



Research Article

A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Child Sexual Abuse among High School Students in Selected Schools at Gonda

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Abstract

Aim of the Study: The aim of the study was to develop an awareness on child sexual abuse among high school students through this study. **Objective of the Study:** The objective of the study was to assess the pre-test level of knowledge regarding child sexual abuse among high school students, to develop and evaluate the structured teaching programme on child sexual abuse, to assess the post-test level of knowledge regarding child sexual abuse among high school students, to find the effectiveness of school-based education programme on child sexual abuse, and to find out the association between pre-test knowledge score of knowledge on child sexual abuse with their selected demographic variables. **Methods:** The study involved non-experimental approach, and non-experimental one group pre- and post-test design research design with non-probability convenient sampling technique. **Results:** In pre-test, 10.0% had adequate where as in post-test 90.0% of the samples reached adequate knowledge on child sexual abuse. This shows an improvement in knowledge level after STP. In the assessment of pre-test, overall mean knowledge mean percentage was 39.60. In the assessment of post-test, overall mean knowledge mean percentage was 82.90. In this study, the calculated “t” value ~0.607 was higher than the tabulated “t” value of 2.027. Hence, the H hypothesis is accepted. **Conclusion:** The researcher concluded the teaching was effective. There was significant relationship between selected demographic variable knowledge on child sexual abuse with the knowledge level on child sexual abuse, as the calculated Chi-square value is higher than the tabulated value in the 0.05 level of significance. Hence, the null hypothesis was rejected and H₂ was accepted.

Key words: Child, school, sexual abuse, structured teaching programme

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Introduction

Child abuse and neglect are one of the Nation's most serious concerns. Child abuse or child maltreatment is any kind of physical, sexual, or psychological maltreatment

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or neglect of a child or children, especially by a parent or other caregiver. Child abuse may include any act or failure to act by a parent or other caregiver that results in actual or potential harm to a child, and can occur in a child's home, or in the organizations, schools or communities the child interacts with.^[1] Child marriage is one of the main forms of child sexual abuse; UNICEF has stated that child marriage “represents perhaps the most prevalent form of sexual abuse and exploitation of girls.”^[2] The effects of child sexual abuse can include depression, post-traumatic stress disorder, anxiety, complex post-traumatic stress disorder, propensity to further victimization in adulthood, and physical injury to the child, among other problems. Sexual abuse by a family member is a form of incest and can result in more serious and long-term psychological trauma, especially in the case of parental incest.^[3] Child abuse is one of the pressing human rights issues which

still need to be highlighted for general public, especially in traditional societies.

Global level in 2017, the WHO estimated that up to 1 billion minors between the ages of 2 and 17 years of age have endured violence either physical, emotional, or sexual.^[4] A landmark survey (the first and last of its kind) revealed rampant physical and sexual abuse across 13 states. It interviewed 12,447 children; 53% had suffered some kind of sexual violence and around one in five said they had suffered serious sexual assault. The most worrying statistic was that 70% of children had not disclosed the abuse to anyone, confused about what to say, afraid of their abuser, or afraid that they would not be supported but blamed. Most children said they knew their abuser who was often a neighbor, relative, or friend. When they did disclose abuse, many were told to keep quiet, or were blamed for the abuse. Too many caregivers took no action, even denying the disclosure of abuse.^[5]

However, in India, as in many other countries, there has been no understanding of the extent, magnitude, and trends of the problem. The growing complexities of life and the dramatic changes brought about by socio-economic transitions in India have played various and newer forms of abuse. Child abuse has serious physical and psychosocial consequences which adversely affect the health and overall well-being of a child.^[6]

Child abuse can be in the form of physical abuse, when the child suffers bodily harm as a result of a deliberate attempt to hurt the child, or severe discipline or physical punishment inappropriate to the child's age. It can be sexual abuse arising from subjecting the child to inappropriate exposure to sexual acts or materials or passive use of the child as sexual stimuli and/or actual sexual contacts. It is usually difficult to detect child abuse, unless one creates an atmosphere that would encourage disclosure by the child being abused. Nonetheless, a good medical and social history may help to unravel the problem. All children can be vulnerable by virtue of their young age and evolving capacities. They can be "open to" harm, injury, violence, and abuse. It is a worldwide problem with no social, ethnic, and racial bounds. Due to different circumstances and/or factors children can also be vulnerable to adverse influences and "at risk" behavior.^[7]

Most of the cases of child abuse remain unreported for various reasons such as fear of being accused, parental desire to curb publicity, fear of relation by the offenders or his friends, and fear of police procedures. The lack of awareness and fear among the children amplify the intensity of child abuse.^[8] It is felt that abuses and its threats can be overcome through proper awareness of different types of child abuse.^[9]

From the above, the examiner thought to develop an awareness program through this research on child sexual abuse among high school students in selected schools at

Gonda. This would help full to understand the current situation on child sexual abuse and thereby it would be helpful to make changes in the society.

