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Empowering the Adolescent Girls: Evaluating the Effectiveness of Structured Teaching Programme on Sex Education among Adolescent Girls in Selected Rural Areas of Bijnor, UP

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Abstract

Background: Adolescent girls in rural areas often lack access to comprehensive sex education, leading to poor reproductive health outcomes.

Objectives of the Study: 1. To assess the pretest and post test knowledge of experimental group and control group regarding sex education among adolescent girls. 2. To compare the pretest and post test knowledge of experimental group and control group regarding sex education among adolescent girls. 3. To compare the post test knowledge of experimental group and control group regarding sex education among adolescent girls. 4. To find out the association between knowledge of experimental group with selected demographic variables.

Hypothesis: 1. There is significant difference between pretest and post test knowledge of experimental group of adolescent girls. 2. There is significant difference between the post test knowledge of experimental and control group. 3. There is significant association between the level of knowledge regarding sex education with selected socio demographic variables.

Methods: The research approach adopted for the study was evaluative and educative approach. The research design adopted for this study was experimental design Sample: 60 adolescent girls selected from different rural areas of Bijnor.

Results: The result of this study shows that pre test knowledge of sex education in the experimental group 20.40 (51%) of the adolescence were having the knowledge of sex education. In the control group 19.80 (49.50%) of adolescents were having the knowledge of sex education. Post test knowledge of adolescents in the experimental group is 34.40 (86%) and in the control group only 21.72 (54.30%) of the adolescents were having the knowledge of sex education. Hence comparison in pretest and post test percentage of sex education knowledge of the experimental group of adolescents were having 35% difference during assessment whereas in the control group 4.80% of the adolescents were having difference between pretest and post test assessment. In the experimental group, the difference among adolescents between pretest and post test knowledge is significant and statically significant was tested by paired 't' test ($p < 0.001$). There is a significant association between post test knowledge score in the experimental group and in the demographic data like mothers education, age of menarche, source of information of the adolescents

Keywords: Sex education, Effect, Adolescents, Structured Teaching Programme.

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Introduction

Adolescence is considered as a period of transaction from childhood to adulthood. This period of life between

ages of 10 to 19 years. This period is very crucial, since these are the formative years of life of an individual when major physical, psychological and behavioral changes takes place. This is an impressionable period of life, this is also a period of preparation for undertaking greater responsibilities including healthy responsible parenthood in future. Adolescence form prospective human resource for the society.

In the world one in every five people is an Adolescence. In India 22.8% of population constitute Adolescence, out of 1.2 billion Adolescence worldwide about 85% live in developing countries and the remaining live in the industrialized world. In India there are 15 million Adolescence comprising 22.8% of India's total population. The healthy experiences, attitude behaviour of these youth are intimately linked with their social, educational and economic aspiration and options have a strong impact on the future of Indian society.

Emergence of AIDS has focused everybody's attention towards the role of sex education. AIDS and other sexually transmitted diseases are common today, but many parents, teachers and students do not understand these diseases and their prevention.

The absences or lack of sex education put the youth at risk for unplanned pregnancy and various STDs. It also resulting to a phenomenon of unwed which is quite common in Europe, Africa and America and also being reported in India. Unplanned when subjected to termination may cause maternal morbidity as well as mortality.

WHO (2009), concept about sexual health, is an integration of physical, emotional, intellectual and social aspects of sexuality in a way that positively enriches and promotes personality communication and love.

Adolescence entering the health care system needs professional who can focus on normal development, asses strength and give assurance of positive progress by focusing on "Normality " instead of diseases recognizing changes that occurs during the Adolescence period will definitely give a positive attitude nurses are in position to help Adolescence to resolve one basic issue coming to turns with once body. Nurses must plan with other for specialist service to support the majority of Adolescence who are coping well and at the same time they develop stages to identify and help the minority in difficulties.

(National AIDS control organization, December, 2008), Adolescence is across road in development for life. Young people go through a difficult phase of physical, emotional and psychological stress. Their inquisitive minds

oscillate between pornography and peers to know more about sexuality studies have shown that the Adolescent lack adequate knowledge about sexuality during the period of puberty.

