



A STUDY TO ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POLICIES AND GUIDELINES TO PREVENT SEXUAL ABUSE AMONG ADOLESCENT GIRLS OF SELECTED SCHOOL OF DEHRADUN.

Health Science

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ABSTRACT

sexual abuse also referred to as MOLA STATION. , is abusive sexual behaviour by one person upon another. Most of the adolescents girls are suffered with sexual abuse, To protect them and prevent from sexual abuse many policies and guidelines are generated by govt. include Indian panel code section 354(a, b,c,d), 376a and POCSO act . scheme include (Gaura shakti app., Nirbhaya scheme.) **Objectives-** To evaluate effectiveness of video assisted teaching programme on knowledge regarding policies and guidelines to prevent sexual abuse among adolescent girls. **Methodology-** A Quantitative research approach and pre-experimental one group pre-test post- test design is used to conduct this study. A total of 60 adolescents girls' students of Govt. inter college Balawala Dehradun of Uttarakhand were included in the study, by nonprobability convenient sampling technique. A self-structure questionnaire was used to evaluate the knowledge regarding policies and guidelines to prevent sexual abuse among adolescent girls. **Result-** The Result shows Majority 56(93.3%) of girls had inadequate knowledge and 4(6.7%) girls had moderate knowledge in pre-test. And majority of 39(65%) girls had adequate knowledge, 14(23.3%) girls had moderate knowledge, and 7(11.7%) girls had inadequate knowledge in this study. 33.5 mean percentage score of total score knowledge regarding policies and guidelines in pre-test had less value than 78.35 mean percentage score of total score knowledge regarding policies and guidelines in post-test. There was statistically significant comparison between pre and post-test in total knowledge score. **Conclusion-** There was no Statistically significant Association between the pre-test Knowledge regarding policies and guidelines to prevent sexual abuse with socio demographic variables among adolescent girls.

KEYWORDS

video assisted teaching programme, knowledge, policies, guidelines sexual abuse, adolescents' girls.

INTRODUCTION

"Young girls are like helpless children in the hands of amorous men, whatever is said to them is true and whatever manipulation on their bodies seems like ^{love} to them, they come back to their senses, but the scars are not dead in as much as her spoiler lives."

Adolescent is a stage of development transition a bridge between childhood and adulthood. The World Health Organization (WHO) defines in 1996, adolescence as the period of life between ages 10 and 19 years. In Indian society adolescence place an additional burden on females with biological development. the adolescent girl is often pressurized towards social role conformity, requiring major changes in the psychological sphere. the young lady is often confronted with difficulties and problems related to family society and their own physical aspects and emotional needs. Sexual abuse includes 1 of the 5 types of sexual abuse i.e., physical, verbal, covert, visual, ritualistic. According to the CDC 1 in 3 men and 1 in 4 women report having experienced sexual violence. Policies is a course of action adopted or proposed by organization or individual and guidelines are the rules and principles advice by that organization. It is necessary for adolescents to know about policies and guidelines to protect the girl from sexual harassment sexual abuse. Uttarakhand government set many policies and guidelines for prevention of sexual abuse. like Gaura Shakti app, Nirbhaya scheme, Nalsa norms, central victim compensation. there are many sections are generated by Uttarakhand police sop for different punishable abuse.

Aim Of The Study

Aim of this study was to evaluate the effectiveness of video assisted teaching programme on knowledge regarding policies and guidelines to prevent sexual abuse among adolescent girls of selected school of Dehradun."

Objectives

1. To assess the level of knowledge regarding policies and guidelines to prevent sexual abuse among adolescent girls.
2. To evaluate effectiveness of video assisted teaching programme on knowledge regarding policies and guidelines to prevent sexual abuse among adolescent girls.
3. To find association between the levels of knowledge regarding policies and guidelines to prevent sexual abuse with their selected demographic variables of adolescents girls.

