



International Journal of Psychiatry Research

ISSN Print: 2664-8962
ISSN Online: 2664-8970
Impact Factor: RJIF 5.44
IJPR 2024; 6(1): 39-42
www.psychiatryjournal.in
Received: 22-12-2024
Accepted: 26-01-2024

Hina Asodiya
Nursing Tutor Cum-Clinical
Instructor, Ambaji Nursing
College, Ganeshpura, Mehsana,
Gujarat, India

A study to assess the effectiveness of structured teaching programme on knowledge regarding sexual abuse and its prevention among adolescent girls studying in selected higher secondary School Kalol city, Gandhinagar

Hina Asodiya

DOI: <https://doi.org/10.33545/26648962.2024.v6.i1a.66>

Abstract

Background: Adolescence is an important phase in the life cycle. The development of familial, Interpersonal and institutional relationships at this critical stage in life may have lasting influences throughout the life-course.

Methodology: A Pre-Experimental Research approach helped the investigator to assess the effectiveness of a structured teaching programme on knowledge regarding sexual abuse among adolescent girls of studying selected higher secondary school in Kalol Gandhinagar. As the control over the variables under the study was not taken, randomization was used. Hence, the pre- experimental approach was used in this study. One group Pre-Test Post Test Research Design.

Results: In this, majority 52(86.66%) of the sample were in the age group of 14-16 years, 8(13.33%) of the sample were in the age group of 12-14 years, 60(100%) sample were female, majority 56(93.33%) of the sample were Hindu. In pre-test of sexual abuse result was subject highest percentage 15% were poor, 73.33% were good, 11.66% were very good, 0% were excellent and post test result was subject highest percentage 55% were excellent; 30% were very good; 15% were very good; 0% were poor. The mean score of pre-tests was 6.67 and mean score of post- tests was 17.21 it indicates that the 10.54 knowledge in these students. The comparison between pre-test and post-test performance score 10.54 obtained by samples regarding sexual abuse.

Conclusion: The findings indicated that structured teaching programme was an effective in improving knowledge adolescent girls of selected higher secondary school kalol city, Gujarat.

Keywords: Assess, effectiveness, sexual abuse, adolescent girls

Introduction

Adolescence is an important phase in the life cycle. The development of familial, Interpersonal and institutional relationships at this critical stage in life may have lasting influences throughout the life- course. It is a period that is characterized by the increasing importance of social contexts beyond the home. These changes include a shift in autonomy away from family-centered relationships toward institutional and peer group interactions. In order to make a successful transition into adulthood, adolescents must learn how to engage in tasks that occur both within and between these interrelated social contexts. To date, most research has examined characteristics of adolescents' homes and schools to assess their immediate social environment. However, a growing body of work has begun to focus on neighborhoods as one of the primary social contexts responsible for differential developmental trajectories among adolescents. Although the documentation of neighborhood effects among adults is well established, the examination of these phenomena among adolescents is limited and results regarding neighborhood specific processes among younger populations remain inconclusive.

Sexual abuse is any sort of non-consensual sexual contact. Sexual abuse can happen to men or women of any age. Sexual abuse by a partner/intimate can include derogatory name calling, refusal to use contraception, deliberately causing unwanted physical pain during sex, deliberately passing on sexual diseases or infections and using objects, toys, 17 or other item

Corresponding Author:
Hina Asodiya
Nursing Tutor Cum-Clinical
Instructor, Ambaji Nursing
College, Ganeshpura, Mehsana,
Gujarat, India

without consent to cause pain or humiliation. Sexual abuse is any contact or interaction (Physical, visual, verbal or psychological) between adolescent and an adult when the adolescent is being used for the sexual stimulation of the perpetrator or any other person. Sexual abuse may be committed by a person under the age of eighteen when that person is either significantly older than the victim or when the abuser is in a position of power or control over the victimized adolescent. When sexual abuse is perpetrated by an adult or older child who is a blood or legal relative, this is incest. Some people may believe that because their abuse wasn't as extensive compared to others, they have no right to speak out or should not have any reason to suffer long-term emotional, psychological or physical effects. Adolescent sexuality refers to sexual feelings, behavior and development in adolescents and is a stage of human sexuality. Sexuality is often a vital aspect of teenagers' lives. The sexual behavior of adolescents is, in some cases, influenced by their culture's norms and mores, their sexual orientation, and the issues of social control such as age of consent laws. In humans, mature sexual desire usually begins to appear with the onset of puberty. Sexual expression can take the form of masturbation or sex with a partner.

