

The Knowledge, Attitudes, and Practices of Young Adult Males on Reproductive Health in Barangay 569, Zone 56, Sampaloc, Manila

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Abstract

Sexual and reproductive health remains an important public health concern among young adults, particularly males, who play a significant role in reproductive decision-making, relationship responsibility, and health-seeking behavior. Despite this, reproductive health research and programs have historically focused more on females, resulting in limited attention to the knowledge, attitudes, and practices of young men in community settings. Understanding how young adult males perceive and engage with reproductive health concepts is essential in strengthening preventive behaviors, promoting shared responsibility, and supporting evidence-based community interventions.

This study aims to assess the levels of knowledge, attitudes, and practices related to sexual and reproductive health among young adult males aged 18–24 residing in Barangay 569, Zone 56, Sampaloc, Manila. The study seeks to describe their demographic characteristics and determine their awareness of reproductive health topics, perceptions toward contraception and safe sexual behaviors, and engagement in reproductive health practices. Findings from this study are intended to provide a basis for strengthening male-inclusive reproductive health education and barangay-based youth programs.



The study employs a quantitative, cross-sectional, and assessment-only research design with a descriptive approach. Data are gathered using a self-administered questionnaire adapted from a previously validated instrument on reproductive health knowledge, attitudes, and practices. The target respondents are selected through purposive sampling from the identified population of young adult males in the barangay. Descriptive statistics, including frequency, percentage, mean, and standard deviation, are used to analyze demographic characteristics and determine levels of knowledge, attitudes, and practices.

This study is expected to contribute to the growing body of literature on male reproductive health in the Philippine context and provide community-level insights that may guide policy development, program planning, and the enhancement of youth-friendly reproductive health services.

Keywords: *reproductive health, young adult males, knowledge–attitude–practice, condom use, sexual health behavior, Sampaloc, Manila*

1. Introduction

Sexual and reproductive health (SRH) has been recognized as a vital component of individual well-being, public health, and social development, particularly among adolescents and young Adults who are at heightened risk for unintended pregnancy, sexually transmitted infections (STIs), and reproductive health vulnerabilities (World Health Organization, 2023). Young males play a critical role in reproductive health dynamics, yet they are frequently underrepresented in health programs, policy initiatives, and empirical studies, as SRH interventions have historically been directed primarily toward females (Lantiere et al., 2022). Limited engagement of men in reproductive decision-making may reinforce misconceptions, hinder shared responsibility, and contribute to public health gaps.

International literature highlights that male knowledge and involvement in SRH significantly influence contraceptive use, STI prevention, and reproductive outcomes (Ding et al., 2019; Nair et al., 2020). Studies conducted in Bangladesh, India, and Indonesia reported that males with higher knowledge and more positive attitudes toward SRH demonstrate healthier decision-making and increased adoption of safe sexual practices (Adjie et al., 2019; Kalam, 2019; Ayehu et al., 2020). Conversely, inadequate SRH awareness among young males has been associated with increased risk behaviors, inconsistent condom use, misinformation regarding fertility, and limited health-seeking behavior (Magnani et al., 2021; Gavin et al., 2019).

In the Philippine context, the Young Adult Fertility and Sexuality Study (YAFS) revealed persistent gaps in reproductive health knowledge among Filipino youth, alongside early sexual debut and inconsistent contraceptive use (Marquez, 2021; University of the Philippines Population Institute, 2021). Although Republic Act 10354, or the Responsible Parenthood and Reproductive Health Act of 2012, institutionalized reproductive health education and access to services, barriers in implementation remain evident, particularly at the community level (Republic of the Philippines, 2012; Dela Luna et al., 2023). Local studies further indicate that Filipino men often demonstrate limited SRH participation, with cultural norms, misinformation, and gender expectations influencing their reproductive decision-making behavior (Castro et al., 2020; Velasco et al., 2019).

