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Sexual Practices of Female Students at South African Universities: Literature Review

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ABSTRACT Majority of university female students' fall within the sexually active group and are prone to sexually transmitted infections because of high level of freedom, parties and multiple sexual partners. Grounded in Health Belief Model (HBM) which is based on the notion that the female students will take health related actions to avoid adverse consequences such as substance abuse, literature documented that female student's lack the capacity to negotiate safe sex and often become susceptible to unwanted pregnancies. This study employed systematic review as the methodology to determine the sexual practices of students at tertiary institutions in South Africa. This research study found that lesbian students are susceptible to discrimination owing to homophobia and religious principles held by heterosexuals while peer pressure and poor socio-economic status propel many female students to promiscuity. Based on the literature findings, workshops on sex education should be conducted to inculcate sexual behaviour change among female students.