Lithuanian University of Health Sciences

The Influence of sexual life and physical activity on academic achievements and quality of life among Lithuanian University of Health Sciences students

A Thesis

By

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SUMMARY

THE INFLUENCE OF SEXUAL LIFE AND SPORT ACTIVITY ON ACADEMIC ACHIEVEMENTS AND QUALITY OF LIFE AMONG LITHUANIAN UNIVERSITY OF HEALTH SCIENCES STUDENTS.

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Aim of the study: The aim of the study is to investigate the influence of sexual life and sport activity on academic achievements and quality of life among Lithuanian University of Health Sciences students (LUHS).

Objectives: 1. Evaluate the prevalence of sexual and sport habits among LUHS students. 2. Assess the correlation between sexual life with academic achievements and quality of life LUHS students. 3. Assess the correlation between physical activity with academic achievements and quality of life among LUHS students.

Methods: An electronic questionnaire survey was conducted among Lithuanian and non-Lithuanian students studying at the LUHS in Kaunas. The students were asked to fill a questionnaire anonymously (January 2016- February 2016), about sexual and physical activity as well as WHOQOL-BREF questionnaire which was composed of 26 questions and 4 quality of life domains (Physical health, Psychological, Social relationships and Environmental). A Sample of 183 students was collected ($M_{age}=22.32$, $SD_{age}=2.82$, 60.7% females, 39.3% males). The statistical analysis was done using SPSS 20.0. $\chi^2$ test was obtained to evaluate the statistical differences. Differences between groups were counted as significant when $p<0.05$.

Results: Reliability test for Cronbach's alpha was done ($\alpha = .914$) for WHOQOL-BREF questionnaire, indicating about acceptable reliability of the survey LUHS students. Age, faculty and academic year don't have significance on quality of life ($p > 0.05$). We found that regular physical activity has a positive influence on quality of life in physical, psychological and environmental domains, whereas it doesn’t have influence on marks ($p > 0.05$). Social relationship domain was significantly higher for students who are regularly sexually active ($p < 0.05$), but there is no significant association between amount of sexual partners and academic achievements ($p > 0.05$).

Conclusion: 1. Nine out of ten students are regularly sexually active. Seven out of ten students regularly participate in sport related activities. 2. Sexual activity has a positive influence on social relationship domain and has no influence on academic achievements. 3. Regular physical activity has a positive influence on physical health, psychological and environmental domains and has no influence on academic achievements.

Recommendations: Regular physical activity (3-4 times per week) is highly recommended for having higher physical health, psychological and environmental domains of quality of life. Obtaining a relationship and being regularly sexually active is proposed for students to acquire higher social relationship domain. Living together with boyfriend or girlfriend increases Social relationship domain.
CONFLICTS OF INTEREST

The author reports no conflicts of interest
ETHICS COMMITTEE CLEARANCE

Department of bioethics in the Lithuanian University of Health Sciences has given an approval on the 2015-12-11, Nr. B&C-MF-127.

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INTRODUCTION

Academic studies are known as emotionally intensive, which require excessive effort to reach reasonable results. Sexual and physical activity are considered as major factors that can influence on quality of life, which by previous studies is already known an being lower for students in comparison to general population [1]. Gender is also an important predictor for quality of life: Females tend to have lower physical and psychological health domains due to higher stress, which can effect academic achievements [2], while it is known that higher academic marks are associated with higher psychological, physical, environmental and social domains [3,4]. After assuming that there is positive association and dependency between physical and sexual activity with quality of life and academic achievements, we may suggest resilient solutions about dealing with stress, increase quality of life level and academic achievements by appropriate physical and sexual activity.
AIM AND OBJECTIVES

Aim of the study
Investigate the influence of sexual life and sport activity on academic achievements and quality of life among Lithuanian University of Health Sciences students.

