



**“EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SAFETY MEASURES AGAINST SEXUAL VIOLENCE AMONG ADOLESCENT GIRLS IN SELECTED P.U COLLEGE AT BENGALURU”**

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### ABSTRACT

**Background and objectives:** Adolescents represent one fifth of India's population, and also covers one quarter of the world's population. Sexual violence is a significant problem that poses serious physical and psychological health risk to adolescent girls. It's significant to reduce risk and create awareness among adolescent girls regarding knowledge on safety measures against sexual violence. The study was undertaken to "Evaluate the effectiveness of planned teaching programme on knowledge regarding safety measures against sexual violence among adolescent girls in selected P.U College at Bengaluru". **Methods:** Evaluative approach, a pre experimental one group pretest and posttest design with simple random sampling technique was used. Data collected from 60 adolescent girls studying in visveshwara P.U College using planned knowledge questionnaire. Planned teaching programme was implemented after pretest and post test was conducted after 7 days to find the effectiveness. **Results:** regarding effectiveness of planned teaching programme, the overall mean knowledge score in the pretest was 42.2% and 81.3% in the post test with enhancement of 39.1% and it was significant at 5% level. analysis of socio demographic variables shows significant association between type of family, father's education, mother's education, father's occupation, number of siblings, information through mass media with knowledge score at 5% level ( $p>0.05$ ) Interpretation and conclusion: majority of the adolescent girls in pretest 70% had inadequate knowledge, after planned teaching programme knowledge of adolescent girls was enhanced by 75% regarding safety measures against sexual violence. Hence study proven that Planned teaching programme was effective teaching method for creating awareness regarding safety measures against sexual violence among adolescent girls.

**KEYWORDS:** Effectiveness; knowledge; planned teaching programme; adolescent girls safety measures against sexual violence.

### INTRODUCTION

World Health Organization (WHO) Report on Violence and Health defined sexual violence as: Any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic, or otherwise directed, against a person's sexuality using coercion, by any person, regardless of their relationship to the victim, in any setting, including but not limited to home and world.

#### Need for the study

Violence is one of the leading causes of death between the ages of 15 and 24 yrs. according to the National Institutes of Health Asian Centre for human rights reported that child Sexual violence cases jumped from 2, 113 cases in 2001 to 7, 112 in 2011 in India. State wise statistics of sexual violence from 2001 to 2011 shows that Maharashtra recorded highest number of sexual

violence 9465 cases, 719 cases in Karnataka. The statistics indicate that sexual violence of adolescent girls is alarmingly high. Every 22 min rape was recorded, Below 16 years raped every 155th minute, a child below 10 yrs. every 13th hour, and one in every 10 children are sexually violence at any point in time 7 WHO recommended a set of interrelated ethical and safety recommendations apply specifically to the collection of information on sexual violence in emergency, these recommendations are intended to complement and add to existing professional standards, guidelines, practice and eight safety and ethical recommendations addressed to prevent sexual violence.

#### OBJECTIVES OF THE STUDY

1. To assess the existing knowledge regarding safety measures against sexual violence among adolescent girls.

2. To evaluate the effectiveness of planned teaching programme on safety measures against sexual violence among adolescent girls.
3. To find the association between post-test knowledge scores regarding safety measures against sexual violence among adolescent girls and their selected demographic variables.

### Hypothesis

H1: There will be a significant increase in the mean post-test knowledge scores of adolescents regarding safety measures against sexual violence in selected P.U colleges, Bengaluru.

H2: There will be a significant association between post-test knowledge scores regarding safety measures against sexual violence and the selected demographic variables among adolescent girls in selected P.U College, Bengaluru.

### Research variables

**Independent variable:** Planned teaching programme on safety measures against sexual violence.

**Dependent variable:** Knowledge of the adolescent girls regarding safety measures against sexual violence.

**Demographic variables:** Age, Type of family, Religion, Mother's educational status, Father's educational status, Father's occupation, Mother's occupation, Number of siblings, Family income per month, Information through mass media, Type of transportation, Type of dress preference, usage of cell phone.

### METHODOLOGY

**Research Approach:** An evaluative approach was considered as appropriate research approach for the present study.

**Research Design:** pre experimental with one group pre-test and post-test design was selected.

**Setting of the Study:** This study was conducted in Vishveswarapura P.U. College in Bengaluru.

**Sample and Sampling Technique:** The sample of this study comprised of 60 adolescent girls studying in Visveswarapura P.U College, Bengaluru. Simple random sampling method was used to draw the sample.

