

SEXUAL AND NON-SEXUAL RISK-TAKING BEHAVIORS AMONG YOUTH IN TAGBILARAN CITY

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ABSTRACT

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Youth is a period when individuals engage in exploratory behaviors as part of their self-discovery. During this phase, individuals may wind up doing non-sexual risk-taking behaviors such as smoking, drinking, drug use, suicidal ideation, and sexual risk-taking behaviors like premarital sex, unprotected sex, and multiple sex partners. These behaviors can be detrimental to the overall well-being of individuals. A single case of risk-taking behavior is already an alarming issue

since it can cause harm to one's life. This study was conducted to identify the relationship among risk-taking behaviors such as smoking and drinking, drinking and drug use, suicidal ideation and smoking, and sexual and non-sexual risk-taking behaviors. The study utilized a quantitative-correlational method using a standardized questionnaire. Three hundred ninety-eight participants from the different barangays in Tagbilaran City aged 19 to 29 years old were included in the study through random sampling, ensuring that each of the fifteen barangays in Tagbilaran City was well-represented. Data revealed a significant correlation between smoking and drinking, suicidal ideation and smoking, and sexual and non-sexual risk-taking behavior. The



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interplay of the risky behaviors that the youth engage in is concerning since it may cause problems later in life. Parents, educational institutions, and the local government units play a significant role in mitigating these behaviors.

INTRODUCTION

Risky behavior among Youth includes both sexual and Non-sexual behaviors. These behaviors are concerning due to its detrimental effect on an individual's overall well-being. Youth is the period of life between childhood and adulthood where individuals experience the transition from childhood to adulthood. It is a remarkable stage of human development and is a significant time for setting down the groundwork for good health. During this phase, this cohort undergoes several stages of physical, cognitive, and psychosocial growth which can influence them holistically. Due to the changes experienced by the youth during this stage, they exhibit different kinds of behavior in relation to their health and explore different kinds of experiences which leads to the possibility of engaging in risk-taking behaviors which may affect their overall well-being. The outcomes of the risky behaviors that the youth will engage in during this phase will not only impact them during their youth, these risky behaviors can have a lasting impact even into adulthood.

Risk-taking behaviors refer to activities which make an individual prone to injury which may lead to social delinquency or death, it can also affect an individual's overall well-being. These behaviors include hostility and destructiveness, alcohol addiction, excessive tobacco usage, risky sexual behaviors, and eating disorders (Tariq & Gupta, 2023). A useful framework for understanding the adolescents' motivation to participate in risky activities is provided by Erik Erikson's Theory of identity versus role confusion. Youth experiment with several identities and roles during this developmental stage, frequently as a result of peer pressure and cultural expectations. Those who are searching for approval and validation from their peers may take more risks as a result of this identity search. These actions have a variety of intricate and multidimensional causes, such as a need for adventure, a sense of belonging, and self-discovery.

Risky sexual behaviors among youth includes activities such as premarital sex, unprotected sex, and multiple sex partners. These behaviors can lead to unplanned pregnancies, sexually transmitted infections, and serious medical complications. Several studies have reported the increasing cases of sexually transmitted infection due to risky sexual behavior among adolescents. Reports based in the United States show that around 40 percent of high school students have engaged in sexual activities. Based on the National Youth Risk Behavior Survey (2023) in the United States, it showed that US high school students engaged in risky sexual behaviors such as premarital sex, unprotected sex, and sexual violence. Risky sexual behaviors such as unprotected sex and multiple sex partners among youth is alarming because it can exacerbate the

increasing case of sexually transmitted infections among individuals aged 15-49 years old. Data from the World Health Organization has also noted that over one million individuals between 15-49 years old are reckoned to obtain sexually transmitted infections such as syphilis gonorrhea, chlamydia, and trichomoniasis. This number will keep adding up if individuals keep on doing risky sexual behaviors.

The risky non-sexual behavior among youth involves activities such as smoking, drinking, drug use, and suicidal ideation. Engaging in these behaviors can have a profound impact on the individual's physical and mental health. Several studies show that the use of substances such as alcohol and drugs are associated with risky sexual behaviors, experience of violence, mental health problems, and suicidal ideation (World Health Organization, 2024). Substance use and abuse among youth can interfere with academic performance, and delinquency. Reports from the World Health Organization (2023) show that most adults who have substance dependence had an early exposure to dangerous substances such as alcohol and drugs as early as 14 years of age. This is evidence that engaging in risky behavior at a young age can last until adulthood. Additionally, the most common cause of unintentional death among youth are unintentional accidents, self-harm, and domestic violence. On the other hand, there is also a trending issue in the United States regarding the use of alcohol and drugs (*Substance Use and Sexual Risk Behaviors | DASH | CDC*, n.d.).

