4	671
Central Luzon	13.6	2,049	16.4	2,049	23.6	2,050
CALABARZON	23.7	2,547	18.4	2,539	24.9	2,547
MIMAROPA	21.5	562	18.5	561	19.8	562
Bicol	19.6	1,095	20.0	1,095	16.5	1,094
Western Visayas	21.0	1,484	11.0	1,482	15.6	1,485
Central Visayas	28.3	1,415	14.7	1,415	18.7	1,415
Eastern Visayas	26.5	829	13.3	826	13.5	827
Zamboanga Peninsula	20.0	729	11.0	729	20.6	729
Northern Mindanao	24.7	920	17.8	921	21.0	921
Davao	25.7	960	14.2	960	23.1	960
SOCCSKSARGEN	19.4	899	14.7	898	18.9	898
CAR	29.2	370	16.8	370	27.6	369
ARMM	11.7	674	5.5	674	10.5	674
Caraga	35.8	520	17.3	519	25.4	519
NCR	35.4	2,505	29.5	2,503	34.5	2,507
Place of residence						
Urban	28.2	5,226	23.1	5,224	29.9	5,229
Rural	21.9	13,944	15.0	13,927	19.8	13,942
Educational attainment						
No schooling/Elementary	24.9	2,654	18.6	2,646	20.7	2,653
High school undergraduate	24.4	7,031	21.3	7,025	25.5	7,029
High school graduate/Vocational	23.1	5,461	13.2	5,459	21.3	5,463
College or higher	22.2	4,023	14.8	4,019	20.2	4,023
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	22.2	3,841	14.1	3,829	18.2	3,838
Second	22.4	3,936	15.4	3,935	19.5	3,937
Middle	23.2	4,171	17.2	4,170	22.7	4,171
Fourth	25.7	4,005	19.6	4,003	25.8	4,005
Highest (Richest)	24.9	3,218	20.5	3,216	27.0	3,219
Total	23.7	19,172	17.2	19,153	22.5	19,171

Suicide

The 2014 World Health Organization Global Report cited suicide as the second leading cause of death globally among people 15 to 29 years of age (WHO, 2014). The significant toll that suicide takes on young lives notwithstanding, studies on the true state of suicide in certain settings like the Philippines remain scarce largely due to data

constraints (mostly cultural factors). Where suicide is considered a taboo, it is likely that deaths resulting from suicide are not properly recorded, resulting in the underestimation of suicide rates. The few studies on suicide among Filipino youth, including those emanating from the previous YAFS series, reveal low incidence rates. What is alarming, however, is the increasing incidence of suicide, with females registering the highest

Table 6.9 Other indicators of the youth's experience of violence by sex and age

Indicators of violence	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	15-19	20-24		15-19	20-24		15-19	20-24	
Person who hurt R in the last 12 months									
Friend	7.3	4.2	9,351	2.6	0.6	9,788	5.0	2.2	19,141
Classmate/schoolmate	5.4	0.6	9,351	1.5	0.3	9,788	3.5	0.5	19,141
Father	1.8	1.0	9,351	3.2	1.1	9,788	2.5	1.0	19,141
Spouse/partner (BF/GF)	1.1	1.5	9,351	1.2	4.4	9,788	1.1	3.1	19,141
Mother	1.0	0.5	9,351	3.9	1.4	9,788	2.4	1.0	19,141
Siblings	1.3	0.9	9,351	3.4	1.4	9,788	2.3	1.2	19,141
Person hurt by R in the last 12 months									
Friend	9.5	6.8	9,354	5.3	1.9	9,808	7.4	4.2	19,161
Classmate/schoolmate	8.2	2.6	9,354	3.4	0.7	9,808	5.8	1.6	19,161
Father	0.1	0.3	9,354	0.1	0.0	9,808	0.1	0.1	19,161
Spouse/partner (BF/GF)	0.1	0.8	9,354	3.7	8.1	9,808	1.9	4.7	19,161
Mother	0.1	0.0	9,354	0.2	0.0	9,808	0.2	0.0	19,161
Siblings	1.8	1.6	9,354	7.4	4.0	9,808	4.6	2.9	19,161
Percent who carried a weapon in the last 12 months									
	8.1	11.2	9,306	2.1	2.8	9,772	5.2	6.7	19,077

suicide rates among 15–24-year-olds (Redaniel, Lebanon-Dalida, & Gunnell, 2011). The same study found no substantial differential in rates across all age groups among the males. Findings indicating that for every suicide there are many more people who attempt suicide (WHO, 2014) suggest the need for closer scrutiny not only of suicide attempts but also of suicide ideation as

a significant risk factor to the risk of suicide in general.

It is in this context that the YAFS studies since 2002 have inquired into the youth's experiences of suicide ideation and attempts as well as the circumstances surrounding these experiences. Results show that like smoking, drinking, and drug use, the proportion of youth who have ever thought of committing suicide

Figure 6.5a Percent of youth who have ever thought of committing suicide by sex: 2002 and 2013

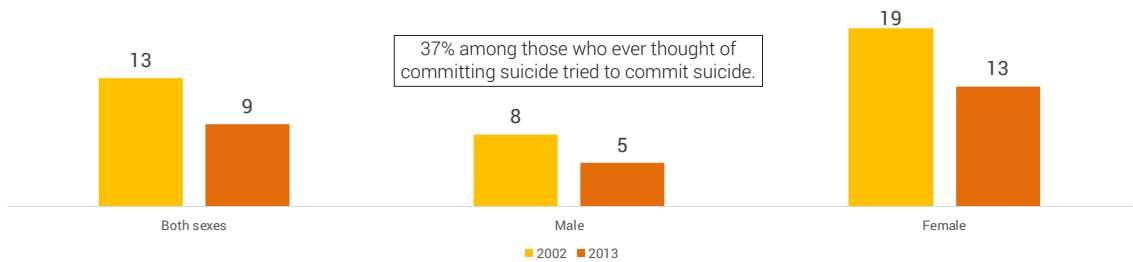
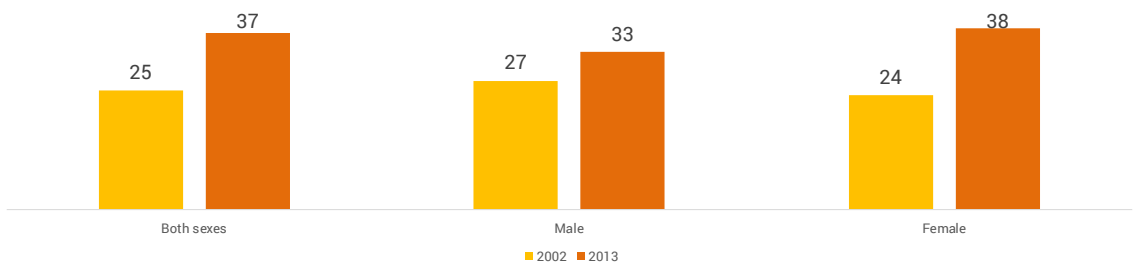


Figure 6.5b Percent of youth who have ever tried to commit suicide among those who ever thought of committing suicide by sex: 2002 and 2013



declined in the last decade from 13.4 percent in 2002 to 8.7 percent in 2013 (Figure 6.5a). However, the proportion among those who thought of committing suicide who attempted suicide increased from 25 percent to 37 percent with the increasing pattern observed for both males and females (Figure 6.5b). It should be

noted, however, that the level of reported suicide attempts is an underestimate as the study captures only non-fatal suicide attempts and excludes successful ones.

Results from the 2013 YAFS show that generally, more females than males entertained suicidal thoughts and attempted to end their lives. Around 12.6 percent of female youth aged 15–24 have ever thought of committing suicide as compared to 4.5 percent for their male counterparts (Figure 6.5a). The corresponding figures for suicide attempts are 4.8 percent and 1.5 percent, respectively (Table 6.10). Suicide ideation is also higher among the older youth, urban residents, those with higher education, and those in the highest income brackets. Suicide attempts are also higher among the older cohort, urban residents, and those residing in NCR. The reported level of suicide attempts does not vary much across education categories and is slightly elevated for those in the highest quintile.

Across regions, youth living in CARAGA (13.8%), Central Visayas (12.4%), and Davao (12.3%) expressed the highest level of suicide ideation, while those in Central Luzon (3.1%), Cagayan Valley (5.2%), and ARMM (6.2%) registered the lowest. For suicide attempts, the proportions are generally low in all regions. The highest prevalence is recorded in NCR at 5.6 percent. In most regions, the proportion who ever attempted suicide is below 3 percent.

A significant proportion (37%) of those with suicidal thoughts eventually carried out their plans to end their lives. Among them, a few reported the use of violent means of suicide. Different methods were employed by the males and females, with wrist slashing and substance ingestion more common among females and hanging oneself more common among males. Family problems and relationships are the most frequently mentioned precipitating factors for youth’s suicide attempts (Table 6.11).

The study findings indicate a strong relationship between adolescent suicide ideation and attempts and the presence of depression, low self-esteem, and alcohol abuse (Table 6.12). The CES-D depression scale and Rosenberg’s

Table 6.10 Percent who ever thought of and who have tried committing suicide by background characteristics

Background Characteristics	Percent who ever thought of committing suicide	Percent who tried to commit suicide	No. of cases
Sex			
Male	4.5	1.5	9,356
Female	12.6	4.8	9,807
Age			
15-19	7.3	2.5	11,412
20-24	10.7	4.3	7,749
Region			
Ilocos	10.0	2.6	940
Cagayan Valley	5.2	1.8	670
Central Luzon	3.1	2.2	2,047
CALABARZON	8.3	2.4	2,547
MIMAROPA	7.1	2.0	561
Bicol	7.7	3.7	1,094
Western Visayas	8.4	4.0	1,483
Central Visayas	12.4	3.2	1,414
Eastern Visayas	8.1	3.0	828
Zamboanga Peninsula	9.5	3.2	728
Northern Mindanao	11.3	4.2	920
Davao	12.3	3.2	961
SOCCSKSARGEN	6.3	1.6	898
CAR	8.1	1.6	369
ARMM	6.2	1.8	675
Caraga	13.8	3.8	520
NCR	10.9	5.6	2,507
Place of residence			
Urban	9.5	4.5	5,224
Rural	8.3	2.7	13,937
Educational attainment			
No schooling/Elementary	7.9	3.1	2,653
High school undergraduate	8.1	3.0	7,026
High school graduate/Vocational	9.0	3.2	5,461
College or higher	9.7	3.5	4,019
Socioeconomic status (Wealth quintile)			
Lowest (Poorest)	8.0	2.6	3,839
Second	9.1	3.1	3,936
Middle	8.5	2.9	4,170
Fourth	7.8	3.2	3,999
Highest (Richest)	10.2	4.4	3,217
Total	8.7	3.2	19,162

Table 6.11 Methods and reasons for committing suicide

Indicators of suicide	Male		No. of males	Female		No. of females	Both sexes		No. of cases
	15-19	20-24		15-19	20-24		15-19	20-24	
Method used to commit suicide									
Ingesting substances	0.1	0.1	9,350	0.4	1.5	9,805	0.2	0.9	19,157
Slashed wrist	0.2	0.8	9,350	2.7	3.2	9,805	1.4	2.1	19,157
Hang self	0.6	0.8	9,350	0.7	0.9	9,805	0.6	0.9	19,157
Reason for attempting to commit suicide									
Family problem	0.7	0.8	9,354	2.7	3.2	9,803	1.7	2.1	19,159
Quarrel with spouse/partner	0.2	1.0	9,354	0.8	1.9	9,803	0.5	1.5	19,159

Note:
Method used in YAFS3 - one answer only
Method used in YAFS4 - multiple response

Table 6.12 Percent who ever thought of and who have ever tried committing suicide by mean depression and self-esteem score and drinking behavior

	Mean depression	Mean self-esteem score	Percent of currently drinking
Suicide ideation			
Yes	9.6	17.5	36.9
No	7.7	18.6	36.7
Total	7.9	18.5	36.7
Suicide attempt			
Yes	10.0	17.6	43.0
No	9.4	17.4	33.4
Total	9.6	17.5	36.9

self-esteem scale were used to measure the level of depression and self-esteem, respectively. Results indicate that those who ever considered and attempted to end their lives exhibited higher depression scores relative to those who did not. For example, those who have ever thought of committing suicide registered a mean depression score of 9.6 as compared to 7.7 among those who have not experienced such thoughts. In a similar vein, the mean self-esteem score of those who contemplated suicide is lower than those who did not. Youth who have tried to do something to end their lives are more likely to be current drinkers of alcoholic beverages compared to those who have not gone through the experience (43% vs. 33.4%, respectively).

Summary and conclusions

The foregoing discussion demonstrates that young Filipinos face a wide range of non-sexual risk behaviors. Alcohol consumption is

the most predominant among them, with about two in three having tried alcoholic beverages, although the prevalence of current drinkers is down to a third at the time of the survey. The youth are more likely to drink than to smoke, although they get initiated to tobacco sooner than to alcohol. There is considerable exposure to violence, both as a victim and as a perpetrator, with a higher incidence of intimate partner violence observed among the older female youth. Reports on suicide attempts and drug abuse may be much lower but are nevertheless significant considering their direct toll on the young persons' health and mortality condition. Findings indicating that over a third (37%) among those who contemplated suicide eventually carried it out provide an idea of the extent of the mental health problem among Filipino youth. Suicide ideation and the subsequent actions to end one's life which are found to be closely interrelated with self-esteem, depression, and current alcohol consumption, suggest the dangerous

connections among these unhealthy youth behaviors.

The dangers posed by these risk behaviors lie not only in the prevalence of practice but also in the timing of initiation. With many starting to explore these risk behaviors in their early teens, addiction and consequently long-term potential use, as in the case of smoking, are more likely to occur. These, in turn, are expected to be associated with greater health risk in later life.

The good news, however, is that for most of these non-sexual risk behaviors, the experience is far from universal. Many have dropped out after their initial excursions into these risky experiences. Moreover, results indicate a consistent decline in the prevalence of smoking, drinking, drug use, and suicide ideation and attempts over the last decade. Only the experience of violence increased over the same period.

The differentials in exposure to non-sexual risks across sectors of the youth population provide a clear mapping of youth vulnerability. Generally, the males are more likely to smoke, drink, do drugs, and engage in violence, but more females have entertained suicidal thoughts and carried them out. Compared to the rural areas, urban areas are associated with a higher prevalence of all the non-sexual risk behaviors considered in the analysis. However, the effect of education is not as clear. For the males, better education is associated with higher levels of alcohol and drug consumption but a lower level of smoking. Males with the lowest education registered the highest preponderance of smoking. For the females, the opposite effects of higher education are also noted in that higher educational attainment is associated with greater exposure to smoking and drinking. No clear education pattern is noted for the perpetuation of violence, although a higher incidence of being at the receiving end of violence is noted among those with poorer education. Suicide ideation is also higher among the better educated. The males exhibit a positive relationship between SES and drinking, drug use, and suicide ideation. For the females, higher

SES is associated with higher levels of smoking, alcohol use, and suicide ideation. Those of higher SES are also more likely to experience violence, both as a perpetrator and as a victim.

In sum, it seems that higher education and SES are both associated with higher exposure to smoking, drinking, and suicide ideation for the females and the males, with increased levels of drinking, drug use, and suicide ideation. Does this imply that the higher level of some of these risk behaviors such as smoking and drinking found among highly educated young people and those in the higher SES can be a function of access? The education patterns are not clear suggesting the need for further analysis to tease out the true direction of the relationship in a multivariate model.

The findings also show that while data over the last decade suggest a drop in the prevalence of these risk behaviors, the remaining proportion of young people who are still currently hooked on these risky behaviors is substantially high.

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Sexual Behavior

Maria Paz N. Marquez

The first YAFS conducted in 1982 was conceptualized primarily to examine sexuality-related issues and their antecedents among Filipino female youth to design interventions that would address the rising trend in unplanned and teenage pregnancy. Since then, YAFS has been known as the pioneering large-scale study of Filipino youth sexuality. The most recent YAFS round provides a comprehensive source of information on the Filipino youth's knowledge, attitude, and behavior related to sexuality. One of the main features of the YAFS4 survey is the inclusion of questions on new forms of sexual activity that have emerged in recent years, such as having a “fuck buddy” (FUBU), phone sex, and recording sex videos. It should be noted that YAFS—as with most surveys that deal with sensitive issues such as sexual behavior—is prone to social desirability bias, which could lead to over-reporting of sexual activity among males and under-reporting among females (Wellings et al., 2006). To minimize this limitation, the study devised several measures to ensure privacy during the interview process and confidentiality of the responses.

Sexual behavior covers a broad spectrum of activities including masturbation, kissing, petting, and having sex. The survey defined the term “having sex” as sexual intercourse or coitus that involves vaginal or anal penetration (Demographic Research and Development Foundation & University of the Philippines Population Institute, 2012). This chapter

discusses the patterns and trends of three aspects of sexual behavior: initiation of sexual activity, premarital sex experience, and risky sexual behaviors. Since gender disparity in sexual behavior is well established, most of the analyses in this chapter will be separate for males and females. In addition, apart from the five background characteristics, marital status has also been included in this chapter as one of the differentiating factors of sexual behavior.

Sexual experience

The majority of Filipino youth age 15–24 have not yet engaged in sexual intercourse. Table 7.1 shows that three in five youth have not initiated sexual activity (61.6% among males and 59.4% among females). Conversely, 2 in 5 youth have sexual experience. Among males, 38.5 percent have engaged in sex; 35.8 percent did so while they were still single. A minority of males' (2.6%) first sexual intercourse occurred after marriage. Among females, 40.6 percent have sexual experience. Similar to males, most sexual initiations of females are premarital (28.7%), but a substantial 11.9 percent reported marital first sex.

Age at sexual initiation

Age at sexual initiation is considered a proxy measure of exposure to the risk of pregnancy among females and the risk of fatherhood among males. It is also an important

Table 7.1 Percent distribution of the sexual experience of youth 15-24 years old by sex and background characteristics

Background characteristics	Male				Female					
	No sexual experience	With sexual experience		Total	No sexual experience	With sexual experience		Total		
		Premarital first sex	Marital first sex			Premarital first sex	Marital first sex			
Age	No sexual experience	Premarital first sex	Marital first sex	Total	No sexual experience	Premarital first sex	Marital first sex	Total	No. of females	
15-19	79.4	19.9	0.7	20.6	100.0	14.1	5.3	19.5	100.0	5,652
20-24	33.0	61.4	5.7	67.0	100.0	48.5	20.8	69.3	100.0	4,161
Marital Status										
Never married	70.3	29.7	0.0	29.7	100.0	10.1	0.0	10.1	100.0	6,483
Ever married	0.0	78.8	21.2	100.0	100.0	65.0	35.0	100.0	100.0	3,331
Region										
Ilocos	61.1	35.9	3.0	38.9	100.0	26.4	9.6	36.0	100.0	469
Cagayan Valley	67.2	29.1	3.8	32.8	100.0	25.4	19.6	45.0	100.0	327
Central Luzon	54.2	43.2	2.6	45.8	100.0	35.7	9.2	44.9	100.0	1,097
CALABARZON	62.7	36.1	1.2	37.3	100.0	22.5	12.0	34.5	100.0	1,304
MIMAROPA	62.5	34.6	2.8	37.5	100.0	28.2	12.5	40.7	100.0	280
Bicol	67.9	29.2	2.9	32.1	100.0	21.6	15.5	37.2	100.0	573
Western Visayas	67.1	31.7	1.2	32.9	100.0	31.9	7.6	39.5	100.0	722
Central Visayas	59.0	40.3	0.7	41.0	100.0	29.7	8.9	38.6	100.0	673
Eastern Visayas	68.6	27.2	4.2	31.4	100.0	23.6	20.9	44.5	100.0	402
Zamboanga Peninsula	59.7	36.8	3.5	40.3	100.0	31.8	12.1	43.9	100.0	355
Northern Mindanao	63.3	35.6	1.1	36.7	100.0	30.7	9.3	40.0	100.0	473
Davao	58.5	39.9	1.6	41.5	100.0	37.7	6.4	44.2	100.0	514
SOCCKSARGEN	70.7	25.9	3.4	29.3	100.0	20.6	16.5	37.1	100.0	461
CAR	66.9	30.8	2.3	33.1	100.0	37.1	11.2	48.2	100.0	197
ARMM	72.9	6.2	20.9	27.1	100.0	7.1	31.4	38.5	100.0	353
Caraga	61.9	35.8	2.3	38.1	100.0	31.5	10.2	41.7	100.0	254
NCR	50.8	48.6	0.6	49.2	100.0	34.7	8.9	43.6	100.0	1,357
Place of residence										
Urban	52.5	46.3	1.2	47.5	100.0	33.1	8.1	41.2	100.0	2,831
Rural	64.7	32.2	3.1	35.3	100.0	26.9	13.4	40.4	100.0	6,983
Educational attainment										
No schooling/Elementary	63.0	31.1	5.9	37.0	100.0	30.9	25.5	56.5	100.0	921
High school undergraduate	74.4	24.0	1.6	25.6	100.0	18.8	9.5	28.3	100.0	3,503
High school graduate/ Vocational	48.6	48.7	2.7	51.4	100.0	39.5	15.9	55.5	100.0	3,052
College or higher	51.8	47.0	1.2	48.2	100.0	28.6	4.8	33.3	100.0	2,336
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	68.0	26.7	5.3	32.0	100.0	28.6	22.0	50.6	100.0	1,953
Second	68.9	28.5	2.5	31.1	100.0	27.8	12.8	40.7	100.0	2,022
Middle	59.9	37.7	2.5	40.1	100.0	29.3	12.0	41.3	100.0	2,082
Fourth	54.7	43.9	1.4	45.3	100.0	28.5	7.9	36.5	100.0	2,064
Highest (Richest)	55.4	43.4	1.2	44.6	100.0	29.4	3.8	33.2	100.0	1,692
Total	61.6	35.8	2.6	38.5	100.0	28.7	11.9	40.6	100.0	9,813

indicator of exposure to the transmission of sexually transmitted infections (STIs) including HIV. In the survey, age at sexual initiation was derived from responses to two questions asking for (1) the age at first premarital sex among youth with premarital sex experience and (2) the age at marriage or cohabitation among ever married youth with no premarital sex experience.

Table 7.2 presents the percentage distribution and median age at sexual initiation by background characteristics. Males reported a lower median age of 17.8 years compared with 18.2 years for females, signifying that males were generally initiated into sex at a younger age than females. As expected, the younger cohort of youth (15–19 years old) reported a lower median age at sexual initiation than the older cohort (20–24 years old) for both sexes. For males, the median age at first sex reported by those in the ages 15–19 is 16.6 years, while the median age at first sex for those in the ages 20–24 is 18.7 years. The corresponding figures for females are 16.8 and 18.8 years, respectively.

Interestingly, a gender variation is evident in the differentials of the median age by marital status. On average, ever married males engaged in sex at a much later age than their never married counterparts (18.4 vs. 17.7 years), while for females, the reverse is true. Never married females reported a higher median age of 18.5 years compared with the ever married at 18.1 years.

Across regions, the youngest median age at sexual initiation for males was recorded in NCR (17.0 years) and Davao Region (17.4 years), while the oldest was in CAR (18.6 years) and ARMM (19.3 years). Females exhibited a different pattern, with the highest median ages found in Bicol (18.6 years) and Central Visayas (18.5 years) and the lowest in Davao Region (17.7 years). In most regions, the median age at first sex of males is lower than that of females. However, for Cagayan Valley, Eastern Visayas, SOCCSKSARGEN, CAR, ARMM, and Caraga, it is the females who engage in sex earlier than males on average. The age at sexual initiation of female youth in ARMM was, on

average, 1.4 years earlier than that of their male counterparts (17.9 years old vs. 19.3 years old).

On average, urban residents reported an earlier onset of intercourse than their rural counterparts for both sexes. There is no clear pattern in the median age at first sex by education among males, but among females, a monotonic increase is apparent, with the median age at sexual initiation two years later among those with college education (19.1 years) compared with youth who had no or elementary schooling (16.9 years). Increasing socioeconomic status is associated with a decreasing median age at first sex among males, but there is no distinct pattern among females.

Among the sexual behaviors tracked by the YAFS series is early sexual initiation, defined as beginning sexual activity before age 18. The proportion is computed from the youth age 18–24 to avoid the censoring effect of the inclusion of youth who were not yet 18 years old. Also of particular interest is the proportion of youth age 15–24 who have had sexual intercourse before age 15. This is one of the core indicators used by the United Nations General Assembly Special Session on HIV/AIDS to measure the global progress made to halt the spread of HIV/AIDS (Joint United Nations Programme on HIV/AIDS, 2009a).

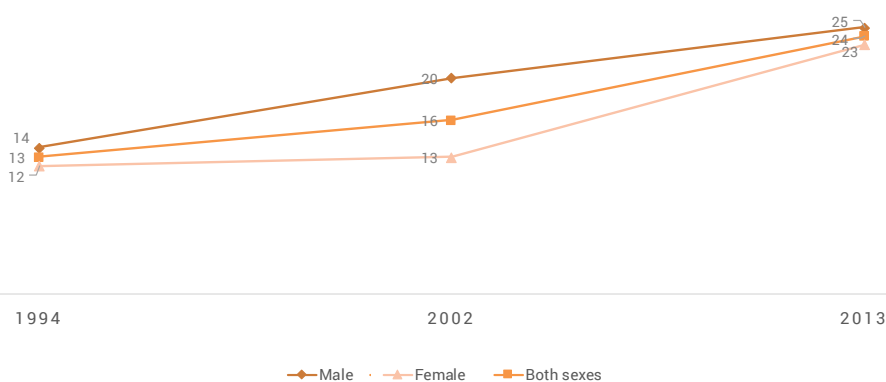
The results of the three YAFS rounds indicate an increasing proportion of youth who began sexual activity before age 18, from 12.9 percent in 1994 to 24.3 percent in 2013 for both males and females (Figure 7.1). Among males, this proportion increased from 13.8 percent in 1994 to 25.1 percent in 2013; for females, the corresponding increase was from 12 percent to 23.5 percent. The “younging” trend in the onset of sexual intercourse is also evident in the declining median age at first sex. For males, the median age at sexual initiation decreased from 18.0 years in 1994 to 17.8 in 2013; for females, it decreased from 18.8 in 1994 to 18.2 in 2013 (data not shown).

Looking at the proportion of youth with early sexual activity across background characteristics reveals interesting findings (Table 7.2). By marital status, there is a wide disparity

Table 7.2 Median age at first sex and percent of youth age 15-24 who had sex before age 18-24 who had sex before age 18 by sex and background characteristics

Background characteristics	Male					Female						
	Median age at first sex	No. of males 15-24 years old with sexual experience	Had sex before age 15	No. of males 15-24 years old	Had sex before age 18	No. of males 18-24 years old	Median age at first sex	No. of females 15-24 years old with sexual experience	Had sex before age 15	No. of females 15-24 years old	Had sex before age 18	No. of females 18-24 years old
Age												
15-19	16.6	1,159	3.2	5,740	25.4	2,197	16.8	1,030	2.1	5,583	26.9	1,953
20-24	18.7	2,316	3.7	3,504	24.9	3,504	18.8	2,625	1.8	3,906	21.8	3,907
Marital Status												
Never married	17.7	2,404	2.8	8,170	21.2	4,646	18.5	646	0.3	6,475	6.1	3,085
Ever married	18.4	1,071	7.4	1,074	41.9	1,055	18.1	3,009	5.5	3,013	42.8	2,774
Region												
Ilocos	17.8	178	2.1	468	23.6	284	18.1	154	1.5	455	24.2	273
Cagayan Valley	18.4	107	1.8	337	15.6	205	18.0	131	2.3	311	25.9	197
Central Luzon	17.7	421	4.8	937	30.3	630	18.3	474	2.1	1,079	22.8	782
CALABARZON	17.8	443	4.4	1,222	26.5	740	18.3	422	1.5	1,277	22.9	726
MIMAROPA	18.2	104	2.8	282	22.8	167	18.3	--	1.1	273	20.7	174
Bicol	17.8	162	2.1	516	21.3	310	18.6	195	1.3	555	19.5	339
Western Visayas	17.8	240	2.3	753	22.3	480	18.3	246	1.5	683	20.6	427
Central Visayas	18.2	301	2.8	738	21.4	471	18.5	240	1.4	653	17.9	368
Eastern Visayas	18.4	128	2.4	421	18.5	233	18.0	151	2.4	375	24.9	221
Zamboanga Peninsula	17.8	146	2.7	369	29.0	241	18.1	119	1.9	317	21.5	205
Northern Mindanao	17.8	162	1.8	445	25.9	247	18.3	175	1.3	458	20.4	260
Davao	17.4	176	4.3	437	30.4	270	17.7	214	2.4	501	30.1	322
SOCCKSARGEN	18.1	122	2.8	433	16.7	227	18.0	146	2.1	436	26.2	229
CAR	18.6	54	2.4	170	16.5	109	18.5	90	1.6	192	19.1	136
ARMM	19.3	83	0.9	319	8.6	220	17.9	121	3.8	341	24.4	213
Caraga	17.9	100	1.9	264	26.1	161	17.8	97	3.3	246	30.6	134
NCR	17.0	548	6.2	1,134	36.2	705	17.8	575	2.9	1,340	27.0	854
Place of residence												
Urban	17.4	1,104	5.7	2,364	34.3	1,488	18.0	1,112	2.5	2,777	25.1	1,758
Rural	18.0	2,371	2.6	6,881	21.8	4,213	18.2	2,543	1.8	6,713	22.7	4,102
Educational attainment												
No schooling/Elementary	17.9	607	3.4	1,699	23.0	998	16.9	455	7.9	859	48.4	506
High school undergraduate	17.2	882	3.1	3,509	23.4	1,324	17.2	902	2.6	3,413	39.5	1,057
High school graduate/ Vocational	18.1	1,193	3.3	2,367	25.6	1,998	18.5	1,569	0.9	2,981	21.7	2,464
College or higher	17.8	792	3.9	1,666	27.3	1,380	19.1	728	0.2	2,285	9.8	1,833
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	18.0	582	2.1	1,869	19.4	1,059	17.8	861	2.7	1,830	35.3	1,095
Second	18.0	574	1.9	1,895	20.4	1,137	18.3	750	2.4	1,952	21.7	1,137
Middle	18.0	701	2.7	2,054	23.2	1,309	18.3	791	2.1	2,014	22.0	1,255
Fourth	17.8	856	5.3	1,918	29.8	1,244	18.1	713	1.2	2,025	20.9	1,297
Highest (Richest)	17.3	662	5.1	1,508	33.3	952	18.3	539	1.5	1,669	18.1	1,076
Total	17.8	3,475	3.4	9,244	25.1	5,701	18.2	3,655	2.0	9,489	23.5	5,960

Notes: --- Not applicable

Figure 7.1 Percent of youth age 15-24 who had sex before age 18 by sex: 1994, 2002, 2013

in the proportion who initiated sex before age 18 between ever married and never married youth, suggesting that the sexual activity may have prompted the union. The 41.9 percent of ever married males with early sexual initiation is nearly double that of their never married counterparts. Among females, the proportion among the ever married (42.8%) is seven times higher than that among the never married (6.1%).

Worth noting is the proportion of youth in NCR with early sexual initiation, particularly for males, the highest among all regions. More than 3 in 10 (36.2%) young men in NCR began sexual activity before they turned 18, with 6.2 percent having sex at a very young age (below 15 years old). Females in NCR also recorded a high proportion of early sexual debut at 27 percent, but this is lower than Davao Region's 30.1 percent and Caraga's 30.6 percent. However, when sexual activity of females before age 15 is examined, ARMM and Caraga stand out with 3.8 and 3.3 percent, respectively.

For both sexes, early sexual activity is more pervasive among urban than rural residents. Also notable are the divergent gender patterns of early sexual activity by educational attainment and socioeconomic status. Among males, the proportion who had sex before age 18 is positively associated with both education and socioeconomic status, but an inverse association is evident for females. In other words, early sexual initiation is more prevalent among the more educated and wealthier males, but it is the

low-educated and poorer females who recorded greater prevalence of early sexual activity.

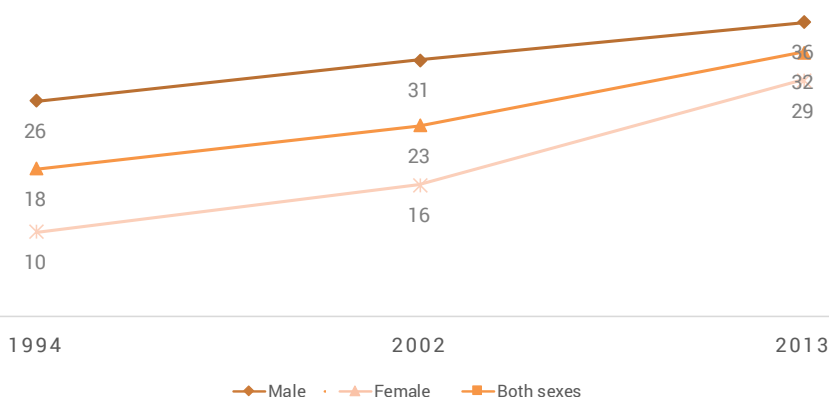
Premarital sexual initiation

Premarital sexual experience

The YAFS series has also been tracking the prevalence of premarital sexual activity, defined as sex before cohabitation or formal marriage, among Filipino youth. Premarital sex per se does not pose a higher risk for early and unintended pregnancy or increase the risk for STI transmission. The concern regarding premarital sex lies on its social unacceptability in the country, as reported in an earlier chapter.

Trend data reveal a substantial upward shift in the prevalence of premarital sex, from 17.9 percent in 1994 to 32.2 percent in 2013 (Figure 7.2). With the increasing prevalence of premarital sexual activity comes a narrowing of the gap in the level between men and women. In 1994, 26.2 percent of young men had premarital sexual experience, more than double the 10.2 percent prevalence among young women. Two decades later, 35.8 percent of males and 28.7 percent of females have engaged in premarital sex, a difference of only 7 percentage points. In fact, in 2013, the prevalence of premarital sexual activity is higher for females than males in CAR (37.1% vs. 30.8%) and Western Visayas (31.9% vs. 31.7%), as shown in Table 7.1.

Figure 7.2 Percent of youth age 15-24 with premarital sex experience by sex: 1994, 2002, 2013



It is evident in Table 7.1 that the lion's share of the young people's sexual initiations are premarital in nature. Among youth with sexual experience, 93.1 percent of males and 70.7 percent of females had their first sex prior to marriage.

Table 7.1 also presents the proportion of youth with premarital sex experience for males and females across background characteristics. The proportion of youth with premarital sex experience is much higher among the older than the younger cohort (61.4% vs. 19.9% for males and 48.5% vs. 14.1% for females). As expected, ever married youth reported a higher prevalence of premarital sex than never married youth. Nearly 8 in 10 (78.8%) ever married males have engaged in premarital sex, while the corresponding proportion among the never married males is only 29.7 percent. Among females, the gap is even wider at 65 percent among the ever married against 10.1 percent among the never married.

Males from NCR (48.6%) and Central Luzon (43.2%) and females from Davao Region (37.7%) and CAR (37.1%) reported the highest levels of premarital sexual activity. ARMM, where early marriage is common, reported the lowest at 6.2 percent for males and 7.1 percent for females. Regardless of sex, premarital sex is more common in urban than rural areas. By education, the level of premarital sex is highest among high school graduates (43.6%) and lowest among high school undergraduates (21.4%), a pattern that is evident for both males and females. However,

the proportion with premarital sex experience is positively associated with socioeconomic status for males but not for females.

Wantedness of first premarital sex

Respondents with premarital sex experience were asked to describe the wantedness of their first premarital sex by choosing from four scenarios: The first intercourse/contact was (1) something they wanted to happen at that time, (2) something they did not want to happen but went along with, (3) something they did not plan to happen but happened anyway, and (4) something that happened against their will. The results indicate that Filipino youth's sexual initiation is typically unplanned. Table 7.3 shows that less than half (46.6%) of the youth wanted their first sex to happen at the time it did. One in five (21%) youth said they did not want it to happen but went along with it, while 29.8 percent said they did not plan it but it happened anyway. The remaining 2.5 percent admitted that their first sex happened against their will (coercive sex).

Coercive sex is more common among females than males (3.8% vs. 1.5%, respectively). It is also more prevalent among younger youth, Bicol and MIMAROPA residents, and the least educated compared with their counterparts.

Protection during first premarital sex

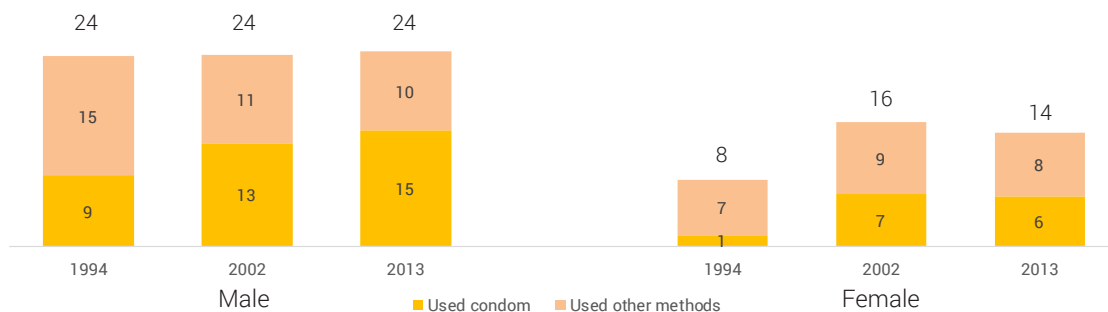
What makes premarital sex risky is not only the age at which it first transpired but also if the sexual act is not protected from the risk of conception or STIs. Table 7.3 shows the proportion of young people who used any form of protection and the proportion who used a

condom during their premarital sexual initiation. Special attention is accorded to the condom because among all methods, it has the distinction of providing dual protection against unintended pregnancy and STIs. The condom is the method of choice for Filipino youth's sexual initiation, as it accounts for 58.3 percent of protected sexual activities.

