“An Experimental Study To Evaluate The Effectiveness of Structured Teaching Programme On Knowledge And Attitude Regarding Sex Education Among Adolescent Students Of Selected Senior Secondary Schools, At Jaipur”

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ABSTRACT

Adolescence is the developmental phase that bridges childhood and adulthood. Adolescence is the most important and sensitive period of one's life. According to WHO (World health organization) expert committee, Adolescence is defined as a period between 10 to 19 years, means the second decade of life. The main of study is to evaluate the Effectiveness of Structured Teaching Programme on Knowledge and Attitude Regarding Sex Education among Adolescent Students. The research approach adopted for the study evaluative method. Pre experimental research design was used. Sample select for the study was 80 student’s. Purposive sampling technique was used. The major finding showed that the mean post test knowledge score (25.3) was higher than the mean pre test knowledge score (10.125). The calculated ‘z’ value (25.728) was found to be statistically significant at 0.05 level of significance which is higher than the tabulated value (1.96) showed that the mean difference obtained in the knowledge score was the true difference and show that the knowledge score was significantly increased after the administration structured teaching programme regarding sex education. This means that Ho rejected & H1 is accepted. So we can say that structured teaching programme regarding sex education was effective to increase the knowledge of students. This indicates that structured teaching program helps to improve the on knowledge of Adolescent Students

KEY WORDS: Students, Knowledge, Attitude Knowledge, Sex Education, Structured Teaching Program
INTRODUCTION

Adolescence is the stage of development that occurs between childhood and adulthood. Adolescence is perhaps the most crucial and vulnerable time of one's life. The development of definitions that clearly show the age and features of teenagers is a relatively new phenomenon that has yet to be generally acknowledged around the globe. The definition of adolescent as a stage of life is a social concept that varies between cultures.¹

Adolescence is the age of curiosity. Teenagers are naturally will be aware off their bodies and about the world. Today as their bodies get maturity become much earlier. Teens are now being influenced by youth-oriented media towards becoming physically adept, while parents and instructors are advising them to avoid sex. Sexual risk behavior is experimental in adolescence may be due to family structure, peer group influence and exposure of the children etc.²

A fifth of world’s populations are adolescents between the age 10000 – 19 (WHO) 1996, numbering over one billion. Virtually all of the growth in their population is occurring in the developing countries, with a projected increase of about 20 % by the year 2010. India has the fastest growing adolescent population in the world, with an estimated 190 million. In India, there are 190 million adolescents comprising 21% of India's total population.³

The term ‘sex education’ The United Nations (UN) defined population and development in the Cairo International Conference on Population and Development in 1994. The Cairo Program of Action was accepted by all Union Member States. The Union has never established a different definition of "reproductive health" than the one set out in the Action plan, which excludes abortion.⁴

India Ranks the second most populous country in the world. India Houses a population of 1.1 billion people (2006), comprising approximately 1/6th of the world’s population and every year around 20 million new lives are added. The population explosion is one of the biggest problems facing the country, with its inevitable consequences on all aspects of development especially in employment, education, housing, healthcare, sanitation and environment.⁵
NEED FOR THE STUDY:

Adolescence is perhaps the most crucial and vulnerable time of one's life. Adolescence is defined by the World Health Organization (WHO) Expert Group as the time between the ages of 10 and 19, or the second decade of life.6

Adolescent girls lack knowledge of reproductive health problems leading to depression, mental stress and seeking of advice from quacks and incompetent persons for knowledge on the subject which is considerable.7

It has been recognized that maternal mortality and morbidity is a global problem. Maternal mortality claims a staggering 500,000 lives every year, most of them in developing countries.8

Girls initially encounter menstruation and accompanying complications during this stage of development, which is defined by worry and a desire to learn more about this natural phenomenon. However, owing to a lack of a robust health education programme in schools, students do not get the necessary information.9

More than a third of teenage females (38.8%) who were tested for STDs or HIV and more then half (51.6%) of those who were diagnosed with STDs or HIV said they had experienced dating violence. Those who had both physical and sexual relationship violence were three times more likely than girls who had never been assaulted.10

Adulthood represents the apex of developmental psychology. In all aspects of human existence, sexuality plays a central part. Individual’s health can be regarded on the reciprocal function of his sexuality and sexual practices. Abnormal sexuality results in deviation in physical, physiological, psychological and even economical disturbances. The main aim of the study was to evaluate the effectiveness of structured teaching programme on knowledge regarding sex education among young adults.

AIM OF THE STUDY: The main aim of the study was to Effectiveness of Structured Teaching Programme On Knowledge And Attitude Regarding Sex Education Among Adolescent Students.

METHODOLOGY: In view of the nature of the problem selected for the study and objective to be accomplished evaluative research approach was considered. The objective of the study to assess the pre test & post test knowledge & Attitude Regarding Sex Education among Adolescent. Evaluate the effectiveness of structured teaching programme regarding
A pre experimental research design is best suitable, as it is used to examine characters of a single sample. The study was conducted Mulana Azad Children Academy Senior Secondary School. Study was conducted among 80 students. Non-probabilities purposive sampling technique was used. Even after prior appointments, if subjects were found busy in their emergency work, care was taken not to interrupt them in their work and again suitable time was taken. Study tool was filled personally by interviewing the subjects. The sample characteristics were described using frequency and percentage. Pearson’s correlation coefficient was used to assess the effectiveness of structured teaching. The content validity and reliability of the tool was done, which suggested that the tool was reliable. The pilot study was done on 20 samples and found that the study was feasible for the final study.

