

## What Leads to Premarital Sex among Young Males in Pakistan

Kanza Faisal<sup>1</sup>, Alina Rashid<sup>2</sup>, Sadia Khan<sup>1</sup>**Abstract**

Sex is a basic human need. However, sex before and outside of marriage is considered a major sin in Islam and is socially, culturally and lawfully disdained in Pakistan. Human Rights Watch (2016) has reported 1096 honor killings for year 2015 alone based on these matters. Despite such alarming realities, incidents of premarital sex taking place seem to be on rise. To understand why young males engage in consensual premarital sex, qualitative research design was used. Semi-structured in-depth interviews were carried out till the point of saturation from  $N=8$  male participants through snowball sampling. Inclusion criteria for a participant was being a heterosexual male aged between 18-35 years (Petry, 2002) having a consensual premarital penile-vaginal sexual experience. An exclusion criterion was being married, being bisexual or homosexual, or having only experienced oral or anal sex or sex against the will of a partner. All study participants had university education and belonged to middle or upper socioeconomic status. Following a constructivist paradigm, thematic analysis was used to make sense of the data using an inductive approach. Six main themes emerged were: (1) Early introduction to sex, (2) Sex related factors, (3) Psychological needs, (4) Sex for social gains (5) Personal norms towards premarital sex, and (6) Availability of opportunity for sex. Sexual activity which was a taboo to be talked about openly, in our society, is becoming increasingly common now. Newer generations due to an inappropriate and early exposure to sexualized content, easy access and availability of resources, opportunity and a much greater sense of independence are greatly involving in sexual activities. Young males have not only become more acceptable and permissive of premarital sex, but also, more promiscuous. Understanding the reasons for premarital sex can help curb this vice in our society.

**Keywords:** Consensual Sex, Pakistan, Premarital Sex, Young Males

Received: 17 December 2021; Revised  
Received: 13 January 2022; Accepted: 13  
January 2022

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**Introduction**

Sex is a basic biological need. With almost  
free, easily available, and widely accessible  
internet and media, young adults today are

facing more pressure of sex than ever before.  
Exposure to sex and sexualized content, adult  
jokes and nudity has seeped to the level of  
children in the form of numerous cartoons  
(Habib & Soliman, 2015). Sexually arousing  
lyrics of songs, erotic advertisements, and  
explicit sexual behavior in movies and  
dramas are constantly providing earlier  
introduction to sex among the young. Sex  
before and outside of marriage is considered  
a major sin in Islam and is socially, culturally,  
and lawfully disdained in Pakistan (Mir et al.,  
2013). Often cases of sexual intermingling  
end into being killed for honor. Human  
Rights Watch (2016) reported 1096 honor  
killings for year 2015 alone. Despite such  
alarming realities, incidents of premarital sex

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do occur. Research on non-marital sexual behaviors of Urban Pakistani men from six cities revealed 27% unmarried men to have had premarital sex (Mir et al., 2013). While, in another study, around 55% of single and 37% of married migrant men in Lahore reported having experienced premarital vaginal sex (Faisal & Cleland, 2006). However, it is interesting to note that there is no single institution (family, educational organizations, government, or NGOs) that is providing education, guidance or help to the young minds regarding their surging sexual desires and growing bodies. Most families in Pakistan still consider it a taboo to talk about growing bodies, puberty, and sexual maturity to their children (Gill, 2011). Any parent-child discussions related to sex are strongly discouraged and considered a source of great embarrassment. Due to such great sexual inhibitions, young adults feel afraid to seek guidance and trust someone to share their difficulties with (Iqbal et al., 2017). Though premarital sex is equally punishable for men and women, however, being a patriarchal society puts additional pressure on women in a way that their chances of finding a better suitor for marriage lessens if found non-virgin before marriage. Cases of HIV/AIDS, hepatitis, sexually transmitted diseases, and unwanted pregnancies are also some of the consequences unknown to such young premarital sex offenders (Hussain et al., 2018). To apprehend the psychological and emotional factors, Pakistani youth must encounter in such circumstances, an in-depth qualitative study of premarital sexual behaviors among the young needs to be undertaken. The present study therefore explored the reasons for young males engaging in illicit sex before marriage so that in future, the initiation of premarital sex among young can be delayed. According to research, factors that make premarital sex objectively or subjectively available are: Weakening of parental ties,

