

AN EXPERIMENTAL STUDY: KNOWLEDGE ON SEXUAL ABUSE AND ITS PREVENTIVE MEASURES AMONG ADOLESCENT GIRLS

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Article Received on 26/01/2020

Article Revised on 16/02/2020

Article Accepted on 06/03/2020

ABSTRACT

Sexual abuse or child molestation is one of the crimes which needs public attention. The number of sexual abuse cases among children has been increasingly reporting every year. Child sexual abuse will have adverse effect on both physical and mental health which hinders growth and development of child. It is not acceptable by the society thus; every member of the society should take initiation and be responsible in preventing sexual abuse. the purpose of the study is to assess the effectiveness of planned or structured teaching programme on knowledge regarding sexual abuse among adolescent girls aged between 13-15. An experimental study was conducted among 100 girls (experimental-50 & control-50) studying in Sri Bhakthanatha Swamy High School, BG Nagara. Samples were selected through systemic random sampling. STP was given only for experimental group. The knowledge score of the experimental group during the pre-test was 41.6%, whereas it increased to 86.13% during the post-test as an effectiveness of STP ($t=26.72$, $p<0.05$ significant). Ongoing teaching and health education can further improve the knowledge of adolescent girls.

KEYWORDS: Adolescent girls, Preventive measures, Sexual abuse and Structured teaching programme (STP).

INTRODUCTION

Adolescence is the period occurs between puberty and adulthood. It is the stage where major physical and mental human development takes place. At this age when conflicts displaced them from home, family and schools, they face heightened risks of exploitation, sexual and gender-based violence and teenage pregnancy. sexual abuse is the involvement of any kind of sexual activities where consent is or is not given by the victim. When the victim is younger than the age of consent, it is referred to as child sexual abuse. A child who is the victim of prolonged sexual abuse develops low self-esteem, a feeling of worthlessness and an abnormal view of sex. The child may become withdrawn and mistrustful of adults. 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 education programmes are required for adolescent girls to upgrade their knowledge and protect them from sexual violence.

The investigator organized the literatures in the following categories:

1. Reviews related to prevalence of sexual abuse among high school girls.
2. Reviews related to adolescent school girls' knowledge regarding sexual abuse.
3. Reviews related to effectiveness of structured teaching programme on sexual abuse.

A study was conducted by Priebe G to identify the prevalence of sexual abuse among boys and girls of Sweden schools who are aged about 17 years. 2% of samples were selected, out of all 1943 students both male and female and school non-attenders answered for 170 self-administered questionnaires, was given by school nurses. 6 out of 170 questions focussed on personal experience of child sexual abuse. over all 92.2% of the students and 44.2% of school dropouts were responded. Among 3.1% of male and 11.2% of female students acknowledged sexual abuse; 1.2% of boys and 3.1% of girls reported about oral, vaginal and or anal intercourse. The study result shows that prevalence of sexual abuse

found higher in female drop outs and minimum among school students.^[11]

A study was conducted in Kerala, South India by Padinharath Krishnakumar, K Sathishan Geeta Govindaraj, K Sureshkumar “to study the prevalence and spectrum of sexual abuse among adolescents”. A self-report survey was done in selected schools. The samples participated in this study were adolescents aged of 15-19 years studying in plus one and plus two classes. Out of 1614 respondents, the rate of girls had experienced sexual abuse in their life time at different stage is 35%. The study interprets that the instances where sexual abuse is more common is while using public transport, isolation at home and susceptibility is equal in both boys and girls. Feeling of insecurity, being disliked by parents and being depressed were significantly high in adolescents who had experienced sexual abuse compared to those who had not.^[12]

A descriptive cross-sectional study was carried out by Athauda J to determine knowledge of sexual harassment among 190 school children data was collected using a pre-tested and self-administered questionnaire. Result reveals that among them only 3.7% had knowledge on sexual harassment and majority of the children have poor or inadequate knowledge on sexual abuse. Study recommends awareness programmes for children to provide adequate information about sexual abuse.^[16]

A study was conducted by Anne H on knowledge regarding sexual harassment for 200 high school students. Data was collected by using self-administered questionnaire. The results indicated that the children don't report sexual harassment because they simply can't identify such behavior; more than 66% has sketchy knowledge of sexual harassment. Hence study suggests for implementation of educational programmes for children regarding sexual abuse.^[13]

A Quasi experimental study was done on effectiveness of school-based education programmes on prevention of child sexual abuse. The aim of the study was to find out if school-based programmes are effective in improving the knowledge of children on sexual abuse and protective behaviour to protect children from sexual abuse. 14 randomized control trials and 1 quasi experimental study were included. Overall, the study reveals that education programmes are statistically significant in improving knowledge on sexual abuse and protective measures. The study did not explain about impact of knowledge in reducing child sexual abuse.^[14]

Baker, A, Danunc conducted a study in Turkey in the year 2009 on “effectiveness of psycho-educational school-based training program on child sexual abuse prevention among Turkish students. The subjects involved in the study were of 36 students. During this study no treatment was given to control group. Analysis done by using ANCOVA, test shows that students who

attended sexual abuse prevention program scored significantly higher than the control group(p:0.5). the size of the study was calculated using Cohen's d, it was 80, found satisfactory. Results explained that education programmes were effective in imparting and improving knowledge among students about prevention of sexual abuse.^[15]

MATERIALS AND METHODS

Research approach: The research approach adopted for this study was Quantitative approach.