Table 7.3 Percent distribution of wantedness of first premarital sex and percent who used protection during first premarital sex among youth 15-24 years old with premarital sex experience by background characteristics

Background characteristics	Youth whose first premarital sex was something the youth:					Youth with premarital sex experience who:		No. of youth who ever had premarital sex
	Wanted to happen at that time	Did not want to happen but went along with	Did not plan but happened anyway	Happened against will	Total	Used any form of protection during first premarital sex	Used condom during first premarital sex	
Sex								
Male	53.4	16.0	29.1	1.5	100.0	26.6	15.7	3,217
Female	38.0	27.5	30.8	3.8	100.0	16.2	9.2	2,498
Age								
15-19	46.1	22.1	28.7	3.1	100.0	21.0	12.0	1,845
20-24	46.9	20.5	30.4	2.2	100.0	22.6	13.3	3,869
Marital Status								
Never married	47.6	18.9	31.2	2.3	100.0	27.3	17.7	3,036
Ever married	45.6	23.5	28.3	2.7	100.0	16.1	7.4	2,678
Region								
Ilocos	42.0	19.3	36.9	1.8	100.0	33.6	18.5	274
Cagayan Valley	54.9	22.8	19.8	2.5	100.0	13.7	9.3	162
Central Luzon	46.8	24.0	28.9	0.4	100.0	17.9	15.2	772
CALABARZON	51.5	14.5	32.6	1.5	100.0	30.9	17.8	688
MIMAROPA	38.1	26.8	30.4	4.8	100.0	22.8	10.2	168
Bicol	44.0	18.7	32.1	5.2	100.0	15.7	15.0	252
Western Visayas	53.3	22.2	20.6	3.8	100.0	12.4	10.2	418
Central Visayas	41.0	25.6	30.0	3.3	100.0	29.8	10.9	480
Eastern Visayas	49.4	22.7	25.0	2.8	100.0	15.9	10.2	176
Zamboanga Peninsula	44.7	20.2	33.7	1.4	100.0	9.1	6.2	208
Northern Mindanao	47.4	21.3	28.9	2.4	100.0	9.8	5.2	287
Davao	49.7	15.2	32.5	2.6	100.0	19.8	9.2	348
SOCCKSARGEN	54.0	21.6	22.7	1.7	100.0	9.0	7.9	176
CAR	40.7	25.4	29.7	4.2	100.0	22.2	13.6	118
ARMM	61.3	12.9	25.8	0.0	100.0	9.7	6.5	31
Caraga	60.0	15.8	20.6	3.6	100.0	14.5	5.5	165
NCR	40.6	22.5	33.9	3.0	100.0	31.5	16.3	995
Place of residence								
Urban	44.0	21.7	31.6	2.7	100.0	26.1	15.0	1,955
Rural	48.0	20.6	28.9	2.4	100.0	20.0	11.8	3,759
Educational attainment								
No schooling/Elementary	59.8	17.4	19.1	3.7	100.0	11.7	5.0	726
High school undergraduate	48.0	22.1	27.2	2.7	100.0	18.9	10.2	1,382
High school graduate/Vocational	44.7	20.5	32.2	2.5	100.0	20.4	11.1	2,219
College or higher	41.5	22.6	34.2	1.6	100.0	33.3	22.3	1,387
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	50.3	21.6	24.6	3.5	100.0	12.0	5.1	915
Second	46.9	23.4	26.9	2.8	100.0	14.5	8.7	1,018
Middle	49.4	18.3	28.7	3.6	100.0	21.6	9.3	1,281
Fourth	41.8	20.9	35.4	1.9	100.0	27.6	15.8	1,376
Highest (Richest)	46.4	21.6	31.2	0.8	100.0	30.9	23.5	1,124
Total	46.6	21.0	29.8	2.5	100.0	22.1	12.9	5,714

Figure 7.3 Percent who used any form of protection during first premarital sex by sex: 1994, 2002, 2013



Most of the first premarital sexual encounters of Filipino youth were unprotected. Among youth with premarital sex experience, 12.9 percent used a condom during their sexual initiation while 9.2 percent used other methods, notably withdrawal. The rest (77.9%) were unprotected. The low level of protected sex is not surprising given the generally spontaneous nature of the sexual initiation, as described earlier.

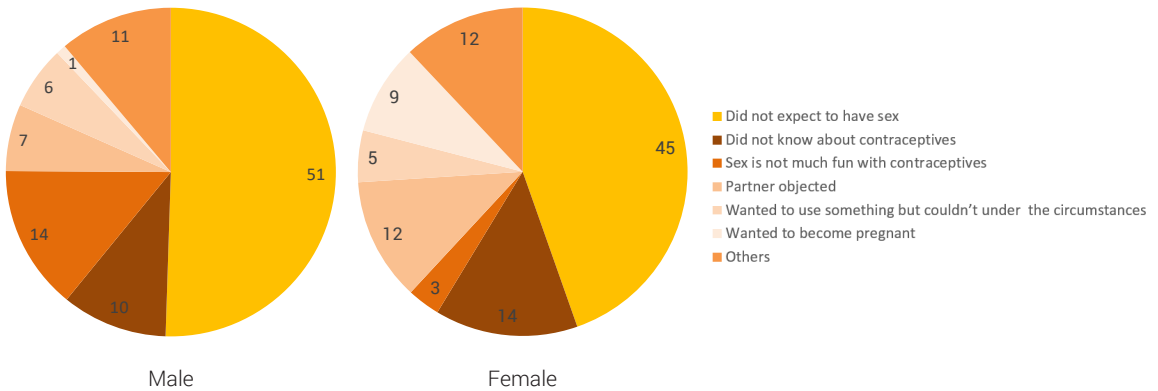
The proportion who reported using a condom during first sex is higher for males (15.7%) than females (9.2%), which is expected because the condom is a male-dependent method. Condom use is also higher among the older cohort of youth, the never married, and urban residents compared with their respective counterparts. Condom use at sexual initiation is more widespread among young people in Ilocos (18.5%), CALABARZON (17.8%), and NCR (16.3%) and least pervasive in Northern Mindanao (5.2%) and Caraga (5.5%). Condom use during first sex rises with corresponding increases in the levels of educational attainment and socioeconomic status. For instance, only 1 in 20 of the least educated or the poorest youth used a condom. In contrast, more than one in five among the college educated or those belonging to the richest quintile reported condom use. The wide disparity across education categories suggests that lack of knowledge about the condom or its sources may have hindered condom use. On the other hand, the large difference in condom use between the poorest and the richest segments of the youth

population implies that more financially well-off youth are able to afford condoms and other contraceptive methods more than their poorer counterparts.

The trend data in Figure 7.3 show that the prevalence of protected sexual initiation among males has remained stable over the past 20 years, while a seesaw pattern is apparent among females. From 1994 to 2013, nearly a quarter of males age 15–24 used any form of protection during their first premarital sex. In contrast, from 8.5 percent in 1994, the proportion of females who used protection during their sexual debut climbed to 15.8 percent in 2002 but went down to 14.1 percent in 2013. The good news is the rising level of condom use during the sexual initiation of both male and female youth. Among males, the 8.9 percent level of condom use in 1994 steadily rose until 2003, when it surpassed the level of use of other methods combined (14.6% vs. 9.7%, respectively). Among females, the rather low 1.4 percent level of condom use increased to 6.6 percent in 2002 but dipped slightly to 6.3 percent in 2013.

When asked for the main reason why the youth or their partner did not use any form of protection the first time they had premarital sex, the leading reason given was they did not expect to engage in sex at that time. This was reported by 50.5 percent of male youth and 44.6 percent of female youth (Figure 7.4). A substantial 10.4 percent of males and 14 percent of females also admitted a lack of knowledge about contraceptives as the

Figure 7.4 Percent distribution of the main reason for non-use of protection during first premarital sex by sex



reason for their unprotected sexual initiation. In addition, 14.2 percent of males but only 3.2 percent of females felt that the sexual act would not be fun if they used contraceptives. Objection by their sexual partner was the main reason given by a sizable 12.1 percent of females and 6.6 percent of males. Nearly 9 percent of females said they wanted to get pregnant. The corresponding proportion for males who wanted to get their partners pregnant is much lower at 1 percent. A variety of other reasons were mentioned, each rarely exceeding 1 percent, but when combined constitute about one tenth of all responses. These include belief that contraceptives are wrong or dangerous to use, deficient knowledge on where to get contraceptives, firm belief that pregnancy will not happen, inability to use contraceptives because they were drunk at that time or were raped, or simply personal choice.

Reason for first premarital sex

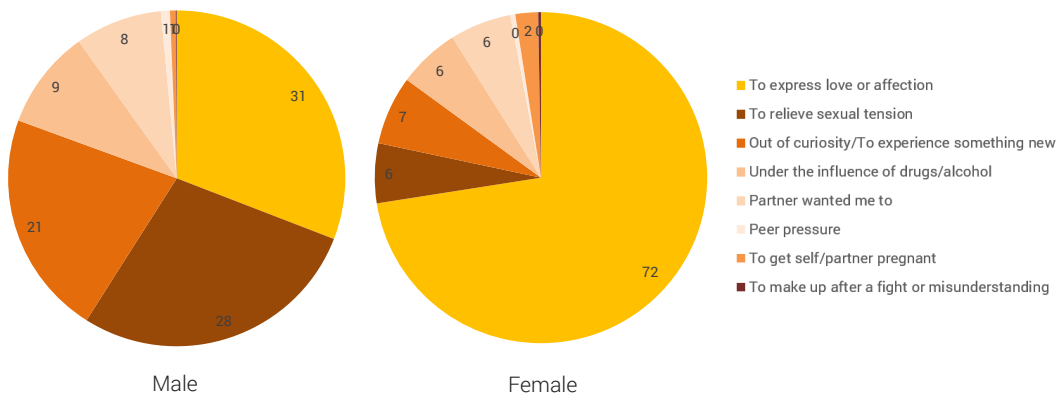
Meston and Buss (2007) identified a multitude of reasons why people engage in sexual intercourse. They noted significant gender differences that are also evident in the YAFS4 data. As shown in Figure 7.5, there is a considerable gender disparity in the main reason why Filipino youth engaged in sex for the first time. For a great majority (71.9%) of females, expression of love is the primary motivating factor for their first sexual activity. In contrast, only 30.6 percent of males gave the same reason, and a nearly equal proportion

(27.9%) admitted that release of sexual tension or arousal compelled them to have sex for the first time. The latter reason was reported by only 5.8 percent of females. In addition, for 21.4 percent of males and 6.7 percent of females, the desire to experience something new or curiosity about sex was the driving force behind their sexual initiation. Furthermore, a notable 9.5 percent of males and 6 percent of females were under the influence of drugs and alcohol when they first engaged in sexual intercourse, suggesting that their first sexual experience was nonconsensual in nature. Another 8.3 percent of males and 5.9 percent of females said they gave in to their partner's desire to have sex. Peer pressure was also one of the reasons mentioned by the youth, but it figured in only less than 1 percent of the young people's sexual debut. Other reasons cited for initiating sex include the desire to get themselves or their partner pregnant, to make up after a fight or misunderstanding, to escape from family problems, to prove virginity, and as a form of rebellion.

Risky sexual behaviors

The survey elicited information on a number of other sexual activities, which if unprotected could pose a higher risk for unplanned pregnancy and contracting STIs including HIV. These are commercial sex (paying for sex and being paid in exchange for sex), casual sex, having a FUBU, coercive sex, sex with

Figure 7.5 Percent distribution of the main reason for engaging in first premarital sex by sex



multiple partners, extramarital sex, and sex between males. Commercial sex, for instance, is an important public health concern because clients of sex workers are considered important bridging groups in the transmission of STIs and HIV to wider sexual networks (Wellings et al., 2006). The proportions of youth who engaged in these risky sexual activities are presented in Table 7.4.

Commercial sex

Commercial sex or transactional sex is defined in the study as sexual acts involving payment either in cash or in kind. The survey questions asked whether the respondent is a seeker (the respondent paid for sex) or a provider (the respondent has been paid for sex). Aside from cash, payments come in many forms, from expensive material things such as cellphones and other electronic gadgets, jewelry, clothes, perfume, and tuition fee payment to as little as cellphone load, slippers, and teddy bears. Intangibles such as assistance in doing homework are also exchanged for sexual favors.

Commercial sex activities among the young people are rather low: 1.4 percent have ever paid for sex, while 1.5 percent have been paid in exchange for sexual favors. About 3 percent of males reported having paid for or received payment for sex, while the comparable figure for females is considerably lower at less than 1 percent. Since commercial sex is illegal in

the country, there is reason to believe that the reported data may be under-reported.

Commercial sex is more common among older youth (20–24 years old) and urban residents. Both types of commercial sex activities are most common in NCR and Davao Region and least prevalent in Cagayan Valley and ARMM. There is no clear pattern in the prevalence of these sexual activities by marital status and education. A positive association is apparent, however, between socioeconomic status and the proportion who paid for sex, signifying a higher capacity to pay for such favors among the youth belonging to the highest quintile compared with their poorer counterparts.

Casual sex and sex with a FUBU

In recent years, casual sexual relationships or sexual hook-ups, as they are called in popular media, are increasingly becoming a normative experience among adolescents and young adults, particularly among university students in Western countries (Fielder, Walsh, Carey, & Carey, 2013; Garcia, Reiber, Massey, & Merriweather, 2012; Wentland & Reissing, 2014).

In the 2013 YAFS, casual sex refers to sexual activities outside the context of a romantic relationship, with no payment involved, and which happened only once or twice (e.g., one-night stand). Sexual partners in this type of sexual activity include strangers, acquaintances, neighbors, board mates, dorm mates, and friends.

Table 7.4 Percent of youth 15-24 years old who have engaged in risky sexual activities by background characteristics

Background characteristics	Youth who have:					Sex with multiple partners	No. of youth	Ever-married youth who have engaged in extramarital sex	No. of ever-married youth	Percentage of males who have sex with males (MSM)	No. of males
	Ever paid for sex	Received payment for sex	Casual sex experience	A "fuck buddy" (FUBU)	Coercive sex experience						
Sex											
Male	2.7	2.7	9.4	6.6	3.2	25.0	9,364	10.1	1,164	5.1	9,364
Female	0.1	0.3	0.7	0.7	5.5	5.5	9,813	0.6	3,325	---	---
Age											
15-19	0.6	0.8	2.5	1.9	2.4	7.8	11,424	1.4	1,051	3.4	5,771
20-24	2.5	2.4	8.5	6.1	7.4	25.6	7,755	3.6	3,436	7.7	3,594
Marital Status											
Never married	1.4	1.4	5.0	3.6	1.8	13.1	14,683	---	---	4.9	8,200
Ever married	1.4	1.5	4.7	3.5	13.2	21.3	4,496	3.1	4,489	6.3	1,166
Region											
Ilocos	0.6	1.0	5.6	2.9	5.0	14.8	941	3.1	194	5.1	473
Cagayan Valley	0.1	0.3	2.4	1.2	5.2	8.6	571	0.0	176	1.2	344
Central Luzon	2.1	1.6	4.6	3.1	2.1	15.8	2,050	1.2	573	5.0	953
CALABARZON	1.2	1.3	6.8	4.4	4.2	16.2	2,546	2.8	528	6.4	1,243
MIMAROPA	1.8	1.4	4.5	2.5	5.5	14.4	563	2.7	146	7.1	283
Bicol	0.6	1.2	2.5	2.0	6.6	10.8	1,095	2.1	233	3.3	521
Western Visayas	1.2	0.9	3.8	3.1	4.0	12.3	1,486	1.1	277	4.2	764
Central Visayas	1.2	1.7	5.1	3.2	5.4	15.7	1,415	2.1	291	4.2	741
Eastern Visayas	1.1	0.6	4.6	1.8	4.7	12.4	829	0.5	216	3.5	426
Zamboanga Peninsula	1.4	1.1	3.2	2.5	3.3	14.7	729	1.6	193	5.4	373
Northern Mindanao	1.4	2.6	4.8	2.4	4.4	14.8	921	3.1	196	7.8	448
Davao	2.4	2.4	6.4	4.0	4.3	18.9	960	2.6	230	7.0	446
SOCCSKSARGEN	0.3	0.4	2.2	1.4	4.2	7.7	901	1.1	188	2.3	440
CAR	1.1	0.5	3.5	1.1	3.9	10.8	370	1.0	102	1.7	173
ARMM	0.3	0.0	1.2	0.3	3.6	3.0	676	0.0	207	0.6	321
Caraga	1.0	1.2	4.0	1.9	6.0	15.6	520	1.8	110	4.5	266
NCR	2.4	2.8	8.0	9.0	4.8	24.1	2,507	11.3	626	7.9	1,150
Place of residence											
Urban	2.0	2.5	7.2	6.9	4.6	21.3	5,228	6.8	1,216	7.0	2,398
Rural	1.1	1.1	4.1	2.3	4.3	12.6	13,949	1.7	3,272	4.4	6,967
Educational attainment											
No schooling/Elementary	1.8	2.2	4.2	3.2	5.2	15.2	2,653	1.9	776	4.9	1,731
High school undergraduate	0.8	1.1	3.1	2.1	3.0	10.0	7,033	4.5	1,219	3.7	3,532
High school graduate/ Vocational	1.9	1.7	6.5	4.5	6.4	18.6	5,465	2.3	1,816	6.5	2,412
College or higher	1.3	1.3	6.6	5.2	3.7	18.6	4,023	3.8	678	5.9	1,687
Socioeconomic status (Wealth quintile)											
Lowest (Poorest)	0.9	0.9	2.0	1.4	4.7	10.2	3,843	1.4	1,202	3.4	1,888
Second	1.0	1.7	3.5	2.1	4.4	11.5	3,938	1.0	911	5.0	1,917
Middle	1.6	1.5	5.0	3.1	5.1	16.0	4,172	3.3	978	5.3	2,091
Fourth	1.7	1.2	6.6	5.7	4.1	18.3	4,005	4.6	861	4.9	1,942
Highest (Richest)	1.7	2.2	7.8	6.0	3.6	19.6	3,219	7.3	534	7.0	1,527
Total	1.4	1.5	4.9	3.6	4.4	15.0	19,177	3.1	4,489	5.1	9,364

Notes: --- Not applicable

The proportion who have engaged in casual sex is 9.4 percent among males and only 0.7 percent for females.

As mentioned earlier, a new type of sexual relationship was documented for the first time in the 2013 YAFS: nonromantic regular sexual relationships where two people who are not in a romantic relationship regularly engage in sexual intercourse. In the language of the youth, this is called “FUBU” or “FB” (short for “friends with benefits”).¹ Sex with a FUBU may pose a higher vulnerability to STIs because it does not include an expectation of exclusivity in the sexual relationship. Hence, this type of arrangement carries a higher likelihood of having multiple partners for either partner. This sexual activity was reported by 3.6 percent of Filipino youth: 6.6 percent of males but only 0.7 percent of females.

For both casual sex and sex with a FUBU, the patterns across background characteristics are similar. The older youth, the urban residents, the more educated, and the economically well off exhibit a higher proportion of both casual sex and FUBU sex. Among regions, these sexual activities are most prevalent in NCR, where 8 percent have experienced casual sex and 9 percent have a FUBU.

Coercive sex

In addition to nonconsensual sex during premarital sexual initiation (Table 7.3), the survey also asked the respondents if they have ever been forced into having sexual intercourse at any time in their lives. The results presented in Table 7.4 reveal that 4.4 percent of the youth have experienced coercive sex. This risky sexual behavior has the distinction of being the only one in which females outnumber the males (5.5% vs. 3.2%, respectively). However, like the other risky sexual behaviors, the older youth, the ever married, and the urban residents recorded a higher prevalence compared with their counterparts. In terms of geographic variation, the proportion

with coercive sex is highest in Bicol (6.6%) and Caraga (6%) and lowest in Central Luzon (2.1%). There is no distinct pattern in the level of coercive sex experience across educational attainment and socioeconomic status gradients.

Sex with multiple partners

The proportion of youth who have engaged in sex with multiple partners measures the lifetime number of sexual partners. It is derived from responses to several questions asking for the number of sexual partners for each type of risky sexual behavior and whether the respondents have engaged in sex with someone other than their first partner. It should be noted that the data do not capture whether the sexual partnerships are concurrent (overlapping in time) or serial (one partner at a time). The former allows for a more rapid spread of STIs than the latter.

Table 7.4 shows that sexual monogamy remains the dominant pattern among Filipino youth, with only 15 percent reporting having more than one sexual partner. Multiple partnership is five times more prevalent among males than females (25% vs. 5.5%, respectively), lending support to the widely held belief that men are naturally polygamous. This finding comes as no surprise within the context of Philippine society, where the double standard of morality in sexual aspects privileges men (Medina, 2015). Having numerous “sexual conquests” among men is proof of their masculinity and enhances their reputation (Meston & Buss, 2007), whereas females with large numbers of sexual partners are often viewed in a negative light and labeled as “flirts” or “loose women.”

Huge disparities are also apparent in other background characteristics. Older youth, who have had presumably more opportunity to engage in sex with a greater number of partners compared with their more junior counterparts, exhibit a higher preponderance of multiple partnership. A quarter of the youth in the ages 15–24 and only

¹ It should be noted that the YAFS survey does not make any distinction between “fuck buddy” and “friends with benefits,” although many studies on casual sex (e.g., Wentland & Reissing, 2014) have defined “fuck buddies” as having a relationship primarily for sexual interaction while “friends with benefits” interact in both social and sexual situations.

7.8 percent of those in the ages 15–19 reported multiple sexual partners. By marital status, one fifth (21.3%) of the ever married youth have engaged in sex with more than one partner, while the corresponding proportion for the never married is lower at 13.1 percent. It should be noted that for ever married youth, the sexual partners include those that they have interacted with prior to the marriage or cohabitation.

The prevalence of multiple partnership is highest in NCR (24.1%) and lowest in ARMM (3%). This pattern is also evident in the urban-rural divide, wherein 21.3 percent of urban residents as against 12.6 percent of rural residents reported having sex with more than one partner. Higher proportions of multiple sexual partnership are also found among better-educated youth than those with lower educational attainment. By socioeconomic status, the proportion of multiple partnership monotonically increases from 10.2 percent among the poorest to 19.6 percent among the richest group of youth.

Extramarital sex

One form of concurrent multiple partnership is extramarital sex, defined as engaging in sexual intercourse with someone other than one's spouse or live-in partner while still married or cohabiting. In extramarital sex, the risk of acquiring STI and HIV infections is greater, as it extends to a wider sexual network consisting of the unfaithful spouses and their marital and extramarital partners. Medina (2015) noted that extramarital sex is more strongly condemned in the country than premarital sex because it does not only disrupt an ongoing marriage but also affects the married individuals, their children, and other family members.

This risky sexual behavior was reported by 3.1 percent of all youth, with the prevalence among males 10 times higher compared with females (10.1% vs. 0.6%, respectively). As a subset of sex with multiple partners, the differentials of extramarital sex experience across the youth's background characteristics mimic those of the former.

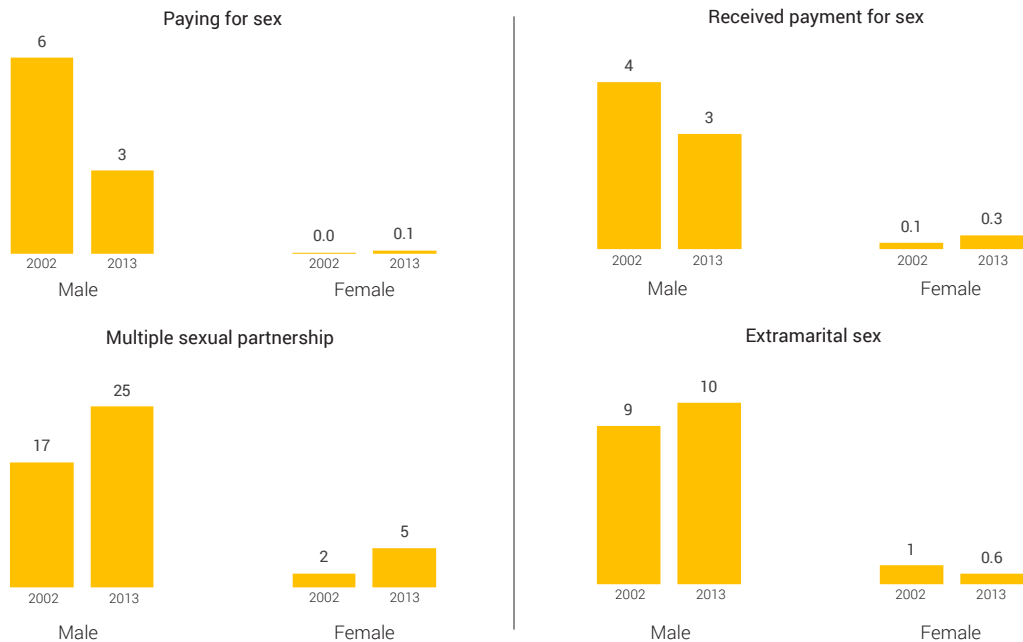
The differentials by specific marital status categories are not shown in Table 7.4, but the pattern validates the instability of cohabitation. Young people in a living-in arrangement are more susceptible to extramarital sex, as 4.2 percent admitted having extramarital sex experience. In contrast, only 0.9 percent of formally married youth have a concurrent sexual partner apart from their spouses. The youth who have been separated from their spouses or live-in partners reported the highest proportion of extramarital sex experience at 6.4 percent, which suggests that the extramarital affair may have been the cause of the separation.

Males who have sex with males

One of the sexual behaviors tracked by YAFS that is specific to males is same-sex activity or "men who have sex with men" (MSM). According to the UNAIDS Action Framework (Joint United Nations Programme on HIV/AIDS, 2009b), the term refers to males who have sex with other males, regardless of whether they have sex with women or have a personal or social identity associated with that behavior, such as being "gay" or "bisexual." It is of value to track this behavior because it poses a heightened risk for STIs, especially HIV, if unprotected. MSM is one of the sectors of the population with a rapidly growing incidence of HIV infection in the Philippines since 2008 (Philippine National AIDS Council, 2014). Consequently, young, sexually active men who have sex with men are now considered the core transmitters of the HIV epidemic in the country (Ross et al., 2013).

Table 7.4 shows that 5.1 percent of males have engaged in sex with a fellow male. This practice is most prevalent in NCR (7.9%) and Northern Mindanao (7.8%) and least common in ARMM (0.6%) and Cagayan Valley (1.2%). Similar to other types of risky sexual activities, more of the 20–24-year-olds and urban males have engaged in sex with another male than their respective counterparts. MSM is more common among ever married males (6.3%) than never married males (4.9%), while there is no discernible pattern in

Figure 7.6 Percent of youth 15-24 years old who have engaged in risky sexual activities by sex: 2002 and 2013



this practice across males' educational attainment or socioeconomic status categories.

Change in risky sexual behavior over time

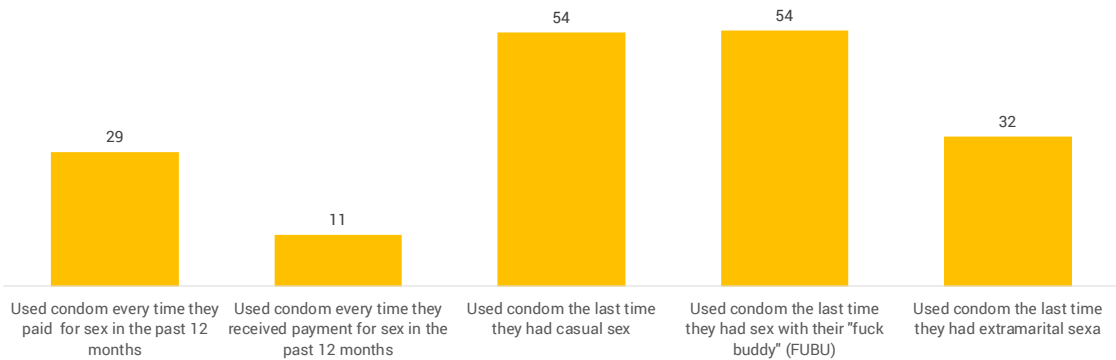
Comparable data on selected risky sexual behavior for 2002 and 2013 are depicted in Figure 7.6. Data from the past two survey years reveal a decline in the levels of commercial sex activities among males but an increase in multiple sex and extramarital sex. In 2013, 2.7 percent of males reported having paid for sex, about half of the level found in 2002. The proportion of males who received payment for sex, meanwhile, recorded a slight decline from 3.9 to 2.7 percent. For females, the prevalence of commercial sex is too low for a meaningful analysis.

An upsurge in the proportion with multiple sex partners is observed for both men and women. Males recorded a considerable increase, from 17.4 percent in 2002 to 25 percent in 2013. A more modest increase is evident for females, from 2 to 5.5 percent in the same period. For extramarital sex, the proportions changed slightly between

2002 and 2013 but in opposite directions for men and women.

Unprotected sex during risky sexual activities

Although the prevalence of the risky sexual activities described earlier may be on the low side, it is still a cause for concern because most young people engage in these activities without protection against the risk of unintended pregnancy and contracting STIs. For example, among males who have ever paid for sex, only 28.6 percent reported using a condom every time they paid for sex in the past 12 months before the survey (Figure 7.7). Among male youth who were paid in exchange for sexual favors, only 11 percent reported consistent condom use in the past 12 months prior to the survey. Those who engaged in casual sex reported higher levels of protected sex. Of those with casual sex experience, 53.8 percent used a condom the last time they had casual sex. The same level is recorded among males with FUBU sex. Extramarital sex activities are likewise mostly unprotected. Three in 10 males used a

Figure 7.7 Percent of males 15-24 years old who used a condom during risky sexual activities

condom the last time they engaged in sex with their extramarital partner.

Summary and conclusions

The 2013 YAFS provides a rich source of information on various facets of the sexual behavior of Filipino youth. The results indicate a heightened, bolder, and wider range of sexual behavior among the young. Trend data reveal that Filipino youth are increasingly becoming sexually active at an early age. Coupled with the delay in entry into marital union, it comes as no surprise that a growing proportion of youth are engaging in sex prior to marriage. What compounds the rising level of premarital sex is the low and unchanging level of first sexual encounters that are protected from unintended conception and STIs.

Sexual risk taking among the youth is becoming more pervasive, but contrary to general perceptions, the increase over time is quite modest. Recent years have witnessed the emergence of new forms of sexual interactions outside of committed relationships, such as sex with a FUBU. Sex with multiple partners registered the highest prevalence at 15 percent, while commercial sex, casual sex, sex with a FUBU, coercive sex, extramarital sex, and MSM all recorded single-digit levels. Although the proportions may be on the low side, when translated to absolute terms, this amounts to millions of young Filipinos who are potentially at risk of adverse consequences, especially in the context of low prevalence of the use of protection.

The established gender variation of sexual behavior is substantiated by the findings. Males are more sexually adventurous, as evidenced by the higher proportions who engage in risky sexual activities compared with females. It is only in coercive sex that females outnumber males. While some risky sexual behavior remains the domain of men, the narrowing gap in early sexual initiation and premarital sex points to increasing feminization of these sexual behaviors. This does not bode well, as the costs of such sexual activities are higher for females, particularly concerning pregnancy risks.

The findings also highlight distinct regional differences suggesting the possible influence of modernization and easy access to new technologies. The regional variation paints a picture of two extreme regions. Young people in NCR consistently reported the highest prevalence of risky sexual behavior among all regions, while the youth of ARMM repeatedly reported the lowest. A similar scenario is evident for premarital sex, with young people from ARMM exhibiting the lowest preponderance, largely due to the high prevalence of early marriage.

The differentials by other background characteristics reveal expected findings. That various sexual activities manifest at higher levels among the older cohort of youth is not surprising, as youth in the 20–24 age bracket have had longer exposure to these activities than those in the 15–19 age group. Urban-rural differentials are consistent with the regional findings. Generally, education and socioeconomic status show a

positive association with risky sexual behavior, with the prevalence higher among the more educated and better-off youth. The same direction of association, however, is evident in the use of protection, particularly condoms, suggesting that risks are minimized.

The findings altogether demonstrate the extent of the young people's vulnerability to unintended pregnancy and STI transmission. They underscore the need for sexual and reproductive health interventions for this important segment of the population.

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Fertility and Fertility Preferences

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The first survey in the YAFS series conducted in 1982 was designed as a fertility study on young women aged 15–24. Only in the second YAFS conducted in 1994 was the topic of sexuality included and the sample expanded to include male youth. Beginning in 1994, the YAFS results came to be associated more with sexuality than fertility. In this report on the 2013 YAFS, we reintroduce a focus on fertility in this age group, especially in light of the findings that fertility in the early childbearing years has been on the rise.

In describing the fertility of the youth, it is important to keep in mind that young adulthood covers two distinct age groups when it comes to childbearing. Generally, in the teen years, which include the ages 15–19, childbearing is considered too early and fraught with risk, both to mother and child (Natividad, 2013). Meanwhile, ages 20–24 mark the beginning of childbearing for most women. At these ages, childbearing is considered more biologically sound as well as culturally more acceptable in contrast to the teen years. Thus, there is typically a sharp increase in childbearing from late teenhood to the early 20s. To illustrate, results of the 2013 National Demographic and Health Survey (NDHS) show that the age-specific fertility rate (ASFR) of women aged 15–19 is 57 births per thousand women. In comparison, the ASFR among 20–24-year-old women was 148 births per thousand women (Philippine Statistics Authority & ICF International, 2014). Therefore, in reading about youth fertility, which spans the

ages 15–24, one must be aware of this important distinction.

The YAFS4 provides a rich source of data on youth fertility based on the pregnancy history of all women regardless of marital status. The pregnancy history collected detailed information on pregnancy intention; the child's sex, age, date of birth, date of pregnancy termination, and survival status; and prenatal, delivery, postnatal, and breastfeeding practices for each pregnancy and birth of the women. The main measure we use to describe youth fertility is the proportion of women who have begun childbearing. This refers to women who have had a birth plus women who were pregnant with their first child at the time of the survey. Through this measure, we can better describe the timing of childbearing because a woman (or more specifically, her experience of the first birth) is counted only once unlike the ASFR where a woman can contribute more than one birth (Singh, 1998).

Pregnancy and motherhood among young adults

Table 8.1 presents information on women 15–24 years old who have begun childbearing by background characteristics. Nearly one third of these young women have commenced childbearing, of which 29.4 percent have had a live birth and 3 percent are pregnant with their first child. As mentioned earlier, the early 20s mark the onset of most Filipino women's reproductive life; this is substantiated by the survey results.

The majority (57.8%) of the 20–24-year olds have begun childbearing, while the corresponding figure for their more junior counterparts is only 13.7 percent. Since a marital union provides a steady sexual partner, higher exposure to the risk of pregnancy is expected among women who are married or in a consensual union. The data lend support to this, as high proportions

(85.6% among women in a living-in arrangement and 88.8% among formally married women) have started childbearing compared with only 4.7 percent among never married women.

By place of residence, there is very little difference in the proportion who have begun childbearing between urban (31.3%) and rural (32.8%) women. However, across regions, the proportion ranges from a low of 26.7 percent in CALABARZON to a high of 40.4 percent in CAR. There is no clear pattern in the proportion who have begun childbearing across education categories, but socioeconomic status, a variable that the literature consistently shows to exert a significant influence on fertility behavior, displays an inverse association. From 42.8 percent among the poorest group of women, the proportion who have begun childbearing is down to half (21.8%) among women in the richest quintile.

In addition to the proportion of women who have begun childbearing, another important indicator of youth fertility is the proportion who have ever been pregnant. It must be noted that the latter measure will always result in a higher level compared with the former, since it includes women whose pregnancy did not result in a live birth. The results in Table 8.2 show that 33.5 percent of women 15–24 years old have ever been pregnant, about one percentage point higher than the proportion who have begun childbearing. This difference implies that at least 1 percent of women have experienced a pregnancy that ended either in a spontaneous or induced abortion or in a non-live birth. As expected, the patterns in the proportion of women who have ever been pregnant across the different background characteristics mirror that of the proportion who have begun childbearing.

Of particular interest in Table 8.2 is the proportion of women who have had three or more pregnancies. In the absence of contraceptive practice, we would expect these young women to eventually end up with a large family size, as they are still at the starting point of their childbearing period yet have already had three or more pregnancies. Overall, 2.7 percent

Table 8.1 Percent of females who have had a live birth, pregnant with first child and have begun childbearing by background characteristics

Background Characteristics	Have had a live birth	Are pregnant with first child	Have begun child-bearing	No. of Females
Age				
15-19	11.0	2.6	13.7	5,653
20-24	54.4	3.4	57.8	4,160
Marital status				
Never married	4.0	0.6	4.7	6,483
Living-in	75.9	9.8	85.6	1,912
Formally married	83.8	5.0	88.8	1,246
Separated/Widowed	76.3	1.1	76.9	173
Region				
Ilocos	25.2	3.0	28.0	468
Cagayan Valley	33.1	4.3	37.4	326
Central Luzon	32.2	3.9	36.1	1,097
CALABARZON	24.6	2.2	26.7	1,305
MIMAROPA	30.5	3.2	33.7	279
Bicol	27.2	2.1	29.4	574
Western Visayas	28.5	4.7	33.3	723
Central Visayas	27.6	2.2	29.7	673
Eastern Visayas	33.0	2.5	35.3	402
Zamboanga Peninsula	35.2	2.5	37.7	355
Northern Mindanao	32.3	3.4	35.7	474
Davao	34.6	2.9	37.5	514
SOCCSKSARGEN	27.6	3.3	31.0	461
CAR	37.6	3.1	40.4	198
ARMM	29.4	1.7	31.1	354
Caraga	30.6	3.1	33.9	254
NCR	28.2	2.7	31.0	1,357
Place of residence				
Urban	28.7	2.6	31.3	2,831
Rural	29.7	3.1	32.8	6,982
Educational attainment				
No schooling/Elementary	43.0	3.8	46.7	922
High school undergraduate	21.1	2.1	23.2	3,503
High school graduate/Vocational	41.6	3.9	45.5	3,053
College or higher	20.7	2.7	23.4	2,336
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	39.5	3.3	42.8	1,953
Second	31.8	2.9	34.7	2,022
Middle	29.5	3.3	32.8	2,081
Fourth	25.7	2.9	28.6	2,064
Highest (Richest)	19.4	2.4	21.8	1,693
Total	29.4	3.0	32.4	9,813

of women 15–24 years old have had at least three pregnancies. This percentage is highest in ARMM and Eastern Visayas, both high-fertility regions, where 7.1 percent and 5.2 percent of women, respectively, have already had three or more pregnancies. Among formally married

women, a sizeable 11.4 percent have already been pregnant at least three times.

Table 8.2 also presents the proportion of women who were pregnant at the time of the interview (“currently pregnant”), which measures not only fertility but also fecundity or

Table 8.2 Percent distribution of females by number of pregnancies and percent who have been pregnant and currently pregnant by background characteristics

Background Characteristics	No. of pregnancies ^a					Have ever been pregnant	Are currently pregnant	No. of females
	0	1	2	3 or more	Total			
Age								
15-19	85.6	12.0	2.2	0.2	100.0	14.4	3.5	5,653
20-24	40.6	34.4	18.8	6.2	100.0	59.4	8.2	4,161
Marital status								
Never married	95.2	4.3	0.4	0.1	100.0	4.8	0.7	6,483
Living-in	11.3	57.9	24.8	5.9	100.0	88.7	16.8	1,912
Formally married	9.0	49.8	29.7	11.4	100.0	91.0	13.6	1,245
Separated/Widowed	15.0	57.2	23.1	4.6	100.0	85.0	2.9	173
Region								
Ilocos	70.4	21.3	7.5	0.9	100.0	29.6	4.3	469
Cagayan Valley	61.3	25.5	11.0	2.1	100.0	38.7	8.3	326
Central Luzon	62.6	23.3	11.9	2.2	100.0	37.3	6.3	1,097
CALABARZON	72.4	16.6	7.9	3.1	100.0	27.6	5.9	1,304
MIMAROPA	63.9	24.6	7.9	3.6	100.0	35.7	5.7	280
Bicol	69.3	17.9	9.4	3.3	100.0	30.5	4.0	574
Western Visayas	65.9	23.4	8.3	2.4	100.0	34.2	7.1	722
Central Visayas	68.5	22.3	8.2	1.0	100.0	31.5	5.5	674
Eastern Visayas	63.3	21.3	10.2	5.2	100.0	36.8	6.5	403
Zamboanga Peninsula	61.7	23.1	11.3	3.9	100.0	38.6	5.3	355
Northern Mindanao	63.5	24.7	11.0	0.8	100.0	36.6	4.4	474
Davao	61.9	25.6	9.9	2.5	100.0	38.1	6.4	515
SOCCSKSARGEN	68.7	21.5	7.6	2.2	100.0	31.3	4.3	460
CAR	58.8	28.1	10.1	3.0	100.0	41.1	4.6	199
ARMM	68.6	13.0	11.3	7.1	100.0	31.4	7.4	354
Caraga	64.7	22.7	9.4	3.1	100.0	35.0	5.9	255
NCR	67.7	21.1	8.1	3.0	100.0	32.3	3.6	1,357
Place of residence								
Urban	67.5	21.6	8.2	2.7	100.0	32.5	4.4	2,831
Rural	66.1	21.4	9.7	2.7	100.0	33.9	5.9	6,983
Educational attainment								
No schooling/Elementary	51.1	24.9	16.5	7.5	100.0	48.8	9.3	921
High school undergraduate	75.8	13.9	7.9	2.4	100.0	24.2	3.8	3,503
High school graduate/Vocational	53.1	31.8	11.9	3.2	100.0	46.9	7.6	3,053
College or higher	76.2	17.9	5.1	0.9	100.0	23.8	3.6	2,336
Socioeconomic status (Wealth quintile)								
Lowest (Poorest)	55.7	23.7	15.3	5.3	100.0	44.2	7.8	1,954
Second	64.2	22.7	11.1	2.0	100.0	35.8	5.7	2,022
Middle	66.2	22.5	8.1	3.2	100.0	33.8	6.9	2,082
Fourth	70.6	21.2	6.4	1.7	100.0	29.3	3.7	2,063
Highest (Richest)	77.1	16.7	5.0	1.2	100.0	22.9	3.0	1,692
Total	66.5	21.5	9.3	2.7	100.0	33.5	5.5	9,813

Note: ^a Including current pregnancy

the capacity to bear children. This is an important fertility measure because when translated to absolute terms, it provides an indication of the demand for maternal and infant health services and facilities at a given time, particularly since early pregnancy is associated with increased health risk for both mother and child.