Objectives of the study

The objectives of the study are as follows:

1. To assess the pretest level of knowledge regarding child. Sexual abuse among high school students
2. To develop and evaluate the structured teaching programme on child sexual abuse
3. To assess the post-test level of knowledge regarding child sexual abuse among high school students
4. To find the effectiveness of school-based education programme on child sexual abuse
5. To find out the association between pre-test knowledge score of knowledge on child sexual abuse with their selected demographic variables.

Hypothesis

- H₁: There will be a significant association between pre-test and post-test knowledge scores regarding child sexual abuse.
- H₂: There will be a significant relationship between pre-test scores of knowledge on child sexual abuse with their selected demographic variables.

Assumptions

1. High school students may not have adequate knowledge on child sexual abuse
2. Structured teaching programme may improve the knowledge on child sexual abuse.

Delimitations

1. The study will be limited to
2. 50 high school students from selected high schools
3. Evaluate the effectiveness of structured teaching program only in gaining knowledge on child sexual abuse.

Methodology

The conceptual frame work of the present study was developed using the concepts from Stuffle Beam context, input process, and product model (CIPP model). The research approach adopted for this study was an evaluative approach. For the present study, the design was a non-experimental one group pre- and post-test design. In this study, independent variable refers to structured teaching programme regarding child sexual abuse. In this study, the dependent variable refers to knowledge on child sexual abuse among high school students. The present study was conducted St. Xavier Schools at Gonda. Fifty students from XI-XII standard were selected for this study. In the present study, St. Xavier Schools at Gonda who fulfilled the inclusion criteria were selected as sample. Non-probability convenient sampling was used. The inclusion criteria are students who are willing to participate. Students are able to write and read English. Both male and female students

are included in the study. Exclusion criteria are those who were not willing to participate and students who are sick. Socio-demographic data and knowledge assessment questionnaire and attitude scale. A structured questionnaire was prepared by the investigator. The review of the related literature, opinion from experts in the field of child health nursing and community medicine and the material from various sources helped in the selection of the content for structured questionnaire. The final format of the structured questionnaire comprises two parts.

Part I: Consists of items describing the demographic variables of the sample such as age, gender, experience, educational qualification of parents and parent's occupation, and source of information.

Part II: Deals with knowledge level of subjects regarding child sexual abuse. The content was explained in as multiple-choice questions format, each question had one possible correct answer. Each correct response by the subject is awarded with "one" score with a maximum score of 20. The pilot study was carried out on ten subjects. The reliability of the tool was computed using split half technique. The reliability co-efficient found to be 0.81 and validity coefficient worked out to be 0.97 revealing that the tool is feasible for conducting the main study. The respondents were assured that the confidentiality of the information provided by them; it took 2 min for introduction and rapport building and 15 min for filling the questions. Data were collected during the school days.

Table 1: Frequency and percentage distribution based on the gender, religion, mother's education, and father's education

| Socio-demographic variables | Frequency | Percentage |
|-----------------------------|-----------|------------|
| Gender | | |
| Male | 25 | 50.0 |
| Female | 25 | 50.0 |
| Religion | | |
| Hindu | 26 | 52.0 |
| Christian | 5 | 10.0 |
| Muslim | 17 | 34.0 |
| Other religion | 2 | 4.0 |
| Mothers education | | |
| Illiterate | 12 | 24.0 |
| Primary school | 10 | 20.0 |
| High school | 17 | 34.0 |
| Graduate | 5 | 10.0 |
| Postgraduate | 6 | 12.0 |
| Fathers education | | |
| Illiterate | 6 | 12.0 |
| Primary school | 11 | 22.0 |
| High school | 22 | 44.0 |
| Graduate | 6 | 12.0 |
| Postgraduate | 5 | 10.0 |

The data collection procedure was done. Chi-square test was used to determine the significance of relationship of knowledge with demographic variables.