A study by Peltzer, K. & Pengpid, S. (2021) among three Asian countries found that Asians have a high rate of risky sexual behaviors which were influenced by age, gender, substance use, mental health, and attendance at school. Risky behaviors among Filipino youth encompass a range of concerning issues involving mental health, physical health, education, and morality. These behaviors are composed of sexual risk-taking behaviors such as premarital sex, unprotected sex, multiple sex partners. While the non-sexual risky behaviors comprises of drug use, smoking, drinking, and suicidal ideation.

Most research focuses on either sexual or non-sexual behavior, and not the two. The researchers deemed it necessary to compare and contrast the risk-taking behaviors of adolescents for both sexual and non-sexual behaviors. By gaining a deeper understanding of the correlation between these behaviors, the researchers aim to work with the stakeholders to promote healthier choices, and provide a safer and more supportive environment for the youth to thrive. The increasing arrests of illegal substances and the exacerbation of the HIV cases in Bohol has prompted the researchers to conduct this study. The findings of the study has provided the researchers with ideas on the different risk-taking behaviors among the Tagbilaran City Youth and recommend ways to mitigate these behaviors. The researchers will also present the appropriate recommendations to the targeted Local Government Unit and City Schools.

REVIEW OF RELATED LITERATURE

The study by Cannizzaro, Lavanco, Castelli, Cirrincione, Di Majo, Martines, Argo, and Plescia (2022) aimed to evaluate the drinking model of alcoholic beverages, nicotine use, and the correlation between alcohol consumption and nicotine use among 349 high school students in Palermo province. The results showed that male and female students consumed alcohol prominently in a binge drinking mode (77.2%) and nicotine (41.5%). A positive correlation was found between alcohol consumption and nicotine use for both genders. This study provides further insights into the use of legal substances of abuse in adolescents and highlights the need for specific school educational programs aimed at the wellbeing of youth populations. The findings highlight the need for targeted programs to promote the wellbeing of youth populations.

The CDC examined Youth Risk Behavior Survey (YRBS) data from 2009 to 2019 to investigate trends in youth substance use. The study estimates that among high school students in the United States, the prevalence of current marijuana usage, prescription opioid abuse, alcohol use, binge drinking, and lifetime prevalence of multiple substances is high. According to the data, lifetime synthetic marijuana use fell between 2015 and 2019, although current alcohol consumption, lifetime cocaine, methamphetamine, heroin, and injectable drug use all decreased throughout this time. The reported rates for current alcohol consumption, current marijuana use, binge drinking, and prescription opioid abuse in 2019 were 29.2%, 21.7%, and 7.2%, respectively. Significant demographic differences in substance usage among students by sex, race/ethnicity, grade level, and sexual minority status were also shown by the research. Notably, among individuals abusing prescription opioids, heavy alcohol usage (59.4%) and marijuana use (43.5%) were prevalent. These findings support persistent worries about teen substance use and emphasize the necessity of focused interventions to successfully address these problems. The study highlights how crucial it is to comprehend these patterns in order to guide public health initiatives meant to lower teenage substance-related hazards (Jones et al., 2020).

Rothrock et al. (2020) aimed to assess the link between e-cigarettes (ECIGs) and alcohol use in adolescents. It included 28 studies, including 25 cross-sectional, 3 cohort studies, and 458,357 total subjects. The results showed that ECIG users had a higher risk of alcohol use and binge drinking/drunkenness compared to non-ECIG users. High school ECIG users also had higher rates of alcohol use and binge drinking/drunkenness compared to non-ECIG users. The findings suggest that interventions to reduce ECIG use should be combined with measures to reduce alcohol use in adolescents.

The findings suggest that while there is a notable prevalence of smoking among patients with BD, establishing a clear relationship between smoking

and suicide risk remains challenging due to methodological inconsistencies. The authors emphasize that both smoking and suicidal ideation are highly prevalent in this population, adversely affecting the prognosis of BD. They advocate for a systematic approach to accurately assess smoking habits in relation to suicidal behavior, which is essential for developing effective therapeutic interventions tailored to the needs of individuals with bipolar disorder (García-Jiménez et al., 2023).