Overall, 5.5 percent of women 15–24 years old are currently pregnant. This proportion ranges from a low of 3.6 percent in NCR to a high of 8.3 percent in Cagayan Valley. This proportion likewise varies considerably according to women's other background characteristics. There are more than twice as many pregnant women among the 20–24-year-old women compared with women in the younger ages (8.2% vs. 3.5%, respectively). While a negligible 0.7 percent of never married women were pregnant at the time of the interview, the corresponding figures are 16.8 percent and 13.6 percent among living-in women and formally married women, respectively. Disaggregation by educational attainment and socioeconomic status also shows a wide disparity between the lowest and highest categories, but there is no clear general pattern.

Age at first birth

Age at first birth is an important fertility indicator because it signals the start of a woman's reproductive career. Postponing the first birth typically shortens the duration of the childbearing period, which can contribute to the decline of the total fertility rate. Table 8.3 presents the percent distribution of women's age at first birth categorized into three: below 18 years, 18–19 years, and 20–24 years. The table also shows the median age at first birth, which represents the age by which half of the women have experienced giving birth.

Among females aged 15–24 who have given birth, the median age at first birth is 19.3 years, a full year older than the median age at sexual initiation (median age of 18.2 years at first sex) as reported in the preceding chapter. More than a quarter (26.3%) had their first birth before they turned 18, 37.3 percent between the ages of 18

and 19 and 36.4 percent after their teens (ages 20–24). Among 15–19-year-old women who have given birth, three in five bore a child before they turned 18, while the corresponding proportion among the 20–24 year olds is much lower at 17 percent. For the latter group, a high 46.5 percent had their first birth in their 20s.

Differentials by marital status exhibited a somewhat surprising finding. The formerly married (separated/widowed) reported the earliest commencement of childbearing, with 32.3 percent having given birth before age 18 and a median age at first birth of 18.9 years. In comparison, the median age at first birth among the formally married is higher by about half a year (19.5 years).

Among all regions, ARMM and Caraga have the lowest median age at first birth (18.9 years) while Bicol and CAR have the highest (19.7 years), followed by MIMAROPA (19.6 years). Delayed childbearing among Bicol and CAR youth is also manifested in the low proportions who gave birth before age 18 (19% and 15.1%, respectively). In contrast, a third of NCR and ARMM female youth bore a child before they turned 18.

Urban-rural differentials show a slightly higher median age at first birth among rural women (19.3 years) relative to urban women (19.2 years). The median age at first birth monotonically increases with increasing educational attainment, from 17.9 years among women who did not reach high school to 20.1 years among those who have reached college. There is no clear variation in the age at first birth by socioeconomic status. However, women belonging to the lowest quintile recorded the earliest median age at first birth of 18.8 years. Also worth noting is that one in three of young women in the lowest quintile gave birth before age 18, much higher than the proportions for their economically better-off counterparts.

Teenage fertility

In this section, we present the fertility experience of the 15–19-year-old women. As

noted earlier in this chapter, childbearing in the teen years is known to be associated with higher risks both to mother and child compared to childbearing in the 20s. A high teenage fertility rate is thus considered a cause for concern and calls for public health intervention.

Among women aged 15–19 at the time of the survey, the YAFS4 results show that 14.4 percent have ever been pregnant. Over the 20-year period covered by the YAFS, this percentage rose dramatically only in the last 10 years, doubling from 6.9 percent in 2002 to its

Table 8.3 Percent distribution of females who have given birth by age at first birth and background characteristics

Background Characteristics	Age at first birth					No. of females who have ever given birth
	Below 18	18-19	20-24	Total	Median	
Age						
15-19	60.2	39.8	---	100.0	17.7	613
20-24	17.0	36.6	46.5	100.0	19.8	2,227
Marital status						
Never married	25.3	37.2	37.5	100.0	19.3	261
Living-in	20.8	35.6	43.6	100.0	19.1	1,033
Formally married	30.0	38.6	31.4	100.0	19.5	1,414
Separated/Widowed	32.3	35.4	32.3	100.0	18.9	130
Region						
Ilocos	23.9	38.5	37.6	100.0	19.3	117
Cagayan Valley	27.5	32.4	40.2	100.0	19.2	102
Central Luzon	22.8	35.7	41.5	100.0	19.5	342
CALABARZON	24.6	38.2	37.2	100.0	19.3	317
MIMAROPA	18.5	35.8	45.7	100.0	19.6	81
Bicol	19.0	39.9	41.2	100.0	19.7	153
Western Visayas	29.5	29.5	41.1	100.0	19.2	207
Central Visayas	23.9	37.5	38.6	100.0	19.4	184
Eastern Visayas	28.0	34.1	37.9	100.0	19.2	132
Zamboanga Peninsula	26.6	40.3	33.1	100.0	19.3	124
Northern Mindanao	19.7	45.4	34.9	100.0	19.2	152
Davao	32.6	31.5	36.0	100.0	19.1	178
SOCCKSARGEN	26.8	38.6	34.6	100.0	19.1	127
CAR	15.1	41.1	43.8	100.0	19.7	73
ARMM	33.3	30.5	36.2	100.0	18.9	105
Caraga	27.4	38.4	34.2	100.0	18.9	73
NCR	34.2	42.2	23.5	100.0	19.0	374
Place of residence						
Urban	27.5	40.8	31.8	100.0	19.2	800
Rural	25.8	35.9	38.3	100.0	19.3	2,040
Educational attainment						
No schooling/Elementary	49.9	29.7	20.5	100.0	17.9	391
High school undergraduate	39.0	38.3	22.7	100.0	18.5	731
High school graduate/Vocational	17.9	39.1	42.9	100.0	19.6	1,237
College or higher	9.6	36.8	53.6	100.0	20.1	481
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	33.7	38.0	28.3	100.0	18.8	763
Second	23.2	39.7	37.0	100.0	19.3	624
Middle	22.9	32.6	44.5	100.0	19.6	607
Fourth	24.3	41.0	34.7	100.0	19.3	522
Highest (Richest)	24.4	33.3	42.3	100.0	19.5	324
Total	26.3	37.3	36.4	100.0	19.3	2,840

Notes: --- Not applicable

14.4 percent level in 2013 (Figure 8.1).¹ Between 1994 and 2002, the percentage of women who have ever been pregnant hardly changed (7.1 percent in 1994 vs. 6.9 percent in 2002).

In Figure 8.2 we show the prevalence of early childbearing, i.e., the percentage of women aged 15–19 at the time of the survey who had begun childbearing. Comparing 2002 and 2013 results indicates that the prevalence of early childbearing more than doubled in the 10-year period from 6.3 percent in 2002 to 13.6 percent in 2013. The latter is broken down to 11 percent who were already mothers and 2.6 percent who were pregnant with their first child when they were interviewed.

Table 8.4 and Table 8.5 show the fertility profile of 15–19 year olds across background characteristics. Again, two measures of fertility are shown: the proportion who have begun childbearing and the proportion who have ever

been pregnant. The difference between these two measures is an indicator of pregnancy loss. Broken down into single years, results in Table 8.4 show that the prevalence of early childbearing begins at a low level of 1.7 percent at age 15, rising dramatically by ages 17, 18 and 19. Among 19-year olds, 35.1 percent had already begun childbearing. Comparing across the woman’s marital status, 2.2 percent of 15–19-year-old women who were never married at the time of the survey have begun childbearing. The percentage increases considerably to 78 percent among teens in a consensual union or living-in arrangement and to 81.8 percent among the formally married. Even at this young age, a number of teens reported their marital status to be separated/widowed. Of this group, 53.5 percent have begun childbearing.

The two regions highest on the list in the two teenage fertility indicators are Cagayan

Figure 8.1 Percent of females age 15-19 who have ever been pregnant: 1994, 2002, 2013

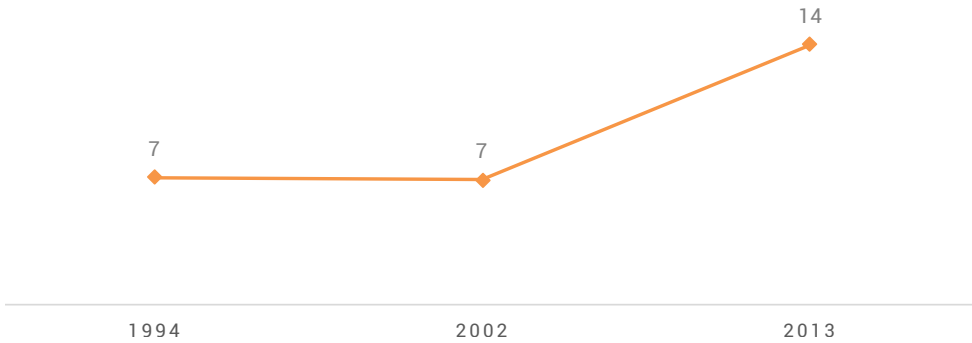
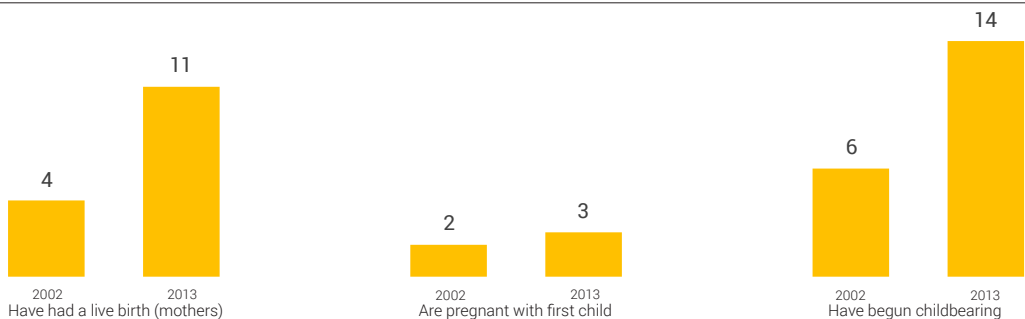


Figure 8.2 Percent of females age 15-19 who have begun childbearing: 2002 and 2013



¹ We use the proportion who have ever been pregnant to compare the trend in fertility over the 20-year period because the 1994 YAFS questionnaire did not contain a pregnancy history; thus, the percentage who had begun childbearing cannot be computed from the 1994 data.

Table 8.4 Percent of females age 15-19 who have had a live birth, pregnant with first child, and who have begun childbearing by background characteristics

Background Characteristics	Have had a live birth	Are pregnant with first child	Have begun child-bearing	No. of females age 15-19
Age				
15	1.3	0.5	1.7	1,261
16	3.1	1.3	4.4	1,173
17	7.4	2.9	10.4	1,222
18	18.9	4.0	23.0	1,049
19	29.9	5.4	35.1	948
Marital status				
Never married	1.6	0.5	2.2	4,789
Living-in	61.9	16.3	78.0	651
Formally married	70.8	10.7	81.8	171
Separated/Widowed	48.8	4.7	53.5	43
Region				
Ilocos	10.6	2.5	12.7	284
Cagayan Valley	14.9	3.2	18.1	187
Central Luzon	11.4	3.7	15.1	544
CALABARZON	7.1	1.0	8.1	785
MIMAROPA	10.3	1.9	12.3	155
Bicol	7.3	1.2	8.8	328
Western Visayas	10.9	4.3	15.1	403
Central Visayas	11.2	1.9	13.1	427
Eastern Visayas	9.7	2.1	11.8	238
Zamboanga Peninsula	13.5	2.7	16.3	185
Northern Mindanao	10.9	2.5	13.1	284
Davao	13.6	3.1	16.7	288
SOCCSKSARGEN	10.3	3.3	13.7	301
CAR	15.5	2.1	18.4	98
ARMM	10.8	1.0	11.8	195
Caraga	13.1	3.8	17.4	161
NCR	13.9	3.8	17.7	793
Place of residence				
Urban	12.0	3.0	14.9	1,623
Rural	10.7	2.5	13.2	4,031
Educational attainment				
No schooling/Elementary	22.9	3.3	26.1	525
High school undergraduate	7.9	1.9	9.8	2,818
High school graduate/Vocational	18.9	4.4	23.3	1,221
College or higher	4.6	2.4	7.0	1,089
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	15.8	2.7	18.5	1,114
Second	11.6	2.6	14.1	1,203
Middle	10.3	3.3	13.6	1,199
Fourth	9.5	2.3	11.9	1,187
Highest (Richest)	7.6	2.3	9.9	951
Total	11.0	2.7	13.7	5,654

Valley and CAR. Cagayan has the highest percentage of teens who have ever been pregnant (19.1%; Table 8.5) while CAR has the highest proportion who have begun childbearing at age 15-19 (18.4%; Table 8.4). Considering that CAR also has the highest median age at first birth and the lowest proportion of women whose first birth occurred below age 18 among all regions, these imply that while CAR has the highest proportion of women who have begun childbearing at ages 15-19, the teenage births are actually concentrated in the late teen years (i.e., ages 18 and 19). By either measure, teen fertility is lowest in Bicol and CALABARZON, both at less than 10 percent of teenage women.

More women residing in urban areas have begun childbearing compared with rural residents. By education, women with elementary-level schooling have the highest prevalence of early childbearing (26.1%), followed by high school graduates (23.3%). Those with college-level education have the lowest at 7 percent. High school undergraduates have a relatively low level of teen childbearing mainly because this group is composed mostly of those who are still in high school. The pattern by socioeconomic status indicates a clear gradient, with those belonging to the poorest quintile having the highest proportions who have either gotten pregnant (19.7%) or begun childbearing (18.5%), and those belonging to the highest quintile having the lowest (10.3% and 9.9% respectively). In between, the proportion steadily decreases with an increase in socioeconomic status.

Comparing the difference between the proportion who have had a pregnancy (Table 8.5) and the proportion who have begun childbearing (Table 8.4) across background characteristics, the difference is lowest among 15-year-olds compared with other ages. Those who are separated have the highest difference (9.3 percentage points), while there is no difference among the never married. Those who belong to the lowest education level and the poorest quintile have the biggest difference between the proportions who have ever been pregnant and have begun childbearing; otherwise, there

Table 8.5 Percent distribution of females age 15-19 years by number of pregnancies and percent who have been pregnant and currently pregnant by background characteristics

Background Characteristics	No. of pregnancies ^a				Have ever been pregnant	Are currently pregnant	No. of females age 15-19
	0	1	2 or more	Total			
Age							
15	98.2	1.7	0.1	100.0	1.8	0.6	1,260
16	95.5	4.3	0.2	100.0	4.5	1.4	1,176
17	88.5	9.6	1.9	100.0	11.5	3.2	1,218
18	75.7	20.4	3.9	100.0	24.3	6.0	1,050
19	63.8	29.0	7.3	100.0	36.2	7.5	949
Marital status							
Never married	97.8	2.2	0.0	100.0	2.2	0.5	4,788
Living-in	17.5	66.8	15.7	100.0	82.5	21.7	651
Formally married	15.2	69.6	15.2	100.0	84.8	16.0	171
Separated/Widowed	37.2	44.2	18.6	100.0	62.8	7.0	43
Region							
Ilocos	87.0	11.6	1.4	100.0	13.0	2.5	284
Cagayan Valley	80.9	13.3	5.9	100.0	19.1	5.3	188
Central Luzon	84.0	11.9	4.0	100.0	16.0	5.3	544
CALABARZON	91.2	7.5	1.3	100.0	8.8	2.0	785
MIMAROPA	85.2	12.9	1.9	100.0	14.8	3.2	155
Bicol	90.5	7.6	1.8	100.0	9.5	2.1	327
Western Visayas	83.7	12.6	3.7	100.0	16.3	5.8	404
Central Visayas	85.4	14.3	0.2	100.0	14.6	2.1	426
Eastern Visayas	87.4	9.7	2.9	100.0	12.6	3.0	238
Zamboanga Peninsula	83.2	14.1	2.7	100.0	16.8	3.3	185
Northern Mindanao	85.9	13.1	1.1	100.0	14.1	2.5	283
Davao	83.0	14.6	2.4	100.0	17.0	4.5	288
SOCCSKSARGEN	86.3	12.3	1.3	100.0	13.7	3.3	300
CAR	81.6	16.3	2.0	100.0	18.4	3.1	98
ARMM	88.1	7.2	4.6	100.0	11.9	2.1	194
Caraga	82.0	14.9	3.1	100.0	18.0	5.6	161
NCR	82.0	15.1	2.9	100.0	18.0	3.8	793
Place of residence							
Urban	84.6	12.8	2.6	100.0	15.4	3.5	1,623
Rural	86.0	11.7	2.3	100.0	14.0	3.5	4,030
Educational attainment							
No schooling/Elementary	71.6	20.0	8.4	100.0	28.4	6.2	525
High school undergraduate	89.6	8.5	1.9	100.0	10.4	2.3	2,817
High school graduate/Vocational	75.8	21.2	3.0	100.0	24.2	5.8	1,221
College or higher	92.9	6.9	0.2	100.0	7.1	2.5	1,089
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	80.3	16.4	3.2	100.0	19.7	4.1	1,113
Second	85.0	11.6	3.4	100.0	15.0	3.7	1,203
Middle	85.5	11.9	2.6	100.0	14.5	4.6	1,198
Fourth	88.0	10.5	1.5	100.0	12.0	2.4	1,187
Highest (Richest)	89.7	9.1	1.2	100.0	10.3	2.4	952
Total	85.6	12.0	2.4	100.0	14.4	3.5	5,653

Note: ^a Including current pregnancy

is no consistent pattern by education and socioeconomic status.

While it is risky enough to have begun childbearing in the teen years, having more than one pregnancy at this young age subjects the young woman to repeated risks. In Table 8.5 we show the results on the experience of repeat pregnancies during the teen years, based on data from the 15–19 year old respondents. Overall, 2.4 percent of women 15–19 years old have been pregnant more than once. By background characteristics, the proportion who have experienced more than one pregnancy is highest among the 19-year old women (7.3%), separated/widowed (18.6%), women from Cagayan Valley (5.9%), urban residents (2.6%), women with no schooling or those who have reached only the elementary level (8.4%) and women belonging to the second quintile (3.4%).

Male teen fertility

In the study of fertility in general and teen fertility in particular, an often-overlooked topic is the issue of early fatherhood. In this report, we present the experience of teen males with regard to early childbearing in the form of the proportion of 15–19-year-old males who reported that they have gotten someone pregnant. Unlike teenage childbearing, this measure is prone to bias, as men may not always know whether they have gotten someone pregnant, especially if they are not in a marital union as males in this age group are most likely to be.

In all, 2.4 percent of males aged 15–19 reported that they have gotten someone pregnant (Table 8.6). The proportion is higher among urban (3.7%) than rural (2%) residents. Across marital status, teen males in consensual unions and the formally married have very high proportions who have gotten someone pregnant.

This measure also varies widely across regions, from a low of 0.9 percent in Cagayan Valley and Zamboanga Peninsula to a high of 4.7 percent in NCR and Caraga. By education status, there is no difference between those with high and low education. Neither is there a pattern

by socioeconomic status, although the highest proportion who have gotten someone pregnant is recorded among young males with the highest socioeconomic status, at 3.3 percent.

Overall, the wide disparity between the proportion of teen males who reported having gotten someone pregnant and the proportion of teen girls who have ever been pregnant likely comes from two major factors: (1) reporting error by males due to lack of knowledge of whether they have fathered a child and (2) teenage women getting pregnant by non-teen partners.

Fertility preferences

All youth, regardless of marital or fertility status, were asked the question “*How many children do you want to have?*” The response to this question is likely a result of both personal preference and the influence of prevalent fertility norms. In general, males want more children (mean of 2.8) than do females (mean of 2.3; Table 8.7). There is no difference between the 15–19 and 20–24-year-old males; among females, the 15–19-year-olds on the average want a slightly lower number (mean of 2.3) than the 20–24-year-olds (mean of 2.4).

The pattern of difference in the preferred number of children across background characteristics is similar for men and women. Rural residents prefer slightly more children than urban residents. Those with the lowest educational attainment have the highest mean preferred number of children, but all those with higher than elementary education tend to have almost the same mean preferred number of children. The same is true for socioeconomic status. Those who belong to the poorest quintile also express a higher preferred number of children than all the rest, but those who belong to the second up to the fifth (richest) quintiles tend to express a similarly lower preference, with no apparent difference among the remaining four quintiles.

Across regions, youth in ARMM registered the highest preferred number of children as well

Table 8.6 Percent of males who have gotten someone pregnant by age group and background characteristics

Background Characteristics	Males age 15-19 years		Males age 20-24 years		Males age 15-24 years	
	Have gotten someone pregnant	No. of males	Have gotten someone pregnant	No. of males	Have gotten someone pregnant	No. of males
Marital status						
Never married	0.7	5,582	4.3	2,617	1.8	8,200
Living-in	58.0	150	74.8	592	71.4	742
Formally married	34.4	32	78.1	360	74.5	392
Separated/Widowed	(33.3)	6	(64.0)	25	58.1	31
Region						
Ilocos	1.3	303	24.1	170	9.5	473
Cagayan Valley	0.9	221	20.5	122	8.1	345
Central Luzon	3.0	564	20.3	389	10.1	953
CALABARZON	1.3	773	18.3	469	7.7	1,243
MIMAROPA	2.3	175	25.9	108	11.3	283
Bicol	2.1	332	21.2	189	9.0	521
Western Visayas	2.8	495	19.7	269	8.8	764
Central Visayas	2.4	449	18.5	292	8.9	742
Eastern Visayas	1.5	271	24.5	155	9.9	426
Zamboanga Peninsula	0.9	228	29.0	145	12.0	374
Northern Mindanao	2.0	299	24.3	148	9.4	447
Davao	2.7	259	27.3	187	13.0	446
SOCCSKSARGEN	1.0	298	28.2	142	9.8	440
CAR	2.1	95	17.9	78	9.3	172
ARMM	1.7	177	37.5	144	17.8	321
Caraga	4.7	171	23.4	94	10.9	265
NCR	4.7	657	30.2	493	15.7	1,150
Place of residence						
Urban	3.7	1,423	25.9	975	12.8	2,398
Rural	2.0	4,348	22.9	2,619	9.8	6,967
Educational attainment						
No schooling/Elementary	2.6	1,049	28.2	682	12.7	1,731
High school undergraduate	1.7	2,835	32.6	696	7.8	3,531
High school graduate/Vocational	3.7	1,085	24.1	1,326	15.0	2,413
College or higher	2.8	799	12.8	890	8.0	1,687
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	2.1	1,231	32.9	657	12.9	1,889
Second	1.8	1,236	23.3	681	9.4	1,916
Middle	2.2	1,282	22.2	810	9.9	2,091
Fourth	2.9	1,111	23.1	830	11.5	1,941
Highest (Richest)	3.3	911	17.2	616	8.9	1,527
Total	2.4	5,771	23.7	3,594	10.6	9,365

Notes: Figures in parentheses are based on less than 30 cases.

Totals may not add up due to rounding.

as the highest difference between the sexes. Male youth in ARMM want an average of 4.6 children, whereas female youth want only 3.5. ARMM is an outlier in this regard, as none of the regions come close to this desired number of children. Among males, the next highest number of preferred children is 3.0, which was registered

among male youth from Eastern Visayas. For female youth, the second highest preferred number of children is 2.5, among female youth from CAR and Central Mindanao. On the other hand, the lowest preferred number of children is found among male youth in Ilocos, at 2.5. Among female youth, six regions registered the lowest

Table 8.7 Percent distribution of males and females by the preferred number of children and mean preferred number of children by background characteristics

Background Characteristics	Preferred number of children among males						Preferred number of children among females						No. of								
	6 or more						6 or more						males	females							
	0	1	2	3	4	5	0	1	2	3	4	5	6 or more	Total	Mean						
Age																					
15-19	0.7	5.8	38.3	39.4	8.4	6.0	1.5	10.0	2.8	5.761	0.6	10.7	59.0	24.3	3.3	1.6	0.4	100.0	2.3	5,614	
20-24	0.4	5.4	40.1	37.7	8.6	5.1	2.7	10.0	2.8	3,589	1.0	11.3	51.4	27.1	6.6	1.6	1.0	100.0	2.4	4,146	
Marital status																					
Never married	0.6	5.5	38.0	39.2	8.7	5.9	2.0	10.0	2.8	8,189	1.1	10.3	57.2	24.8	4.4	1.7	0.6	100.0	2.3	6,433	
Living-in	0.1	7.4	51.5	34.5	4.3	1.6	0.5	10.0	2.4	742	0.1	13.0	58.1	24.7	3.3	0.8	0.1	100.0	2.2	1,912	
Formally married	0.0	4.9	34.9	37.9	11.0	7.4	3.8	10.0	3.1	391	0.0	9.6	45.0	31.5	9.0	2.7	2.3	100.0	2.6	1,242	
Separated/Widowed	0.0	0.0	39.3	35.7	17.9	3.6	3.6	10.0	3.0	28	0.0	22.0	56.1	17.9	2.3	1.7	0.0	100.0	2.1	173	
Number of living children																					
0	0.7	5.6	38.4	39.0	8.5	5.9	1.9	10.0	2.8	8,304	1.1	9.5	57.9	24.9	4.2	1.7	0.6	100.0	2.3	6,567	
1	0.0	8.0	45.7	34.7	6.7	2.9	2.0	10.0	2.7	654	0.1	20.5	53.9	21.7	2.4	0.9	0.5	100.0	2.1	1,845	
2	0.0	0.8	46.1	39.0	8.7	2.9	2.5	10.0	2.8	242	0.0	0.6	58.4	26.6	11.4	2.5	0.5	100.0	2.6	632	
3 or more	0.0	2.0	13.7	41.2	21.6	19.6	2.0	10.0	3.5	50	0.0	0.0	9.8	66.7	13.7	4.9	4.9	100.0	3.3	183	
Region																					
Ilocos	1.5	7.0	46.7	35.3	6.6	2.3	0.6	10.0	2.5	472	1.1	9.0	61.2	25.1	3.0	0.6	0.0	100.0	2.2	468	
Cagayan Valley	0.6	6.1	43.6	36.9	7.6	4.4	0.9	10.0	2.6	344	0.9	12.0	52.9	24.9	8.3	0.9	0.0	100.0	2.3	325	
Central Luzon	0.8	6.2	40.2	43.1	6.6	2.2	0.8	10.0	2.7	953	1.0	10.7	56.5	27.3	3.0	1.4	0.2	100.0	2.3	1,096	
CALABARZON	0.0	6.6	38.8	42.7	5.6	3.9	2.4	10.0	2.7	1,241	0.2	11.8	59.0	24.6	3.1	0.8	0.6	100.0	2.2	1,295	
MIMAROPA	0.0	3.5	33.3	46.5	7.1	7.8	1.8	10.0	2.9	283	0.4	12.5	57.0	27.2	2.2	0.7	0.0	100.0	2.2	279	
Bicol	0.2	4.4	34.8	43.3	9.4	7.1	0.8	10.0	2.8	520	1.7	11.5	51.1	28.8	5.2	1.6	0.0	100.0	2.3	573	
Western Visayas	0.8	3.9	41.7	40.9	8.0	3.9	0.7	10.0	2.7	762	1.1	13.9	57.4	23.1	3.3	0.8	0.3	100.0	2.2	718	
Central Visayas	0.9	7.2	42.0	35.1	9.9	3.1	1.2	10.0	2.6	740	0.3	14.7	55.3	22.7	5.8	1.0	0.1	100.0	2.2	673	
Eastern Visayas	0.7	5.2	30.6	41.9	8.7	10.1	2.8	10.0	3.0	425	0.8	9.3	55.3	29.0	4.5	1.3	0.0	100.0	2.3	400	
Zamboanga Peninsula	0.0	6.2	38.9	36.7	9.7	7.0	1.6	10.0	2.9	373	0.6	11.3	58.1	25.5	3.4	0.6	0.6	100.0	2.3	353	
Northern Mindanao	0.2	4.3	40.5	39.6	6.3	6.9	2.2	10.0	2.8	447	0.2	12.2	53.6	25.3	6.5	1.5	0.6	100.0	2.3	473	
Davao	0.5	5.5	34.8	37.5	10.3	9.6	1.8	10.0	2.9	445	1.2	8.9	59.1	25.0	4.0	1.2	0.6	100.0	2.3	505	
SOCCSKSARGEN	0.5	5.5	34.8	37.5	10.3	9.6	1.8	10.0	2.9	439	0.0	9.4	49.7	29.1	6.8	3.7	1.3	100.0	2.5	457	
CAR	1.7	4.7	34.9	37.8	12.8	6.4	1.7	10.0	2.9	172	0.0	6.6	50.5	30.6	9.2	3.1	0.0	100.0	2.5	198	
ARMM	0.0	0.6	11.3	20.4	24.1	25.7	17.9	10.0	4.6	319	0.3	5.5	22.3	28.6	18.2	14.7	10.4	100.0	3.5	347	
Caraga	0.8	5.3	35.8	42.6	7.5	6.4	1.5	10.0	2.8	265	0.8	10.6	52.2	28.6	4.7	2.4	0.8	100.0	2.4	255	
MCR	1.0	6.4	44.4	35.4	8.3	3.5	1.0	10.0	2.6	1,151	1.2	9.9	63.4	22.0	3.1	0.3	0.1	100.0	2.2	1,347	
Place of residence																					
Urban	0.8	6.4	43.1	36.9	8.1	3.7	1.0	10.0	2.6	2,399	1.0	10.6	59.9	23.4	3.7	1.1	0.3	100.0	2.2	2,814	
Rural	0.5	5.4	37.5	39.4	8.6	6.3	2.3	10.0	2.8	6,954	0.6	11.0	54.1	26.4	5.1	1.9	0.8	100.0	2.3	6,946	
Educational attainment																					
No schooling/Elementary	0.2	7.5	35.5	34.0	10.1	9.9	2.7	10.0	2.9	1,725	1.0	13.8	46.6	24.2	8.4	3.8	2.1	100.0	2.5	912	
High school undergraduate	0.6	5.8	39.5	38.4	8.2	6.2	1.3	10.0	2.7	3,528	0.5	11.2	58.2	23.9	4.1	1.5	0.5	100.0	2.3	3,483	
High school graduate/Vocational	0.5	5.0	38.0	42.9	7.6	3.6	2.4	10.0	2.8	2,412	0.7	11.9	55.8	25.7	4.2	1.2	0.6	100.0	2.3	3,039	
College or higher	1.0	4.3	42.6	38.3	8.6	3.1	2.1	10.0	2.7	1,686	1.1	8.1	55.8	28.1	4.9	1.5	0.5	100.0	2.3	2,327	
Socioeconomic status (Wealth quintile)																					
Lowest (Poorest)	0.4	5.3	35.3	36.5	9.4	10.1	3.0	10.0	3.0	1,879	0.4	10.1	50.5	26.9	7.6	2.9	1.6	100.0	2.5	1,944	
Second	0.6	6.0	37.9	38.2	9.1	6.5	1.7	10.0	2.8	1,914	0.5	11.1	56.2	24.7	5.2	1.7	0.5	100.0	2.3	2,004	
Middle	0.5	5.0	40.5	39.7	8.0	4.3	2.0	10.0	2.7	2,091	0.7	12.1	56.8	25.0	3.9	1.2	0.2	100.0	2.2	2,070	
Fourth	0.6	5.4	41.6	39.0	7.9	4.2	1.3	10.0	2.7	1,940	1.0	10.8	59.2	25.0	2.7	1.0	0.3	100.0	2.2	2,060	
Highest (Richest)	1.0	6.9	39.3	40.4	7.9	2.8	1.8	10.0	2.7	1,526	1.1	10.3	56.2	26.2	4.2	1.2	0.8	100.0	2.3	1,682	
Total	0.6	5.6	39.0	38.7	8.5	5.7	2.0	100.0	2.8	9,350	0.8	10.9	56.2	25.5	4.7	1.7	0.7	100.0	2.3	9,760	

preferred number of children, all at 2.2. These are Ilocos, CALABARZON, MIMAROPA, NCR, Central Visayas, and Western Visayas.

Table 8.7 also presents the percent distribution of the responses by the individual number of children the respondents said they want to have, putting into sharper focus the difference between the sexes as well as among the regions, differences which are averaged out when looking only at the mean. For example, more than half of all female youth (56.2%) want two children only; the comparative proportion for males is lower at 39 percent. Moreover, 67.9 percent of females want two or fewer children; for males, the comparative figure is much lower at 45.2 percent. A small percentage wants no children at all (0.6% among males and 0.8% among females). Preference for high fertility defined as wanting four or more children is low with 16.1 percent of male youth and 7.1 percent of female youth wanting four or more children. The low proportion expressing preference for 4 or more children is reflected across all the regions with the notable exception of ARMM where 67.7 percent of males and 43.4 percent of females said they wanted four or more children.

Trend in preferred number of children

Results from the NDHS on the ideal family size as expressed by women in the reproductive age shows that over the past 20 years (NDHS 1993, 1998, 2003, 2008, and 2013), the ideal family size has been consistently declining alongside the total fertility rate. Moreover, younger females (15–19) have likewise consistently registered a lower ideal family size than older females (20–24)—the same pattern observed in the YAFS results.

The YAFS series provides comparative data for men that cannot be found in the NDHS. Figure 8.3 shows the trend in the mean preferred number of children over the same 20-year period among Filipino youth by sex. It shows a consistent pattern of difference between the sexes, with males wanting more children. In 1994, male youth wanted on the average 3.3 children, while

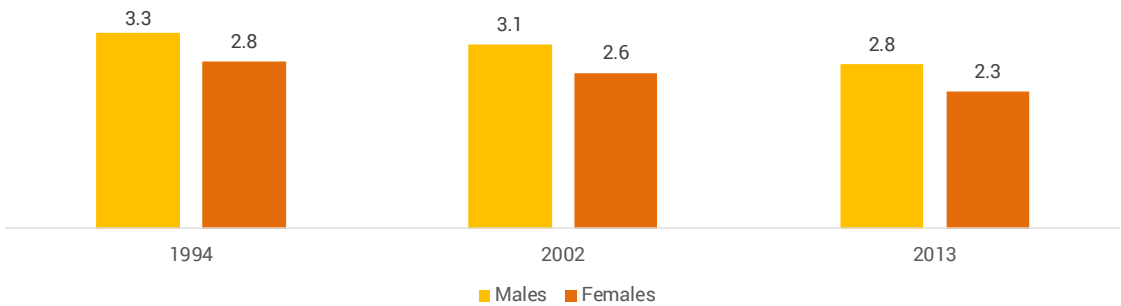
female youth reported wanting 2.8 children. By 2013, the preferred number of children declined to 2.8 for males and 2.3 for females. While the preferred number of children has consistently declined, the difference between the sexes has been constant at 0.5 children.

Unintended pregnancies

The preceding chapter on sexual behavior documented a low and inconsistent use of contraceptive methods during young people's various sexual activities, which may result in unplanned pregnancies. Unintended pregnancies are an important concern since such pregnancies are associated with a host of adverse consequences not only for the mother but for her child as well.

To assess the prevalence of unintended pregnancies among the youth, the intention or planning status at the time of conception of each pregnancy was asked. Specifically, the women were asked "*At the time you became pregnant, did you want to become pregnant then, did you want to wait until later, or did you not want to become pregnant at all?*" Responses of "wanted to become pregnant then" are considered intended pregnancies, pregnancies that were wanted at a later time are classified as mistimed pregnancies, and responses of not wanting to become pregnant at all are deemed unwanted pregnancies. The latter two combined constitute unintended pregnancies. It should be noted that although this measure of unintended pregnancies is widely used, it is likely to underestimate unintended pregnancies because it is subject to recall error and post-factum rationalization bias (Bankole & Westoff, 1998; Santelli et al., 2003). To minimize recall bias of pregnancy intention, the analysis was restricted to births in the five years prior to the survey.

Table 8.8 presents the distribution of births to women in the five years preceding the survey according to their intention status and selected characteristics at the time of birth. Overall, 37.4 percent of births to women aged 15–24 are unintended, 22.1 percent are mistimed,

Figure 8.3 Mean preferred number of children by sex: 1994, 2002 and 2013

and 15.3 percent were not wanted at all at the time of conception.

There is no distinct pattern in the proportion of unintended pregnancies by birth order. Unintended pregnancies, however, are highest among first-order births; 2 in 5 first births are unintended. Meanwhile, the proportion of unintended pregnancies is inversely related with the age of the mother at the time of birth. Such pregnancies are most prevalent among the youngest cohort of women. Data show that nearly half (46.7%) of births to women below 18 years old are unintended, with about one unwanted birth for every five births. In contrast, only one third of births to women 20–24 years old are unintended.

By marital status of the mother at the time of birth, unmarried women (single or separated/widowed) posted higher proportions of unintended pregnancies compared with their counterparts. Among births to never married mothers, three in five were unintended, with one in three an unwanted birth. Among births to separated or widowed women, half were unintended. In contrast, the corresponding proportions among women in a living-in arrangement and formal marriage are much lower at 37.5 percent and 24.6 percent, respectively.

Abortion attempt

To avoid unintended births, some women resort to abortion. In the Philippines, abortion is legally restricted, and women who

undergo this procedure are highly stigmatized. Despite this, it is estimated that a substantial 610,000 pregnancies among Filipino women end in abortion annually (Hussain & Finer, 2013). Unfortunately, most of these abortions are performed under clandestine and unsafe conditions that put women's lives and health in jeopardy.

To determine whether the young women have done anything to prematurely end a pregnancy, the following question was posed for each pregnancy, including the current one: *“Did you or with the help of someone else do something to end the pregnancy early?”* An affirmative response to this query is considered an attempt at induced abortion. The results indicate that more than one in 10 (11.6%) of ever-pregnant females have done something to terminate any of their pregnancies early (Table 8.9). There is no notable difference in this proportion between the two age cohorts of women. Likewise, a comparison between age groups across socioeconomic characteristics reveals generally similar patterns.