autonomy of courtship, greater isolation, affluence, increased physical opportunities escaping parental notice and general permissiveness of sexual behavior among friends and peers (Teachman, 2003). Furthermore, impulsivity, greater exposure to sexualized media, positive affection, bodily pleasure, peer, and partner pressure (Xiao, 2012) are some of the key factors for premarital coitus. Whereas individual characteristics research on involvement in premarital sex shows health-related beliefs, religious-spiritual beliefs, filial piety, and character (Ghaffari et al., 2016; Wong, 2013) as some of the traits that influence the choice to either have or not have premarital sex.

Influence of peers during young adulthood is very potent. One does what his peers do. In a study on premarital sex among 467 dormitory students, the influence of one's peer's permissibility and perceived sexual behaviors on own sexual life were explored. Results depicted that the greater the number of close friends thought to be non-virgins, the greater the likelihood of one being a non-virgin (Sack et al., 2010).

Culturally, sex before and out of marriage is impermissible in many Asian countries. However, research suggests that the guilt of sex before marriage has decreased with successive generations. Recent studies on acculturation and sex have reported that sex guilt reduces when one identifies himself with a new more sexually permissive culture (Ahrold et al., 2013). Due to sex guilt, women tend to desire less for sex. Also, use of contraceptives is poor in women with higher sex guilt (Woo & Brotto, 2008).

Religion plays the role of a strong gatekeeper of sexual attitudes and behaviors. It has been reported that more the people attended religious ceremonies, the more their guilt of having sex out of wedlock aroused, hence limiting them from engaging into illicit sexual activities (Murray et al., 2007). Religion tends to split human sexuality by

focusing on separating human body and spirit (Ogden, 2002) and has the tendency to control and repress sexual pleasure till marriage (Leeming, 2003). In Malaysia, a study was conducted on the Islamic models on premarital sexual behaviors through library based analytical and evaluative methods collected data in the light of Quran and Hadith. Results showed diverse factors leading to premarital sex such as psychological, physical, and socio-environmental factors. Sex orientation during young adulthood, global trends, and financial status as influencers for involvement in premarital sex (Sudan, 2015).

In Islam, premarital sex, is one of the most mortal sins one can commit. Quran explains three types of sin. (1) The utmost sin: not recognizing God's existence and not believing in His oneness. (2) Mortal sins: rebelliousness against parents, murder, perjury, adultery, homosexuality, wine consumption etc. (3) Lesser offences: lying etc. Islam acknowledges the need of sex for procreation and pleasure within the lawful framework of marriage, strictly forbidding any premarital sexual activities (Yussli et al., 2019).

Pakistani laws also declare premarital sex as an offense, under Hudood Ordinance (1979), "A man and a woman are said to commit 'Zina' if they willfully have sexual intercourse without being married to each other." (The Offence of Zina, 1979). Severe punishment is given to anyone who is testified in court to have engaged in premarital sex. If Zina is committed by a married person, then he/she must be stoned to death (or shot dead while being stoned) and if it is committed by an unmarried person then he/she must be given whippings numbering 100 stripes in a public area. According to Pakistan Penal Code (Act XLV of 1860), under section 496-B, "A man and a woman not married to each other are said to commit fornication if they willfully have

sexual intercourse with one another. They shall be punished with imprisonment for a term which may extend to five years and be liable to fine." (Pakistan Penal Code, 1860). To discourage premarital sex activities, most religious scholars, Maulvis, often through Friday sermons, Khutbas, tell the precants about Zina and its' punishment, and opens the way of repentance for any sinful person. Quran says, "Allah forgives all sins of man, great and small ones, for his mercy is boundless" (The Glorious Quran, 2001, 7:156).