Despite increasing national efforts, there remains a scarcity of community-based KAP research focused specifically on young adult males. Barangay-level data serve as essential foundations for targeted interventions, youth-centered programming, and localized reproductive health policy alignment. Barangay 569, Zone 56, Sampaloc, Manila represents an urban community composed of diverse young male residents in a highly populated district where exposure to reproductive health risks may vary according to age, social environment, education, and access to information.

The present study assessed the demographic profile and levels of knowledge, attitudes, and practices regarding reproductive health among young adult males in Barangay 569, Zone 56, Sampaloc, Manila. The results of this study are intended to support evidence-based



barangay initiatives, strengthen male-inclusive reproductive health strategies, and contribute to existing literature on SRH among Filipino young adults.

Statement of the Problem

The researchers aim to provide a comprehensive understanding of the knowledge level, attitude level, and practice level of young male adults in the barangay concerning reproductive health, which will be crucial in the development of a targeted barangay-level SRH program aimed at improving knowledge, shaping positive attitudes, and encouraging responsible sexual health behaviors.

Moreover, the researchers seek to answer the following questions:

1. What are the demographic characteristics of the respondents?

- Age
- Religion
- Educational Attainment

1. What is the level of knowledge and awareness of young male adults in Barangay 569, Zone 56, Sampaloc, Manila about sexual and reproductive health, including contraceptives and STIs?

2. What is the level of attitude of young male adults in Barangay 569, Zone 56, Sampaloc, Manila towards sexual and reproductive health, specifically regarding contraception use, safe sex, and healthcare services?

3. What is the level of practice of young male adults in Barangay 569, Zone 56, Sampaloc, Manila related to sexual and reproductive health, such as condom use, seeking sexual health information and healthcare services?

2. Methodology

2.1 Research Design

The study employed a quantitative, cross-sectional, and assessment-only research design with a descriptive approach. This design was used to measure the current levels of knowledge, attitudes, and practices on reproductive health among the respondents at a single point in time. The approach was appropriate because it allowed objective numerical description of SRH variables without manipulation of conditions.

2.2 Research Instrument

Data were gathered using a self-administered questionnaire developed through Google Forms. The instrument consisted of four sections: (1) Demographic Profile, (2) Knowledge, (3) Attitude, and (4) Practices. The questionnaire was modified based on the study of Pasay-An, Judith, and Petelyne (2020) on the knowledge, attitudes, and practices of adolescents regarding sexuality and reproductive issues in the Cordillera Administrative Region. Content relevance and clarity were reviewed to ensure alignment with the barangay context and research objectives.

2.3 Population and Sampling

The Sangguniang Kabataan of Barangay 569 provided a population tally of 108 young adult males aged 18–24. Slovin's formula with a 0.05 margin of error was applied, yielding a sample size of 85 respondents. Respondents met the following criteria:

1. Currently residing in Barangay 569, Zone 56, District 4, Sampaloc, Manila
2. Single
3. Aged 18–24 years old
4. Male
5. With no children
6. Heterosexual
7. Provided voluntary consent to participate

2.4 Data Analysis

Quantitative data were analyzed using frequency counts and percentages for demographic variables. Knowledge, attitude, and practice levels were interpreted using descriptive statistics, including mean and standard deviation, supported by Likert-scale transmutation descriptors. The primary statistical tools used were frequency, mean, and standard deviation scoring.

Table 1 Likert Scale Transmutation Table for Knowledge, Attitude, and Practices

Likert-Scale Description	Likert-Scale	Interval
Strongly Agree/Always	5	4.21-5.00
Agree/Often	4	3.41-4.20
Neutral/Sometimes	3	2.61-3.40
Disagree/Rarely	2	1.81-2.60
Strongly Disagree/Never	1	1.00-1.80

3.Results

3.1 Demographic Characteristics

Most respondents belonged to the age group 20–24 years (94.11%), while 5.89% were aged 18–19 years. In terms of religion, 85.88% identified as Roman Catholic, 5.88% as Iglesia ni Cristo, 4.71% as Kristiyano, 1.76% as Jehovah's Witness, and 1.76% as Baptist. The highest educational attainment showed that 65.88% were college undergraduates, 20% were college graduates, 12.94% were in senior highschool, and 1.18% were in junior highschool.

