



Sex and sexuality communication in African families in South Africa: The dynamics of openness and closedness

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Project Abstract

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HOW TO CITE THIS PAPER?

Abstract

This study aims to explore the complexities of discussing sex and sexuality within African families, in South Africa with a focus on the dynamics of openness and privacy. Recognizing the role that families play in shaping identities, this research investigates various factors that influence these important conversations, including cultural and religious norms. Using a Qualitative Methodology, the study adopted a case study design involving 20 young adults and 20 parents of adolescents, who were selected using purposive sampling. This method allowed for an in-depth exploration of experiences and perspectives regarding communication about sex and sexuality within families. Guided by the Communication Privacy Management theory, this study offers a framework to examine how privacy and disclosure are balanced during these discussions. The data collected through in-depth interviews was analysed using Atlas.ti software. This analysis revealed six emerging themes that directly relate to the research questions, providing insights into the nature of communication patterns and highlighting the impact of norms and values. In conclusion this study emphasizes the importance of culturally sensitive communication within families. It underscores the need for creating environments where young adults can develop identities. The research also recommends interventions that respect religious backgrounds, while encouraging constructive dialogues about sex and sexuality. Such initiatives are vital, for equipping adults with information and promoting positive sexual development. The significance lies in the contribution to understanding the dynamics surrounding discussions about sex and sexuality within families, the potential to impact both family behaviours and public policy, ultimately improving the youth’s well-being as they navigate their sexual identities.



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- 3. Qualitative Research in Social Science

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