

was a relationship between sex guilt and sex anxiety. The result of the person correlation showed that there is no significant relationship between sex anxiety and sex guilt among young adults. Hence the null hypothesis, there is no significant relationship between sex anxiety and sex guilt among young adults is accepted.

Summary:

The aim of the present study was to find the relationship between sex anxiety, religiosity and sex guilt among young adults. From the results, it can be concluded that there is no relationship between sex anxiety, sex guilt and religiosity among young adults who are unmarried. The tools used in the study were the sex anxiety inventory, the centrality of religious scale and the brief mosher sex guilt scale

Limitation:

Main drawback of the study is the sample size was small as well as most of the samples were from Bengaluru. A replica of the present study can be conducted with a larger sample selected through a probability sampling method. Interview with male and female would help in understanding the nature of sex anxiety they face.

Implications:

Young adults are obviously the future of tomorrow. This study will shed some light to young people regarding sexual health and sexual attitudes. Young adults can contribute to the community as well as they have a role in the development and growth of every nation especially in developing countries like India. During this phase young adults go through many changes and transitions take place, mainly mental and physical changes. Due to lack of proper sex education young adults have several misunderstandings regarding sexuality and sexual acts. Proper scientific sex education or family life education and counselling sessions will help in removing these kinds of anxieties among youth whom are driving force of tomorrow. The results of the current research will help young adults in better understanding about sexual acts and stereotyped beliefs about sex.

REFERENCES:

1. Abbott, D. M., Harris, J. W., & Mollen, D. (2016). The Impact of Religious Commitment on Women's Sexual Self-Esteem. *Sexuality and Culture*, 20(4), 1063-1082.
2. Ali-Faisal, S. F. (2018). Crossing sexual barriers: Predictors of sexual guilt and sexual anxiety among young Canadian and American Muslim adults. *Canadian Journal of Human Sexuality*, 27(3), 181-194.
3. Janda, L. H., & Bazemore, S. (2011). The Revised Mosher Sex-Guilt Scale: Its psychometric properties and a proposed ten-item version. *Journal of Sex Research*, 48, 392-396.