

**ASSOCIATION BETWEEN EMOTIONAL INTELLIGENCE AND SEXUAL  
BEHAVIOR AMONG YOUNG FILIPINOS**

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**Abstract**

This study determined the association between emotional intelligence and sexual behavior of young Filipinos. This study was conducted in a university in Northern Philippines utilizing the descriptive-correlational method with a structured questionnaire and Bar-on EQs as data gathering instruments. Chi-square analysis revealed that majority of the young Filipinos were exposed to different means of pornography be it by reading, watching, and/or opening pornographic materials, movies and/or websites as well as listening to green jokes. Findings revealed that most of the independent variables are highly associated with premarital sex (PMS) behavior. Further, findings revealed that all the select sex-related circumstances were significantly related to PMS. The results indicate that total emotional intelligence and sexual behaviors are not associated, however, it is interesting to note that stress management which is one among the six dimensions of emotional intelligence is significantly associated with premarital sex.

**Keywords:** Sexual behaviors, EQ, Emotional Intelligence, Filipino Youth, Northern Philippines

**1. Introduction**

**1.1. Background**

The sexual behavior of the young continues to be one among the most significant social issues faced by our society today. Numerous studies had been conducted in order to establish correlations and to further understand the young. The 2013 Young Adult Fertility and Sexuality Study (YAFS4) survey to 19, 178 respondents, revealed that one out of three Filipino youth had experienced premarital sex, one in every four Filipino youth had sent or received sex videos through cellular phone or the internet, while one in every 100 Filipino youth has recorded his or her own sex video. Further, four in every 100 Filipino youth had sex with someone they met online or through text messaging, while six in every 100 Filipino youth had engaged in phone sex. Of the 19.2 young Filipino youth, 1.4 million had engaged in casual sex, 600,000 had experienced FUBU, and 1 million young men had experienced sex with another man (Demographic Research and Development Foundation, 2014). In the study of Asian-American youth, findings revealed that they have lower sex involvement as

compared to other racial groups (Simmons, 2007). The study of Chiao (2009) on the prevalence of premarital sex between young Filipino Women and Kenyan showed that there is a significant decrease in the premarital sex prevalence in Kenya, however, there is a significant escalation in the Philippines. A study of Malaysian youth showed that more women than men are engaged in premarital sex with 6.2 percent for females and 2.6 percent for the males (Mohd Rizal Abdul Manaf, 2014). The study of Ortiz (2012) looked into the association between sexual risk behavior and emotional intelligence of college students in Greater Los Angeles, focusing on health outcomes. In the young adult fertility and sexuality survey (YAFFS) a nationwide study on fertility behaviors of young Filipinos, emotional intelligence was not included as one of the variables (Demographic Research and Development Foundation and University of the Philippines Population Institute, 2014). This undertaking determined the correlation between sexual behavior and emotional intelligence, focusing on the psychological side. For this study, the respondents were the college-aged young Filipinos', a population who are at high-risk when it comes to sexuality.

In the 2011 United Nations Population Fund-Philippines 2011 annual report, teenage pregnancies in the country rose by 70 percent in a span of ten years from 1999 to 2009. Almost ten percent of all Filipino women aged 15-19 have already given birth. The National Statistics Office data show that the number of babies born to teenage mothers increased from 7.1 percent to 11 percent and that 13 to 14 percent of all registered marriages are among teenagers below 20 years old. The National Youth Commission shows that the rate of teen pregnancy in the country is among the highest in the ASEAN region and the only country where the rate is increasing (Torrevillas, 2013).

Teenage pregnancy in the Philippines is escalating; from 2011 to 2014 data show that about one in every ten women of child-bearing age was a teenager, and there were 24 babies born every hour by teenage mothers (Philippine Statistics Authority, 2016). Statistics show a continuing rise of teenage pregnancy despite the awareness of these adolescents of the numerous disadvantages of being very young parents.

The Philippine government tries its best to intervene in this concern. The law on reproductive health is a clear manifestation. Different agencies like the Commission on Population seriously conduct various researches and programs in order to address this pressing concern. However, despite those government programs, the problem of reproductive health is still a big concern in our society today. It is a big challenge to the educational

institutions to do intervention measures to help the government on its advocacy most especially so, that most of the adolescents are in the school, hence this study.

