

## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SEXUAL ABUSE AND ITS PREVENTION AMONG ADOLESCENT GIRLS

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### ABSTRACT

*Introduction: Adolescence age can be a time of both disorientation and discovery. Adolescent girl is sexually abused when they are forced or persuaded to take part in sexual activities. Sexual abuse has gained public attention in the past few decades and has become one of the most high-profile crimes. Since the 1970s the sexual abuse of girls and child molestation has increasingly been recognized as deeply damaging to children and thus unacceptable for society as a whole. The current study is aimed to evaluate the effectiveness of STP in prevention of sexual abuse among adolescent girls. Methods: A true experimental pre-test post-test design was used to evaluate the effectiveness of structured teaching programme on knowledge regarding sexual abuse and its preventive measures among adolescent girls studying in selected high school at Nelamangala, Karnataka. Systematic random sampling method was used for the selection of 100 samples, 50 for experimental group and 50 for control group. Structured knowledge questionnaire was used to collect the data. The data obtained was analyzed by using descriptive and inferential statistics in terms of frequency, percentage, mean, standard deviation, paired and unpaired 't' test, and Chi-square test. Results: The major findings of the study are Knowledge of adolescent girls regarding sexual abuse and its preventive measures was less than 50% before the administration of STP and it was more than 80% after the administration of STP. The overall knowledge score of the groups after the post test was tested using statistical Independent 't' test. Control group's mean percentage knowledge was 51.00% as compared to 86.13% knowledge of experimental group. Hence the Structured Teaching Programme was found effective in improving the knowledge of adolescent girls regarding sexual abuse and its preventive measures. Recommendations: Based on the study findings, it is recommended that the same type of study can be replicated on large sample and comparative study and study with different preventive strategies can be conducted..*

**Keywords:** Sexual Abuse, Structured Teaching Programme (STP), Adolescent Girls.

## INTRODUCTION

*"Child sexual abuse is not inevitable but it's preventable" --power in prevention*

Adolescence is derived from Latin word: adolescence meaning "to grow up" is a transitional stage of physical and mental human development generally occurring between puberty and legal adulthood (age of majority). According to Erik Erikson's stages of human development, adolescent is a person between the ages of 13 - 19 year.<sup>1</sup>

Adolescence can be a time of both disorientation and discovery. The transitional period can bring up issues of independence and self-identity. Peer groups, romantic interests and external appearance tend to naturally increase in importance for some time during a teen's journey towards adulthood. Adolescents in India may face troubles due to lack of right kind of information regarding their own physical and or sexual development.<sup>2</sup> It is often stated that girls are the world's most valuable resources and assets, but their rights throughout the world are largely ignored often resulting into tragic outcomes. This is because of the vulnerability of girls. From infancy to adolescence, girls are dependent on parents for safety and ongoing nurturing and this puts them at risk of maltreatment in many forms.<sup>3</sup>

Adolescence age is a critical time to inspire and empower girls in the pivotal years. But when conflicts or crises displace adolescent girls from their homes, families and schools, they face heightened risks of exploitation, sexual and gender-based violence and early pregnancy. Their education is often disrupted, and many are forced into early marriage.<sup>4</sup> According to the Centers for Disease Control and Prevention, sexual abuse is the involvement of any sexual activities with a child where consent is or is not given by the child. This includes sexual contact with a child that is undertaken by force or threat of force, no matter the age of the participants and any sexual contact or behavior between adult and child, even if the child has an understanding of the sexual activity. Sexual contact between an older individual can also be considered abusive if there is a major difference in size, age and development.<sup>5</sup>

Sexual abuse also referred to as molestation, is the forcing of undesired sexual behavior by one person upon another. When that force is immediate, of short duration, or infrequent, it is called sexual assault. The offender is referred to as sexual abuser or molester. When the victim is younger than the age of consent, it is referred to as child sexual abuse.<sup>6</sup>

In the world, India has the largest number of children 375 million, covering 40% of its population, out of which 69% of Indian girls are victims of sexual abuse. New Delhi, the nation's capital, has an abuse rate over 83%. More than 70% of cases are unreported or unshared even with family members.<sup>7</sup> Sexual abuse has gained public attention in the past few decades and has become one of the most high-profile crimes. Since the 1970s the sexual abuse of girls and child molestation has

increasingly been recognized as deeply damaging to children and thus unacceptable for society as a whole. While sexual abuse has been present throughout history, it has also become the object of significant public attention in recent times.<sup>8</sup>

