

# An Investigation into The Efficacy of Structured Education Program on The Prevention of Sexual Abuse Among Adolescent Girls in Certain Schools in Mysuru

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## ABSTRACT:

The dark issue of child sexual abuse (CSA) must start at home and spread to all levels of society if reform is to be achieved. It is awkward for parents to discuss sexuality and sexual abuse with their children because Indian society has traditionally ingrained conservative beliefs about these topics in its youth. The majority of homes completely avoid having these conversations, which understates the potential of harm, particularly in cases of rare and underreported sexual abuse. Quasi experimental pre-test post-test design, a convenience sampling technique was used to select the samples (N=60). Tool was administered to assess the current knowledge, a structured teaching programme (STP) was conducted later post test was administered and data was analysed using descriptive and inferential statistics. The post-test knowledge score mean percentage (86.68%) was higher than the mean percentile of pre-test knowledge score (46.6%). The calculated paired 't' value is greater than the table value (0.05 44df) = 2.01 It showed a significant difference between mean pre and post-test knowledge scores. Calculated Chi-square values are showed significant association between socio demographic data of respondents with their pre-test knowledge scores. The study findings showed that knowledge on CSA was less before STP. The results indicated that STP is helpful in increasing their knowledge effectively.

**Keywords:** Investigation, Efficacy, Sexual Abuse, Adolescent Girls.

## Introduction

Over 40% of the population of India is under the age of 18, making it a country of youth. Actually, India is home to 19% of the world's children. To address the issue of child abuse, the nation is implementing a number of initiatives and legislative actions, such as the Protection of Children against Sexual Offences (POCSO) Act 2012, the Immoral Traffic (Prevention) Act, 1956, and the Indian Penal Code 1860. All types of child abuse, including physical violence (66%) and sexual abuse (50%) as well as emotional abuse (50%) are nevertheless exceedingly common in India, according to a 2007 report by the Ministry of Women and Child Development of the Government of India. A more recent survey by the National Commission for Protection of child Rights (NCPCR) found that 99% of children get corporal punishment in schools. The study included 6,632 child respondents from seven states.<sup>[1]</sup>

Worldwide recognition of child sexual abuse (CSA) as a serious public health issue harming children's

health and wellbeing has been granted. For victims, the repercussions of CSA can be severe and drastically change their lives. Therefore, child abuse necessitates multidisciplinary assistance from the fields of medicine, law, psychology, and sociology. In this case, the role of medical professionals is crucial for both identifying abuse and guiding appropriate remedies.<sup>[1]</sup>

Adult mental illnesses ranging from depression, substance misuse, anxiety, PTSD, and antisocial personality disorder to schizophrenia and antisocial behaviour disorder are strongly linked to childhood and adult maltreatment, including CSA. Several studies also demonstrate that people who report experiencing abuse or maltreatment as children have a higher prevalence of psychological and physical issues, both with and without medical explanations. 20% to 40% of mental health patients at any given moment have a history and burden of CSA. A complex web of interrelated elements, including genetics, epigenetics, neurobiological alterations, neurochemical and synaptic modifications, and the impact of cumulative stress on the neuroendocrine axes, dictate the formation of a psychiatric disease in response to CSA.<sup>[2]</sup>

Healthcare professionals have identified several significant obstacles to reporting child abuse, including insufficient knowledge, insufficient expertise, diagnosis uncertainty, inadequate communication, fear of breaking off therapy ties, and so forth. Nonetheless, there is a paucity of research on the knowledge of medical professionals about child abuse in low- and middle-income nations like India.<sup>[3]</sup>

Despite the fact that child sexual abuse (CSA) is acknowledged as a grave breach of both the law and human welfare, no community has yet established safeguards to guarantee that any of its children will experience CSA. Sadly, childhood sexual abuse (CSA) is a widespread, global issue that can impact kids of all ages, genders, colors, nationalities, and socioeconomic backgrounds.<sup>[3]</sup>

With the exception of a few recent research, there is currently a wealth of evidence available regarding the prevalence of CSA in India. India seems to be severely underreporting crimes against children, including several forms of child sexual abuse.<sup>[4]</sup>

## NEED FOR THE STUDY

Adolescent girls get great stress during mental & physical development. In the past decade the prevalence of sexual abuse reported worldwide in children and adolescence disproportionately affected more in girls than boys. The trauma associated with child sexual abuse can contribute to assessed development as well as a host of psychological & emotional disorders that some children & adolescents may never overcome.