Predictably, the never married women consistently reported the highest proportion while the formally married reported the lowest proportion who have made an attempt at premature termination of a pregnancy. Among never married women 15–24 years old, 20.1 percent reported having done something to end the pregnancy early, while only 8.2 percent of their formally married counterparts reported such a practice. This comes as no surprise, since pregnancy outside the context of a marital union is still largely viewed as socially

unacceptable in Philippine society, although that view seems to be changing.

A comparison across regions shows that more than a quarter (26.3%) of women from Zamboanga Peninsula have tried to terminate a pregnancy. This is overwhelmingly higher than the figures recorded by regions with the next highest proportions, namely Western Visayas (18.8%) and NCR (17.4%). At the other end of the spectrum, Central Luzon (4.2%) and ARMM (4.9%) registered the lowest incidence of attempted pregnancy termination. Also worth noting is the high incidence of abortion attempts among the 15–19-year-olds in Western Visayas, where 23.3 percent have tried to end any of their pregnancies early.

The proportion of women with abortion attempt experience is higher in urban areas than in rural areas (14.9% vs. 10.4%) and increases with educational attainment, from 9.3 percent among the least educated women to 13.7 percent among the college-educated women. There is no distinct pattern across socioeconomic status categories, but women belonging to the poorest quintile reported the lowest proportion at 10.3 percent.

Summary and conclusions

The youth of today are the parents of the next generation. Analysis of fertility behavior at the earliest onset of childbearing provides important information for possible interventions to improve fertility outcomes for the teenage youth who have already begun childbearing and to prevent too early childbearing for those who have not. One of the most significant findings from the YAFS4 is the evidence of a doubling of the proportion of women aged 15–19 at the survey date who have begun childbearing (who have either borne a live birth or were pregnant at the time of the survey) in the last 10 years. To the extent that early childbearing is associated with increased risk to both mother and child, this unprecedented rise implies a higher need for maternal health services for very young women who have already begun childbearing. Further analysis of the YAFS4 results is needed to unravel the antecedents of this sharp rise in teen fertility.

Another significant finding is the high level of unintended pregnancies, either because these are mistimed or not wanted at all at the time of conception. This, along with the finding in the previous chapter of low contraceptive

Table 8.8 Percent distribution of births to females age 15-24 in the five years preceding the survey by the intention status of birth, birth order and mother's characteristics at the time of the birth

Background Characteristics	Intention status of birth			Total	Unintended births	Number of births
	Intended	Mistimed	Unwanted			
Birth order						
1	59.4	22.4	18.2	100.0	40.6	2,566
2	71.0	21.5	7.5	100.0	29.0	880
3 or more	66.4	21.1	12.5	100.0	33.6	232
Mother's age at birth						
Below 18	53.3	26.9	19.9	100.0	46.7	615
18-19	62.1	20.8	17.1	100.0	37.9	1,209
20-24	66.0	21.5	12.5	100.0	34.0	1,854
Mother's marital status at birth^a						
Never married	40.2	25.3	34.4	100.0	59.8	569
Living-in	62.5	23.3	14.2	100.0	37.5	1,905
Formally married	75.4	17.8	6.8	100.0	24.6	1,100
Separated/Widowed	49.5	30.1	20.4	100.0	50.5	93
Total	62.6	22.1	15.3	100.0	37.4	3,678

Note: ^a Excludes 11 cases with missing information

use among the sexually active, indicates a high level of unmet need for contraception among the youth. This finding corroborates persistent findings from the NDHS surveys that show the women in the youngest childbearing ages having very high levels of unmet need. Addressing unmet need is made even more imperative by

the finding that more than 1 in 10 ever pregnant women have tried to terminate pregnancy early.

Other significant findings are the persistent gap in the preferred number of children between the sexes, with men wanting more children compared with women. The fertility-related behaviors and attitudes of

Table 8.9 Percent of ever-pregnant females who did something to end pregnancy early by age group and background characteristics

Background Characteristics	Females age 15-19 years		Females age 20-24 years		Females age 15-24 years	
	Did something to end pregnancy early	No. of females who have ever been pregnant	Did something to end pregnancy early	No. of females who have ever been pregnant	Did something to end pregnancy early	No. of females who have ever been pregnant
Marital status						
Never married	16.5	103	22.1	195	20.1	298
Living-in	10.7	525	12.7	1,133	12.1	1,658
Formally married	11.9	134	7.6	952	8.2	1,087
Separated/Widowed	(11.5)	26	15.9	113	15.1	139
Region						
Ilocos	8.1	37	7.9	101	7.9	139
Cagayan Valley	6.5	31	8.1	86	7.7	117
Central Luzon	5.7	87	3.8	316	4.2	403
CALABARZON	13.0	69	11.4	281	11.7	351
MIMAROPA	(8.7)	23	13.0	77	11.1	99
Bicol	16.7	30	11.3	141	12.3	171
Western Visayas	23.3	60	17.2	163	18.8	223
Central Visayas	11.3	62	5.4	147	7.2	209
Eastern Visayas	(13.8)	29	10.3	117	11.0	146
Zamboanga Peninsula	(20.7)	29	28.2	103	26.3	133
Northern Mindanao	7.7	39	10.1	129	9.5	168
Davao	15.6	45	8.4	143	10.1	188
SOCCSKSARGEN	19.4	36	14.4	97	15.8	133
CAR	(11.1)	18	7.1	56	8.2	73
ARMM	(9.1)	22	3.7	82	4.9	103
Caraga	6.7	30	11.7	60	10.1	89
NCR	10.5	143	20.7	295	17.4	438
Place of residence						
Urban	11.8	245	16.0	663	14.9	908
Rural	11.6	543	9.9	1,730	10.4	2,274
Educational attainment						
No schooling/Elementary	9.2	141	9.3	279	9.3	421
High school undergraduate	13.6	286	10.7	542	11.7	828
High school graduate/Vocational	10.8	288	11.7	1,103	11.5	1,390
College or higher	12.3	73	13.9	469	13.7	542
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	10.4	211	10.1	622	10.3	834
Second	14.6	171	9.8	521	11.0	693
Middle	10.5	171	13.1	518	12.5	689
Fourth	8.6	139	14.8	453	13.3	592
Highest (Richest)	14.7	95	10.4	279	11.7	375
Total	11.7	788	11.6	2,394	11.6	3,182

young males is a little-explored topic for further analysis and for intervention programs to reduce the risk of teen pregnancy. Again, the issue of the gender gap in male and female fertility-related beliefs, attitudes, and behavior is one area that needs to be further explored.

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Reproductive Health

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According to the World Health Organization (WHO, 2006), reproductive health (RH) refers to the total well-being in all aspects of reproduction (i.e., physical, emotional, behavioral, and social). This term gained greater prominence after the 1994 International Conference on Population and Development that saw a historic shift in paradigm from family planning to the broader concept of RH. RH is part of the UN Millennium Development Goals, with a specific target of achieving universal access to RH by 2015. But greater emphasis is given to addressing RH concerns of the youth, since they face specific health-related issues such as early sexual initiation and early and risky pregnancies. In the Philippines, the passage of the Responsible Parenthood and Reproductive Health Act of 2012, more commonly known as the RH Law, underscores the importance of providing universal access to RH. One of the key features of the RH Law is the provision of age- and development-appropriate RH education to adolescents.

RH encompasses a broad range of issues. The Department of Health has adopted 10 core service elements of RH since 1996 to effectively provide the necessary care and services (Commission on Population, 2003). Under the RH Law, these elements have been expanded to 12: (1) family planning information and services; (2) maternal, infant, and child health and nutrition, including breastfeeding; (3) proscription of abortion and management of abortion complications; (4) adolescent and youth RH guidance and counseling; (5) prevention,

treatment, and management of reproductive tract infections, HIV and AIDS, and other sexually transmitted infections (STIs); (6) elimination of violence against women and children and other forms of sexual and gender-based violence; (7) education and counseling on sexuality and RH; (8) treatment of breast and reproductive tract cancers and other gynecological conditions and disorders; (9) male responsibility and involvement and men's RH; (10) prevention, treatment, and management of infertility and sexual dysfunction; (11) RH education for the adolescents; and (12) mental health aspect of RH care.

Earlier chapters covered contraception and abortion. This chapter examines the Filipino youth's milestones in pubertal development, experience of RH problems, and awareness and knowledge of STIs, including HIV/AIDS.

Pubertal development

Puberty is the phase of development when boys and girls begin their physical transition to adulthood. It is the stage when the body transitions to sexual maturity and full reproductive ability. At this stage, young people experience physical changes, which can pose challenges for them as they assume the corresponding roles and responsibilities that such changes entail. This section focuses on young people's knowledge of these physical changes and the physiological milestones they experience as they traverse this transition.

Knowledge of physical changes at puberty

The YAFS4 survey asked male respondents to enumerate the physical changes they know that boys go through during the transition from childhood to adolescence. Similarly, female respondents were asked to mention spontaneously the changes that girls experience during this developmental stage. The data revealed universal knowledge of physical changes among Filipino youth. Less than 1 percent of males and females were unable to cite any physical change that happens to young people during puberty.

Table 9.1 presents the percentage of males and females who mentioned the physical changes specific to their sex. For males, the most cited physical change is body growth (79.7%), followed by growth of hair in underarms and pubic area (57.1%) and change in voice (55.2%). At the other end of the spectrum, the least cited are penile discharge (5.4%) and enlargement of the scrotum (7.3%). For females, the most frequently reported physical changes are the onset of menstrual period (75.7%) and development of breasts (72.9%). Very few females (5.6%) are aware of vaginal discharge as a physical change that girls experience at puberty.

As expected, older youth (20–24 years old) are more knowledgeable of these physical changes. Among males, this pattern is most pronounced in change of voice (53.8% for 15–19-year-olds vs. 57.3% for 20–24-year-olds) and enlargement of scrotum (6.4% vs. 8.8%). Among females, this age differential is most notable in development of breasts (70.8% vs. 75.7%) and onset of menstrual period (74.7% vs. 77.2%). While there are no evident urban-rural and socioeconomic status differentials, a clear education pattern is apparent, with a generally increasing level of knowledge with increasing educational attainment.

Comparing responses across regions, the patterns of responses are generally similar for both males and females. However, some deviations can be observed. Among ARMM youth, a significantly lower proportion of youth

cited body growth (46.5% for males and 36% for females) and growth of hair in the underarms and pubic area (25.6% for males and 19.4% for females). Meanwhile, a substantially higher proportion of Central Luzon female youth mentioned body growth (72.7%), development of breasts (91.3%), and onset of menstrual period (89.2%) compared with other regions.

Circumcision

Male circumcision is a traditional practice in Filipino culture. Male teenagers undergo the ritual before entering their adult years (Lee, 2006). More than a cultural rite of passage, male circumcision is now recognized as an efficacious intervention for the prevention of human immunodeficiency virus (HIV), the virus that causes the acquired immune deficiency syndrome (AIDS; WHO & UNAIDS, 2007).

The YAFS4 data show that this practice remains highly prevalent, as nearly all (98.6%) Filipino males aged 15–24 reported that they are circumcised (Table 9.2). Circumcision is a universal practice in all regions in the country except for ARMM, where 16.7 percent reported that they are not circumcised.

The mean age at circumcision is 11.0 years. Only around 0.1 percent (data not shown) had undergone circumcision at birth, a practice that is more widespread in Western countries. The lowest mean age of 9.3 years is recorded in Central Visayas, Northern Mindanao, and Davao Region, while ARMM has the highest mean age at circumcision of 12.9 years. There are no substantial differences in the mean age at circumcision by age, place of residence, education, and socioeconomic status.

Apart from age at circumcision, it is also important to examine the person who performed the circumcision, as those without medical training may practice unhygienic procedures or perform the circumcision in an unsanitary environment that can lead to infections. Table 9.2 shows the proportion of circumcised males whose circumcision procedure was done by a medical professional, which includes doctors,

Table 9.1 Percent of males and females who mentioned the physical changes that happen to a young person during the transition to adulthood by background characteristics

Background Characteristics	Percent of males who mentioned:					Percent of females who mentioned:									
	Body growth	Growth of hair in underarms and pubic area	Penile discharge	Skin becoming oily and development of pimples	Change in voice	Enlargement of Adam's apple	Enlargement of scrotum	No. of males	Body growth	Growth of hair in underarms and pubic area	Vaginal discharge	Skin becoming oily and dev't of pimples	Development of breasts	Onset of menstrual period	No. of females
Age															
15-19	79.7	56.5	5.2	24.1	53.8	28.5	6.4	5,743	55.6	35.9	5.2	26.5	70.8	74.7	5,641
20-24	79.7	58.0	5.7	24.4	57.3	30.2	8.8	3,580	56.1	36.6	6.2	26.4	75.7	77.2	4,145
Region															
Ilocos	91.5	59.4	2.1	16.1	65.2	21.2	1.3	472	49.9	50.7	1.9	26.9	70.4	77.8	469
Cagayan Valley	86.7	77.8	6.1	30.0	67.6	36.7	7.3	343	49.7	42.0	9.6	32.4	73.1	88.9	324
Central Luzon	84.9	77.3	14.5	45.9	74.4	51.4	26.6	953	72.7	48.6	6.9	26.4	91.3	89.2	1,097
CALABARZON	79.6	50.7	0.2	15.8	33.6	25.9	1.6	1,228	53.8	23.7	1.2	18.7	68.9	75.1	1,295
MIMAROPA	87.3	47.0	2.1	23.4	55.7	30.0	2.5	283	67.0	29.7	2.9	27.6	59.7	86.0	279
Bicol	85.2	57.2	1.3	14.2	53.0	22.9	1.2	520	60.4	37.3	2.1	22.2	75.5	79.8	573
Western Visayas	82.8	62.3	4.9	17.5	45.9	32.1	15.6	760	57.3	33.5	8.0	26.0	75.0	82.7	723
Central Visayas	66.9	55.9	3.1	14.8	59.9	18.7	4.0	742	53.9	30.6	2.5	29.4	70.5	56.8	673
Eastern Visayas	86.6	55.4	7.0	22.8	61.5	27.1	6.3	425	59.0	39.7	2.5	23.3	66.4	86.6	403
Zamboanga Peninsula	76.1	55.3	4.6	21.5	59.1	30.4	2.2	368	50.0	38.1	4.8	35.1	71.2	65.7	353
Northern Mindanao	74.3	61.7	20.1	46.1	73.2	40.3	22.4	447	35.3	26.8	4.7	36.6	78.3	73.2	473
Davao	77.8	62.1	4.5	29.6	54.8	21.8	1.8	446	64.9	47.2	19.6	36.7	77.9	76.1	515
SOCCKSARGEN	80.4	51.8	8.7	28.1	53.4	29.9	2.7	438	49.5	36.7	11.1	33.7	70.5	71.8	457
CAR	83.2	52.3	4.0	9.3	52.3	22.1	2.3	173	57.9	50.0	15.3	29.6	82.1	66.8	196
ARMM	46.5	25.6	5.4	36.2	68.0	38.1	3.2	316	36.0	19.4	6.3	25.4	57.1	72.0	350
Caraga	70.9	43.8	6.4	27.2	61.9	24.9	4.6	265	41.5	31.0	15.9	43.3	54.8	58.9	253
NCR	83.1	51.4	2.1	19.2	44.0	20.7	3.0	1,145	57.5	37.4	2.3	17.7	74.9	70.4	1,354
Place of residence															
Urban	81.4	57.2	4.1	23.6	51.1	27.9	7.0	2,389	58.6	40.8	5.3	24.5	74.8	73.7	2,827
Rural	79.1	57.0	5.8	24.4	56.6	29.6	7.4	6,934	54.7	34.3	5.8	27.2	72.1	76.6	6,959
Educational attainment															
No schooling/Elementary	76.3	49.3	4.2	23.0	48.7	24.0	4.8	1,718	44.7	27.3	5.9	20.3	63.5	72.8	921
High school undergraduate	78.5	56.4	5.4	24.0	54.6	27.7	6.5	3,514	54.7	32.2	5.0	26.3	68.4	74.9	3,491
High school graduate/Vocational	80.6	56.6	5.4	25.0	57.4	34.2	9.2	2,408	55.7	35.2	5.0	28.1	74.2	75.5	3,040
College or higher	84.2	67.0	6.5	24.4	59.8	30.2	8.7	1,681	62.1	46.8	7.3	26.9	81.7	78.4	2,334
Socioeconomic status (Wealth quintile)															
Lowest (Poorest)	76.7	54.6	6.7	26.6	55.3	28.1	7.8	1,878	49.0	28.7	6.4	28.7	64.8	73.7	1,945
Second	78.6	52.6	4.4	22.4	55.0	28.1	6.3	1,909	54.2	33.2	5.3	28.9	71.9	75.0	2,017
Middle	80.4	58.3	5.3	21.8	53.2	30.0	5.9	2,087	58.6	36.2	5.2	24.9	71.6	73.9	2,078
Fourth	79.7	58.3	5.1	27.4	57.3	28.9	7.6	1,930	55.8	41.3	5.2	25.4	76.6	77.7	2,061
Highest (Richest)	83.7	62.3	5.5	22.6	55.5	31.0	9.6	1,519	62.2	42.0	6.2	24.0	80.5	78.9	1,686
Total	79.7	57.1	5.4	24.2	55.2	29.1	7.3	9,323	55.8	36.2	5.6	26.4	72.9	75.7	9,785

nurses, midwives, and barangay health workers. The data show that two in three males were circumcised by a health professional. More than half (51.4%) of circumcisions were performed by a physician.

Circumcisions performed by health professionals are more prevalent among younger youth, urban residents, more educated youth, and more affluent youth. A high prevalence of circumcision by health professionals is also observed in NCR, Central Luzon, and Ilocos, where more than four in five males were circumcised by medical personnel. A cause for concern, however, is the low prevalence in CALABARZON, Western Visayas, and ARMM,

where about half of the males were circumcised by non-health professionals.

Menarche

Menarche refers to the onset of menstruation and marks the start of puberty in females. It also signals the beginning of females' capacity for reproduction. Almost all females aged 15–24 (99.7%) said they had already experienced menarche (Table 9.3). Only 0.3 percent have not started menstruating yet, all of whom belong to the 15–19 age group.

The mean age at menarche is 13.0 years, with a range of 7 to 22 years (Table 9.3). More than 1 in 10 women experienced menstruation

Table 9.2 Percent distribution of males by age at circumcision, mean age at circumcision, and percentage circumcised by medical professional by background characteristics

Background Characteristics	Age at circumcision (in years)						Total	Mean	No. of males	Circumcised by medical personnel ^a	No. of males who have been circumcised
	Below 10	10	11	12	13 and over	Not circumcised					
Age											
15-19	26.6	15.6	12.3	19.8	23.8	2.0	100.0	10.9	5,760	71.2	5,607
20-24	25.8	14.7	11.1	20.2	27.7	0.5	100.0	11.2	3,582	61.6	3,547
Region											
Ilocos	20.5	15.8	15.6	19.8	27.2	1.1	100.0	11.2	474	84.3	460
Cagayan Valley	14.5	17.7	12.5	22.3	31.9	1.2	100.0	11.7	345	69.5	334
Central Luzon	22.2	19.2	14.2	21.0	22.8	0.6	100.0	11.1	952	86.5	934
CALABARZON	11.3	11.1	14.3	29.5	31.3	2.4	100.0	11.9	1,242	51.8	1,205
MIMAROPA	11.7	12.1	13.1	27.3	34.4	1.4	100.0	11.9	282	30.2	278
Bicol	15.5	14.0	10.0	24.8	35.1	0.6	100.0	11.7	521	30.1	515
Western Visayas	9.7	10.4	9.1	20.5	48.9	1.4	100.0	12.4	761	52.7	748
Central Visayas	58.0	15.5	6.7	10.8	8.9	0.1	100.0	9.3	742	75.8	741
Eastern Visayas	40.5	19.0	6.8	16.6	16.2	0.9	100.0	10.1	427	59.2	422
Zamboanga Peninsula	48.8	16.4	9.1	13.4	11.5	0.8	100.0	9.8	373	60.1	368
Northern Mindanao	56.5	15.0	7.2	11.4	9.6	0.2	100.0	9.3	446	79.8	446
Davao	55.0	17.3	8.1	8.3	10.8	0.5	100.0	9.3	444	77.7	444
SOCCSKSARGEN	11.7	17.1	20.0	26.3	24.7	0.2	100.0	10.4	436	73.8	428
CAR	21.8	12.1	9.8	21.3	32.8	2.3	100.0	11.5	174	63.1	168
ARMM	9.0	8.7	5.4	12.5	47.8	16.7	100.0	12.9	312	52.9	261
Caraga	52.8	15.8	7.5	11.3	12.5	0.0	100.0	9.6	265	63.1	100
NCR	11.7	17.1	20.0	26.3	24.7	0.2	100.0	11.5	1,149	89.2	1,143
Place of residence											
Urban	21.8	17.9	15.7	22.3	22.0	0.4	100.0	11.0	2,394	84.0	2,379
Rural	27.8	14.4	10.5	19.1	26.4	1.8	100.0	11.0	6,949	61.7	6,775
Educational attainment											
No schooling/Elementary	23.6	14.7	6.6	17.1	35.0	3.0	100.0	11.4	1,724	50.6	1,671
High school undergraduate	27.0	14.8	11.9	20.3	24.1	1.9	100.0	10.9	3,523	68.3	3,431
High school graduate/Vocational	27.0	15.8	13.6	18.6	24.6	0.4	100.0	11.0	2,410	68.0	2,381
College or higher	26.4	16.3	14.6	23.8	18.6	0.3	100.0	10.8	1,686	82.0	1,669
Socioeconomic status (Wealth quintile)											
Lowest (Poorest)	29.6	13.7	7.5	15.6	30.3	3.3	100.0	11.0	1,880	49.9	1,810
Second	27.9	13.3	9.1	21.2	26.9	1.5	100.0	11.0	1,911	57.6	1,869
Middle	24.7	14.6	11.7	21.2	27.0	0.8	100.0	11.1	2,088	68.5	2,060
Fourth	24.7	17.5	14.6	19.6	23.2	0.4	100.0	11.0	1,941	77.6	1,917
Highest (Richest)	24.2	17.8	17.4	22.3	17.2	1.1	100.0	10.8	1,523	86.6	1,498
Total	26.3	15.3	11.8	19.9	25.3	1.4	100.0	11.0	9,342	67.5	9,159

Note: ^a Includes doctors, nurses, midwives, and barangay health workers (BHWs)

before age 12, 26.1 percent at age 12, 25.7 percent at age 13, 19.6 percent at age 14, and 15.2 percent at age 15 and older.

Across the regions, the youngest mean age at menarche is reported in NCR at 12.7 years, while the oldest, reported in ARMM, is 13.6 years. Nearly half (48.1%) of the women in NCR and two in five women in Ilocos, Cagayan Valley, Central Luzon, CALABARZON, Western Visayas, and Central Visayas had their first menstrual period before they turned 13 years old. Menstruation occurs later among rural females than their urban counterparts, with a mean age at menarche of 13.1 and 12.8 years, respectively.

By educational attainment, the mean age at menarche consistently decreases as education

increases, although the range is not very wide (from 12.8 years among the college educated to 13.3 years among those with no schooling/elementary education). The same pattern is apparent for socioeconomic status. The mean age at menarche is lowest among women belonging to the highest quintile (12.7 years) and highest among women from the lowest quintile (13.2 years). These patterns are not unexpected since higher educational attainment and socioeconomic status are associated with better nutrition and health practices which in turn are determinants of earlier onset of menarche (Osteria, 1983; Rah, et al., 2009).

Table 9.3 Percent distribution of females by age at menarche, and mean age at menarche by background characteristics

Background Characteristics	Age at menarche (in years)						Not menstruating yet	Total	Mean	No. of females
	10 and below	11	12	13	14	15 and over				
Age										
15-19	3.4	9.5	26.8	27.3	20.2	12.3	0.6	100.0	12.9	5,637
20-24	4.0	9.4	25.2	23.5	18.7	19.1	0.0	100.0	13.1	4,157
Region										
Ilocos	3.2	10.5	27.6	30.1	16.2	12.2	0.2	100.0	12.9	468
Cagayan Valley	3.4	8.6	30.3	21.1	23.5	12.8	0.3	100.0	13.0	327
Central Luzon	4.8	12.1	26.3	27.0	15.1	14.7	0.0	100.0	12.9	1,096
CALABARZON	2.3	11.5	26.3	24.4	20.2	15.3	0.0	100.0	13.0	1,295
MIMAROPA	1.8	8.6	25.5	23.7	25.9	14.4	0.0	100.0	13.1	574
Bicol	3.5	4.5	22.5	27.9	22.8	18.3	0.5	100.0	13.3	724
Western Visayas	4.7	9.4	27.9	25.8	19.5	12.0	0.7	100.0	12.9	673
Central Visayas	4.0	10.4	26.4	24.8	20.2	13.4	0.7	100.0	12.9	403
Eastern Visayas	0.7	7.2	24.8	25.3	21.8	19.4	0.7	100.0	13.3	355
Zamboanga Peninsula	2.0	7.9	23.1	26.5	22.5	17.7	0.3	100.0	13.2	473
Northern Mindanao	1.1	8.7	22.0	26.8	23.5	16.9	1.1	100.0	13.2	515
Davao	2.9	9.3	27.6	25.0	21.6	13.4	0.2	100.0	13.0	461
SOCCSKSARGEN	3.3	6.9	28.2	31.7	18.2	11.3	0.4	100.0	12.9	1,354
CAR	3.0	8.1	22.8	29.4	18.3	18.3	0.0	100.0	13.1	197
ARMM	2.6	3.7	12.9	25.1	28.9	25.1	1.7	100.0	13.6	350
Caraga	2.7	7.1	27.1	24.3	19.6	18.4	0.8	100.0	13.1	255
NCR	7.0	11.5	29.5	22.9	14.4	14.6	0.0	100.0	12.7	278
Place of residence										
Urban	5.7	11.1	28.8	24.7	16.1	13.6	0.0	100.0	12.8	2,825
Rural	2.8	8.8	25.0	26.1	20.9	15.9	0.5	100.0	13.1	6,969
Educational attainment										
No schooling/Elementary	2.9	4.9	19.1	28.2	26.5	17.1	1.3	100.0	13.3	918
High school undergraduate	3.1	8.8	26.7	27.9	20.3	12.6	0.5	100.0	13.0	3,501
High school graduate/Vocational	2.7	9.7	27.5	23.6	17.7	18.6	0.1	100.0	13.1	3,046
College or higher	6.0	11.9	26.0	24.1	18.1	13.9	0.0	100.0	12.8	2,329
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	1.7	5.8	24.2	27.1	22.8	17.5	0.9	100.0	13.2	1,950
Second	2.4	9.3	22.7	25.5	22.6	17.1	0.4	100.0	13.1	2,022
Middle	3.4	7.5	28.3	25.2	19.9	15.4	0.3	100.0	13.0	2,080
Fourth	3.8	12.4	28.0	24.4	17.0	14.3	0.1	100.0	12.9	2,057
Highest (Richest)	7.7	12.5	27.4	26.4	14.9	11.2	0.0	100.0	12.7	1,685
Total	3.7	9.5	26.1	25.7	19.6	15.2	0.3	100.0	13.0	9,794

Trends in pubertal development

Figure 9.1 shows the trends from 1994 to 2013 of the two indicators of pubertal development discussed earlier. The mean age at circumcision remained stable at 11.0 years during the 20-year period. The mean age at menarche, however, followed a slight downward trend from 13.3 years in 1994 to 13.0 years in 2013.

RH problems

Young people cannot reach their full potential if they are saddled with illnesses that can exact a toll on their everyday lives. Diseases related to their RH, in particular, can affect their reproductive lives, particularly their ability to bear children and to engage in healthy sexual relationships. The YAFS4 survey asked the young people if they have experienced symptoms related to RH problems. Symptoms such as abnormal genital discharge, genital warts, and swollen testicles are seen as possible indications of more serious diseases that require medical attention, such as STIs.

Tables 9.4 and 9.5 show the proportions of males and females who reported ever experiencing a given symptom. Among these symptoms are abnormal genital discharge, blood in urine, genital warts, itching in the genital area, and painful urination. Except for painful urination, which more females (28.5%) than males (19.9%) reported, the experience of symptoms of RH problems is about the same for men and women, and all symptoms have a

relatively low level of prevalence. In addition to these symptoms common to males and females, the study also inquired about gender-specific symptoms such as erectile dysfunction for males and dysmenorrhea for females.

The most common RH complaints of males are painful urination (19.9%), genital itching (11.1%), and infection from circumcision (9%). There is no distinct pattern of difference in post-circumcision infection by age and other background characteristics, but there is a wide variability across regions. The proportion of males who experienced post-circumcision infection is lowest at 0.1 percent in Central Luzon, followed by Bicol (2.1%) and MIMAROPA (2.9%). At the other extreme, the proportion is highest in SOCCSKSARGEN (42.9%), followed by Zamboanga Peninsula (26.4%) and Northern Mindanao (23.9%).

Among females, menstruation-related complaints are the most prevalent RH problems. Nearly half (47.6%) of females reported painful menstruation, while 31.6 percent have experienced irregular menstrual period. Sex-related problems are also quite common, more so among females than males. Low sex drive and painful sexual intercourse were reported by one in five females. Among males, young as they are, nearly 4 percent have also experienced impotence or erectile dysfunction.

In all, 36.5 percent of males and 73 percent of females have experienced any RH problem. The high level of RH problems among females can be attributed to the high prevalence of dysmenorrhea.

Figure 9.1 Trends in mean age at circumcision and age at menarche: 1994, 2002, and 2013

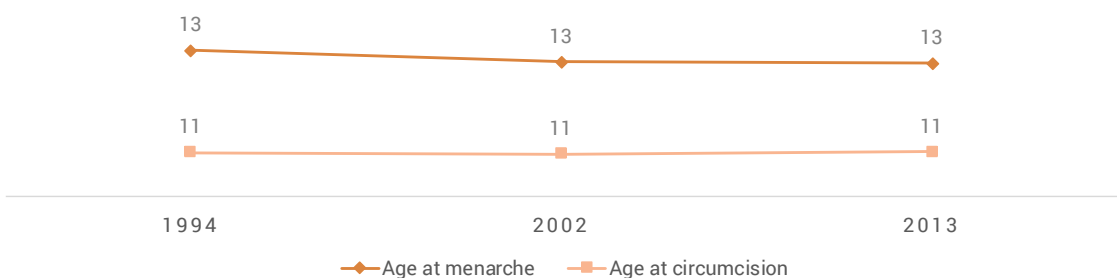


Table 9.4 Percent of males who experienced reproductive health (RH) problems and percentage who consulted a health professional for any RH problem by background characteristics

Background Characteristics	Percent of males who experienced the following RH problem											No. of males who experienced any RH problem	No. of males who consulted a medical professional for any RH problem experienced	No. of males who experienced any RH problem			
	Abnormal penile discharge	Blood in urine	Genital warts	Itching in the genital area	Painful urination	Reddish and swollen testicles	Infection from circumcision ^a	Low libido/sex drive	Impotence/Erectile dysfunction	Any RH problem	No. of males						
Age																	
15-19	3.7	2.9	2.9	11.9	19.8	3.0	9.2	5.0	3.5	36.7	5,766	24.0	2,082				
20-24	3.1	3.6	3.2	9.8	20.1	3.0	8.8	8.7	4.1	36.2	3,591	33.1	1,285				
Marital status																	
Never married	3.5	3.1	2.9	11.1	19.3	3.1	9.1	5.3	3.5	35.6	8,191	26.6	2,865				
Ever married	3.8	4.0	4.0	11.2	24.1	2.5	8.8	14.1	5.4	42.9	1,166	32.2	503				
Region																	
Ilocos	1.9	1.3	1.7	6.8	17.8	0.8	5.4	2.8	1.7	28.0	472	27.8	133				
Cagayan Valley	0.3	2.0	0.3	7.3	16.2	0.9	4.2	2.3	0.3	24.2	345	24.1	87				
Central Luzon	0.4	1.5	0.4	2.0	9.6	0.8	0.1	3.2	2.0	10.8	952	38.1	113				
CALABARZON	10.8	5.7	5.7	23.3	29.5	9.8	6.4	12.7	9.2	52.7	1,243	32.1	629				
MIMAROPA	2.1	3.5	0.4	11.3	20.5	2.5	2.9	3.2	1.8	29.9	283	24.7	89				
Bicol	1.9	2.9	2.1	20.0	27.6	3.7	2.1	6.0	5.4	43.3	520	21.9	219				
Western Visayas	1.6	1.7	1.8	4.2	10.3	0.7	5.7	4.6	2.2	24.1	764	33.3	159				
Central Visayas	3.1	4.2	1.3	5.5	12.8	2.2	4.3	6.3	3.5	26.4	741	32.3	195				
Eastern Visayas	2.1	2.1	3.3	8.5	13.8	0.9	2.9	4.9	1.9	26.4	427	28.8	111				
Zamboanga Peninsula	1.3	3.0	8.4	6.7	27.2	1.6	26.4	3.8	1.3	52.0	372	21.1	194				
Northern Mindanao	5.6	3.6	6.7	10.7	28.9	1.8	23.9	6.0	4.3	53.6	447	25.3	237				
Davao	3.4	2.2	4.5	8.1	22.9	2.0	13.0	6.1	4.5	44.2	446	26.0	192				
SOCCKSARGEN	2.1	1.8	4.3	8.2	19.3	2.0	42.9	2.7	2.3	53.3	439	15.6	225				
CAR	2.3	3.5	1.7	11.0	33.5	0.6	12.6	4.0	1.2	43.9	173	18.7	75				
ARMM	2.5	2.5	1.3	6.3	15.1	0.0	6.6	0.6	0.3	24.8	317	14.1	85				
Caraga	7.2	3.0	5.7	12.1	21.1	1.1	10.3	7.9	3.8	39.9	265	22.4	107				
NCR	3.0	4.6	2.4	18.1	21.9	4.9	8.0	12.0	4.9	44.6	1,150	32.1	514				
Place of residence																	
Urban	2.8	3.6	3.2	12.6	19.1	3.5	8.0	9.4	3.9	38.2	2,398	31.4	917				
Rural	3.7	3.0	3.0	10.6	20.2	2.8	9.4	5.4	3.7	35.9	6,958	26.0	2,450				
Educational attainment																	
No schooling/Elementary	3.4	3.2	3.4	9.3	20.0	4.0	8.7	4.9	4.3	35.9	1,730	31.2	628				
High school undergraduate	3.7	2.8	3.5	12.6	20.8	2.4	10.0	6.2	3.1	38.9	3,528	22.3	1,356				
High school graduate/Vocational College or higher	3.4	3.6	2.3	10.7	20.2	2.9	7.9	7.1	3.9	35.2	2,412	31.6	836				
Socioeconomic status (Wealth quintile)																	
Lowest (Poorest)	2.8	2.7	3.1	9.6	20.2	2.8	12.5	3.8	2.6	37.6	1,884	24.4	712				
Second	3.7	2.8	2.8	10.1	21.2	2.8	9.5	6.2	4.6	38.5	1,916	24.9	719				
Middle	3.7	3.4	3.3	11.8	19.5	3.8	7.5	6.2	4.1	34.7	2,089	27.2	727				
Fourth	2.4	3.4	2.8	10.6	20.0	2.2	6.6	7.2	3.6	36.1	1,941	30.7	688				
Highest (Richest)	5.1	3.7	3.2	13.7	18.4	3.5	9.6	9.2	3.7	35.7	1,526	31.2	522				
Total	3.5	3.2	3.0	11.1	19.9	3.0	9.0	6.4	3.7	36.5	9,356	27.4	3,367				

Note: ^a Among males who have been circumcised

Table 9.5 Percent of females who experienced reproductive health (RH) problems and percentage who consulted a health professional for any RH problem by background characteristics

Background Characteristics	Percent of females who experienced the following RH problems										No. of females who experienced any RH problem	No. of females who consulted a medical professional for any RH problem experienced	No. of females who experienced any RH problem				
	Abnormal vaginal discharge	Blood in urine	Genital warts	Itching in the genital area	Painful urination	Dysmenorrhea ^a	Irregular menstrual period	Breast mass	Low libido/sex drive	Painful sexual intercourse ^b				Any RH problem			
Age																	
15-19	3.5	4.1	2.1	10.0	27.3	46.5	30.3	2.8	18.2	25.1	70.4	5,646	27.7	3,909			
20-24	6.2	5.1	2.5	14.0	30.2	49.0	33.3	4.6	20.6	21.1	76.4	4,159	42.3	3,120			
Marital status																	
Never married	3.6	3.6	2.3	11.0	25.1	51.1	31.6	3.3	22.7	30.3	71.6	6,478	27.3	4,561			
Ever married	6.6	6.3	2.2	13.1	35.1	40.6	31.5	4.1	19.4	20.7	75.6	3,328	47.0	2,468			
Region																	
Ilocos	2.4	5.4	1.7	11.2	30.7	49.9	25.8	2.6	19.3	24.1	71.9	467	34.1	317			
Cagayan Valley	1.2	3.4	3.1	10.2	31.4	49.4	27.4	2.5	21.9	29.3	72.0	325	33.3	228			
Central Luzon	1.2	3.6	0.4	5.5	21.8	28.9	24.7	3.7	11.3	8.5	54.6	1,097	49.7	573			
CALABARZON	3.9	3.5	2.0	17.0	30.2	50.0	37.3	3.3	17.3	27.5	79.1	1,303	35.7	1,026			
MIMAROPA	3.6	4.7	1.1	11.1	29.7	38.6	36.4	1.8	17.5	24.6	70.9	279	36.0	197			
Bicol	2.4	3.1	0.5	10.6	31.9	47.5	36.1	2.8	31.6	31.8	77.5	573	35.8	438			
Western Visayas	6.5	5.3	6.4	11.5	25.9	50.8	40.3	2.1	27.3	23.1	76.7	723	39.2	541			
Central Visayas	5.3	4.6	1.0	8.6	32.2	61.6	40.6	2.7	33.3	27.2	84.9	674	25.3	566			
Eastern Visayas	3.5	3.5	2.2	12.2	26.3	34.0	27.0	3.5	16.8	17.9	67.6	403	34.3	271			
Zamboanga Peninsula	4.2	5.6	2.5	11.3	25.9	47.6	25.4	5.9	7.7	18.1	63.8	355	24.7	223			
Northern Mindanao	7.6	5.9	3.2	11.0	23.5	47.8	26.8	4.7	19.0	14.7	72.1	474	26.3	338			
Davao	5.7	4.9	1.0	9.9	22.4	54.6	22.0	4.5	8.9	13.8	65.9	514	27.0	333			
SOCCKSARGEN	6.5	6.9	4.8	6.9	32.2	42.7	13.3	6.5	6.5	11.8	62.7	461	25.6	277			
CAR	4.6	4.6	4.1	13.2	43.7	55.3	26.4	1.5	22.3	35.1	80.0	197	46.4	153			
ARMM	5.7	2.6	5.7	15.1	33.6	61.5	18.9	4.6	7.5	11.9	76.6	350	13.7	262			
Caraga	5.1	5.1	2.0	9.8	32.3	48.8	28.0	3.1	23.6	30.2	76.0	254	28.8	191			
NCR	7.2	5.3	1.6	16.1	28.9	50.3	41.6	3.5	29.6	30.5	80.9	1,357	38.8	1,093			
Place of residence																	
Urban	5.9	5.5	2.1	14.2	28.3	50.4	36.2	3.8	22.8	25.0	76.2	2,829	37.4	2,124			
Rural	4.1	4.1	2.3	10.7	28.6	46.4	29.7	3.5	18.7	21.1	71.6	6,976	32.8	4,906			
Educational attainment																	
No schooling/Elementary	4.8	5.5	2.2	8.7	30.8	35.9	26.5	2.0	13.9	22.2	64.4	921	30.9	579			
High school undergraduate	4.4	4.0	2.4	10.0	27.2	41.0	30.9	2.2	18.3	20.4	68.1	3,498	29.8	2,359			
High school graduate/Vocational	4.6	4.7	1.8	12.0	28.6	47.1	31.6	4.4	20.9	21.3	74.6	3,052	38.2	2,225			
College or higher	5.0	4.7	2.7	15.0	29.6	62.5	34.5	5.1	23.9	26.6	81.6	2,333	35.9	1,865			
Socioeconomic status (Wealth quintile)																	
Lowest (Poorest)	4.0	3.7	2.2	8.9	29.7	41.4	27.3	3.7	17.7	21.6	68.3	1,954	27.7	1,316			
Second	4.4	4.4	1.8	9.8	29.4	46.1	31.5	2.8	19.6	20.5	71.0	2,018	31.4	1,409			
Middle	4.9	5.2	2.8	13.0	27.2	47.2	31.3	3.8	20.2	20.0	74.3	2,080	34.3	1,520			
Fourth	4.7	4.5	2.0	11.9	29.4	49.3	32.1	4.7	20.1	25.0	75.4	2,062	37.3	1,537			
Highest (Richest)	5.2	4.7	2.5	15.2	26.8	54.7	36.1	4.3	23.6	25.5	75.9	1,691	40.5	1,248			
Total	4.6	4.5	2.3	11.7	28.5	47.6	31.6	3.6	19.9	22.2	73.0	9,805	34.2	7,029			

Notes: ^a Among females who have had their menstrual period

^b Among females who have sexual experience

Survey respondents who experienced a specific RH problem were asked if they consulted a doctor or a health professional for their problem. Of those who experienced any symptom of RH problems, more females (34.2%) consulted a medical professional than did males (27.4%). The older youth (20–24 years old), the ever married, urban residents, and richer youth tend to engage the assistance of medical personnel more than their counterparts do. For both males and females, Central Luzon and ARMM posted the highest and the lowest proportions, respectively, of youth who sought medical attention for their RH problem. Interestingly, while health utilization among females from CAR is among the highest, the reverse is true for their male counterparts, suggesting the need to further encourage health-seeking behavior among male youth in CAR.