METHOD AND MATERIAL

A quantitative pre-experimental research approach was used for the

investigation. The investigator used Non probability convenience sampling technique for selecting 60 samples. A self-structured questionnaire was used to assess effectiveness of video assisted teaching programme on knowledge regarding policies and guidelines to prevent sexual abuse among adolescent girls. The reliability of the tools determines by 'test-retest method' and using Karl Pearson's correlation coefficient formula.' Descriptive and inferential statistics was used to analyse the data. The investigator reviewed related literature to describe the tool to assess the effectiveness of video assisted teaching programme on knowledge regarding sexual abuse among adolescent girls. Tool divided in to 2 section. Section A- Demographic variables consist item age, class study, types of family, education status of mother, education status of father, occupation of mother, occupation of father, language, media available at home, knowledge regarding guidelines and policies of sexual abuse and source of information. No score was given to this section. Section B- structured questionnaire consist 20 multiple choice question. And having 4 domain having 5 questions in each domain Related to information about guidelines and policies of sexual abuse to prevent sexual abuse. Each right answer carrying one marks. Each wrong answer carrying zero marks. The total score of Each subject is calculated into percentage. And results of this is based on criteria selected to measures the level of knowledge ie. Adequate, moderate inadequate knowledge.

Major Findings

Table 1: Frequency And Percentage Of Socio Demographic Variable Of Among Adolescent Girls Regarding Policies And Guidelines To Prevent Sexual Abuse

N=60

S. No.	Socio demographic Variables	Categories	No. of girls (Frequency)	Percentage
1	Age (in years)	16	29	48.3
		17	23	38.3
		18	5	8.3
		19	3	5
2	Class of study	9th	15	25
		10th	22	36.67
		11th	15	25
		12th	8	13.33
3	Type of family	Joint	22	36.7
		Nuclear	38	63.3
		Extended	0	0
4	Education status of	No formal	8	13.3

	mother	Primary	24	40
		Secondary	22	36.7
		Graduate or above	6	10
5	Education status of father	No formal	1	1.7
		Primary	15	25
		Secondary	32	53.3
6	Occupation of mother	Graduate or above	12	20
		Government employee	1	1.7
		Private service	7	11.7
7	Occupation of father	Homemaker	52	86.6
		Government employee	9	15
		Private service	25	41.7
8	Language	Others	26	43.3
		Hindi	58	96.7
		English	2	3.3
9	Media available at home	TV	36	60
		Internet	24	40
10	any knowledge regarding guideline and policies to prevent sexual abuse	Yes	12	20
		No	48	80
11	If yes. Source of information	Mass media	2	20
		Health personal	7	55
		By family/friends	2	15
		Other	1	10

Table 1 show that the majority of 48.3% girls belonged to 16 years age, 38.3% belonged to 17 years age, 8.3% belonged to 18 years age and 5% belonged to 19 years age in this study.

The majority of 36.67% girls were 10th class education, 25% girls were 9th and 11th class education both and 13.33% girls were 12th class education in this study.

The majority of 63.3% girls belonged to nuclear family and 36.7% girls belonged to joint family in this study.

The majority of 40% girls had primary educated mother, 36.7% girls had secondary educated mother, 10% girls had graduate or above educated mother and 1.33% girls had no formal educated mother in this study.

The majority of 53.3% girls had secondary educated father, 25% girls had primary educated father, 20% girls had graduate or above educated father and 1.7% girls had no formal educated father in this study. the majority of 86.6% girls had homemaker mother, 11.7% girls had private serviced mother and 1.7% girls had government employed mother in this study.

The majority of 43.3% girls had other occupation father, 41.7% girls had private serviced father and 15% girls had government employed father in this study.

The majority of 96.7% girls known Hindi language and 3.3% girls known English language in this study.

The majority of 60% girls had TV at home and 40% girls had internet at home in this study.

The majority of 80% girls had no knowledge regarding guideline and policies to prevent sexual abuse and 20% girls had knowledge regarding guideline and policies to prevent sexual abuse in this study.

The majority of 55% girls known health personal as source of information, 20% girls known mass media as source of information, 15% girls known family/friends as source of information and 10% girls known other as source of information in this study.

