

A Study to Assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Self Protection Methods Against Sexual Assault among Adolescent Girls Selected Higher Secondary School, Bhopal (M.P.)

Ms. Deeksha Verma¹, Mr. Mata Deen², Ms. Neelam Awasthi³

¹Student, R. D. Memorial College of Nursing, Bhopal, Madhya Pradesh, India

²Principal, Nishat hospital & Institute of Paramedical Science & CON, Barabanki, Uttar Pradesh, India

³Assistant Professor, R. D. Memorial College of Nursing, Bhopal, Madhya Pradesh, India

ABSTRACT

Background: Self-Defense is more than knowing how to fight back against a physical attack. Self-defense classes encourages you to think in terms of options and choices develops your awareness and assertiveness skills and provides practice for physical self-defense techniques. A good self-defense class will expand the way you think about violence prevention help you deal with your fears and enable you to feel more empowered in your life. **Objectives:** The study aimed to assess the effectiveness of STP on self-protection methods against sexual assault among higher secondary students. **Methods:** In the present study evaluative approach was used to evaluate the effectiveness of STP regarding knowledge on self-protection methods against sexual assault among students. The researcher adopted a pre-experimental (one group pre-test post- test design). 60 students selected for study by using non-probability purposive sampling technique. Data was collected by structured knowledge questionnaire on self-protection methods against sexual assault and analysed through descriptive and inferential statistics. **Results:** The overall pre-test knowledge of score of adolescent girls regarding self-protecting techniques against sexual assault is moderate with mean 11:56, mean %38.53. standard deviation 4.05 and post-test knowledge of adolescent girls' knowledge of self-protecting techniques against was adequate with sexual assault in was adequate mean percentage: 83.1% with mean 24.93 and standard deviation 3.13. **Conclusion:** The study concluded that knowledge regarding self-protection technique against sexual assault among adolescent girls of secondary school was moderate. Therefore, the investigator prepared a STP on self-protecting technique against sexual assault in adolescent girls and presentation given to them.

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KEYWORDS: Self-protection methods against sexual assault among adolescence girls attended the classes with PPT presentation

INTRODUCTION

Back ground of study

ELIZABETH SCOOT opinions that, all human beings have some fundamental rights and freedoms that they are entitled to. These human rights and freedom include: right to life, right to personal liberty, right to dignity of human person, and right to privacy. These rights are supposed to go with responsibilities and obligations such as reporting criminals to the

police, respecting the basic human rights of fellow human beings, defending the nations and rendering national service to the nation. In India, however, people seem to be totally ignorant of both their rights and responsibility. Ignorance and poverty, among other factors make it possible for the government, state agencies and institutions to claim on human rights & freedom of citizens without any protest.

DAVID DAWSON opinions that, Self-Defense is more than knowing how to fight back again a physical attack.

Participation I self-defense classes encourages you to think in terms of options and choices develops your awareness and assertiveness skills and provides practice for physical self-defense techniques. A good self-defense class will expand the way you think about violence prevention help you deal with your fears and enable you to feel more empowered in your life.

INCIDENCE OF SEXUAL ASSAULT

1:5 women and 1:71 men have been raped during their lifetime, 1:2 women and 1:5 men have experienced other forms of sexual violence, most sexual assaults against women are delivered by men they know, Rates of sexual violence against transgender people are also disproportionately high.

Rape is the fourth most common crime in India. According to the national crime records bureau 2018 annual report, 24,923 rape cases were reported across India in 2017. Out of these, 2,470 were committed by someone known to the victim (98% of the cases). Source: NCRB.

According to Rediff labs, Madhya Pradesh reported the highest number of rape cases (3,425) Rajasthan ranks second with 2,049 cases followed by west Bengal (2,046) and Uttar Pradesh (1,963). Mizoram constituency has the highest incidence of rape in the country (94 cases per million populations).

BENEFITS OF SELF-DEFENSE TECHNIQUES

Prevents victimization and re-victimization, facilitates social support, Consistent with emerging trauma interventions, promotes active coping, may contribute to recovery from sexual violence, rejects victims-blaming, Debunks “stranger-danger”.

TECHNIQUES

1. PEPPER SPRAY SAFTY.
2. SPY MOBILE STUN GUN
3. LIPSTICK SHAPE FLASH LIGHT
4. PERSONAL ALARMS
5. SELF DEFENCE TRAINER
6. LATEST APP
 - a. Circle of 6
 - b. Foot print app
 - c. Stun gun

SELF-DEFENSE TECHNIQUE

MARTIAL ART

- JUDO
- KICKBOXING
- KARATE
- TAEKWONDO
- WRESTLING

Need of the study:

Times of India report on, 17 Feb 2020 Friday report that -An 18 year-girl went missing after she left home saying that she was going to get roll number for class 12 board on Thursday. A has been registered. Police said missing girl Nikita Deepak had gone to Mahatma Gandhi School to get her roll number.