STIs and HIV/AIDS

Addressing STIs is a major step in ensuring the RH of the youth. STIs are infections that are transmitted through sexual contact. According to the WHO (2015), there are more than 30 bacteria, viruses, and parasites that can be spread through person-to-person sexual contact. The most common diseases that these bacteria cause are chlamydia, gonorrhea, hepatitis, syphilis, human papilloma virus, and HIV.

Among the STIs, HIV/AIDS is one of the most serious public health concerns. HIV can be transmitted not only through sexual intercourse but also through mother-to-child transmission, blood transfusion, and intravenous drug use. HIV, however, cannot be transmitted through casual contact (e.g., kissing, shaking hands, or sharing food, clothing, or toilet seats), nor can it be spread by mosquitoes.

Unlike most parts of the world, the Philippines is one of the few countries with an accelerating increase of new HIV cases (UNAIDS, 2014). Once described as having a “low and slow” prevalence rate of HIV/AIDS, the number of HIV cases in the country is now rising at a “fast and furious” rate. In recent years, the Department

of Health has noted an alarming increase in the number of Filipinos infected with HIV. From 1984 to June 2015, there have been 26,456 diagnosed HIV/AIDS cases in the country, of which 22,032 or 83 percent were reported in the past five years (Department of Health, 2015). Young people aged 15–24 are considered a vulnerable sector for HIV/AIDS, as they account for more than a quarter of Filipinos living with HIV. This vulnerable population is predominantly male, with male-to-male sexual contact as the primary mode of transmission.

Awareness of STIs and HIV/AIDS

To assess the Filipino youth’s awareness of STIs and HIV/AIDS, the survey asked whether the respondents know about infections or diseases that are associated with sex or with having sex (STIs). Regardless of their response to this question, the respondents were also asked if they have heard of an illness called AIDS.

Results reveal a generally high level of awareness of AIDS among Filipino youth (83.3%), with no notable variation by sex (Table 9.6). Interestingly, awareness of the more general STIs is considerably lower, with less than half (47.4%) reporting knowing of STIs. Differentials in the awareness of STIs and AIDS are similar, with higher awareness found among the older cohort of youth, the urban residents, those with higher educational attainment, and those with higher socioeconomic status. Geographic differences also exhibit similar patterns, with NCR, Davao Region, and Central Luzon youth ranked the highest in terms of awareness of STIs and AIDS. The least aware of these diseases are the youth from ARMM, where only 43.8 percent have heard of AIDS and 15.8 percent are aware of STIs.

Respondents who have heard of AIDS were further asked if they think AIDS is curable. Additionally, they were asked a direct question: “*What are the chances that a person like you will get AIDS?*” Young Filipinos’ knowledge of HIV/AIDS is still shrouded in misinformation, as only 4 in 10 believe that AIDS is curable, with more males and older youth subscribing to this belief.

Table 9.6 Percent of youth who are aware and know STIs and HIV/AIDS by background characteristics

Background Characteristics	Know STIs	Have heard of AIDS	No. of youth	Think that AIDS is curable	Think that there is no chance of them getting HIV	No. of youth who have heard of AIDS
Sex						
Male	50.5	81.9	9,362	43.1	72.4	7,644
Female	44.5	84.7	9,807	36.6	80.3	8,240
Age						
15-19	43.3	79.8	11,414	38.5	76.4	9,061
20-24	53.5	88.5	7,753	41.3	76.7	6,825
Marital status						
Never married	47.9	82.7	14,672	39.1	76.0	12,082
Ever married	45.9	85.3	4,495	41.8	78.2	3,805
Region						
Ilocos	49.2	81.8	942	42.7	83.4	770
Cagayan Valley	41.2	76.6	671	44.8	79.5	502
Central Luzon	60.9	89.6	2,049	38.5	89.7	1,832
CALABARZON	44.1	86.7	2,545	42.7	74.6	2,199
MIMAROPA	49.6	85.9	562	47.8	85.7	482
Bicol	45.0	80.6	1,093	48.5	85.8	880
Western Visayas	43.5	79.4	1,487	35.6	71.5	1,161
Central Visayas	46.9	83.3	1,415	36.9	61.9	1,175
Eastern Visayas	36.6	73.0	829	40.6	76.9	597
Zamboanga Peninsula	30.4	80.1	728	39.8	71.8	581
Northern Mindanao	30.9	79.1	920	36.5	58.1	726
Davao	52.4	90.8	960	26.6	75.8	863
SOCCSKSARGEN	34.1	76.5	899	33.1	60.7	679
CAR	51.5	86.2	370	34.2	83.7	319
ARMM	15.8	43.8	672	35.8	70.7	290
Caraga	40.8	87.5	520	44.4	65.1	455
NCR	70.5	94.8	2,508	42.3	83.0	2,376
Place of residence						
Urban	63.0	92.0	5,227	38.9	80.8	4,787
Rural	41.5	80.1	13,941	40.1	74.6	11,098
Educational attainment						
No schooling/Elementary	26.9	58.4	2,651	44.8	72.2	1,537
High school undergraduate	40.4	79.9	7,028	38.2	76.2	5,582
High school graduate/Vocational	51.7	90.5	5,465	43.6	77.5	4,925
College or higher	67.4	95.9	4,023	34.9	77.3	3,844
Socioeconomic status (Wealth quintile)						
Lowest (Poorest)	28.1	68.8	3,838	38.0	71.8	2,627
Second	40.3	79.3	3,935	42.7	75.1	3,094
Middle	47.5	85.7	4,172	42.1	77.6	3,558
Fourth	58.9	90.9	4,003	38.4	78.5	3,629
Highest (Richest)	64.6	92.9	3,220	36.9	78.5	2,977
Total	47.4	83.3	19,167	39.7	76.5	15,887

In addition, about 8 in 10 think that there is no chance of them getting AIDS in the future, a manifestation of a general feeling of invincibility among the youth. While no age differential was found, there is a clear gender disparity, with more females (80.3%) than males (72.4%) thinking there is no chance of them getting infected with HIV.

Trends in the awareness and knowledge of HIV/AIDS

One of the most worrisome findings in YAFS4 is the evidence of a decline in the awareness of HIV/AIDS (Figure 9.2). In 1994, 95 percent of the youth expressed awareness of HIV and AIDS. This remained largely the same in 2002. However, in 2013, the level dropped to only 83.3 percent. The decrease is steeper among males (from 94.5% in 1994 to 81.9% in 2013) than among females (from 95% in 1994 to 84.7% in 2013). This declining trend is corroborated by the results of the series of National Demographic and Health Surveys, which documented a similar drop in the awareness of AIDS not only among the 15–24 age group but also among all women of reproductive age (15–49 years; National Statistics Office & ORC Macro, 2004; Philippine Statistics Authority & ICF International, 2014). If the declining level of HIV/AIDS awareness among our young people is a driving force behind the dramatic upsurge in HIV cases in the country, then this drop in awareness warrants a more in-depth investigation.

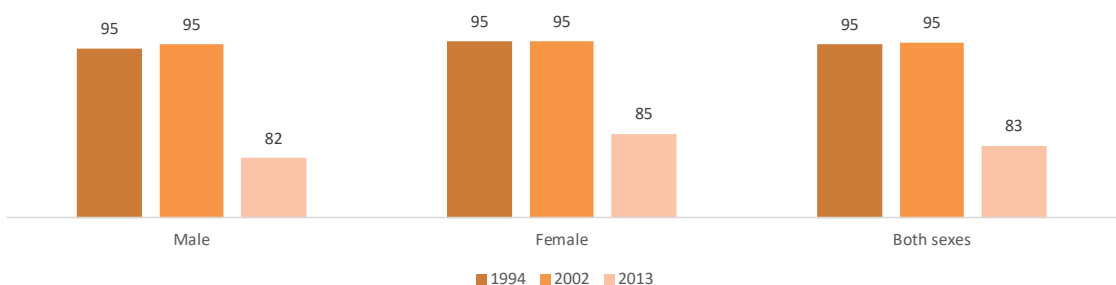
Knowledge of HIV/AIDS

One of the key indicators of the HIV/AIDS response to Millennium Development Goal 6 (to combat HIV/AIDS, malaria, and other diseases) is the proportion of the population aged 15–24 with comprehensive knowledge of HIV. Comprehensive knowledge of HIV is defined as correctly identifying the two major ways of preventing the sexual transmission of HIV (i.e., using condoms and limiting sex to one faithful, uninfected partner), rejecting the two most common local misconceptions about HIV transmission, and knowing that a healthy-looking person can be HIV positive (UNAIDS, 2009). In the YAFS4 survey, respondents were asked whether they agreed with each of the following five knowledge statements on HIV prevention and local misconceptions:

1. The risk of HIV transmission can be reduced by having sex with only one uninfected partner who has no other sexual partners.
2. A person can reduce the risk of getting infected with HIV by using a condom every time they have sex.
3. A healthy-looking person can have HIV.
4. A person can get HIV from mosquito bites.
5. A person can get HIV by sharing food with someone who is infected.

The last two statements were reverse coded to reflect the correct information. A person who agrees with all five statements is

Figure 9.2 Percent of youth who have heard of HIV/AIDS by sex: 1994, 2002, 2013



deemed to have comprehensive knowledge of HIV/AIDS.

Table 9.7 shows the proportion with correct knowledge for each of the five statements and the proportion with comprehensive knowledge of HIV/AIDS. Overall, only 16.8 percent of Filipino youth have comprehensive knowledge of HIV/AIDS, a level far below the 95 percent target set at the 2001 United Nations General Assembly Special Session on HIV and AIDS (United Nations, 2001). The proportion with comprehensive knowledge is higher among males, the older cohort, the urban residents, the higher educated, and those of higher socioeconomic status. Across the regions, the highest proportions with comprehensive knowledge are the youth from CAR (24%), NCR (22%), and Central Luzon (20.9%), while the regions with the lowest levels are ARMM (6.1%) and Northern Mindanao (9.1%).

A comparison of results across the five statements indicates that the proportion with correct knowledge is lowest for the statement *"A person cannot get HIV by sharing food with someone who is infected"* (41.8%). On the other hand, the highest proportion at 68.2 percent was posted for the statement that the risk of HIV can be reduced by maintaining a monogamous sexual relationship. Also worth noting is that two in three Filipino youth correctly answered that mosquito bites cannot transmit HIV.

Summary and conclusions

This chapter discussed several aspects of youth RH, such as milestones in pubertal development, experience of RH problems, and the awareness and knowledge of STIs including HIV/AIDS. In terms of pubertal development, trends in mean age at circumcision, mean age at first nocturnal emission, and mean age at menarche have largely remained the same over the past two decades. When it comes to RH problems, there is a gender disparity in both experience and consultation with medical professionals. Compared with their male counterparts, a higher percentage of females have experienced

any RH problem (73%) and have consulted a medical professional (34.2%). But the most worrisome finding in YAFS4 is the decline in the level of awareness of HIV/AIDS among the youth, with a more significant decline among males than females. This issue is further exacerbated by a very low level of comprehensive knowledge, pegged at 16.8 percent. This level is dismally lower than the 95 percent target set by the United Nations (2001).

Given these findings, much is needed to address various reproductive concerns of the Filipino youth, from access to medical professionals to information and dissemination about sexual health. While the recently passed RH Law promises to improve adolescent RH and provide RH education for the youth, more concrete and strategic steps are needed to address youth access to information and RH services. Perhaps the most pressing issue that needs immediate programmatic response is increasing the youth's awareness and knowledge of HIV/AIDS. Given the existing societal stigma surrounding HIV/AIDS, a critical intervention is needed in various sectors. Among the youth, education has an important role in reaching comprehensive knowledge. Since the proportion of those with comprehensive knowledge is lower among females, the younger cohort, rural residents, the lower educated, and those of lower socioeconomic status, educational programs and information campaigns might be needed to reach these sectors of the youth population.

Table 9.7 Percent of youth who correctly reject local misconceptions about HIV/AIDS and percent with comprehensive knowledge of HIV/AIDS by background characteristics

Background Characteristics	Percent of youth who say that:						No. of youth
	The risk of HIV transmission can be reduced by having sex with only one uninfected partner who has no other sexual partners	A person can reduce the risk of getting infected with HIV by using a condom everytime they have sex	A healthy-looking person can have HIV	A person cannot get HIV from mosquito bites	A person cannot get HIV by sharing food with someone who is infected	With comprehensive correct knowledge of HIV/AIDS ^a	
Sex							
Male	68.3	62.8	60.1	61.8	40.0	17.7	9,315
Female	68.1	55.3	59.4	68.3	43.4	16.0	9,745
Age							
15-19	63.6	53.7	55.5	61.9	39.4	14.5	11,352
20-24	75.0	66.7	66.0	69.9	45.3	20.2	7,709
Marital status							
Never married	67.0	58.0	59.3	64.5	41.6	16.7	14,586
Ever married	72.1	62.1	61.3	67.3	42.1	17.3	4,474
Region							
Ilocos	64.2	53.5	56.3	64.8	45.8	18.3	935
Cagayan Valley	63.4	54.5	51.8	54.1	36.5	12.0	661
Central Luzon	81.9	71.6	67.1	72.8	42.9	20.9	2,040
CALABARZON	70.1	61.0	69.3	66.0	40.6	18.2	2,538
MIMAROPA	72.8	58.1	49.4	66.5	39.6	12.7	561
Bicol	67.7	58.4	43.6	66.2	38.9	13.7	1,092
Western Visayas	59.2	53.0	61.4	60.7	44.1	17.1	1,470
Central Visayas	64.0	55.2	60.5	71.1	42.6	16.6	1,415
Eastern Visayas	59.3	52.3	56.5	51.6	33.6	12.9	827
Zamboanga Peninsula	67.6	63.9	59.3	52.7	39.2	14.8	724
Northern Mindanao	53.4	43.1	48.0	59.7	41.9	9.1	917
Davao	69.5	60.0	65.4	65.7	49.8	16.5	945
SOCCSKSARGEN	60.7	51.8	57.9	52.5	40.8	18.5	878
CAR	67.5	63.2	62.7	69.4	50.8	24.0	367
ARMM	34.6	26.2	27.4	28.4	21.9	6.1	674
Caraga	69.0	56.8	60.1	66.3	39.9	13.1	519
NCR	84.1	73.2	67.7	82.5	46.8	22.0	2,494
Place of residence							
Urban	79.4	69.7	67.9	75.6	45.9	21.1	5,194
Rural	64.0	54.9	56.7	61.2	40.2	15.2	13,866
Educational attainment							
No schooling/Elementary	46.7	40.3	38.1	41.4	26.8	8.4	2,636
High school undergraduate	62.2	53.3	54.0	61.0	37.9	12.7	6,982
High school graduate/Vocational	75.5	65.5	65.2	72.1	46.2	19.6	5,431
College or higher	82.9	72.3	76.7	78.4	52.4	25.7	4,006
Socioeconomic status (Wealth quintile)							
Lowest (Poorest)	53.2	45.2	46.4	49.7	33.7	11.1	3,818
Second	62.0	51.7	54.9	59.4	40.0	13.9	3,908
Middle	70.1	61.3	62.4	67.0	41.6	17.0	4,152
Fourth	76.5	67.3	65.7	73.9	45.3	19.0	3,983
Highest (Richest)	80.8	70.8	70.8	77.1	49.2	24.4	3,199
Total	68.2	59.0	59.8	65.1	41.8	16.8	19,060

Note: ^a Comprehensive knowledge means knowing that consistent use of condoms during sexual intercourse and having just one HIV-negative and faithful partner can reduce the chances of getting HIV, knowing that a healthy-looking person can have HIV, and rejecting the two most common local misconceptions about AIDS transmission and prevention, i.e., knowing that a person cannot get HIV from mosquito bites and a person cannot get HIV by sharing food with someone who is not infected.

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Knowledge and Sources of Information about Sex and Reproduction

Maria Midea M. Kabamalan

The YAFS surveys gather information that can provide possible explanatory factors for the variations in sexual and non-sexual risk behaviors of the youth. In relation to the sexual behaviors and their outcomes, YAFS4 asked about the youth's level of knowledge about sex and reproduction and their self-perceived adequacy of knowledge about sex. It also asked about their sources of information on sex and their preferences as to whom to consult if they have questions at home and in school regarding sex.

Perceived adequacy of knowledge about sex

To get a sense of their perceived adequacy of knowledge about sex, the respondents were asked a direct question: *“Do you think you have enough knowledge about sex?”* Only 27.4 percent of Filipino youth think they have enough knowledge about sex, with a higher proportion among males (30.9%) than females (24.1%) and among the older (41.9% and 33.2% for males and females, respectively) than the younger youth (24% and 17.4% for males and females, respectively; Table 10.1).

By region, NCR has the highest percentage of youth who think they have enough knowledge about sex (51.7% among males and 36.1% among females), while ARMM has the lowest (15.5% among males and 12.7% among females). In most of the regions, more males than females think they have enough knowledge about sex. In particular, the proportion of males in NCR,

Central Visayas, Ilocos, and Bicol who think they have enough knowledge about sex is at least 14 percentage points higher than that of their female counterparts. In contrast, more females than males in Caraga, Cagayan Valley, and Eastern Visayas think they have enough knowledge about sex, with a difference of at least five percentage points. Not surprisingly, more youth from urban areas reported having enough knowledge about sex compared with those from rural areas.

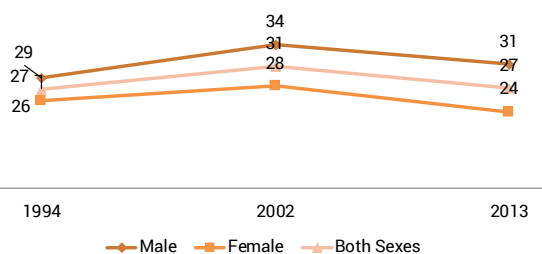
In terms of educational background, results show an education gradient, with an increasing proportion who think they have adequate knowledge about sex as the education level rises. However, the percentage among the college educated who think they have adequate knowledge is not high (only 41.3% for males and 31.5% for females), indicating a general self-perception of inadequate knowledge among the youth regardless of education level. A similar gradient is found with regard to socioeconomic status (SES), with the proportion who think they have adequate knowledge increasing as SES improves. This pattern is more pronounced among males than females.

Comparing the percentage of youth who think they have enough knowledge about sex in the three YAFS surveys (1994, 2002, and 2013), Figure 9.1 shows that this percentage has not improved over the past 20 years, with the 2013 level the same as that in 1994. In all three rounds, more males thought they had enough knowledge about sex compared with the females.

Table 10.1 Percent distribution of youth who said they have enough knowledge about sex by background characteristics and by sex

Background Characteristics	Males		Females	
	Percent who said they have enough knowledge about sex	Number	Percent who said they have enough knowledge about sex	Number
Age				
15-19	24.0	5,748	17.4	5,630
20-24	41.9	3,582	33.2	4,142
Region				
Ilocos	29.7	471	15.6	466
Cagayan Valley	24.0	339	29.4	321
Central Luzon	24.4	951	25.7	1,096
CALABARZON	35.7	1,243	24.9	1,301
MIMAROPA	28.5	281	30.0	279
Bicol	29.8	519	15.9	573
Western Visayas	39.0	760	31.0	711
Central Visayas	34.4	739	19.1	671
Eastern Visayas	20.1	426	25.1	402
Zamboanga Peninsula	26.9	371	17.8	354
Northern Mindanao	19.4	446	18.6	471
Davao	23.1	445	16.3	513
SOCCKSARGEN	18.8	436	19.0	457
CAR	32.2	171	21.7	197
ARMM	15.5	318	12.7	348
Caraga	17.4	265	23.8	255
NCR	51.7	1,150	36.1	1,357
Place of residence				
Urban	40.7	2,395	31.5	2,822
Rural	27.5	6,935	21.1	6,950
Educational attainment				
No schooling/Elementary	23.5	1,719	16.1	916
High school undergraduate	26.6	3,522	16.7	3,482
High school graduate/Vocational	35.2	2,406	29.3	3,041
College or higher	41.3	1,684	31.5	2,332
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	21.8	1,875	20.3	1,946
Second	24.0	1,909	19.4	2,004
Middle	31.3	2,086	22.5	2,077
Fourth	37.9	1,936	25.9	2,055
Highest (Richest)	41.3	1,522	33.9	1,690
Total	30.9	9,330	24.1	9,772

Figure 10.1 Trend in percentage of youth who said they have enough knowledge about sex: 1994, 2002 and 2013



Knowledge about reproduction

To test for actual knowledge, the respondents were asked several questions. One set of questions, adapted from the National Demographic and Health Survey, tested their knowledge of the timing of conception. Respondents were also asked whether they agreed or disagreed with the following series of statements about reproduction:

1. A girl can get pregnant before she experiences her first menstruation.
2. A woman can get pregnant from one unprotected sexual intercourse.
3. A girl can get pregnant if she engages in sexual intercourse any time during her menstrual cycle.
4. A woman cannot get pregnant if her partner did not ejaculate during sexual intercourse.

Results in Tables 10.2 and 10.3 show an overall poor level of knowledge about human reproduction among both males and females. Only 12 percent of males and 18.1 percent of females correctly identified the time during the menstrual cycle when a woman is most likely to conceive if she has sexual relations. Of the four statements above, only the second statement was correctly answered by a sizable majority (73.1% of males and 78.3% of females). The percentages who gave a correct answer to the three remaining statements (1, 3, and 4) are all below 36 percent.

Comparing by age group, place of residence, education, and SES among males, the results in Table 10.2 indicate that, in general, a

Knowledge and Sources of Information about Sex and Reproduction

slightly higher percentage of older youth, those residing in urban areas, the more educated, and those who come from richer households gave correct answers to the questions/statements on human reproduction. The ranking of the regions according to the percentage who gave the correct answers varies depending on the knowledge item considered. None of the regions consistently ranked lowest or highest for all or most of the knowledge items.

For females, the older youth and the more educated generally have a higher percentage of correct answers (Table 10.3). Unlike the male pattern, urban residents do not always outperform rural residents in the percentage of correct answers among females. The differential by SES does not follow a distinct pattern; those who belong to the higher SES groups do not necessarily know better. In contrast to the patterns found among males by region,

Table 10.2 Percent distribution of males by knowledge of when pregnancy is likely to occur by background characteristics

Background characteristics	Percent who correctly identified the time when a woman is most likely to get pregnant if she has sexual relations.	Percent who correctly answered that a girl can get pregnant before she experiences her first menstruation.	Percent who correctly answered that a woman can get pregnant from one unprotected sexual intercourse.	Percent who correctly answered that a woman can get pregnant even if her partner did not ejaculate during sexual intercourse.	Number of cases
Age					
15-19	11.6	26.9	69.9	35.3	5,730
20-24	12.8	31.8	78.1	36.1	3,567
Region					
Ilocos	12.1	22.5	57.3	32.8	471
Cagayan Valley	5.2	30.8	61.6	39.8	338
Central Luzon	13.6	45.2	78.7	30.9	945
CALABARZON	12.6	34.7	80.4	46.3	1,240
MIMAROPA	9.9	27.5	72.8	30.8	282
Bicol	16.3	31.7	64.4	27.5	515
Western Visayas	11.0	21.7	69.1	33.4	746
Central Visayas	19.1	17.4	66.7	41.9	740
Eastern Visayas	14.5	20.0	65.6	12.9	425
Zamboanga Peninsula	10.1	19.6	80.1	29.9	371
Northern Mindanao	12.8	24.7	75.7	37.5	447
Davao	8.7	28.3	77.0	38.2	444
SOCCSKSARGEN	8.5	20.9	73.0	47.9	436
CAR	7.3	22.8	63.4	36.8	170
ARMM	5.7	30.0	54.8	33.8	318
Caraga	7.8	27.0	73.2	44.6	265
NCR	12.3	33.9	85.7	32.3	1,144
Place of residence					
Urban	14.2	33.6	80.7	35.4	2,385
Rural	11.3	27.2	70.5	35.7	6,913
Educational attainment					
No schooling/Elementary	9.5	25.6	63.4	34.0	1,713
High school undergraduate	12.1	27.8	70.1	35.2	3,516
High school graduate/Vocational	12.0	29.3	77.3	37.0	2,386
College or higher	14.6	33.6	83.3	36.3	1,683
Socioeconomic status (Wealth quintile)					
Lowest (Poorest)	10.1	25.2	65.7	33.9	1,880
Second	11.1	25.4	68.3	37.0	1,911
Middle	12.9	28.2	72.4	37.5	2,089
Fourth	12.1	31.7	79.5	33.4	1,938
Highest (Richest)	14.5	34.7	80.8	36.3	1,525
Total	12.0	28.8	73.1	35.6	9,297

two regions—Central Luzon and CAR—are consistently in the top six, while Eastern Visayas is at the bottom of the list in three statements.

Altogether, these results show that Filipino youth are generally not knowledgeable about human reproduction. What is most surprising is that the percentage who gave correct answers to four of the five knowledge items is extremely low among the college educated. For instance, only 14.6 percent of college-educated males and

21.9 percent of college-educated females could correctly identify the time during the menstrual cycle when a woman is most likely to get pregnant if she has sexual relations.

Sources of information about puberty

Given these levels of knowledge, one could ask, “What could be the youth’s sources of information in matters pertaining to sexuality?”

Table 10.3 Percent distribution of females by knowledge of when pregnancy is likely to occur by background characteristics

Background characteristics	Percent who correctly identified the time when a woman is most likely to get pregnant if she has sexual relations.	Percent who agrees that a girl can get pregnant before she experiences her first menstruation.	Percent who agrees that a woman can get pregnant from one unprotected sexual intercourse.	Percent who agrees that a woman can get pregnant if her partner did not ejaculate during sexual intercourse.	Number of cases
Age					
15-19	15.1	28.5	74.8	31.2	5,609
20-24	22.2	30.4	83.1	33.0	4,114
Region					
Ilocos	19.9	24.9	68.3	37.4	467
Cagayan Valley	14.7	20.6	71.1	30.5	323
Central Luzon	27.6	38.1	85.6	41.0	1,084
CALABARZON	16.5	29.7	78.8	26.9	1,301
MIMAROPA	20.0	36.9	78.1	27.7	279
Bicol	24.7	38.2	73.3	31.6	573
Western Visayas	31.5	27.5	78.5	31.9	679
Central Visayas	20.5	13.5	71.8	28.5	673
Eastern Visayas	7.9	13.0	75.7	24.3	398
Zamboanga Peninsula	9.2	23.9	70.0	34.8	355
Northern Mindanao	7.1	19.6	76.1	36.1	473
Davao	8.9	17.3	86.4	34.9	510
SOCCKSARGEN	16.4	48.7	80.1	27.8	454
CAR	30.4	36.0	87.3	39.7	198
ARMM	21.9	23.2	52.3	27.5	344
Caraga	14.5	19.4	74.7	34.1	255
NCR	12.2	38.8	88.8	30.7	1,357
Place of residence					
Urban	16.9	33.7	84.7	31.3	2,811
Rural	18.6	27.5	75.8	32.2	6,912
Educational attainment					
No schooling/Elementary	14.0	28.6	70.0	37.9	913
High school undergraduate	14.4	28.5	72.3	32.7	3,474
High school graduate/Vocational	20.7	31.5	82.5	31.4	3,012
College or higher	21.9	28.0	85.2	29.3	2,322
Socioeconomic status (Wealth quintile)					
Lowest (Poorest)	16.2	26.7	72.4	31.5	1,952
Second	18.5	27.7	76.0	36.6	2,015
Middle	17.5	28.4	78.3	31.5	2,076
Fourth	16.6	32.4	81.0	28.9	2,060
Highest (Richest)	22.2	31.7	84.7	31.3	1,691
Total	18.1	29.3	78.3	32.0	9,723

Table 10.4 Percent distribution of youth by persons most helpful to them on what they know about puberty by background characteristics and by sex

Background characteristics	Male					Females												
	None	Father	Mother	Brother/ Sister	Other relatives	Friends	Others	Total	No. of Males	None	Father	Mother	"Brother/ Sister"	Other relatives	Friends	Others	Total	No. of Females
Age																		
15-19	27.3	17.5	23.7	4.1	4.8	17.2	5.6	100.0	5,727	7.1	1.5	70.5	6.6	8.2	3.4	2.6	100.0	5,615
20-24	30.2	17.5	20.0	4.9	4.4	18.0	5.0	100.0	3,568	9.2	1.4	72.4	4.7	7.4	3.0	1.9	100.0	4,145
Region																		
Ilocos	50.3	12.5	9.1	2.1	2.5	13.4	10.0	100.0	471	7.9	1.5	68.8	6.6	9.0	2.8	3.4	100.0	468
Cagayan Valley	29.4	23.7	24.0	3.6	3.3	12.2	3.9	100.0	337	9.6	1.9	73.6	4.3	7.1	2.8	0.6	100.0	322
Central Luzon	27.4	32.8	13.2	4.0	4.3	14.2	4.0	100.0	951	4.9	1.7	81.0	3.6	6.4	1.6	0.7	100.0	1,096
CALABARZON	24.9	14.3	21.1	4.2	4.1	22.4	9.0	100.0	1,239	10.3	0.7	67.6	9.0	6.0	3.1	3.3	100.0	1,304
MIMAROPA	19.0	25.0	27.1	4.9	5.3	15.5	3.2	100.0	284	5.8	1.8	78.0	6.1	5.8	1.4	1.1	100.0	277
Bicol	17.4	16.1	31.6	4.4	4.6	21.1	4.8	100.0	522	4.6	1.2	72.8	6.8	6.0	4.0	4.6	100.0	570
Western Visayas	28.3	16.7	29.9	5.7	3.0	12.0	4.4	100.0	756	6.7	1.3	71.3	4.3	7.7	4.9	3.9	100.0	718
Central Visayas	27.4	12.8	27.0	3.8	9.2	17.4	2.6	100.0	742	5.2	1.9	74.6	5.8	8.6	2.5	1.3	100.0	672
Eastern Visayas	30.8	13.6	23.8	4.2	4.5	17.9	5.2	100.0	425	15.5	1.5	60.5	7.0	7.8	5.8	2.0	100.0	400
Zamboanga Peninsula	48.5	14.9	12.5	3.5	1.9	14.1	4.6	100.0	369	14.7	0.6	67.7	5.1	7.4	3.7	0.8	100.0	353
Northern Mindanao	22.6	11.0	37.0	2.9	3.4	18.8	4.3	100.0	446	4.9	0.8	76.1	4.9	7.4	3.4	2.5	100.0	472
Davao	29.5	8.6	34.2	3.4	8.8	14.4	1.1	100.0	444	13.6	1.4	68.9	4.2	9.2	1.8	1.0	100.0	501
SOCCKSARGEN	31.9	16.2	18.1	2.8	4.6	16.2	10.2	100.0	432	8.2	1.8	75.2	3.8	8.2	2.0	0.9	100.0	452
CAR	44.4	15.2	8.2	3.5	3.5	15.8	9.4	100.0	171	6.1	1.5	70.4	9.7	6.6	3.1	2.6	100.0	196
ARMM	63.2	15.5	5.8	1.6	2.3	11.0	0.6	100.0	310	24.0	1.4	57.7	6.3	8.3	1.1	1.1	100.0	350
Caraga	19.0	16.0	30.8	2.7	6.5	20.9	4.2	100.0	263	5.1	1.6	74.0	6.7	7.1	4.7	0.8	100.0	254
NCR	15.0	20.6	20.7	8.7	4.9	24.3	5.8	100.0	1,136	3.5	2.0	69.4	5.4	11.4	4.7	3.6	100.0	1,348
Place of residence																		
Urban	21.4	19.3	21.5	6.6	4.3	20.7	6.2	100.0	2,376	4.9	1.7	71.9	5.6	8.8	3.9	3.2	100.0	2,811
Rural	30.8	16.8	22.6	3.6	4.8	16.4	5.1	100.0	6,921	9.3	1.4	71.1	5.9	7.4	3.0	2.0	100.0	6,949
Educational attainment																		
No schooling/Elementary	37.1	18.1	21.2	3.8	4.7	13.3	1.9	100.0	1,713	18.7	1.3	62.0	4.9	9.0	3.6	0.4	100.0	919
High school undergraduate	28.6	16.6	22.9	4.4	4.3	17.5	5.8	100.0	3,515	7.6	1.7	69.5	6.8	8.3	3.7	2.3	100.0	3,480
High school graduate/Vocational	25.4	18.1	20.9	4.8	6.2	18.7	6.0	100.0	2,397	7.8	1.4	72.7	5.9	7.6	2.5	2.1	100.0	3,040
College or higher	23.4	17.9	24.0	4.4	3.0	20.2	7.0	100.0	1,668	4.6	1.3	75.9	4.5	7.1	3.4	3.3	100.0	2,320
Socioeconomic status (Wealth quintile)																		
Lowest (Poorest)	33.9	17.1	23.3	2.9	4.1	14.7	3.9	100.0	1,865	12.1	1.3	69.9	5.2	6.9	3.0	1.6	100.0	1,948
Second	31.5	16.0	22.5	3.9	4.4	17.4	4.4	100.0	1,904	9.7	1.2	71.3	5.8	7.1	3.1	1.7	100.0	2,009
Middle	27.1	16.3	22.6	4.2	4.8	19.6	5.4	100.0	2,082	7.0	1.3	72.9	5.9	8.0	2.8	2.1	100.0	2,066
Fourth	25.2	20.4	20.8	5.6	4.9	17.2	5.9	100.0	1,935	6.1	2.1	70.5	5.9	8.1	3.6	3.6	100.0	2,055
Highest (Richest)	23.6	17.7	22.2	5.6	5.0	18.5	7.5	100.0	1,506	4.9	1.2	71.9	6.4	9.3	3.7	2.4	100.0	1,682
Total	28.4	17.5	22.3	4.4	4.6	17.5	5.3	100.0	9,295	8.0	1.5	71.3	5.8	7.8	3.2	2.3	100.0	9,760

There are several questions in YAFS4 designed to elicit information on the sources of information, including both persons and materials.

One question asked about the main person/s most helpful to the respondents in what they know about puberty. Table 10.4 shows that among males, 22.3 percent reported this person to be their mother, 17.5 percent cited their father, and another 17.5 percent mentioned their friends. However, almost 3 out of every 10 males said there is no particular person most helpful to them in what they know about puberty. Among females, about 7 in 10 reported this person to be their mother. Only 8 percent said that no particular person has been helpful to them.

Among male youth, the mother is more commonly mentioned by the younger youth, the college educated, and the rural residents. By region, mothers are mentioned by at least 25 percent of youth in MIMAROPA, Bicol, Western and Central Visayas, Northern Mindanao, Caraga, and Davao Region. Among female youth, the mother is more often mentioned by older youth and those with higher education. At least 75 percent of female youth in Central Luzon, MIMAROPA, Central Visayas, Northern Mindanao, and SOCCSKSARGEN reported their mother as their source of information about puberty.

