

Effect of Training Program Regarding Assertive Behavior on Knowledge in Prevention of Sexual Abuse among Adolescent Girls in Selected School, Puducherry

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ABSTRACT

Sexual abuse or violence against adolescent girls is defined as a situation in which children adolescents are used for the sexual pleasure of an adult or older adolescent which ranges of petting, fondling of private parts or a sexual exploitation, voyeurism, pornography, exhibitionism, pressuring a child to engage in sexual activities, incident exposure of private parts, etc., with intent to gratify their own sexual desires or to intimidate or groom the child Sexual abuse can happen anywhere – and it can happen in person or online. It's never a child's fault they were sexually abused – it's important to make sure children know this. Assertive behaviour helps individuals feel better about themselves by encouraging them to stand up for their own basic human rights, which have equal representation for all individuals. So it is essential for girls to be assertive in standing against the abuse.

METHODS: One group pre and post – test design was adopted in this study. The study was conducted at St. Dominic Savio Higher Secondary School, Puducherry. Study participants were adolescents between 12 to 14 years of age studying 7th to 9th std. Total Enumerate sampling technique was used to select the study participants. Sample size was 66. The tool used for data collection was Self structured knowledge regarding sexual abuse and assertive behaviour in prevention of sexual abuse.

RESULT: Regarding the level of knowledge on assertive behaviour in prevention of sexual abuse, 57 (86.4%) had poor knowledge, 9 (13.6%) had good knowledge and none of them had excellent knowledge in prevention of sexual abuse in the pre-test. The post-test mean (6.68) was higher than the pre-test mean (2.94) the calculated z – value is lesser than the table value at 0.05 level of significance. This states that there is significant increase in the post-test level of knowledge on assertive behaviour in prevention of sexual abuse as at $p < 0.05$.

CONCLUSION: The study was done to assess the effect of training programme regarding assertive behaviour on knowledge in prevention of sexual abuse among adolescents in a selected school,

Puducherry. The study findings revealed there was statistical significant difference in pre-test and post-test level of knowledge on sexual abuse and assertive behaviour in prevention of sexual abuse ($p < 0.05$). Hence it was concluded that training programme regarding assertive behavior has increased the level of knowledge on sexual abuse and assertive behavior in prevention of sexual abuse.

Keywords: Training programme, Assertive behaviour, Adolescent girls.

1. Introduction

The Sexuality is a word we use to talk about how we understand our bodies and how we understand our relationships and includes all aspects of who we are – our values and beliefs, bodies, desires, relationships, gender and our thoughts and feelings about all of these. Because our sexuality is made up of so many different components, our understanding of our own sexuality is ever-changing and unique to each person. The most important thing to understand about sexuality is that it is self-defined; that is, that every person is allowed to talk about and understand their own sexuality in their own way that makes sense to them.^[1]

Abuse is any behaviour that results in mistreatment of another and is designed to control and subjugate another human being through the use of fear, humiliation, verbal or physical assaults. There are five major kinds of abuse. They are emotional, physical, spiritual, social and sexual.^[2]

Sexual abuse or violence against adolescent girls is defined as a situation in which children adolescents are used for the sexual pleasure of an adult or older adolescent which ranges of petting, fondling of private parts or a sexual exploitation, voyeurism, pornography, exhibitionism, pressuring a child to engage in sexual activities, incident exposure of private parts, etc., with intent to gratify their own sexual desires or to intimidate or groom the child.^[3]

Assertive behaviour helps individuals feel better about themselves by encouraging them to stand up for their own basic human rights, which have equal representation for all individuals. However, along with rights come an equal number of responsibilities, and part of being assertive includes living up to these responsibilities. Assertive behaviour increases self-esteem and the ability to develop satisfying interpersonal relationships. Thus, there is a need to assess assertive behaviour response of adolescent girls towards sexual abuse. Sexual abuse has a profound impact on core aspects of emotional, behavioural, and physical health and social development throughout life. So it is essential for girls to be assertive in standing against the abuse.^[4]

1.1 STATEMENT OF THE PROBLEM

A study to assess the effect of training programme regarding assertive behaviour on knowledge in prevention of sexual abuse among adolescent girls in selected school, Puducherry.