Family ties play a significant role in development and life choices of young adults. A study in Tehran on the determinants of heterosexual premarital relationships of 1378 university young adults in association with family relations showed strong parent-child closeness lessened the involvement of premarital sex. Family income, maternal education, and liberal family values contributed towards having boyfriends and later having premarital sex (Farahani et al., 2011).

Parental role in educating their children regarding sexual matters has become a necessity in a world where the children are frequently exposed to sexual content and free sexual expression through media and internet. Many Muslim parents out of embarrassment, feeling of uneasiness, or the lack of knowledge on how to convey the information to their children avoid discussing sexual issues with their children (Sudan, 2015).

Media greatly influence life decisions of young adults. Due to the lack of proper sex education, most information gathered by youth on sex is what they observe through internet or media. Based on the cultivation theory, a study on Malaysian Muslim youth found that media and love were the two main driving factors for premarital sex activities after which people were regretful or happier (Yussli et al., 2019). In another study by the

National Population and Family Development Board, it was found that a total of 22% of sexually active students were swayed by pornography (Hassan, 2016). In a study on pornography and its psychological effects on males in Lahore, it was found that when an individual comes across porn for the first time, it is not unusual for him to go in shock at the explicitness of sexual exposure. It might also result in repulsion, disgust, palpitations, fright, fever, or shivering. Yet it results in an adrenaline rush which the individual realizes he wants to experience again on calming down, often forming into a habit (Shahid, 2016). Due to the misconceptions, youth gather from watching porn and other sexualized content on media, they tend to engage in premarital sexual activities.

Environment in which one strives is very important especially when it comes to engagement into premarital sex activities. Hindin and Hindin (2009) explored how premarital sexual relations were formed in a restrictive social environment on 583 males and 475 females of disadvantaged backgrounds. Results revealed that about 62% percent males and 53% females were shown interest by the opposite sex, which 86% males and 63% females reported feeling good about. Lack of knowledge and curiosity also encourages youth to experiment with their sexual desires.

Moral behaviors induced amongst teenagers and youth creates a sense of personal responsibility for any or all acts committed. In a study on 238 Muslim female adolescents involved in premarital sex living in government shelter and rehabilitation homes, a significant relationship was found between coping strategies and Islamic moral values among adolescences involved in pre-marital sex (Ghani et al., 2014). It is, therefore, very important to educate Muslim children regarding Islamic values on permissible and impermissible sexual activities.

A comprehensive review of the literature has suggested many factors for engagement of young adults towards premarital sex, however, despite being barred by all religious, cultural, societal, familial, and penal institutions of Pakistan, what leads our young males to engage into premarital sexual activities was imminent to explore.

### **Objective**

To find out why young men engage in premarital sex.

### **Research Questions**

General Question: What is your opinion on sexual relations before marriage?

Specific Question I: How were you introduced to premarital sex?

Specific Question II: What were your reasons for premarital sex?

### **Method**

#### **Research Design**

Due to the sensitive nature of the topic and the difficulty to reach target population, a qualitative research design was carried out.

#### **Sample and Sampling Strategy**

Following snowball sampling technique, data was collected till the point of saturation from  $N=8$  males aged between 18-35 years (Petry, 2002). Initially the study was designed to incorporate the experiences of both males and females but when the data was being collected, the researcher was able to reach out to only 3 females who shared their experiences but denied that their interviews were recorded. Data from them was informally noted on a piece of paper with permission but not included in the analysis of this study.

#### **Inclusion and Exclusion Criteria**

Inclusion criteria for a participant was an unmarried heterosexual young adult aged between 18-40 years (Erikson, 1968) having a consensual premarital penile-vaginal sexual experience. Being married, bisexual or

homosexual, having only experienced oral or anal sex or sex against the will of the partner was set as exclusion criteria.

### Measures

A semi-structured interview protocol guide was developed to conduct in-person interviews with respondents who showed willingness to participate in research. All interviews were audio-recorded with prior permission from the participant.