Demographic Profile

Table 2

Demographic Profile	Frequency (N=85)	Percentage (%)
AGE		
18	2	2.35
19	3	3.53
20	11	12.94
21	21	24.70
22	17	20.00
23	11	12.94
24	20	23.53
RELIGION		
Roman Catholic	73	85.88
Iglesia Ni Cristo	5	5.88
Christian	4	4.71
Others	3	3.53
EDUCATIONAL ATTAINMENT		
Junior High School	1	1.18
Senior High School	11	12.94
College Undergraduate	56	65.88
College Graduate	17	20.00

3.2 Level of Knowledge

Respondents demonstrated a high level of knowledge regarding reproductive health concepts, contraceptive use, pregnancy prevention, and STI awareness, with an overall mean score of 4.33 described as “Strongly Agree.”

Level of Knowledge on Sexual and Reproductive Health

Table

Knowledge Level Statements	Frequency					Mean	SD	Description
	5	4	3	2	1			
k1. I understand how pregnancy occurs and the biological process of human reproduction.	64	12	4	0	5	4.53	1.02	Strongly Agree
k2. I am knowledgeable about different contraceptive methods and their effectiveness in preventing pregnancy.	45	20	13	4	3	4.18	1.08	Agree
k3. I can identify common STIs and understand how they are transmitted.	41	21	16	5	2	4.11	1.05	Agree
k4. I understand the importance of condoms in preventing both pregnancy and sexually transmitted infections.	74	4	6	0	1	4.76	0.68	Strongly Agree
k5. I am aware of the legal rights and responsibilities regarding SRH in my country.	49	20	7	6	3	4.25	1.09	Strongly Agree
k6. I know where to access reliable SRH services in my community.	39	17	19	4	6	3.93	1.23	Agree
k7. I understand the physical, emotional, and social consequences of early pregnancy.	57	16	8	2	2	4.46	0.93	Strongly Agree
k8. I am familiar with the rights and responsibilities of adolescents and young adults regarding SRH.	55	19	7	2	2	4.45	0.91	Strongly Agree
						4.33	1.00	Strongly Agree

3.3 Level of Attitude

Attitudes toward SRH reflected responsible perspectives and openness to safe sexual practices and reproductive health education. The overall mean score was 4.17, interpreted as “Agree.”

Level of Attitude Toward Sexual and Reproductive Health

Attitude Level Statements	Frequency					Mean	SD	Description
	5	4	3	2	1			
a1. Sexually transmitted diseases (STDs) and pregnancy can be prevented by using a condom during sexual activity.	55	21	5	2	2	4.39	0.97	Strongly Agree
a2. The most effective way to prevent STDs is to refrain from engaging in sexual intercourse.	50	13	15	4	3	4.15	1.18	Agree
a3. Knowledge of RH is essential for young adults	59	18	5	1	2	4.48	0.91	Strongly Agree
a4. Alcohol drinking will have a bad effect on my reproductive health.	48	17	13	3	4	4.10	1.14	Agree
a5. An unplanned pregnancy will lead to attempts to terminate it.	42	24	10	4	5	4.00	1.19	Agree
a6. Emergency contraception (EC) is a method used to prevent pregnancy following unprotected sexual intercourse.	45	22	16	1	1	4.14	1.00	Agree
a7. STDs can be spread through kissing and genital contact.	47	20	10	3	5	4.07	1.17	Agree
a8. Sexual behaviors of the young adults are influenced by their peers/friends.	42	22	13	5	3	4.05	1.12	Agree
						4.17	1.08	Agree

3.4 Level of Practice

Respondents exhibited generally responsible reproductive health practices, including condom use and information-seeking behaviors, with an overall mean score of 4.17. Yet, practices were noted to be less consistent compared to knowledge and attitude responses.

