

Effectiveness of planned teaching program on knowledge regarding Good touch and Bad touch among school age children

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Abstract: Sexual abuse is a form of maltreatment that is recognized globally as a serious human rights violation. Sexual abuse has become common these days. The incidence of child sexual abuse is rising day by day. A quantitative quasi experimental descriptive survey research approach was used to conduct the study. The study was conducted on 90 school age children of 3rd and 4th standard studying at in selected school of Delhi. The subjects were selected by purposive sampling technique. A structured knowledge questionnaire on "Good touch and Bad touch" was used for collecting data for the study. A formal permission was obtained from the Principal DC Convent Public School prior to conduct the study. There was significant difference between the pretest and post test score and the calculated "z" value was significant at 0.05 level of significant verifying that the planned teaching programme was effective in increasing the knowledge.

Key Words: Good touch, bad touch, sexual assault, school age children, abuse

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I. Introduction

According to the Centers for Disease Control and Prevention, sexual abuse is the involvement of any sexual activities with a child where consent is or is not given by the child. This includes sexual contact with a child that is undertaken by force or threat of force, no matter the age of participants, and any sexual contact or behavior between adult and child, even if the child has an understanding of the sexual activity. Sexual contact between an older individual can also be considered abusive if there is a major difference between size, age and development. The sexually abusive acts may include sexual infiltration, sexual touching, or non-contact sexual acts such as exposure." (CDCP; 2007)¹.

Over recent years, the number of reported cases of sexual abuse in children has increased, and the true prevalence may also be higher since there are many incidents that are not reported by children, parents or guardians. The National Center for victims of crime (2012), stated that as many as 40 million Americans, one in six people have experienced sexual abuse as children². Also, the Child Molestation Research and Prevention Institution (2012) estimate that at least two out of every ten girls and one out of every ten boys are sexually abused by the end of their 13th year³. Brick 2005 in his research over the last two decades has found childhood history of sexual may be associated with mental health concerns⁴. Tripp and Petrie 2001, reported that women with a history of sexual abuse reported more symptoms of anxiety, distress in social situations, and posttraumatic stress disorder than women without have history of sexual abuse American Psychological Association, 2012 stated that approximately 300,000 children in the U.S are sexually abused every year. However, it is believed that actual number is greater since many cases are unreported⁵.

American Psychological Association, 2012 stated that sexual abuse affects psychological, emotional, physical, and social domains, which raise the risk of depression, guilt, fear, post-traumatic stress disorder (PTSD), dissociative and anxiety disorders, eating disorders, poor self-esteem and many other health impairments. Behavior problems in sexually abused include suicide and suicidal attempts, substance abuse, and learning problems, sexual dysfunction in adulthood, sexualized behaviors (which may result sexually transmitted infections) and many other behavioral problems. Children will know what to do when they are in such situation. By educating children about child sexual abuse we can prevent it to some extent and the psychological and emotional trauma may be diminish⁶.

II. Objectives

1. To assess the pretest knowledge of school age children regarding good touch and bad touch.
2. To assess the post test knowledge of school age children regarding good touch and bad touch.
3. To assess the effectiveness of planned teaching program regarding good touch and bad touch among school age children.

NEED OF THE STUDY

Deblinger, Behl, and Glickman 2006, define child sexual abuse as an adult or an older child interacting with a child for sexual stimulation of perpetrator or another person. Child sexual abuse includes exposing children to age ,inappropriate sexual interaction , which including showing children adult sexual acts, simulated intercourse, fondling, or penile penetration of the vagina or anus⁸.

Cecen , Masirci 2013 Turkish in 2013 among 34 children to investigate the effectiveness of an educational school based child sexual abuse prevention training program. The analysis showed the children who attended the sexual abuse prevention program scored significantly higher than the control group. The experimental group pre test score was 5.33 (SD=1.41) and post test score was 8.66 (SD=1.28) and control group pre test score was 5.61 (SD=1.38) and post test was 6.61 (SD=1.42) results showed the difference between experimental and control groups post test which revealed that post test also conclude that the child sexual abuse prevention program is effective⁹ .