NEED FOR THE STUDY

A survey done by FPAI with 595 adolescent girls on the issues of successfully shows that regards of age and education all subjects have expressed the need for introduction of sex education in to academic curriculum early intervention by targeting adolescent girls with family life and sex education as well as a programme to improve their self confidence and social status may be an effective way to safeguard their future health status.

The education system is ambulant about imparting sex education since 1994 population education has been introduced, but reproductive health and sexuality are missing sex education activities are initiated by national council of education research and training, but with less emphasis.

Hence in view of literature support, the researcher felt need to identity existing knowledge and to impart knowledge to adolescents on sex education through structured teaching programme which will help to develop a positive attitude towards sex. It will help them to improve their self care, ability, retrain from health risk behaviour.

STATEMENT OF PROBLEM

Empowering the adolescent girls: Evaluating the effectiveness of structured teaching programme on sex education among adolescent girls in selected rural areas of Bijnor, UP

OBJECTIVES OF THE STUDY

1. To assess the pretest and post test knowledge of experimental group and control group regarding sex education among adolescent girls.
2. To compare the pretest and post test knowledge of experimental group and control group regarding sex education among adolescent girls.
3. To compare the post test knowledge of experimental group and control group regarding sex education among adolescent girls.
4. To find out the association between knowledge of experimental group with selected demographic variables.

HYPOTHESIS

1. There is significant difference between pretest and post test Knowledge of experimental group of adolescents.

2. There is significant difference between the post test knowledge of experimental and control group.
3. There is significant association between the level of knowledge regarding sex education with selected demographic variables.

OPERATIONAL DEFINITION

Evaluate: It is the measurement of knowledge.

Effectiveness: It refers to significant gain in knowledge as determined by the significant difference in pre test and posttest knowledge.

Structured Teaching Programme: It refers to the systematically development instruction and teaching And Planned And Designed To Provide Information.

Sex Education: Education related to physical, emotional, intellectual and social aspects of sexuality in a way to promote sexual health.

Adolescent Girls: It is a time of moving from the immaturity of childhood to maturity of adulthood, age 12-19 years.

ASSUMPTION

1. Adolescents have poor knowledge regarding sex education.
2. Structured teaching programme will create awareness about prevention of sexually transmitted disease.
3. It promotes positive sexual health behaviour.
4. Morbidity and mortality with AIDS and STDs can be decreased if adolescent girls aware of sexual health.

LIMITATIONS

1. The study is limited to those who are willing to participate.
2. The study will be conducted only Rural areas of Bijnor
3. Who present during the study.

Review of Literature

Madant and Merril, (2002), Spain, A Study investigated, the effectiveness of diverse campaigns on sexual education carried out in Spain, the result of this analysis showed a progressive increase in the percentage of abortions among teenage between 15 and 19 years . the total number of pregnancies have grown from 20% in 1990 to 44% in 2000 arriving at 46.6% in 2003 . the findings revealed that the number of abortion achieving stabilization in the number of new abortion per year and the evaluation of the declared sexually transmitted disease shows an increase of 79% in syphilis and 45.8% in gonorrhoea

Norman, et.al, (2001), South Africa, A Study was conducted on evaluation of drama in education programme to increase AIDS awareness in south African high schools. One thousand and eighty students participated in the first survey and 699 in the second. Improvement in knowledge and attitude about AIDS in pupils at schools receiving the drama programme. The findings indicated that adolescents risks of becomes infected with HIV is increased by a life style involving a greater degree of exploration experimentation and rebellion. The high prevalence of sexually transmitted disease and the high rate of adolescent pregnancy confirm the existence of a pattern of early onset of sexual intercourse multiple partners and a low incidence of condom use.

