A Study to Assess the Effectiveness of Planned Teaching Programme Towards Knowledge of the Prevention of Sexual Abuse among the Adolescent Girls from Selected Secondary Schools of Gandhinagar, Gujarat

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ABSTRACT

Introduction / Background: Sexual abuse among adolescents is a major public health concern with lasting physical and psychological effects. Many adolescents lack adequate knowledge to protect themselves, emphasizing the need for preventive education. **Objectives:** To assess the knowledge of adolescent girls regarding sexual abuse prevention, evaluate the effectiveness of a Planned Teaching Programme (PTP), and determine the association between pre-test knowledge scores and selected demographic variables. **Methods:** A quantitative, pre-experimental (one-group pre-test post-test) design was adopted. Sixty adolescent girls were selected using probability sampling through the simple random (lottery) method from secondary schools in Gandhinagar. A self-structured knowledge questionnaire was used. Demographic data were analyzed using frequency and percentage. Mean, standard deviation, and paired t-test evaluated 7the effectiveness of the PTP. Chi-square test assessed associations between knowledge scores and demographic variables. **Results:** Pre-test results showed 0% had good knowledge, 53.33% average, and 46.67% poor. Post-test results revealed 61.67% had good knowledge, 33.33% average, and 5% poor. The findings indicated a significant improvement in knowledge following the intervention. **Conclusion:** The Planned Teaching Programme significantly improved the knowledge of adolescent girls regarding the prevention of sexual abuse. Integration of such programs into school health curriculam is recommended to enhance awareness and safety among adolescents.

Keyword: *Knowledge, Adolescents, Sexual Abuse, Prevention, Planned Teaching Programme*

INTRODUCTION

Abuse is an improper usage or treatment of entity. There are so many types of abuse it includes physical abuse, emotional abuse, financial abuse, psychosocial abuse, sexual abuse & neglect. Sexual abuse is mainly seen during the age of adolescent & is a serious public health problem & has a profound short- or long-term impact on physical & mental health and also an increased risk of suicide or HIV infection.

Rape is a form of sexual violence with severe reproductive health, social and psychological implications. Rape is "an anti-social act in which a person uses force to get a member of the opposite sex to submit to his or her sexual gratification". Another form of abuse which often attracts very little attention from enforcers of the law on sexual abuse is statutory rape. A severe penalty of life imprisonment is prescribed for perpetrators of rape. A nationally representative survey shows that about 6.6% of girls (12 – 19 years) had experienced sexual violence.

The Child Rights Act states in section 31 that "No person shall have sexual intercourse with a child." In sub-section 3, it states that "Where a person is charged with an offence under this section, it is immaterial that: (a) the offender believed the person to be of or above the age of eighteen years; or (b) the sexual intercourse was with the consent of the child."

MATERIAL AND METHOD

A Quantitative research approach and Pre-experimental Research Design (one group pre-test post-test) was implied to conduct this study. Study was conducted at selected secondary schools of Gandhinagar, Gujarat. Adolescent girls are the sample of the study and sample size was 60. Probability sampling technique in that especially investigator was applied Simple random sampling method in that lottery method to select samples. Criteria for the sample, inclusion criteria include Sample those who were study in selected secondary schools are selected by simple random sampling (lottery method), Samples or adolescent girls who were studying in 9th and 10th standard, Students who are available during the study, Sample those who were willing to participate in the research study..

Tool used in this study was Self-Structured Knowledge Questionnaire on prevention of sexual abuse. The data collection tool was sent to 5 experts out of whom 5 received back with their valuable suggestions and comments on the study tool. 10 sample were taken for the pilot study. The reability for knowledge was calculated using the split-half method. Reliability for knowledge calculated r=0.924 which is significant.

RESULT
SECTION 1. Frequency and percentage distribution of demographic variable of the adolescent girls.

Distribution of sample according to **Age**, among 60 samples 8(13.3%) were belong to 12-14 year of age group. Among 60 samples of 30(50%) were belong to 14-16 year of age group. Among 60 samples of 18(30%) were belong to 16-18 year of age group and 4(6.67%) were belong to >18 year of age group.In **religion**, in which out of 60 samples 48(80%) were Hindu. Among 60 samples 8(13.33%) were Muslim. Among 60 samples 1(1.67%) were Christian and 3(5%) were other religion. In **standard**, in which out of 60 samples 30(50%) were studying in 9th standard and 30(50%) were studying in 10th standard.In **types of school**, in which out of 60 samples 15(25%) students selected from government school and remaining 45(75%) students were from private schools.

