



#RegionXIIYouthToday  
RISK BEHAVIOR OF YOUNG PEOPLE IN  
SOCCSKSARGEN

PART 1




Demographic Research & Development Foundation, Inc.  
University of the Philippines Population Institute

## OUTLINE

- Demography of the youth in Region XII
- The 2013 YAFS Study
- Background characteristics, health, and lifestyle
- Nonsexual risk behaviors
- Sources of information about sex and reproduction
- Summary

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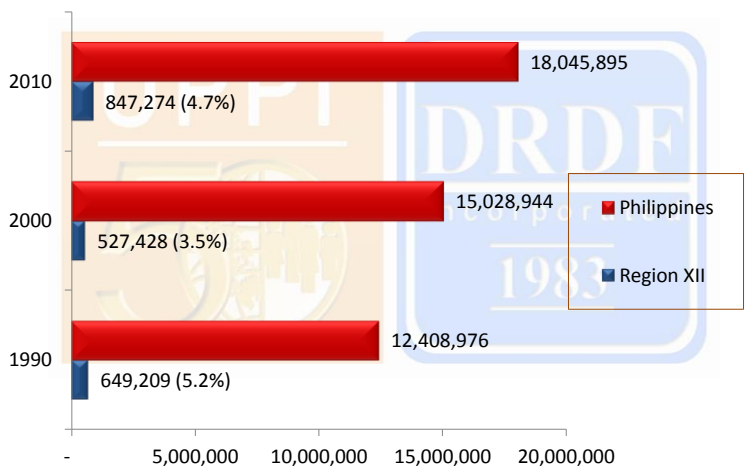
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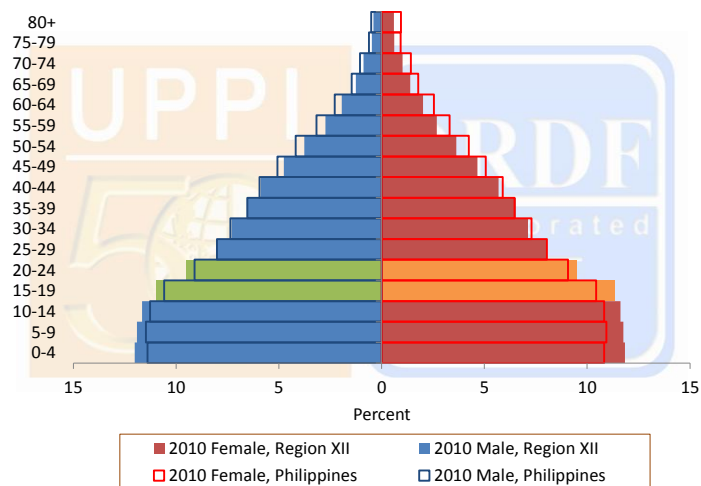
# #Demographics

## REGION XII YOUTH PROFILE

### Youth population: Philippines & Region XII



## Age structure of the Philippines and Region XII populations, 2010



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# #YAFS4

## THE 2013 YAFS STUDY

# Background

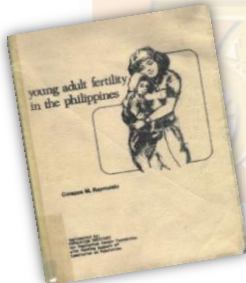
- 4<sup>th</sup> in a series of nationally-representative surveys on Filipino youth 15-24 years old
- Jointly implemented by the
  - Demographic Research & Development Foundation (DRDF)
  - University of the Philippines Population Institute (UPPI)
- Funded by The Australian Government, UNFPA, Department of Health, Philippine Council for Health Research and Development (PCHRD)

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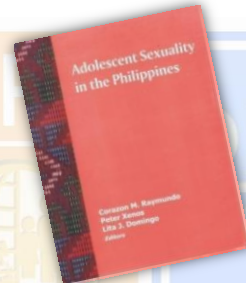
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# Predecessor surveys


**1982 YAFS**  
(5,240 female respondents)



**1994 YAFS**  
(10,879 male and female respondents)



**2002 YAFS**  
(19,728 male and female respondents)



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## General objective of YAFS4

- To provide updated information on a broad framework of adolescent sexuality and reproductive health issues, their antecedents, and manifestations that will be useful in the design of interventions to safeguard the health and welfare of Filipino youth

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## Survey design

- Sampling design: Multistage stratified random sampling
- Sampling domain: Region
- Sample size per region: About 1,000 respondents
- Respondents: 15-24 years old single and married males and females

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## Survey instruments

- **10** survey instruments
  - Household Form
  - **8** Individual Questionnaires for the youth respondents
    - 4 Main Questionnaires  
(Single Female, Married Female, Single Male, Married Male)
    - 4 Muslim Questionnaires  
(Single Female, Married Female, Single Male, Married Male)
  - Community Form
- All questionnaires were translated to 6 major languages

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## Main questionnaire contents

**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  
**Block F.** Friends and peers  
**Block G.** Health and lifestyle

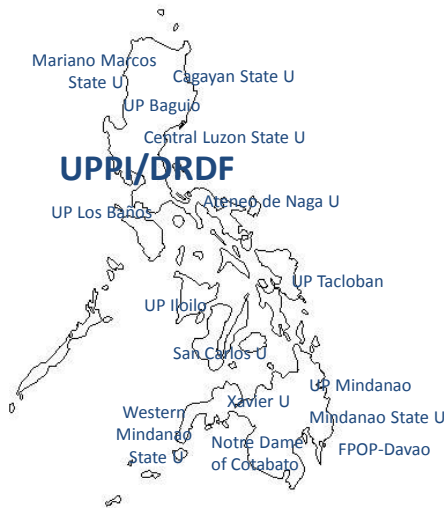
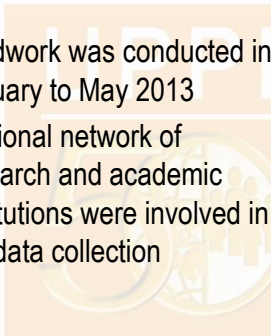
**Block H.** Marriage  
**Block I.** Puberty, dating and sex  
**Block J.** Fertility and contraception  
**Block K.** Knowledge and attitudes towards marriage, sex and related issues  
**Block L.** Reproductive health

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# Field implementation

- Fieldwork was conducted in January to May 2013
- Regional network of research and academic institutions were involved in the data collection



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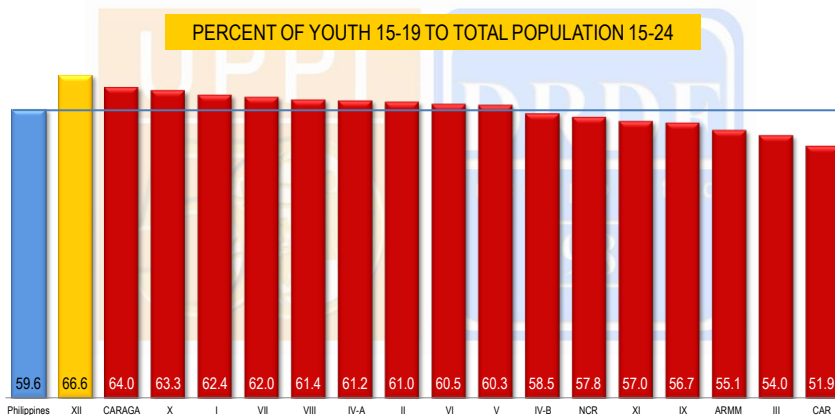
**#RegionXIIProfile**