Objectives

1. Evaluate the prevalence of sexual and sport habits among Lithuanian University of Health Sciences.
2. Assess the correlation between sexual life with academic achievements and quality of life Lithuanian University of Health Sciences students.
3. Assess the correlation between physical activity with academic achievements and quality of life among Lithuanian University of Health Sciences students.
LITERATURE REVIEW

1.1. Quality of life and academic performance
Previous studies found that medical students have lower quality of life in comparison to general population, but it is still slight higher compared to veterinary students [1]. Recent studies assessed the coherence as a predictor of quality of life among Iranian students in Ahvaz by spreading WHOQOL-BREF questionnaire. It was discovered that married students have higher quality of life in Social relationship, Psychological health and environmental health scores (3 out of 4 domains) [5]. Another research made among Iranian students, compared the quality of life of medical and veterinary students in Tehran. Scoring of role limitation because of emotional problems, physical activity limitation because of health problems, student's mental health, vitality, general health perception as well as total score was shown as statistically higher in medical students. For comparison - only social activity limitation because of physical or emotional problem was found as higher in veterinary students [1].

Association between academic performances and quality of life was evaluated by interpreting WHOQOL-BREF questionnaire which was filled by preclinical students in Riyadh, Saudi Arabia. Higher academic marks were associated with higher psychological, physical, environmental and social domains. Female's physical and psychological health domain was discovered as lower compared to the men's [6].

Similar assessment was made in Brazil, which was looking for the influence on medical student's resilience, educational environment and quality of life during 2015. A correlation between higher quality of life (WHOQOL-BREF questionnaire through all 4 domain scores) and higher resilience level was found among medical students [7]. The conclusion of this study could say that it is important for a medical student to develop resilience for decreasing their emotional distress and have better study results.

American Journal of Pharmaceutical education investigation was made among US student pharmacist to investigate the factors which are associated with the students' health related quality of life. It was found that the average health state classification scale and the mental state component scale were much higher among the 4th year students in
comparison to the 1\textsuperscript{st}, 2\textsuperscript{nd} and 3\textsuperscript{rd} student studying years. Highly negative influence on health related quality of life was seen among students with low self-esteem who don’t know how to study (Are confused) and afraid to be negatively judged by others [8]. A similar research found an association between low health related quality of life mostly with mental factors which influenced on the students. Lower health related quality of life was found among female students which are getting support from the government and who don’t make physical activity. There was found no association between the year at which the student studies. Highest health related quality of life was found among the 5\textsuperscript{th} year students [9].

Another assessment of quality of life between medical students aged 18-31 and from 1\textsuperscript{st} – 6\textsuperscript{th} year were investigated. It was found that students with decreased score of physical and mental measure of the health related quality of life are studying in the 2\textsuperscript{nd}, 3\textsuperscript{rd}, 4\textsuperscript{th}, 6\textsuperscript{th} year in comparison to the 1\textsuperscript{st} year (While the biggest difference is between the 1\textsuperscript{st} and the 3\textsuperscript{rd} year). Females have lower score for Quality of life compared to males. Depression was associated with decreased quality of life. No difference was observed among students which are living alone or with their family [10]. Quality of life among medical students in China was assessed through the WHOQOL-BREF. It was discovered that the results in psychological health and social relationship domains were significantly different through all academic years. The year which had the lowest score in psychological health and social relationship domains was the 3\textsuperscript{rd} medical year students. It was found that gender, physical exercise and living in your hometown location was highly associated with higher quality of life in several domains [11]. As written above, several studies showed us that health related quality of life is reported as being highest among the 5\textsuperscript{th} year medical students while the lowest quality of life was among 3\textsuperscript{rd} year.

1.2. Sexual and physical activity

In previous studies it was proposed that nonathletic students are having more sex than athletic students. This hypothesis was investigated. Assessment of the relation between daily participation in sport related activity and sexual activity among students showed the opposite from previous studies- It was documented that every 1 out of 3 students reported
about participation in daily sport activity. In comparison to the students who don’t make daily physical activity, the students which have daily sport regime found to have more sex than students who don’t participate daily in sport [12]. Students which make daily sport and are sexually active, were found as using condom more common that those who don’t participate in daily sport. It is important to mention that African American female college students were more likely for usage of a condom in comparison to white college students whereas, the white females' responders were more likely to use oral contraceptive pills [13]. Necessary to add that a survey which was made by Indiana University among U.S students aged 18-24 showed that 50% reported that their last sexual partner wasn’t their constant partner (boyfriend/girlfriend). Possible to assume that high condom use among African American female students and the fact that 50% among US students aged 18-24 had their last sex with an occasional partner, correlates with a higher amount of sexual partners by African American female students. Men with a constant partner showed higher arousal and enjoyment compared to men without a constant partner [14].

