



ORIGINAL RESEARCH PAPER

Ayurveda

ASSESSMENT OF KNOWLEDGE AND ATTITUDE OF SEX EDUCATION IN RURAL ADOLESCENT GIRLS

KEY WORDS: Adolescent, sex education, reproductive health, survey

Dr Sonali Chalakh	B.A.M.S, MD(Agadtantra), Department of Agadtantra, Mahatma Gandhi Ayurved College ,Hospital and research center (Salod) Wardha, Maharashtra, India
Sharayu Kombe*	Student, Mahatma Gandhi Ayurved Medical College ,Hospital and research center (Salod) Wardha, Maharashtra, India. *Corresponding Author
Dr. Dhiraj Singh Rajput	BAMS, MD, Ph.D. (Rasashastra), Assistant Professor, Department of Rasashastra & Bhaishajya Kalpana, Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod(H), Wardha.

ABSTRACT

Background: Adolescent age group is the period of risk more concern about reproductive health .majority of adolescent still does not have information and education on sexuality, reproduction, and sexual and reproductive health and rights so sex education is now becoming the important need for our healthy society.

Aim: the study aim was to assess the knowledge of sex education among rural adolescent girls in Wardha district.

Material and methods : Observational study was carried in adolescent girls of Wadad village, Wardha , Maharashtra. Total 100 girls in the age group of 13 to 19 years were selected. . knowledge about sexual and reproductive health was studied by self designed ,semi structured questionnaire.

Result : Data showed that 94% of girls favours the sex education. 92% of the girl's wants sex education to be included in syllabus. 42% girls agreed that authentic source of information was doctors followed by schools 25% and friends 24%. 85% of the girls were aware about pubertal changes and only 39% girls know about contraceptives.

Conclusion: Imparting knowledge about sexual health in adolescent age is important and should be introduced in educational programme to avoid risky sexual behaviour and desirable change among them.

INTRODUCTION

An adolescent represents major potential human resources for the overall development of a nation. Adolescence is a period of increased risk taking and therefore susceptibility to behavioural problem at the time of puberty and new concern about reproductive health. [1] The adolescent age group is very important, as it is the future generation. Secondly adolescent age group is the period of risk taking behaviour, more concern about the reproductive health as maximum changes in the body and thereby in mental activities occurs in this age group.

According to WHO, 250 million new cases of STD (sexually transmitted diseases) occur worldwide each year with a high rate in 16-19yrs age group. Young people are at risk of HIV (Human Immunodeficiency virus) because they are in the transition phase of their life. They have the rights to understand the changes they are going through and to develop skills of forming healthy and responsible relationship. [2]

India is in the grip of an HIV epidemic, with an estimated 2.5 million citizens living with HIV, [3] and has an annual incidence of STIs estimated at 5%. [4] adolescent girls also lack adequate knowledge about sexual matter and contraception which results in early pregnancy, increased risk of STD infections, maternal morbidity and mortality and unsafe abortions. [5,6]

Studies have highlighted Indian adolescents misconceptions in their knowledge of contraception use and STIs. [7,8-10] Sex education programmes have proven, a cornerstone in reducing adolescent sexual risk behaviours and promoting sexual health. [11] Hence awareness about sex education is the most important thing, that too in rural adolescent girls because the lie always in the dark due to shy nature & lack of resources. So to study the assessment of knowledge and attitude about sex education in the rural adolescent girls this survey was undertaken.

MATERIAL & METHOD:

Quantitative survey was carried out using self administered structured questionnaire among 100 girls in Vadad village which is in Wardha district, Maharashtra, in India. Study was

conducted in age group of 13-19 yrs. Before starting study the girls who were minor their parents were explained the purpose of study and the girls who were major their consent was taken. Rapport was build with girls and verbal consent was obtained from them. Questionnaire was framed including multiple choice questions related to reproductive health awareness which was pretested. This questionnaire was used to collect data about sources of information, knowledge of physical growth and reproductive growth .Briefing was done to girls regarding the questionnaire provided to them. Data were entered and analysed by descriptive stat.

Ethical clearance: The study was reviewed and approved by institutional ethical committee of Datta Meghe Institute of Medical sciences, Deemed University, Wardha, and Maharashtra. (Reference number **D.M.I.M.S (DU) /IEC/2016-17/6181**, Oct 2016).

OBSERVATION AND RESULT:

Study shows that (94%) of adolescent girls favours the sex education and Majority of the girls i.e. 92% girls want sex education to be included in the syllabus. (Table1) Sources of information reveals that largest number of the girls (42%) prefers doctors should give them sex education followed by school (25%) and friends (24%) and least preference was given to parents. (Table 2)

85% girls have the knowledge about pubertal changes but only 12% girls aware about the hygiene during menstruation. 42% girls agreed that sex education avoid the STD but remaining 58% girls are unaware about it. Also 68% are unaware about relation between menstruation and pregnancy. (Table 3)

Table 1: Assessment of Attitude about sex education

	Variable	Yes (%)	No(%)
Attitude			
1.	Knowledge about sex education is need of hour.	94%	6%
2.	Sex education is to be included in the undergraduate curriculum.	92	8

Table 2: sources of information

Sr no.	Variables	%
1	Doctor	42
2	School	25
3	Friends	24
4	Parents	9

Table 3: Assessment of knowledge

Assessment of Knowledge			
	Variable	Yes	No
1	Knowledge about sex Education	54	46
	knowledge about pubertal changes	85	15
2	knowledge about menstruation and hygiene	12	88
3	Sex education and STD	42	58
4	Do you know relation between menstruation and pregnancy	32	68
5	Birth spacing and contraceptive	39	61

DISCUSSION:

Community of rural area would not be comfortable with sex education. Many of them think that increase knowledge might encouraged adolescence age to experiments. But this was criticized by Akindele (2002) she stated that the fact that a mystery is made about sex, there is naturally an increasing curiosity of the discourse on the subject". Primary goal of sex education is to offer the individual knowledge and concept that will enable him to make informed and responsible decision about sexual behaviour at all stages of life.[12] Conducted study reveals that 94% adolescence girls in rural area favour the sex education. Girls in major age group 16-19 yrs are having enough awareness whereas younger adolescence girls 13-15 yrs are devoid of proper knowledge because of hesitation, ignorance. This may be leads to them in darkness as their age grades can deceive them to have sexual affairs and in the process they can become pregnant and to become free from it they will visit the quacks and sometimes death results in the process.

42% Girls were agreed that the authentic source of information for getting knowledge about sex education was Doctors and next one is school but comfort level was found with friends. In rural area communication gap was found between the adolescence girls and their parents specifically about this topic so comfortable conversation was not seen with parents.

As Study was done in rural area hence lack of sources of information is the major obstacle for girls to get more information. Girls were aware about pubertal changes like menstruation but they are not aware about hygiene maintain during menstruation and Poor hygiene during menstruation may lead to diseases like urinary tract infection, candidacies etc.[13]

CONCLUSION:

Inadequate knowledge about understanding reproductive system was found in rural younger adolescence girls. Most of them expressed their desire about obtaining more knowledge and also shared about obstacles they face for that purpose. Medical advice plays very important role in providing knowledge and development of attitude towards sex education. It creates the platform for them to know the right things at right time.

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