**BACKGROUND CHARACTERISTICS,  
HEALTH, & LIFESTYLE**

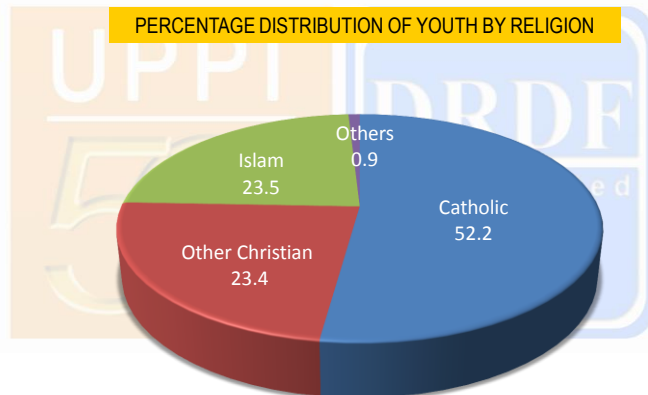
The graphic features a large yellow and orange triangle on the left side. In the center, there are the UPPI and DRDF logos. Below the logos is a dark blue box with white text. The text reads '#RegionXIIProfile' and 'BACKGROUND CHARACTERISTICS, HEALTH, & LIFESTYLE'. The entire graphic is set against a white background with a large orange bar at the bottom.



**Percent of population 15-19 in Region XII is highest among all 17 regions in the country**

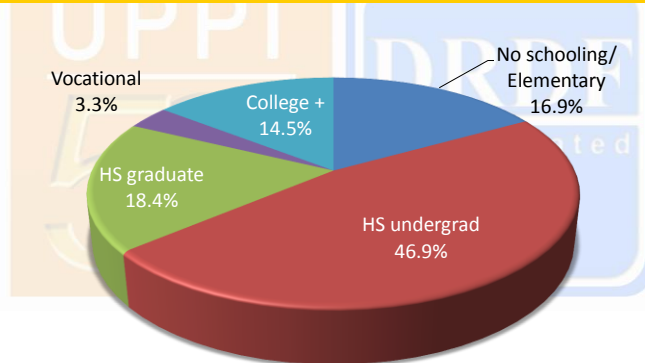


**About a fourth of Region XII youth are adherents of Islam**



# Education profile of Region XII youth

PERCENTAGE DISTRIBUTION OF YOUTH BY HIGHEST EDUCATIONAL ATTAINMENT

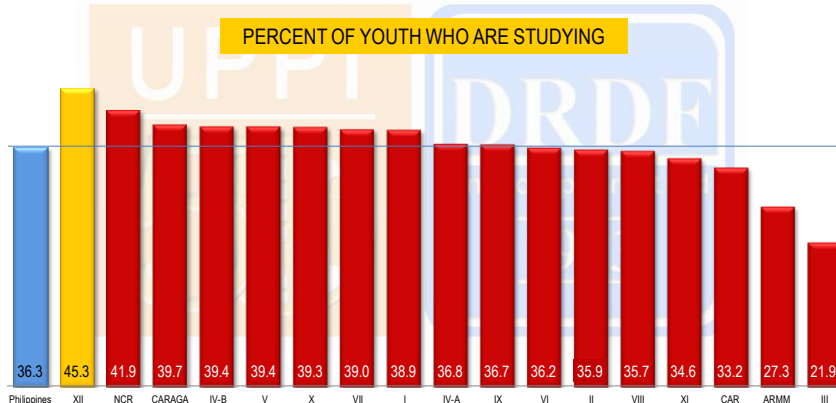


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# Proportion of youth who are studying in Region XII is the highest in the country

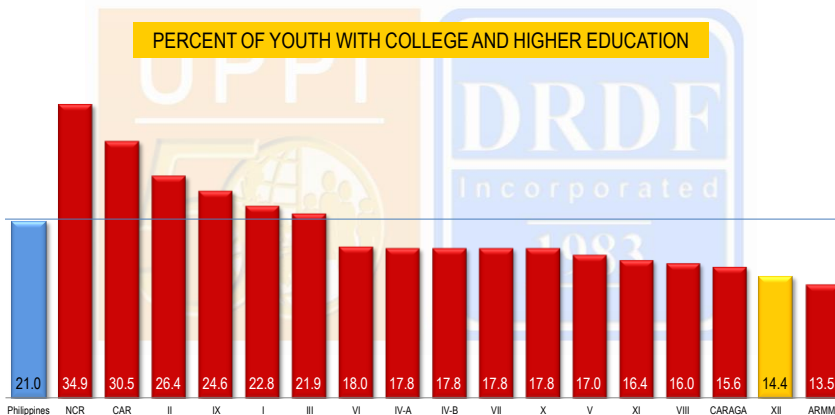
PERCENT OF YOUTH WHO ARE STUDYING



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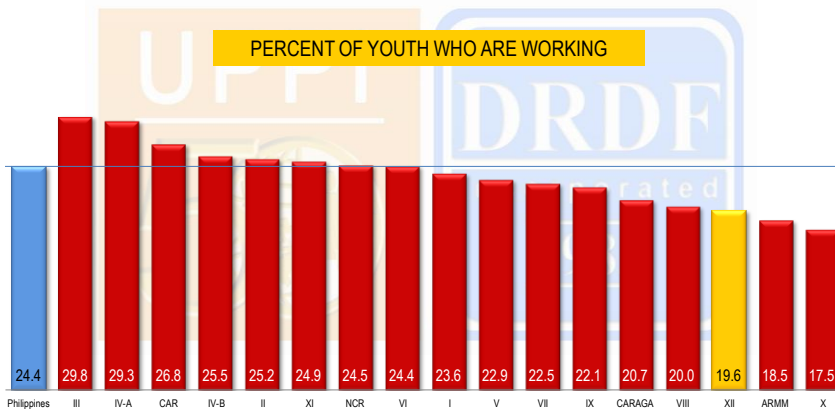
... But Region XII has the 2<sup>nd</sup> lowest proportion of youth with college and higher education



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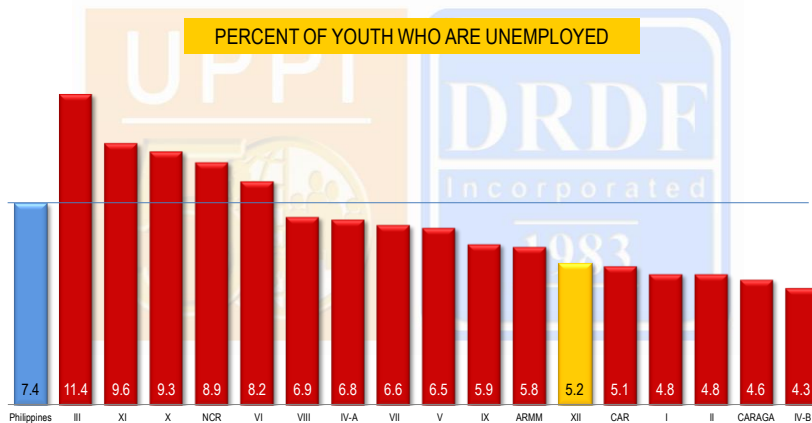
Only 1 in 5 youth is working



