

Impact of Self Defence Technique Training on Practice of Adolescent Girls

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ABSTRACT

The present study has been conducted to know the impact of self defence technique training on practice of adolescent girls. In order to achieve the objectives one group pretest post test preexperimental research design with quantitative approach was adopted. Setting of the study was Azad public school, Bhopal. The selection of sample was done by using convenient non probability sampling technique. The sample size was 30. The method of data collection was using baseline characteristics questions and practice check list related to practice regarding self defence technique training. Result shown that self defence technique training was effective to bring average practice regarding self defence technique training, i.e. hypotheses 1 accepted and there is no significant association between majorities of baseline characteristics with pretest practice of adolescent girls, hence hypotheses 2 rejected.

KEYWORDS: self defence technique, practice

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Objectives:-

1. To find out the practice of adolescent girls regarding self defence technique program before intervention.
2. To determine the effectiveness of self defence program on women safety and security among adolescent girls after the intervention.
3. To compare post test score with pretest score practice regarding women safety and security among adolescent girls.
4. To find out the association between pretest practice score with selected demographic variables.

Research design:- Pre experimental one group pre testpost test design.

Setting of the study:- The study was conducted in Azad Public school of Bhopal.

Study duration 4 weeks.

Study Population:- Consist of adolescent girls studying in high and higher secondary classes of Azad public school Kolar Bhopal.

Sample size:-30.

Inclusion criteria:-

1. The adolescent girls who are willing to participate in the study.
2. The adolescent girls who are available during the time of data collection.
3. Adolescent girls who are interested.

Exclusion criteria:-

1. Adolescent girls who participated/ attending in self defence technique training classes.

Data collection procedure

The formal permission was obtained from the principal of Azad public school. A total of 30 adolescent girls were selected for the study as per the inclusion criteria of the

Hypotheses:-

- H0:- There will be no significant difference between the pretest and post test intervention level of practice regarding self defence training program among adolescent girls.
- H1:- There will be significant difference between the pretest and post test intervention level of practice regarding self defence training program among adolescent girls.
- H0:- There will be no significant association between the selected baseline characteristics variables with the pretest practice among adolescent girls.
- H2:- There will be significant association between the selected baseline characteristics with the pretest practice among adolescent girls.

Material and method

Research approach and design

Research approach: - Quantitative approach

study. Self introduction was given to the students. The purpose of the study was explained to them and baseline characteristic assessing questionnaire and practice checklist for assessing the practice of adolescent girls regarding self defence technique given and then provided self defence technique training for 3 days, and after completion of training on the fifth day post test conducted by the same practice rating scale.

Analysis of data was done in accordance with the objectives. The data was analyzed using frequencies and percentage for baseline characteristics. Mean, range, standard deviation was used to describe the level of practice among participant. Paired t test was also done to find out the effectiveness of the self defence technique training program in terms of practice. Chi-square was used to describe the association between the pretest and post test score of practice with the selected baseline characteristics.

Statistical analysis

Data analysis and interpretations

A total of 30 adolescent girls of Azad public school of Bhopal participated in the study. The baseline characteristics of the study subjects were analyzed using descriptive and were presented in terms of frequency and percentage as shown in table 1.

Table 1:- Distribution of subjects based on baseline characteristics.

Sl. No	Baseline Characteristics	Frequency	Percentage
1.	Age in Year		
	10	02	6.66
	11	03	10
	12	04	13.33
	13	03	10
	14	03	10
	15	04	13.33
	16	03	10
	17	02	6.66
	18	04	13.33
	19 And Above	02	6.66
2.	Educational Status		
	8 th	12	40
	9 th	07	23.33
	10 th	05	16.66
	11 th	04	13.33
	12 th	02	6.66
3.	Religion		
	Hindu	17	56.66
	Muslim	06	20
	Christian	04	13.33
	Others	03	10
4.	Type of Family		
	Joint Family	06	20
	Nuclear Family	24	80
	Extended Family	00	00
5.	Educational Status of Mother		
	Non Formal	04	13.33
	Primary Education	08	26.66
	Secondary Education	04	13.33
	Graduation	08	26.66
	Post Graduation	06	20
	Others	00	00
6.	Education Status of Father		
	Non Formal	06	20
	Primary Education	07	23.33
	Secondary Education	05	16.66
	Graduation	06	20
	Post Graduation	06	20
	Others	00	00

7.	Occupation of Mother		
	House Wife	06	20
	Self Employee	06	20
	Government Employee	07	23.33
	Private Employee	07	23.33
	Business	02	6.66
	Laborer	02	6.66
8.	Occupation of Father		
	Self Employee	06	20
	Government Employee	06	20
	Private Employee	08	26.66
	Business	06	20
	Laborer	04	13.33
9.	Stating At		
	Home	26	86.66
	Hostel	04	13.33
	Paying Guest	00	00
	Others	00	00
10.	Staying With		
	Parents	28	93.33
	Relatives	02	6.66
	Friends	00	00
	Others	00	00
11.	Awariness Obout Self Defence		
	Yes	16	53.33
	No	14	46.66
12.	Source of Information		
	Mass Media	16	53.33
	Parents	08	26.66
	Teachers	04	13.33
	Friends	02	6.66
	Other Source	00	00
13.	History of Assault and Battery		
	No	30	100
	Yes	00	00

2. Distribution of overall practice score of adolescent girls

Table 2:- Distribution of overall practice score.