1.2 OBJECTIVES

1. To assess the level of knowledge on assertive behaviour in prevention of sexual abuse among adolescent girls.
2. To determine the effect of training program regarding assertive behavior on knowledge in prevention of sexual abuse among adolescent girls
3. To find out the association between the pre test level of knowledge on assertive behavior in prevention of sexual abuse among adolescent girls with the selected demographic independent variables.

1.3 HYPOTHESES

H₁ : There is significant difference in the level of knowledge on assertive behaviour in prevention of sexual abuse before and after the training program.

H₁ : There is significant association between the pre-test level of knowledge regarding assertive behaviour in prevention of sexual abuse among adolescents with their selected demographic variables.

2. MATERIALS AND METHODS

Quantitative research study was adopted in this study. The study was conducted at K.S.P Higher Secondary School and St. Dominic Savio Higher Secondary School, Thattanchavady, Puducherry. Study participants were adolescents between 12 to 14 years of age studying 7th to 9th standard. Total enumerate sampling technique was used to select the study participants. Sample size was 66. The tool used for data collection was Self structured knowledge regarding sexual abuse and assertive behaviour in prevention of sexual abuse.

2.1. TOOLS AND TECHNIQUES:

Tool 1: Demographic variables include age, religion, education of father, education of mother, occupation of father, occupation of mother and monthly family income.

Tool 2: Structured Knowledge Questionnaire: It contains Section – A (Knowledge regarding sexual abuse) and Section – B (Knowledge regarding assertive behaviour in prevention of sexual abuse) by having 10 questions in each section. Each question has 4 options in which one option is correct and other three options were wrong. In both section, each correct answer carries one mark, wrong answer carries zero mark, the possible maximum score is 20 and minimum score is 0.

2.2 DESCRIPTION OF INTERVENTION

- Participants who fulfilled the inclusion criteria were selected by Total Enumerate Sampling technique.
- Study participants were gathered and informed consent and assent form was obtained from the participants after explaining the purpose of the study followed by pre-test (Demographic data and Structured knowledge questionnaire) was conducted.
- Training programme on assertive behaviour in prevention of sexual abuse was provided for 4 days.
- After two weeks of Training programme, post-test was conducted for the same participants using the same tool.

INTERVENTION SCHEDULE

Day	Topic	Methods	Duration
1	Planned teaching programme regarding sexual abuse <ul style="list-style-type: none">• Introduction• Definition of sexual abuse• Types of sexual abuse• Effects• Long term effects• Signs and symptoms	Lecture cum discussion	45 minutes

	<ul style="list-style-type: none"> • Victims • Prevention of sexual abuse 		
2	<p>Planned teaching programme regarding assertive behaviour in prevention of sexual abuse</p> <ul style="list-style-type: none"> • Introduction • Definition • Benefits • Tips which helps to be more assertive • Prevention of sexual abuse through assertive techniques <ul style="list-style-type: none"> ➤ Distance and personal space ➤ Fogging ➤ Maintain eye contact ➤ Body language ➤ Using ‘I’ statement 	Lecture cum discussion	45 minutes
3	Video assisted teaching on preventive measures of sexual abuse	Video projection cum Discussion	20 minutes
4	Scenario discussion	Lecture cum discussion	30 minutes

3. RESULTS AND DISCUSSION

Table 1.1 : Frequency and percentage distribution of demographic variables of adolescent girls

S. No	Demographic Variables	(f) n=66	(%)
1.	Age (in years)		
	a) 12 years	22	33.3
	b) 13 years	22	33.3
	c) 14 years	22	33.3
2.	Religion		
	a) Hindu	52	78.8
	b) Muslim	10	15.2
	c) Christian	4	6.1
3.	Education of father		
	a) Uneducated	3	4.5
	b) Primary	14	21.2
	c) High school and higher secondary	26	39.4
	d) Graduate and above	23	34.8
	Education of mother		
	a) Uneducated	3	4.5