Julie water house (2008), Mumbai, Study was conducted to determine knowledge of human sexuality, physiology of reproduction and contraception among first year college girls and also asexual parental education and socioeconomic background on their level of awareness A sample of s30 females from three girls colleges were provided questionnaire finding showed that 59% possessed adequate knowledge regarding sexual matters and was positively related to educational status of their parents and residence in hostel. The investigator emphasized the significance of incorporating sex education in to school curricula so that girls acquire correct knowledge from reliable and socially acceptable success later than from pornography

Dr.Shankar, (2008), Botswana, A study investigated the dynamics sexual relationship among school girls in Botswana In- depth interviews were conducted with 15 school girls the social cultural and economic factors that causes young girls to engage in these relationship and how intergeneration sex contributes to unsafe sexual practice were examined the findings revealed 42% was passives and controlled by their older sexual partners, 34% desired pleasure, enjoyment, love and equal partnership in these sexual relationship 24% of girls had little or no decision – making power.

Kalpna Sharma, (2007), Delhi, A study was conducted to assess the knowledge and attitude of unmarried young adults about desirable sexual behaviour. The study was conducted in the rural community of Najafgash, Delhi. Purposive sampling was used. The sample structured knowledge questionnaire, attitude scale and 15 doctors, P.H.N and parents for data collection. Major finding of the study revealed, knowledge deficits and negative attitude among unmarried young adults. There was significantly positive correlation between knowledge and attitude

scores of unmarried young adults toward desirable sexual behaviour.

Shani John Sequeria, (2008), Kerala, A study was conducted to assess the knowledge and attitude towards AIDS, sexuality among collage students in thiruvananthapuram district, kerala community based, cross sectional survey of 625 randomly selected understanding collage students (164 boys, 461 girls age 18-22 years) was conducted. A pre tested structure questionnaire was used to assess the knowledge attitude of students towards AIDS, STDs and sexuality. Result showed that all the students in this sample had heard about AIDS. Only 45% knew that AIDS is not curable at present 34% were aware of the symptoms of STD and 47% knew that STD are associated with an increased risk of AIDS. The study identified substantial lacunae in the knowledge and attitude towards AIDS, STDs and sexuality, among college students in kerala

Methodology

RESEARCH APPROACH

Quantative Approach- Educative and Evaluative Approach.

RESEARCH DESIGN

For this study the research design chosen is an **True experimental design.**

SCHEMATIC REPRESENTATION OF THE RESEARCH DESIGN.

A true experimental design which includes manipulation, control and randomization.

SCHEMATIC REPRESENTATION OF THE RESEARCH DESIGN.

Group	Pre-Assessment	Intervention	Post Assessment
Experimental	O ₁	X	O ₂
Control	O ₁	-	O ₂

Key	O1	=	Pre assessment of knowledge on Sex education
	O2	=	Post assessment of knowledge on Sex education
	X	=	Structured Teaching Programme.

VARIABLES

Independent Variable: In this study, the independent variable refers to Structured Teaching Programme on knowledge regarding Sex education.

Dependent Variable: In this study the dependent variable refers to knowledge of adolescent girls regarding sex education.

Settings: Selected rural areas of Bijnor

Populution: All the adolescent girls of rural areas of Bijnor

Sample: All the adolescent girls studying in 9th and 10th standard of rural areas of Bijnor

Sample Size: The sample is used for the study was 60 (Sixty) adolescent girls.

Sampling Technique: Sampling defined as the process of selecting a group of the elements with which to conduct study. In this study adolescent girls were selected by using simple random sampling technique by lottery method.

Criteria for Sample Selection

INCLUSION CRITERIA

1. Adolescent girls who are in the age group of 12-19 years.
2. Adolescent girls who are available at the time of study period.
3. Adolescent girls studying in 9th and 10th standard.

EXCLUSION CRITERIA

1. Adolescent girls who are on sick leave.
2. Adolescent girls who are married.

DESCRIPTION OF THE INSTRUMENT

The instrument was organized into two sections.

Section I: Demographic variables of the adolescent girls.

Section II: Questionnaire regarding knowledge of adolescent girls.

