

A Study to Assess the Effectiveness of Information Booklet on Knowledge Regarding Sex Education among Higher Secondary Students in Selected School of Lucknow, Uttar Pradesh

Ms. Joohi V, Mr. Ajay K, Ms. Deepanshi S, Ms Kritika M, Pooja Y, Ms. Shivani P

Dasy Institute of Nursing & Paramedical Sciences, Lucknow, Uttar Pradesh, India

ABSTRACT

The present study has been conducted to know the effectiveness of on knowledge regarding Sex Education among higher secondary students in selected school of Lucknow, Uttar Pradesh. In order to achieve the objectives one group pretest -posttest research design with quantitative approach was adopted. The selection of the sample was done by convenient sampling technique. The sample size was 30. The method of data collection was using demographic variables questions and structured knowledge questionnaire related to knowledge regarding sex education. Results show that information booklet was effective in improving the knowledge regarding sex education and there was significant relationship between pretest knowledge and half of the demographic variables.

KEYWORDS: Information booklet, Sex education, Higher secondary school

How to cite this paper: Ms. Joohi V | Mr. Ajay K | Ms. Deepanshi S | Ms Kritika M | Pooja Y | Ms. Shivani P "A Study to Assess the Effectiveness of Information Booklet on Knowledge Regarding Sex Education among Higher Secondary Students in Selected School of Lucknow, Uttar Pradesh" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-4 | Issue-5, August 2020, pp.56-60, URL: www.ijtsrd.com/papers/ijtsrd31637.pdf



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INTRODUCTION

Sex education is education about sexual reproduction in human being, sexual behaviour, sexual intercourse and other aspect of human sexual behaviour. Reproductive rights may also include the rights to receive education about sexually transmitted infection.

Sex education is the instructions of issue relating to human sexuality including human emotional relation and responsibility, human sexual anatomy, sexual activity, sexual reproduction, safe sex and birth control. Sex education is a serious concern because lacking of knowledge among adolescent can lead to teenage pregnancy and sexual transmitted diseases. It is important to teach in school then this will increase knowledge among them. In most places in India the children may very well not feel able to freely ask to any adults and their relatives about sex. Importance of sex education to reduce the risk of potentially negative outcomes from sexual behaviour.

Public discussion of topics of a sexual nature are widely considered as taboo in the Indian society, therefore acting as a barrier to delivery of adequate and effective sexual education to Indian adolescents.

The aim of the study to build a strong foundation for life long sexual health by acquiring information and attitudes, belief and values about one's identity relationships and intimacy.

Need for study

India, with an ever-growing adolescent population adopting rapidly evolving attitude towards sex. With the study showing that the majority of parents do not accept the responsibility for providing sex education, with 88% of male and 58% of female students in colleges in Mumbai reporting that they had no sex education from parents.

The need to address sexuality in a frank and direct manner has increased so that youngsters can adopt safer sexual practices which will help to curb the HIV epidemic. Half of all new HIV infection occur in people aged 15-24 years. Unfortunately need for sexual health education is not perceived and fulfilled in India.

Children and adolescents need accurate and comprehensive education about sexuality to practice healthy sexual behaviour as adults. Because risky sexual activity may lead to health and social problems. The subject of adolescent sexuality is taboo in most societies. Since 2007 sexual health

education programme has been banned in six states including Maharashtra, Karnataka, Gujarat, Madhya Pradesh, Kerala and Rajasthan.

Sexual health compromises a very important health domain. A keen understanding of sexuality is instrumental leading a healthy life. Poor infrastructure and lack of human resources to deal with adolescent specific reproductive health issues make the issue of sex education not only relevant but also important from a human rights perspective. India scores poorly on adolescent reproductive health issues.

There is an evidence from research to support the fact that sex education and HIV risk programme significantly reduce HIV and STDs risk in the adolescent and young population. Sexual health education provide accurate information about human sexuality and provide an opportunity for young people to develop and understand their values, attitudes and rights about sexuality, young people develops relationship and interpersonal skills.

The first cases of acquired immunodeficiency syndrome (AIDS) were reported in United states in the spring 1981.

Objectives

1. To assess the pre -interventional knowledge regarding sex education among higher secondary students in selected schools of Lucknow.
2. To assess the effectiveness of information booklet regarding sex education among higher and secondary students in selected schools of Lucknow.
3. To assess the association between pre test knowledge score with demographic variables of higher secondary school students regarding sex education.