### Criteria for Selection of Sample

#### a) Inclusion criteria

Adolescent girls who are willing to participate in the study.

Adolescent girls who are present during the study period.

#### b) Exclusion Criteria

Adolescent girls who are not co-operative, during the study period.

Adolescent girls who are absent during the study period.

Adolescent girls who are sick during the study period.

**Development and Selection of the tool:** Self-administered planned knowledge questionnaire was used to assess the knowledge of adolescent girls at selected P.U College at Bengaluru. It was most appropriate instrument to elicit the response from subjects.

### Description of Tool

The tool consists of two sections.

#### Section-1

The self-administered structure knowledge questionnaire was used for the collection of demographic data of sample. And it consists of 13 items such as age in years, type of family, religion, educational status of father and mother, father's occupation, mother's occupation, number of siblings, family income, previous information through mass media, type of transportation, type of dress preference, and usage of cell phone.

#### Section-2

Self-administered planned knowledge questionnaire consists of 30 items on knowledge regarding safety measures against sexual violence. The section of the tool is further divided into 5 parts, they are

**Part-1:** related to knowledge on general information, definition, Causes risk factor, Health consequences of sexual violence.

**Part-2:** related to knowledge on Anti violence devices

**Part-3:** related to Self-defense techniques used to maintain safety against sexual violence among adolescent girls.

**Part-4:** related to Helpline and Medical management of a victim after sexual violence. Each item of the questionnaire has one correct answer and three wrong answers, every correct answer would fetch one mark and wrong answer fetch zero mark, and the total score of the knowledge questionnaire is 30.

### Data collection and procedure

After obtaining permission from principal vishveshwara P.U College, Bengaluru, and consent obtain from the subjects the pretest was conducted to 60 adolescent girls by using self-administered planned knowledge questionnaire. Each sample took 45 minutes to complete a planned knowledge questionnaire. The researcher gathered adolescent girls in comfortable room and conducted Planned teaching Programme by using power point presentation. After 7 days post-test was given with the same self-administered planned knowledge questionnaire to same sample. Each subject took about 45 minutes to complete the post-test. All the participants co-operated well with the investigator in both pre-test and Post-test.

### RESULTS

#### Major findings of the study

#### Findings Related to Sample Characteristics

- Age distribution shows that total percentage of all respondents were between age group of 16-18 (100%) yrs.
- Distributions of respondents according to type of family, majority of respondents were belonging to nuclear family (70%).
- Majority of respondents belongs to hindu religion (88.3%). While considering the father's education

majority of respondent's fathers qualified with high school education (61.7%).

- While considering the mother's education majority of respondent's mothers qualified with high school education (41.7%).
- While considering the father occupation, majority of respondent's fathers occupation was private employee. (38.3%).
- Majority of respondent's mothers occupation was home maker (51.6%) private employee (21.7%).
- Majority of respondent's families income fall in below 10,000. (48.3%).
- Majority of respondents had (38.4%) two siblings.
- Majority of respondents (56.7%) not having information through mass media.
- Majority of respondents (70%) will use BMTC bus every day.
- Majority of respondents (63.4%) preferred Indian dress.
- Majority of respondents (80%) use cell phone.

#### **Findings related to knowledge of respondents regarding safety measures against sexual violence**

The overall mean pretest knowledge score was found to be 70%, the aspect wise pretest knowledge of respondents regarding safety measures against sexual violence. The highest pretest score regarding self-defense technique was found to be 51.9% followed by planned teaching programme on safety measures against sexual violence.

The overall posttest mean knowledge was found to be 75%. the highest mean 86.2% percentage was seen in aspects of knowledge regarding self-defense technique against sexual violence. 2.3. The posttest knowledge scores of respondents increased significantly after administration of PTP on Safety measures against sexual violence. The overall mean difference between pretest score to post test score is highly significant with 't' value 21.94\*.

#### **Findings related to association between posttest knowledge scores with selected demographic variables**

The association between posttest knowledge score and social demographic variables computed by using chi square value Findings reveals that demographic variables like type of family (5.19\*), father's education (10.00\*), father's occupation (10.13\*), mother's occupation (9.57\*), number of siblings (15.12\*), information through mass media (4.34\*) is strongly associated with the posttest knowledge of safety measures against sexual violence among adolescent girls.