Although the extent and direction of this link are still up for debate, there is a correlation between smoking and suicide. Evaluating the relationship between smoking and suicidal behaviors (ideation, planning, suicide attempts, and death by suicide) was the goal of this meta-analysis. Echeverria, Cotaina, Jovani, Mora, Haro, and Benito (2021) looked for pertinent publications on this subject on August 24, 2020, using the PubMed, Cochrane Library, Scopus, Web of Science, TRIP, and SCIENCE DIRECT databases. This meta-analysis comprised 20 prospective cohort studies with 2,457,864 individuals. Former and current smokers were more likely to die by suicide, have suicidal thoughts, or attempt suicide than people who had never smoked. Furthermore, women who were now smokers were more likely to commit suicide than men who were not smokers. Additionally, a 1.74-fold higher risk (95% CI [1.54, 1.96]) of suicidal behavior (death by suicide, thoughts, planning, or attempts) was linked to smoking exposure (former and current smokers). Smoking should thus be included in suicide risk scales as a practical and simple factor to assess suicide risk due to the potential association between smoking and suicidal behaviors.

The Texas Adolescent Tobacco and Marketing Surveillance Study found that cigarette use and smoking intensity increase the risk of suicidal ideation among 16- to 23-year-olds in Texas. The study examined the direct influences of cigarette and e-cigarette use on suicidal ideation, controlling for gender, race/ethnicity, socioeconomic status (SES), and school grade. Results showed that 29.1% reported ever and 6.5% reported P30D cigarette use, 48.2% reported ever and 11.6% reported P30D e-cigarette use, and 18.5% reported suicidal ideation. Impulsivity and anxiety directly increased the risk of suicidal ideation regardless of product type used. Hispanic youth had a higher risk of suicidal ideation than White youth, while higher levels of SES were protective (Wilkinson et al., 2024).

Related Studies. According to Manwani, Gupta, and Chaturvedi (2022) on their study on *High Risk Behavior in Adolescents*, high-risk behaviors in adolescents, such as violence, substance use, risky sexual behavior, suicide, and eating disorders, are influenced by various factors, making adolescents more susceptible to risk-taking.

The study of Manwani et al (2022) holds significant relevance in understanding and addressing crucial issues related to adolescent behavior and well-being. The said study sheds light on the factors influencing risk-taking behaviors among adolescents. The findings indicated a high prevalence of

high-risk sexual behavior among young individuals, with significant variations across studies. Additionally, the study highlighted the prevalence of common mental disorders such as depression, mood disturbances, substance abuse, suicidal behaviors, and eating disorders among adolescents. The research emphasized the importance of addressing these issues promptly to reduce the occurrence of HIV and related diseases and promote mental health among young people.

Another study of Kempínska, and Malinowski (2022) about *Risky Sexual Behaviour of Adolescents as a Worldwide Problem Causes, Effects and Prevention* also explains teenagers who display risky sexual behavior face a higher chance of developing Sexual Transmitted Diseases (STDs), becoming pregnant against their will, and experiencing other detrimental health effects.

On the study by Peltzer, and Pengpid (2021) on *Sexual Risk Behavior and its Correlates among Adolescents in Indonesia, Laos, Thailand, and Timor-Leste: Results from National School Surveys in 2015*, it is found out that Asian adolescents had high rates of risky sexual conduct, which was influenced by age, gender, substance use, mental health, and attendance at school. It also explored the association of substance abuse and Adverse Childhood Experiences (ACEs) with adolescent RSB. The findings of this study include a correlation between RSB and factors like gambling, unintended pregnancy, not using contraceptives during sex, and a history of ACEs. Adolescents who used cannabis had a higher likelihood of experiencing RSB. Contraceptive use was prevalent among sexually active adolescents with condoms being the most common method. This study emphasized the need for interventions targeting determinants of RSB among adolescents to mitigate adverse effects and highlighted the importance of addressing substance use, gambling, and other risk factors in adolescent sexual behavior interventions.