Need for the study

Sexual abuse is common among all the age groups, cultural and socio-economic strata's of society. It occurs in homes, schools, the workplace and other public places by family members, neighbors, teachers, supervisors, and schoolmates and, on occasion, strangers. As a taboo subject, sexual abuse is rarely reported or studied. Hence it is difficult to estimate how many adolescents and young people suffer from sexual abuse, violence, coercion, incest, rape or sexual trafficking. Nevertheless, evidence suggests that a disturbingly large number of adolescent girls and boys are subjected to coercion in South Asia Sexual abuse and exploitation of adolescent and youth occurs when an adolescent or adult takes advantage for sexual purposes, including for participation in prostitution, pornographic performances and in the production of pornography. Sexual abuse and exploitation is perpetrated on adolescence.

Review of literature

It refers to an extensive, exhaustive and systemic examination of publications relevant to research project.

1. Review related to prevalence of sexual abuse.
2. Review related to awareness regarding sexual abuse.
3. Review related to effectiveness of structured teaching program regarding sexual abuse.

Review related to prevalence of sexual abuse

Evelin, M. Euser *et al.* (2013) [24] conducted a Meta analysis study on current prevalence rate of sexual abuse among girls. They collected a data since 1992 and reviewed among adolescent girls age between 13 to 19. These six studies suggest that overall prevalence rate of sexual abuse is 7.5% -11.7%. Prevalence rate among girls is 10.7% -17.4% and for boys are 3.8% - 4.6%. An estimated 7.9% of men and 19.7% of women globally experienced sexual abuse prior to the age of 18. U.S. rates were 7.5% for males and 25.3% for females. The highest prevalence rate of child sexual abuse geographically was found in Africa (34.4%). Europe showed the lowest prevalence rate (9.2%). America and Asia had prevalence rates between 10.1% and 23.9%.

Arun B Nair, Devika J (2013) had done a study in schools of Kerala on sexual abuse among a group of adolescent girls attending life skills education workshops in Kerala. The samples of the study were 1000 participants, 382 (38.2%) reported that they were abused at some point of their life. 26.02% reported about contact abuse and 11.68% reported about non- contact abuse. 73% girls known their abusers and 37.5% reported that perpetrator was a family member or close relative. 26.6% girls report abuse to their parents or teachers.

Review related to awareness regarding sexual abuse

R. Shashikumar, R C Das (2012) [25] conducted a cross sectional study on factors associated with adolescent sexuality. Study conducted in two co-educational schools of Goa. Total study sample was 642. It comprised 357 (61.93%) girls and 229 (39.07%) boys. 30.08% girls had reported having sexual experience. Average age of first sexual contact for girl was 14.09 years. 41.09% girls and 53.04% boys have the knowledge regarding sex education.

R. Umadevi, R. Rama *et al.* (2013) conducted a study on Adolescent Health Present Status and Its Related Programs in India. Study shows that 2.7% boys and 8% girls reported sexual debut before the age of 15 and most of the sexual activity happens in the context of marriage, this leads to early pregnancy due to social pressure. Even though contraceptive awareness is 94% among girls aged 15-19, only 23% of the married and 18% of the sexually active unmarried girls in this group, used a contraceptive once at least. All the three shows almost equal prevalence (59.1%, 59.8% and 58.2%) of pregnant and mothered adolescent and there is a steady increase in percentage of first pregnancy among adolescents (11.7%, 12.4% and 14.4%). Early marriage and low contraceptive usage are the reasons behind this trend.

R. Shashikumar, R C Das (2012) [25] conducted a cross sectional study on factors associated with adolescent sexuality. Study conducted in two co-educational schools of Goa. Total study sample was 642. It comprised 357 (61.93%) girls and 229 (39.07%) boys. 30.08% girls had reported having sexual experience. Average age of first sexual contact for girl was 14.09 years. 41.09% girls and 53.04% boys have the knowledge regarding sex education.

R. Umadevi, R. Rama *et al.* (2013) conducted a study on Adolescent Health Present Status and Its Related Programmes in India. Study shows that 2.7% boys and 8% girls reported sexual debut before the age of 15 and most of the sexual activity happens in the context of marriage, this leads to early pregnancy due to social pressure. Even though contraceptive awareness is 94% among girls aged 15-19, only 23% of the married and 18% of the sexually active unmarried girls in this group, used a contraceptive once at least. All the three shows almost equal prevalence (59.1%, 59.8% and 58.2%) of pregnant and mothered adolescent and there is a steady increase in percentage of first pregnancy among adolescents (11.7%, 12.4% and 14.4%). Early marriage and low contraceptive usage are the reasons behind this trend.

