

## “A STUDY TO ASSESS THE EFFECTIVENESS OF AWARENESS TEACHING ON KNOWLEDGE AND ATTITUDE OF ABHAYAM WOMEN HELPLINE 181 AMONG THE ADOLESCENT GIRLS IN SELECTED SCHOOLS OF MEHSANA CITY

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**DOI No. – 08.2020-25662434**

### Abstract

Globally, over one-third of all women will experience gender-based violence in their lifetime. Such violence includes any act that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, which includes coercion or arbitrary deprivation of liberty. GVK EMRI in association with Government of Gujarat has launched 181 – Abhayam Women Helpline in Gujarat. The helpline has been launched in collaboration with the women and child development and home departments..**DESIGN:** A quantitative approach using Pre experimental one group pre-test post-test research design. 100 selected Adolescent girls of Mehsana city using Non-Probability Convenient sampling technique. Self- Structured Knowledge Questionnaire and attitude rating scale (likert scale). With regard to pre test level of knowledge it shows that, maximum 55(55%) participants were having average knowledge, 33(33%) participants were having poor knowledge and remaining 12(12%) of participants were having good knowledge. During post-test maximum 56(56%) of participants were having good knowledge and remaining 44 (44%) of participants were had average knowledge. With regard to pre test level of attitude it shows that, majority 51(51%) participants were having favourable attitude and 49(49%) of participants were having unfavourable attitude. During post-test majority 77 (77%) of participants were having favourable attitude and 23(46%) of participants were having unfavourable attitude. In pre test, participants mean was 28.84, median was 31, mode was 32 with standard deviation 7.78 and score range was 13-44. In post test, participants mean was 35.27, median was 36, mode was 36 with standard deviation 6.92 and score range was 18-47. There was an increase in knowledge score after awareness teaching. Also the adolescent girls had favourable attitude regarding Abhayam women helpline 181 after awareness teaching. There is significant moderate co-relation between the Knowledge and Attitude of the adolescent girls regarding after Abhayam women helpline 181.

**Keywords:** Assess, Effectiveness, Abhayam women helpline 181, Knowledge, Attitude, Adolescent Girls.

### BACKGROUND OF THE STUDY

For implementing the ABHAYAM project,GVK EMRI in association with Government of Gujarat has launched 181 – “ABHAYAM” Women Helpline in Gujarat. The helpline has been launched in collaboration with the Women and Child Development and Home Departments. The 24×7 helpline -181- is a toll-free three-digit number to support woman in distress and is directly accessible through any mobile or landline. Any woman can access 181 “ABHAYAM” helpline for the purpose of information, counselling, guidance, and also for the rescue in various highly

situations including domestic violence through dedicated fleet of outreach rescue vans with trained team including police. All the cases reported are tracked for successful closure through a back-office run by Gender Resource Centre of Govt. of Gujarat.

Globally, over one-third of all women will experience gender-based violence in their lifetime. Such violence includes any act that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, which includes coercion or arbitrary deprivation of liberty. Gender-based violence may be perpetrated by current or former partners, strangers, acquaintances or family members. Women who experience such violence may experience physical and mental health problems across their lifetime, including an increased risk of sexually transmitted infections, depression and anxiety, giving birth to low-birth-weight infants, and hypertension. While governments and nongovernmental organizations (NGOs) work to build support services and the legal infrastructure to prevent and to confront gender-based violence, women often do not seek out or cannot connect to these resources.

### **PROBLEM STATEMENT**

“A study to assess the effectiveness of awareness teaching on knowledge and attitude of Abhayam Women Helpline 181 among the adolescent girls in selected schools of Mehsana city”

### **OBJECTIVES OF THE STUDY**

- 1) To assess the knowledge regarding Abhayam Women Helpline 181 among adolescent girls.
- 2) To assess the attitude regarding Abhayam Women Helpline 181 among adolescent girls. .
- 3) To evaluate the effectiveness of awareness teaching regarding Abhayam women helpline 181 among adolescent girls.
- 4) To find out the association between knowledge and attitude with their selected demographic variable.
- 5) To find out correlation between knowledge and attitude regarding Abhayam Women Helpline 181 among adolescent girls.

### **HYPOTHESIS**

**H<sub>0</sub>:** There will be no significant difference between pre-test and post-test knowledge and attitude of adolescent girl regarding Abhayam Women Helpline 181 at 0.05 level of significance.

**H<sub>01</sub>:** There will be significant difference between pre-test and post-test knowledge and attitude of adolescent girl after administration of awareness teaching at 0.05 level of significance.

### **ASSUMPTION**

1. Adolescent girls may have some knowledge regarding Abhayam women helpline 181.
2. Adolescent girls may have positive attitude towards Abhayam women helpline 181.
3. Awareness teaching program will be effective for intervention and spreading awareness.

### **METHODOLOGY**

A Quantitative research approach was adopted for the study. The research design selected was experimental research design. The study was conducted in Mehsana city with 100 adolescent girls of 13-18 years by non probability convenient sampling technique. Data collection conducted after obtaining permission from authority. Self- Structured knowledge questionnaire and Likert attitude scale used to collect data regarding after school activity; prepared tool was validated by different experts.