Yuen et al. (2020) aimed to address the heterogeneity of adolescent alcohol use trajectories and their potential predictors of later harms, including alcohol use disorder (AUD). A longitudinal cohort of Australian adolescents was used to model latent class alcohol use trajectories over five annual follow-ups. Four classes were identified: abstaining, late-onset moderate drinking, early-onset moderate drinking, and early-onset heavy drinking. The study found that having more alcohol-specific household rules reduced the risk of early-onset heavy drinking compared to late-onset moderate drinking, while having more substance-using peers increased this risk. Early-onset heavy drinking increased the odds of meeting criteria for AUD in early adulthood. The study suggests that parenting factors and peer influences in early adolescence should be considered to reduce the risk of later alcohol-related harm.

According to the cross-sectional study by Kim et al. (2021) among 255,887 Korean teenagers who took part in the countrywide Korea Youth Risk Behavior Web-Based Survey between 2015 and 2018, participants who used electronic cigarettes were more likely to engage in suicidal behavior when they started smoking electronic cigarettes as opposed to conventional cigarettes.

Compared to adolescents who switched from conventional to electronic cigarettes, those who switched from electronic to conventional cigarettes were more likely to engage in suicide behaviors.

METHODOLOGY

This study used a quantitative approach, specifically utilizing analytical research design applying the correlation technique method. By using the quantitative correlation method, the researchers were able to identify the strength and direction of the relationship between various variables without interfering with the data-gathering process. The researchers used a descriptive-normative survey which involves the description, classification, analyzation, and interpretation of the responses. The normative survey was also tapped in the process of investigation. The study was participated by the Tagbilaran City youth aged 19 to 29 years old who have been living in Tagbilaran City for at least six months. Each of the fifteen barangays in Tagbilaran was well-represented. The study was conducted in the 15 barangays in Tagbilaran City, which has a population of 19, 151 youth aged 19-30 years old. A sample size of 389 was taken from the actual population. The respondents were selected through random sampling, while ensuring that the population for each barangay was well-represented. The researchers used a standardized questionnaire authored by Dr. Leah Wilfreda E. Pilongo which was designed to assess various aspects of risky behaviors among adolescents in Tagbilaran City. The questionnaire is divided into eleven blocks, namely: a) individual characteristic; b) media usage; c) residential history; d) family characteristics; e) self-esteem and values; f) school, work, and community; g) smoking, drinking, and other behaviors; h) friendship and peers; i) puberty, dating, and sex; j) knowledge and attitude towards sex, marriage, and related issues; k) reproductive health.

The study was conducted by the researcher in accordance with the correct protocol. To ensure that the “no harm principle” was enforced, the researcher underwent through the Ethics review process and obtained the Clearance to Gather Data prior to distributing the questionnaire.

The researchers have secured proper permission from the Vice President for Academic Affairs and consent from the respondents through an informed consent where they affixed their signature that denotes their voluntary participation in the study. The informed consent stipulates the respondents’ rights. They can also withdraw from the study anytime if it is against their will. The respondents were properly informed on all relevant aspects of the study, including its aim and survey procedure.

The researchers ensured that the study followed the basic research principles throughout the conduct of the study. These principles are the principles of anonymity, and confidentiality, among others. They were informed of their rights as well as the objectives of the study. They were also given the assurance of the proper data management and utmost confidentiality of the data that

was gathered to encourage an atmosphere of trust, accountability, and mutual respect. The researchers provided the questionnaires to the respondents and asked the respondents to sit far from each other while answering the test due to the sensitive nature of the study. Once the data has been gathered, the researchers extracted answers from Blocks G and I.

RESULTS AND DISCUSSION

Table 1. *Engagement in Sexual Risk-Taking Behaviors (n=389)*

Sexual Risk-Taking Behaviors	% YES	% NO
Premarital Sex	33.7	66.3
Unprotected Sex	22.6	77.4
Multiple Sexual Partners	12.9	87.1

The results showed that 33.7% of the respondents had experienced premarital sex, 22.6% experienced unprotected sex, and 12.9% had multiple sexual partners.

Table 2. *Engagement in Non-Sexual Risk-Taking Behaviors (n=389)*

Sexual Risk-Taking Behaviors	% YES	% NO
Drinking	75.3	24.7
Smoking	24.7	75.3
Drug Use	2.6	97.4
Suicidal Ideation	27.2	72.8

Data showed that 75.3% of the respondents have tried drinking alcoholic substances, 24.7% have tried smoking, 2.6% have used drugs, and 27.2% had suicidal ideation.