### **Conceptual Framework**

Emotional intelligence is one approach that needs to be considered in understanding risky behaviors of adolescence since this approach considers emotions as an integral part of making everyday decisions. Empirical data through observations revealed that the young of today gets easily discouraged on life adversities and this is more on the emotional intelligence of a person, on how they manage or handle stress-producing situations.

It is assumed that the young Filipinos' emotional intelligence is significantly correlated to their sexual behaviors. Moreover, their profile is considered to be the moderating variables or factors influencing the relationship between emotional intelligence and sexual behavior. The profile of young Filipinos namely, age, sex, course, year level, birth order religion, relationship status, self-esteem, living away from home, and academic performance are considered as predisposing factors in engaging to premarital sex. Age is a variable that needs to be considered because the older the adolescent, the more mature he is sexually. Likewise, males are stereotyped to be more interested and excited when it comes to sex, hence they are more predisposed to engage in sexual behaviors and ultimately to sexual engagement. Respondents who are enrolled in courses that are male-dominated have a greater tendency to be involved in sex-related activities. Further, those who are in higher years are more experienced and adjusted hence, more time to having a relationship and later engage in sexual behaviors. Those who are middle children are predisposed to open up their problems to others, they may look for someone who could give them the feeling of acceptance and belongingness that they cannot feel at home and later on, would develop intimacy with others. In like manner, Roman Catholic members have greater possibility of involving themselves in behaviors that are sexual in nature because they are the most populous and it is difficult for the church to monitor them aside from the fact that there is no strict implementation of the church rules nor have we heard cases of parishioners who were punished because of their untoward acts. Since those who are in a relationship have a ready partner, they have a great tendency to engage in sexual behaviors. Having high self-esteem would be a controlling factor in one's predisposition to sexual behaviors. Those who are living away from their family are also predisposed to premarital sex since there is less parental guidance and control. Those who have low academic performance may get involved easily in sexual behaviors since they have no high grades to maintain. Most probably having

just a passing grade is all right with them hence they have a great time doing other activities such as those related to sex.

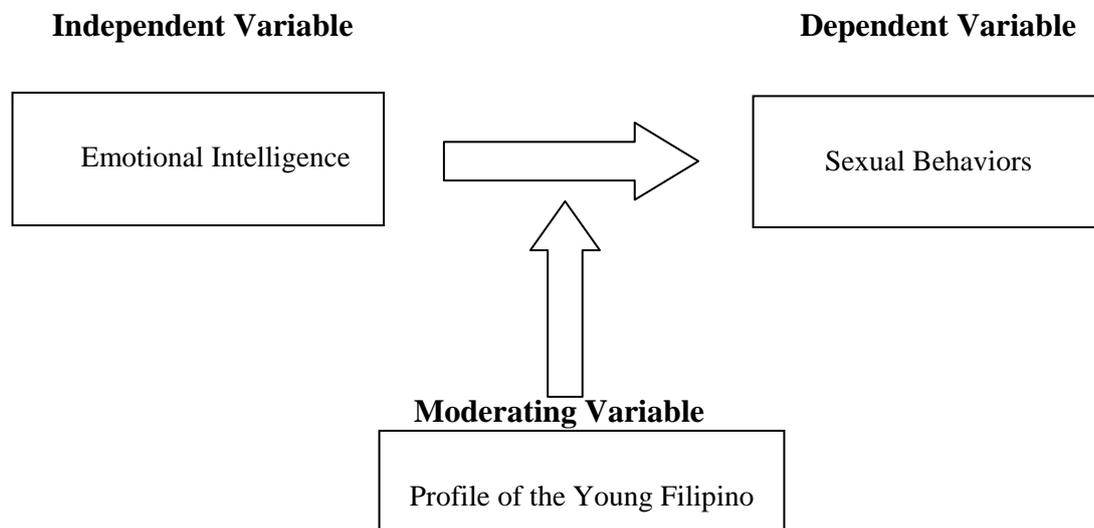


Figure 1. Research Framework of the Study

### 1.1.1.Objectives of the Study

The study was conducted to answer the following questions:(1) Is there a relationship between the profile of the young Filipino and their sexual behaviors? (2) Is there a relationship between young Filipino emotional intelligence and their sexual behavior?