### Procedure

Potential participants were first asked by their respective referees (usually their personal friends) if they were willing to take part voluntarily in research on sexual experiences. Due to the sensitivity of the topic, care was taken to not directly approach a potential participant till he showed willingness. 11 potential participants refused to participate in the study due to three main reasons, 1. Privateness of the subject matter, 2. Interviews being audio recorded, 3. Interviewer being the opposite gender. Those who agreed to share information were then contacted by the researcher for detailed semi-structured interviews. The intent of the study, the anonymity of the participant, the confidentiality of the data and its use for research purpose only was explained to the participant. An informed consent was signed explicitly stating about the rights and voluntary participation of respondents. No benefits were provided to participants for their valuable contribution. A warm, comfortable, and empathetic environment was held to promote open and free communication. Participants were asked questions like “Tell me a bit about yourself?” to build rapport and ease out any nervousness. Care was taken to show respect towards participants’ responses. Participants were not forced to reveal their sexual behaviors. Duration of each interview was around 30 minutes. The participants were told they can be re-approached, if needed, for

any further clarification or insight into the data provided. To facilitate the interviewing process, an interview protocol based on existing literature was developed. Interviews conducted were transcribed within 24 hours so that important data in its true essence may not be lost.

### Analysis

Data was analyzed based on Thematic analysis taking the respondents’ perspectives, meanings, and experiences within their socio-cultural context (Braun & Clark, 2006). Initial codes were generated i.e., reducing data, and giving it a meaningful label. After which common patterns of thoughts, views, opinions related to inquiry questions (Clark & Braun, 2013) were extracted to form themes. A theme usually gives structure to particularly large and complex ideas within the data. An inductive approach was used to identify data-driven themes. Values coding was applied while reducing the data taking in account the participant’s worldviews, his personal and cultural values, attitudes, and beliefs regarding his experiences. All themes were drawn based on a constructivist paradigm, i.e., including the researcher’s interpretation of the participant’s experiences. These themes were then refined by sharing the gathered analysis along with original data with 2<sup>nd</sup> author for two-rater coding and inter-rater reliability. After that, data was compiled into a thematic map generating meaningful results. Findings of the study were shared with participants (member checking) to affirm that the report reflects their views, feelings, and experiences. This process allowed for the study to have credibility (Fereday & Muir-Cochrane, 2006). For transferability of the study, thick description of data was collected and used in substantiating the findings. Credibility of the research was ensured through member checking and peer review.

## Results

Six main themes emerged from data analysis, elaborated in the discussion section, were as follow: (1) Early introduction to sex, (2) Sex related factors, (3) Psychological needs, (4) Sex for social gains, (5) Personal norms

towards premarital sex, and (6) Availability of opportunity for sex.

Table 1 shows socio-demographic characteristics of participants of the study for better understanding of their shared experiences.

**Table 1**

*Summary of the Key Participant Characteristics (N=8)*

Participant	Present Age	Puberty Age	Age at first intercourse	Partner's age at first intercourse	No. of sexual partners	Academic background	SES
Kazim	22	15	18	18	13	Graduation	Upper-class
Yasir	35	11	19	35	>60	Post-graduation	Upper-class
Shahid	32	13	17	16	29	Post-graduation	Middle-class
Latif	22	14	21	20	1	Graduation	Middle-class
Kamran	32	14	23	29	2	Graduation	Upper-class
Subhan	23	12	16	21	1	Graduation	Middle-class
Pasha	22	13	19	19	1	Graduation	Middle-class
Junaaid	25	16	21	21	2	Post-graduation	Middle-class

**Table 2**

*Themes, sub-themes and Codes derived from the Analysis of the Transcribed Interviews (N=8)*

Main Themes	Sub-Themes	Codes
1. Early introduction to sex	Peer influence and peer permissiveness	Sex is a basic need Friends have premarital sex Friends encourage to have sex Shared sexual experiences of others creates excitement Men discuss women and their bodies
	Pornography	Free and Easy access to Porn websites Fantasizing porn Frequent exposure to porn Addiction to watching porn