As per data available with the department of women and child welfare gathered through child line Karnataka has witnessed 312 child sexual abuse cases, the highest among southern states.

## STATEMENT OF THE PROBLEM

“ An investigation into the efficacy of structured education program on the prevention of sexual abuse among adolescent girls in certain schools in Mysuru ”

## OBJECTIVES

The objectives of the study were

1. To assess the pre-test knowledge regarding the sexual abuse among adolescent girls.
2. To assess the effectiveness of structured teaching programme on sexual abuse among adolescents girls.

- To find association between pre-test knowledge regarding sexual abuse among adolescents girls with their selected demographic variables.

**HYPOTHESIS**

**H<sub>1</sub>:** There will be significant association between pre-test and post test knowledge regarding sexual abuse among adolescent girls.

**H<sub>2</sub>:** There will be an association between pre-test knowledge regarding sexual abuse with selected socio demographic data.

**METHADODOLOGY**

Research approach: Quantitative approach.

Research design: One group pre-test and post-test.

Sample: Adolescent girls.

Sample size: 60

Sampling techniques: Convenient sampling technique.

**DESCRIPTION OF THE TOOL**

The tool was organized in two sections:

**Section A:** Demographic data consisting of age, class of studying, type of family, mode of transportation to school, staying with, communication with parents, previous information regarding prevention of sexual abuse and source of information.

**Section B:** Structured knowledge questionnaire, this part of tool consists of 30 items. Introduction, incidence, characteristics of abusers, at risk victims, categories of sexual abuses, effects of sexual abuse, prevention and SCAN (STOP CHILD ABUSE NOW)

**RESULTS:**

**Section 1:** Distribution of the subject according to socio demographic variables.

**Section 2:** Assessment of pre-test level of knowledge among adolescent’s girls regarding child sexual abuse.

**Section 3:** Assessment of post-test level of knowledge among adolescent’s girls regarding child sexual abuse.

**Section 4:** Association between pre-test knowledge score with selected socio demographic data.

**Table 1: Distribution of the subject according to socio demographic variables.**

**N=60**

Demographic variables		Frequency	Percentage %
Age	13-14 years	15	25%
	14-15 years	25	42%
	15-16 years	20	33%
	16 years and above	0	0%
Class of studying	10 <sup>th</sup> std	14	27%
	7 <sup>th</sup> std	0	0%
	8 <sup>th</sup> std	19	32%

	9 <sup>th</sup> std	27	45%
Type of family	Nuclear	44	73%
	Joint	14	23%
	Extended	1	2%
	Single parent	1	2%
Mode of transportation	Walking	17	28%
	Local bus	3	5%
	Own vehicle	39	65%
	School bus	1	2%
Staying with	Parents	59	98%
	Grand parents	1	2%
	Relatives	0	0%
	Hostel	0	0%
Communication with parents	Friendly	60	100%
	Strict	0	0%
	Hateful	0	0%
	Fearful	0	0%
Previous information	Yes	0	0%
	No	60	100%