Table 3. *Chi-Square Tests of Significant Relationship Between Sexual and Non-Sexual Risk-Taking Behaviors*

Variables	P-value	Result
Smoking and Drinking	.000	Significant
Drinking and Drug Use	.067	Insignificant
Suicidal Ideation and Smoking	.004	Significant
Premarital Sex and Drinking	.000	Significant
Premarital Sex and Smoking	.000	Significant
Premarital Sex and Drug Use	.000	Significant
Premarital Sex and Suicidal Ideation	.013	Significant
Unprotected Sex and Drinking	.000	Significant
Unprotected Sex and Smoking	.000	Significant
Unprotected Sex and Drug Use	.036	Significant
Unprotected Sex and Suicidal Ideation	.056	Insignificant
Multiple Sex Partners and Drinking	.000	Significant
Multiple Sex Partners and Smoking	.000	Significant
Multiple Sex Partners and Drug Use	.000	Significant
Multiple Sex Partners and Suicidal Ideation	.067	Insignificant

There is a significant relationship between smoking and drinking with a p-value < .05, indicating that there is an interplay among these two behaviors. A study by Garnett et al. (2022) shows a congruence to this result, which indicates that the correlation between smoking and drinking is evident, not only in the youth in Tagbilaran City, but it also exists in the other parts of the world. There is no causal relationship between smoking and drinking, however, there is evidence that smoking in the adolescents and the youth has a causal effect on schizophrenia, depression, and bipolar illness in addition to teenage cognitive and negative symptoms. These results suggest tenable mechanisms by which adolescent smoking may contribute to the emergence of mental illnesses (Barkhuizen et al., 2021). Several factors can influence the smoking and drinking behaviors among youth, such as sensation seeking, gender and parental control (Zhao et al., 2019). The sensation-seeking behavior among the youth is part of the normal developmental tasks of individuals their age where they try to create an identity, test the authority of their parents, and make an impression on their peers. It is also characterized by the hormonal change they go through during puberty. Additionally, young adolescents have an immature prefrontal cortex which makes them make impulsive decisions. Some adolescents try to discover themselves by experimenting on

risky behaviors such as smoking, drinking and drug use. Adolescents who are influenced by alcohol also have a greater tendency of engaging in risky behaviors (Sigelman & Rider, 2017). In older members of the youth age group, factors such as low educational attainment and low income is associated with the increased alcohol consumption.

Suicidal ideation and smoking also show a significant relationship with a p -value $< .05$. This result is similar to the result of the study by Harrison et al. (2020). Wilkinson et al., (2024) had similar results in their study among 16- to 23-year-olds in Texas where it also found that Impulsivity and anxiety are contributors to the increased use of tobacco and nicotine products. While there is no causal relationship between smoking and suicidal ideation, it is important to note that these behaviors appeared at a time when adolescents make impulsive decisions. Taking action in their compulsive thoughts about suicide. Our findings for this study agrees with the findings of Park and Lee (2021) which showed that teenagers who used HTPs at least once in their lifetimes were more likely to have suicidal thoughts, intentions, and attempts, according to a national youth survey. Suicidal ideation was 1.37 and 1.44 times more likely to occur in HTP users who were also exposed to SHS at home and in public, respectively. The probability of reported suicide attempts rose 1.88 times at home, 1.45 times at school, and 2.21 times in public settings among HTP users exposed to SHS. Suicide ideation is a concerning issue, especially that it is significantly correlated with smoking. In this case, smoking can be considered as a self-harming behavior.

Sexual and non-sexual risk-taking behaviors were found to be significantly related with a p -value $< .05$. The sexual risky behaviors investigated in this study were premarital sex, unprotected sex, and multiple sex partners. The non-sexual risky behaviors, on the other hand, were smoking, drinking, drug use, and suicidal ideation. However, unprotected sex and multiple sex partners were not related to suicidal ideation. The relationships between these behaviors are indicative of the presence of these behaviors among youth. These behaviors can lead to serious medical conditions, mental health problems, or delinquency among youth. Thus, it is necessary to find ways to lessen these behaviors and help the youth understand the effects of these behaviors to their overall well-being. Parents should also be made aware of their impact on the life of their children as a support system and disciplinarian in order to mitigate these risky behaviors.