The prevention of sexual exploitation and abuse of young thus belongs to the sexual rights issues, together with defenses of the right to develop one's sexuality at an individual pace. Even the adults we trust to protect adolescent can't always be trusted. Coaches, teachers, clergy, and parents are authority figures adolescent feel they can trust. Yet, a large percentage of those who sexually abuse adolescent are from this group. We are adults who have the opportunity to "groom" adolescent with affection and attention, making it difficult for adolescent to identify certain behaviors as abuse and they know that children have been taught to "mind" them. This is why programs that focus on creating awareness among adolescents are essential.<sup>9</sup>

### NEED FOR THE STUDY

Adolescence is the time of life when people cease to be children and start to be adults and also it is considered as a bridging period from childhood to adulthood. Children and adolescents constitute almost 40 percent of India's population. Adolescent age group is a very susceptible age group and they are in phase of transition and undergo a lot of physical, social, hormonal, psychological and behavioural changes. Thus, adolescence is the important part of human life.<sup>10</sup>

Many children are prone to be sexually abused. It is known that such children grow up and initiate sexual activity at an early age. Since early age of initiation of sexual activity puts adolescents at risk of pregnancy and a myriad of social and health consequences, it is essential that they need to be educated on these aspects. In a study from Kolkata of adolescent girls found that many of them had poor knowledge on matters related to sexuality, sexually transmitted diseases. They also suggested that regular surveys on sexual attitudes, knowledge, and behaviors are essential in understanding the epidemic of sexually transmitted diseases.<sup>11</sup>

The world health organization estimates that according to the world-wide health statistics, 879,000 adolescents have experiences with sexual abuse. The real fact about sexual abuse is that sexual abuse by relatives is 44%, non-relatives 29%, strangers 2% for children baby sitters 7%. Often adolescents are unable to understand the difference between appropriate and inappropriate physical contact. Abuse may range from psychological trauma to blatant physical manipulation including fondling and physical contact.<sup>12</sup>

The child of five or older who knows and cares for the abuser becomes trapped between affection and loyalty for the person, and the sense that the sexual activities are terribly wrong. A child who is the victim of prolonged sexual abuse usually develops low self-esteem, a feeling of

worthlessness and an abnormal or distorted view of sex. The child may become withdrawn and mistrustful of adults.<sup>13</sup>

In a survey with 350 school girls in New Delhi by Saakshi in 1997, 63% had experienced CSA at the hands of family members; and 25% of the girls had either been raped, made to masturbate the perpetrator or engage in oral sex. Another 1997 study on middle and upper-class women from Chennai, Mumbai, Delhi, Kolkata and Goa by RAHI revealed that 76% of respondents had been sexually abused as children, with 71% been abused either by relatives or by someone they knew and trusted.<sup>14</sup>

In Bengaluru during the last three years (2013-2015) the state witnessed 3497 rape cases and 12,982 sexual assault cases. In 2015 alone, 4025 sexual assault cases and 1060 rape cases were registered in the state. Statistics reveal that Bangalore topped the list of cases of sexual assault with 606 out of 3822 cases registered in the state in 2012.<sup>15</sup>

An experimental study was conducted on “Evaluation of a sexual assault prevention program” by Hanson, Kimberly, Gidycz, Christine. The purpose of this investigation was to empirically evaluate a sexual assault prevention program. Of the 360 female college students who participated in the investigation, 181 students were in the treatment group and 165 students were in the control group. Although the program was not effective in decreasing the incidence of sexual assault for female with a sexual assault history, it was effective in decreasing the incidence of sexual assault for female without a sexual assault history. The program also led to a decrease in dating behaviors found to be associated with acquaintance rape and an increase in knowledge about sexual assault for the treatment group.<sup>16</sup>

After going on through the above-mentioned facts, the child sexual abuse is a significant social issue. The prevalence of sexual abuse is very high and many cases go unreported in our country and going through many literatures it is very clear that the adolescents have inadequate knowledge regarding sexual abuse and its preventive measures. Thus the investigator has felt the need of assessing the knowledge and administer structured teaching programme in order to evaluate its effectiveness in upgrading their knowledge regarding sexual abuse and its preventive measures among adolescent girls studying in selected high school at Nelamangala.

## STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of structured teaching programme on knowledge regarding sexual abuse and its prevention among adolescent girls studying in selected high school at Nelamangala taluk, Bangalore, karnataka.”

## OBJECTIVES OF THE STUDY

1. To assess the pre-test and post-test level of knowledge among adolescent girls of the experimental and control group regarding sexual abuse and its preventive measures.
2. To assess the effectiveness of structured teaching programme on knowledge regarding sexual abuse and its preventive measures by means of comparing the pre-test and post-test knowledge scores of the experimental group.
3. To assess the association of the pre-test knowledge scores of adolescent girls of the both experimental and control group on sexual abuse and its preventive measures with selected demographic variables.

## ASSUMPTIONS

- Adolescent girls may have less knowledge regarding sexual abuse and its preventive measures.
- Demographic variable will be having more influence on the knowledge of adolescent girls on sexual abuse and its preventive measures.
- Structured teaching programme (STP) will increase the knowledge of adolescent girls on sexual abuse and its preventive measures.

## RESEARCH METHODOLOGY

True-experimental design is used to assess the effectiveness of structured Teaching Program on sexual abuse and its preventive measures. The study was conducted in natural setting in Harsha international public school at Nelamangala, among the girl students studying in 8<sup>th</sup> standard and 9<sup>th</sup> standard aged between 13-15 years. In this study, the independent is the structured teaching program regarding sexual abuse and its preventive measures. Knowledge of adolescent school girls aged 13-15 years regarding sexual abuse and its preventive measures are the dependent variable in this study and the extraneous variables are the selected demographic variables such as age, education level of parents, community, family income, number of siblings, source of information regarding sexual abuse and its preventive measures. The sample size is 100 adolescent school girls of 13-15 years which includes 50 for the experimental group and 50 for the control group. Probability sampling- systematic random sampling technique was adopted for the present study. The tool developed for the study was structured knowledge questionnaires to assess the knowledge of adolescent school girls regarding sexual abuse and its preventive measures. The tool consists of; Section A: Demographic variables. Section B: Knowledge questionnaire on prevention. The prepared instrument along with the objectives, blue print, criteria rating scale was submitted to 6 experts. 1 from the field of Psychiatrist and 4 were from the field of Mental health nursing and 1 from the field of paediatric nursing established the content validity. The tool was administered to

10 students and the reliability was estimated by using split half technique and the reliability of the tool was found 0.8 which indicates that the structured questionnaire was reliable. With an interval of one week both pre test and post test was conducted using the same tool to determine the effectiveness of structured teaching program for experimental group. Data collected was then tabulated and analysed.

## RESULTS

The analyzed data has been organized and presented in the following sections:

**Section 1:** Description of socio demographic variables of the adolescent school girls. **Section 2:** Analysis and interpretation of pre-test and post-test level of knowledge of experimental and control group. **Section 3:** Comparison between pre-test and post-test level of knowledge scores of experimental group. **Section 4:** Analysis and interpretation of comparison between the post-test knowledge scores of the experimental and control group. **Section 5:** Association between pre-test levels of knowledge scores of the experimental and control group with socio demographic variables.

**Frequency and percentage distribution of adolescent school girls on the basis of selected socio-demographic variable. N=100**

DEMOGRAPHIC VARIABLE			Experimental (50)		Control (50)	
			FREQUENCY (f)	PERCENTAGE (%)	FREQUENCY (f)	PERCENTAGE (%)
1	Age in years	13 - 14years	31	62	02	04
		14 - 15 years	19	38	48	96
		Nuclear family	37	74	35	70
2	Type of family	Joint family	13	26	14	28
		Single parent family	0	00	00	00
		Others	0	00	01	02
		None	7	14	08	16
3	Number of siblings	1	32	64	34	68
		2	09	18	07	14
		3 or above	02	04	01	02
4.	Area of residence	Urban community	09	18	17	34
		Semi urban community	06	12	17	34
		Rural community	35	70	16	32
5.	Education of parents	Illiterate	02	04	00	00
		Primary education	16	32	11	22
		Secondary education	16	32	18	36