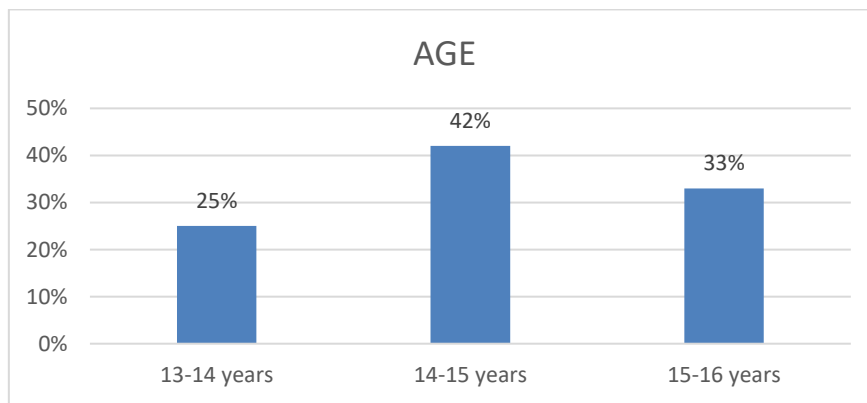


Figure 1: Classification of respondents by age

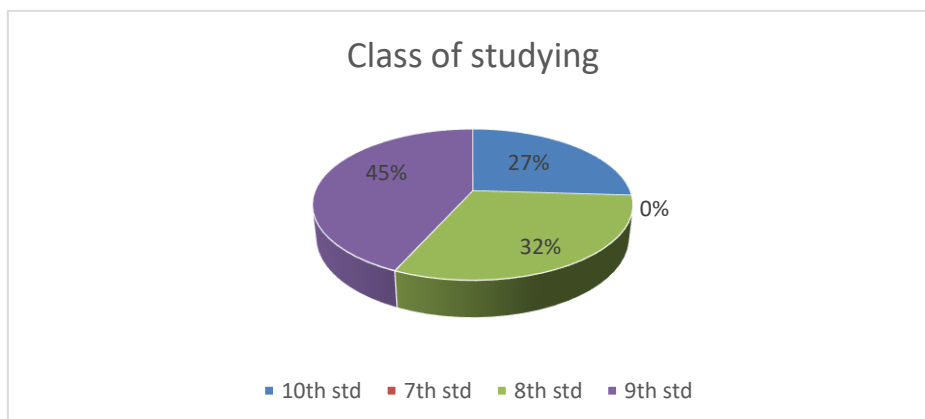
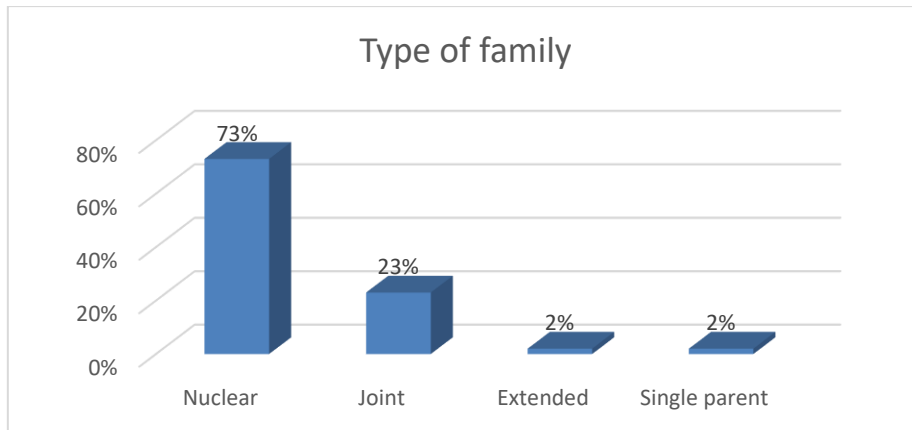
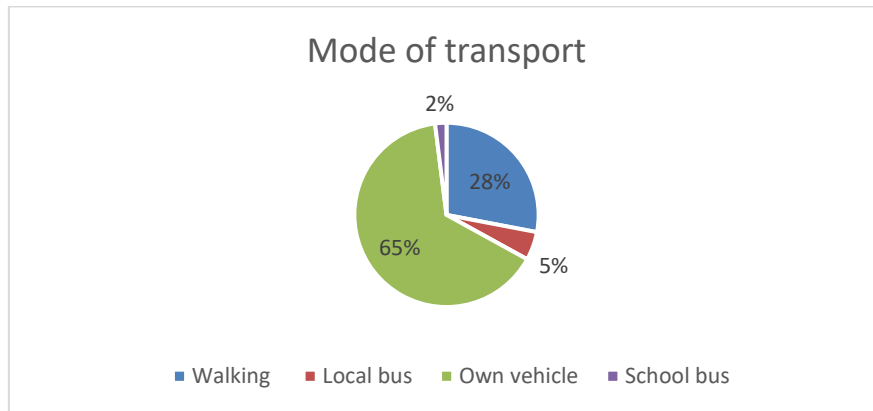