The remaining variables like religion (1.40NS), mother's education (1.15 NS), family income per month (6.58 NS), type of transportation (0.05NS), type of dress preference (0.10 NS), usage of cell phone (2.22 NS) is found to be non-significant with posttest knowledge of

safety measures against sexual violence among adolescent girls.

#### **DISCUSSION**

The findings of the study are discussed under the following headings.

1. Socio-demographic characteristics.
2. Assessment of existing knowledge regarding safety measures against sexual violence among adolescent girls.
3. Evaluate the effectiveness of planned teaching programme on knowledge regarding safety measures against sexual violence
4. Association between post-test knowledge scores regarding safety measures against sexual violence among adolescent girls and their selected demographic variables.
5. Testing of the hypothesis

“Evaluate the effectiveness of planned teaching programme on knowledge regarding safety measures against sexual violence among adolescent girls in selected P.U College at Bengaluru”.

The present study confirmed that there was a considerable improvement of knowledge after the planned teaching programme on safety measures against sexual violence and is statistically significant. The overall Pretest mean knowledge was 42.2% and posttest was 81.3% with 39.1% mean percentage knowledge enhancement.

#### **CONCLUSION**

##### **Nursing Implications**

The main aim of the present study is to educate the adolescent girls regarding safety measures against sexual violence.

The study revealed that there are gaps in knowledge of adolescent girls regarding safety measure against sexual violence. The findings of this study have implications in the field of Nursing education, Nursing practice, Nursing administration and Nursing research. The dissemination of the knowledge takes place when the research findings are made use of in the following fields.

##### **Nursing Practice**

Nursing profession has been developing faster in recent years in a unique way. The major change that has occurred in the profession is expansion in the role of nurses. One of the major roles that nurse plays in educating the adolescent girls regarding various physical and psychological consequences and self-defense techniques used to enhance safety measures against sexual violence. The knowledge of adolescent girls are a very important task which helps the adolescent girls to adapt themselves and also impart their knowledge to peer groups. Since adolescent girls are peer oriented, they will communicate those acquired knowledge to others. It is very essential for the adolescent girls to acquire

necessary information regarding safety measures against sexual violence.

### Nursing Education

1. The content regarding safety measures against sexual violence should be incorporated in the curriculum.
2. The adolescent girls equip themselves by reading books, recent advances and current issues.
3. Nursing educator can adopt adequate teaching strategies such as demonstration regarding use of antiviolence device to ensure safety against sexual violence.
4. Nurse educator can educate to school teachers, mothers, regarding safety measures against sexual violence

### Nursing Administration

1. The nurse administrator should arrange continuing education programme for staff nurses regarding safety measures against sexual violence so that they can impart knowledge to adolescent girls
2. This will help the nurse administrator to emphasis and encourage the adolescent girls to use proper self defence techniques against sexual violence
3. Nursing personnel should be prepared to take leadership role in educating the adolescent girls regarding the safety measures against sexual violence.
4. The nurse administrator play a role in policy making regarding safety measures against sexual violence.
5. The nurse administrator can suggest the higher authority to include the safety measures against sexual violence as a part of high school curriculum.

### Nursing research

The study will motivate the beginning researchers to conduct same study with different variables on a large scale.

1. Descriptive study can be done in large scale to identify prevalence of sexual violence in the community.
2. Nurses should come forward to take up unsolved questions in the field. The public and private agencies should also encourage researcher in the field through materials and funds.

### Limitations of the study

1. The study is limited only to adolescent girls who are studying in Visveswarapura P.U college Bengaluru
2. The study did not use control group.
3. Only a single domain that is knowledge is considered in the present study.
4. The sample for the study was limited to 60 adolescent girls.

### Recommendations

On the basis of the findings following recommendations have been made.

1. A replication of present study can be conducted with a larger population as a descriptive study including additional demographic variables.

2. A similar study can be conducted on primary and secondary school adolescent girls and for all women.
3. Manuals and information booklets may be developed to enhance knowledge regarding safety measures against sexual violence.
4. A study can be conducted by Research study is recommended to be conducted in different teaching strategies like, work shop.

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