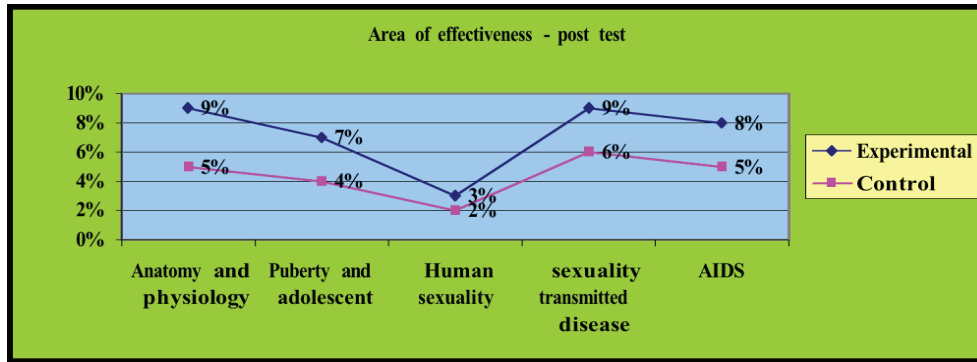
SCORE INTERPRETATION

Knowledge

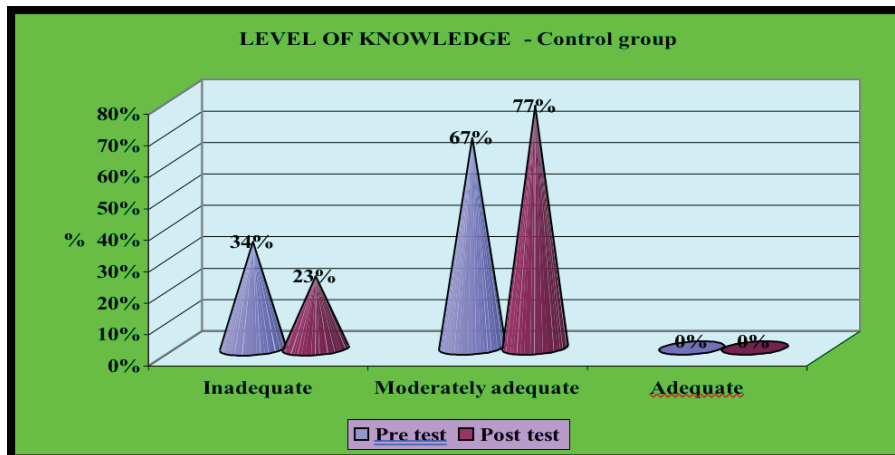
76-100%: Adequate

51-75%: Moderately Adequate 50 and below Inadequate

Line Diagram Showing Comparison of Post Test Knowledge Score On Sex Education Among Adolescents of Experimental And Control Group.



Pyramid diagram showing association between the level of knowledge regarding sex education among the control group



In control group 33.33% have inadequate knowledge and 66.67% have moderately adequate knowledge in per test and 23.33% have inadequate knowledge, 76.67% have moderately adequate knowledge in post test in control group.

It is noted from the table chi-square value in experimental group is 37.46 which is statically significant.

Conclusion

The study assessed the knowledge regarding sex education and found adolescent girls had inadequate knowledge. After structured teaching programme on sex education there is significant improvement on adolescent girls knowledge. the study concluded that the structured teaching programme was effective in improving knowledge regarding sex education.

RECOMMENDATION

Based on the findings the following recommendation are stated.

1. A similar study can be replicated in a large sample there by finding can be generated.
2. A similar study can be conducted among the college students.

3. A similar study can be undertaken among the adolescents boys and girls.
4. Education regarding sex education can be gives to community health workers. So that they can impact the community adolescents. Vivek college of education, Bijnor

ETHICAL COMMITTEE

Name of the Faculty: Mrs Rashmi, Mrs Priti

Designation: M.Sc Nursing tutor

Subject: Community health nursing

Empowering the adolescent girls: Evaluating the effectiveness of structured teaching programme on sex education among adolescent girls in selected rural areas of Bijnor, UP

ETHICAL COMMITTEE MEMBER APPROVAL

Governing council members;

1. Mr amit goel (Chancellor)
2. Mr Deepak mittal (Secretary)
3. Naresh Gupta (Vice chancellor)
4. Dr Ranganath mg (Principal, nursing)
5. Dr Hitesh sharma (Administrator)

Faculty Advisor: Dr Ranaganath Mg (Principal)

Source of Funding: Self

Conflict of Interest: Nil

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