



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING SEXUAL HEALTH AMONG ADOLESCENTS IN SELECTED SCHOOLS

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Abstract : The present study entitled "A study to assess the effectiveness of structured teaching programme on knowledge regarding sexual health among adolescents in selected schools of Perinthalmanna" is based on following objectives: Assess the pretest and posttest knowledge regarding sexual health among adolescents, determine effectiveness of structured teaching programme on knowledge regarding sexual health among adolescents and find out association between pretest knowledge scores and selected demographic variables. Methodology: Quantitative approach was used for the study and quasi experimental one group pretest posttest design was selected. The present study was conducted among 60 adolescents (including boys and girls) Tharakan High School Perinthalmanna. The samples were selected by using simple random sampling technique by lottery method. In this study the investigators have used a structured questionnaire to assess the knowledge regarding sexual health among selected adolescents. Analysis: The data were analysed by using descriptive and inferential statistics. Results: Among 60 adolescents, 46.6% have poor knowledge regarding sexual health, 50% have average knowledge regarding sexual health and 3.33% have good knowledge regarding sexual health. There is no association between level of knowledge and selected demographic variables. Conclusion: From the study it is evident that only less number of children has good knowledge regarding sexual health and majority are not much aware about sexual health. Through a planned structured teaching programme, awareness can be brought among children's regarding sexual health.

Keywords: Assess, effectiveness, sexual health, adolescents.

INTRODUCTION

The public health field has recently mounted a sustained effort toward more positive approaches to sexuality. Sexual health is high quality teaching and learning about broad variety of topic related to sex and sexuality. Sexual education provides opportunities to explore one's own values and attitudes and to build decision making. Communication and risk education skills about many aspects of sexuality Adolescents is a formative time of transition to adult hood roughly concurrent with the second decade of life. Throughout the world girls and boys are treated differently from birth onwards, but at puberty this gender widens. Boys enjoy new privileges while girls endure new restrictions. Adolescence is a tough time for many teens. It is a time of risk taking. Constructive risk is the developmental task of becoming a matured, confident adult with the sense of mastery of self and world. They will judge and misinform risk taking in sexual behavior can have series and lifelong consequences. These young people face many pressures from their peers, their parents and the society in which they live. One aspect of their development is their sexual development as they develop their secondary sexual characteristics and sexual maturity. Sexuality plays the axial role in all spheres of human life. Individuals health can be on the reciprocal function of his sexuality and sexual practice. Adolescent is considered as a period of transaction from childhood to adulthood. This period of life is between ages of 10-19 years. This period is very

crucial, since these are the formative years of life of an individual when major physical, psychological and behavioral changes take place. This is an impressionable period of life. This is also a period of preparation for undertaking greater responsibilities including healthy responsible parenthood in future. Adolescents form prospective human resource for the society. 12 The emergence of AIDs has focused everybody's attention towards the role of sex education. AIDS and other sexually transmitted diseases are common today, but many parents, teachers and students do not understand these diseases and their prevention. Young persons for a variety of reasons such as developmental issues, peer pressure, social influences etc are becoming sexually active at an early age more than even before, however these early sexual activities is often not accompanied by knowledge about its consequences. The absences or lack of sex education put the youth at risk for unplanned pregnancy and various STDs resulting to a phenomenon of unwed which is quite common in Europe, Africa and America and also being reported in India. Unplanned pregnancy when subjected to termination may cause maternal morbidity as well as mortality.

WHO (2009), concept about sexual health, is an integration of physical, emotional, intellectual and social aspects of sexuality in a way that positively enriches and promotes personality communication and love. Sexual health can be defined as,

H - Happy healthy mind, healthy body E - Education

A - Avoid teenage pregnancy L - Lactation

T - Test for pregnancy RTI, STD H - Health screening

Abnormal sexuality results in deviation in physical, psychological, physiological, and even economical disturbances. The main objective is to assess level of knowledge regarding sexual health among adolescents and to assess the effectiveness or structured teaching programme on knowledge regarding sexual health among adolescents' boys and girls.