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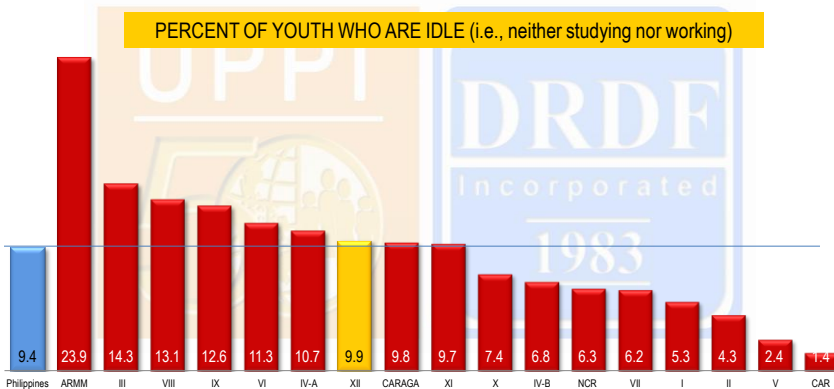
# 1 in 20 youth is unemployed



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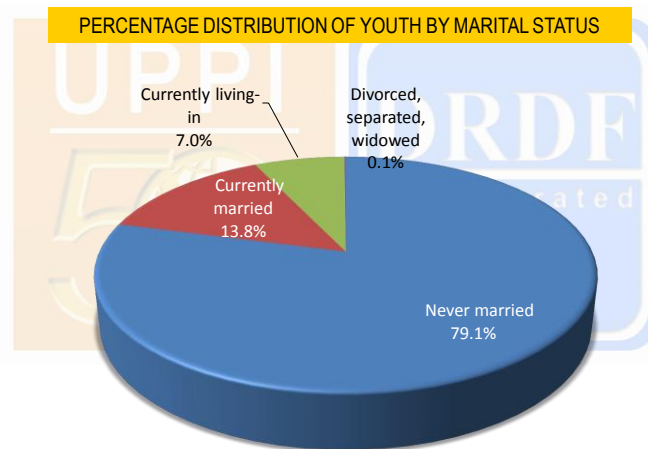
# 1 in 10 youth in Region XII is idle



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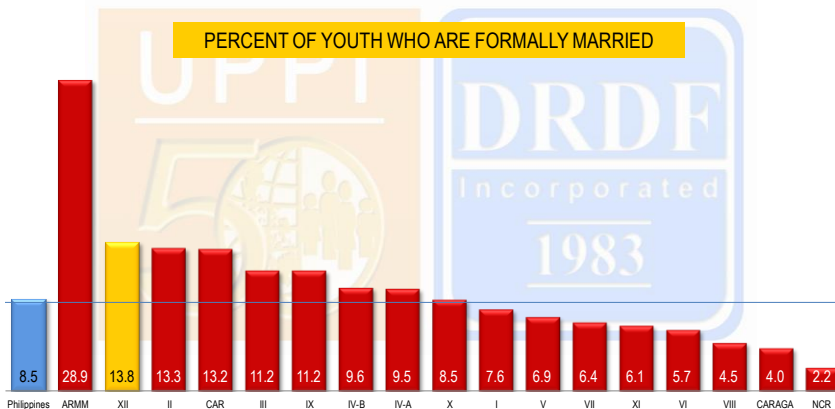
# Marital status of Region XII youth



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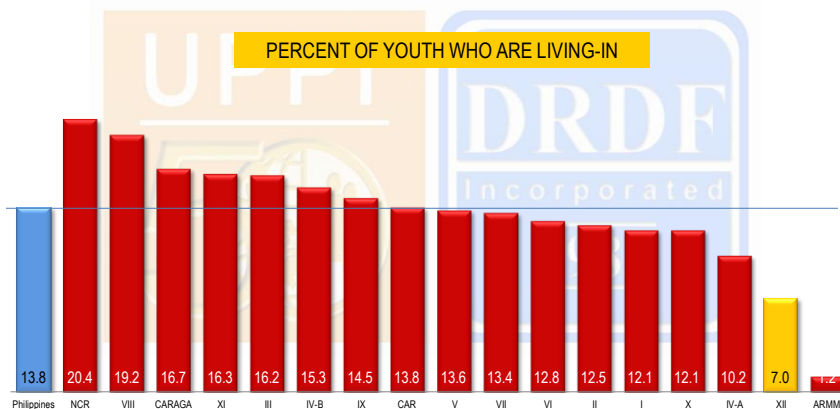
# Proportion of youth who are formally married is 2<sup>nd</sup> highest in the country



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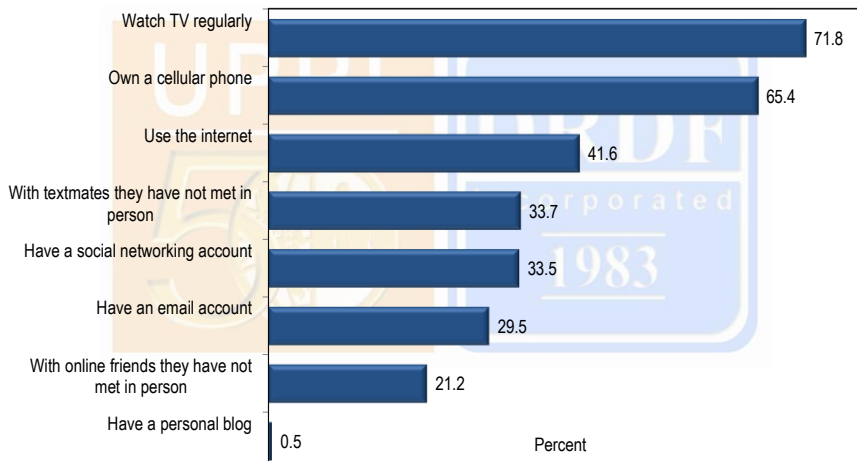
## Proportion of youth who are living-in is the 2<sup>nd</sup> lowest



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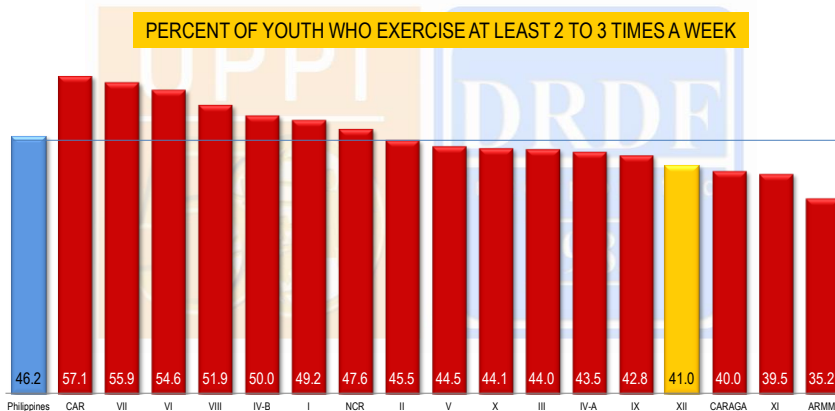
## Region XII youth are digitally wired