Research design: The research design selected for the present study is true-experimental (two group pre-test post-test).

Variables

- Knowledge of adolescent school girls aged 13-15 years regarding sexual abuse and its preventive measures are the dependent variable in this study.
- The structured teaching program regarding sexual abuse and its preventive measures is independent variable.

Setting of the study: The study was conducted in natural setting in Sri Bhakthanatha Swamy High school at B.G.Nagara, Mandya, Karnataka.

Sample size: 100 adolescent school girls of 13-15 years.

Sampling technique: Probability Sampling- Systematic Random Sampling Technique was adopted.

Criteria for selection of the sample

- Adolescent School girls those who are aged between 13- 15 years and studying in 8th standard and 9th standard at SBNHS, B.G. Nagara.
- Adolescent girls those who are present and willing to participate at the time of study.
- Adolescent girls studying in English medium.

Description of the tool: The tool consists of;

Section A: Demographic variables

Section B: Knowledge questionnaire on sexual abuse and its preventive measures.

RESULTS

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.

Frequency and percentage distribution of pre-test level of knowledge of adolescent school girls n=50.

Pre-test Experimental Group		
Level of knowledge	No of respondents	
	Frequency	%
Inadequate (<50%)	38	76
Moderate (50-75%)	11	22
Adequate (>75%)	1	2
	50	100

Frequency and Percentage distribution of post-test knowledge level of adolescent girls of experimental and control group n=50.

Post-test Experimental Group		
Level of knowledge	No of respondents	
	Frequency	%
Inadequate (<50%)	0	0
Moderate (50-75%)	0	0
Adequate (>75%)	50	100
	50	100

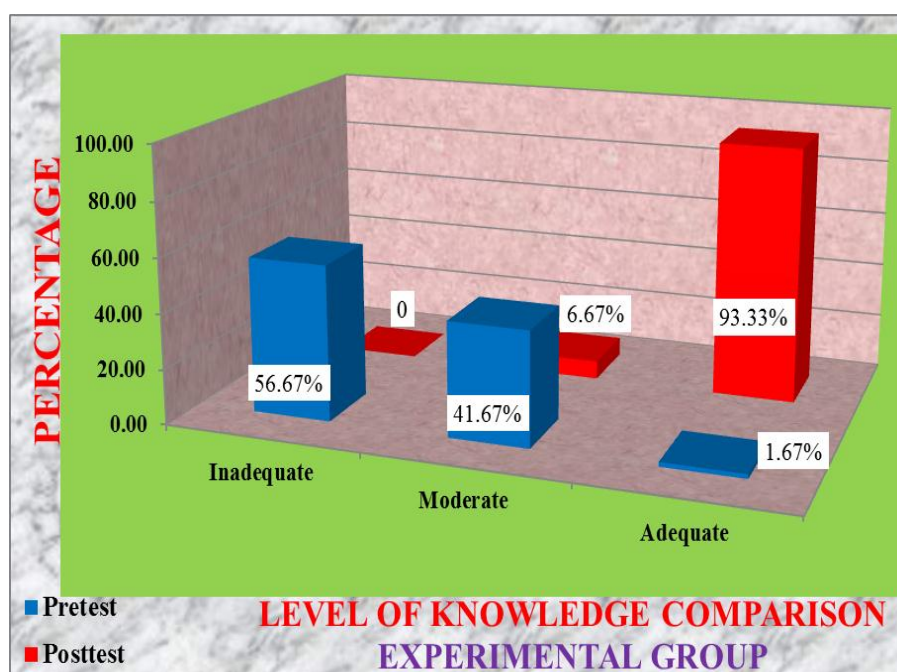


Figure 13: Simple bar diagram showing comparison between pre-test and post-test knowledge level of experimental group.

The above diagram shows that the knowledge level of adolescent girls of experimental group. In pre-test 56.67% were having inadequate knowledge and 41.67% were having moderate knowledge and 1.67% were

having adequate knowledge whereas in post-test none of the students were having inadequate knowledge and 6.67% were having moderate knowledge and majority 93.33% were having adequate knowledge.