Differences in the characteristics of those who reported having no one who was most helpful to them in what they know about puberty

Figure 10.2a Percent distribution of male youth's top five persons most helpful to them on what they know about puberty: 2002 and 2013

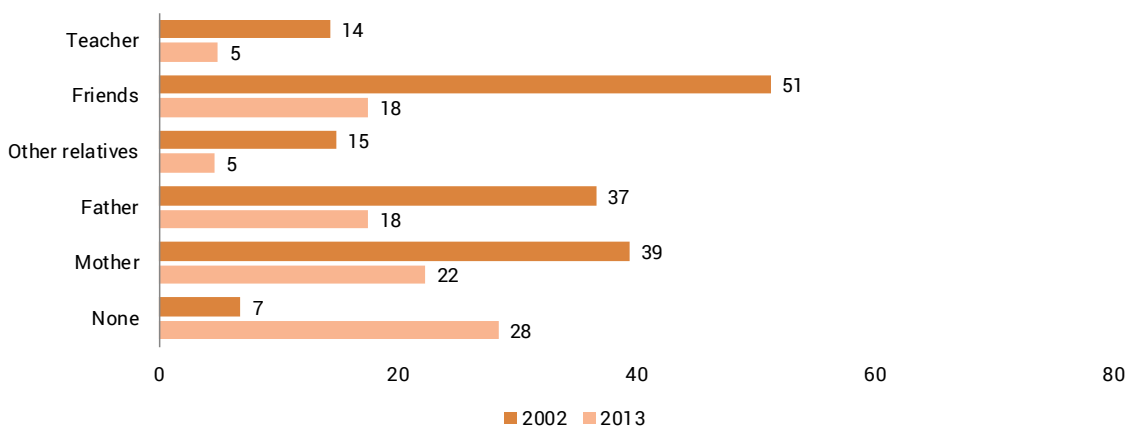
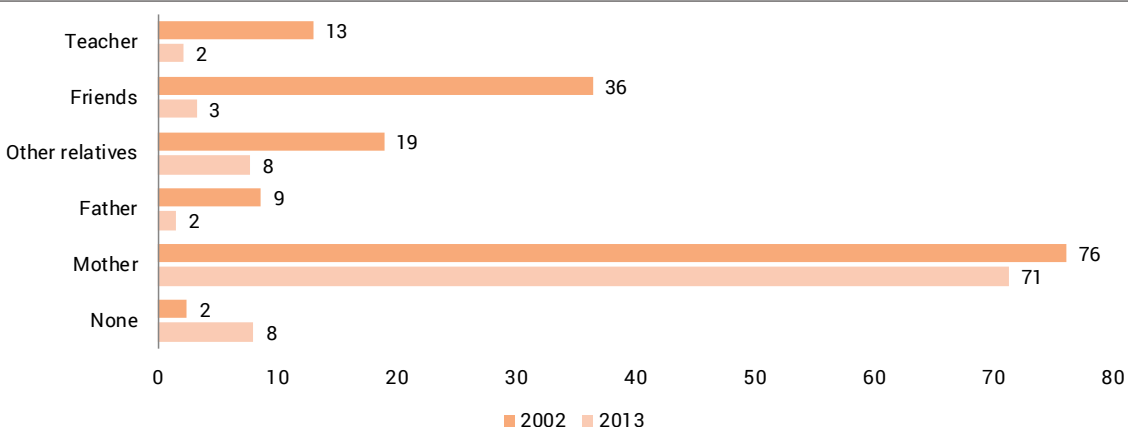


Figure 10.2b Percent distribution of female youth's top five persons most helpful to them on what they know about puberty: Females 2002 and 2013



are also important to highlight if programs are to be designed for these youth. More of the older youth, the rural residents, and those with lower educational attainment among both males and females belong to this category. Across regions, male youth in ARMM, Ilocos, and Zamboanga Peninsula and female youth in ARMM, Eastern Visayas, and Zamboanga Peninsula have the highest proportion who said no one was helpful to them in what they know about puberty.

Compared with data from 2002 and focusing on the five most commonly mentioned persons, Figures 10.2a and 10.2b show that for both males and females, fewer youth in 2013 reported their parents, teachers, friends, and other relatives as the most helpful persons to them in what they know about puberty. The proportion who reported that no one was helpful to them rose alarmingly over the past decade.

Respondents were also asked what their most important sources of information about puberty were (see Table 10.5). What is most striking about the results presented in Table 10.5 is that 45.7 percent of males and 43.4 percent of females reported no sources of information about puberty in the form of materials. Of those who did mention material sources of information, books and television are the most common answers, with more females mentioning books and more males mentioning television. By age, slightly more of the older youth reported having no material

sources compared with the younger youth. More of the older males mentioned television while more of the younger males mentioned books.

Across the regions, 78.1 percent of the males and 79.7 percent of the females in ARMM reported no material sources of information about puberty, the highest among the regions. Male youth in Central Luzon and Bicol and female youth from CAR and NCR have the lowest percentage (though still high at close to 30%) who reported no source. Among males, books are most frequently mentioned by residents of Western Visayas (22.5%) and Bicol (20.6%), while television is most commonly mentioned in Cagayan Valley, Central Luzon, and Bicol (higher than 30%). Among females, books are most popular among residents of Cagayan Valley and Bicol (both at 36.9%) and Western Visayas (36.1%), and television is most popular among those in Central Luzon (18.5%), Caraga (17.5%), and NCR (17.3%). In CAR, 18.9 percent of males and 21 percent of females relied on school charts/films; this source was also popular among Caraga males (19.8%) and Zamboanga Peninsula females (20.4%). Not surprisingly, males and females in NCR reported the highest percentages who relied on the Internet for information about puberty.

In terms of urban-rural differences, more youth in rural than urban areas reported no material source of information about puberty. Technology-based sources such as television and

Figure 10.3a. Percent distribution of male youth's top five material sources of information on puberty: 2002 and 2013

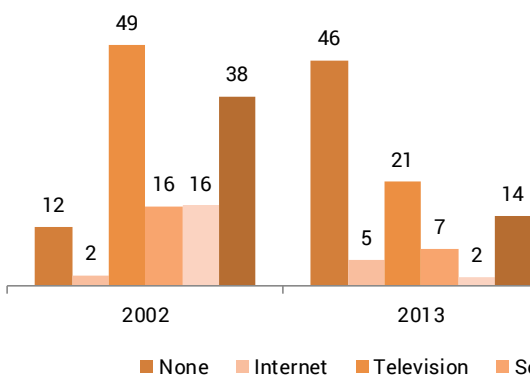


Figure 10.3b. Percent distribution of female youth's top five material sources of information on puberty: 2002 and 2013

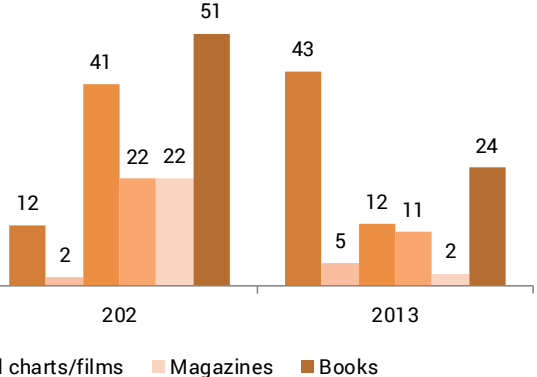


Table 10.5 Percent distribution of youth by most important (material) source of information on puberty by background characteristics and by sex

Background characteristics	Male						Females												
	None	Books	Television	School charts/ films	Internet	Magazines	Others	Total	No. of Males	None	Books	Television	School charts/ films	Internet	Magazines	Others	Total	No. of Females	
Age																			
15-19	44.9	16.2	20.0	7.5	5.6	1.5	4.3	100.0	5,691	42.7	24.3	11.9	11.0	5.5	2.4	2.4	100.0	5,566	
20-24	46.9	11.0	22.7	7.5	4.7	2.3	4.9	100.0	3,540	44.4	23.3	13.3	10.9	3.4	2.6	2.1	100.0	4,100	
Region																			
Ilocos	67.5	13.2	8.9	1.7	5.3	1.7	1.7	100.0	471	54.1	23.4	7.3	6.9	3.4	3.0	1.9	100.0	466	
Cagayan Valley	40.6	11.9	31.3	3.6	2.7	3.0	6.9	100.0	335	41.9	36.9	10.0	3.8	2.5	2.8	2.2	100.0	320	
Central Luzon	28.8	13.5	32.5	10.3	6.9	2.1	5.9	100.0	933	38.0	15.6	18.5	18.4	2.6	4.5	2.4	100.0	1,090	
CALABARZON	43.5	16.1	25.8	6.7	3.4	0.8	3.7	100.0	1,232	48.4	23.1	10.3	10.8	4.1	2.9	0.5	100.0	1,301	
MIMAROPA	36.9	19.9	25.2	5.7	5.3	3.2	3.9	100.0	282	35.4	31.4	15.5	9.7	3.6	1.4	2.9	100.0	277	
Bicol	29.8	20.6	34.4	2.3	4.2	2.1	6.5	100.0	520	35.7	36.9	14.8	4.6	3.9	2.6	1.6	100.0	569	
Western Visayas	42.8	22.5	17.4	8.2	1.1	3.4	4.7	100.0	746	42.3	36.1	10.3	3.1	2.2	2.4	3.7	100.0	679	
Central Visayas	57.7	16.4	6.8	3.3	5.7	3.7	6.5	100.0	737	44.2	27.7	8.7	6.9	6.0	3.6	2.8	100.0	667	
Eastern Visayas	44.2	14.0	26.6	6.4	3.8	1.0	4.0	100.0	421	41.1	28.5	14.1	9.6	1.0	0.8	5.0	100.0	397	
Zamboanga Peninsula	58.5	13.3	11.7	10.8	2.7	0.8	2.2	100.0	369	30.6	28.6	10.5	20.4	2.0	1.7	6.2	100.0	353	
Northern Mindanao	48.5	12.4	14.4	16.0	3.2	0.9	4.5	100.0	443	55.2	17.8	11.4	10.1	1.9	1.1	2.6	100.0	466	
Davao	56.2	6.4	21.2	4.6	5.7	0.9	5.0	100.0	438	61.8	12.0	10.4	10.2	2.2	1.4	1.8	100.0	498	
SOCSCSARGEN	56.6	15.0	15.5	7.6	1.6	0.2	3.5	100.0	433	49.7	23.9	10.0	10.0	2.5	1.1	2.7	100.0	439	
CAR	47.9	13.6	5.3	18.9	3.0	3.0	8.3	100.0	169	25.6	34.9	7.7	21.0	2.6	3.1	5.1	100.0	195	
ARMM	78.1	5.2	10.0	2.3	1.0	0.0	3.5	100.0	310	79.7	13.7	3.7	2.0	0.9	0.0	0.0	100.0	350	
Caraga	39.9	10.3	21.7	19.8	1.9	1.5	4.9	100.0	263	39.4	22.3	17.5	12.0	2.0	3.6	3.2	100.0	251	
NCR	36.9	9.8	23.9	8.4	15.7	1.9	3.4	100.0	1,130	29.8	18.6	17.3	16.4	14.4	2.3	1.3	100.0	1,351	
Place of residence																			
Urban	38.4	12.8	23.2	8.5	11.1	1.9	4.0	100.0	2,354	34.5	20.4	15.7	14.9	9.5	3.4	1.5	100.0	2,788	
Rural	48.1	14.7	20.3	7.1	3.3	1.8	4.7	100.0	6,877	47.0	25.3	11.2	9.3	2.6	2.1	2.6	100.0	6,878	
Educational attainment																			
No schooling/Elementary	62.3	8.3	19.3	2.3	1.3	1.0	5.6	100.0	1,716	66.2	11.7	12.1	4.1	0.9	1.2	3.8	100.0	911	
High school undergraduate	46.0	15.7	20.1	8.5	4.7	1.7	3.5	100.0	3,497	46.9	22.9	11.4	10.5	4.0	1.8	2.4	100.0	3,464	
High school graduate/Vocational	41.9	13.1	24.1	7.9	5.3	2.2	5.4	100.0	2,369	43.7	23.1	14.0	11.5	3.3	2.7	1.9	100.0	3,001	
College or higher	32.8	18.8	20.5	10.1	10.8	2.4	4.4	100.0	1,650	28.8	31.1	12.2	13.6	8.6	3.8	1.9	100.0	2,291	
Socioeconomic status (Wealth quintile)																			
Lowest (Poorest)	56.6	14.0	14.7	6.5	1.1	1.8	5.2	100.0	1,865	58.8	19.4	7.7	9.0	0.6	1.0	3.6	100.0	1,926	
Second	48.3	12.8	21.9	6.0	2.8	2.2	6.0	100.0	1,889	47.4	24.3	12.5	9.0	2.4	2.4	2.2	100.0	1,987	
Middle	42.8	14.7	23.2	9.1	4.7	1.3	4.2	100.0	2,068	41.6	26.6	13.2	10.6	3.7	2.2	2.2	100.0	2,044	
Fourth	41.7	14.4	22.4	7.9	8.3	1.5	4.0	100.0	1,923	35.8	25.6	13.6	12.6	7.2	3.1	2.2	100.0	2,039	
Highest (Richest)	37.7	15.4	23.1	7.7	10.6	2.6	3.1	100.0	1,488	32.4	23.3	15.6	13.9	9.7	4.0	1.1	100.0	1,668	
Total	45.7	14.2	21.0	7.5	5.3	1.8	4.5	100.0	9,231	43.4	23.9	12.5	10.9	4.6	2.5	2.3	100.0	9,666	

the Internet are reported by more youth in urban than rural areas. The patterns by education follow expectations that a higher percentage of less educated youth would report no sources compared with those with higher education; this is true for both males and females. Patterns by SES also indicate that higher percentages of youth from poorer families than youth from richer households reported having no sources of information.

A comparison of 2013 YAFS results with those from 2002 shows a shift in material sources (see Figures 10.3a and 10.3b). Mention of traditional media forms such as books and magazines, school charts or films, and television as sources of information declined from 2002 to 2013, while the percentage who cited the Internet as a material source of information increased sharply between the two periods.

Sources of information about sex

The youth were also asked to mention all their material sources of information about sex. As shown in Table 10.6, the most commonly mentioned among male youth are television (22.3%), the Internet (18.3%), and books (12.5%). The same sources were frequently mentioned by females but with a slightly different ranking: books (22.7%), television (18.5%), and the Internet (14.3%). In 2013, more than 4 in 10 youth (40.4% of males and 42.8% of females) mentioned no material sources of information on sex.

By age, more of the older males (24.7%) and females (20.3%) than their younger counterparts (20.8% for males and 17.2% for females) mentioned television, while more of the younger youth mentioned books, partly because most 15–19-year-olds are still in school. The Internet was reported by a higher percentage of younger females and older males. Similar to the patterns found earlier for sources of information about puberty, fewer youth from rural areas than urban areas reported the Internet as their source of information about sex. This is also validated by the higher percentages of youth from the more urbanized regions (NCR, CALABARZON, and Central Visayas) reporting the Internet as a source. Likewise, patterns found by education and SES reflect the association of access to the Internet for information about sex with higher education and higher SES.

The regions of NCR and ARMM again reveal a stark contrast with regard to sources of information about sex. In ARMM, 74.8 percent of males and 79.6 percent of females reported having no material sources of information on sex; in NCR, the corresponding percentages are 20 percent for males and 23.3 percent for females.

Trend data indicate that mention of the Internet as a source of information on sex has become more frequent over time, while mention of magazines declined from 1994 to 2013 (Figures 10.4a and 10.4b). There is no clear trend on the use of television, books, and school charts or films. A cause for concern is the steady

Figure 10.4a. Percent distribution of male youth's top five material sources of information about sex: 1994, 2002, and 2013

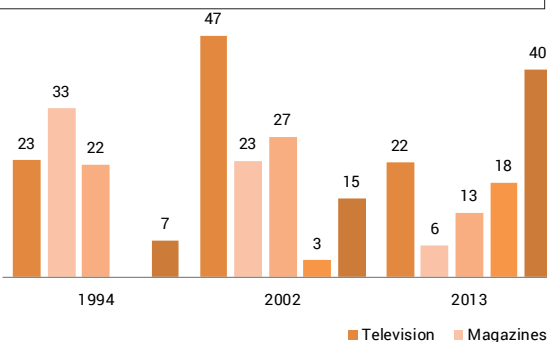


Figure 10.4b. Percent distribution of female youth's top five material sources of information about sex: 1994, 2002, and 2013

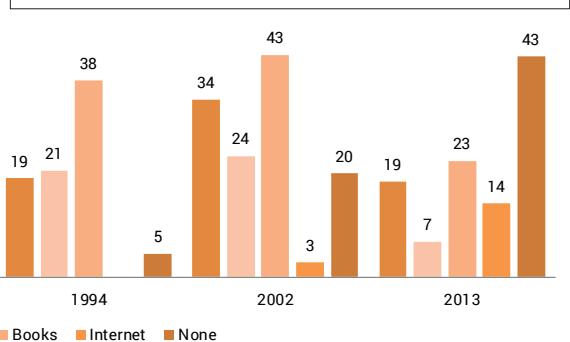


Table 10.6 Percent distribution of youth's (material) sources of information about sex by background characteristics and by sex

Background characteristics	Male						Females														
	None	Books	Television	School charts/films	Internet	Magazines	Radio	Movies	Others	No. of Males	None	Books	Television	School charts/films	Internet	Magazines	Radio	Movies	Others	No. of Females	
Age																					
15-19	41.0	13.2	20.8	5.2	17.7	5.5	2.7	6.0	10.2	5,744	42.9	23.7	17.2	6.7	14.9	6.0	2.0	2.1	7.5	5,622	
20-24	39.6	11.3	24.7	3.2	19.3	6.8	3.2	6.6	11.8	3,587	42.8	21.4	20.3	4.5	13.5	8.2	2.0	2.6	10.5	4,143	
Region																					
Ilocos	63.4	10.7	13.1	1.1	15.3	4.1	1.5	1.7	5.7	471	49.4	22.8	10.4	4.8	11.6	6.7	.6	.7	4.7	467	
Cagayan Valley	38.9	12.8	31.5	2.9	7.4	10.9	2.3	17.2	9.1	342	43.4	32.4	16.5	1.6	8.5	6.7	2.4	2.7	9.5	323	
Central Luzon	21.3	10.6	39.2	6.7	15.4	7.0	3.4	4.9	10.8	949	40.9	22.8	23.1	5.8	12.4	6.6	2.0	1.6	9.8	1,095	
CALABARZON	35.7	13.0	21.0	2.5	23.8	4.4	3.3	11.6	11.7	1,237	46.3	19.2	12.9	5.3	13.9	8.7	1.5	2.9	8.3	1,294	
MIMAROPA	33.5	14.8	28.7	3.4	14.2	10.7	1.8	8.9	13.0	282	35.5	25.8	21.0	4.5	9.7	6.8	2.5	3.6	10.0	279	
Bicol	24.7	17.8	40.3	1.7	14.3	6.7	2.3	9.7	11.7	516	34.9	30.7	30.8	3.2	11.2	8.7	3.3	4.1	9.3	573	
Western Visayas	46.8	14.7	19.6	5.7	6.0	8.5	5.3	3.0	11.2	761	45.3	29.7	16.7	2.9	8.4	10.2	2.1	2.4	8.6	716	
Central Visayas	51.7	17.4	6.2	1.2	16.5	7.1	2.1	2.3	9.8	741	43.3	23.4	13.1	3.3	17.1	7.8	1.4	2.7	11.3	673	
Eastern Visayas	39.8	13.7	31.7	2.7	14.7	7.3	3.5	13.3	9.7	427	41.1	20.3	23.9	8.8	8.9	7.3	4.5	2.8	12.4	401	
Zamboanga Peninsula	53.7	13.2	17.4	8.0	9.6	4.3	1.9	2.7	5.5	371	34.6	32.7	17.9	12.2	6.7	5.6	3.9	5.9	14.3	354	
Northern Mindanao	48.9	6.9	22.2	11.8	11.6	4.5	3.3	2.5	7.9	447	56.7	11.8	15.0	2.9	9.0	5.3	1.3	1.3	7.4	470	
Davao	54.1	5.5	21.3	2.6	19.2	4.0	2.9	10.0	10.9	444	62.8	15.8	13.9	6.5	9.2	4.3	2.3	1.9	7.4	510	
SOCSESKARGEN	58.0	13.7	16.2	6.1	7.4	1.9	2.3	0.7	6.3	440	53.5	22.8	15.0	9.2	5.2	3.4	1.3	1.3	7.8	456	
CAR	49.5	14.2	13.1	8.7	8.9	7.0	3.8	1.9	11.3	172	25.5	32.7	17.8	15.6	12.5	10.4	3.0	1.8	23.0	197	
ARMM	74.8	6.8	10.5	1.2	2.9	2.6	1.3	2.4	5.6	315	79.6	10.0	5.2	1.2	4.3	1.2	.0	1.4	2.1	347	
Caraga	39.0	8.3	26.0	12.3	12.0	3.7	3.4	5.5	8.8	265	35.8	27.4	23.6	4.6	8.2	6.3	3.2	2.5	9.3	255	
NCR	20.0	12.6	18.0	4.3	49.2	6.7	2.9	5.2	18.6	1,150	23.3	20.8	26.6	8.6	37.0	6.9	1.5	1.5	6.2	1,356	
Place of residence																					
Urban	26.7	12.2	21.5	5.3	37.0	6.2	2.6	5.6	14.9	2,392	31.7	23.2	22.8	7.0	27.0	7.3	2.2	2.0	8.9	2,819	
Rural	45.2	12.6	22.6	4.1	11.9	5.9	3.0	6.5	9.4	6,940	47.4	22.5	16.8	5.3	9.2	6.8	1.9	2.4	8.7	6,946	
Educational attainment																					
No schooling/Elementary	59.4	6.8	19.2	1.3	4.1	3.0	3.7	5.0	8.3	1,723	65.8	9.8	15.8	1.8	3.0	2.2	3.1	1.4	8.4	912	
High school undergraduate	42.2	12.4	22.0	5.6	15.1	4.9	2.1	5.6	10.5	3,522	48.5	20.8	15.5	6.5	9.7	4.7	1.5	1.8	7.4	3,486	
High school graduate/Vocational	34.7	11.4	26.0	4.1	19.2	7.4	4.3	7.4	14.1	2,399	41.9	21.5	21.6	4.0	12.0	6.8	2.4	2.4	11.0	3,039	
College or higher	25.7	19.9	20.9	5.7	38.3	9.3	2.0	7.2	9.3	1,687	26.5	32.2	20.1	8.7	28.8	12.4	1.6	3.3	8.0	2,327	
Socioeconomic status (Wealth quintile)																					
Lowest (Poorest)	57.4	9.4	16.9	4.9	4.9	4.5	2.7	4.4	7.6	1,865	58.2	17.2	12.6	3.9	4.8	4.4	2.5	1.9	8.5	1,926	
Second	45.8	11.8	24.9	3.5	8.0	5.4	3.6	7.2	11.2	1,889	47.2	23.0	18.8	4.9	7.2	6.8	1.8	2.0	10.4	1,987	
Middle	38.0	14.0	23.9	4.4	17.3	5.7	3.7	6.5	10.9	2,068	44.4	21.6	19.1	6.2	11.5	5.6	2.3	2.0	8.9	2,044	
Fourth	31.2	12.8	24.6	4.4	26.3	6.8	2.5	6.6	13.2	1,923	33.7	24.8	22.6	6.6	22.2	7.7	1.7	2.7	8.7	2,039	
Highest (Richest)	27.8	14.8	20.8	5.0	39.1	7.9	1.8	6.6	10.9	1,488	29.3	27.3	19.3	7.5	27.5	10.9	1.4	3.0	6.9	1,668	
Total	40.4	12.5	22.3	4.4	18.3	6.0	2.9	6.2	10.8	9,332	42.8	22.7	18.5	5.8	14.3	6.9	2.0	2.3	8.8	9,765	

increase from 1994 to 2013 in the percentage of youth who said they had no material sources of information on sex.

Persons to consult for questions on sex

When asked about the persons the youth would most likely consult for questions about sex, half of the males reported they would consult their friends, 15.2 percent said they would consult their father, and 11.1 percent said they would consult their mother (Table 10.7). Among females, 43.1 percent said they would consult their mother, and 25.9 percent said they would consult their friends. More of the 15–19-year-olds would consult their father or mother compared with the older youth. Almost a fourth (23.7%) of the males and a fifth (19.6%) of the females reported they would consult no one for questions about sex.

By region, the majority of male youth from CALABARZON (64.2%) and NCR (59.3%) reported they would consult their friends. In Central Luzon, 24.3 percent of the male youth said they would consult their father, while in Bicol, 20.6 percent of the male youth said they would consult their mother. Around 11 percent each from MIMAROPA, Northern Mindanao, and NCR said they would also consult health professionals. Among female youth, one eighth each from MIMAROPA and CALABARZON reported they would consult their father, 58.3 percent from Central Luzon said they would consult their mother, and 36.7 percent and 35.3

percent from NCR and Bicol, respectively, said they would consult their friends. Again, ARMM has the highest percentages of male (58.5%) and female (53.2%) youth who reported they would consult no one. In NCR, 13 percent of males and 7.6 percent of females reported that they would consult no one. These regional variations are also reflected in the urban-rural pattern, where the rural youth reported higher percentages who would consult no one for questions they may have regarding sex.

Consulting their friends is more common among those with higher education than those with lower education for both males and females. In contrast, more youth with lower education reported they would likely consult no one if they have questions about sex. A similar pattern is found by SES, where more youth from poorer households reported they would likely consult no one compared with youth from richer households.

While friends are the most frequently mentioned persons to consult for questions about sex, the percentage who reported this source declined from 2002. In contrast, more youth reported they would consult their father, mother, spouse/partner or boyfriend/girlfriend, and medical professionals in 2013. Despite this, more youth in 2013 also reported that they would consult no one (Figures 10.5a and 10.5b).

Prompted by the ongoing debates on the role of parents and the school in providing sexuality education in connection with the crafting of the Reproductive Health Bill at the time the survey questions were being formulated, Director Tomas

Figure 10.5a. Percent distribution of male youth's top five persons to consult for questions about sex: 2002 and 2013

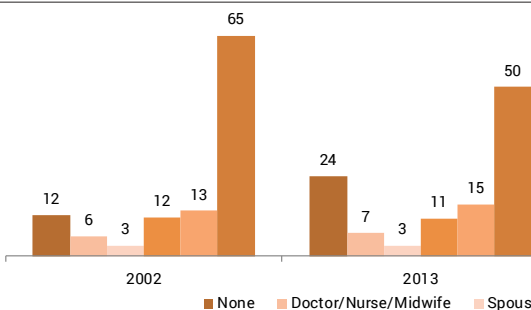


Figure 10.5b. Percent distribution of female youth's top five persons to consult for questions about sex: 2002 and 2013

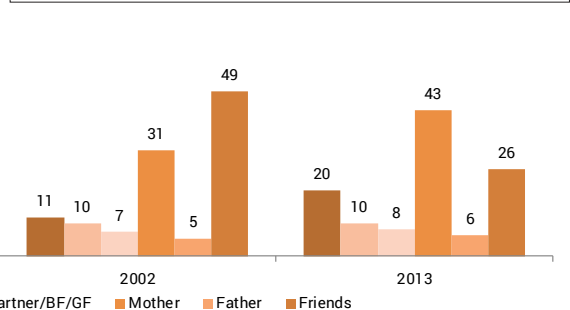


Table 10.7 Percent distribution of youth by persons they would most likely consult for questions about sex

Background characteristics	Male											Females											
	None	Father	Mother	Brother	Sister	Other relatives	Spouse/ Partner/ BF/GF	Friends	Doctor/ Nurse/ Midwife	Others	No. of Males	None	Father	Mother	Brother	Sister	Other relatives	Spouse/ Partner/ BF/GF	Friends	Doctor/ Nurse/ Midwife	Others	No. of Females	
Age																							
15-19	23.1	17.0	12.6	4.7	0.8	4.1	2.0	49.5	6.9	4.5	5,761	19.2	8.3	48.4	1.2	9.0	7.2	3.4	25.7	7.7	5.0	5,627	
20-24	24.5	12.2	8.6	5.4	0.8	3.6	5.1	50.9	9.5	2.7	3,593	20.1	3.7	35.9	.5	7.7	5.1	14.3	26.0	15.1	2.4	4,151	
Region																							
Ilocos	46.2	4.3	4.4	2.3	0.5	4.3	2.6	43.3	4.9	1.1	472	22.3	5.0	36.4	1.5	8.3	6.5	10.4	27.8	7.3	3.0	469	
Cagayan Valley	35.4	19.2	8.8	4.0	0.5	6.7	3.0	42.3	4.6	2.5	344	25.2	6.2	41.6	.8	4.1	6.2	8.9	22.2	10.2	3.4	325	
Central Luzon	19.5	24.3	9.4	5.3	0.7	4.1	2.6	47.2	9.1	2.2	953	17.8	3.4	58.3	.7	8.7	7.2	9.5	18.2	10.7	3.1	1,096	
CALABARZON	14.4	13.3	8.8	3.6	0.6	2.4	2.7	64.2	4.1	6.4	1,239	20.8	12.4	46.2	1.2	8.0	4.3	6.4	20.2	9.5	3.8	1,288	
MIMAROPA	21.4	18.7	15.1	4.8	0.5	4.0	1.9	45.3	11.8	4.0	283	11.5	12.0	54.9	2.2	9.8	6.2	6.9	19.0	12.9	4.9	279	
Bicol	14.0	17.8	20.6	5.5	0.6	3.8	4.4	48.6	7.0	3.1	520	11.9	9.1	53.0	.5	14.8	8.1	4.7	35.3	9.9	5.3	573	
Western Visayas	32.2	11.6	14.1	7.7	0.9	4.4	1.8	36.3	5.6	3.8	764	23.3	2.9	41.4	.7	5.9	6.6	6.4	25.7	5.6	2.5	716	
Central Visayas	17.2	13.1	12.0	2.9	1.0	5.3	4.5	56.5	9.9	2.0	741	11.7	6.2	40.9	.0	5.6	6.5	10.5	31.9	13.7	4.1	673	
Eastern Visayas	23.9	15.4	13.2	5.6	1.1	4.3	5.7	54.4	8.8	3.7	427	23.9	5.7	28.7	1.5	7.9	6.7	11.5	28.2	11.3	3.9	401	
Zamboanga Peninsula	33.2	9.4	4.1	3.8	0.8	3.3	3.9	51.1	6.2	3.5	372	25.3	4.3	41.1	1.0	8.7	4.9	7.6	22.0	11.9	4.5	355	
Northern Mindanao	17.4	12.4	16.0	5.4	0.7	3.9	3.2	45.8	10.8	1.9	447	23.5	4.4	37.0	1.3	3.6	3.5	3.5	20.2	14.6	4.0	473	
Davao	30.9	8.7	6.9	7.4	1.7	5.0	4.6	54.7	8.6	4.6	445	29.5	5.0	31.5	.3	11.3	5.3	5.8	31.7	11.5	6.1	514	
SOCOSKARGEN	27.9	18.4	12.7	3.7	0.9	4.2	1.8	38.6	8.1	9.5	440	27.0	3.5	40.3	1.3	6.8	2.9	8.3	18.5	15.9	4.8	460	
CAR	29.7	11.5	3.8	7.2	0.0	4.9	3.0	47.1	8.8	3.4	172	12.0	4.1	38.2	.2	12.3	6.0	10.8	32.2	20.3	4.0	197	
ARMM	58.5	12.4	2.4	3.4	0.0	3.2	2.2	23.5	9.5	2.2	320	53.2	.8	24.8	.4	10.0	1.2	9.6	9.6	4.6	2.4	347	
Caraga	19.8	11.5	14.3	3.6	1.4	2.8	1.9	49.4	6.1	3.6	265	14.8	6.3	36.0	1.2	8.8	5.0	7.9	31.3	11.6	2.2	255	
NCR	13.0	20.9	14.0	6.6	0.8	3.3	3.8	59.3	11.6	4.1	1,151	7.6	7.6	44.8	1.0	9.4	11.1	9.1	36.7	11.4	4.2	1,357	
Place of residence																							
Urban	16.9	18.7	12.7	6.3	0.9	3.5	3.5	53.8	10.1	4.4	2,396	13.1	6.7	45.1	1.1	8.9	9.2	8.4	31.5	10.9	4.5	2,822	
Rural	26.0	14.0	10.5	4.5	0.7	4.1	3.1	48.8	7.2	3.6	6,957	22.3	6.2	42.2	.8	8.2	5.2	7.9	23.6	10.8	3.6	6,956	
Educational attainment																							
No schooling/Elementary	32.6	14.2	10.0	5.0	0.9	4.9	4.8	40.9	5.4	1.1	1,726	32.3	2.2	34.2	.7	5.9	6.5	11.7	18.4	7.1	1.8	909	
High school undergraduate	24.9	15.0	11.6	5.4	0.6	3.8	2.3	49.5	6.0	4.3	3,529	22.4	8.3	45.5	.9	8.4	6.0	5.7	20.6	8.3	4.2	3,492	
High school graduate/Vocational	19.5	16.5	10.9	4.9	0.9	4.5	3.1	54.0	9.2	3.3	2,411	17.6	5.4	41.9	.7	8.8	6.7	11.1	26.6	12.3	2.4	3,043	
College or higher	17.9	14.8	11.4	4.0	1.0	2.4	3.5	55.0	12.6	6.3	1,687	13.2	6.2	44.5	1.3	8.8	6.4	5.9	35.7	14.4	6.2	2,334	
Socioeconomic status (Wealth quintile)																							
Lowest (Poorest)	30.6	13.5	10.2	4.2	0.5	3.5	3.2	43.4	6.4	2.6	1,884	30.2	3.7	36.5	.4	5.6	4.4	9.7	19.6	9.6	2.1	1,949	
Second	25.8	15.0	13.0	4.6	0.6	4.1	3.0	48.1	7.4	3.3	1,913	21.2	6.7	43.0	.7	7.9	5.8	8.6	22.7	10.9	3.1	2,009	
Middle	22.5	13.6	10.1	5.5	1.0	4.4	3.4	52.0	7.1	4.8	2,090	17.7	7.3	44.9	.8	9.2	5.4	8.1	25.1	11.0	5.0	2,075	
Fourth	20.0	16.0	10.8	6.2	0.7	4.5	3.0	54.3	9.2	3.8	1,941	14.0	7.1	46.6	1.6	9.1	8.7	7.7	30.6	11.7	4.8	2,057	
Highest (Richest)	18.7	18.5	11.4	4.1	1.1	3.0	3.3	52.6	9.9	4.5	1,526	14.7	6.9	44.3	1.3	10.4	7.6	5.6	32.1	10.9	4.5	1,689	
Total	23.7	15.2	11.1	4.9	0.8	3.9	3.2	50.0	7.9	3.8	9,354	19.6	6.3	43.1	.9	8.4	6.3	8.0	25.9	10.9	3.9	9,778	

Osias of the Commission on Population requested for the addition of one question on the youth's preferred sources of information on sex and reproduction. The question was as follows: "If you had a choice, would you like to learn about sex and reproduction from ...?" A list of possible persons was given, to which the respondent could answer yes or no. From a programmatic standpoint, this will be useful information so that programs will be better targeted.

Table 10.8 shows that the youth most commonly preferred to learn about sex and reproduction from friends of the same sex (64.7% for males and 54.5% for females). Half of the females and 33.8 percent of the males would like to learn from medical professionals. Parents still play a role, especially for females, half of whom said they would like to learn from their mother. For males, 29 percent would like to learn from their father, and 18.5 percent would like to learn from their mother. Again, there is a segment of youth who, given the choice, would still not want to learn about sex and reproduction from any person, consistently giving an answer of "no" to all the persons mentioned. They constitute about 20 percent of the youth, more of them from the rural areas, those with lower education, and those belonging to the poorer households.

By region, at least 70 percent of males from CALABARZON, Central Luzon, SOCCSKSARGEN, and NCR prefer to learn from their male friends. At least 55 percent of females from NCR, CAR, and Central Luzon prefer to learn from their mother. It is notable that 24 percent of the male youth from ARMM would like to learn about sex

and reproduction from their imam or religious leaders. Among the regions, ARMM youth have the highest percentage who prefer none of the given choices as sources of information on sex and reproduction (36.2% for males and 49.3% for females).

Discussion of sex at home

It is often argued in the Philippine context that knowledge and values about sex should begin to be inculcated in the home for the youth to get proper guidance from their parents. Data in Table 10.9 show that despite such pronouncements, only 10 percent reported that sex was ever discussed at home while they were growing up; the proportion was higher among older youth, urban residents, the more educated, and those from richer households. Across the regions, the highest proportion who discussed sex at home while growing up is in the NCR (20% among males and 16% among females), while the lowest is in ARMM (3.1% among males and 6.3% among females).

Trend data in Figure 10.6 show that the proportion of youth who ever discussed sex at home while growing up has declined in the last 10 years, with the percentage for males and females converging at 10 percent in 2013.