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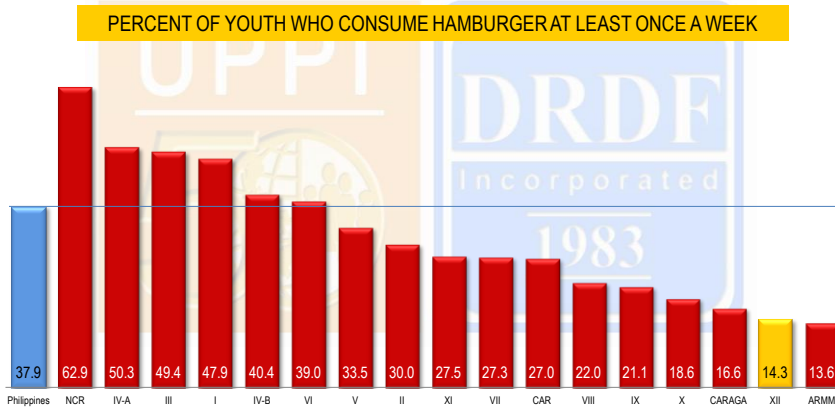
## 2 in 5 Region XII youth exercise at least 2 to 3 times a week



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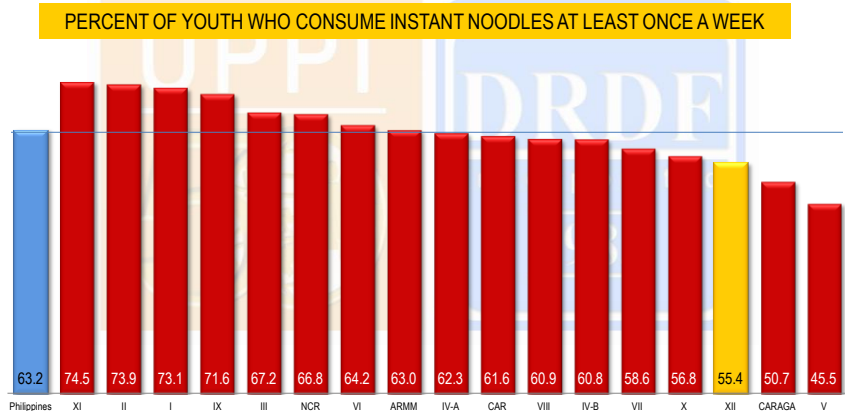
## Consumption of hamburger among the youth is 2<sup>nd</sup> lowest in Region XII



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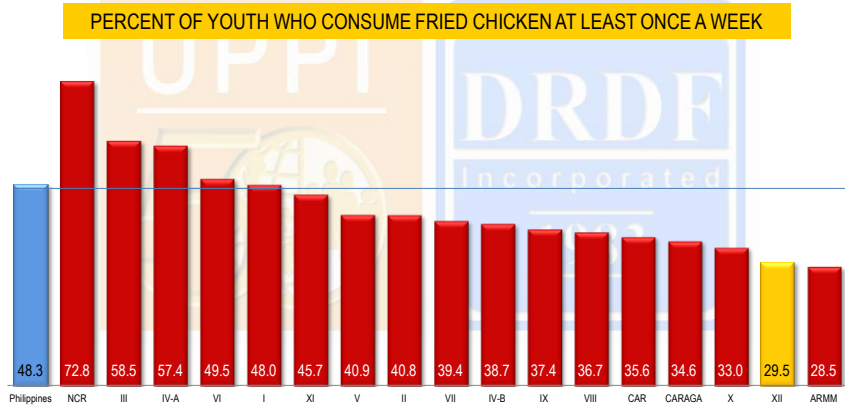
## More than half of the youth consume instant noodles at least once a week



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## 3 in 10 youth consume fried chicken at least once a week

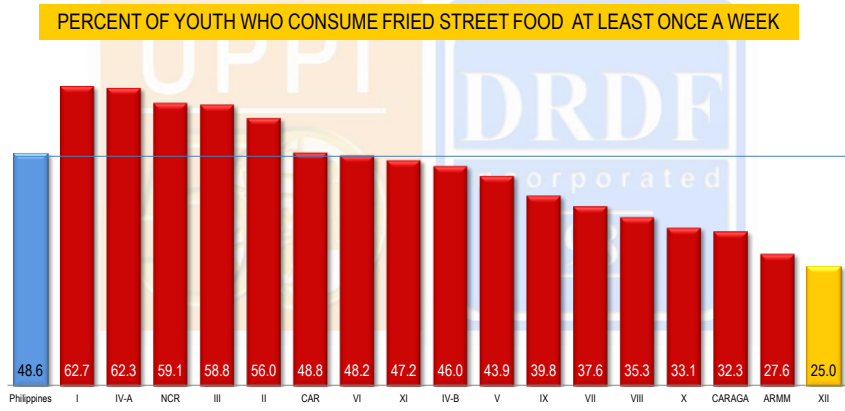


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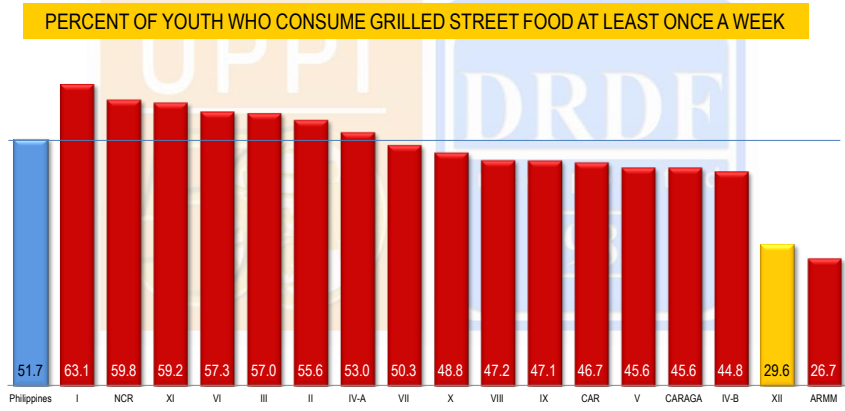
## Consumption of fried street food is lowest among Region XII youth