### 2.Methods

The descriptive method of research employing the survey and correlational techniques was used in this study. The profile, and emotional intelligence of the young Filipinos were correlated to their sexual behaviors.

The respondents of the study were the 2037 second to fourth year college students of a university in Northern Philippines where all the seven colleges were represented.

There were two main gathering tools for this study, the structured questionnaire, and the BarOnEQ-i:S emotional intelligence test. The questionnaire was composed of two parts: personal profile and reproductive health behavior of the students and the BarOnEQ-i:s is a 51-item personality test which is designed for administration to older adolescents and adults aged 16 and older. It comprises eight scales: Intrapersonal, Interpersonal, Stress

Management, Adaptability, General Mood, Positive Impression, Total EQ and Inconsistency Index.

Questionnaires retrieved and EQ test results were tallied and tabulated. All statistical analyses performed were through the use of SPSS. Descriptive statistics such as mean, frequency count and percentage were used. In order to determine the interrelationships of the variables, a statistical procedure using correlation and Chi Square were used. Correlation coefficient analysis was used to assess the degree of correlation between the variables.

In the determination of correlates, the dependent variable considered was premarital sex because the concomitant sexual practices would eventually lead to it.

### **3. Results and Discussions**

#### **Relationship between Premarital Sex (PMS) and Personal Variables**

The study hypothesized that there is no relationship between premarital sex behavior and select variables. The results of the chi-square analysis reveal, however, that it is not true as all the independent variables are highly associated with premarital sex behavior (Table 1).

Among the personal variables, age, sex, course, year level, religion, academic performance, living away from home, and stress management are significantly related to premarital sex behavior of young Filipinos. As youth grows older, they are likely to engage in premarital sex because it is in at this period where production of sex hormones is at its optimum until middle age. Moreover, it is more socially acceptable when sex is done at an older age.

Sex is significantly correlated with PMS, chi-square value is 168.71. As expected males tend to engage more in PMS because they are usually the ones who initiate it with their partner. This finding resembles the YAFS4 finding that there is a higher level of PMS among males (35.5percent) than females (28.6percent)(Demographic Research and Development Foundation, 2014).

Revealed in the finding on the variable course is the propensity among Filipino students in the BS Police Administration program (68.6percent), BS Industrial Technology (57.8percent) and BS Criminology (50.9percent) to engage in PMS than Filipino students in other programs. The computed chi-square value is 174.60. This tendency is attributed to the fact that most of the Filipino students enrolled in these programs are males.

Year level is also significantly correlated to PMS behavior, as shown in the chi-square value of 42.97. An observation in the data indicates that Filipino students in third year (36.9percent) and fourth year (42.8percent) have a greater tendency to engage in PMS. This

finding coincides with the earlier finding that older Filipino students tend to engage in PMS. Similarly, YAFS4 revealed that there is a higher level of PMS among older youth with 16.9 percent for 15 to 19 years old, and 54.2 percent for 20-24 years old (Demographic Research and Development Foundation, 2014).

Moreover, religion is significantly associated with PMS behavior, chi-square value is 5.35. More Roman Catholics (36.7percent) are engaged in PMS than the non-Catholics (30.6percent). It means that Catholics are more promiscuous than non-Catholics. It means that many Catholics do not hold or agree to the church teaching that PMS or fornication is always wrong. In a survey conducted in 2008, only 14 percent of Catholics attending mass at least once a week responded that PMS is “always wrong,” and among Catholics who do not go to mass, 86 percent of them do not agree that PMS is wrong (Marcel, 2015). In the study of Marquez and Galban (2004), Catholics exhibit greater likelihood of engaging in sex in 1994 but the pattern is reversed in 2002 wherein non-Catholics appear to be catching up with the Catholics.

Academic performance correlates significantly with PMS behavior, chi-square value is 16.09. Those students whose grades are lower (41.2percent) tend to engage more in PMS than those obtaining higher grades (32.3percent). It indicates that one possible reason for low academic performance is because of distraction caused by preoccupation with sexual and non-sexual risk-taking behaviors which eventually may result in engaging in PMS. Findings reveal that those possessing higher intelligence tend to postpone the introduction in complete sexual activity (Halpern et.al, 2000).