**RESULT**

**Findings related to percentage distribution of sample characteristics**

With regard to pre test level of knowledge it shows that, maximum 55(55%) participants were having average knowledge, 33(33%) participants were having poor knowledge and remaining 12(12%) of participants were having good knowledge. During post-test maximum 56(56%) of participants were having good knowledge and remaining 44 (44%) of participants were had average knowledge. With regard to pre test level of attitude it shows that, majority 51(51%) participants were having favourable attitude and 49(49%) of participants were having unfavourable attitude. During post-test majority 77 (77%) of participants were having favourable attitude and 23(46%) of participants were having unfavourable attitude. In pre test, participants mean was 28.84, median was 31, mode was 32 with standard deviation 7.78 and score range was 13-44. In post test, participants mean was 35.27, median was 36, mode was 36 with standard deviation 6.92 and score range was 18-47.

**Significant difference of knowledge score of mothers regarding sex education:**

**N=100**

Level of Knowledge					
Pre test			Post test		
Poor (0-6)	Average (7-13)	Good (14-20)	Poor (0-6)	Average (7-13)	Good (14-20)
f (%)	f (%)	f (%)	f (%)	f (%)	f (%)
33(33%)	55 (55%)	12(12%)	00	44 (44%)	56 (56%)

**Significant difference of attitude score of mothers regarding sex education:**

**N=100**

Level of attitude			
Pre test		Post test	
Unfavorable (10-30)	Favorable (31-50)	Unfavorable (10-30)	Favorable (31-50)
f (%)	f (%)	f (%)	f (%)
49 (49%)	51(51%)	23(23%)	77 (77%)

**Mean, Mean percentage and Standard deviation of knowledge and attitude regarding sex education:**

**N=100**

Area	Aspects	Mean	Sd	SEMD	Paired t Test
Knowledge	Pre-test	8.71	3.78	0.25	21.00*
	Post-test	14.16	2.73		
Attitude	Pre-test	28.84	7.78	0.37	17.03*
	Post-test	35.27	6.92		

**Findings Related To Association Between Level Of Knowledge, Attitude And**

### Selected Socio Demographic Variables.

With respect to knowledge scores of participants, the findings reveal that the post-test mean knowledge scores was found higher [mean=14.16, SD of 2.73] when compared with pre-test mean knowledge score value which was 8.71 with SD of 3.78. The statistical paired 't' implies that the difference in the pretest and post-test value was found statistically significant at 5% level ( $P < 0.05$ ) with a paired 't' value of 21.00. There exists a statistical significance in the difference of knowledge score indicating the positive impact of awareness teaching on abhayam women helpline 181. Hence, the research hypothesis  $H_0$  is supported and null hypothesis  $H_{01}$  rejected. This indicates that the enhancement in knowledge is not by chance and the adolescents girls who exposed to awareness teaching on abhayam women helpline 181, significantly improved in their knowledge.

### Findings Related To Association Of Attitude Of Mothers Regarding Sex Education With Their Selected Demographic Variable.

With respect to attitude scores of participants, the findings reveal that the post-test mean attitude scores was found higher [mean=35.27, SD of 6.92] when compared with pre-test mean attitude score value which was 28.84 with SD of 7.78. The statistical paired 't' implies that the difference in the pretest and post-test value was found statistically significant at 5% level ( $P < 0.05$ ) with a paired 't' value of 17.03. There exists a statistical significance in the difference of attitude score indicating the positive impact of awareness teaching on abhayam women helpline 181. Hence, the research hypothesis  $H_0$  is supported and null hypothesis  $H_{01}$  is rejected. This indicates that the enhancement in attitude is not by chance and the adolescents girls who exposed to awareness teaching on abhayam women helpline, significantly improved in their attitude.

### Findings Related To Correlation Of The Knowledge And Attitude Of Mothers Regarding Sex Education.

In order to, find out the correlation of pretest knowledge scores and attitude scores of adolescent's girls, a correlation coefficient was computed by using Karl Pearson's Co efficient of correlation. The data are presented in Table 9. To test the statistical significance following null hypothesis was stated:  $H_{01}$ : There will be no statistical correlation between pretest knowledge and attitude scores of adolescent girls regarding abhayam women helpline 181 at 0.05 level of significance

**Correlation coefficient of pretest knowledge and Attitude scores  
N=100**

SCORE	Mean score	Correlation coefficient
Knowledge scores	8.71	-0.126
Attitude score	28.84	
<b>Correlation is not significant at the 0.05 level (2- tailed)</b>		

The data presented in Table 9 shows that the correlation between knowledge and attitude scores  $r = -0.126$  is found not significant at  $p < 0.05$  levels. Thus the null hypothesis  $H_{01}$  is supported and research hypothesis  $H_0$  is rejected, indicating no correlation between knowledge and attitude scores of adolescents girl's regarding abhayam women helpline 181.

## CONCLUSION

There was an increase in knowledge score after awareness teaching.

Also the adolescent girls had favorable attitude regarding Abhayam women helpline 181 after awareness teaching.

There is significant moderate co-relation between the Knowledge and Attitude of the adolescent girls regarding after Abhayam women helpline 181.

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