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Perception and Practices of Masturbation

A cross sectional study to explore the youth behavior on Masturbation in Kathmandu Valley, Nepal



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This is a cross-sectional study was designed among college level students, aged 15-24 years. This study was carried out in 13 colleges in the Kathmandu valley. In total, 626 self-administered questionnaires were collected and 6 focus group discussions were held to collect data. In this study the researcher had maintained privacy and confidentiality of respondents. All The study shows that masturbation is a common practice among the youth and they need appropriate counseling about taboos and misconceptions. It should be delivered through the textbooks. Youth-friendly service centers should be promoted to share their experiences. This study gives the scenario of Nepal. It has enough samples to generalise the data and both qualitative and qualitative methods were used for triangulation of study. This is a first study in Nepal in this area. Researcher obtained a in depth knowledge in sexual health of Nepal through this study.

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