Results

Table 1 shows that 25 (50.0%) of the high school students were males and 25 (50.0%) were females. Maximum of respondents 26 (52.0%) were Hindu, 17 (34.0%) of them were Muslims, 5 (10.0%) of them were Christian, and 2 (4.0%) of them were from other religion. Maximum of 17 (34.0%) students mother studied high school, 12 (24.0%) of student's mother were illiterate, 10 (20.0%) of student's mothers were completed primary school, 6 (12.0%) of student's mothers were done postgraduate, and 5 (10.0%) of their mother were graduates. Maximum of respondents 22 (44.0%) of the high school students' fathers were done their high school studies. Eleven (22.0%) of student's fathers did their primary school, 6 (12.0%) of student's fathers were illiterate, six (12.0%) of student's father were graduates, and five (10.0%) of the students' fathers were postgraduates.

Table 2: Frequency and percentage distribution based on mother's occupation, father's occupation, family type, knowledge on child sexual abuse, and mode of information on child sexual abuse

| Socio-demographic variables | Frequency | Percentage |
|---|-----------|------------|
| Mothers occupation | | |
| House wife | 13 | 26.0 |
| Government employee | 12 | 24.0 |
| Coolie | 10 | 20.0 |
| Employee in private institution | 6 | 12.0 |
| Own business | 9 | 18.0 |
| Fathers occupation | | |
| House wife | 2 | 4.0 |
| Government employee | 13 | 26.0 |
| Coolie | 7 | 14.0 |
| Employee in private institution | 18 | 36.0 |
| Own Business | 10 | 20.0 |
| Family type | | |
| Nuclear family | 16 | 32.0 |
| Joint family | 34 | 68.0 |
| Area of residency | | |
| Rural | 39 | 78.0 |
| Urban | 11 | 22.0 |
| Knowledge on child sexual abuse | | |
| Yes | 38 | 76.0 |
| No | 12 | 24.0 |
| Mode of information on child sexual abuse | | |
| Media | 6 | 12.0 |
| Friends | 11 | 22.0 |
| Parents | 28 | 56.0 |
| Neighbors | 5 | 10.0 |

Table 2 shows that many of the high school students 13 (26.0%) mothers were house wife. Twelve (24.0%) of the student's mother were government employee, ten (20.0%) of student's mothers were Coolie workers, nine (18.0%) students mothers having own business, and six (12.0%) students' mothers were working in private institution. Eighteen (36.0%) students father's working in private institution, 13 (26.0%) student's father in Government job, 10 (20.0%) of the student's fathers doing their own business, seven (14.0%) student's fathers were Coolie workers, and the remaining two (4.0%) students' fathers were unemployed. Maximum of high school students, 34 (68.0%) were from joint family and 16 (32.0%) of them from nuclear family. Maximum of high school students, 39 (78.0%) in selected schools at Gonda were having the form rural area, 11 (22.0%) of them from Urban area. Many of high school students, 1 38 (76.0%) were having the knowledge on child sexual abuse whereas 12 (24.0%) of these not having knowledge on child sexual abuse. Many of high school students, 28 (56.0%) got on child sexual abuse from parents, 11 (22.0%) of them. from friends, six (12.0%) of them from media, and five (10.0%) of them from neighbors.

Table 3 compares the pre-test and post-test level of knowledge. In pre-test, 62.0% had Inadequate, 28.0% had moderate and 10.0% had adequate where as in post-test 4.0% of the samples became inadequate 6.0% showed moderate and 90.0% of the samples reached adequate

knowledge. This shows an improvement in knowledge level after STP.

Table 4 shows that in the assessment of pre-test there was 36.00 mean percentage on knowledge Level "Knowledge on anatomy of reproductive system," 40.55 mean percentage on "Knowledge Level of Knowledge about Child Sexual Abuse," 43.33 mean percentage on "Knowledge Level of Knowledge about prevention of Child Sexual Abuse," and 36.00 mean percentage on Knowledge Level of Knowledge on treatment for victims." Overall, mean knowledge mean percentage was 39.60.

In the assessment of post-test there was 53.00 mean percentage on knowledge level of "Knowledge on anatomy of reproductive system," 40.55 mean percentage on knowledge level of "Knowledge about Child Sexual Abuse," 38.67 mean percentage on "Knowledge Level of Knowledge on prevention of Child Sexual Abuse," and 49.50 mean percentage on "Knowledge Level of Knowledge on treatment for victims." Overall mean knowledge mean percentage was 82.90.