Level of Reproductive Health Practices

Attitude Level Statements	Frequency					Mean	SD	Description
	5	4	3	2	1			
a1. Sexually transmitted diseases (STDs) and pregnancy can be prevented by using a condom during sexual activity.	55	21	5	2	2	4.39	0.97	Strongly Agree
a2. The most effective way to prevent STDs is to refrain from engaging in sexual intercourse.	50	13	15	4	3	4.15	1.18	Agree
a3. Knowledge of RH is essential for young adults	59	18	5	1	2	4.48	0.91	Strongly Agree
a4. Alcohol drinking will have a bad effect on my reproductive health.	48	17	13	3	4	4.10	1.14	Agree
a5. An unplanned pregnancy will lead to attempts to terminate it.	42	24	10	4	5	4.00	1.19	Agree
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a8. Sexual behaviors of the young adults are influenced by their peers/friends.	42	22	13	5	3	4.05	1.12	Agree
						4.17	1.08	Agree

4. Discussion

The findings of this study demonstrated that young adult males in Barangay 569 possess a high level of knowledge on sexual and reproductive health, alongside generally positive attitudes and moderately consistent reproductive health practices. These results reflect a meaningful shift in how young Filipino males are beginning to engage with reproductive



health concepts, particularly in urban communities where access to education and digital information may be more available.

The high knowledge mean score indicates that respondents are aware of pregnancy prevention, contraceptive use, and the protective role of condoms against sexually transmitted infections. This finding is consistent with international studies reporting that increased exposure to health information, schooling, and peer influence contributes to stronger reproductive health awareness among male youth (Adjie et al., 2019; Ding et al., 2019; Nair et al., 2020). Similar results have also been observed in Asian and Southeast Asian populations, where urban-based young adults demonstrate greater familiarity with SRH concepts compared to rural-based peers.

In the Philippine context, these results parallel the trends reported in the Young Adult Fertility and Sexuality Study, where awareness of reproductive health has improved among Filipino youth, particularly those with higher educational attainment (Marquez, 2021). The high proportion of college-level respondents in this study may therefore serve as a contributing factor to their strong knowledge scores, as individuals in tertiary education settings are more likely to encounter SRH concepts through coursework, peer discussions, online platforms, and institutional environments.

Despite this, knowledge alone does not automatically translate into consistent behavior. While respondents demonstrated positive attitudes toward SRH, particularly in recognizing the importance of safe sexual relationships, contraceptive use, and preventive health care. Their reported practices were relatively lower compared to their knowledge and attitude levels. This reinforces a commonly observed pattern in KAP research, wherein young adults understand and agree with SRH principles but struggle to apply them consistently in real-life situations (Kalam, 2019; Magnani et al., 2021).

The gap between awareness and practice may be influenced by several factors. Cultural norms surrounding masculinity and sexuality in Filipino communities may discourage young males from openly discussing reproductive concerns, purchasing condoms, or visiting health centers due to embarrassment or fear of judgment. Previous Philippine-based studies have documented similar barriers, particularly in relation to stigma, gender expectations, and lack of youth-friendly services (Castro et al., 2020; Dela Luna et al., 2023; Lantiere et al., 2022).

Although most respondents acknowledged the value of reproductive health services, health-seeking behavior was not consistently reported. This suggests that physical access to services may not be the primary challenge. Instead, psychosocial barriers — such as discomfort, misconceptions, or preference for private or peer-based information sources — may play a greater role in influencing behavior.

The finding that attitudes were generally positive is still encouraging, as it implies readiness for engagement in SRH initiatives. Positive attitudes provide a foundation upon which behavioral change interventions can be strengthened, particularly through programs that reinforce safe practices, normalize health consultations, and promote shared responsibility in relationships (Gavin et al., 2019; Velasco et al., 2019). These findings align with



global public health perspectives emphasizing that behavior adoption improves when individuals perceive value, comfort, and social support in practicing preventive measures.

The demographic profile of respondents also plays an interpretive role in understanding the findings. The predominance of respondents aged 20–24 indicates a population already transitioning into adulthood, independence, and active relationship stages. This developmental phase may increase their exposure to SRH experiences and decision-making situations, reinforcing the importance of reproductive health support at this stage of life.