Times of India report on, 17 Feb 2019 Friday report that - A 19-year-old girl went missing after she left her home without informing her parents.

Times of India report on, 17 Feb 2019 Friday report that-A 15-year-old girl was allegedly abducted near her school and raped for eight months. In her statements, the survivor told police she had become friends with the accused.

Times of India report on, 17 Feb 2019 Friday report that -On a social networking site. On June 21, the accused approached her while she was on her way back home from school. he allegedly took her with him and raped her for several months on the promise of marriage.

In the light of the reports of various literatures, discussion with the experts and the investigators own experience it was felt that assessing knowledge about self-protection methods against sexual assault among students at Jaihind higher secondary school Bhopal will be very much helpful for face the situation early than being in an environment of ignorance and superstition. Hence, the investigator thought it is essential to prepare the STP on sexual assault to provide accurate information to assist in clearing up misconception, so that students will develop appropriate concepts on child sexual assault & they will not do it.

PROBLEM STATEMENT:

A study to assess the effectiveness of STP on knowledge regarding self-protection methods against sexual assault among students at Govt. Girls H S School Ratibad Bhopal.

OBJECTIVES:

1. To assess the existing knowledge of students on self-protection methods against sexual assault.
2. To evaluate the effectiveness of STP on knowledge regarding self-protection methods against sexual assault among students.
3. To find out the association between pretest knowledge scores with selected demographic variables.

HYPOTHESIS:

H₁- there is a significant association between the level of knowledge regarding self-protection methods against sexual assault and selected demographic variables.

H₂- there will be significant difference between pre & post-test knowledge scores of knowledges regarding self-protection methods against sexual assault among students at Govt. Girls H S School Ratibad Bhopal.

OPERATIONAL DEFINITIONS:

ASSESS - In this study assess the effectiveness of the STP on knowledge regarding self-protection methods against sexual assault among students at selected high school at Bhopal.

KNOWLEDGE - In this study knowledge refer to the awareness of students regarding self-protection methods on sexual assault as interpreted in term of adequate, moderately & inadequate level of knowledge.

SELF PROTECTION - It refer to the right behavior adopted by the students to stand against & confidently protect the different kinds of sexual assault to protect prevent & against the assault.

SEXUAL ASSAULT - Sexual assault occurs when someone touches any part or another person's body in sexual way, even through clothes, without that person's consent.

EFFECTIVNESS - In this study effectiveness refers to the extent to which the structured teaching will achieve the desired result in increasing knowledge on child sexual assault in terms of post-test knowledge scores.

STRUCTURED TEACHING PROGRAMME - In this study, STP refers to a teaching material developed for imparting knowledge regarding sexual assault. It includes physical and psychological problem, prevention and management of child sexual assault.

MATERIAL AND METHODS:

Research approach:

Evaluative approach was used.

Research design:

Pre-experimental one group pre-test post-test design.

Variables:

Independent Variable: *In the present study the independent variable structured teaching program on self-protection methods against sexual assault.*

Dependent Variable: *In the present study the dependent variable refers to the knowledge score of post-tests on self-protection methods against sexual assault among higher secondary students.*

Demographic Variables: *In this study demographic variable are age, sex, class of study, religion, previous knowledge, types of family.*

Research setting:

The study was conducted in Govt. Girls H S School Ratibad Bhopal.

Population: *In this study population consisted of students of Govt. Girls H S School Ratibad Bhopal.*

Sample:

Students of Govt. Girls H S School Ratibad Bhopal.

Sample size: 60 students

Sample techniques:

Non-probability purposive sampling

Criteria for sample selection:

Inclusion criteria

- Higher secondary students who are willing to participate in this study.
- Higher secondary students who are present at the time of data collection.

Exclusive criteria:

- Higher secondary students who have on leave.
- Who already attended classes related self-defense technique against sexual assault.

Tool and method of data collection:

DEVELOPMENT OF TOOL

A structured knowledge questionnaire was prepared based on the objectives of the study in order to assess the effectiveness of STP on self-protection methods against sexual assault among higher secondary students based on the assumption that they have some knowledge on self-protection methods against sexual assault. The following steps were undertaken to prepare the final tool;

- Review of literature
- Discussion with experts in the field of child health nursing, medical surgical nursing, community health nursing.

DESCRIPTION OF THE TOOL

The structured knowledge questionnaire was used.