In **type of family,** in which out of 60 samples 2(3.33%) live in nuclear family. Among 60 samples 58(96.7%) students live in joint family. Among 60 samples 1(1.67%) from extended family and remaining 1(1.67%) live with single parent. In **knowledge level of parents**, in which out of 60 samples 4(6.67%) were illiterate. Among 60 samples 17(28.33%) parents having only primary education and 31(51.67%) were studying up to higher secondary level. Remaining 8(13.33%) were graduate. Distribution of sample according to **knowledge about topic**, in which out of 60 samples 40(67%) having no knowledge about sexual abuse and remaining 20(33%) sample having some knowledge about sexual abuse.In that Out of 60 samples, 20 samples having knowledge. Out of them 5(8.33%) get information from television, 9(15%) from internet, 4(6.67%) from magazine and remaining 2(3.33%) from their friends.
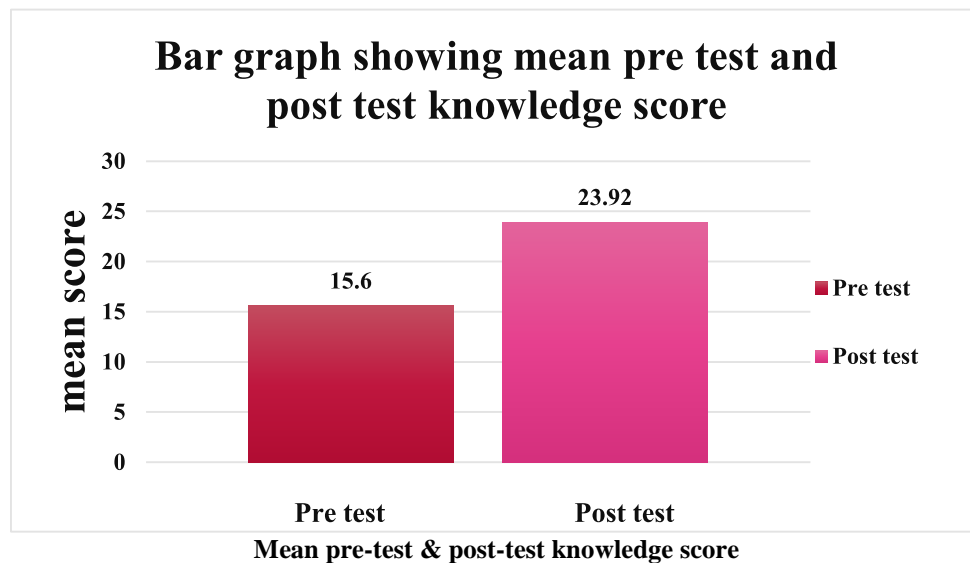
SECTION 2. Frequency and percentage distribution of pre-test and post-test level of knowledge of Sexual abuse and it's prevention among adolescent girls.

Area of content	Max score	Pre-Test Knowledge score			Post-Test Knowledge score			Gain %	Mean Difference	T value
		Mean Score	**%**	**SD**	**Mean Score**	**%**	**SD**			
Introduction & Definition	4	2.38	59.6%	1.09	3.2	80%	0.78	20.4%	0.82	6.33
About sexual abuse	15	7.03	46.9%	2.39	11.9	79%	2.37	32.1%	4.87	14.80
Prevention of sexual abuse	11	5.75	52.3%	1.96	8.87	80.6%	1.81	28.3%	3.12	14.05
Total	**30**			**4.12**			**4.07**			

The Knowledge area was divided into three sub areas such as Introduction and definition, about sexual abuse (types, effects of sexual abuse, prevalence rate of abuse, sign and symptoms, sexual abuse setting, offenders and kind of things done in sexual abuse) and prevention of sexual abuse. For knowledge about Introduction and definition of sexual abuse out of 4, Pre-test mean score was 2.38(59.6%) and Post-test mean score was 3.2(80%) with 20.4% knowledge gain in this area. For knowledge about sexual abuse out of 15, Pre-test mean score was 7.03(46.9%) and Post-test mean score was 11.9(79%) with 32.1% knowledge gain in this area. For knowledge about the prevention of sexual abuse out of 11, Pre-test mean score was 5.75(52.3%) and Post-test mean score was 8.87(80.6%) with 28.3% knowledge gain in this area.