The meaningful explanation of selected aspects of sex education would prevent the needless suffering of thousands of girls who grow up in an environment of ignorance and superstitions. Nurses can help young adolescents to understand the normal physical and psychosocial changes taking place during the puberty. So that they may learn to see it as a positive change 'young people need help in making healthy decision'.

NEED OF THE STUDY

Sexual health should be implemented in school due to its many benefits to adolescents. Implementation of sexual health in school will provide teenagers with the correct information to enable them to make right choices in life. Sexual health is effective by reducing the rate of teenage pregnancy, providing correct information and also decreasing the number of HIV/AIDS and STD cases among teenagers, sex education encourages healthy teen sexuality. With accurate, current and age 14 appropriate knowledge, social and emotional skills, our children and youth will be equipped to protect themselves from sexual advances and abuse to avoid sexual experimentation and activities that leads to problem related to teenage pregnancies and HIV.

Sexual health is a broad programme that aims to build a strong foundation for lifelong sexual health by acquiring information and attitudes, beliefs and values about onset relationship and intimacy. There should be a need to impart sex education among students in schools because sex education aims to stop appraise, protect and promote health. Sexual health develops skills and self-esteem to help students enter adolescence. Health education is very important for school children. It creates, awareness makes them knowledgeable regarding health matters, develops motivation and promotes change in health behavior and health attitudes among them. Adolescents are periods of intense psychological growth and development and often involve many crisis, much instability, inner turbulence and behavioral deviances .Youngsters today are exposed to a good deal of information on sex and sexuality from media or from friends, but the truth is that there are many techniques who don't know or understand significant facts about human sexuality who are not been given opportunity to link how sex will part their lives who's informant in incorrect because it comes from unrealizable source who are unhappy, confused, guilty and anxiety about their sexual behavior and worried about own life to lead a healthy and normal life.

Population and sample

In this study, the population is adolescent boys and girls in a selected school of Perinthlamma. Sample and subset population comprising those selected to participate in a study.

Data and sources of data

The study was conducted in adolescent boys and girls in the age group of 13-16 years studying in 9th and 10th std. in Tharakan High School Perinthlamma. There were 60 students selected in total. The rationale for selecting this area was because of easy accessibility, and the school was close to our college, and adequate facilities for conducting pretest and posttest was available at the school.

Data is a piece of information obtained by a study. Data collection is gathering of information to address the research problem. Data collection tool is the device used to collect data. In the present study the tool was prepared on the basis of objectives of the study. In the development of tool, the following steps are involved which are review of literature, preparation of first draft, personal consultation and discussion with experts from field of nursing.

Theoretical framework

Conceptual frame work is interrelated concept on abstraction that are assembled together in some rational scheme by virtue of relevance to a common team. It is a device which stimulates research and the exertion of knowledge by carrying out prescribed therapies and learning to live with the effect of illness or treatment.

Conceptual framework adopted for this study was based on Van Bertalanffy's general theory in late 1930. Bertalanffy's GST refers more to an organized body of knowledge-any systematically presented set of concepts ,whether empirical, axiomatic, or philosophical.

Statistical tool and econometric models

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Structured questionnaire consist of 9 items seeking information about socio demographic variables are age, gender, religion, education of father, education of mother, occupation of father, occupation of mother, type of family, previous source of knowledge.

Checklist consist of 25 questions for assessing knowledge regarding sexual health among adolescents boys and girls in selected schools. Each positive response carried 1 mark and negative response carried 0 mark.

Descriptive statistics

Checklist consist of 25 questions for assessing knowledge regarding sexual health among adolescent boys and girls in selected schools.. Each positive response carried 1 mark and negative response carried 0 mark.

Level of	Range	Frequency	Percentage	Mean	SD[n=60] Knowledge.
Poor	1-10	28	46.66%	8	2.143
Average	11-20	30	60%	14.03	2.671
Good	21-25	2	3.33%	22	0

RESULTS AND DISCUSSION

This chapter discuss the major findings of the study. The aim of the study was assess knowledge regarding sexual health among adolescents in selected schools of Perinthalmanna.This study was simple random sampling technique by lottery method. The sample size was 60 sample, knowledge was assessed by self administered questionnaire.

RESULTS

Results are summarized in three sections.

Section A: Description based on demographic variables.