Persons to help with sex-related problems in school

The youth who were still in school at the time of the survey were asked if there was

Figure 10.6 Percent of youth who ever discussed sex at home by sex: 1994, 2002 & 2013

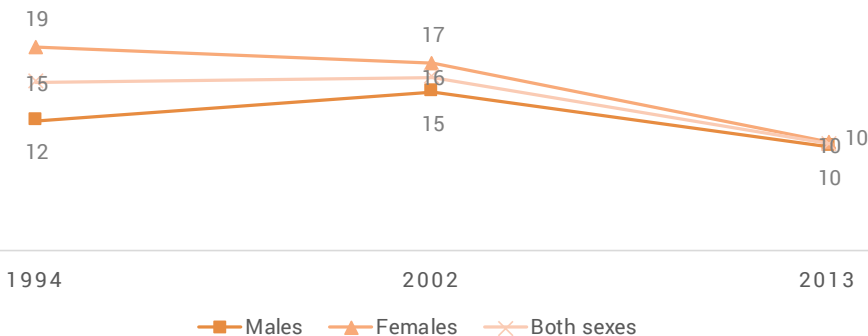


Table 10.8 Percent distribution of youth by preferred persons to consult for questions about sex and reproduction by background characteristics and by sex

Background characteristics	Male						Females															
	Father	Mother	Brother	Sister	Friends of same sex	School teachers	Imam/ Religious leaders	Medical professionals	None	Males	Father	Mother	Brother	Sister	Friends of same sex	School teachers	Imam/ Religious leaders	Medical professionals	None	Females		
Age																						
15-19	28.5	18.2	19.8	6.6	63.2	20.0	17.9	7.8	31.1	23.1	5.741	14.0	50.1	8.5	32.4	51.7	12.6	30.6	16.2	47.8	25.5	5,629
20-24	30.0	19.0	24.8	8.7	67.0	26.4	20.8	9.7	38.2	21.4	3,584	12.4	49.5	8.2	36.0	58.3	15.1	28.6	15.6	55.6	20.4	4,144
Region																						
Ilocos	10.8	5.7	10.3	1.8	50.7	11.9	6.1	1.3	17.3	42.4	471	7.7	39.6	6.3	22.4	46.5	9.6	18.0	8.2	42.2	29.4	466
Cagayan Valley	22.4	9.0	15.6	2.1	55.0	10.3	13.1	6.8	16.7	31.7	344	14.3	44.7	6.8	21.2	41.6	8.7	20.5	10.0	37.1	34.3	324
Central Luzon	41.3	17.3	25.2	6.0	71.9	13.2	18.5	3.1	26.0	14.4	963	11.6	68.2	6.0	38.6	54.3	7.4	28.6	13.2	50.4	14.2	1,097
CALABARZON	24.8	14.2	17.2	5.9	74.7	28.1	20.1	7.7	27.9	17.8	1,222	17.0	53.5	9.5	39.4	54.2	13.3	36.8	18.7	63.1	22.6	1,297
MIMAROPA	37.3	25.7	29.3	12.4	54.2	22.6	21.2	13.0	41.9	30.7	283	19.7	54.1	15.0	38.9	48.8	14.6	33.4	21.0	55.0	27.1	279
Bicol	36.6	27.0	31.6	8.9	68.6	24.0	24.4	11.9	54.9	14.0	519	19.4	53.0	14.2	42.5	63.9	16.6	36.0	21.5	56.9	17.3	571
Western Visayas	29.2	22.6	22.8	7.6	61.5	15.7	13.9	5.8	28.5	23.0	761	10.4	45.4	8.1	30.8	53.7	13.9	26.3	8.9	43.7	27.6	717
Central Visayas	26.0	20.2	20.7	9.9	63.1	23.1	11.5	5.5	36.5	19.7	736	14.4	51.8	6.7	30.6	51.8	13.3	28.6	14.0	56.3	24.8	671
Eastern Visayas	20.8	14.3	18.1	7.0	59.7	26.7	13.3	5.6	29.5	28.2	427	12.8	38.9	6.7	30.1	59.7	11.2	23.1	10.9	43.8	24.5	401
Zamboanga Peninsula	21.5	9.2	17.9	3.9	66.4	17.0	14.9	6.1	30.6	21.5	372	8.1	34.9	4.8	27.1	39.8	9.8	24.0	5.9	42.0	41.5	355
Northern Mindanao	30.3	23.4	18.8	9.9	53.4	23.9	18.2	7.2	33.6	28.3	447	13.6	41.9	9.2	24.1	36.4	9.9	23.5	15.5	36.2	34.7	472
Davao	20.1	14.7	20.2	9.0	65.4	27.9	21.0	11.1	44.1	24.8	445	9.2	45.1	4.9	31.5	60.0	14.4	24.7	14.3	44.8	22.6	510
SOCCSKSARGEN	36.1	26.1	23.1	7.5	70.5	26.0	25.7	11.6	35.3	18.3	440	9.2	45.2	6.8	24.0	36.5	7.9	13.3	8.5	34.9	32.6	459
CAR	20.1	12.8	23.3	5.7	66.2	19.2	19.5	9.5	36.3	22.5	171	9.1	56.7	7.7	45.2	68.2	14.6	30.2	15.8	58.0	14.2	196
ARMM	20.3	3.8	20.2	1.2	38.3	3.2	4.7	24.0	24.6	36.2	321	1.0	28.5	1.2	25.2	24.3	2.4	7.1	1.3	21.7	49.3	347
Caraga	24.4	22.0	25.4	13.6	67.8	32.9	16.6	11.3	26.7	23.4	264	11.9	40.6	5.2	32.2	57.5	11.1	23.1	11.9	40.6	22.3	254
NCR	40.0	28.3	27.0	10.6	70.0	34.9	35.6	13.6	51.0	18.7	1,149	18.4	55.0	12.9	42.0	77.7	28.1	49.5	32.9	70.8	8.6	1,356
Place of residence																						
Urban	36.6	24.3	25.9	9.6	69.4	30.4	29.9	12.2	44.8	18.6	2,392	15.6	53.5	9.8	36.6	66.3	20.4	40.5	24.7	61.1	15.1	2,821
Rural	26.4	16.5	20.3	6.7	63.0	19.7	15.3	7.3	30.1	23.7	6,932	12.4	48.4	7.8	32.9	49.8	10.9	25.4	12.4	47.1	26.7	6,952
Educational attainment																						
No schooling/Elementary	24.8	14.9	22.9	6.6	57.4	14.4	8.6	6.0	20.0	31.8	1,725	7.6	37.0	5.7	25.4	36.0	6.0	13.4	5.9	28.1	39.9	916
High school undergraduate	27.4	18.4	20.4	6.8	60.8	19.5	16.9	7.0	30.2	25.0	3,517	13.2	46.5	8.5	31.6	47.3	11.6	26.2	13.8	43.7	29.1	3,487
High school graduate/Vocational	29.3	17.7	23.7	8.3	70.7	24.2	19.6	8.2	35.7	18.0	2,398	13.5	53.2	9.1	37.8	57.5	13.2	29.3	15.1	56.0	19.4	3,041
College or higher	36.6	23.7	20.8	8.2	71.7	34.4	33.2	14.9	52.9	13.9	1,684	15.5	55.6	8.2	35.6	68.6	20.3	42.2	24.3	65.0	13.5	2,328
Socioeconomic status (Wealth quintile)																						
Lowest (Poorest)	23.5	15.3	18.0	6.0	57.8	14.1	10.9	6.8	24.7	28.3	1,889	8.3	41.2	5.9	26.6	40.2	7.1	17.0	7.5	36.3	35.7	1,954
Second	27.6	18.5	21.5	8.3	63.8	21.3	14.7	7.6	29.1	23.3	1,916	12.1	48.6	7.5	32.1	49.2	9.3	22.9	11.5	44.0	26.9	2,022
Middle	27.1	16.0	20.4	6.6	63.1	18.6	17.0	6.7	33.3	24.6	2,091	13.0	50.1	7.3	35.4	54.4	13.0	30.2	16.4	53.6	21.5	2,081
Fourth	32.2	21.6	25.9	8.1	69.5	27.8	25.9	9.9	39.2	18.5	1,942	15.8	52.2	10.5	35.1	61.8	17.5	37.3	20.7	59.0	18.9	2,061
Highest (Richest)	36.5	22.1	23.3	8.3	70.3	32.6	28.3	12.7	45.0	16.0	1,527	17.9	58.2	11.0	41.3	68.7	22.5	43.0	24.8	64.1	12.7	1,692
Total	29.0	18.5	21.7	7.4	64.7	22.5	19.0	8.5	33.8	22.4	9,365	13.3	49.9	8.4	33.9	54.5	13.7	29.8	16.0	51.1	23.4	9,809

anybody in their school who could help them with a sex-related problem in case they were confronted with one. Half of them answered in the affirmative (44.1% among males and 58.8% among females; Table 10.10). Asked to identify who these persons are, 75.4 percent of the males and 72.5 percent of the females reported that the person would be a classmate/friend (Table 9.10). Other persons mentioned were teachers (57.4%

among males and 70.4% among females) and guidance counselors (36.3% for males and 43.2% for females). One third reported that the person would be the school doctor or nurse (33.3% for males and 35.5% for females).

Since only half of those still in school reported that they have someone in school who can help them with problems about sex, it should therefore be emphasized that the other half reported that no one in their school can help them with a sex-related problem should they ever face one (Table 10.11). Also worth noting is that this percentage is higher among the 15–19-year-olds, the rural residents, those with lower educational attainment, and the poorer youth. Special mention should also be made of ARMM, since the majority (93.1% of males and 83.6% of females) are in this category.

Figure 10.7 shows the trend from 1994 to 2013 in the percentage who reported that there is someone in school who can help them with a sex-related problem. In general, the percentage has been on a steady decline, from 67 percent in 1994 to 52 percent in 2013.

Table 10.9 Percent of youth who ever discussed 'sex' at home by background characteristics and by sex

Background Characteristics	Males		Females	
	Percent of youth who ever discussed 'sex' at home	Number	Percent of youth who ever discussed 'sex' at home	Number
Age				
15-19	8.7	5,745	9.0	5,617
20-24	10.9	3,584	11.2	4,143
Region				
Ilocos	4.7	470	6.9	466
Cagayan Valley	5.8	342	9.5	325
Central Luzon	8.6	952	9.5	1,094
CALABARZON	12.9	1,237	10.0	1,298
MIMAROPA	13.8	283	11.5	279
Bicol	9.8	520	10.5	574
Western Visayas	7.5	748	8.2	709
Central Visayas	7.2	741	10.0	673
Eastern Visayas	6.6	427	8.5	390
Zamboanga Peninsula	7.5	371	5.9	353
Northern Mindanao	5.1	447	8.5	472
Davao	4.0	445	6.6	513
SOCCSKSARGEN	8.2	438	5.5	458
CAR	5.8	171	16.2	197
ARMM	3.1	320	6.3	348
Caraga	9.4	265	12.2	255
NCR	20.0	1,151	16.0	1,357
Place of residence				
Urban	16.5	2,395	13.5	2,823
Rural	7.1	6,933	8.5	6,936
Educational attainment				
No schooling/Elementary	6.2	1,719	7.6	912
High school undergraduate	8.0	3,515	7.5	3,483
High school graduate/Vocational	10.2	2,411	9.5	3,031
College or higher	15.2	1,685	15.1	2,332
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	5.7	1,879	7.6	1,940
Second	7.6	1,903	6.0	2,009
Middle	7.5	2,088	10.0	2,067
Fourth	11.5	1,938	12.1	2,054
Highest (Richest)	17.0	1,522	14.5	1,692
Total	9.6	9,329	9.9	9,760

Figure 10.7 Percentage of youth in school who said there is somebody in school who can help with a sex-related problem: 1994, 2002 & 2013

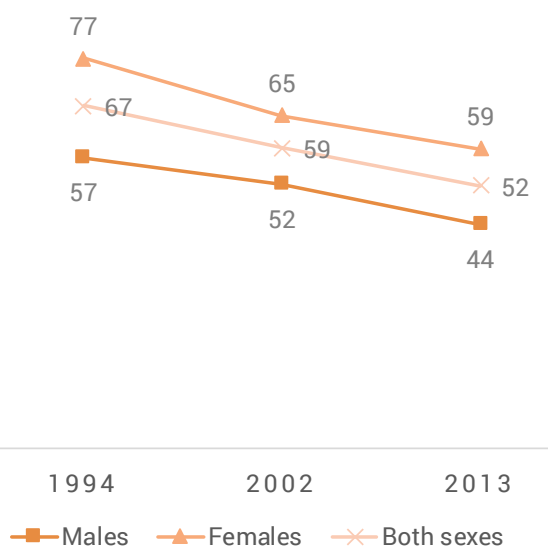


Table 10.10 Percent distribution of youth in school by persons in school who can help them for problems about sex by background characteristics and by sex

Background characteristics	Male					Female						
	Classmate/ Friend	Teacher/ Professor/ Adviser	Guidance Counselor	School Doctor/ Nurse	Others	No. of Males	Classmate/ Friend	Teacher/ Professor/ Adviser	Guidance Counselor	School Doctor/ Nurse	Others	No. of Females
Age												
15-19	76.3	58.1	36.5	33.8	5.1	1,267	73.4	70.5	42.9	35.3	8.3	1,866
20-24	70.1	53.5	34.7	30.7	3.9	216	64.1	69.8	46.4	37.9	1.4	216
Region												
Ilocos	80.7	62.5	34.6	35.4	7.4	49	73.5	65.6	34.1	36.6	7.3	115
Cagayan Valley	81.2	68.7	55.4	54.7	5.8	37	61.8	40.6	15.5	7.9	.0	54
Central Luzon	65.8	34.1	26.9	24.3	1.0	110	67.0	75.3	42.4	32.8	.0	155
CALABARZON	87.8	68.6	57.1	55.0	18.3	156	80.6	81.5	62.7	50.2	31.1	341
MIMAROPA	91.4	82.2	73.1	67.3	7.7	57	82.3	82.8	61.7	56.7	9.4	75
Bicol	75.4	53.2	28.0	26.2	.9	126	77.2	66.2	18.6	17.4	1.9	144
Western Visayas	63.7	71.1	61.6	45.1	16.5	105	72.0	83.7	55.7	44.5	13.5	115
Central Visayas	63.2	40.4	12.6	3.0	.0	101	63.8	53.4	11.1	3.7	1.0	183
Eastern Visayas	56.5	36.3	9.1	6.3	1.4	65	60.5	59.4	12.2	11.6	.5	83
Zamboanga Peninsula	88.2	59.0	46.3	45.2	3.5	60	64.2	80.7	52.3	49.6	1.6	54
Northern Mindanao	59.7	52.9	29.8	16.1	1.6	82	47.8	47.6	41.4	15.7	.0	101
Davao	63.3	63.3	41.0	48.1	2.0	59	71.9	66.9	46.3	41.0	3.3	68
SOCOSARGEN	68.1	61.0	27.9	28.9	1.4	89	85.6	82.3	78.1	65.3	8.7	69
CAR	85.5	63.3	43.8	50.4	.4	33	81.5	72.4	63.3	58.2	2.7	53
ARMM	89.0	55.6	55.6	66.6	13.9	5	77.6	60.6	41.9	44.0	8.0	17
Caraga	55.0	67.1	28.1	27.0	4.8	39	62.7	62.7	25.3	18.4	1.1	50
NCR	83.3	57.3	29.7	30.1	1.8	311	76.6	74.0	48.6	42.8	.9	407
Place of residence												
Urban	80.0	57.5	34.3	33.8	3.3	512	74.3	73.4	48.9	41.4	5.1	734
Rural	72.9	57.4	37.3	33.1	5.8	971	71.4	68.8	40.2	32.4	8.9	1,348
Educational attainment												
Elementary	75.7	55.9	25.9	27.0	2.3	62	58.0	68.7	19.7	19.0	2.0	39
High school	74.0	59.5	32.9	32.0	5.0	850	71.6	70.3	40.0	32.7	8.8	1,180
College or higher level	77.1	53.0	42.9	35.2	5.1	493	74.6	70.1	50.1	40.8	6.3	793
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	69.8	58.5	36.8	33.9	4.1	187	70.4	62.1	37.3	29.3	7.5	260
Second	68.0	59.9	36.3	30.6	3.2	244	73.0	63.1	38.3	28.9	7.0	379
Middle	80.8	58.4	33.0	30.9	4.2	282	75.9	70.6	40.5	34.6	6.2	432
Fourth	77.5	52.1	32.2	29.5	6.5	396	72.5	78.1	47.9	40.2	8.5	512
Highest (Richest)	76.6	60.2	42.8	40.7	5.3	374	70.1	72.3	47.7	39.8	8.2	499
Total	75.4	57.4	36.3	33.3	4.9	1,483	72.5	70.4	43.2	35.5	7.6	2,083

Summary and conclusions

As admitted by the youth themselves, only a small percentage have enough knowledge about sex. Actual knowledge about sex is very poor overall, as measured by the extremely low percentages who correctly identified the time during the menstrual cycle when a woman is most likely to conceive if she has sexual relations. Sadly, having higher education does not necessarily translate to being knowledgeable

about human reproduction. This brings to the fore the importance of learning about the youth's sources of information about human reproduction.

The sources of information of the youth in 2013 are mainly their parents (usually fathers for males and mothers for females), their friends (of the same sex), and some professionals in their current environment, namely teachers (among those still in school) and medical professionals. For material sources, the Internet has become a popular source, whereas print materials (e.g., books and magazines), presumably because they can also be read from the Internet, have become less popular sources. The trend in terms of television as a source of information is unclear but remains important.

What is alarming, however, is the high percentage of youth who reported having no material sources of information about human reproduction, especially among the males, the older youth, the rural residents, the poorer youth, and those with lower educational attainment. Patterns by region are difficult to summarize, but what is clear is that NCR and ARMM represent the two contrasting poles.

The increasing absence of material sources is accompanied by increasing reports of having no one to consult for information on puberty, sex, and reproduction. The high percentage of youth who reported having no one at school to help them with sex-related problems and the very low percentage who reported having discussed sex at home (which has also declined since 1994) should serve as an eye-opener for policy makers and program managers. If the youth's preferred sources are their friends, with whom they share the same characteristics, then the kind of information the youth will get should be a cause for concern.

Table 10.11 Percent distribution of youth in school who reported there is no one in school who can help with matters related to sex, by sex

Background Characteristics	Males		Females	
	Percent	No. of Males	Percent	No. of Females
Age				
15-19	56.2	2,896	41.1	3,171
20-24	53.9	467	41.4	371
Region				
Ilocos	71.0	167	41.4	196
Cagayan Valley	69.3	120	54.7	118
Central Luzon	48.3	213	31.9	228
CALABARZON	63.2	424	32.5	504
MIMAROPA	47.5	109	31.5	109
Bicol	37.7	203	36.6	227
Western Visayas	62.8	282	53.6	250
Central Visayas	62.1	266	35.9	286
Eastern Visayas	58.5	156	38.8	135
Zamboanga Peninsula	55.1	134	59.2	132
Northern Mindanao	51.9	170	46.3	187
Davao	62.9	159	61.5	177
SOCCSKSARGEN	58.5	214	63.8	190
CAR	40.9	56	18.9	65
ARMM	93.1	69	83.6	107
Caraga	61.5	100	52.0	105
NCR	40.2	521	22.5	525
Place of residence				
Urban	47.9	984	32.1	1,081
Rural	59.2	2,379	45.2	2,461
Educational attainment				
Elementary	68.1	194	64.1	110
High school	58.4	2,229	44.7	2,261
College or higher	47.5	940	32.1	1,171
Socioeconomic status (Wealth quintile)				
Lowest (Poorest)	64.6	529	55.4	583
Second	58.6	589	44.4	684
Middle	61.7	736	40.4	725
Fourth	48.1	763	36.8	810
Highest (Richest)	49.9	746	32.5	740
Total	55.9	3,363	41.2	3,542

Gender Identity and Sexual Orientation

Christian Joy P. Cruz

Adolescence is a time for exploration and discovery. During this time, individuals develop a sense of identity and autonomy. Adolescence is also a time when young people learn how to have relationships and build the relationship patterns that they will often carry into adulthood. Developing a stable sense of oneself and one's role in society is a key feature of healthy adolescent development. A strong sense of self prepares an individual for intimacy in young adulthood. This chapter will discuss two facets of identity that influence one's sexuality: gender identity and sexual orientation. It will also cover the youth's exposure to sexual minorities and the problems they face in relation to their gender and sexuality.

Gender identity refers to a person's internal sense of being male, female, or something else, whereas gender expression refers to the way a person communicates gender identity to others through behavior, clothing, hairstyle, voice, or body characteristics. Sex is different from gender. Sex is the biological status of being male or female assigned at birth and based primarily on physical attributes, while gender refers to the socially constructed roles, behaviors, activities, and attributes that a given culture considers appropriate for boys and men or girls and women (American Psychological Association, 2011). Related to gender identity is the term cisgender, which refers to a person whose gender identity conforms to his or her sex assignment at birth. While the vast majority of people are cisgender, there are people who consider themselves transgender; this is an

umbrella term for persons whose gender identity, gender expression, or behavior does not conform to those typically associated with the sex they were assigned at birth (American Psychological Association, 2011).

On the other hand, sexual orientation refers to each person's capacity for profound emotional, affectional, and sexual attraction to, and intimate and sexual relations with, individuals of a different gender, the same gender, or more than one gender ("Yogyakarta Principles," 2007). Sexual orientation is believed to range along a continuum, but it is generally discussed in terms of attraction to the opposite sex (heterosexual), attraction to the same sex (homosexual/gay among males and lesbian among females), and attraction to both sexes (bisexual).

Conceptually, sexual orientation has three major dimensions: (a) sexual identity – how one identifies one's sexual orientation (heterosexual/straight, gay, lesbian, or bisexual); (b) sexual attraction – the sex or gender of individuals to whom one feels attracted; and (c) sexual behavior – the sex of sex partners (i.e., individuals of the same sex, opposite sex, or both sexes; Gagnon & Simon, 1973; Sexual Minority Assessment Research Team [SMART], 2009).

All young people, including sexual minorities, face certain developmental challenges such as developing social skills, thinking about career choices, and fitting into a peer group. Like most heterosexual youth, most lesbian, gay, bisexual, and transgender youths are healthy individuals who have significant attachments to

and make contributions to their families, peers, schools, and religious institutions. However, these young sexual minorities must also cope with the prejudice, discrimination, and violence against them in society and, in some cases, in their own families, schools, and communities. Such marginalization negatively affects their health in general and their mental health in particular.

Gender identity

Information on gender identity from YAFS4 is based on the question “*If you could choose your sex, what would you want it to be? Male or female?*” The response categories are “same sex,” “opposite sex,” and “it does not matter.” Results of the YAFS4 show that the overwhelming majority of respondents would prefer their current sex, while a minority (6.2%) signified their desire to be the opposite sex (see Table 11.1). This cross-gender desire is more apparent among females (9.7%) than males (2.5%).

No notable difference in cross-gender desires across age groups was observed, implying that age does not have a differentiating effect on cross-gender desires. However, disparities can be observed across the regions. ARMM has the highest proportion of males who want to be females (4.7%), while Bicol and Zamboanga Peninsula have the lowest (0.4% and 0.5%, respectively). NCR has the highest proportion of young females who want to be males (17.5%), whereas ARMM has the lowest (1.7%).

In terms of place of residence, more young males from the urban areas compared with their rural counterparts (3.9% vs. 2.1%) want to be the opposite sex. The same observation holds for females but with a wider difference between the proportion from urban and rural areas who have cross-gender desires (13.9% vs. 8%).

Results show an increasing level of cross-gender desires as the level of education increases, regardless of the respondent’s sex. Among those with a college education, 3.6 percent of males and 12.3 percent of females want to be the opposite sex, compared with 1.9

percent of males and 6.8 percent of females with the lowest educational attainment. In terms of socioeconomic status, there is an increasing proportion of females who want to be males as one goes up the socioeconomic ladder (5.9% from the lowest socioeconomic status vs. 12.5% from the highest socioeconomic status).

The same question was also asked in the YAFS2 and YAFS3, thus permitting a comparison of results from the three rounds, each conducted about 10 years apart. Figure 11.1 shows that the proportion of young people who want to be the opposite sex declined between 1994 and 2013, from 11.3 to 6.2 percent. The difference in cross-gender desires between males and females is negligible at less than 1 percent, but both exhibited a declining pattern, from 11.5 percent to 6.0 percent among males and from 10.9 percent to 6.6 percent among females during the same period. Similarly, there is a declining proportion with cross-gender desires among both the younger and older youth. The decline is steeper among the 20–24-year-olds, where the proportion expressing cross-gender desires is also higher to begin with.

Wanting to be the same or opposite sex does not always connote a sexual dimension, as males or females may be attracted to other aspects of gender identity, such as power or influence for the male gender identity. There is a need to evaluate the reasons for these cross-gender desires to determine if they are within the bounds of the transgender identity. Moreover, to verify the sexual dimension of the responses to the gender identity question, they should be cross validated with answers to related questions on sexual orientation and sexual attraction—an analysis that is beyond the scope of this chapter.

Sexual orientation

Sexual identity

The direct question “*How would you best describe yourself?*” was used to gauge the identity dimension of sexual orientation. The response categories are straight/heterosexual,

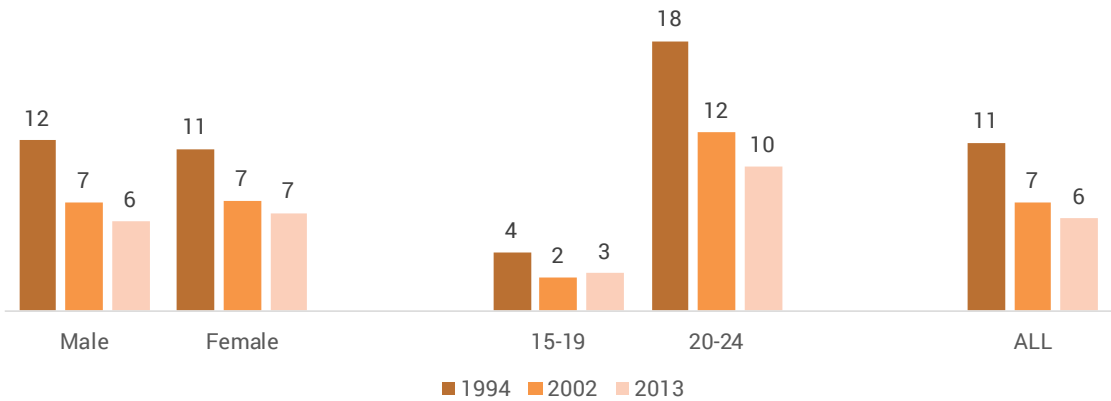
Table 11.1 Same gender and cross gender desires of males and females by background characteristics

Background characteristics	Percent of males who want to be (when they could choose their sex):			Total	No. of males	Percent of females who want to be (when they could choose their sex):			Total	No. of females
	same sex	opposite sex	it does not matter what sex			same sex	opposite sex	it does not matter what sex		
Age										
15-19	94.4	2.4	3.2	100	5744	89.9	9.6	0.5	100	5625
20-24	94.7	2.8	2.5	100	3576	89.6	9.9	0.5	100	4139
Region										
Ilocos	96.8	2.3	0.8	100	472	91.6	8.1	0.2	100	467
Cagayan Valley	98.8	0.9	0.3	100	345	92.3	7.1	0.6	100	325
Central Luzon	95.6	3.7	0.6	100	942	92.8	6.9	0.3	100	1090
CALABARZON	88.2	1.4	10.5	100	1241	88.6	10.4	1.0	100	1296
MIMAROPA	98.2	1.8	0.0	100	281	88.5	11.5	0.0	100	279
Bicol	99.2	0.4	0.4	100	520	92.0	8.0	0.0	100	573
Western Visayas	95.4	3.7	0.9	100	754	89.5	10.2	0.3	100	713
Central Visayas	96.6	1.6	1.8	100	742	87.8	11.8	0.4	100	672
Eastern Visayas	92.4	3.8	3.8	100	423	90.8	8.4	0.7	100	403
Zamboanga Peninsula	98.1	0.5	1.3	100	372	92.9	6.3	0.9	100	351
Northern Mindanao	97.5	2.0	0.4	100	448	92.6	7.0	0.4	100	474
Davao	90.8	3.1	6.1	100	446	87.1	11.9	1.0	100	512
SOCCSKSARGEN	95.9	3.0	1.1	100	436	94.7	4.8	0.4	100	454
CAR	96.5	2.9	0.6	100	172	92.9	6.6	0.5	100	197
ARMM	95.3	4.7	0.0	100	319	96.5	1.7	1.7	100	344
Caraga	97.4	2.3	0.4	100	265	92.2	7.5	0.4	100	255
NCR	91.6	3.8	4.5	100	1144	82.5	17.5	0.0	100	1356
Place of residence										
Urban	92.5	3.9	3.6	100	2387	85.7	13.9	0.4	100	2826
Rural	95.3	2.1	2.7	100	6934	91.4	8.0	0.5	100	6938
Educational attainment										
No schooling/Elementary	96.6	1.9	1.5	100	1725	92.6	6.8	0.7	100	915
High school undergraduate	94.3	2.2	3.4	100	3513	90.8	8.7	0.5	100	3484
High school graduate/Vocational	94.9	2.7	2.4	100	2402	89.8	9.8	0.5	100	3035
College or higher	92.3	3.6	4.1	100	1681	87.2	12.3	0.4	100	2327
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	95.4	2.0	2.6	100	1878	93.4	5.9	0.7	100	1940
Second	94.0	3.1	2.8	100	1908	90.3	9.3	0.3	100	2006
Middle	95.5	1.9	2.6	100	2083	90.6	9.1	0.3	100	2070
Fourth	94.7	3.0	2.2	100	1936	87.4	12.2	0.4	100	2056
Highest (Richest)	92.6	2.6	4.7	100	1517	86.9	12.5	0.7	100	1692
Total	94.5	2.5	2.9	100	9320	89.8	9.7	0.5	100	9764

lesbian, gay, and bisexual. The results in Table 10.2 indicate that an overwhelming majority of males (95.8%) and females (96.6%) describe themselves as heterosexual. Only 2.4 percent of males identify as gay and 1.9 percent of males identify as bisexual, regardless of age group. For females, the proportion of 20–24-year-olds who self-describe as lesbian is 2.5 percent, which is higher than that of their 15–19-year-old counterparts at 1.3 percent. In contrast, a

slightly higher proportion of the 15–19-year-old females (2%) identify as bisexual compared with the 20–24-year-olds (1.1%).

The region with the highest proportion of males who consider themselves gay (4.2%) and bisexual (4.2%) is NCR. The regions with the next highest proportion of males who self-identify as gay are Central Luzon (3.7%) and Eastern Visayas (3.5%). The region with the second highest proportion who self-identify as bisexual

Figure 11.1 Trends in cross gender desires by sex and age group: 1994, 2002 and 2013

is Davao (3.2%). At the other end of the spectrum is ARMM, where none of the male youth consider themselves gay.

For females, the region with the highest proportion who self-identify as lesbian is Eastern Visayas (2.7%), followed by Western Visayas and NCR (both at 2.4%). The highest proportion who self-reported as bisexual was found in Central Visayas (2.7%) and Western Visayas (2.6%). ARMM youth registered the lowest proportion of males and females who identify as non-heterosexual (i.e., gay, lesbian, or bisexual).

In terms of place of residence, slightly more males (3.6% vs. 1.9%) and females (2.2% vs. 1.6%) from the urban areas compared with their rural counterparts self-identify as gays and lesbians, respectively. Bisexual identity among males (3.2% for urban vs. 1.4% for rural) and females (2.2% for urban vs. 1.4% for rural) also exhibited a slight difference across place of residence.

Education-wise, results show that among males, the level of gay and bisexual identities increases with the level of education. Specifically, 3.6 percent and 3.7 percent of males with a college education identify as gay and bisexual, respectively, compared with the 1.1 percent who identify as gay and 0.4 percent who identify as bisexual among the males with the lowest educational attainment. The same pattern is observed among males across socioeconomic status; an increasing proportion of males identify as gay and bisexual as socioeconomic

status increases. About 3 percent of males from the highest socioeconomic status identify as either gay or bisexual compared with about 1 percent from the lowest socioeconomic status.

The pattern among males of an increasing proportion expressing homosexual and bisexual identities across education and socioeconomic status was not observed among females. While the lowest socioeconomic status has the lowest proportion of females who self-identify as lesbian (1.3%) and bisexual (0.8%), the highest proportion of females with lesbian (2.4%) and bisexual (2.3%) identities are found in the fourth socioeconomic quintile, not the richest quintile.

The direct question on sexual identity also provided for an 'Others' category for respondents who do not fit in any of the three categories provided, namely straight/heterosexual, lesbian, gay, and bisexual. The respondents who chose this category were asked to specify what best describe themselves, and two respondents reported that they have an identity crisis.

Sexual attraction

Attraction is a vital dimension of sexual orientation, especially in the study of young people and others who are not yet sexually active (Saewyc et al., 2004). Some have claimed that attraction is the essence of sexual orientation; hence, it is an important dimension in research on psychological and developmental aspects, such as those focused on suicide ideation and

Table 11.2 Sexual identity of males and females by background characteristics

Background Characteristics	Percent of males who identify as:				Percent of females who identify as:					
	Heterosexual	Gay	Bisexual	Total	Heterosexual	Lesbian	Bisexual	Total	No. of males	No. of females
Age										
15-19	95.9	2.3	1.9	100.0	96.7	1.3	2.0	100.0	5761	5645
20-24	95.6	2.5	1.9	100.0	96.4	2.5	1.1	100.0	3591	4152
Region										
Ilocos	95.6	3.0	1.5	100.0	96.8	1.9	1.3	100.0	473	468
Cagayan Valley	97.7	1.7	0.6	100.0	96.6	1.8	1.5	100.0	345	326
Central Luzon	93.9	3.7	2.4	100.0	95.4	2.2	2.4	100.0	963	1094
CALABARZON	95.8	1.6	2.6	100.0	97.8	1.4	0.8	100.0	1243	1301
MIMAROPA	98.2	1.1	0.7	100.0	96.8	1.4	1.8	100.0	282	280
Bicol	97.7	1.2	1.2	100.0	96.7	1.9	1.4	100.0	521	574
Western Visayas	96.8	2.1	1.1	100.0	95.0	2.4	2.6	100.0	760	718
Central Visayas	96.6	2.6	0.8	100.0	96.6	0.7	2.7	100.0	742	674
Eastern Visayas	94.6	3.5	1.9	100.0	96.0	2.7	1.2	100.0	426	403
Zamboanga Peninsula	98.4	1.1	0.5	100.0	97.7	1.7	0.6	100.0	370	354
Northern Mindanao	97.1	1.3	1.6	100.0	95.6	2.3	2.1	100.0	447	473
Davao	94.1	2.7	3.2	100.0	96.7	2.1	1.2	100.0	444	514
SOCCKSARGEN	97.3	1.6	1.1	100.0	98.7	0.9	0.4	100.0	439	459
CAR	97.1	2.3	0.6	100.0	98.5	0.5	1.0	100.0	171	197
ARMM	99.4	0.0	0.6	100.0	99.7	0.3	0.0	100.0	321	351
Caraga	97.0	2.3	0.8	100.0	96.9	2.0	1.2	100.0	265	255
NCR	91.7	4.2	4.2	100.0	95.4	2.4	2.3	100.0	1150	1357
Place of residence										
Urban	93.2	3.6	3.2	100.0	95.6	2.2	2.2	100.0	2397	2825
Rural	96.7	1.9	1.4	100.0	97.0	1.6	1.4	100.0	6954	6971
Educational attainment										
No schooling/Elementary	98.5	1.1	0.4	100.0	96.6	2.6	0.8	100.0	1726	919
High school undergraduate	96.7	2.0	1.3	100.0	96.3	1.6	2.1	100.0	3528	3498
High school graduate/Vocational	94.6	2.9	2.5	100.0	96.7	1.8	1.6	100.0	2412	3046
College or higher	92.6	3.6	3.7	100.0	96.9	1.8	1.4	100.0	1686	2334
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	98.0	0.7	1.3	100.0	97.8	1.3	0.8	100.0	1881	1953
Second	95.7	2.8	1.5	100.0	97.2	1.3	1.5	100.0	1915	2018
Middle	96.8	2.1	1.1	100.0	96.6	2.1	1.3	100.0	2090	2077
Fourth	94.2	2.9	2.8	100.0	95.3	2.4	2.3	100.0	1941	2059
Highest (Richest)	93.6	3.5	2.9	100.0	96.0	1.8	2.2	100.0	1527	1689
Total	95.8	2.4	1.9	100.0	96.6	1.8	1.6	100.0	9352	9796

attempts (Cochran & Mays, 2000; Russell & Joyner, 2001).

To capture the attraction component of sexual orientation, the respondents were asked two questions: one on feelings of attraction and another on their preferred sexual partner. The first question on feelings of attraction to males and/or females is as follows:

*Which describes your feelings of attraction?
Are you...*

- Only attracted to males?
- Mostly attracted to males?
- Equally attracted to males and females?
- Mostly attracted to females?
- Only attracted to females?

The categories were read out to the respondents. To help them describe their feelings of attraction, a flashcard containing the question and categories was shown.

Results show that while the majority of youth describe their feelings of attraction as exclusively toward the opposite sex, this proportion was higher among females (79%) compared with males (68.8%; see Table 11.3). Interestingly, a sizable proportion reported being attracted mostly but not exclusively to the opposite sex, with a much higher proportion among the male (25.6%) than the female (8.6%) youth. Meanwhile, a higher proportion of female youth (10.5%) compared with male youth (2.6%) expressed being equally attracted to males and females. Two percent of males are attracted only to males, while less than 1 percent of females are attracted only to females.

In terms of age, a slightly higher proportion of the 20–24-year-old males (2.6%) compared with the 15–19-year-olds (1.6%) expressed being attracted only to males. The same age pattern was observed among females, but the levels are lower at 0.7 percent among the 15–19-year-old females and 1.1 percent among the 20–24-year-olds. More among the 15–19-year-olds of both sexes expressed being equally attracted to males and females.

Looking at the differentials by region of residence, Central Luzon has the highest proportion of males who are attracted only to males (4%), while MIMAROPA and Bicol have the lowest (both at 0.4%). NCR has the highest proportion of males who are attracted equally to both sexes (7%), while ARMM has the lowest (0.3%). Surprisingly, ARMM has the highest proportion of women who reported being attracted equally to males and females (21.7%), while Northern Mindanao has the lowest (4.9%). Ilocos has the highest proportion of females who reported being attracted only to females (2.2%). In CAR and CALABARZON, none of the female respondents reported being attracted only to females.

A consistent pattern of responses by educational attainment was observed for both males and females in the proportion who reported being exclusively attracted to the opposite sex: The proportion exclusively attracted to the opposite sex tends to decrease as educational attainment increases. While an education gradient is also observed for the response “equally attracted to males and females” for the male youth, this is in the opposite direction: The bisexual attraction tends to increase as education increases. Likewise, an increasing proportion of male youth equally attracted to males and females is noted as socioeconomic status improves.

The second question on sexual attraction is “*Who are your preferred sexual partners?*” The response categories are exclusively males, exclusively females, and either male or female. Table 11.4 presents the preferred sexual partners of the male and female respondents. It indicates that a great majority of youth prefers someone from the opposite sex; 92.7 percent of males and 96.8 percent of females prefer a partner who is exclusively of the opposite sex. The difference between males and females is more pronounced in that more males either exclusively prefer a sexual partner of the same sex (3.3% for males vs. 1.8% for females) or want either a male or female partner (4% for males vs. 1.5% for females).

Table 11.3 Feelings of attraction of males and females by background characteristics

Background characteristics	Percent of males who are attracted:				Percent of females who are attracted:				Total	No. of females			
	Only to males	Mostly to males	Equally to males and females	Mostly to females	Only to males	Mostly to males	Equally to males and females	Mostly to females					
Age	No. of males	Total	No. of males	Total	Only to males	Mostly to males	Equally to males and females	Mostly to females	Only to females	Total	No. of females		
15-19	1.6	1.0	3.2	25.8	68.5	100.0	5705	78.7	8.6	11.2	0.7	100.0	5604
20-24	2.6	1.0	1.8	25.4	69.2	100.0	3556	79.4	8.7	9.5	1.4	100.0	4142
Region													
Ilocos	1.3	1.5	3.2	10.6	83.4	100.0	470	79.7	7.8	9.5	0.9	100.0	464
Cagayan Valley	1.2	0.6	1.8	36.3	60.1	100.0	336	82.7	6.2	8.3	1.5	100.0	324
Central Luzon	4.0	1.5	2.1	44.6	47.9	100.0	936	84.6	7.3	5.7	1.1	100.0	1089
CALABARZON	1.5	0.2	2.1	21.7	74.4	100.0	1235	75.7	10.8	12.3	1.2	100.0	1302
MIMAROPA	0.4	0.7	1.4	36.1	61.4	100.0	277	81.3	5.8	10.8	0.7	100.0	278
Bicol	0.4	0.6	1.9	21.5	75.6	100.0	520	78.1	9.3	10.8	1.4	100.0	572
Western Visayas	1.3	1.4	1.7	16.4	79.1	100.0	761	82.7	4.6	10.4	1.3	100.0	718
Central Visayas	2.7	0.7	0.9	34.7	60.8	100.0	737	78.5	15.3	5.3	0.3	100.0	673
Eastern Visayas	2.9	1.2	2.9	15.2	77.9	100.0	420	77.2	8.1	11.6	2.0	100.0	395
Zamboanga Peninsula	0.8	0.3	1.9	14.9	82.1	100.0	369	72.6	13.4	12.6	0.6	100.0	350
Northern Mindanao	1.8	0.2	1.6	40.6	55.8	100.0	446	81.6	10.2	4.9	1.9	100.0	472
Davao	2.0	2.0	4.5	11.7	79.7	100.0	443	84.6	4.7	9.1	0.6	100.0	507
SOCCSKSARGEN	1.4	1.2	2.4	30.4	64.6	100.0	418	90.0	3.3	6.2	0.2	100.0	452
CAR	2.4	0.0	1.8	20.1	75.7	100.0	169	78.8	6.6	12.1	2.5	100.0	198
ARMM	0.9	1.3	0.3	51.9	45.6	100.0	316	72.3	4.9	21.7	0.9	100.0	350
Caraga	2.6	1.9	1.1	44.2	50.2	100.0	265	76.8	12.6	8.3	0.8	100.0	254
NCR	2.8	1.4	7.0	11.4	77.4	100.0	1144	72.7	9.7	16.0	0.7	100.0	1345
Place of residence													
Urban	3.1	1.3	4.7	19.8	71.2	100.0	2383	75.8	10.1	12.4	0.8	100.0	2804
Rural	1.6	0.9	1.9	27.7	67.9	100.0	6879	80.3	8.1	9.7	1.1	100.0	6942
Educational attainment													
No schooling/Elementary	1.7	0.7	1.5	25.8	70.3	100.0	1692	82.8	6.7	6.7	2.3	100.0	906
High school undergraduate	1.1	0.9	2.1	25.8	70.1	100.0	3490	80.6	7.0	10.6	0.9	100.0	3469
High school graduate/Vocational	3.3	0.9	2.6	26.6	66.6	100.0	2398	78.8	10.1	9.3	1.1	100.0	3039
College or higher	2.1	1.7	5.1	23.8	67.4	100.0	1681	75.4	9.8	13.3	0.7	100.0	2328
Socioeconomic status (Wealth quintile)													
Lowest (Poorest)	1.1	0.5	1.6	27.9	69.0	100.0	1854	82.7	7.1	8.5	0.9	100.0	1935
Second	2.4	1.4	1.7	25.8	68.7	100.0	1888	79.7	8.4	9.9	0.9	100.0	2016
Middle	1.9	0.9	2.1	27.3	67.9	100.0	2078	81.3	7.5	9.5	1.0	100.0	2064
Fourth	2.0	1.0	3.5	22.5	70.9	100.0	1922	74.9	10.4	12.3	1.5	100.0	2052
Highest (Richest)	2.6	1.3	4.7	24.2	67.1	100.0	1519	76.2	9.9	12.3	1.0	100.0	1679
Total	2.0	1.0	2.5	25.5	68.8	100.0	9262	79.0	8.6	10.5	1.0	100.0	9746

Young males from the highly urbanized areas of NCR and its neighbors CALABARZON and Central Luzon have the highest proportion who prefer same-sex sexual partners or want either male or female partners. The same pattern is observed among females in Ilocos, NCR, and Western Visayas.