The maximum gaining knowledge mean percentage score was 53.00 in "Knowledge on anatomy of reproductive system" and other aspects with the gaining mean percentage score was 49.50 in "Knowledge on treatment for victims," 40.55 in "Knowledge about Child Sexual Abuse," and 38.67 in "Knowledge on prevention of Child Sexual Abuse."

Table 3: Comparison of pre-test and post-test knowledge levels

| Level | Pre-test | | Post-test | |
|------------|-----------|------------|-----------|------------|
| | Frequency | Percentage | Frequency | Percentage |
| Inadequate | 31 | 62 | 2 | 4 |
| Moderate | 14 | 28 | 3 | 6 |
| Adequate | 5 | 10 | 45 | 90 |
| Total | 50 | 100 | 50 | 100 |

Table 4: Mean, SD, and mean percentage and gain mean score percentage of knowledge of high school students in selected schools at Gonda regarding child sexual abuse before and after STP

| Knowledge level | Pre-test | | | | Post test | | | | Gain in mean Percentage |
|---|----------|-------|------|--------|-----------|-------|------|-------|-------------------------|
| | Max | SD | Mean | Mean % | Max | SD | Mean | Mean% | |
| Knowledge on anatomy of reproductive system | 2 | 0.757 | 0.72 | 36.0 | 2 | 0.465 | 1.8 | 89.00 | 53.00 |
| Knowledge about Child Sexual Abuse | 11 | 2.801 | 4.46 | 40.5 | 11 | 1.926 | 8.9 | 81.09 | 40.55 |
| Knowledge on prevention of Child Sexual Abuse | 3 | 1.129 | 1.3 | 43.3 | 3 | 0.762 | 2.5 | 82.00 | 38.67 |
| Knowledge on treatment for victims | 4 | 1.146 | 1.44 | 36.0 | 4 | 0.810 | 3.4 | 85.50 | 49.50 |
| Overall | 20 | 4.965 | 7.92 | 39.6 | 20 | 3.156 | 16.6 | 82.90 | 43.30 |

Table 5: Association between pre-test and post-test knowledge scores

| Test | Samples | Mean | Mean percentage | Standard. D | "t" value | d.f | P-value |
|-----------|---------|-------|-----------------|-------------|-----------|-----|---------|
| Pre-test | 50 | 7.92 | 39.60 | 4.965 | 10.607 | 49 | 0.05 |
| Post-test | 50 | 16.58 | 82.90 | 3.156 | | | |

Table 6: Association between socio-demographic values with the pre-test knowledge level. $n=50$

| Demographic variables | Level | | N | df | χ^2 | P-value | P<0.05 |
|---|------------|------------|----|----|----------|---------|--------|
| | Above mean | Below mean | | | | | |
| Gender | | | | 1 | 0.72 | 3.84 | NS |
| Male | 12 | 13 | 25 | | | | |
| Female | 15 | 10 | 25 | | | | |
| Religion | | | | 3 | 3.99 | 7.82 | NS |
| Hindu | 11 | 15 | 26 | | | | |
| Christian | 3 | 2 | 5 | | | | |
| Muslim | 11 | 6 | 17 | | | | |
| Other religion | 2 | | 2 | | | | |
| Mothers education | | | | 4 | 8.30 | 9.49 | NS |
| Illiterate | 4 | 8 | 12 | | | | |
| Primary school | 5 | 5 | 10 | | | | |
| High school | 13 | 4 | 17 | | | | |
| Graduate | 1 | 4 | 5 | | | | |
| Postgraduate | 4 | 2 | 6 | | | | |
| Fathers education | | | | 4 | 2.04 | 9.49 | NS |
| Illiterate | 4 | 2 | 6 | | | | |
| Primary school | 5 | 6 | 11 | | | | |
| High school | 13 | 9 | 22 | | | | |
| Graduate | 2 | 4 | 6 | | | | |
| Postgraduate | 3 | 2 | 5 | | | | |
| Mothers occupation | | | | 4 | 6.42 | 9.49 | NS |
| House wife | 10 | 3 | 13 | | | | |
| Government employee | 5 | 7 | 12 | | | | |
| Coolie | 3 | 7 | 10 | | | | |
| Employee in private institution | 3 | 3 | 6 | | | | |
| Own Business | 6 | 3 | 9 | | | | |
| Fathers occupation | | | | 4 | 3.69 | 9.49 | NS |
| House wife | 2 | | 2 | | | | |
| Government employee | 7 | 6 | 13 | | | | |
| Coolie | 2 | 5 | 7 | | | | |
| Employee in private institution | 10 | 8 | 18 | | | | |
| Own Business | 6 | 4 | 10 | | | | |
| Family type | | | | 1 | 0.68 | 3.84 | NS |
| Nuclear family | 10 | 6 | 16 | | | | |
| Joint family | 17 | 17 | 34 | | | | |
| Area of residency | | | | 1 | 0.00 | 3.84 | NS |
| Rural | 21 | 18 | 39 | | | | |
| Urban | 6 | 5 | 11 | | | | |
| Knowledge on child sexual abuse | | | | 1 | 18.54 | 3.84 | S |
| Yes | 27 | 11 | 38 | | | | |
| No | 0 | 12 | 12 | | | | |
| Mode of information on child sexual abuse | | | | 3 | 7.30 | 7.82 | NS |
| Media | 1 | 5 | 6 | | | | |
| Friends | 7 | 4 | 11 | | | | |
| Parents | 18 | 10 | 28 | | | | |
| Neighbors | 1 | 4 | 5 | | | | |