HYPOTHESIS

- H₀ -There is no significant differences between pre test and post test score of higher secondary students regarding sex education.
- H₁ - There is significant differences between pre test and post test score of higher secondary students regarding sex education.
- H₀ - There is no significant association between pre test knowledge score with selected demographic variable of higher secondary students regarding sex education.
- H₂ - There is significant association between pre test knowledge score and selected demographic variable of higher secondary students regarding sex education.

Result

The total of 30 students of ST .Thomas mission school selected of a sample. The demographic variable of the study subject were presented in term frequency and percentage shown In table.1

S. NO	Demographic variables	Frequency	Percentage
1	Age		
	16 year	0	0%
	17 year	0	0%
	18 year	10	33.33%
	19 year	5	16.66%
	20 year	15	50%
2	Sex		
	Male	8	26.66%
	Female	22	73.33%
3	Class of study		
	11 th	3	10%
	12 th	27	90%

Methods and materials

Research approach: - Quantitative approach or one group pretest posttest design.

Settings of study: - The study was conducted in selected school of Lucknow.

Study duration: - 1 week

Study populations- consisted of students studying in higher secondary classes of ST. Thomas mission school Lucknow.

Sample size- 30

Tools: - Self structured questionnaires

Inclusion criteria

1. Students who was interesting to participate in study.
2. The age between 16-20 year.
3. Student studying in higher secondary classes of selected school.

Exclusion criteria

The students who does not want to participated in sex education classes.

Data collection procedure- The formal permission Obtain from the principal of ST. Thomas mission school campaign higher secondary school .A total of 30 students were selected For the study as per inclusion criteria of study. Self introduction was given to the students .The purpose of the study was explain to them and questionnaires for assessment of knowledge regarding sex education was given and then provided information booklet on sex education. And post test conducted giving same questionnaires.

Statistical analysis

Analysis of data was done in accordance with the objective. The data collected from 30 students was analysed and interpreted in the following headings.

Both descriptive and inferential statistics were carried out. Paired t-test used to find out the significant difference between pretest and post test attitude regarding sex education among higher secondary students who participated in the study. Chisquare used to find out the significant difference between pretest and post test practice of school students participated in the study regarding sex education.

4	Religion		
	Hindu	26	86.66%
	Christian	0	0%
	Sikh	1	3.33%
	Muslim	3	10%
5	Education of father		
	High-school	5	16.66%
	Intermediate	12	40%
	Graduate	10	33.33%
	Postgraduate	1	3.33%
	Doctorate	1	3.33%
6	Education of mother		
	High-school	14	46.66%
	Intermediate	2	6.66%
	Graduate	7	23.33%
	Postgraduate	0	0%
	Doctorate	0	0%
7	Occupation of father		
	Self-employee	9	30%
	Private	7	23.33%
	Government	10	33.33%
	Semi-government	2	6.66%
8	Occupation of mother		
	Unemployed	1	3.33%
	Self-employee	1	3.33%
	Private	1	3.33%
	Government	1	3.33%
9	Economical status		
	Semi-government	1	3.33%
	5000	8	26.66%
	5001-10000	18	60%
	10001-100000	3	10%
10	Previous knowledge		
	>100000	26	86.66%
11	Source of information		
	Yes	4	13.33%
	Mass-media	15	50%
	Friends	6	20%
	Teachers	9	30%
	Parents	0	0%
	Relatives	0	0%

Majority of the sample are at the age group above 19 years (50%), studying at 12th standards (90%), belong to Hindus (86.6%), majority of father had intermediate (40%), majority of mother had high school education (46.66%), majority of father had government job (33.33%), majority of mother are housewife (86.66%), majority of samples had monthly income between to 10001-100000 Rs (60%), have previous knowledge regarding sex education (50%), majority of samples got information from mass media (50%).

Table no 2:- frequency and percentage wise distribution of samples based on pre-test and post-test knowledge score

categories	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Poor (1-10)	20	66.66%	0	0%
Average(11-20)	8	26.66%	13	43.33%
Good (21-30)	2	6.66%	17	56.66%

In pre test majority of sample had poor knowledge regarding sex education (66.66%) 20, followed by average knowledge (26.66%) 8 and good knowledge (6.66%) 2 and in post test majority of sample had good knowledge regarding sex education (56.66%) 17, followed by average knowledge (43.33%) 13, no one had poor knowledge.

Table No 3:- Chi-square test showing the association between pre test knowledge score of school children and selected demographic variables.