The data obtained was analyzed in terms of the objective of the study using descriptive and inferential statistics. The plan of data analysis was developed under the excellent direction of experts in the field nursing and statistics.

RESULTS:

Table 01: Mean, Median, SD & Z value of pre test & post test knowledge score of students.

<table>
<thead>
<tr>
<th>TEST</th>
<th>Mean</th>
<th>Median</th>
<th>Std. Deviation (SD)</th>
<th>‘t’ value</th>
<th>Df</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test knowledge score</td>
<td>10.125</td>
<td>10</td>
<td>1.54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post-test knowledge score</td>
<td>25.3</td>
<td>25</td>
<td>1.59</td>
<td>25.728</td>
<td>79</td>
</tr>
</tbody>
</table>

Indicates that the mean post test knowledge score (25.3) was higher than the mean pre test knowledge score (10.125). The median of the post test (25) is higher than the median of the pre test knowledge score (10). The finding also revealed that the post test knowledge score are more homogenous (SD 1.59) than the pre test knowledge score (SD 1.34).
The calculated ‘z’ value (25.728) was found to be statistically significant at 0.05 level of significance which is higher than the tabulated value (1.96) showed that the mean difference obtained in the knowledge score was the true difference and show that the knowledge score was significantly increased after the administration structured teaching programme regarding sex education. This means that Ho rejected & H1 is accepted. So we can say that structured teaching programme regarding sex education was effective to increase the knowledge of students.

![Mean, Median & S.D. of Pre Test & Post Test Score](image)

**FIG. 1: SHOW THE MEAN, MEDIAN & S.D. OF PRE TEST & POST TEST SCORE OF THE STUDENTS**

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Demographic Variable</th>
<th>df</th>
<th>Tabulated Value</th>
<th>Calculated Value</th>
<th>Significant/ Not Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Age</td>
<td>8</td>
<td>2.31</td>
<td>1.355</td>
<td>Not Significant</td>
</tr>
<tr>
<td>2.</td>
<td>Gender</td>
<td>5</td>
<td>2.57</td>
<td>0.535</td>
<td>Not Significant</td>
</tr>
<tr>
<td>3.</td>
<td>Religion</td>
<td>8</td>
<td>2.31</td>
<td>1.355</td>
<td>Not Significant</td>
</tr>
<tr>
<td>4.</td>
<td>Education</td>
<td>11</td>
<td>2.20</td>
<td>4.154</td>
<td>Significant</td>
</tr>
<tr>
<td>5.</td>
<td>Family Income</td>
<td>8</td>
<td>2.31</td>
<td>1.219</td>
<td>Not Significant</td>
</tr>
</tbody>
</table>
Above Data shows that the some demographic variables such as education, father education, mother occupation, types of family, father occupation, mother occupation, types of family, and father education are significant in comparison with pre and post test score at 0.05 level of significance. Above table also shows that the some demographic variables such as age, gender, religion, family income, and mother education are not significant in comparison with pre and post test score at 0.05 level of significance.

DISCUSSION: The study aimed at determining the Structured Teaching Programme on Knowledge and Attitude Regarding Sex Education among Adolescent Students. A pre experimental research design is best suitable, as it is used to examine characters of a single sample. The study was conducted Mulana Azad Children Academy Senior Secondary School. Study was conducted among 80 students. On-probability purposive sampling technique was used. Even after prior appointments, if subjects were found busy in their emergency work, care was taken not to interrupt them in their work and again suitable time was taken. Study tool was filled personally by interviewing the subjects. The sample characteristics were described using frequency and percentage. Pearson’s co-relation coefficient was used to assess the effectiveness of structured teaching. The content validity and reliability of the tool was done, which suggested that the tool was reliable. The pilot study was done on 20 samples and found that the study was feasible for the final study. Result showed that the mean post test knowledge score (25.3) was higher than the mean pre test knowledge score (10.125). The calculated ‘z’ value (25.728) was found to be statistically significant at 0.05 level of significance which is higher than the tabulated value (1.96) showed that the mean difference obtained in the knowledge score was the true difference and show that the knowledge score was significantly increased after the administration structured teaching programme regarding sex education. This means that Ho rejected & H1 is accepted. So we can say that structured
teaching programme regarding sex education was effective to increase the knowledge of students.

**CONCLUSION**- Most of the adults had inadequate knowledge of & none had adequate knowledge regarding sexual health. Adolescent is the second decade of life, marking the transition from childhood to adulthood. Maximum amount of physical, psychological and behavioral changes takes place. These are the formative years when maximum amount of physical, psychological and behavioral changes takes place. This is the time for them to prepare for undertaking greater responsibilities, a time of exploration and time to ensure healthy all round development. Many research studies have raveled that adolescent girls generally lack adequate knowledge about their reproductive organs, menstrual hygiene, sexual and reproductive health. So by enriching the knowledge of girls we as a health professional can reduce the sex related hazards. This study suggests that sexual health education can improve the knowledge of adult. Such educational intervention programs must be given due importance, which will help the adult males to take care of their own health and protect themselves from the risk of STDs etc. Based on the analysis of findings of the study, the following inference was drawn. There was evident increase in the knowledge scores in all the areas included in the study after administration of STP. Thus it was proved that STP was effective teaching method for creating awareness on importance of sex education and STI, STD and HIV/AIDS transmission and focusing the reproductive health hazards like preventing sexual violence among youths.

**Conflict of Interest:** The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

**Funding Source:** There is no funding Source for this study"

**Acknowledgement:** I most sincerely convey my deep sense of gratitude to my guide/Organisation for her/their remarkable guidance and academic support during this study.

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