B. Muneeswari (2013) performed a study to assess the effectiveness of planned health teaching programme using child-to-child approach on knowledge of selected first aid measures among school children in selected schools at Dharapuram in Tamil Nadu, India. Quasi experimental design was adopted. The present study was conducted at

Dharapuram in Erode district, Tamil Nadu India. The samples were 200 selected by simple random sampling method. The results showed that ('Z' value =1.96) mean pre and post-tests value were 10.26 and 21.55. The study concluded that about 68.5percent of students gained adequate knowledge after teaching programme using child-to-child approach.

Patil, B. Sushma (2013) conducted study on effectiveness of structured teaching program on knowledge regarding child abuse and its prevention among primary teachers in Karnataka 60 samples were selected by convenient sampling technique. The study results shows that mean post-test knowledge score is 32.51% is higher than pre-test knowledge score with median 33, mode 33.98 and range 9. This shows that structured teaching is effective.

Research Methodology

The content of this chapter includes research approach and its rational, description of setting and population, sampling technique, sample population, description of sample, tool selection, construction, description and rational of the tool, procedure of data collection, data analysis and statistically methods used for the study.

Research approach and rationale

A Pre Experimental Research approach helped the investigator to assess the effectiveness of a structured teaching programme on knowledge regarding sexual abuse among adolescent girls of studying selected higher secondary school in kalol Gandhinagar. As the control over the variables under the study was not taken, randomization was used. Hence, the pre experimental approach was used in this study.

Analysis and interpretation

In this, majority 52(86.66%.) of the sample were in the age group of 14-16 years, 8(13.33%) of the sample were in the age group of 12-14 years, 60(100%) sample were female, majority 56(93.33%) of the sample were Hindu.

The mean pre-test practice score of samples on sexual assault was 6.67 whereas mean post test score was 17.21 with a mean difference of 10.54. The calculated 't' value ('t' =37.44) was greater than tabulated 't' value ('t' =2.05) which was statistically proved at 0.05 level of significance.

It revealed that the Structured Teaching Programme was effective in increasing knowledge among the samples.

Table 1: Frequency and percentage distribution of adolescent girls according to pre-test level of knowledge regarding SEXUAL ABUSE

Sr. No.	Variables	Score	Frequency	Percentage
1.	Poor	<5	9	15%
2.	Good	5 to 10	44	73.33%
3.	Very good	10 to 15	7	11.66%
4.	Excellent	15 to 20	00	0%

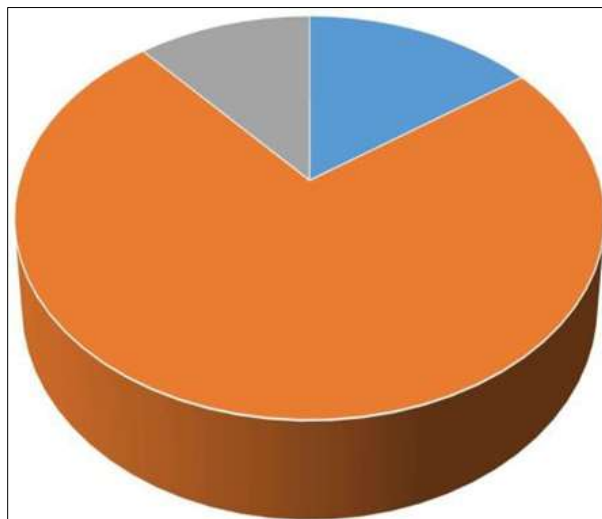


Fig 1: This pie chart indicates percentage wise knowledge of pre-test

In this distribution according to subject highest percentage 15% were poor, 73.33% were good, 11.66% were very good, 0% were excellent.

Table 2: Frequency and percentage distribution of adolescent girls according to post-test level of knowledge regarding SEXUAL ABUSE

Sr. No.	Variables	Score	Frequency	Percentage
1.	Poor	<10	0	0%
2.	Good	10 to 13	9	15%
3.	Very good	14 to 17	18	30%
4.	Excellent	18 to 20	33	55%