1.3. Sexual, physical activity and quality of life

While in one study an association between the parameters of self-body image, tendency of physical activity and sexual desire [15] was found, whereas, similar research which was talking about the influence of Body Image, Sexual and general Quality of Life and Depression in Middle-aged Adults discovered that the sexual and general quality of life, depression and body image was found as totally dependent on age, living arrangement, education level, sport activity, and frequency [16]. It's possible to say clearly that there is an association between self-body image, tendency of physical activity and sexual and general quality of life through both those researches.

Direct association was found between moderate to heavy physical activity recommendations among college students with fewer tendencies for depression, adequate sleep and positive perception of general health as well as with multiple sexual partners [17]. This result can support similar studies [15, 16].
1.4. Sexual activity, contraception and academic performance

The number of sexual partners was surveyed by the New Zealand medical journal among New Zealand university students aged 17-24. It was found that 69% among all the students have had sex. 47% reported about having 3 sexual partners during their life. 20% reported about having 3 partners through the last 12 months (without significant gender differences). The students reported that during the last time they had sex- Condom was used among 51% of the females and among 58% of the men. The students reported as well that during the last time they had sex- Alcohol was consumed among 38% of men and 29% of women. Multiple sexual partners were common. Condom use was uncommon and inversely associated with number of sexual partners [18].

From a sample of Heterosexual, bisexual, gay, unsure and lesbian which were sampled, assessment of the sexual behavior and orientation of US college students found that unsure men having significantly much more sex partners in comparison to all the other groups during the last 12 months, whereas Heterosexual men having much less sex partners compared to all the other groups. Bisexual women repotted about much more sexual partners compared to all the other females reporting about other sexual orientations [19]. Another investigation of the sexual orientation and differences of mental health, stress and academic performance of US college students was done. The study was performed again among Heterosexual, bisexual, gay, unsure and lesbian students population. It was found that bisexual, lesbian and unsure students consistently reported about higher levels of mental health issues and a more frequent impact on academics because of these issues than heterosexual students. Bisexual students reported about higher level than all the other students [20].

Comprehensive research was examined among U.S population aged 25-44 and found that the median number of sexual partners for men was 6.6, while for women the median number of the sexual partners was 4.3. Among U.S population aged 15-44, 21.8% of men reported on having sex with more than 15 partners, in comparison to 10.6% of the women [21]. The number of men's previous sexual partners has a negative influence on sexual contentment and satisfaction- it was shown that both genders have a positive attitude and sexual contentment in case of having sex in high tendency, on the contrary- Men who had
many sexual partners in the past, experienced less sexual contentment. Having sex in high tendency influence on the contentment [22].

A research among 870 Chinese male college sexually active students from Wuhan found that 61.5% admitted about condom usage during their last sex. Male students with a constant sex partner tended to use condoms more than students with casual partners [23]. Also during the investigation of the sexual behavior among students of medical university of Gdansk, the most common contraception technique was by condom use, then oral contraceptive pills. The participants mentioned that the things which mostly influence on their quality of sexual life is at firstly love and then sexual satisfaction and faithfulness from partner [24]. Again, condom was found as the most common contraceptive used by medical students. Medical student's sexual life was investigated again during 2008. For men the average age was 25, while for women it was 24. The survey found out that the most common contraceptive methods used by medical students are condoms and contraceptive pills respectively. 81% of the men were in a relationship, 18% married and 93% heterosexual. 64% from women were in a relationship, 18% married and 95% heterosexual. 28% over men students reported that their sexual life isn’t satisfying them as well as 6% over the men students reported about low sexual desire. 32% of the women showed decreased sexual desire, 28% reported that their sexual life isn’t satisfying them as well as 24% reported about decreased arousal [25].
RESEARCH METHODOLOGY AND METHODS