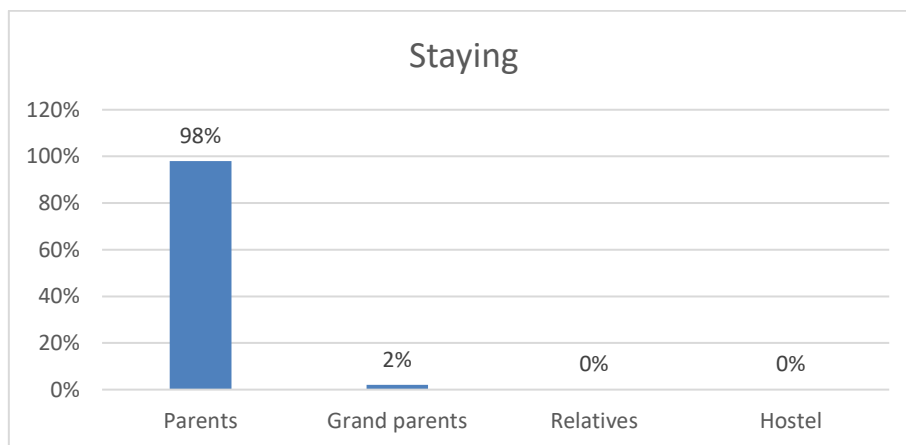
Figure 2: Classification of respondents by class of studying



**Figure 3: Classification of respondents by type of family**



**Figure 4: Classification of respondents by mode of transport**



**Figure 5: Classification of respondents by staying**

**Table 2: Assessment of pre-test level of knowledge among adolescents girls regarding child sexual abuse.**

Sl no	Level of knowledge	Range	Frequency	Percentage	Mean	SD
1	Adequate	21-30	0	0%	1.46	0.50
2	Moderately	11-20	28	46.67%		

	adequate					
3	Inadequate	0-10	32	53.33%		

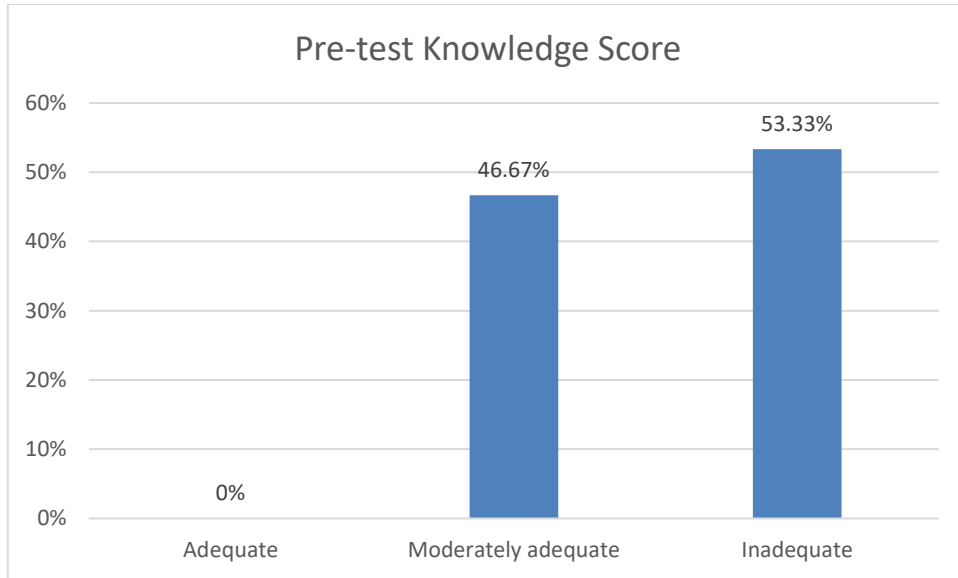


Figure 6: Pre-test knowledge score

Table 3: Assessment of post-test level of knowledge among adolescents girls regarding child sexual abuse.