		Degree	16	32	21	42
6.	<b>Occupation of parents</b>	Government job	08	16	09	18
		Private job	05	10	05	10
		Business	05	10	09	18
		Agriculture	23	46	21	42
		Others	09	18	06	12
7.	<b>Source of information</b>	Parents	07	14	08	16
		Health personnel	01	02	00	00
		Books	13	26	02	04
		Media	20	40	31	62
		Others	09	18	09	18

**Area wise pre-test and post-test knowledge scores, mean, mean percentage, SD and mean difference of the experimental group on different aspects of sexual abuse. N=100**

Knowledge aspects	Max score	Pre-test			Post-test			Enhancement		
		Mean	Mean %	SD	Mean	Mean %	SD	Mean	Mean %	SD
General Information and definition	6	3.1	52.00	0.96	5.46	91	0.61	2.36	39	1.14
Incidence	2	1	48.00	0.64	1.88	94	0.33	0.88	46	0.80
Causes	2	1	50.00	0.78	2	100	0	1	50	0.78
Strategy of the offender	3	1.50	50.00	0.71	2.5	82.67	0.5	1	32.67	0.84
Types	6	2.08	34.67	1.14	4.46	74.33	0.79	2.38	39.66	1.276
Effects	2	0.80	40.00	0.64	1.50	75	0.58	0.7	35	0.953
Preventive measures	9	3.98	44.22	1.68	8.06	89.56	0.74	4.08	45.34	1.96
Overall	30	12.48	41.60	3.17	25.84	86.13	1.42	13.36	44.53	3.5

**Area wise pre-test and post-test knowledge scores, mean, mean percentage, SD and mean difference of the control group on different aspects of sexual abuse. N=100**

Knowledge aspects	Max score	Pre-test			Post-test			Enhancement		
		Mean	Mean %	SD	Mean	Mean %	SD	Mean	Mean %	SD
General information and definition	6	3.5	58	0.65	3.6	59.67	0.78	0.1	1.67	0.99
Incidence	2	0.6	32	0.53	0.6	31	0.49	0	-1	0.47
Causes	2	1	51	0.71	1.1	55	0.71	0.1	4	0.92
Strategy of the offender	3	1.3	44.6	0.85	1.6	53.33	0.86	0.3	8.73	1.16
Types	6	2.1	35.6	1.09	2.5	42.3	1.27	0.4	6.7	1.23
Effects	2	0.7	36	0.7	0.8	41	0.72	0.1	5	0.81
Preventive measures	9	3.5	38.4	1.2	5	56	1.62	1.5	17.6	1.77
Overall	30	13	42.6	2.4	15	51	3.35	2	8.4	3.36

**Effectiveness of structured teaching programme (STP) on knowledge regarding sexual abuse and its preventive measures. N=100**

Knowledge score	Mean % of experimental group	Mean % of control group
Pre-test	41.60	42.6
Post-test	86.13	51
Gain in knowledge	44.53	8.4

## DISCUSSION

The findings of the study are discussed under the following objectives;

**Objective 1: To assess the pre-test and post-test level of knowledge among adolescent girls of the experimental and control group regarding sexual abuse and its preventive measures.**

Based on the objectives of the study, the findings of the pre-test knowledge score of adolescent girls of Harsha international public school regarding sexual abuse and its preventive measures shows that they were able to answer the questions up to some extent. In pre-test, adolescent girls were having average 41.6% of knowledge on sexual abuse and its preventive measures in experimental



group. It shows that 76% inadequate, 22% moderate, 2% adequate. In control group 68% students had inadequate knowledge level, 32% students had moderate knowledge level and none of the had adequate knowledge level. Post-test result reveals that in experimental group 100% of the students had adequate knowledge, none of the students had inadequate and moderate knowledge level on the study aspect. In control group 38% students had inadequate knowledge level, 60% students had moderate knowledge level and 2% of the students had adequate knowledge level.

**Objective 2: To evaluate the effectiveness of structured teaching programme (STP) by means of comparing the pre-test and post-test knowledge scores of the experimental group.**

In pre-test, 56.67% of students were having inadequate knowledge and 41.67% were having moderate knowledge and 1.67% were having adequate knowledge in the experimental group. In post-test 93.33% of students were having adequate knowledge and 6.67% were having moderate knowledge and none of the students were having inadequate knowledge in control group. The paired ‘t’ test of pre-test and post-test knowledge score of adolescent girls of experimental group shows that the pre-test mean knowledge score was 12.48 mean and 3.17 standard deviation and post-test mean knowledge score was 25.84 mean and 1.42 standard deviation. The ‘t’ value obtained was 26.72 and  $p < 0.05$ .