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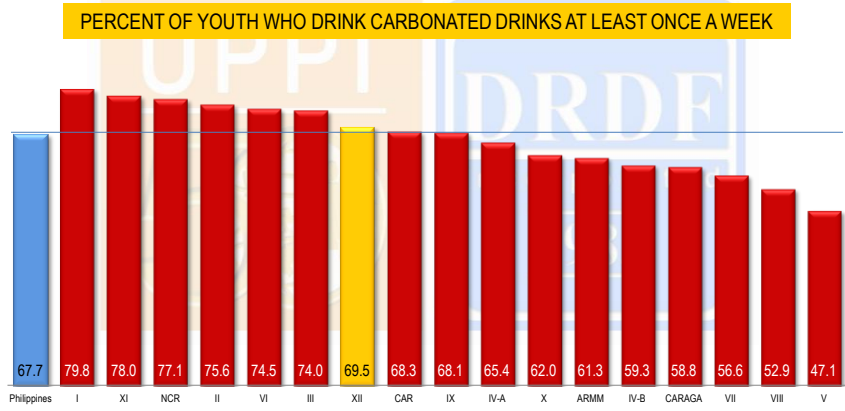
## Consumption of grilled street food is also 2<sup>nd</sup> lowest among the youth in Region XII



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**7 in 10 youth drink carbonated drinks at least once a week**

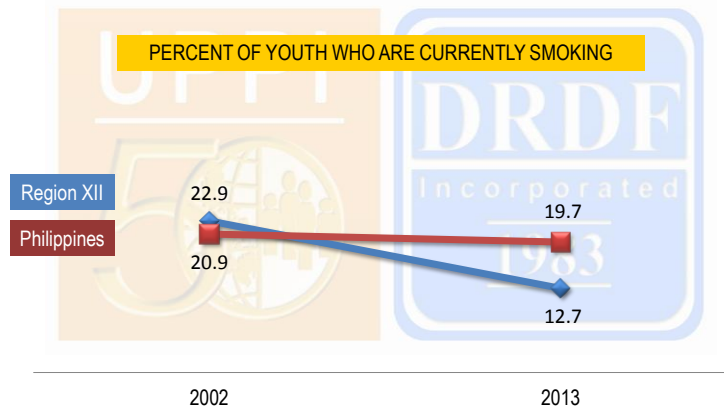


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**#BisyoAtbp**

**NONSEXUAL RISK BEHAVIOR**

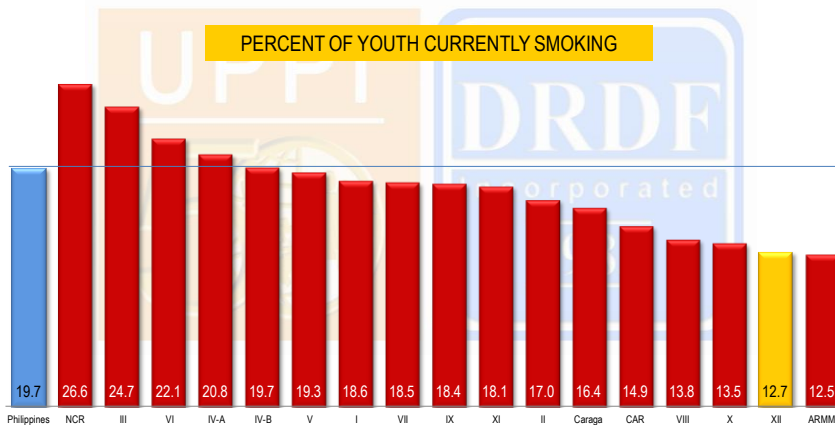
## The trend of the proportion currently smoking among the youth declined



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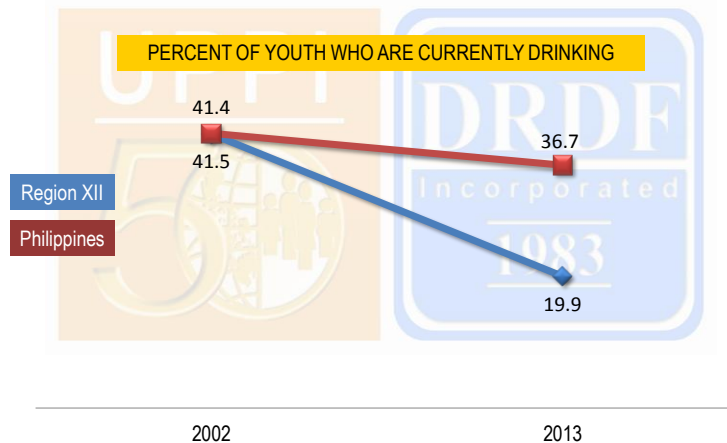
## Region XII has the 2<sup>nd</sup> lowest proportion of youth who are currently smoking



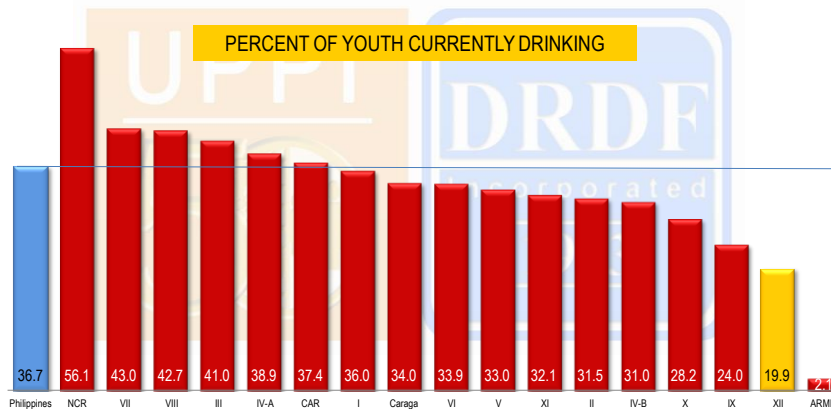
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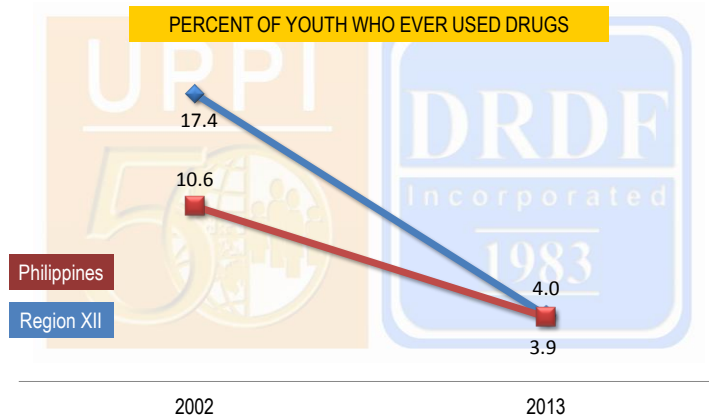
## Sharp decline in the proportion of currently drinking youth in Region XII