Sl. no	Practice score	pretest		Post test	
		frequency	percentage	frequency	percentage
1.	Poor practice	27	90	03	10
2.	Average practice	03	10	23	76.66
3.	Good practice	00	00	04	13.33

Table 2 shows that majority of adolescent girls had average practice regarding self defence technique training in following interventions.

3. Distribution of samples based on Mean, range and standard deviation

In pretest the mean is 15.2, range 25 and standard deviation 6.14 and inpost test mean is 34.8, range 43 and standard deviation 10.01.

4. To find out the effectiveness of self defence technique training on practice of adolescent girls.

Paired t test used to find out the effectiveness of self defence technique training on practice of adolescent girls. The calculated t value shows that, the obtained value 9.08 is greater than the table value, null hypotheses rejected and research hypotheses accepted, hence, the self defence technique training program was effective to bring changes in practice of adolescent girls. Hence hypotheses 1 accepted.

5. To find out the association between pretest practice scores and selected baseline characteristics of the samples.
Chi square test used to find out the association between selected baseline characteristics and pretest practice score of adolescents.

Table 3:- Chi square showing association between selected baseline characteristics and pretest practice score of adolescent girls.

Baseline Characteristics	Categories	Negative Practice 1-21	Neutral Practice 22-42	Positive Practice 42-63	Degree of Freedom	Table Value	Chisquare	Inference
Age in Year	10	2	0	0	18	28.87	15.28	Not Significant
	11	1	2	0				
	12	4	0	0				
	13	3	0	0				
	14	2	1	0				
	15	4	0	0				
	16	3	0	0				
	17	2	0	0				
	18	4	0	0				
	≥19	2	0	0				
Education Status	8 th	10	2	0	8	15.51	3.21	Not Significant
	9 th	6	1	0				
	10 th	5	0	0				
	11 th	4	0	0				
	12 th	2	0	0				
Religion	Hindu	15	2	0	6	12.59	1.71	Not Significant
	MUSLIM	6	0	0				
	CHRISTIAN	3	1	0				
	OTHERS	3	0	0				
Type of Family	Joint Family	5	1	0	4	9.49	0.6	Not Significant
	NUCLEAR FAMILY	24	2	0				
	EXTENDED FAMILY	0	0	0				
Mother's Educational Staus	Non Formal	4	0	0	10	18.31	2.21	Not Significant
	PRIMARY EDUCATION	7	1	0				
	SECONDARY EDUCATION	3	1	0				
	GRADUATION	8	0	0				
	POST GRADUATION	5	1	0				
	OTHERS	0	0	0				
Father's Education	Non Formal	6	0	0	10	18.31	6.26	Not Significant
	PRIMARY EDUCATION	7	0	0				
	SECONDARY EDUCATION	4	1	0				
	GRADUATION	4	2	0				
	POST GRADUATION	6	0	0				
	OTHERS	0	0	0				
Occupation of Mother	House Wife	5	1	0	10	18.31	.5.79	Not Significant
	SELF EMPLOYEE	6	0	0				
	GOVERNMENT EMPLOYEE	7	0	0				
	PRIVATE EMPLOYEE	6	1	0				
	BUSINESS	2	0	0				
	LABORER	1	1	0				

Occupation of Father	Self Employee	5	1	0	8	15.51	1.41	Not Significant
	GOVERNMENT EMPLOYEE	5	1	0				
	PRIVATE EMPLOYEE	8	0	0				
	BUSINESS	5	1	0				
	LABORER	4	0	0				
Staying At	Home	23	3	0	6	12.59	0.5	Not Significant
	HOSTEL	4	0	0				
	PAYING GUEST	0	0	0				
	OTHERS	0	0	0				
Staying With	Parents	25	3	0	6	12.59	.23	Not Significant
	RELATIVES	2	0	0				
	FRIENDS	0	0	0				
	OTHERS	0	0	0				
Awareness About Self Defense	Yes	14	2	0	2	5.99	.54	Not Significant
	NO	13	1	0				
Sources of Information	Mass Media	15	1	0	8	15.51	19.56	Significant
	PARENTS	8	0	0				
	TEACHERS	4	0	0				
	FRIENDS	0	2	0				
	OTHER SOURCE	0	0	0				
History of Assault	No	27	3	0	2	5.99	0	Not Significant
	YES	0	0	0				

AT 0.05 LEVEL OF SIGNIFICANCE

There is a significant association between pretest practice and selected baseline characteristics such as source of information.

There is a no significant association between pretest practice and selected baseline characteristics such as age, educational status, religion, type of family, mother's educational status, father's educational status, occupation of mother, occupation of father, staying at, awareness of self defense, source of information, staying with, history of assault and battery.

Since the majority of baseline characteristics had no association between pretest practice of adolescent girls, null hypotheses accepted and research hypotheses rejected, hypotheses 2 rejected.

Conclusion

Self defence technique training program was effective to bring average practice among participant regarding self defence technique and it prevent them from sexual assault victimization.