Part I: Baseline Characteristics

Part II: Structured knowledge questionnaire on self-protection methods against sexual assault

Part I: Baseline Characteristics- The first part consisted of four items related to baseline characteristics (age, sex, class of study, religion, previous knowledge, types of family related self-protection methods against sexual assault.

Part II: structured knowledge questionnaire on self-protection methods against sexual assault- It consisted of thirty items related to knowledge regarding self-protection methods against sexual assault. The maximum score was thirty. Each correct answer had a score of one and zero for wrong

answers, thus the maximum score was 30. The tool was prepared in English to facilitate better comprehension for higher secondary student attending Govt. Girls H S School Ratibad Bhopal.

CRITERIA FOR GRADING OF KNOWLEDGE SCORE

Level of knowledge	Knowledge score
Inadequate	0-10
Moderate adequate	11- 20
Adequate	21-30

DEVELOPMENT OF STRUCTURED TEACHING PROGRAMME

The structured teaching program for higher secondary students on self-protection methods against sexual assault was developed after reviewing the literature, seeking opinion of the experts and experiences of many persons.

The content was organized in the following sequence

- Introduction
- Terminologies
- Definition
- Form of sexual assault
- Incidence of sexual assault
- Negative consequences of sexual violence
- Self-defense
- Objectives of self-defense techniques
- Benefits of self-defense techniques
- Importance of self-defense
- Techniques

Reliability of tool: The internal consistency was computed using Karl Pearson’s Correlation Coefficient formula and with split half technique. A value of 0.65 for structured knowledge questionnaire was obtained. Hence, the tool was considered to be moderate reliable. After validated by expert’s tool modified according to their suggestions.

Data collection procedure:-

- The investigator obtained written permission from the principal of Govt. Girls H S School Ratibad Bhopal.

RESULTS:

Table 1: - frequency and percentage distribution of Baseline Characteristics of students.

N=60

Demographic Variable	Categories	Frequency	Percentages
	Age in year	15	36
16		16	26.66%
17		2	3.33%
≥18		6	10%
Sex	Male	30	50%
	Female	30	50%

- The data collection period extended from 01/07/2021 to 31/06/2021 as per the convenience of the authority.
- The purpose of the study was explained to them and confidentiality was assured to all the respondents.
- The higher secondary students were selected by purposive sampling.
- The pre-test was conducted on a total of 60 respondents following the administration of STP and an instruction to attend for the post-test on the seventh day to find out the effectiveness of STP in increasing their knowledge.
- Data collection process was terminated on self-protection methods against sexual assault and thanking the respondents for their cooperation and patience.

Ethical consideration:

- The researcher had taken prior permission from ethical committee of MPMSU Jabalpur.
- The researcher had taken permission from the principal of Govt. Girls H S School Ratibad Bhopal to conduct the research study.
- Consent was taken from the higher secondary students before data collection.

Plan for data analysis:

- The plan for data analysis includes-
- Baseline data containing sample characteristics analyze in terms of frequency and percentage.
 - The knowledge scores of higher secondary students after the administration of STP would be analyzed using range, mean, standard deviation, and frequency.
 - The significant difference between the mean pre- and post-test knowledge score would be found out using paired ‘t’ test.
 - Association between pre-test knowledge score and selected baseline characteristics will be found out by chi-square test

Class of study	11 th	52	86.66%
	12 th	8	13.33%
Religion	Hindu	52	86.66%
	Muslim	4	6.66%
	Christian	0	0%
	Sikh	0	0%
	Other	4	6.66%
Previous Knowledge	Yes	8	13.33%
	No	52	86.66%
Type of family	Joint	32	53.33%
	Nuclear	22	36.66%
	Extended	6	10%

Table 1: Described about the frequency, percentage distribution of socio demographic variable. Distribution of the subject by age revealed that Majority of students (60%) are at the age group of 15 year, (26.6%) belong to 16 years, (10%) belong to ≥ 18 years & (3.3%) belong to 17 years. With regards to the sex both of male & female students are (50%). According to Class of study Majority of students are (86.6%) belong to the 11th class & (13.3%) students belong to the 12th class. With regards to Religion majority of the students (86.6%) belong to the Hindu & (6.6%) students belong to the Muslim, (6.6%) students belong to the other communities. With regards to the previous knowledge that majority of students have (13.3%) knowledge & (86.6%) of students don't have knowledge. With regards to the types of family majority of students (53.3%) belong to joint family, (36.6%) students belong to nuclear family & (10%) students belong to extended family.

Table: 2- frequency and percentage distribution of students based on pre and posttest knowledge score on self-protection methods against sexual assault.