Religious and cultural backgrounds may likewise influence both attitudes and practices. The majority of respondents identifying as Roman Catholic suggests that traditional moral perspectives may shape beliefs regarding sexuality, partner relationships, and contraceptive behavior. While some religious influences may promote abstinence or restraint, they may also limit open reproductive health discussions, thereby contributing to the behavioral hesitation reflected in practice scores.

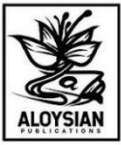
These findings reveal a promising yet developing SRH landscape among young adult males in Barangay 569. The respondents demonstrate readiness for reproductive health engagement but require supportive environments, socially acceptable learning channels, and youth-centered service models to bridge the remaining gaps between knowledge, attitude, and practice. These results reinforce the importance of male inclusion in reproductive health discourse and highlight the need for barangay-based initiatives that normalize health-seeking behaviors, promote responsible decision-making, and strengthen preventive practices among young Filipino males.

Conclusion

This study assessed the knowledge, attitudes, and practices related to sexual and reproductive health among young adult males in Barangay 569, Zone 56, Sampaloc, Manila. Based on the responses of 85 participants, the findings revealed that the respondents possess a high level of knowledge and generally positive attitudes toward reproductive health, yet exhibit moderately consistent reproductive health practices.

The results indicate that young adult males in the barangay are increasingly informed about key reproductive health concepts, including contraceptive use, pregnancy prevention, and the role of condoms in minimizing sexually transmitted infection risk. Their positive attitudes reflect openness to responsible sexual decision-making, health education, and preventive measures, suggesting a growing awareness of the importance of reproductive health in everyday life.

The lower level of consistency in actual practice highlights an ongoing behavioral gap. Despite being knowledgeable and receptive, many respondents do not regularly translate these attitudes into sustained preventive behavior. This finding underscores the continuing need for strengthened reproductive health initiatives that move beyond information-based learning toward behavior-supportive approaches.



The study concludes that improving reproductive health outcomes among young males requires not only awareness strategies, but also interventions that address cultural norms, social expectations, and access experiences. Youth-friendly and male-inclusive health programs at the barangay level may help normalize condom use, encourage confidential health consultations, and create safe learning spaces for reproductive health discussion.

The study emphasizes that young adult males are willing and capable partners in reproductive health learning and practice. With proper guidance, supportive environments, and culturally sensitive programming, they can further develop into informed, responsible, and health-conscious individuals who contribute positively to community well-being.

Relevance to Philippine Public Health

The findings also reinforce the policy direction of RA 10354, which emphasizes male involvement, shared reproductive responsibility, and access to information and services. The results also support calls made by WHO (2023) and Philippine youth studies to further strengthen:

- community-based SRH education
- male-inclusive reproductive health initiatives
- accessibility and visibility of barangay-level services

The respondents' positive orientation toward condom use and prevention suggests that male engagement interventions remain promising, but continued effort is required to ensure consistency of practice and improved health-seeking behavior.

5. Recommendations

Based on the results and discussion drawn from the study, the following recommendations are offered.

(1)Barangay health centers can assist in developing programs that cater the needs of young male adults and improve their personal development. It is hoped that the findings of the study can be used in review and revision of programs of the Barangay health workers for young male adults of Barangay 569, Zone 56, Sampaloc, Manila.

(2)The researchers can assess the effectiveness in improving young men's awareness and practices related to family planning and reproductive health, researchers may design and implement intervention programs, such as workshops, mobile health service, or social media campaigns.



(3) A comparative analysis of young male adults and young female adults can bring out differences in knowledge, attitudes, and practices in reproductive health. Researchers can identify these differences to develop more focused and effective gender-specific health education programs, which can impart young women and men with proper and complete information that is relevant to their respective concerns and anxieties.

(4) To compare findings and identify common trends in the knowledge, attitude and practices of young male adults regarding family planning and reproductive health.

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