	Environment	Exposed to sex from environment Sex attracts attention Informal learning about sex from neighborhood Touched genitals of opposite gender as a child
	Sexualized media content	Romantic video songs Explicit sexual scenes in movies Sex appeal in advertisements Depiction of lust
2. Sex related factors	Sexual ideation	Curiosity about sex Fantasy about sex Feelings of missing out on not having sex
	Masturbation	Self-stimulation for sexual arousal Uncontrollable desires Relieving sexual tension
	Libido urges	Desire for sex Sex drive Hormonal changes Teenage
	Poor control/impulsivity	Loss of personal control Failure to delay gratification negative energy takes over Attraction towards females
	Addiction to sex	Poor self-control Habitual of having sex Sex is my diet
3. Psychological Needs	Anxiety	Hot flashes Nervousness
	Depression	Loneliness Feelings of Sadness Loss of societal status Financial stresses
	Disturbed Filial Relations	Lack of concern Parental discord Lack of trustworthiness Failure to relate with family
	Negative feelings about self	Feelings of insecurities Feelings of displeasure Self-criticism

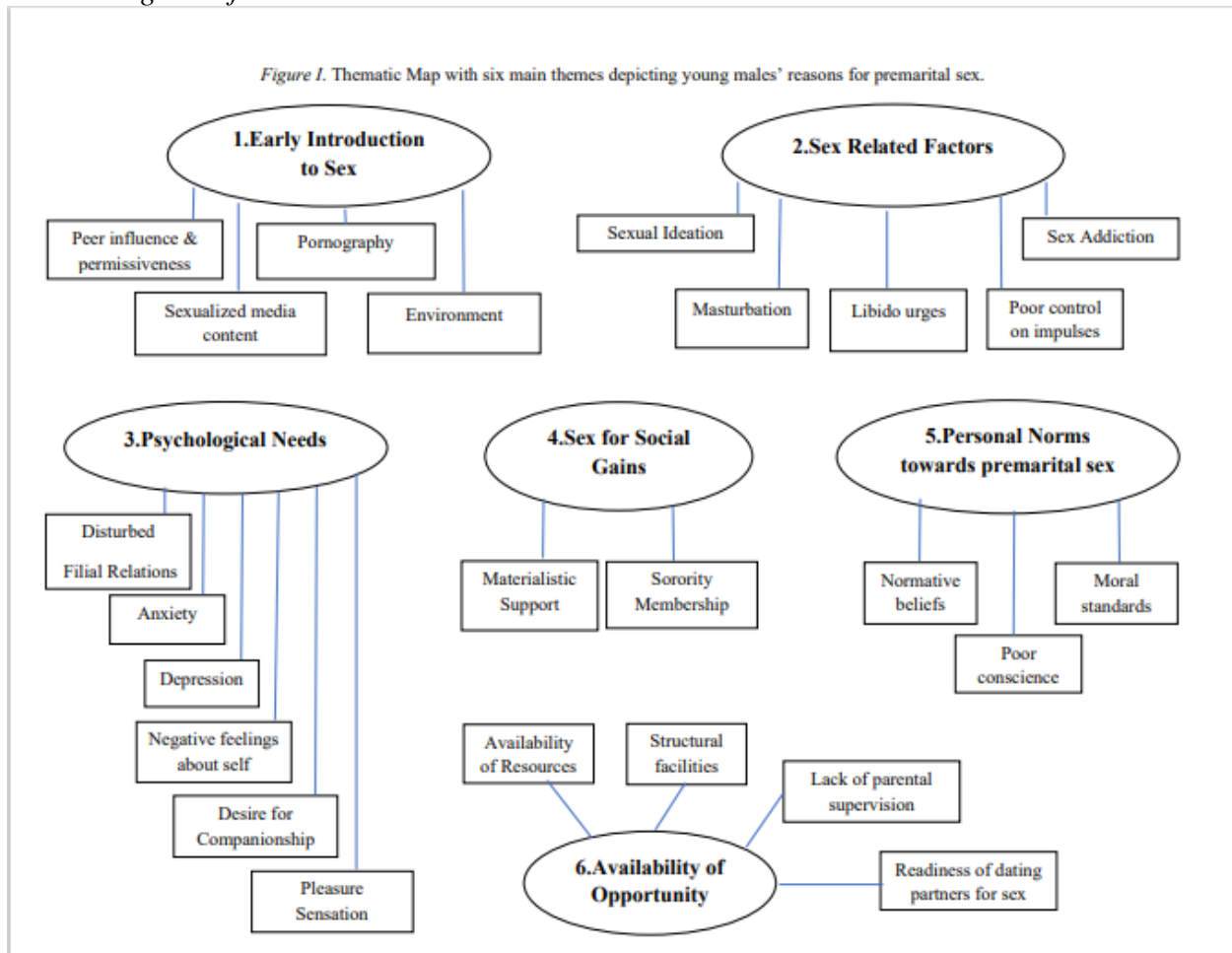
	Desire for companionship	Sexual identity Desire to be loved Desire to be understood Desire for a connection/bond Desire for emotional support
	Pleasure sensation	Elated mood Feeling hypnotized Feelings of calmness A way to reduce stress and agitation Feelings of satisfaction
4. Sex for Social Gains	Materialistic support	Long drives Free rides to home and college Free food and gifts Monetary gains
	Sorority membership	Desire to be part of a group Seek others' attention and approval Invitations to private parties
5. Personal norms towards premarital sex	Normative beliefs	Inhibitions about premarital sex Everyone desires sex Friends approve of premarital sex
	Poor conscience	No guilt feelings Believes premarital sex is not a sin
	Moral standards	Sex is a necessity Premarital sex is barred by religion and culture Against family values Fear of losing social respect if found guilty of having sex
6. Availability of opportunity for sex	Availability of resources	Easy money
	Structural facilities	Access to personal vehicle Flamboyance. Accessorizing self for attraction Freedom to move around, spend money, stay out late Renting hotel rooms Private farmhouses Friend's place
	Lack of parental supervision	No parental control



