

## **“A study to assess the effectiveness of mobile app on knowledge regarding self defense among students in selected higher secondary school at Budhni Dist. Sehore”**

**Prof .Jalpana Adhikary**

*Ph.D. Scholar.*

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### **I. Introduction:**

India is one of the largest demographic countries in the world with the second largest population. Violence against women has increased dramatically worldwide in recent decades. The problem violence against women is not new it has probably part of women life .The number of violent crimes in India especially those against women including rape that are reported in official statistics are increasing with each passing year .Women are continue to suffer due to deeply rooted social prejudices that make them vulnerable to violence and discrimination in society. Physical and verbal assault is not only difficult to deal with at the time but can have a long and lasting negative impact on our wellbeing and mental health.

**Physical assault:** Physical assault takes place when an individual or a group provokes and attacks a person physically, with or without the use of a weapon, or threatens to hurt that person. Work-related aggression happens through the use of force or threats to a non-consenting victim on the work premises or in the context of the victim's work.

Assault is sometimes defined as any intentional act that causes another person to fear that she is about to suffer physical harm. This definition recognizes that placing another person in fear of imminent bodily harm is itself an act deserving of punishment, even if the victim of the assault is not physically harmed. Physical and verbal assault from our patients and their friends and relatives is not only difficult to deal with at the time but can have a long and lasting negative impact on our wellbeing and mental health.

**Need of study:** Physical assault among women is on-going problem in India. It is a burning issue and the women need self-defence especially school going children. India's national crime statistics Year, 2015 reported that there were 82,422 recorded assaults against women in 2015, including sexual harassment, voyeurism and stalking and another 34,651 reported rapes. Many other assaults and rapes are believed to be unreported. The brutal rape and subsequent death of a young woman by five men in New Delhi in December 2012 shocked India and the world. In the aftermath of the attack one question arose: how could women stay safe in public spaces? And perhaps inevitably, many turned to technology to try and create a solution. . Lots of literature available in the net but not in a structured and teller mad for student. So Investigator felt the need of a device which is handy, portable and easily accessible all the time with them in the form of an app in their mobile. Which give structured training self-defence instantly?

### **II. Objective Of Study:**

1. To assess the pre and post-test knowledge regarding self defense among students in selected higher secondary school.
2. To assess the effectiveness of mobile app on knowledge regarding self defense among students in selected higher secondary school
3. To find out association between knowledge score with selected demographic variables regarding self defense among students in selected higher secondary school students

### **HYPOTHESES:**

**H1** There will be significant difference between pre-test knowledge score and pre-test knowledge score among students in selected higher secondary school.

**H2.** There will be significant association between knowledge score with selected demographic variables at the level of 0.05 significance.

### ASSUMPTIONS

1. Higher secondary school students have some knowledge regarding uses of smart phones.
2. Mobile app is an effective tool to improve knowledge regarding self defense among students in selected higher secondary school students.
3. Knowledge of self defense can help for prevention of physical assault.

### III. Research Methods:

A quantitative evaluative research approach was used for the study to test the effectiveness of the mobile app. The Pre experimental research design was used .The population of the study was higher secondary school student and the sample size was 60 students who fulfil the sample criteria and setting of the study was oriental public higher secondary school Budhni dist sehore, and the purposive sample tectaniques was used to collect the data .The tool utilized for the study was self-structure interview questionnaire used to collect the base line information and self-structured knowledge questionnaire and scoring good (1-5) average (6-10) and poor (11-15 )based on self-defiance on physical assaults. And develop self-defense mobile app.100% students were came across with assaults.

**DATA COLLECTION PROCESS:** The investigator obtained written permission from the authority of the oriental public school of budhni dist.sehore. The purpose of the study was explained to them and confidentiality was assured to all the respondents. Class 10<sup>th</sup> ,11<sup>th</sup> and 12<sup>th</sup> girls students were selected for the study .The pre-test was conducted on a total of 60 respondents following the administration of structured questionnaire on knowledge .all the questionnaire collect back from the students and . Explain about mobile app in detail to the respondents and link given to them. An instruction given to attend for the post-test on the 8 day to find out the effectiveness of use of self-defense mobile app in increasing their knowledge .Post-test was conducted on 8<sup>th</sup> day of pre-test . Respondents cooperated well with the investigator. Data collection process was terminated and thanking the respondents for their cooperation and patience.

**Data analysis and interpretation** – Descriptive and inferential statistics

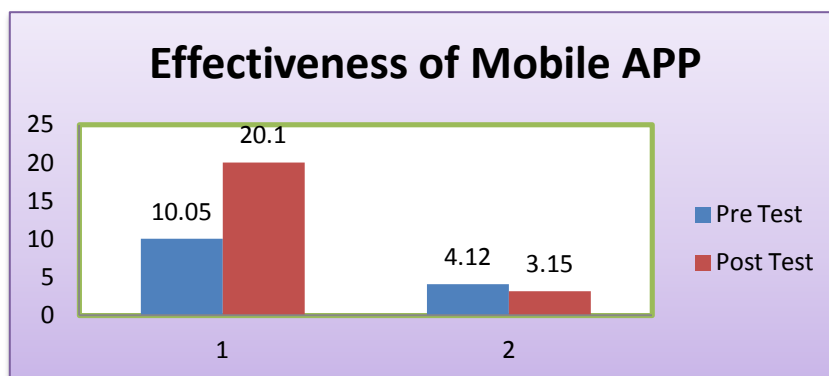
### IV. Result:

The result of the study was organized based on the objectives of the study:

**Section I: Demographic Profile;** The maximum no. of students belong to 61.66% students were in age group of 17-19 year. Regarding qualification maximum students 33.33% were in 11 standards,80% were hindu religion ,53.33% of students reached by school transportation, 91.46 %were participants in sports activity,76% were having android mobile Regarding father education 36.33% were graduate,66.66% of father having self-employed,66.33% of having monthly income of Rs 11000-15000rs per month,70% of students were belonging to joint family, 90% of parents taught about self-defence , 50% of had one sibling, 91.55% of students father working in defence /police ,60% of the parents prefers outing with their parents.

**Section II: To assess the effectiveness of mobile app on knowledge regarding self defense among students in selected higher secondary school.** The finding of the study revealed that mean post-test knowledge scores 20.10 were significantly higher than the mean pre-test knowledge score 10.05 which is significantly at 0.05 .The study revealed that mobile aap was effective in enhancing the knowledge of Higher secondary students regarding prevention of physical assault .The Finding showed that over all knowledge of higher secondary school students were was a mean difference of 59 showing improvement the paired t test value was 16.80 which was significantly at  $p < 0.05$  % level of significance

Comparison	Mean	SD	Mean difference	t-test	DF
pre Test	10.05	4.12	10.05	16.80	59
Post Test	20.10	3.15			



**Section III: To find out association between knowledge score with selected demographic variables regarding self defense among students in selected higher secondary school students** Regarding Association finding revealed that there is no association between pretest knowledge score with selected demographic variables .Hence the hypothesis made by the researcher was rejected

### V. Conclusion:

Preventing physical assault is a top priority for every school , college and university, but all are facing many challenges in delivering on this critical mission. Investigator goal is to help society for preventing physical assaults where possible, and to help school, college put trauma-informed information directly into the hands of students. Development Mobile App for Prevention of physical assault achieves this by giving schools customizable platform to manage their prevention and response strategies.The overall research study concluded that self defense mobile app was more effective tool for improving the knowledge regarding self defense for prevention of physical assault among students of higher secondary school

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