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Title: Young People's (16 – 26-year-old) Awareness and Perspectives towards sexual and reproductive health and rights: A cross-sectional study

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Background:

As of 2020, 28 percent of Jordan's population was between the ages of 16 and 30, with Jordanians and Syrians accounting for the majority of the youth population. Nevertheless, the transition to adulthood is getting more complex, especially in meeting their sexual and reproductive health (SRH) needs. Unfortunately, there is still limited data on how youth perceive these challenges and needs.

Objective:

This study aimed to address SRHR needs and related topics such as gender-based violence among the Jordanian youth.

Method: This is a cross-sectional study of a convenience sample of Jordanian adolescents (16 to 26-yearold). Data were collected via a google form filled out physically by the participants.

Results:

209 people completed the survey, with 107 (51.2) female respondents. The age ranged from 18 – 26 with a median of 22. The majority were Jordanians 178 (85.2), others were Syrians 28 (13.2), Palestinians 2 (1), and Iraqi 1 (0.5). Most of the respondents are currently studying in college 138 (66). Moreover, 60 out of 209 do not know what we mean by reproductive and sexual health, while 48 (23) think it is sexual satisfaction and safety. Regarding the item that asks about the importance of spreading awareness regarding reproductive and sexual health, 58 (27.8) participants answered that it raises awareness about family



planning and reduces the risks of unintended pregnancies. At the same time, 44 (21.1) respondents think it is vital to break the barrier of shame and harmful traditions about these topics (to fight the culture of shame).

The most common three family planning methods were condoms, Intrauterine devices (IUDs), contraceptive pills, hormonal patches, or contraceptive injections 117 (56). The most common sexually transmitted diseases (STDs) prevention methods were using condoms 62 (29.7) and staying away from illegal, random relationships, multiple partners, and homosexuality 19 (9.1). 197 (94.3) think society needs to raise awareness of this issue.

Conclusion:

We found that the majority of abductees in Jordan do not have enough knowledge regarding sexual and reproductive health issues. Therefore, we recommend the government and the NGOs initiate awareness campaigns to raise awareness and help fight the culture of shame.

Keywords: sexual reproductive health, Jordan, gender, Sexual and reproductive health and rights, Young people