4.	b) Primary	31	47.0
	c) High school and higher secondary	6	9.1
	d) Graduate and above	26	39.4
5.	Occupation of father		
	a) Employed	61	92.4
	b) Self - employed	5	7.6
6.	Occupation of mother		
	a) Employed	36	54.5
	b) Homemaker	30	45.5
7.	Monthly family income		
	a) Less than or equal to Rs. 10000	7	10.6
	b) Rs. 10001 – Rs. 20000	17	25.8
	c) Rs. 20001 – Rs. 30000	20	30.3
	d) Rs. 30001 and above	22	33.3

Table 1 shows that equal proportion of adolescent girls 22 (33.3%) belongs to the age group 12, 13 and 14 years to represent each age equal number of participants were selected. Most of them 52 (78.8%) were Hindus. 26 (39.4%) of father were educated up to the level of high school. 31 (47.0%) of mother were educated up to the level of primary school. Mostly 61 (92.4%) of father were employed. Majority of mother 36 (54.5%) were employed. Greater part 22 (33.3%) of them has the monthly family income of Rs. 30001 and above.

SECTION B: LEVEL OF KNOWLEDGE REGARDING ASSERTIVE BEHAVIOR IN PREVENTION OF SEXUAL ABUSE OF ADOLESCENT GIRLS

(n = 66)

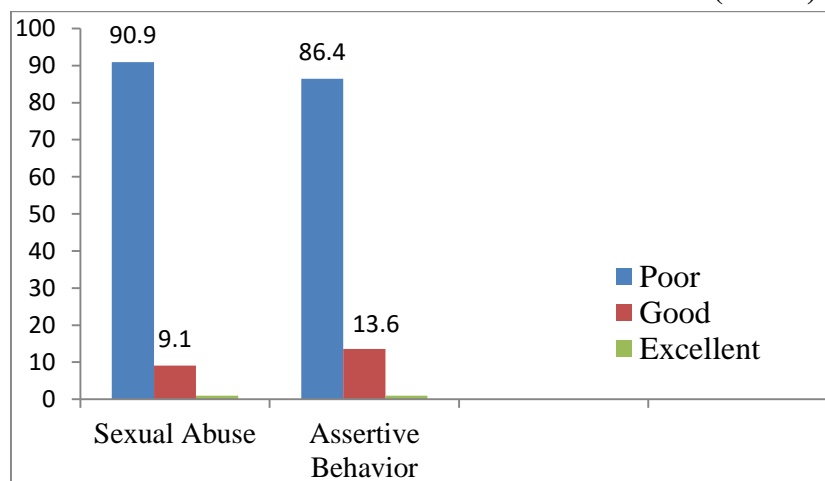


Figure 1: Level of knowledge regarding sexual abuse and assertive behavior in prevention of sexual abuse

Figure 3 shows the percentage distribution of the level of knowledge regarding assertive behavior in prevention of sexual abuse among adolescent girls. Pre-test scores of adolescent girls on sexual abuse showed that 60 (90.9%) had poor knowledge and 6 (9.1%) had good knowledge, whereas pre test scores of adolescent girls on assertive behavior in prevention of sexual abuse showed that 57 (86.4%) had poor

knowledge and 9 (13.6%) had good knowledge and none of them had excellent knowledge on assertive behavior in prevention of sexual abuse.

SECTION C: EFFECT OF TRAINING PROGRAMME REGARDING ASSERTIVE BEHAVIOUR ON KNOWLEDGE IN PREVENTION OF SEXUAL ABUSE AMONG ADOLESCENT GIRLS

Table 2: Effect of training programme regarding sexual abuse (n = 66)

S. No	Level of knowledge on sexual abuse	Mean	Standard Deviation	Median	Inter – quartile range	z - value	p - value
1.	Pre - Test	2.58	1.18	2.00	3.00 – 2.00	- 7.109	p< 0.001 *
2.	Post - Test	7.12	1.23	7.50	8.00 – 6.00		

* = Significant

Table 2 shows that there is significantly increase in the post test level of knowledge regarding sexual abuse as compared to the pre-test level of knowledge at $p < 0.05$.