S. No.	Demographic variables	Poor	Average	Good	Obtained Value	Table Value	Degree of freedom	Inferences
1	Age							
	16	0	0	0				
	17	0	0	0				
	18	8	1	1	9.78	15.51	8	Not significant
	19	4	1	0				
	20	8	6	1				
2	Sex							
	Male	7	1	0	2.23	5.99	2	Not significant
	Female	13	7	2				
3	Class of study							
	11 th	3	0	0	3.46	5.99	2	Not significant
	12 th	17	8	2				
4	Religion							
	Hindu	16	8	2				
	Christian	0	0	0				
	Sikh	1	0	0	5.112	15.51	8	Not significant
	Muslim	3	0	0				
	Others	0	0	0				
5	Education of father							
	High-school	3	2	0				
	Intermediate	9	3	0				
	Graduate	5	3	2	6.248	18.31	10	Not significant
	Postgraduate	1	0	0				
	Doctorate	1	0	0				
	Non-formal	1	0	0				
6	Education of mother							
	High-school	10	3	1				
	Intermediate	1	1	0				
	Graduate	5	1	1	12.776	18.31	10	Not significant
	Postgraduate	0	0	0				
	Doctorate	0	0	0				
Non-formal	4	3	0					
7	Occupation of father							
	Self-employee	4	4	2				
	Private	6	1	0				
	Government	8	2	0	54.72	15.51	8	Significant
	Semi-government	1	1	0				
Unemployed	1	0	0					
8	Occupation of mother							
	Self-employee	0	1	0				
	Private	1	0	0				
	Government	1	0	0	31.32	15.51	8	Significant
	Semi-government	0	1	0				
Housewife	18	6	2					
9	Economical status							
	5000	1	0	0				
	5001-10000	5	2	1				
	10001-100000	11	6	1	103.63	12.59	6	Significant
	>100000	3	0	0				
10	Previous knowledge							
	Yes	18	6	2	17.63	5.99	2	Significant
	No	2	2	0				
11	Source of information							
	Mass-media	13	2	0				
	Friends	5	1	0				
	Teachers	2	5	2	59.76	15.51	8	Significant
	Parents	0	0	0				
	Relatives	0	0	0				

At = 0.05 level

Table value = 2 = 5.99, 6 = 12.59, 8=15.51, 10=18.31

There was a significant association between pre-test knowledge score with demographic variables such as occupation of father, occupation of mother, economic status of family, previous knowledge regarding sex education & source of knowledge.

There was no significant association between pre-test knowledge score with demographic variables such as age, sex class of study, religion, education of father, education of mother, Since half of demographic variables had association and half do not had association between pre-test knowledge score. Hypothesis (H2) was partially accepted.

Discussion

Majority of the sample are of the age group above 19 years (50%), studying at 12th standards(90%), belong to Hindus (86.6%), majority of father had intermediate (40%), majority of mother had high school education (46.66%), majority of father had government job (33.33%), majority of mother are housewife (86.66%), majority of samples belong to 10001-100000 economical status (60%), have previous knowledge regarding sex education (50%), majority of samples got information from mass media (50%).

Since the p value for the test is 0.05. The calculated t value was 7.72 which is greater than table value H0 was rejected and H1 was accepted. Thus it is stated that information booklet was effective. Half of demographic variables had association and half do not had association between pre-test knowledge score. Hypothesis (H2) was partially accepted.

Conclusion

Intervention of information booklet Knowledge on sex education were effective in pre experimental group (school students).

NURSING IMPLICATIONS:-

Nursing education:- In service education is to be provided to the nursing personnel at various level to make them aware about the sex education and STDs this will enable them to know about the disease prevention and it will help them to provide health education to improve the knowledge regarding sex education and STDs.

Nursing administration:- The administrator should facilitate the implementation of various programs to community and also for the betterment. The nursing administrator should collect the information and make the students to know about the importance of sex education.

Nursing practice:- People had knowledge that indicates the need of organizing sex education among students as well as develop skills among students to know about the importance of sex education and how to prevent the disease transmission.

Nursing research:- Nursing research in the sex education has given positive effects including increasing young people's knowledge and improving their attitude related to sexual and reproductive health and behaviour. This will enables them to know about the transmission of disease and how to prevent them.

LIMITATIONS:-

1. This study was conducted in 30 samples thus, may not portray the full picture of knowledge of sex education.
2. This study was to be done on higher secondary students.
3. This study was limited to the topic particular mentioned in information booklet.

RECOMMENDATIONS-

- This study highlights the need for further studies with large sample.
- This study also used to educate the students about STDs and its prevention.
- Studies in future may be carried out with large sample among age group of adolescent.
- This study will also help the adults who need counselling session regarding sex education.

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