N: Significant, NS: Non-significant

Table 5 depicts the pre-test mean score of knowledge was 7.92 with the standard deviation 4.96, and the post-test mean score of knowledge was 16.58 with the standard deviation 3.16. In this study, the calculated “t” value 10.607 was higher than the tabulated “t” value of 2.027. Hence, the H_1 hypothesis is accepted. The researcher concluded the teaching was effective.

Table 6 says that there was significant association between selected demographic values such as “knowledge on child sexual abuse” with the knowledge level on child sexual abuse, as the calculated Chi-square value is higher than the tabulated value in the 0.05 level of significance.

Discussion

Major findings were

1. 25 (50.0%) of the high school students were males and 25 (50.0%) were females
2. Maximum of respondents 26 (52.0 %) were Hindu
3. 17 (34.0%) students mother studied high school. Maximum of respondents 22 (44.0), high school students fathers done their high school studies
4. Many of the high school students 13 (26.0%) mothers were house wife. 18 (36.0%) students father’s working in private institution
5. Maximum of high school students, 34 (68.0%) were from Joint family. 39 (78.0%) samples were from Rural area
6. Many of high school students, 38 (76.0%) were having the knowledge on child sexual abuse. Many of high school students, 28 (56.0%) got knowledge about child sexual abuse from Parents.

In pre-test 10.0% had adequate whereas in post-test 90.0% of the samples reached adequate knowledge. This shows an improvement in knowledge level after structured teaching programme. In the assessment of mean knowledge mean percentage, the assessment of post-test overall mean knowledge mean percentage was 82.90. The maximum gaining knowledge mean percentage score was 53.00 in “Knowledge on anatomy of reproductive system.” This was supported by study on “Knowledge of sexual abuse amongst female students in Malawi.”^[10] It shows that there were deficits in the interpretation of sexually abusive behaviors.

In this study, the calculated “t” value 10.607 was higher than the tabulated “t” value of 2.027. Hence, the H_1 hypothesis is accepted. The researcher concluded the teaching was effective. This was supported by “study to evaluate the effectiveness of video assisted teaching on the knowledge regarding child abuse among school age children in selected school at Coimbatore.”^[11]

There was significant relationship between selected demographic value such as “knowledge on child sexual abuse” with the know ledge level on child sexual abuse, as

the calculated Chi-square value is higher than the tabulated value in the 0.05 level of significance. Hence, the null hypothesis was rejected and H_2 was accepted. There was a supportive study on “APre experimental Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Awareness about Sexual Abuse among the Adolescents studying in selected School of District Gurdaspur, Punjab.”^[12] It concludes that there was significant association found between the levels of knowledge related to adolescents with source of information.

Ethical consideration

Written permission was taken from Principal of St. Xavier Schools at Gonda. Written Informed consent was taken from each study sample.

Conclusion

There was significant relationship between selected demographic variable “knowledge on child sexual abuse” with the knowledge level on child sexual abuse, as the calculated Chi-square value is higher than the tabulated value in the 0.05 level of significance.

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