**Objective 3: To assess the effectiveness of structured teaching programme on knowledge regarding sexual abuse and its preventive measures by means comparing post-test knowledge scores of the experimental and control group.**

The unpaired ‘t’ test showing comparison between the post-test knowledge score of adolescent girls of experimental and control group result shows that mean difference 10.84 and t value obtained was **34.12\***. In experimental group, knowledge of adolescent girls gained by 44.53 whereas in control group knowledge of adolescent girls of control group gained by 8.4. This can be supported by an experimental study was conducted by Shanmugha Sundaram.S in Chennai “to assess the knowledge on sexual abuse awareness among adolescents.” The aim of the study was to evaluate the effectiveness of structured teaching programme on sexual abuse awareness. Data was collected from 80 randomly selected samples by using the structured interview schedule. 40 samples were allocated for experimental group and remaining 40 samples for the control group. The overall knowledge mean value in experimental design was 48.69 with the standard deviation of 17.41. Where as in the control group, the mean value was only 5.38 with the standard deviation of 11.94. After structure teaching programme the “paired-t” value was 17.69 with  $p < 0.001$  which is highly significant.

**Objective 4: To assess the association of the pre-test knowledge scores of adolescent girls of the both experimental and control group on sexual abuse and its preventive measures with selected demographic variables.**

The study shows (table 19) that there was no significant association between any of the selected socio-demographic variables like age, type of family, number of siblings, area of residence, education of parents, occupation of parents and source of information. Thus, H3 is rejected.

## CONCLUSION

The study was conducted to assess the effectiveness of structured teaching program on sexual abuse and its preventive measures. In this study, true experimental two group pre-test and post-test approach was used. 100 adolescent girls of 13-15 years were selected from Harsha international public school at Nelamangala. The data was collected by structured questionnaires and analysis done by descriptive and inferential statistics. On the basis of finding of the study the below said conclusion were drawn. The implications were given on various aspects of nursing such as nursing education, nursing practice, nursing research and nursing administration.

From the data analysis and findings of the present study, it is concluded that there is significant difference between the pre- test and post- test knowledge on sexual abuse and its preventive measures among adolescent school girls of Harsha international public school at Nelamangala. The knowledge score of the students in experimental group during the pre- test is 41.6% whereas it was increased to a mean percentage score of 86.13% during the post- test as an effectiveness of STP. The enhancement in the mean score is **44.53%** in experimental group, and the mean knowledge score of students in control group during the pre- test is 42.6% whereas it was increased to a mean percentage score of 51.0% and the difference in mean score is **8.4%** in control group. The comparison was done using paired 't' test and overall value is **t=26.72, p<0.05** which is significant. Hence ongoing teaching and health education programs can further improve the knowledge of high school students.

## NURSING IMPLICATIONS:

The findings of the study can be utilized in Nursing education, Nursing practice, Nursing administration and Nursing research to prepare educational material to create awareness among the adolescent girls and their parents and also can be utilized to conduct extensive research to develop further information and can be applied to Nursing practice and can prevent abuse of adolescent girls.

## RECOMMENDATIONS

Keeping in view the findings of the present study, the following recommendations were made. Since this study was carried out on a small sample, the results can be used only as a guide for further studies.

- A similar study on a large sample may help to draw more definite conclusions
- A similar study can be conducted by descriptive approach, often serves to generate hypothesis for future research.
- A study can be conducted using various methods of teaching to determine the most effective method of teaching.
- A similar study can be conducted on primary school students.
- A study can be conducted to assess the knowledge of school teachers and parents.

## ETHICAL CONSIDERATION

Before conducting the study, the investigator has obtained permission from the concerned authorities to conduct the study.

## SUMMARY

Sexual abuse is a sensitive topic. Merely providing students, parents, and staff with information about the school's sexual harassment policy is insufficient. Schools must provide positive, proactive behavioral supports, ongoing training, and discussions as part of the daily school routine rather than relying solely on disciplinary consequences for inappropriate behavior and language. Administrators, teachers, students, and parents must nurture an inclusive, supportive, and respectful environment in their efforts to decrease and eliminate sexual abuse.

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