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	Death of a parent
	Lack of regulation by parents
	Lack of provision of a safe environment for children
Readiness of dating partners for sex	Partners desire sex
	Partners invite for sex
	No seriousness with partners
	Promiscuous sex

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**Figure 1***NVivo Diagram of the Generated Themes***Discussion**

Six main themes emerged during analysis. Pseudonyms have been used in the explication of these interpretative themes. To maintain privacy and protect identity of the participants, all names used in this study are false and do not represent real respondents.

**1. Early Introduction to Sex**

Peer influence, their permissiveness towards sex, early and improper exposure to sexualized media content, fantasizing sex after watching pornography and being in an environment where others openly talk and

glorify sex are some factors that lead young adults towards premarital sex.

Sharing of knowledge regarding sex and listening to personal sexual accounts of peers create exposure, arouse curiosity, fantasy, desire, and longing for a sexual partner among young men. According to Mr. Kazim:

*“When you sit among your friends who have done it all (i.e., have sex) and they tell you (about their sexual experiences), then you too feel a little aroused. You fantasize what it (having sex) must feel like. It comes to your mind, when will you do all this? When will your life partner come? When will you have a girlfriend?”*

Numerous studies support the notion that young adults do what they tend to think their friends do. Studies have found strong correlation among adolescents' self-reported sexual initiation and their perceptions about the sexual activity of their close friends (Bersamin et al., 2006; Romer et al., 2004). Each additional friend out of five who engages in premarital sex increases the chances of a student to involve in similar activity by 12-14%. Social Learning Theory suggests that people in their social context are continuously learning from each other via observation, imitation, and modeling (Abbot, 2007) but this learning is dependent upon an individual's mental state too. Observed learning does not necessarily cause a change in behavior. Both environmental and intrinsic factors influence behavior. Studies have shown young adults who reported more restrictive attitudes of their friends towards sex were less likely to do so themselves (Kapadia et al., 2012; Manguen & Armistead, 2006).