Statistical data analysis
Statistical data analysis was performed using data collection and analysis SPSS 20.0 (Statistical Package for Social Science for Windows) package. The characteristics of students under research were described using the concepts of general statistics – location, dispersion, symmetry (minimum and maximum value, median). Reliability test for Cronbach's alpha was done (α=.914) for WHOQOL-BREF questionnaire, which indicates about acceptable reliability of the survey by Lithuanian University of Health Sciences students.

Normality of parametric distribution was investigated by Kolmogorov-Smirnov test. In case of normal parametrical distribution, t-test was used for comparison of quantitative size of two independent groups. When more than two groups were examined- ANOVA was used. When variables don't meet distribution normality, significance was found by non-parametric method- Mann-Whitney U test. The interdependence of qualitative characteristics was evaluated with chi square (χ2). The difference will be considered as statistically significant when p < 0.05.

Methods
A Sample of 183 students was collected (M_{age} =22.32, SD_{age} =2.82, 60.7% females, 39.3% males). 118 students were Lithuanian (64.5%), while 65 international students (35.5%). All the students are currently studying in the Lithuanian University of Health Sciences. The students were obtained by internet and anonymously were asked to fill an electronic questionnaire (During January 2016- February 2016) about:

Sociodemographic. Students were asked questions mainly regarding age, gender, relationship status and living arrangement.

Physical and sexual activity. The students were asked to fill a questionnaire mainly regarding number of sexual partners, frequency of having sex, frequency of having physical activity, sexual orientation and etc.
**Quality of life.** WHOQOL-BREF is organized in four domains: environment, psychological, social relationships and physical health. The participants were asked to fill a questionnaire composed of 4 domains and 26 positive and negative questions. Points within each domain are transformed to a score ranged from 0 to 100. A higher reached score represents higher quality of life.
RESULTS

Sociodemographic Characteristics
A total number of 183 Lithuanian University of Health Sciences students participated anonymously in the research ($M_{age} = 22.32$, $SD_{age} = 2.82$), which was composed of 60.7% females (111 students) and 39.3% males (72 students). According to demographics, 118 students are Lithuanian (64.5%), while 65 students are International (35.5%). 110 students (60.1%) reported that they are involved in any kind of relationship, while 72 students (39.9%) mentioned that they are single. 94% of the participants are have straight sexual orientation.

Physical and sexual activity
During the life, 10% of students didn't have sex, 25% had sex with 1 partner, 32% had sex with 2-3 partners, 16% had sex with 4-6 partners, 10% had sex with 7-10 partners, 7% had sex with more than 10 partners (Fig 1).

![Fig.1. Number of sexual partners through live.](image-url)
During the last year, 12% of students didn't have sex, 59% had sex with 1 partner, 17% had sex with 2-3 partners, 8% had sex with 4-6 partners, 3% had sex with 7-10 partners, 1% had sex with more than 10 partners (Fig 2).

![Fig.2. Number of sexual partners in the last year.](image)

73% of the students regularly participate in sport related activities. On average, 27% of the students don't participate in sport activities in a week, 33% participate 1-2 times per week, 32% participate 3-4 times per week, 8% participate 5 and more times per week (Fig 3).

![Fig.3. Prevalence of participation in sport related activities per week.](image)
Quality of life
The aim of the study is to investigate the influence of sexual life and sport activity on academic achievements and quality of life among Lithuanian University of Health Sciences students.

![Figure 4: Mean Quality of life domains among Lithuanian University of Health Sciences students.](image)

* $p<.001$, compared with Social relationship and Environmental domains.

We examined an association between age and Quality of life domains. No statistical significant difference was found ($p>.05$ through all the domains), whereas statistical significant difference between gender and physical health and psychological domains was noticed ($p<.05$), which was higher for males in both domains (Fig 5).
Fig. 5. **Association between gender and quality of life.**

* $p < .05$, compared with females.