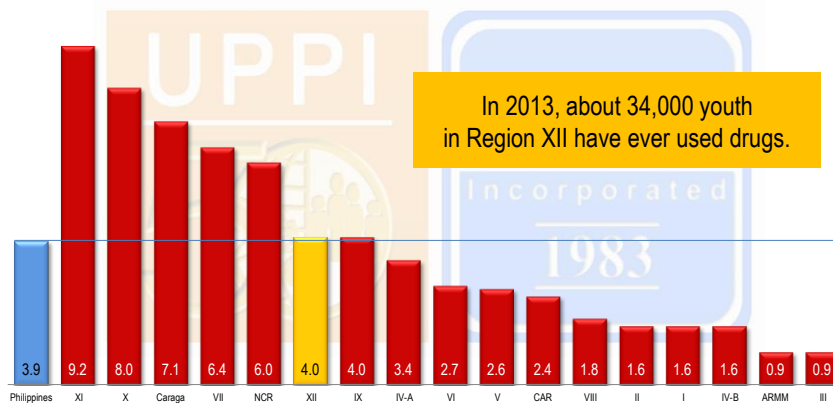
## Proportion of currently drinking youth is 2<sup>nd</sup> lowest in Region XII



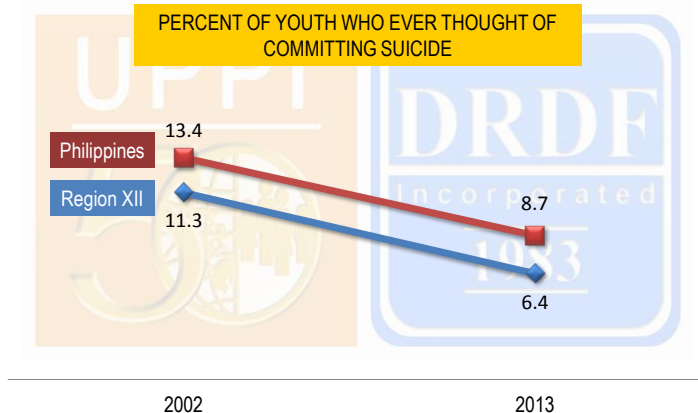
## Proportion of Region XII youth who ever used drugs has sharply declined



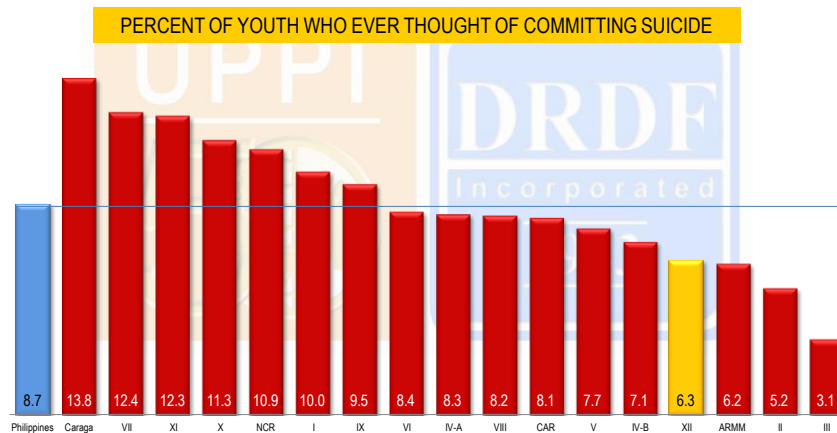
## Proportion of Region XII youth who ever used drugs is slightly above the national average



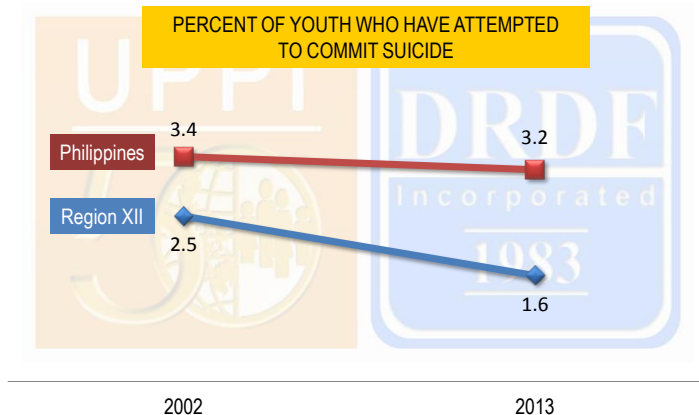
**Between 2002 and 2013, the proportion of youth who ever thought of committing suicide decreased**



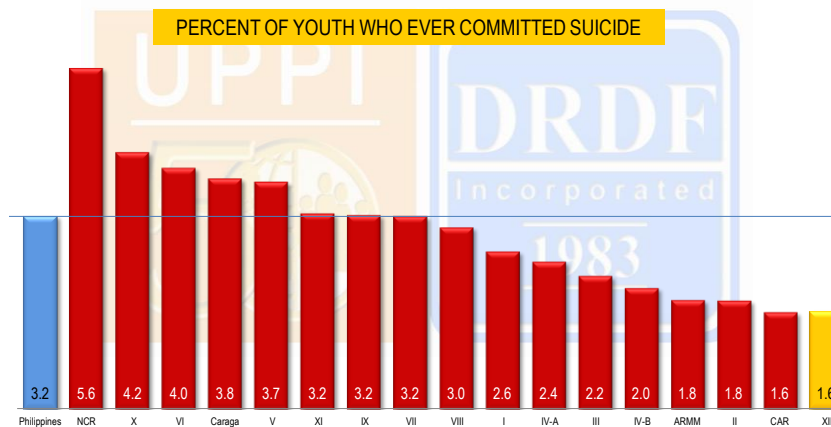
**Region XII has the 4<sup>th</sup> smallest proportion of youth who ever thought of committing suicide**



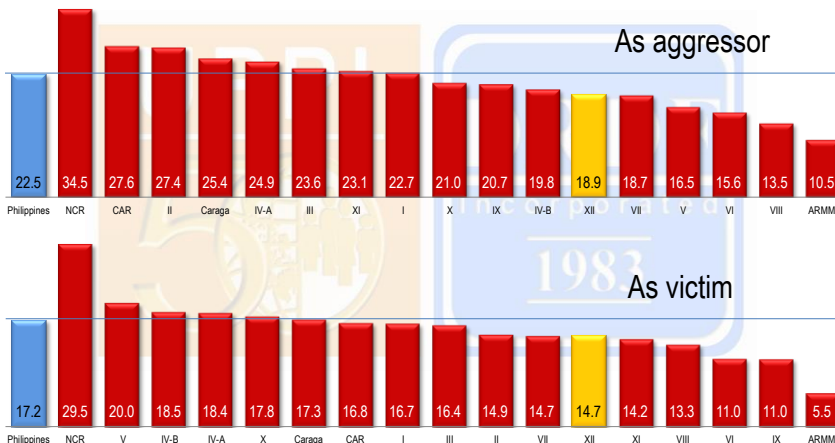
## Percent who attempted to commit suicide declined in the past decade



## Proportion of youth who ever attempted suicide is lowest in Region XII



**Proportion of Region XII youth who have been aggressors of violence is below the national level; the proportion of victims is considerably less**