Table 2.1: Mean Score Of Pre And Post Knowledge Regarding

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Sexual Abuse Of Among Adolescent Girls Regarding Policies And Guidelines To Prevent Sexual Abuse N=60

Domain wise distribution of knowledge scores	Maximum obtainable score		Obtained range		Mean $\pm$ SD)		Mean percentage score(%)	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Knowledge regarding sexual abuse	5	5	4	5	2.03 $\pm$ 0.823	3.85 $\pm$ 1.087	40.6	77
Knowledge related to IPC guidelines	5	5	4	5	1.42 $\pm$ 0.907	3.82 $\pm$ 1.269	28.4	76.4
Knowledge related POC SO act	5	5	3	5	1.22 $\pm$ 0.825	3.65 $\pm$ 1.191	24.4	73
Knowledge related new policies	5	5	4	5	2.05 $\pm$ 1.096	4.35 $\pm$ 0.954	41	87
Total score knowledge regarding policies and guidelines	20	20	12	20	6.70 $\pm$ 2.396	15.67 $\pm$ 3.516	33.5	78.35

Table 2.1 shows that 40.6 mean percentage score of knowledge regarding sexual abuse in pretest had less mean percentage than 77 mean percentage score of knowledge regarding sexual abuse in post test.

28.4 mean percentage score of knowledge related to IPC guidelines in pretest had less value than 76.4 mean percentage score of knowledge related to IPC guidelines in post test.

24.4 mean percentage score of knowledge related POC SO act in pretest had less value than 73 mean percentage score of knowledge related POC SO act in post test.

41 mean percentage score of knowledge related new policies in pretest had less value than 87 mean percentage score of knowledge related new policies in post test.

33.5 mean percentage score of total score knowledge regarding policies and guidelines in pretest had less value than 78.35 mean percentage score of total score knowledge regarding policies and guidelines in post test.

Table 2.2: Frequency And Percentage Of Pre And Post Knowledge Regarding Sexual Abuse Of Among Adolescent Girls Regarding Policies And Guidelines To Prevent Sexual Abuse N=60

Knowledge level	Pre test		Post test	
	Frequency	Percentage	Frequency	Percentage
Inadequate	56	93.3	7	11.7
Moderate	4	6.7	14	23.3
Adequate	0	0	39	65

Table 2.2 shows that majority 93.3% of girls had inadequate knowledge and 6.7% girls had moderate knowledge in pre test. And majority of 65% girls had adequate knowledge, 23.3% girls had moderate knowledge, and 11.7% girls had inadequate knowledge in this study.

Table 3: Comparison(t Test) Between Pre And Post Test To Evaluate Effectiveness Of Video Assisted Teaching Programme On Knowledge Regarding Policies And Guidelines To Prevent Sexual Abuse Among Adolescent Girls N=60

Group	(mean $\pm$ SD)	Mean difference	Paired - t test	Df	P - value
Pre test	6.70 $\pm$ 2.396	8.97	17.628	59	0.001*
Post test	15.67 $\pm$ 3.516				

Table 3 shows that comparison between pre and post test to evaluate effectiveness of video assisted teaching programme on knowledge regarding policies and guidelines to prevent sexual abuse.

There was statistical significant comparison between pre and post test in total knowledge score. The obtained t value 17.628 and the table value at df (59) 2.001 was significant with p<0.05 level.

Knowledge regarding policies and guidelines to prevent sexual abuse had greater mean score in post test than pre test that mean video assisted teaching programme is effective for knowledge.

Table 4: Association Between The Pretest Knowledge Regarding

Sexual Abuse To Prevent Sexual Abuse With Socio Demographic Variables Among Adolescent Girls N=60