Hebert Martine ,Piche, Christiane 2001 an experimental study conducted in Canada 2001 ,among 133 children to evaluate the proximate effects of the sexual child abuse prevention program , the result indicated that children participate in the prevention program showed greater preventive knowledge and skills then the children not participated in the program¹⁰.

Overview of the situation of child sexual abuse around the world as WHO estimates that in sub Saharan Africa, Egypt and Sudan, 3 million girls and women are affected. Finding from this study may be used to help improve both physical and psychological health of children, Latest rape census in India is 13,766 according to 2014 census.

Increasing children' knowledge and awareness about sexual abuse in children and educating them on sexual abuse prevention strategies may help them in their future parenting. Further, increasing children' knowledge and awareness about sexual abuse in children can decrease the number of children who have emotional and academic problems throughout their school years relate to sexual abuse. Furthermore, being a victim of sexual abuse often results in children developing many health issues (The National Child Traumatic Stress Network, 2009)⁷.

There is a need for more research that focus on awareness and prevention of child sexual abuse. The need for this study is to understand school age student's knowledge of good touch and bad touch in children and how they aware about the child sexual abuse and associated psychological problems and disorders.

Hence the researcher felt the need to assess the knowledge of school age children regarding good touch and bad touch in selected school of Delhi.

HYPOTHESIS

H₁: There will be a significant increase in knowledge among school age children post planned teaching programme on good touch and bad touch.

H₀: There will not be any increase in knowledge among school age children post-planned teaching programme on good touch and bad touch.

III. Materials And Methods

The study was conducted in October 2017. The research was conducted as a quasi-experimental research approach. Descriptive survey design was used to assess the effectiveness of planned teaching program regarding good touch and bad touch. Permission from the institutional head was obtained before initiating the study for ethical consideration. The data was collected from 90 school age children studying in class 3rd and 4th of DC Convent School, Najafgarh, and Delhi. Through a structured questionnaire validate by experts. Purposive sampling technique was used to select the subjects.

Tool consists of two sections:

Section1: Demographic Performa includes 6 items to collect information on subject's demographic characteristics. It includes age, gender, class of study, education qualification of Father, Education qualification of Mother and type of Family.

Selection2: Structured knowledge questionnaire consists of 12 multiple choice questions items to assess the knowledge regarding good touch and bad touch. The one score is for each correct answer and no score is awarded for incorrect answer or question not attempted. The knowledge level grading criteria considered appropriate is as follows:

SCORE	PERCENTAGE	KNOWLEDGE LEVEL
≥ 9	≥75%	Adequate
< 9	<75%	Inadequate

IV. Results

Data represented in table -1 depicts that ,More than half of the school age children 56 (62.2%) were in the age group of 10 to 12 years, whereas 19 (21.2%) school age children were in the age group of 6 to 8 years. More than half of the school age children 47 (52.3%) were male whereas 43 (47.7%) school age children were female. More than half of the school age children 53(58.5%) were studying in 3rd class whereas 37(41.2%) school age children studying in 4th class. Only 41(45.5%) of school age children were living in a joint family and 39(43.3%) were living in a nuclear family.

The data was analyzed by descriptive and inferential statistics. .The data presented in figure 1 shows that is 2 (2.2%) of school age children had adequate knowledge and 88(97.7%) had inadequate knowledge in the pretest regarding good touch and bad touch.

The data presented in figure2 shows that 87(96.6%) of school children gained adequate knowledge and 3(3.3%) had gained inadequate knowledge after the planned teaching program.

The table-2 shows that pretest knowledge mean, median and standard deviation is 2.42,6 and 1.77 where as the post test knowledge mean, median and standard deviation is 11.57,12 and 1.17 respectively.