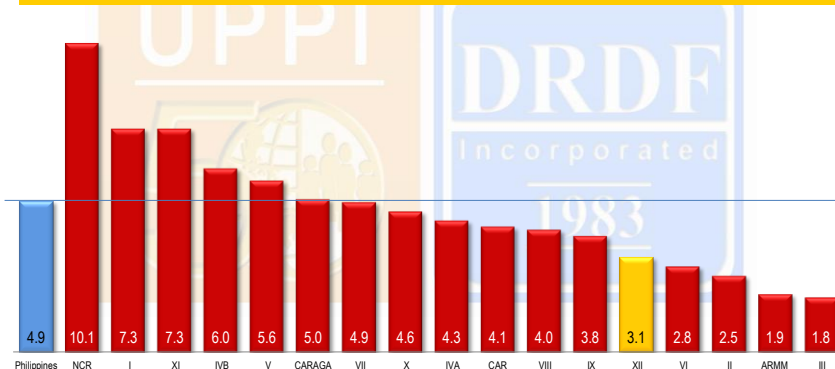


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**Proportion of Region XII youth who have experienced harassment using technology is among the lowest in the country**

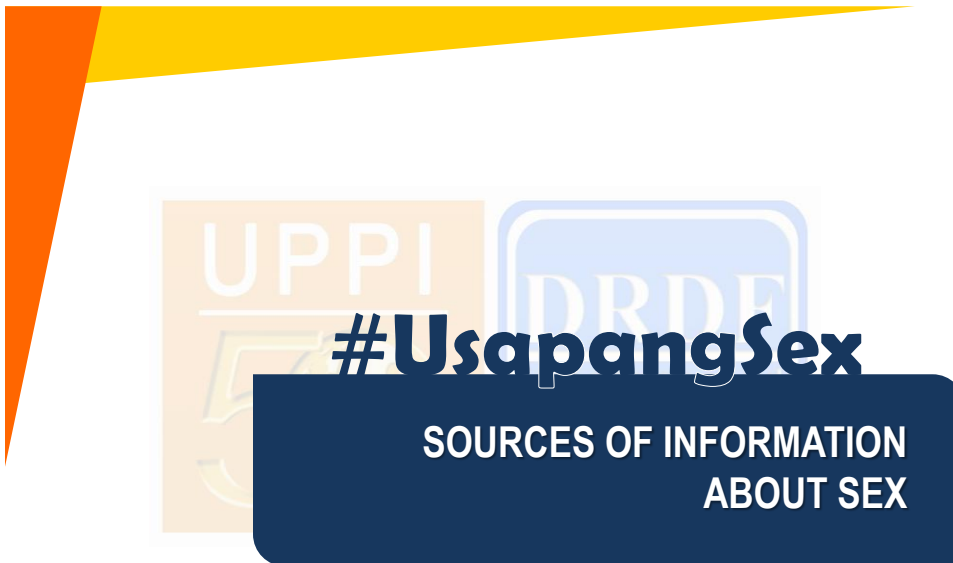
PERCENT OF YOUTH WHO EXPERIENCED HARASSMENT WITH THE USE OF TECHNOLOGY



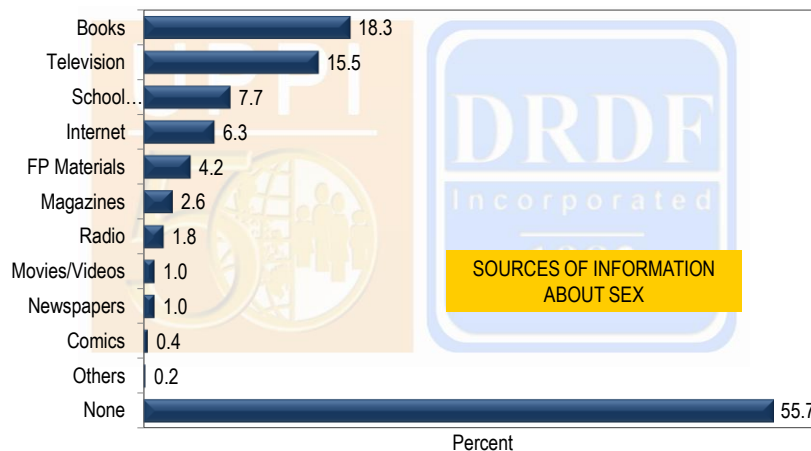
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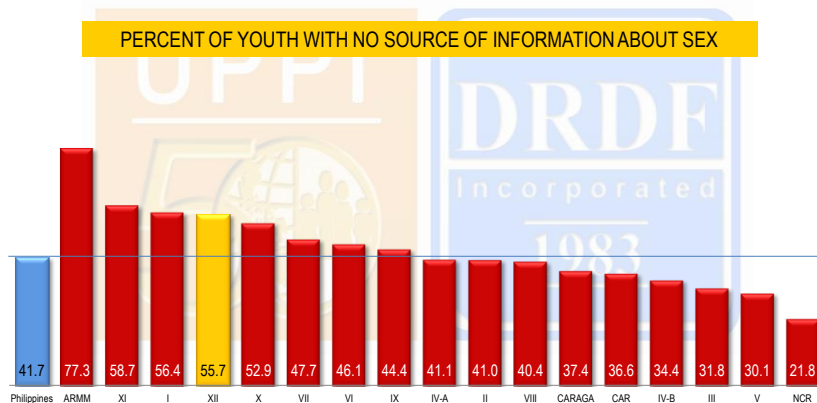




More than half of Region XII youth do not have any source of information about sex



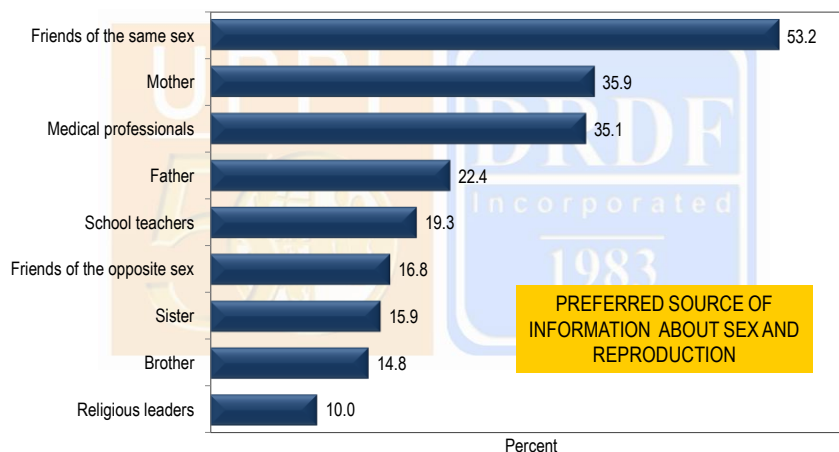
Region XII registered the 4<sup>th</sup> highest proportion of youth who reported having no source of information about sex