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

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

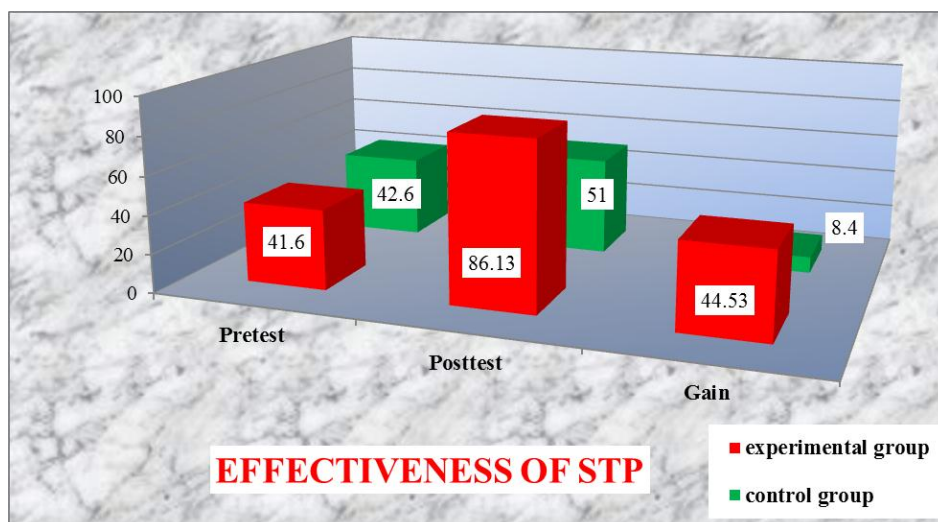


Figure no 15: Simple bar diagram showing effectiveness of STP by comparing the pre-test and post-test knowledge level of experimental group and control group.

The above diagram reveals that the knowledge gained by experimental group is 44.53% is significantly higher than the control group 8.4%. Hence it strongly indicates that structured teaching programme is effective in increasing the knowledge of adolescent girls.

DISCUSSION

The first Objective of the study was 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. The pre-test reveals that in control group 68% students had inadequate knowledge level, 32% students had moderate knowledge level and none of them had adequate knowledge level and in experimental group 76% were having inadequate, 22% moderate, 2% were having adequate knowledge. 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 and in control group 38% students had inadequate knowledge level, 60% students had moderate knowledge level and 2% of the students had adequate knowledge level.

The next Objective of the study was 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 $p < 0.05$.

The third Objective of the study was 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.

The last objective of the study was 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 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.

Nursing Implications

The findings of this study have implications in the field of nursing practice, nursing education, nursing administration and nursing research regarding prevention and management of scabies.

Nursing Practice

- Nursing professionals can provide structured teaching programme in schools as a school Health Nurse it is effective.
- School Health Nurse can educate teachers and mothers regarding Sexual Harassment and its effects on the children.

- Nursing professionals should develop expertise in these areas and must be ready to act as patient advocates.

Nursing Education

1. Nurse educator can emphasize and educate the mothers and school teachers on prevention and management of sexual abuse.
2. In-service Education can be planned and provided for the nursing professionals.
3. Study materials can be prepared and distributed for the Nursing Professionals on the effects of Sexual abuse among school children.
4. Nurse educator can put the list of supportive organization of Sexual abuse up on the school notice board or in classrooms so everyone can find it.
5. Nurse educator can work with school authorities to draw up a school policy on Sexual abuse and how cases will be dealt in the school.
6. Posters, leaflets, hand-outs, study material can be prepared about sexual abuse and its effects on the learners and distributed in the school, for parents, and nursing students and professionals.
7. Nurse educators should get the benefit of these studies to include them in their class room teachings to enhance the knowledge of students. They can make use of structure teaching programme (STP) which is prepared for teaching as tool.

Nursing Administration

The nurse administrator faces a challenging role these days, where he/ she need to know the recent developments, the new methods and technologies. Getting in touch with the new findings will strengthen his/her position and improve self-confidence.

- Nurse Administrators should plan and organize a staff development programme on effects of Sexual abuse among School Children.
- Nursing personnel should be prepared to take leadership role in educating mother and parents about sexual abuse, Safe and Unsafe touch, Protection of child against Sexual abuse.
- In-service Education can be planned and provided for the teachers by the Nursing personnel.

Nursing Research

- Nurse researchers can develop appropriate health education tools for educating the mothers and teachers regarding Sexual abuse according to their demographic, socio-economic, cultural and political characteristics.
- Nurses should come forward to take up unsolved questions in the field of Sexual abuse among children and publish them for the benefit of mothers, public and nursing fraternity. The public and private agencies should also encourage research in this field through materials and funds.
- Many researches can be carried on Sexual abuse as it is an open for all types of exploring the needs of the child.

Suggestions

1. Motivate the adolescent school girls to keep them updated with necessary knowledge regarding aspects of sexual abuse and its preventive measures.
2. Regular educational program like structured teaching for students regarding sexual abuse and its preventive measures can be implemented.
3. Community health nurses can conduct the periodic health education and training program to students regarding aspects of sexual abuse and its preventive measures.
4. The study suggests that respected government need to opting educational programmes at schools.

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.

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