Table 3: Effect of training programme regarding assertive behaviour in prevention of sexual abuse (n = 66)

S. No	Level of knowledge assertive behaviour	Mean	Standard deviation	Median	Inter – quartile range	z - value	p - value
1.	Pre – Test	2.94	1.14	3.00	3.25 – 2.00	- 7.125	p< 0.001 *
2.	Post - Test	6.68	1.32	7.00	8.00 – 5.00		

* = Significant

Table 3 shows that there is increase in the post test level of knowledge regarding assertive behavior in prevention of sexual abuse as compared to the pre-test level of knowledge at $p < 0.05$.

SECTION D: ASSOCIATION OF PRE-TEST LEVEL OF KNOWLEDGE ON ASSERTIVE BEHAVIOR IN PREVENTION OF SEXUAL ABUSE AND SELECTED DEMOGRAPHIC VARIABLES.

Table 4: Association of pre-test level of knowledge on sexual abuse and selected demographic variables (n = 66)

** = Not significant

Table 4 shows that there is no statistical significant association between the pre-test level of knowledge regarding sexual abuse and selected demographic variables like age, religion and occupation of father at the level of $p > 0.05$. There is statistical significant association between the pre-test level of knowledge regarding sexual abuse and selected demographic variables like education of parents, occupation of mother and monthly family income at the level of $p > 0.05$.

Table 5: Association of pre-test level of knowledge on assertive behavior in prevention of sexual abuse and selected demographic variables.

(n = 66)

S · N O	DEMOGRA PHIC VARIABLE S	LEVEL OF KNOWLEDGE				FISH ERS EXA CT P - value
		Poor		Good		
		f	%	f	%	
1 ·	Age (in years)					0.901 **
	a) 12 yrs	18	31.6	44	66.7	
	b) 13 yrs	19	33.3	33	50.0	
	c) 14 yrs	20	30.3	22	33.3	
2 ·	Religion					0.489 **
	a) Hindu	43	65.2	10	15.2	
	b) Muslim	10	15.2	-	0.0	
	c) Christian	4	6.1	-	0.0	
3 ·	Education of father					0.001 *
	a) Uneducated	3	4.5	-	0.0	
	b) Primary	14	21.2	-	0.0	

	c) High School	17	298		1000	
	d) Graduate and above	23	404		-	
	Education of mother					
4	a) Uneducated	3	53		-	0.001 *
	b) Primary	31	544		-	
	c) High School	0	-		667	
	d) Graduate and above	23	404		333	
	Occupation of father					
5	a) Employed	52	912		1000	1.000 **
	b) Self-employed	5	88		-	
	c) Unemployed	-	-		-	
	Occupation of mother					
6	a) Employed	30	526		667	0.494 **
	b) Homemaker	27	474		333	

		Monthly family income				
7	a) Less than or equal to Rs. 10000	7	1 2 3		-	0.848 **
	b) Rs. 10001 – Rs. 20000	1 4	2 4 6		33 .3	
	c) Rs. 20000 – Rs. 30000	1 7	2 9 8		33 .3	
	d) Rs. 30001 and above	1 9	3 3 3		33 .3	

** = Not Significant

Table 5 shows that there is no statistical significant association between the pre-test level of knowledge regarding assertive behavior in prevention of sexual abuse and selected demographic variables like age, religion, occupation of parents and monthly family income at the level of $p > 0.05$. There is statistical significant association between the pre-test level of knowledge regarding assertive behavior in prevention of sexual abuse and selected demographic variables like education of parents at the level of $p > 0.05$.

4. CONCLUSION

The study was done to assess the effect of training programme regarding assertive behaviour selected in a school, Puducherry. The data was collected among 66 school going adolescents. Intervention was given for days. Collected data was analyzed by descriptive and inferential statistics. The study findings revealed there was statistical significant difference in pre and post-test level of level of knowledge on sexual abuse and assertive behaviour in prevention of sexual abuse.

Hence it was concluded that training programme regarding assertive behaviour has increased the level of knowledge on sexual abuse and assertive behaviour in prevention of sexual abuse.

5. REFERENCE

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