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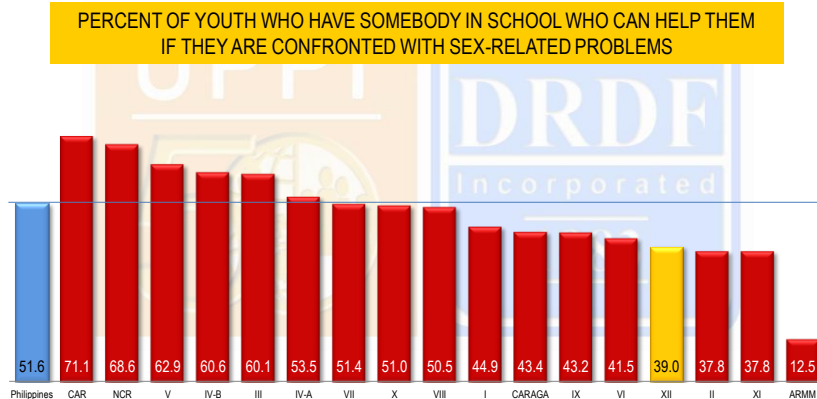
Friends of the same sex, mothers, and medical professionals are Region XII youth's most preferred sources of information about sex and reproduction



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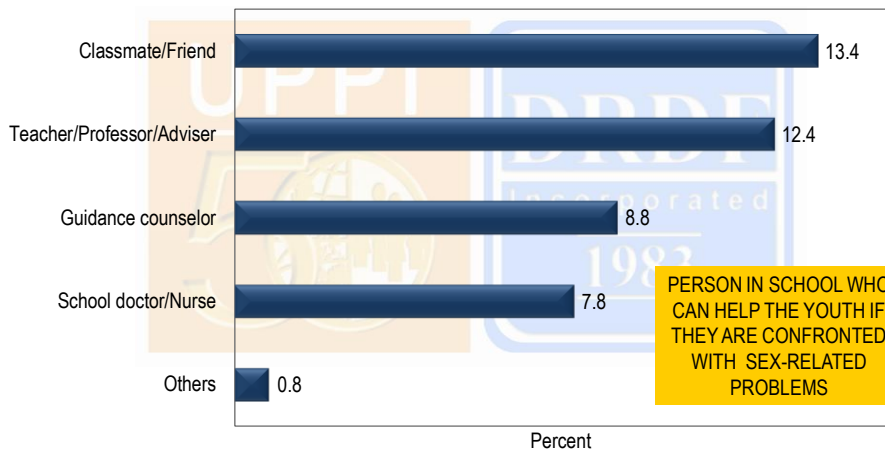
## 4 in 10 youth in Region XII can find help in school regarding sex-related problems



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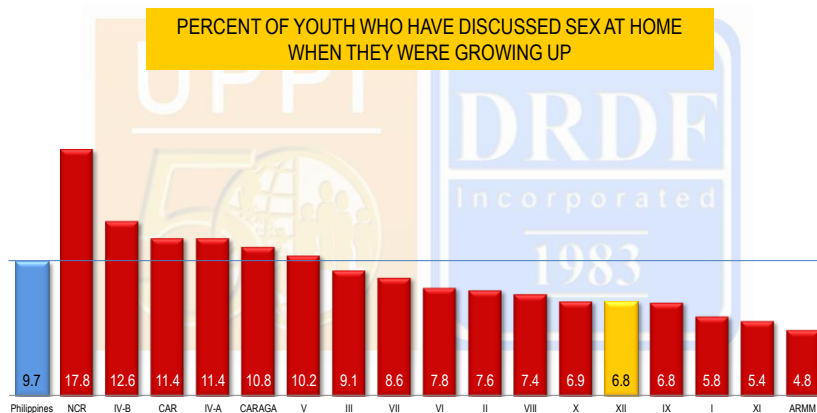
## Most Region XII youth identified their classmates/friends as source of help at school for sex-related problems



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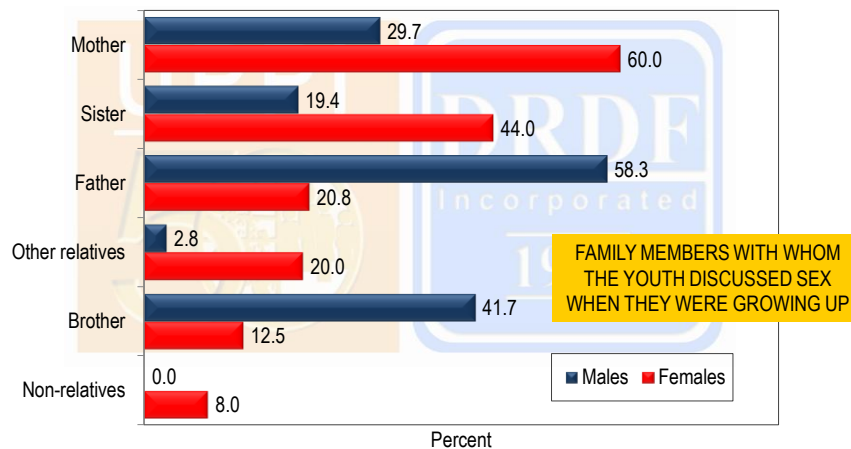
## Low level of discussion about sex at home among SOCCSKSARGEN youth



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## Discussions of sex at home are more common between male youth with their father/brother and between female youth with their mother/sister



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## SUMMARY

- **Profile of Region XII youth**

- SOCCSKSARGEN has a young population as shown by its higher proportion of youth population relative to the country in general.
- The highest proportion of youth studying but low proportion with college and higher education, possibly due to its younger age structure.
- 1 in 5 youth is working and 1 in 10 is idle.
- Has the 2<sup>nd</sup> highest % of youth who are formally married (13.8%)
- % living-in (7.0) is the 2<sup>nd</sup> lowest in the country. SOCCSKSARGEN is one of three regions in the country (including ARMM and Region II) that have a bigger proportion of formally married youth than the living-in.

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## SUMMARY

- **Media exposure of the Region XII youth**

- Very high use of new information technology
  - 65.4% own a cellular phone
  - 41.6% use the internet use
  - One in three has an e-mail or a social networking account
  - One in five has online friends whom they have not met personally

- **Health and Lifestyle of Region XII youth**

- 41% of youth in Region XII exercise 2-3 times a week
- Region XII youth are relatively low consumers of unhealthy foods

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## SUMMARY

### • Non-sexual risk behaviors of Region XII youth

- Declining % of youth who are smoking, drinking, and who have ever used drugs in the past decade following the national trend
- % of Region XII youth who are smoking and drinking are both the 2<sup>nd</sup> lowest in the country; estimated 108 thousand are currently smoking and 169 thousand are currently drinking
- Around 34 thousand youth ages 15-24 have ever used drugs in 2013
- Low and declining % of youth who ever contemplated and attempted suicide; % who ever tried to commit suicide (1.6%) is lowest in the country
- Region XII has the 5<sup>th</sup> smallest proportion of youth who have experienced harassment using technology

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## SUMMARY

### • Sources of information about sex of Region XII youth

- Most young people do not have any source of information about sex (55.7%), the 4<sup>th</sup> highest among all regions in the country.
- Friends (particularly of the same sex), medical professionals and mothers are the youth's preferred sources of information about sex and reproduction.
- Only 39% of youth have someone at school who can help them regarding sex-related problems, the 4<sup>th</sup> lowest in the country.
- Very little discussion about sex at home (6.8%), the 5<sup>th</sup> lowest in the country.
- Most female youth who discussed sex at home do so with their mothers and sisters while the male youth with their fathers and brothers.

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