Data represented in table-3 shows that, The calculated “Z” value (1.27) is more than the table value of (0.205) at df 90 at 0.05 level of significance which indicates that the planned teaching programme on good touch and bad touch was effective. The significant increase in the knowledge score is not by chance. So the research hypothesis (H_1) is accepted and null hypothesis (H_0) is rejected.

Table1: Socio demographic profile of school age children

DEMOGRAPHIC VARIABLES	FREQUENCY (F)	PERCENTAGE (%)
AGE(IN YEARS)		
6-8 years	19	21.2
8-10years	56	62.2
10-12years	13	14.4
>12 years	2	2.2
GENDER		
Male	47	52.3
Female	43	47.7
CLASS OF STUDY:		
3 rd class	53	58.8
4 th class	37	41.2
EDUCATION QUALIFICATION OF FATHER		
Don't know	51	56.6
Up to 5 th class	03	3.3
Up to 10 th class	17	18.1
Up to 12 th class	13	14.4
Graduate	06	6.6
EDUCATION QUALIFICATION OF MOTHER		
Don't know	41	45.5
Up to 5th class	03	3.3
Up to 10th class	20	22.4
Up to 12th class	22	24.4
Graduate	04	4.4
TYPE OF FAMILY		
Joint family	41	45.5
Nuclear family	39	43.3
Single parent family	10	11.2

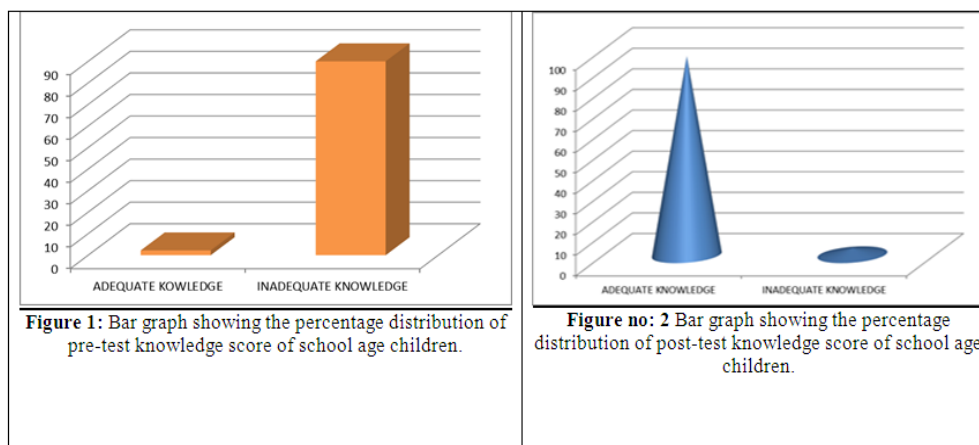


Figure no: 2 Bar graph showing the percentage distribution of post-test knowledge score of school age children.

Table -2 Mean, Median and Standard Deviation of Pre –test and Posttest knowledge score of school age children

Test	Mean	Median	Standard deviation
Pre-test	2.42	6	1.77
Post-test	11.57	12	1.17

Table-3 Z-test value for planned teaching programme.

Item	Mean	SD	Z value
Knowledge	11.57	1.12	1.27

V. Discussion

The present study was aimed to assess the effectiveness of planned teaching programme regarding good touch and bad touch among school age children. The investigators found inadequate pre test knowledge among school age children but after planned teaching program majority of school age children gained adequate knowledge regarding good touch and bad touch.

The findings of the present study was supported by authors conducted in (CECEN ,MASIRCI) Turkish in 2013 among 34 children to investigate the effectiveness of an educational school based child sexual abuse prevention training program. The analysis showed the children who attended the sexual abuse prevention program scored significantly higher than the control group. The experimental group pre test score was 5.33 (SD=1.41) and post test score was 8.66 (SD=1.28) ; and control group pre test score was 5.61 (SD=1.38) and post test was 6.61 (SD=1.42) results showed the difference between experimental and control groups post test which revealed that post also conclude that the child sexual abuse prevention program is effective⁹.

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