Recent studies revealed that exposure to pornographic content were 40% through

music, 12% through movies and 11% through television (Brown et al., 2005). Mr. Shahid with similar sort of exposure narrated:

*“I was in seventh class when I saw a scene (of physical intimacy) in a video song. At first, all these things (intense intimacy) seemed lies to me. I used to believe they are games media play that girl and guy are sitting together, kissing, and touching each other. Later, I saw some videos (porn), heard a few stories, then I realized oh these things do happen and there is no restriction of age for it.”*

Easy and wide access to internet and media induces early and inappropriate exposure of sex among young. Like Mr. Yasir mentioned, *“I was so lustful! I would type a model's name on Google and add 'nude' to it. Only later did I find out that there are professional porn stars that would actually do it for you...and it's free!”*

## 2. Sex related Factors

High libido, intense sexual curiosity, lack of control over sexual urges, impulsivity, and immaturity at teenage lead young adults to experiment sexually. As Mr. Subhan said, *“It [sex] wasn't planned. We just did it in the moment because we both felt like it was the right thing to do...we were making out and then we just felt the urge to have sex.”*

Research shows adolescents respond strongly to the neurotransmitter dopamine and the hormone oxytocin which influences the brain's reward systems and empathy, respectively, explaining their sensation-seeking sexualized behaviors (Huff Post, 2012). One of the participants shared, *“In young age you have no control over your*

*hormones*". Mr. Kamran said, "I had sex at the age of 17...because I found that girl very attractive and appealing". Age, gender, social context, and health affect sexual desire (Levine, 2003). Mr. Shahid reflecting on the intensity of his sexual desires said, "Looking at my age (19 years), my experience, and my mentality, had there been anyone else in my place at that time, I'm sure s/he would have done the same". Mr. Pasha said, "At that time (during teen age), a person is in his emotions and not thinking rationally".

### 3. Psychological Needs

Poor psychological health, feelings of anxiety, depression, and loneliness during adolescence leads towards premarital sex. Mr. Junaid reported, "I think it was depression at that time. Depression!? Anxiety!?...There was just a lot going on at my end". Parental neglect and the desire to feel loved and associated with someone also influence choice of premarital sex. Often the young engage in sex and drugs to escape reality and personal stressful events (Chiao et al., 2015). Like Mr. Yasir said, "When you are socially disturbed, you find some company (partner) with whom you can share and discuss your things... we had losses in business, our home environment was very depressive and tensed. In that time, I used to like this girl's company". Research on single Muslim adolescents aged 18-24 years showed "child-rearing practices", "parental interactions", "children's economic support", "religious beliefs" and "sexual awareness" as the five familial factors affecting premarital sexual relations (Noroozi et al., 2014). Psychopathy has been found to have direct effect on premarital sex (Abraham & Rahardjo, 2015). Young adults use sex as revenge and a way to let out their feelings of frustration and aggression. Like Mr. Latif said, "While I was committed to my girlfriend, I had sex with her friends since they were spoiling my girlfriend into hanging

*out with other males. I was very angry, so I took revenge*". Mr. Kazim reported having sex for pleasure and relaxation, as for him, "Sex is an outlet for aggression."

### 4. Sex for Social Gains

Social Exchange Theory best fits the concept social gains in premarital sex. Young men reported promiscuous sex with women for sexual pleasure. Whereas they believed that some women had sex for materialistic and monetary gains which they often used to their advantage. As Mr. Junaid said, "There used to be a small-town girl. From her conversations it felt like she wanted a Lahori guy who would take her out, take her on a ride on his car and all...so I took her to hotel room instead and had sex". Research on premarital sexual behaviors of women aged between 18-24 years found that women engaged in transactional sex to receive economic support and materialistic advantages which often led them with less negotiating power to avoid unprotected sex (Luke et al., 2011). As Mr. Yasir said, "Girls just look at money. They would go to the one who would have more money."

### 5. Personal Norms towards Premarital Sex

Sense of morality, adherence to filial, cultural, societal, and religious norms and the perception and permissibility towards premarital sex greatly influences one's choice of having or not having sex. Research on never married college students showed a positive relationship between perceived personal norms of permissiveness and premarital sex (Davidson & Leslie, 1977). Another study revealed people with favorable perceptions about premarital sex were six times more likely to have initiated sex as compared to those who held unfavorable perception (Ofori & Dodoo, 2015). Mr. Subhan having a sexual relationship with his girlfriend said, "Sex is as important as

*religion is for most people. I don't see how the two needs are any different...I'm not much of a religious person, anyway, considering that it (premarital sex) was never a sin for me in the first place."* Some young males allow themselves to have premarital sex because they perceive it as a normal activity.