Sl no	Level of knowledge	Range	Frequency	Percentage	Mean	SD
1	Adequate	21-30	52	86.6%	2.8	0.54
2	Moderately adequate	11-20	5	8.33%		
3	Inadequate	0-10	3	5%		

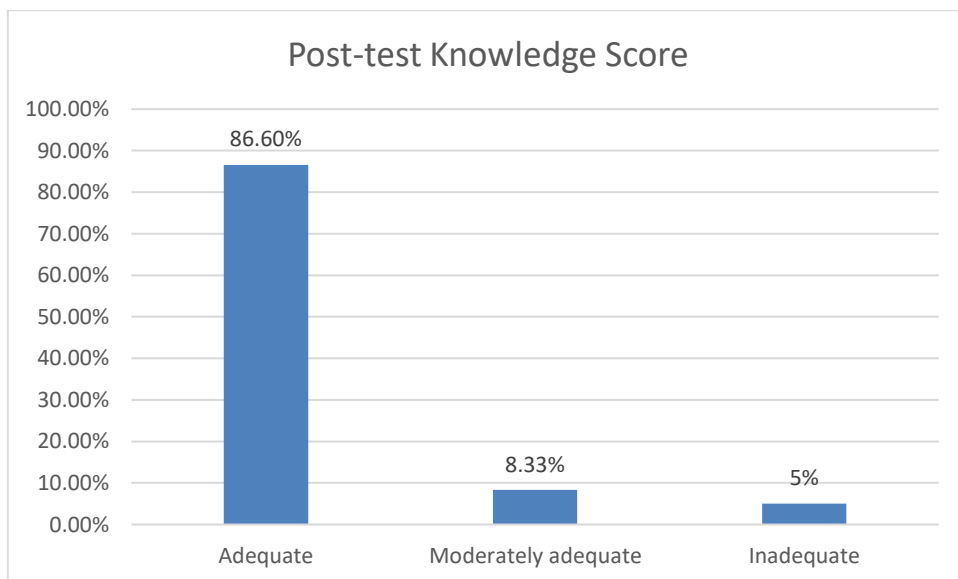


Figure 7: Post-test knowledge score

**Table 4: Association between pre-test knowledge score with selected socio demographic data.**

Demographic variables		Frequency	Percentage (%)	df	Chi-square test	Significance
Age	13-14 years	15	25%	26	0.13	NS
	14-15 years	25	42%			
	15-16 years	20	33%			
	16 years and above	0	0%			
Class of studying	10 <sup>th</sup> std	14	27%	26	0.72	NS
	7 <sup>th</sup> std	0	0%			
	8 <sup>th</sup> std	19	32%			
	9 <sup>th</sup> std	27	45%			
Type of family	Nuclear	44	73%	39	0.92	NS
	Joint	14	23%			
	Extended	1	2%			
	Single parent	1	2%			
Mode of transportation	Walking	17	28%	39	0.82	NS
	Local bus	3	5%			
	Own vehicle	39	65%			
	School bus	1	2%			
Staying with	Parents	59	98%	13	0.35	NS
	Grand parents	1	2%			
	Relatives	0	0%			
	Hostel	0	0%			
Communication with parents	Friendly	60	100%	41	0.005	S
	Strict	0	0%			
	Hateful	0	0%			
	Fearful	0	0%			
Previous information	Yes	0	0%	44	0.004	S
	No	60	100%			

(S) = SIGNIFICANCE AT 5%

### CONCLUSION

In the present study 33% (20) of the females belongs to the age group of 15-16 years, 45% of the samples were studying 9<sup>th</sup> standard, nearly 3/4<sup>th</sup> (73%) of the samples belongs to nuclear family, 65% (39) of the samples were dropped by their parents to the school, 98% of the samples were resided with their parents, 100% (60) of them have a friendly relationship with their parents and none of the samples were had prior information about the Child Sexual Abuse. More than half of the samples (53.33%) 32

had inadequate knowledge regarding CSA, after STP participants increased their knowledge & (86.60%) 52 of the sample had adequate knowledge. There was an association between communication with parents, previous information with selected pre-test knowledge score with p-value of 0.005 & 0.004 respectively.

## REFERENCE

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