Section B : Assess the level of knowledge regarding sexual health among adolescents in selected schools of Perinthalmanna.

Section C : Find out the association between the greatest score of severe addiction among sexual health adolescents in selected schools of Perinthalmanna.

Section A

Characterestits are as follows:

Regarding the age about 5% (3) of the population under the age group of 13-14 years ,66.6% (40) of the population belongs to age group of 14-15 years,28.3% (17) of the population belongs to age group 15-16 years.

With regard to gender 50% (30) population are male,50% (30) population are female,0 (0) population are transgender.

In case of religion 58.3% (35) of the population hindu,26.6% (16) population muslim, 15% (9) population christian,0 (0) population others.

With regard educational status of father 40% (24) of the population primary, 38.3% (23) of the population secondary, 18.3% (11) population graduate, 3.33% (2) population post graduate.

With regard educational status of mother 40% (24) population primary,36.6% (22) population secondary, 20% (12) population graduate,3.33% (2) population post graduate.

Regarding the occupation of father 15% (9) population government, 40% (24) population private, 45% (27) population others.

Regarding the occupation of mother 6.66% (4) population government, 30% (18) population private, 63.3% (38) population others

The type of family 16.6% (10) of the population are joint, 80% (48) of the population are nuclear, 3.33% (2) of the population are extended.

Regarding the previous source of knowledge 16.6% (10) of the population TV, 18.3% (11) of the population youtube, 33.3% (20) of the population peer group, 37.6% (16) of the population books.

Section B

The section deals with the level of knowledge regarding sexual health among adolescents majority of samples 46.66% (28) have a poor knowledge, 50% (30) have average knowledge, 3.33% (2) have a good knowledge.

Section C

Section C deals with association between the pretest scores with selected demographic variable.

The finding of the study are discussed under the following sections: Chapter include discussion, summary, conclusion and implications of the study in various field, limitations and recommendations for the future.

DISCUSSION

The purpose of the study was to assess the Effectiveness of Structured Teaching Programme on knowledge regarding sexual health among adolescents studying in selected school at perinthalmanna. The study also evaluates the association between any demographic variables with the pre-test knowledge score.

The study was conducted in various geographic localities.

60 samples were taken for the study by using simple random sampling technique.

The data was collected from 60 students by using self administered knowledge questionnaire.

□

Description based on demographic variables

The analysis of demographic variables shows that 5% samples belongs to age 13-14 years 66.6% in the age of 14-15 years and 28.3% in 15-16 years. Regarding the gender distribution of adolescents 50% are males and 50% are females. Regarding the religion status 58.3% are Hindus, 26.6% are Muslims and 15% are Christians. Regarding the educational status of the father 40% have primary education, 38.3% have secondary education, 18.3% are graduates, 3.33% are post graduates. Regarding the education of the mother 40% have primary education, 36.6% have secondary education, 20% are graduates and 3.33% are post graduates. Current employment status of father shows that 15%

% are government employees, 40% are private employees and 45% belongs to others. Current employment status of mother shows that 6.66% are government employees, 30% are private employees and 63.3% belongs to others. Based on type of family 16.6% belongs to joint family, 80% belongs to nuclear family and 3.33% belongs to extended family. Regarding the previous source of knowledge 16.6% from TV, 28.3% from YouTube, 33.3% from peer group and 37.6% from books. The present study was supported to assess the effectiveness of Structured Teaching Programme on knowledge regarding sexual health among adolescents studying in selected school at Perinthalmanna. The sample was selected by simple random sampling technique by lottery method. Data was collected from 60 adolescents in the age group of 13-16 years. The demographic variables such as age, gender, religion, education level of father and mother, occupation of father and mother, type of family and previous sources of knowledge.

Association between the pretest scores with selected demographic variables

The finding of the study shows that there is no association between the pretest knowledge of adolescents and the selected socio-demographic variables. The results were in turned descriptive study to assess the effectiveness of

Structured Teaching Programme on knowledge regarding sexual health among adolescents studying in selected school in perinthalmanna with a view to organize an awareness session. The study was conducted among 60 adolescents in age group of 13-16 years. The study finding shows that there is no significant association of knowledge of pretest scores with these selected demographic variables.

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