Unlike the prominence in previous studies, any of the faculties and none of all the academic years in Lithuanian University of Health Sciences didn't show statistical significant difference to none of the quality of life domains ($p > .05$ through all domains).

A change in quality of life showed no statistical difference to academic achievements through all the domains ($p > .05$).

No statistical significance between quality of life and demographics (Lithuanian and international students) was noticed ($p > .05$).

Statistical significant difference was found between students who were involved in a relationship with half of the quality of life domains (Fig 6):

<table>
<thead>
<tr>
<th>Table 1: Association between quality of life and involvement in a relationship:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social Relationship Domain: $p &lt; .001, r = .07$</td>
</tr>
<tr>
<td>Environmental Domain: $p = .033, r = .015$</td>
</tr>
</tbody>
</table>
**Fig. 6**. Association between quality of life and involvement in a relationship.

* $p < .05$, compared with single.  
**$p < .001$.  

There is no statistical significant difference between sexual orientation and quality of life through all domains ($p > .05$): 

We found statistical significant difference between Social Domain quality of life and the age of first sexual intercourse ($p < .05$) which was higher as the age of 1st intercourse was lower (Fig 7). 

* $p < .05$, compared with people who didn't have sex.

**Fig. 7**. Association between Social relationship domain and age of 1st time having sex.
Statistical significant difference found between higher social domain and higher number of sexual partners during the last year ($p<.01$). It corresponds between all age groups. Higher social relationship domain is influenced by amount of sexual partners through all life (Fig 8).

**Fig.8. Association between Social relationship domain and number of sexual partners during the last year.**

$P<.01$, compared with people who didn't have sexual partner during the last year.

Additional reliance is revealed between higher social domain and higher number of sexual partners through all life, which as well has statistical significant difference ($p=.003$). This significance is significant for all the numbers of sexual partners.

Frequency of having sex with a partner has a statistical significance with social relationship domain (Fig 9).
**Fig. 9. How often do you and your partner have sex (on average)?**

*p* < .05, compared with those who “don’t have currently any partner”.

**p** < .05, compared with those who “have sex 1 time per week”.

Statistical significant difference and higher social relationship domain were found between students which are having sex every day and students who are having sex once a week (*p* = .004) and students who don't have any sexual partner (*p* < .001).

Statistical significant difference and higher social relationship domain were found between students which are having sex 2-3 times per week and students who are having sex 1 time per week (*p* = .003) and students who don't have any sexual partner (*p* < .001). (Fig. 9).
Statistical significant difference and higher social relationship domain were found between students which are having sex 1 time per week and students who don't have any sexual partner ($p= .002$).

**Quality of life according to sport activity**

Regular participation in physical activity showed higher results on physical, psychological and environmental domain and therefore was statistically significant: $p = .002$, $p = .001$, $p = .004$ respectively.

Frequency of participation in sport activities, was associated with statistically significant higher physical health, psychological and environmental domains. Highest parameters were achieved for students who are participating in sport related activities 3-4 times per week (Fig.10).

**Table 2: Association between frequency of participation in sport activities and quality of life:**

<table>
<thead>
<tr>
<th>Domain</th>
<th>$\chi^2$ test</th>
<th>$p$</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical health Domain</td>
<td>13.61</td>
<td>.003</td>
</tr>
<tr>
<td>Psychological Domain</td>
<td>14.28</td>
<td>.003</td>
</tr>
<tr>
<td>Environmental Domain</td>
<td>10.41</td>
<td>.015</td>
</tr>
</tbody>
</table>

* $p < .05$, compared with 3-4 times.

**Fig.10. Association between frequency of participation in sport activities and quality of life.**
Students which are living with their boyfriend either girlfriend were found as statistically significantly ($p < .05$) having higher social relationship domain quality of life values (Fig 11).

* $p < .05$, compared living with boyfriend/girlfriend.

**Fig.11. Association between living arrangement and Social relationship domain.**

**Academic achievements**

Students are counted as successful during academic years by evaluation of their study results. Academic success was estimated in our research by evaluation of students' mark. The mean mark of the students is 8.23 with a standard deviation of .917. The median mark is 8 (Fig 12).