Living away from home also influences the occurrence of PMS among students. The computed chi-square value is 12.67. Students who stay away from home (37.8percent) tend to engage in PMS behavior than those students who remain with their parents at home (29.4percent). It means that being away from home indicates lesser proper parental guidance. These students tend to be greatly influenced by those whom they stay and normally with their peers.

Table 1. Relationship between PMS and select personal variables.

Variables	df	Compute d X2	Probabilit y	Statistical Inference
Age	3	158.57	0.000	Highly significant
Sex	1	168.71	0.000	Highly significant
Course	8	174.60	0.000	Highly significant
Year Level	2	42.97	0.000	Highly significant
Birth Order	3	2.75	0.432	Not significant
Religion	1	5.35	0.021	Significant
<b>Relationship status</b>				
Having a girlfriend in the past	1	161.34	0.000	Highly significant
Having a girlfriend at present	1	7.97	0.000	Highly significant
Having a boyfriend in the past	1	34.90	0.000	Highly significant
Having a boyfriend at present	1	176.89	0.000	Highly significant
Self-esteem	1	0.72	0.396	Not significant
Living away from home	1	12.67	0.000	Highly significant
Academic Performance	1	16.09	0.000	Highly significant

Legend: significant at .05 level

### **Relationship between PMS and Emotional Intelligence**

Among the seven scales of emotional intelligence, only stress management is significantly related to PMS. Stress management is significantly associated with PMS behavior, chi-square being 6.53. Students tend to engage in activities that reduce tension in order to manage stress. Smoking, drinking alcohol, dating, and sex itself are tension-reducing actions. Sex reduces stress both sexes (Goliszek, 2014). More sex, less stress. The brain cells created during sexercise may be more resilient against future episodes of stress. Multiple sexual experiences, daily over two weeks reduces the release of a stress hormone and lessen anxiety-related behavior (Oz, 2011). Hence sex is one way of managing stress.

Table 2. Relationship between PMS and Emotional Intelligence

Variables	df	Compute		Statistical Inference
		d X2	Probabilit y	
Intrapersonal	2	0.32	0.852	Not significant
Interpersonal	2	5.84	0.052	Not significant
Stress Management	2	6.53	0.038	Significant
Adaptability	2	3.08	0.215	Not significant
General Mood	2	2.43	0.296	Not significant
Positive Impression	2	2.55	0.279	Not significant
Emotional Intelligence/ Total EQ	2	1.42	0.491	Not significant

Legend: significant at .05 level

### Relationship between PMS and Sex-related Circumstances.

The study hypothesized that there is no relationship between premarital sex behavior and sex-related circumstances. The results of the chi-square analysis revealed that it is not true since all the variables are highly associated with premarital sex.

Table 3 reveals that reading pornographic materials, watching pornographic movies, and opening a pornographic website and listening to green jokes correlate significantly with PMS, chi-square value is 27.89, 78.13, 159.19 and 6.915 respectively. In the study of Choe et.al. (2001), on the causes of PMS, it was established among others, that pornography among youth is one of the causes of PMS.

Table 3. Relationship between PMS and select sex-related circumstances.

Variables	Df	Computed		Statistical Inference
		X2	Probability	
Ever read pornographic materials	1	27.89	0.000	Highly significant
Ever watch pornographic movies	1	78.13	0.000	Highly significant
Ever opened a pornographic website	1	159.19	0.000	Highly significant
Ever listened to green jokes	1	6.915	0.009	Highly significant
Ever dated someone	1	108.88	0.000	Highly significant
Ever been kissed	1	241.32	0.000	Highly significant
Ever been necked	1	1228.76	0.000	Highly significant

Legend: significant at .05 level

#### **4. Conclusions**

Based on the findings presented in the discussion, it is concluded that sexual and emotional intelligence are not associated. Whether the person has high total emotional intelligence or not has no bearing on a person's sexual behavior. Only stress management is significantly associated with sex, hence for the young Filipinos, sex is a stress-reducing action. Exposure to sex-related materials, movies, websites and jokes has a great influence on a young mind's predisposition to engagement in sex. Hence, less exposure to sex-related materials and activities means lesser tendency to engagement in sex. Proper guidance at home, in the school, in the community and even in the cyber world is of great importance for proper guidance of the youth.

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