## 6. Availability of Opportunity

The Implicit Opportunity Model of Premarital Sex presents 4 key elements: (1) The Actor: who enters the situation with some sort of predisposed feelings and knowledge (2) Others: interact with the actor and either encourage or discourage his behavior. (3) The characteristics of a place: isolation versus mix of others. (4) The hardware at hand: the availability of knowledge and materials to engage in or abstain from a behavior. A collective effect of all these four elements produces the availability of a behavior (Fernández-Villaverde et al., 2010). Mr. Kamran said, *"Opportunity pumps you! I never touched my girlfriend in the presence of others, but when we saw an opportunity, we had sex."* Lack of parental supervision, too much freedom at young age, and easy access to resources like car and money provided young adults with an opportunity to make premarital sex possible. Mr. Yasir said, *"I believe my parents should have controlled me. Nobody used to ask me where I spent all the money? Why had I stayed out till late? Where did I need to take the car to? Who was I with? What did I do all the time?"* Structural factors like off-campus residence, greater exposure to sexual partners through dating frequency, and fraternity/sorority memberships also creates an opportunity expediting the chances of engaging into premarital sex. Like Mr. Subhan said, *"We used to have a private guest house"*. Mr. Junaid, *"I had sex...it was a party at a farmhouse"*. Research supports

that students living in hostels often have multiple sexual partners (Dave et al., 2013).

## Conclusion

The present study identified six main themes to better conclude some of the reasons that lead young males towards premarital sex. Improper and early exposure to sex, having friends who are permissive of premarital sexual relations, having a poor control on sexual desires, feelings of agitation and loneliness, lack of strong filial ties, having sex for monetary or social benefits, lacking the conscience to consider this evil vice as a sin and having all the resources to be able to involve into premarital sexual activities like freedom without a sense of responsibility, money, car and access to free accommodations for casual sex.

## Limitations

Despite the popular belief that men are open towards talking about sexual experiences, many approached potential male participants refused to become a part of research due to societal fears, an assumed loss of self-respect, and discomfort talking openly to opposite gender about sex. Literature available on premarital sex in Pakistani context is almost negligible despite the huge amount of data available on this topic in other Muslim and neighboring countries like Iran, Malaysia, and India. More research is needed in this domain. Present study only countered the reasons for premarital sex among young males belonging from urban areas, Lahore, and from educated middle-upper class participants only. Results might be different for people belonging to a different socio-demographic background.

## Suggestions

Sex education to address the questions arising in the minds of the young must be imparted in a conscious and appropriate manner and in the light of Islam so they can

better understand the consequences of premarital sex like unwanted pregnancies, HIV/AIDS, and sexually transmitted diseases. Early marriages should be encouraged rather than having too much social and financial demands to fulfil sexual desires which is a basic human physiological need. The parents should emphasize on developing self-control and holding moral values and personal norms. Families must come together to support and educate their children, encourage open communication, and strengthen filial ties to avoid derailment due to feelings of loneliness, frustration, agitation, sadness, peer pressure, curiosity, or finances. Understanding that there is repentance for abstinence, can help come out of addiction to premarital sexual behavior.

### Implications of the Study

This study serves as a guide for parents and professionals to understand the internal and external factors influencing young adults' involvement in premarital sex. If catered and

controlled for such intra-psycho and interpersonal factors, young males can be prevented from engaging and becoming addicted to such immoral behaviors as premarital sex.

### Contribution of Authors

Kanza Faisal: Conceptualization, Investigation, Formal Analysis, Writing Original draft

Alina Rashid: Methodology, Formal Analysis. Validation

Sadia Khan: Investigation, Resources, Data Curation, Formal Analysis, Writing - Reviewing & Editing

### Conflict of Interest

There is no conflict of interest declared by authors.

### Source of Funding

The authors declared no source of funding.

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