**Fig.12. What is your average mark?**
Statistical significant difference wasn't found ($p > .05$) between academic achievements with number of sexual partners during last year or through life and frequency of having sex with a partner during a week.

Physical activity also didn't play a major role in obtaining higher marks and was shown as statistically insignificant difference ($p > .05$).

Statistical significance between demographics exists. Lithuanian students have higher academic achievements in comparison to international students ($p< .001$), while gender didn’t show any significance ($p > .05$) and influence on marks.
DISCUSSION

Our survey, which was made by a sample of 183 students from the Lithuanian University of Health Sciences with 60.7% females, 39.3% males and $M_{age}=22.32$, $SD_{age}=2.82$, followed our initial hypothesis about positive association and dependency between physical and sexual activity with quality of life and academic achievements. In our study, we found no association between age and quality of life, whereas an association was found between gender and quality of life; males tend to have higher physical health domain and psychological domain results in comparison to females. Those results can be strengthened by medical saudi Arabian students, who also showed lower physical health and psychological domains for female students [4]. It can be associated with women which are in young age (Mostly begining of $20^{th}$) and are studding in highly demanding academic program to develop stress, which influence of their quality of life.

By a division to academic years, any of the faculties and none of all the academic years in Lithuanian University of Health Sciences didn't have statistical significant diffrence to none of the quality of life domains in our research. It is not possible to make any conclusion, due to the fact that in other studies, which were made in Brazil, China and USA, in some cases, academic year was highly significant with quality of life, whereas in other researched, it wasn't at all [2,8,9,10].

As in another study, gender, physical exercise and living in your hometown was highly associated with higher quality of life and higher marks was found as statistical significant in our research as well [2]. We can say with full confidence that those students who are physically active, involved in a relationship, live with their parents or boyfriend/girlfriend and are sexually active, have statistically significantly higher results for all quality of life domains and higher academic achievements. It can be interpreted by the way that students who are in a relationship, taking part in sport related activities and obtaining sexual life tend to be less depressive and can be concentrated on studding and achieving significantly higher academic marks (As it is known that relationship and sport mostly prevent depression). In addition, students who are living at home with their parents at
their city showed higher academic marks in comparison to those who don’t live with their parents. We may assume that students that live with their parents don’t need to worry about social and financial problems and food preparation at home, due to living with their parents. It can result in higher marks which are associated with less time loss by working, taking care after an apartment, cooking, etc. Those facts could be especially emphasized by comparison of the Lithuanian students to international students; Academic achievements of the Lithuanian students are significantly higher in comparison to international students. It can be also explained by the fact that it is much harder to study not in your native language.

Even those facts, no statistical significant difference was found between Lithuanian and International students with quality of life.

An interesting fact that was obtained is that academic achievements aren't statistically dependent on physical activity, even if is done several times per week. This data is surprising because it cancels our primary assumption that regular physical activity has a positive influence toward academic achievements.

Statistical significance was found between Social Domain and number of sexual partners during the last year and tendency of having sex with a partner. We didn’t find any association between number of sexual partners during last year, amount of sexual partners and frequency of having sex with a partner with academic achievements which could be statistically significant. It was surprising and totally against our initial hypothesis that academic achievements depend and associated with sexual activity.
CONCLUSION

1. Nine out of ten students are sexually active. Seven out of ten students regularly participate in sport related activities.

2. Sexual activity has a positive influence on social relationship domain and has no influence on academic achievements.

3. Regular physical activity has a positive influence physical health, psychological and environmental domains and has no influence on academic achievements.
PRACTICAL RECOMMENDATIONS

1. Regular physical activity (3-4 times per week) is highly recommended for having higher physical health, psychological and environmental domains of quality of life.

2. Obtaining a relationship and being sexually active is proposed for students to acquire higher social relationship domain.

3. We suggest start living together with boyfriend or girlfriend because it increases Social relationship domain.

4. In order to reach higher academic achievements, you should live with your parents.
REFERENCES