CONCLUSION

Youth is a critical phase in an individual's life since it sets a groundwork for their lives in the future. The developmental tasks in this stage involves exploring different behaviors and activities in search for an individual's identity. At this phase, individuals explore risk-taking behaviors such as smoking, drinking, drugs, suicidal ideation, premarital sex, unprotected sex, and having sex with multiple sex partners. The behaviors which started in adolescence can

be carried into adulthood-which can be detrimental to the individual's well-being. The effects of the risky behaviors can be long-lasting if left untreated or unresolved. It can cause diseases, mental health problems, delinquency, or even death.

The interplay between smoking and drinking usually co-occur because of the personal interactions of individuals where individuals who drink are more likely to smoke. Certain situations such as drinking with peers who smoke may also promote smoking among non-smokers. Male gender, low school ranking, and sadness were risk factors linked to current smoking that were also linked to hazardous alcohol consumption. Furthermore, current smoking was linked to aging, risky alcohol use, and having fewer talking parents, while hazardous alcohol consumption was linked to current smoking, not living with both biological parents, and having more talking peers (Lee et al., 2020). According to Ho et al. (2021), smokers are 1.32 times more likely to consume alcohol than non-smokers, and heavy drinkers tend to smoke more heavily as well. The complex interplay between these risky behaviors suggests that interventions for these behaviors should target both smoking and drinking as the use of alcohol can trigger tobacco relapse, and smoking can also encourage drinking behavior.

The significant relationship between smoking and suicidal ideation implies that smokers who have suicidal ideation are more likely to engage in behaviors that could potentially be harmful to them. It can also be noted in a study by Waters et al. (2020) that there was a dose-response association between smoking and SI, meaning that the higher the daily smoking rate, the higher the SI. According to trend-level findings, stronger smoking-related negative affect reduction (NAR) expectations were linked to lower SI at lower smoking rates, but higher smoking rates combined with heightened NAR expectancies were linked to greater SI.

Another unseen factor that may have caused the risky behavior among adolescents is social media usage. According Gonçalves (2024), excessive social media use correlates with risky sexual behaviors among adolescents, emphasizing the role of dating apps and sexting in increasing risks such as unprotected sex and exploitation. Although it was not mentioned in the study, the researchers think that the normalization of the sexual and non-sexual risk-taking behaviors on social media have played a role in the engagement of the youth to these behaviors. While the exploratory phase is part of the youth's developmental task, there are protective factors which can help the youth minimize their engagement in these behaviors. Parental support, open communication, and proper education can help individuals minimize these behaviors. It is important for parents to support their children with the challenges that they experience, especially in struggles with their identity. Open communication is also helpful for children to voice out their concerns to their parents, rather than seek acceptance and advice from their peers. It is also important for youth to gain awareness and understanding on the dangerous

effects of the risk-taking behaviors they engage into. Parents, educators, and the Sanguniang Kabataan need to go hand-in-hand to help the youth make better decisions in regards to their health.

RECOMMENDATIONS

Based on the result of the study, the researchers can recommend the following steps to help the youth in avoiding risk-taking behaviors:

1. Proper education about the dangers of engaging in these risky behaviors - The youth should be made aware of the dangers associated with engaging in these behaviors in order for them to critically think and analyze the outcome of these actions before engaging in them. The local government units should spread awareness and understanding about the risky behaviors and its effect on individuals. They should create more activities that promote healthy behaviors and better decision-making among the youth.
2. Parental education - Parents should be educated on how their support and Parenting Style can affect the behavior of their children. Parents should discuss topics such as smoking, drinking, suicidal ideation, drug use, and sex with their children and answer their questions as honestly as possible. Parents should also encourage open communication among their children so they would feel comfortable talking about these things with them.
3. Academic institutions - Academic institutions should include topics about the risky and non-risky sexual behaviors and its dangers into their curriculum. The youth should be encouraged to advocate for the avoidance of engaging in risky behaviors.
4. Workplace education - Since some of the youth are already working, workplaces should be encouraged to participate in activities such as the World Youth Day, World AIDS Day, and other activities concerning the long-term effects of engaging in these behaviors.
5. Improve self-esteem - The youth should be taught ways to explore their identity and self-esteem in order to avoid engaging in risky behaviors to be accepted by their peers.
6. Social media regulation - There needs to be a department of the government who regulate the postings of influencers on social media, ensuring that their posts do not encourage the youth to engage in sexual and non-sexual risky behavior.

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