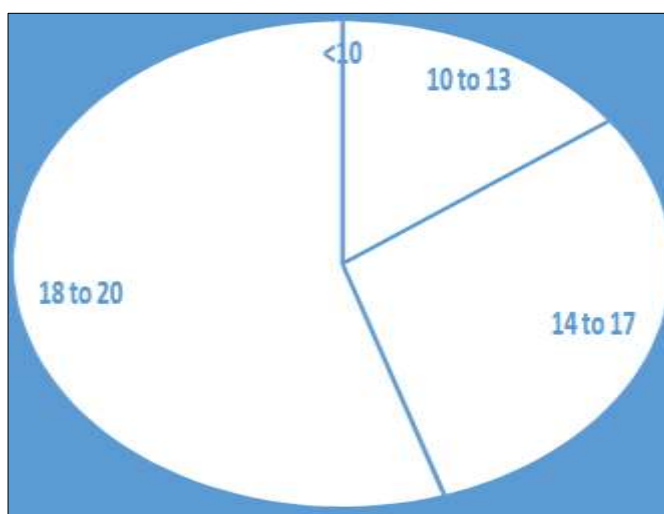


Fig 2: This Pie chart indicates Percentage wise Knowledge of Post-test

In this diagram distribution according to subject highest percentage 55% were excellent; 30% were very good; 15%

were very good; 0% were poor.

Table 3: Mean difference standard deviation and “t” value of effectiveness of planned teaching programme among adolescent girls

Sr. No.	Group	Mean	Mean difference	SD	“t” Value	Level of significant
1.	Pre-test	6.67	10.54	1.58	2	0.05
2.	Post-test	17.21		2.1		

Conclusion

The findings indicated that structured teaching programme was an effective in improving knowledge adolescent girls of selected higher secondary school kalol city, Gujarat. adolescent girls gained significant increase in knowledge shows that the Structured Teaching Programme was effective. The Structured Teaching Programme of sexual abuse was acceptable and useful for adolescent girls.

Acknowledgement

We would like to thank all the consultants who were participated in this study.

References

- Russell CEH. The epidemic of rape and child sexual abuse in the United States. Publication date; c2000 15 Aug.
- Baker CD. Female survivors of sexual abuse. Publication date; c2002 01 Aug.
- Abdalali S. What we talk about when we talk about rape. In: Abdalali S, editor. Place: Publisher; Year. p. 54-59.
- Allender D, Lee-Throp KL. The wounded heart for adult victims of childhood sexual abuse. Place: Publisher.
- Skyhorse. The little book of restorative justice for sexual abuse. Publication date; c2015 27 Oct.
- Weise AN, Black BM. Programs to reduce teen dating violence and sexual abuse. Edition. Place: Publisher; Year. p. 97-101.
- Kirk S. The sexual abuse of adolescent girls: social worker’s child protection practice. Publication date; c2019 Jun 4.
- Ullman SE. Talking about sexual abuse: society’s response to survivors. Place: Publisher.
- Bryant-Davis T. Surviving sexual violence: A guide to recovery and empowerment. Place: Publisher; p. 201-2043.
- Finkelhor D. Child sexual abuse: New theory & research. Place: Publisher.
- Arroyo J, Simpson AS, Aragon AS. Childhood sexual abuse among Hispanic and non-Hispanic white college women. In: Arroyo J, Simpson AS, Aragon AS, editors. [Book title]. Place: Publisher. p. 57-58.
- Black CT. All ano rectal trauma in children. In: Black CT, editor. Place: Publisher. p. 501-504.
- [Author(s) or Organization]. Child sexual abuse and situational context: children’s experience in post-conflict. Publication date; c2017 15 Sep.
- [Author(s) or Organization]. The Who Do You Tell?’ child sexual abuse education program: Eight years of monitoring. Publication date, 1997 09 Aug, 65.
- [Author(s) or Organization]. Group intervention with parents of juvenile sex offenders.
- [Author(s)]. I Despise Myself for Thinking about Them. A Thematic analysis of the sexual abuse. Publication date; c2014 Oct 11.
- [Author(s)]. Exploration of the relationship between severe and complex disabilities and child sexual abuse. Publication date; c2016 06 Aug.
- <http://www.indiansexualabuse.in>
- www.wikipedia.com
- www.netsexualabuse.org
- http://www.who.int/whr/2003/en/whro3_en.pdf
- <http://www.sciencedirect.com/science>.
- www.currentsexualabuse.com
- Euser S, Alink LR, Tharner A, van IJzendoorn MH, Bakermans-Kranenburg MJ. The prevalence of child sexual abuse in out-of-home care: A comparison between abuse in residential and in foster care. Child maltreatment. 2013 Nov;18(4):221-231.
- Shashikumar R, Das RC, Prabhu HR, Srivastava K, Bhat PS, Prakash J, *et al.* A cross-sectional study of factors associated with adolescent sexual activity. Indian Journal of Psychiatry. 2012 Apr 1;54(2):138-143.