When grouped according to their place of residence, more males and females from urban areas than rural areas express preference for same-sex sexual partners. There is a contrasting result across education between males and females: While males who have at least a high school education have the highest proportion of same-sex sexual partner preference, the highest proportion among females was reported among those with an elementary or lower education. Across wealth quintiles, males belonging to the richest quintile and females belonging to the fourth quintile registered the highest proportion who prefers sexual partners from the same sex or either sex.

Sexual behavior

The behavioral dimension of sexual orientation is imperative for studies on sexual and other health topics (Pathela, Blank, Sell, & Schillinger, 2006). In YAFS4, sexual behavior was gauged through two questions: The first is a proxy for sexual behavior with the opposite sex, and the second is a proxy for sexual behavior with the same sex. The two questions are gender specific. For males, the questions were “*Did you ever have a girlfriend?*” and “*Sometimes, boys also have a romantic relationship with another boy. Did you ever have a boyfriend?*” For females, the questions were “*Did you ever have a boyfriend?*” and “*Sometimes, girls also have a romantic relationship with another girl. Did you ever have a girlfriend?*”

The other indicator of the behavioral dimension of sexual orientation was derived from several questions that directly asked the respondents for the sex of the person or persons with whom they have engaged in sexual activities (e.g., first sexual experience, extramarital sex,

regular non-romantic sex, casual sex, commercial sex, and coerced sex).

Results in Table 11.5 show that close to a quarter of young males and females have never had any romantic relationship. About 7 in 10 (71.7% of males and 72.2% of females) have had romantic relationships only with someone of the opposite sex. A low proportion (1.5% each for males and females) have had a romantic relationship only with someone of the same sex. More females (4.3%) than males (2.8%) reported having had romantic relationships with both sexes.

As expected, more of the 15–19-year-olds have not yet experienced a romantic relationship compared with the 20–24-year-olds. Among males, slightly more among the older males have had a romantic relationship only with another male (1.9% vs. 1.3% among the younger youth) and with both sexes (4.1% for those aged 20–24 vs. 2% for those aged 15–19). A similar age pattern is observed among females, with 2.2 percent of those aged 20–24 and 1.0 percent of those aged 15–19 having had a romantic relationship only with someone of the same sex. However, more among the 15–19-year-olds (4.6%) reported having had relationships with persons of both sexes compared with the 20–24-year-olds (3.9%).

Comparing by region, the youth in ARMM have the highest proportion who have never had a romantic relationship (55.5% of males and 56.2% of females). The prevalence of romantic relationships with someone of the same sex or persons of both sexes is practically nil in ARMM. In contrast, in NCR, only about 16 percent of either males or females have never had a romantic relationship—the lowest among all regions. The proportion of male and female youth who have ever had a homosexual romantic relationship in NCR was the highest of all the regions. For bisexual relationships, the region with the highest reported prevalence is Northern Mindanao for males (7.2%) and NCR and Davao for females (both at 6.8%).

Across the type of residence, more males and females from urban areas have had

Table 11.4 Preferred sexual partners of males and females by background characteristics

Background characteristics	Percent of males whose preferred sexual partner is:			Total	No. of males	Percent of females whose preferred sexual partner is:			Total	No. of females
	Exclusively males	Exclusively females	Either male or female			Exclusively males	Exclusively females	Either male or female		
Age										
15-19	3.3	92.6	4.1	100.0	5754	97.0	1.2	1.7	100.0	5625
20-24	3.5	92.8	3.7	100.0	3591	96.4	2.5	1.1	100.0	4136
Region										
Ilocos	3.8	92.1	4.1	100.0	469	96.4	3.0	0.6	100.0	467
Cagayan Valley	2.6	94.2	3.2	100.0	345	96.3	1.5	2.1	100.0	326
Central Luzon	5.5	90.1	4.4	100.0	951	95.9	2.3	1.8	100.0	1094
CALABARZON	2.8	90.7	6.5	100.0	1243	97.3	0.8	1.8	100.0	1302
MIMAROPA	2.5	94.7	2.8	100.0	281	97.1	1.4	1.4	100.0	279
Bicol	1.2	95.7	3.1	100.0	517	97.9	1.7	0.3	100.0	574
Western Visayas	3.3	95.3	1.4	100.0	762	94.8	2.8	2.4	100.0	706
Central Visayas	2.0	96.0	2.0	100.0	741	97.3	1.3	1.3	100.0	673
Eastern Visayas	3.7	92.3	4.0	100.0	427	95.4	0.8	3.8	100.0	395
Zamboanga Peninsula	1.4	96.8	1.9	100.0	370	97.4	0.9	1.7	100.0	351
Northern Mindanao	3.4	94.4	2.2	100.0	447	96.0	1.9	2.1	100.0	472
Davao	3.8	91.5	4.7	100.0	446	96.1	2.7	1.2	100.0	511
SOCCSKSARGEN	3.7	92.2	4.1	100.0	437	98.5	0.4	1.1	100.0	456
CAR	3.5	93.0	3.5	100.0	171	98.0	1.0	1.0	100.0	197
ARMM	1.6	96.0	2.5	100.0	321	99.7	0.0	0.3	100.0	346
Caraga	3.4	94.0	2.6	100.0	265	98.4	1.2	0.4	100.0	254
NCR	4.9	88.7	6.4	100.0	1150	96.2	2.9	0.9	100.0	1357
Place of residence										
Urban	4.6	90.6	4.8	100.0	2394	96.2	2.4	1.4	100.0	2823
Rural	2.9	93.4	3.7	100.0	6952	97.0	1.5	1.5	100.0	6938
Educational attainment										
No schooling/Elementary	2.0	95.3	2.7	100.0	1728	96.7	2.2	1.1	100.0	915
High school undergraduate	2.6	93.6	3.9	100.0	3520	96.7	1.6	1.7	100.0	3488
High school graduate/Vocational	4.9	90.5	4.6	100.0	2410	96.9	1.8	1.4	100.0	3030
College or higher	4.1	91.4	4.5	100.0	1686	96.7	1.8	1.5	100.0	2327
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	2.1	95.2	2.7	100.0	1879	98.0	1.1	0.9	100.0	1943
Second	3.7	92.3	4.1	100.0	1913	97.3	1.6	1.2	100.0	2000
Middle	3.4	92.4	4.2	100.0	2085	97.0	1.7	1.3	100.0	2069
Fourth	3.2	92.5	4.3	100.0	1940	95.0	2.5	2.5	100.0	2057
Highest (Richest)	4.5	90.9	4.7	100.0	1526	96.6	2.0	1.4	100.0	1690
Total	3.3	92.7	4.0	100.0	9345	96.8	1.8	1.5	100.0	9761

romantic relationships with persons of the same sex and of both sexes. On the other hand, when grouped according to their highest educational attainment, the proportion of males who have had a romantic relationship with another male rises as educational attainment increases. Among females, those with the lowest education posted the highest proportion who have had a romantic relationship with another female, while the high school undergraduates have the highest proportion who have had romantic relationships

with both sexes. In terms of socioeconomic status, males belonging to the richest quintile have the highest proportion who have had homosexual and bisexual romantic relationships; among females, the highest proportion is registered for the fourth socioeconomic quintile.

Table 11.6 presents the percentage of males and females who have ever had sexual contact with males, females, and both sexes. In all, 63.5 percent of males and 59.5 percent of females have never had sex; 33.6 percent of

Table 11.5 Romantic relationships of males and females by background characteristics

Background characteristics	Percent of males whose romantic relationships are with:				Total	No. of males	Percent of females whose romantic relationships are with:				Total	No. of females
	only males	both sexes	neither sexes (never had any romantic relationship)	only females			only males	both sexes	neither sexes (never had any romantic relationship)	only females		
Age												
15-19	64.5	2.0	32.2	61.3	100.0	5768	1.0	4.6	33.1	100.0	5640	
20-24	83.4	4.1	10.6	87.0	100.0	3591	2.2	3.9	6.9	100.0	4160	
Region												
Ilocos	73.2	3.0	22.1	74.0	100.0	470	2.1	2.4	21.5	100.0	466	
Cagayan Valley	76.7	0.9	21.5	76.4	100.0	344	1.2	5.2	17.2	100.0	326	
Central Luzon	75.0	2.8	19.6	78.8	100.0	953	2.6	3.1	15.4	100.0	1096	
CALABARZON	76.2	1.8	18.2	74.8	100.0	1244	0.8	4.8	19.6	100.0	1304	
MIMAROPA	77.0	0.4	21.3	69.9	100.0	282	1.1	6.5	22.6	100.0	279	
Bicol	70.7	1.0	26.8	68.5	100.0	522	1.4	4.9	25.2	100.0	571	
Western Visayas	68.2	0.8	29.3	72.3	100.0	765	1.5	3.2	23.0	100.0	718	
Central Visayas	74.7	0.9	20.6	76.1	100.0	742	0.7	4.8	18.4	100.0	673	
Eastern Visayas	62.0	1.6	35.2	71.5	100.0	426	2.0	2.5	24.1	100.0	403	
Zamboanga Peninsula	74.5	0.5	22.5	72.4	100.0	373	0.8	4.2	22.5	100.0	355	
Northern Mindanao	64.2	1.6	27.1	68.8	100.0	447	1.3	4.0	25.9	100.0	474	
Davao	73.9	1.6	19.8	72.2	100.0	444	1.7	6.8	19.2	100.0	515	
SOCCKSARGEN	67.9	0.7	31.0	63.1	100.0	439	0.4	2.6	33.8	100.0	458	
CAR	63.2	0.6	35.7	76.3	100.0	171	0.5	2.0	21.2	100.0	198	
ARMM	43.9	0.0	55.5	42.9	100.0	321	0.6	0.3	56.2	100.0	354	
Caraga	69.8	1.5	26.4	69.4	100.0	265	0.8	4.7	25.1	100.0	255	
NCR	77.5	3.0	15.7	74.5	100.0	1150	2.6	6.8	16.1	100.0	1358	
Place of residence												
Urban	76.1	2.7	17.6	73.6	100.0	2396	1.9	5.6	18.8	100.0	2829	
Rural	70.2	1.1	26.1	71.6	100.0	6963	1.3	3.8	23.2	100.0	6970	
Educational attainment												
No schooling/Elementary	61.4	1.1	35.1	66.8	100.0	1730	1.8	4.2	27.1	100.0	920	
High school undergraduate	67.0	0.9	29.7	60.6	100.0	3528	1.1	4.9	33.4	100.0	3497	
High school graduate/Vocational	80.4	2.0	13.8	83.7	100.0	2411	1.7	4.6	10.0	100.0	3047	
College or higher	80.0	2.8	14.8	76.7	100.0	1686	1.7	3.1	18.4	100.0	2334	
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	61.4	0.7	35.4	68.2	100.0	1887	0.9	2.9	28.0	100.0	1951	
Second	68.0	1.6	27.8	70.3	100.0	1915	1.0	4.5	24.1	100.0	2020	
Middle	73.8	1.0	22.2	74.0	100.0	2090	1.2	4.5	20.3	100.0	2078	
Fourth	79.6	2.1	15.9	74.0	100.0	1942	2.7	5.4	17.9	100.0	2062	
Highest (Richest)	76.3	2.6	17.4	74.6	100.0	1526	1.6	4.3	19.5	100.0	1688	
Total	71.7	1.5	23.9	72.2	100.0	9358	1.5	4.3	22.0	100.0	9801	

males and 39.4 percent of females have had sexual relations with someone of the opposite sex. Below one percent of either males or females said they have ever had a sexual relationship with someone of the same sex. More males (2%) than females (0.7%) have sexual experience with both male and female partners.

When grouped by age, a higher proportion of the older youth reported having had sex with a person of the opposite sex and with persons of both sexes. Across region of residence, Northern Mindanao has the highest proportion of young males who reported having sexual experience with another male (2.9%), while NCR has the highest proportion of young males who reported having sexual experience with partners from both sexes (4.1%). Among females, youth from Cagayan Valley have the highest proportion who had sex with another female (1.2%), while Caraga youth have the highest proportion that reported having bisexual sex experience (1.2%). Still, across all regions, the proportion that have had sex with the same sex or with both sexes is generally low.

Similar to the other dimensions of sexual orientation, more male and female urban residents reported having homosexual and bisexual sex experience. A positive relationship between education and homosexual sex experience among males was also observed; the proportion of males who have had sex with another male increases as educational attainment rises. There is no observed pattern among females across education, but those with the lowest education posted the highest proportion who have had sex with another female and with persons of both sexes. Likewise, in terms of socioeconomic status, there is no consistent pattern.

Non-heteronormative personal contacts

Another important aspect of studying sexual orientation is the exposure to sexual minorities. As established in several studies, knowing someone who is gay or lesbian fosters more accepting attitudes toward many of the issues surrounding gay and lesbian relations

(Herek, 1984; Morales, 2009). In the YAFS4, the respondents were asked if they have family members and friends who are gay, lesbian, or bisexual. In general, a higher proportion of youth reported having close friends rather than family members who are gay, lesbian, or bisexual. Of the three types of sexual minorities, the most commonly mentioned is gay (i.e., homosexual men).

More female youth reported having family members and close friends they know to be gay, lesbian, or bisexual. A comparison by age groups shows that more of the older youth of both sexes reported knowing a family member who belongs to the sexual minority (Table 11.7a). The same pattern was observed in the proportion who reported knowing a close friend who is gay, lesbian, or bisexual (Table 11.7b).

The regions with the highest proportion of male youth who reported having family members who are gay, lesbian, or bisexual are Central Luzon, NCR, Eastern Visayas, and Zamboanga Peninsula. Among females, the corresponding regions are NCR, Western Visayas, Central Visayas, and Cagayan Valley. The lowest proportions were reported in ARMM, Central Visayas, and CAR for males and in Ilocos, Central Visayas, and ARMM for females.

More urban residents than rural residents know members of the sexual minority among their family members and close friends. In terms of educational attainment, the proportion with a family member and close friend in the sexual minority is highest among those with a college education; the proportion decreases consistently as educational attainment decreases. The same positive relationship is observed for socioeconomic status, with the highest proportion among youth in the richest quintile and the lowest among youth in the poorest quintile.

Problems experienced

Respondents who have cross-gender desires and those who identified as non-heterosexual (gay, lesbian, or bisexual) were

asked if they have encountered problems because of their gender and sexuality, namely confusion regarding gender, discrimination, rejection by family and friends, verbal abuse, physical assault, and sexual abuse. The list of possible problems was read out to the respondent.

Results in Table 11.8 show that among youth who expressed cross-gender desires or who self-identified as homosexual or bisexual, more males experienced problems related to their gender and sexuality compared with females. Gender confusion, discrimination, and verbal abuse were the more commonly reported problems, more so among males than females.

A higher proportion of males was sexually abused and was rejected by family. Some of the respondents were rejected by friends and experienced physical assault, but there is no significant difference in the proportion of males and females who encountered these two problems.

Summary and conclusions

This chapter discussed gender identity and sexual orientation, which are two important facets of youth sexuality. It also provided information on the youth’s exposure to gays,

Table 11.6 Sexual behavior of males and females by background characteristics

Background characteristics	Percent of males who ever had sexual contact with:				Total	No. of males	Percent of females who ever had sexual contact with:				Total	No. of females
	Males	Females	Both sexes	Never had sex			Males	Females	Both sexes	Never had sex		
Age												
15-19	0.7	17.5	1.2	80.5	100.0	5770	18.8	0.4	0.2	80.5	100.0	5654
20-24	1.2	59.4	3.2	36.2	100.0	3593	67.4	0.5	1.3	30.8	100.0	4161
Region												
Ilocos	0.8	35.8	1.5	61.9	100.0	472	35.2	0.0	0.9	64.0	100.0	469
Cagayan Valley	0.3	30.4	0.9	68.4	100.0	345	42.6	1.2	0.9	55.2	100.0	326
Central Luzon	1.3	39.9	2.2	56.7	100.0	953	43.6	0.6	0.5	55.2	100.0	1097
CALABARZON	0.6	32.0	2.7	64.7	100.0	1243	33.2	0.8	0.5	65.5	100.0	1304
MIMAROPA	0.7	32.5	1.4	65.4	100.0	283	40.4	0.0	0.4	59.3	100.0	280
Bicol	0.4	29.1	1.3	69.2	100.0	522	36.8	0.0	0.3	62.8	100.0	573
Western Visayas	0.5	27.2	1.4	70.8	100.0	765	38.3	0.6	0.8	60.3	100.0	723
Central Visayas	1.2	38.3	1.2	59.2	100.0	741	38.2	0.1	0.4	61.2	100.0	675
Eastern Visayas	0.9	27.9	0.7	70.4	100.0	426	43.0	0.5	1.0	55.5	100.0	402
Zamboanga Peninsula	0.5	35.9	1.1	62.5	100.0	373	43.0	0.3	0.6	56.2	100.0	356
Northern Mindanao	2.9	29.8	3.1	64.1	100.0	446	39.0	0.0	0.8	60.1	100.0	474
Davao	0.7	36.8	2.2	60.3	100.0	446	42.9	0.2	1.0	55.9	100.0	515
SOCCSKSARGEN	0.2	28.0	0.9	70.9	100.0	440	36.7	0.0	0.2	63.0	100.0	460
CAR	0.0	30.1	1.2	68.8	100.0	173	47.0	0.5	1.0	51.5	100.0	198
ARMM	0.0	26.3	0.0	73.8	100.0	320	38.4	0.0	0.0	61.6	100.0	354
Caraga	1.5	34.3	1.1	63.0	100.0	265	40.4	0.0	1.2	58.4	100.0	255
NCR	1.6	39.7	4.1	54.7	100.0	1150	41.4	1.0	1.0	56.5	100.0	1356
Place of residence												
Urban	1.2	39.8	3.3	55.8	100.0	2398	39.7	0.5	0.9	58.9	100.0	2831
Rural	0.8	31.4	1.5	66.2	100.0	4613	39.3	0.4	0.6	59.7	100.0	6982
Educational attainment												
No schooling/Elementary	0.6	32.8	1.9	64.6	100.0	1733	54.8	1.1	0.8	43.4	100.0	922
High school undergraduate	0.6	22.3	1.6	75.6	100.0	3531	27.5	0.2	0.6	71.8	100.0	3503
High school graduate Vocational	1.3	45.2	2.6	51.0	100.0	2412	53.9	0.7	0.7	44.6	100.0	3053
College or higher	1.4	41.4	2.1	55.1	100.0	1689	32.3	0.2	0.7	66.8	100.0	2335
Socioeconomic status (Wealth quintile)												
Lowest (Poorest)	0.7	28.4	1.6	69.3	100.0	1889	49.4	0.4	0.7	49.6	100.0	1955
Second	0.9	27.3	1.5	70.3	100.0	1917	39.6	0.2	0.8	59.4	100.0	2022
Middle	0.7	34.7	2.2	62.5	100.0	2092	40.0	0.4	0.8	58.8	100.0	2081
Fourth	1.2	40.7	1.8	56.3	100.0	1941	35.1	0.9	0.4	63.5	100.0	2063
Highest (Richest)	1.1	37.3	3.0	58.6	100.0	1527	32.2	0.3	0.6	66.9	100.0	1693
Total	0.9	33.6	2.0	63.5	100.0	9364	39.4	0.4	0.7	59.5	100.0	9813

lesbians, bisexual men, and bisexual women, as well as the problems faced by the youth who have cross-gender desires and those who identify as members of the sexual minority. In terms of gender identity, trends in cross-gender desires exhibited a declining pattern over the past two decades. While there was no gender disparity in cross-gender desires in the last three YAFS rounds, a significant but narrowing difference across age groups was observed. A higher proportion of the youth who are urban residents, more educated, and belong to a higher socioeconomic status have cross-gender desires. Further analysis on the reasons for these

cross-gender desires is needed to determine if these young people fall under the transgender category.

The identity, attraction, and behavioral dimensions of sexual orientation were explored in this chapter. Youth who belong to the older age group, are urban residents, and reside in the highly urbanized regions of the country, namely NCR and Central Luzon, consistently have the highest proportion who belong to the sexual minority across the identity, attraction, and behavior indicators. ARMM youth consistently have the lowest levels across these three dimensions. The proportion of youth who belong

Table 11.7a Percent of males and females with family members who are gays, lesbians, bisexual man and bisexual woman by background characteristics

Background characteristics	Percent of males with family members who are:				No. of males	Percent of females with family members who are:				No. of females
	Gay	Lesbian	Bisexual man	Bisexual woman		Gay	Lesbian	Bisexual man	Bisexual woman	
Age										
15-19	12.0	5.8	1.5	0.3	5750	17.7	11.6	2.5	1.5	5612
20-24	11.8	8.2	2.5	0.7	3579	22.3	14.2	3.0	1.5	4139
Region										
Ilocos	7.9	4.3	0.9	0.2	470	9.9	4.5	1.3	0.0	466
Cagayan Valley	11.6	3.5	0.3	0.3	344	28.3	19.0	1.8	0.0	325
Central Luzon	19.4	10.2	3.7	0.7	950	30.2	21.4	4.9	2.0	1091
CALABARZON	10.4	7.3	3.6	0.6	1242	17.7	10.8	1.9	0.8	1298
MIMAROPA	10.2	5.0	3.5	0.4	283	12.5	9.3	2.2	1.8	279
Bicol	9.1	5.2	0.2	0.2	519	14.0	7.3	0.5	1.0	573
Western Visayas	13.6	6.5	1.6	0.3	756	31.3	15.8	3.5	2.2	691
Central Visayas	6.1	2.2	0.0	0.0	741	7.6	3.1	0.3	0.4	673
Eastern Visayas	14.4	7.6	3.5	0.7	423	18.4	11.5	2.5	0.7	402
Zamboanga Peninsula	16.0	6.5	1.6	0.3	369	22.4	9.6	0.3	0.0	353
Northern Mindanao	12.5	4.9	0.4	0.0	447	16.7	8.9	0.4	0.6	472
Davao	14.1	6.6	2.3	0.7	440	15.0	9.7	1.6	1.0	514
SOCCSKSARGEN	11.7	5.0	0.2	0.2	437	11.4	6.6	0.2	0.4	458
CAR	4.1	3.5	1.2	0.0	172	15.2	9.1	1.5	1.0	197
ARMM	3.4	0.6	0.6	0.6	319	10.5	7.1	0.0	0.3	351
Caraga	13.2	3.4	0.4	0.4	265	13.4	9.4	0.8	0.4	254
NCR	13.4	13.6	2.5	1.2	1150	27.8	23.4	8.3	4.7	1355
Place of residence										
Urban	14.4	10.4	2.7	1.0	2388	24.2	18.4	5.8	3.5	2821
Rural	11.0	5.5	1.6	0.3	6940	17.8	10.4	1.5	0.6	6932
Educational attainment										
No schooling/Elementary	8.5	4.8	1.1	0.3	1725	16.7	10.1	1.6	0.5	918
High school undergraduate	12.4	7.0	1.8	0.4	3519	17.5	10.7	2.2	1.1	3481
High school graduate/Vocational	11.8	7.4	1.9	0.7	2403	21.4	14.2	3.8	2.2	3035
College or higher	14.3	7.3	2.9	0.7	1682	21.8	14.8	2.6	1.4	2317
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	9.0	3.8	1.2	0.2	1878	14.1	7.9	1.4	0.8	1946
Second	11.3	5.6	1.1	0.3	1910	17.9	10.0	1.4	0.4	2007
Middle	11.1	5.2	1.6	0.5	2081	20.6	13.5	3.0	1.7	2068
Fourth	13.0	10.0	2.7	0.9	1935	20.8	17.1	3.3	2.1	2050
Highest (Richest)	15.9	9.7	3.1	0.6	1523	25.6	15.0	4.7	2.3	1682
Total	11.9	6.7	1.9	0.5	9329	19.7	12.7	2.7	1.5	9752

to the sexual minority in terms of identity, attraction, and behavior increases as education and socioeconomic status increase.

It must be noted that sexual identity is not always congruent with sexual attraction or behavior (Laumann, Gagnon, Michael, & Michaels, 1994; Saewyc et al., 2004). For example, it is possible that people reporting only same-sex attraction and/or behavior will self-identify as heterosexual or bisexual. The incongruence between these three dimensions might be attributed to factors such as stigma, laws, cultural values, partner selection opportunities, and even economic reasons (SMART, 2009).

In YAFS4, only 10 percent of the youth found it sometimes/always acceptable for two males or two females to have a romantic relationship. The fact that romantic relationships between two males and between two females are still generally unacceptable among the Filipino youth may be related to their low level of exposure to gays, lesbians, bisexual men, and bisexual women. Several studies have found that persons with negative attitudes toward gay men and lesbians are less likely to have had personal contact with them (Herek, 1984).

The sexual minority among the youth in the country is confronted with problems

Table 11.7b Percent of males and females with close friends who are gays, lesbians, bisexual man and bisexual woman by background characteristics

Background characteristics	Percent of males with close friends who are:				No. of males	Percent of females with close friends who are:				No. of females
	Gay	Lesbian	Bisexual man	Bisexual woman		Gay	Lesbian	Bisexual man	Bisexual woman	
Age										
15-19	39.2	25.2	9.2	4.0	5715	59.9	38.8	9.3	6.7	5635
20-24	44.6	30.8	12.2	6.2	3578	56.7	39.0	8.9	6.0	4139
Region										
Ilocos	29.8	20.0	3.6	0.6	471	53.8	29.5	7.7	5.2	465
Cagayan Valley	21.2	9.6	0.6	0.3	345	53.2	36.3	4.0	1.2	325
Central Luzon	56.4	34.0	25.5	6.9	943	60.8	40.8	8.2	4.9	1093
CALABARZON	45.5	27.2	13.3	8.4	1221	61.2	36.4	8.4	6.8	1300
MIMAROPA	32.5	24.4	7.8	4.2	283	51.4	31.2	6.8	6.8	279
Bicol	44.2	21.9	1.7	0.8	520	50.2	34.2	7.7	6.1	574
Western Visayas	31.8	20.7	5.4	3.3	760	56.0	39.6	6.3	3.8	712
Central Visayas	29.1	17.9	3.8	2.2	741	58.2	37.6	5.1	3.4	673
Eastern Visayas	37.0	27.7	13.0	4.0	424	57.4	40.4	15.2	8.0	401
Zamboanga Peninsula	42.1	22.6	6.5	2.7	368	54.4	29.6	2.2	0.6	356
Northern Mindanao	41.6	30.9	2.7	0.9	447	55.2	38.2	4.9	5.1	474
Davao	61.5	44.2	18.6	8.2	441	66.3	43.6	3.7	3.1	514
SOCCSKSARGEN	34.3	26.3	3.4	2.3	438	45.5	25.9	1.5	1.5	459
CAR	25.7	12.2	2.3	1.2	172	42.3	25.5	6.2	3.6	196
ARMM	6.0	0.9	0.3	0.0	320	29.3	16.5	0.6	0.6	351
Caraga	35.6	25.3	6.8	4.9	265	60.2	33.5	6.3	4.7	255
NCR	59.4	48.5	20.1	11.4	1137	77.2	61.1	26.4	18.9	1349
Place of residence										
Urban	56.5	42.9	20.6	9.9	2379	70.1	51.0	17.0	12.6	2819
Rural	36.0	22.0	6.8	3.1	6914	53.9	34.0	6.0	4.0	6955
Educational attainment										
No schooling/Elementary	27.5	18.8	5.7	2.5	1722	36.5	23.6	1.8	1.5	919
High school undergraduate	36.8	23.7	8.3	3.4	3493	54.7	35.5	7.4	5.1	3487
High school graduate/Vocational	46.3	29.9	11.6	4.9	2402	59.2	43.5	10.2	7.5	3040
College or higher	57.4	40.3	17.6	10.1	1676	72.1	44.0	13.2	9.0	2327
Socioeconomic status (Wealth quintile)										
Lowest (Poorest)	29.2	17.8	3.6	1.3	1879	40.8	26.8	2.9	1.7	1949
Second	33.6	21.3	6	2.1	1904	53.2	33.3	4.4	3.2	2012
Middle	42.1	26.8	8.9	3.7	2078	59.5	40.7	10.3	6.4	2075
Fourth	47.6	35.1	16.1	8.1	1927	67.7	48.3	13.6	9.8	2050
Highest (Richest)	56.7	38	19.1	10	1505	73.1	45.8	15.1	11.8	1687
Total	41.3	27.4	10.4	4.8	9293	58.5	38.9	9.1	6.4	9773

Table 11.8 Problems experienced by males and females because of their gender and sexuality

Problems	Male	Female
Confusion regarding gender	51.2	39.4
Discrimination	45.5	14.6
Rejection by family	11.0	7.5
Rejection by friends	4.8	7.7
Verbal abuse	34.8	12.6
Physical assault	6.5	5.7
Sexual abuse	5.5	1.3
Did not experience any problem	11.5	35.0
No. of youth who are non-heterosexual or who have cross-gender desires	418	855

surrounding their gender and sexual orientation. They experience confusion regarding their gender, are discriminated against, and experience verbal abuse. Apart from being rejected by their family and friends, some of these sexual minorities also reported experiencing physical assault and sexual abuse. While facing developmental challenges, these young people have also had to cope with this marginalization, which negatively affects their general well being.

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Summary of Findings, Policy and Program Directions

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The results of the 2013 Young Adult Fertility and Sexuality Survey present a current picture of the conditions of today's cohort of young adults in the traditional topic areas tracked by the YAFS series: sexual and non-sexual risk behaviors, as well as in some newly introduced topics like diet and lifestyle and an expanded section on gender identity, among others. Using the background factors of age, sex, highest educational attainment, urban-rural residence, socioeconomic status measured as wealth quintiles and region of residence, the overall results show that these background characteristics remain influential factors in explaining variability in the prevalence of risk behaviors as well as the other outcome measures discussed in the various chapters.

Compared with the results of YAFS surveys on earlier cohorts of Filipino youth we can draw, in broad strokes some of the notable areas of change in the conditions of today's young adults compared with the 1994 and 2002 cohorts. Among the most striking is the change in marriage patterns, notably a dramatic increase in the percentage of young people in a consensual union, commonly called living in, over the last decade with corresponding decline in the proportion who are formally married. In fact, over the last three YAFS rounds covering 20 years, there is evidence of a continuous decline in the proportion never married among the youth, accompanied by a similar decline in the proportion who are formally married, while the proportion who are living in has risen steadily, quite dramatically so in the last decade.

The shifting marriage pattern echoes, albeit weakly, the trend in other parts of the world, notably in western societies, of the decreasing proportions of couples in formal union and increase in consensual arrangements.

We also documented an increase in the prevalence of premarital sexual activity, with an evident narrowing of the gender gap such that the percentage of males and females who have engaged in premarital sex have now become almost equal, compared to 1994 and 2002 when the percentage was markedly higher among males. Despite the higher prevalence of premarital sexual activity however, the use of contraception among the youth remained very low and almost unchanged from the 1994 level. The net effect is a dramatic rise in teen pregnancy, more than doubling in the past 10 years, from 6 percent to 13 percent of 15-19 year old women who have begun childbearing in 2002 and 2013, respectively.

Unprotected premarital sex is considered in the YAFS surveys as risky because of the heightened likelihood of ending up with an unwanted pregnancy or of contracting a sexually transmitted infection. Generally, we found that most of the risky sexual activities are unprotected. Other forms of risky sex have been documented in this latest YAFS round, including a type of sexual relationship with a regular partner that is nonromantic in nature. In general there is evidence of increase in the prevalence of having multiple sexual partners but a decrease in commercial sex activity. Still, on the whole despite evidence of increase,

the levels of the prevalence of risky sexual behaviors remain relatively low (all way below 50 percent) compared to the levels reported in developed countries although, under the local mores that prescribe no premarital sex at all, such levels may still be considered high.

Despite these documented changes in the behaviors of youth that suggest an increasing break from traditionally strict codes of sexual conduct, their attitudes and beliefs nonetheless reflect relatively high levels of adherence to such conservative beliefs as the importance of virginity before marriage for a woman and low levels of approval of premarital sexual activity also for a woman. A possible drift toward less conservative views is evident in the increasing proportions of youth who expressed the belief that a woman who gets pregnant out of wedlock should keep the baby without marrying the child's father. This is a significant shift from the attitudes and practices of earlier generations when an out-of-wedlock pregnancy had to be legitimized by formal marriage, regardless of the circumstances that led to the pregnancy. Such evidence of acceptance seen in the 2013 YAFS data is probably related to the rise of consensual unions among today's youth. In general, these results indicate that actual behaviors of the youth are changing faster than the norms of the larger society.

Moreover, while the prevalence of premarital sexual activity and other risky sexual behaviors are increasing, the level of knowledge about reproductive health in general, about conception in particular have remained poor as many of the youth are unable to correctly answer the survey questions designed to gauge level of knowledge about conception, even among those with college education. Even more alarming is the finding that the proportion of youth who are aware of STIs in general and of HIV in particular declined between 2002 and 2013. Moreover the proportion of youth who have comprehensive knowledge of HIV/AIDS is only 17 percent. The picture is even more dire when one considers

the fact that between 2002 and 2013 the HIV infection rate in the Philippines has ballooned to epidemic proportions, fueled mainly by the risk behavior of men having sex with other men.

Overall, the youth appear to have limited access to credible material sources of information on puberty or on reproductive health. Asked to identify their most important material source of information on puberty, 46 percent said none. However, of those who mentioned a material source of information, the 2013 results showed a significant increase in the mention of the internet alongside television and books.

While there is evidence of increase in sexual risk behaviors, the trend in the non-sexual risk behaviors of smoking, drinking and drug use indicate a positive shift toward decreasing prevalence of these risk behaviors, more pronounced for smoking than for drinking. The decrease in the prevalence of smoking and drinking cannot be attributed to the passage of the law in 2013 increasing "sin" taxes for tobacco and liquor because the data collection phase of YAFS preceded the implementation of the law. More likely, the youth have become more conscious of the risks attributed to smoking and drinking such that fewer in this cohort took up these behaviors compared to their 1994 and 2002 counterparts. Furthermore, the prevalence of ever use of drugs documented in earlier survey rounds to be at a low level, has gone even lower in 2013.

But there are other forms of non-sexual risks that the youth are exposed to such as the experience of physical violence, both as victim and aggressor and the little researched risk behavior of suicide, proxied in the survey by suicidal ideation and suicide attempt.

Another significant development that the 2013 YAFS results has documented is the changing patterns of use of mass media by the youth. While television remains the most commonly subscribed media form, the use of the internet has supplanted other forms, particularly printed materials. Fewer youth

in 2013 read any form of printed material compared with earlier cohorts, be they books, comics, magazines or newspapers. The 2013 YAFS also documents the phenomenal increase in the pervasiveness of the use of the internet, from a mere 2 percent in 2002 to 59 percent of current users in 2013.

In the field of communications technologies in general, the 2013 YAFS has documented the remarkable increase in the prevalence of ownership of a cellular phone and its pervasive use in many aspects of the young people's lives. The personal cell phone has become a tool to widen one's social circles through virtual friends. It has also become a way to meet other young people for hook ups. Together, the cell phone and the internet has transformed the lives of today's youth to the point where most of their leisure activities are now technology-driven, but sadly, also more sedentary.

Amidst all these developments in telecommunications which are reshaping the lives of today's young people, there remains a significant variability in access to these technologies, evident in the Report when the youth are subdivided by education, socioeconomic status, urban-rural residence and by the region where they reside. Differentials in access remain, showing that those who have lower education, belong to the lower wealth quintiles, rural residents and residing in regions that are less developed are disadvantaged by having fewer of them able to use the internet or own a cell phone.

Policy and program implications

From the beginning of the YAFS surveys in 1982, the enduring impetus for conducting these studies on the Filipino youth has been the need to provide the evidence base for programs and policies aimed at this sector. A recognition of the fast pace of change because of modernization, technological innovations, changing values, lifestyles and influences, the

fluidity of youth itself calls for a constant and regular updating of our knowledge about the youth so that policies and programs remain attuned to the realities on the ground. Not really by design, the YAFS surveys have been carried out every ten years, on average. Many planners in government and in the development community now recognize that a 10-year interval between YAFS rounds is too long and some incipient developments that can have profound consequences at a later time may be missed if the data is updated only every 10 years. Thus, the first policy implication is the call for a regular YAFS survey, with a shorter interval, ideally 5 years.

There are many specific findings either already outlined in this Report or that can be generated from further mining of the 2013 YAFS data that can guide specific programs for the youth, over a very wide range of program intervention areas. Some of these specific recommendations for program planners can be found in the summary and conclusions section of each chapter beginning with chapter 2.

Some examples of the policy and program implications of the 2013 YAFS findings are:

1. The persistence of poor levels of knowledge about reproductive health, the lack of sources or even the interest to consult sources call for specific programs of action to raise the knowledge level of today's youth regarding matters related to sexuality and reproductive health, especially since many are already engaged in risky sexual behaviors. The historic passage of the Responsible Parenthood and Reproductive Health Act of 2012 (RA 10354) presents the golden opportunity to come up with a comprehensive sexuality education at the basic education level that will help overturn this current situation. The YAFS results provide the concrete evidence of the dire consequences of a general lack of a working knowledge on reproductive health among a sector already engaged in risky sexual behaviors, consequences

like the high teen pregnancy rates and an unacceptably high HIV infection rate. The YAFS results can likewise help identify the appropriate strategies for reaching out to this sector. For one, the use of reading materials for information dissemination may be less effective because of the low level of consumption of traditional print media. Information dissemination for the youth may be more effective if delivered via the internet or the cell phone.

2. While risk behaviors are the main focus of the YAFS surveys, there are other areas of intervention to enhance overall youth welfare and development that need attention, such as the promotion of healthy diets and lifestyles. Already, there is evidence of a decline in smoking and drinking among the youth, a positive development that needs reinforcing . The next area to address is the promotion of healthy nutrition and a healthy lifestyle, to prevent at this early stage in the life of the youth the later onset of lifestyle diseases brought about by poor diets and lack of physical activity.

In conclusion, as with previous rounds of the Young Adult Fertility and Sexuality studies, the 2013 YAFS results will continue to be mined further to help shed light on other aspects that may need an empirical evidence to guide programs for young people. The breadth and depth of information that the data can yield is barely scratched in this Report. We expect that the data will be mined further as new questions and new proposals for youth programs are planned, until it is felt that too much time has passed and it is time again to conduct a new YAFS survey.