Here's a summary of the level of knowledge among the participants based on the pre-test and post-test scores: **In Poor**

Knowledge Score (<50% score)**:** Pre-test: 28 participants (46.67%) Post-test: 3 participants (5%) **In Average Knowledge Score** (51-75% of score)**:**Pre-test: 32 participants (53.33%) Post-test:20 participants (33.33%) **In Good Knowledge Score** (>75% of score)**:**Pre-test: 0 participants (0%)Post-test: 37 participants (61.67%).

Bar graph showing mean pre test and post test knowledge score

Mean pre-test & post-test knowledge score

SECTION 3: Association between pre-test knowledge score with selected demographic variables.

For **Age** groups, the calculated value of chi-square (χ^2) 3.29 and it was less than 7.82, the table value of chi-square (χ^2) at the 3 degree of freedom and 0.05 level of significance. Therefore, Age was not significant for the knowledge score among the samples. Regarding **religion**, the calculated value of chi-square (χ^2) 4.41 and it was less than 7.82, the table value of chi-square (χ^2) at the 1 degree of freedom and 0.05 level of significance. Therefore, religion was not significant for the knowledge score among the samples. About **standard**, the calculated value of chi-square (χ^2) 0 and it was less than 3.84, the table value of chi-square (χ^2) at the 1 degree of freedom and 0.05 level of significance. Therefore, standard has no significance for the knowledge score among the samples. Regarding **type of school**, the calculated value of chi-square (χ^2) 0.357 and it was less than 3.84, the table value of chi-square (χ^2) at the 1 degree of freedom and 0.05 level of significance. Therefore, type of school was not significant for the knowledge score among the samples. About **type of family**, the calculated value of chi-square (χ^2) 2.386 and it was less than 7.82, the table value of chi-square (χ^2) at the 3 degree of freedom and 0.05 level of significance. Therefore, type of family has no significance for the knowledge score among the samples. About **parent's knowledge**, the calculated value of chi-square (χ^2) 5.348 and it was less than 7.82, the table value of chi-square (χ^2) at the 3 degree of freedom and 0.05 level of significance. Therefore, parent's knowledge has no significance for the knowledge score among the samples. Regarding, **Knowledge** about sexual abuse the calculated value of chi-square (χ^2) 0.536 and it was less than 3.84, the table value of chi-square (χ^2) at the 1 degree of freedom and 0.05 level of significance. Therefore, Knowledge about sexual abuse have no significance for the knowledge score among the samples. About **source of knowledge**, the calculated value of chi-square (χ^2) 9.83 and it was more than 7.82, the table value of chi-square (χ^2) at the 3 degree of freedom and 0.05 level of significance. Therefore, source of knowledge was significance for the knowledge score among the samples.

DISCUSSION

The similar study conducted by **Jaspreetkaur, et al.(25 March, 2015)** on to assess Effectiveness of Structured Teaching Programme on Knowledge Regarding Sexual Abuse among Adolescent Girls in Selected Schools, District Jalandhar, Punjab, 2014. Quantitative research approach and Quasi-Experimental (Non-equivalent Pre Test Post Test control group) research design is used and Sample of 100 adolescent girls was selected by using convenience sampling technique. The post-test mean knowledge score 19.24 in experimental group was higher than post-test mean knowledge score 10.08 and it was statistically significant at P>0.05 as calculated 't' value (t=17.9995) was more than the table value at P>0.05 level of significance. It was showed that knowledge regarding sexual abuse among adolescent girls has increased after structured teaching program. **Ms. Anusha U.K., Mrs. Saraswathi K.N. (30 October, 2015)** This study was aimed to assess the knowledge regarding sexual abuse among adolescent girls in selected High schools at Mysore. A descriptive study was conducted among 100 adolescent girls in selected high schools. Samples were selected by using simple random sampling method. Out of 100 samples, 62% of adolescent girls had average knowledge, 27% of adolescent girls had good knowledge and 11% of adolescent girls had poor knowledge regarding sexual abuse. It was found that there is a significant association between level of knowledge regarding sexual abuse and variable like source of information on sexual abuse among adolescent girls. **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.

ETHICAL CONSIDRATION
Ethical consideration was taken from the Kadi University Ethical Committee, Kadi University. Ethical Committee for Human Research and expert of the committee approved the study.

CONCLUSION
The findings indicated that planned teaching programme was an effective in improving knowledge of samples. Adolescent girls gained significant knowledge. It shows that the planned teaching programme was effective.

CONFLICT OF INTEREST
No financial or any other conflict of interest in this work.

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