S. No	Socio demographic variables	Categories	Pretest total Knowledge level			Chi-square value	DF	P-value	Result
			Inadequate (n=56)	Moderate (n=4)	Adequate (n=0)				
1	Age (years)	16	26	3	0	1.401	6	0.705	Insignificant
		17	22	1	0				
		18	5	0	0				
		19	3	0	0				
2	Class of study	9th	0	0	0	1.574	6	0.455	Insignificant
		10th	1	0	0				
		11th	24	3	0				
		12th	31	1	0				
3	Type of family	Joint	22	0	0	2.481	4	0.115	Insignificant
		Nuclear	34	4	0				
		Extended	0	0	0				
4	Education status of mother	No formal	8	0	0	4.968	6	0.174	Insignificant
		Primary	24	0	0				
		Secondary	19	3	0				
		Graduate or above	5	1	0				
5	Education status of father	No formal	1	0	0	2.645	6	0.450	Insignificant
		Primary	14	1	0				
		Secondary	31	1	0				
		Graduate or above	10	2	0				
6	Occupation of mother	Government employee	1	0	0	0.756	4	0.860	Insignificant
		Private service	7	0	0				
		Home-maker	48	4	0				
7	Occupation of father	Government employee	8	1	0	0.615	4	0.735	Insignificant
		Private service	24	1	0				
		others	24	2	0				
8	Language	Hindi	54	4	0	0.148	2	0.701	Insignificant
		English	2	0	0				
9	Media available at home	TV	35	1	0	2.187	2	0.139	Insignificant
		Internet	21	3	0				
10	knowledge regarding guidelines and policies	No	44	4	0	1.071	2	0.301	Insignificant
		Yes	12	0	0				
11	source of information	Mass media	12	0	0	1.754	8	0.781	Insignificant
		Health personal	31	3	0				
		By family/friends	8	1	0				
		Other	4	0	0				
		No	1	0	0				

Table 4.1 shows that association between the Pretest Knowledge regarding sexual abuse to prevent sexual abuse with socio demographic variables among adolescent girls.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with age. The obtained χ^2 value 1.401 and the table value at df (6) 12.592 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest

Knowledge regarding sexual abuse with class of study. The obtained χ^2 value 1.574 and the table value at df (6) 12.592 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with type of family. The obtained χ^2 value 2.481 and the table value at df (4) 9.488 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with education of mother. The obtained χ^2 value 4.968 and the table value at df (6) 12.592 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with education of father. The obtained χ^2 value 2.645 and the table value at df (6) 12.592 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with occupation of mother. The obtained χ^2 value 0.756 and the table value at df (4) 9.488 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with occupation of father. The obtained χ^2 value 0.615 and the table value at df (4) 9.488 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with language. The obtained χ^2 value 0.148 and the table value at df (2) 5.991 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with media available at home. The obtained χ^2 value 2.187 and the table value at df (2) 5.991 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with knowledge regarding guidelines and policies. The obtained χ^2 value 1.071 and the table value at df (2) 5.991 was not significant with $p>0.05$ level.

There was no statistical significant association between Pretest Knowledge regarding sexual abuse with source of information. The obtained χ^2 value 1.754 and the table value at df (8) 15.507 was not significant with $p>0.05$ level.

DISCUSSION

The present study is conducted on adolescents' girls (16-19yrs) of government inter college balawala Dehradun. In the discussion session the researcher draws the conclusion about the meaning and implication of findings. This session tries to improve what the result mean. A Pre-experimental research design study was found to be appropriate.

Based on pre -test of knowledge regarding policies and guidelines of sexual abuse among adolescents girls in experimental group.

In pre-test Majority 56(93.3%) of girls had inadequate knowledge and 4(6.7%) girls had moderate knowledge no one had adequate knowledge.

Based on post -test of knowledge regarding policies and guidelines of sexual abuse among adolescents girls in experimental group.

Majority of 39(65%) girls had adequate knowledge, 14(23.3%) girls had moderate knowledge, and 7(11.7%) girls had inadequate knowledge in this study.

Findings of mean comparison in experimental and control group by using paired t-test: There was statistical significant comparison between pre and post test in total knowledge score. The obtained t value 17.628 and the table value at df (59) 2.001 was significant with $p<0.05$ level. Knowledge regarding policies and guidelines to prevent sexual abuse had greater mean score in post test than pre test that mean video assisted teaching programme is effective for knowledge

Findings of effectiveness of video assisted teaching programme on

knowledge regarding policies and guidelines to prevent sexual abuse among adolescent girls:

There was statistical significant comparison between pre and post test in total knowledge score. The obtained t value 17.628 and the table value at df(59) 2.001 was significant with $p < 0.05$ level.

finding association between the level of knowledge regarding policies and guidelines to prevent sexual abuse among adolescent girls with their selected demographic variables:

There was no Statistically significant Association between the Pertest Knowledge regarding policies and guidelines to prevent sexual abuse with socio demographic variables among adolescent girls.

CONCLUSION

Based on findings the result shows that knowledge on policies and guidelines of sexual abuse among adolescents' girls was effective after giving video assisted teaching programme to them.

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