N=60

Level of knowledge	Range of score	Pre-test		Post-test	
		Frequency	Percentage	Frequency	Percentage
Inadequate	0-10	24	40%	0	0%
Moderate	11—20	34	56.66%	4	6.66%
Adequate	21-30	2	3.33%	56	93.33%
TOTAL		60	100%	60	100%

Table 2 shows that level of knowledge of students in the pre-test majority (56.66%) of the respondents had moderate knowledge, (40%) had inadequate knowledge, (3.33) had adequate knowledge, about sexual assault, whereas in the post-test majority of sample had (93.33%) adequate knowledge, (6.66%) had moderate knowledge, no one had inadequate knowledge.

Table 3: Description of Mean, Mean%, SD Of Pre and post -Test Knowledge Scores on self-protection methods against sexual assault.

N=60

Level of knowledge	Total score	Max obtained	mean	Mean deviation	Mean %	S.D
Pre-test	30	22	11.56	3.2	38.53	4.05
Post test	30	30	24.93	2.4	83.1	3.13

Table 3 shows that pre-test Mean is 11.56 and post-test Mean is 24.93, pre-test Mean% is 38.53 and post- test Mean% is 83.1%, pre- test S.D. is 4.05 and post- test S.D. is 3.13. Average level of knowledge in pre-test is Moderate whereas Average knowledge score of post-tests is Adequate. The pre-test median score was (11.56) whereas post-test median score was (24.93) showing a difference of (13.37). This indicates that there was significant increase in the knowledge of students on sexual assault. Hence null hypothesis rejected and research hypothesis 1 accepted.

Evaluation of effectiveness of STP

The hypothesis was tested using paired 't' test. The value of 't' was calculated to analysed the difference between mean pre and post-test knowledge scores on sexual assault.

Obtained value $t=11.94$, table value= 2.05, $p<0.05$ * significant. Obtained value is higher than table value so Null hypothesis rejected and research hypothesis accepted means STP is effective.

Table 4: Association Between Pre-Test Knowledge Score of students and selected baseline characteristics.

N=60

Demographic variable	Categories	Total knowledge score (median)		Chi square value	Degree of freedom	Table value	significant
		<	>				
Age in year	15	14	4	9.9	3	7.82	S
	16	2	6				
	17	0	1				
	≥18	0	3				
Sex	Male	9	6	0.48	1	3.84	NS
	Female	7	8				
Class of study	11 th	16	10	5.2	1	3.84	S
	12 th	0	4				
Religion	Hindu	13	13	1.88	4	9.49	NS
	Muslim	1	1				
	Christian	0	0				
	Sikh	0	0				
	Other	2	0				
Previous Knowledge	Yes	0	4	5.278	1	3.84	S
	No	16	10				
Type of family	Joint	10	6	1.2948	2	5.99	NS
	Nuclear	5	6				
	Extended	1	2				

1=3.84, 2=5.99, 3=7.82 P<0.05 S= significant, NS-not significant.

Table 4 shows that there is significant association between the pre-test knowledge score of students on self-protecting method against sexual assault and selected demographic variables variable at 0.05 level of significance such as (age, class of study, previous knowledge.)

There will be no significant association between pretest knowledge score and selected demographic variable such as (sex, religion and types of family.)

DISCUSSION:

Analysis of Level of Knowledge Of students on sexual assault:

- The mean percentage of post-test knowledge score of students was higher (83.1%) when compared with mean percentage of pre-test knowledge score (38.53%).
- The Mean of post-test Mean is (24.93) is higher compare to pre-test Mean (11.56), since the post-test mean score is higher than pre-test mean score hypothesis first is accepted.

Effectiveness of STP on sexual assault:

The effectiveness of STP on sexual assault was done by using t-test to know the statistical significance the 't' value (t=11.94) was computed which showed that there was a highly significant difference between pre-test and post-test knowledge scores. These results proved that the STP prepared by the investigator has helped the students to improve their knowledge on sexual assault. On the whole study showed that STP is an effective teaching strategy.

Association Between Pre-test Knowledge Score and Selected Baseline Characteristics:

The chi-square computed between pre-test knowledge scores and selected baseline characteristics showed that there is significant association between the pre-test knowledge scores and subject of study at 0.05 level of significance such as age, class of study, previous knowledge.

There will be no significant association between pre-test knowledge score & selected demographical variables such as sex, religion, types of family.

Conclusion: The present study concluded that STP was effective in increasing the knowledge of students on sexual assault.

Recommendations:

- The finding of the study would reveal the existing knowledge regarding sexual assault in the age group of 15-18 years among students is inadequate knowledge.

- STP can be used to teach the mothers to pretest sexual assault among students.
- The study highlights the need for further studies with larger sample.

Conflict of interest: No

Financial support: Self

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