

A Study to Assess the Effectiveness of Structured Teaching Program on Knowledge and Attitude Regarding Sex Education among Higher Secondary School Teachers in Selected Area of Nagpur City

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Abstract

The present study helps to impart the Knowledge regarding sex education among higher secondary school teachers, as the teachers are the one who observe the physiological, psychological and social changes among the students in this age group. The study is based on knowledge and attitude of teachers regarding sex education to include in their teaching syllabus. 68% of teachers gave a positive response after successful completion of structured teaching program.

Keywords: Knowledge; Attitude; Sex education.

Introduction

Imparting Sex Education to children is the need of the hour considering the high percentage of psychological stress, disturbances in their Emotions and feeling and above AIDS cases in India.[1] Youth in India contributes about 40% of the population. Their knowledge to seek to understand and explore relevant facts and strategies, in the field of reproductive system, its function – its physiology is important to be explored. Adolescence need have to go addressed on several levels i.e. physical, psychological, and medical and through education in a society.[2]

Background of the Study

The term Sex refers to the biological characteristic of being male or female, whereas the term gender refers to the identity and behavior associated with the internalized sense of being a male or female, in a given culture, it gives rise to behaviors that the society expects of male and females, referred to as a gender roles. Youth in India contributed about 40% of the population.[2] Adolescent is a period between the

age group of 12-19 years of age. As the age grows, grows with it their curiosity to know their own body parts. The major elements for sex education to be given to the gender, its physiology and the function of the reproductive organs Sex education deals with the role of anatomy and physiology of the reproductive organs. As their age grows, develops the secondary sexual characteristics. This include, menstruation among girls, breast development, feeling of shyness and among boys— hoarseness, of voice, growth of beard, nocturnal emission etc, are the secondary development.[3]

Need of the Study

In our Indian culture, senior person in the family used to be responsible to explain about growing body parts to the young once. The explanations given by them are in hidden words, for the students / children's find it difficult to understand, as with the growing age, curiosity develops among children, and they to for finding out solutions for their questions.[4] The questions are related to their developing organs, psychological changes including feeling and emotions, psychosocial acceptance and many more. To solve this question, they cannot go to their parents, so they find the way out to search for this in internet, media, peer information etc. As per one study of 'Delhi Teacher' attitude % awareness towards sex education shows that nearly 500 teachers who were

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teaching science (biology), social studies and out of that only few teachers agreed and gave their view about sex education. Focus was on following points:- Knowledge about body parts and their thorough explanations [5].

Objective and Hypothesis of the Study

- To assess the existing level of knowledge and attitude of school teachers regarding sex education.
- To assess the effectiveness of a Structured Teaching Program (STP) on sex education.
- To find out the association between the post test knowledge score and attitude with selected demographic variable.
 1. Age of the teachers.
 2. Education
 3. Job
 4. Type of family
 5. Religion
 6. Sex

H_1 - There is significant difference between the pre and post knowledge scores regarding sex education.

H_2 - There is significant difference between the pre and post attitude scores regarding sex education.

HO_1 - There is no significant associate between the demographic available and attitude of sample regarding sex education.

HO_2 - There is no significant associate between the demographic variable and attitude of sample regarding sex education.

Scope of the Study

Adequate knowledge regarding Sex Education helps to reduce the problems arising in the adolescence period in the higher secondary school students. As the knowledge about sex education will help the teachers also to impart the correct knowledge about sex education to the group, so that the students will develop respect towards their body parts. This will also help to prevent young generation from indulging into any other activities and diseases like HIV and

AIDS.

Research Approach

This study was based on descriptive Evaluatory approach.

Research Design

A Pre-Experimental (one – group pretest –posttest design) research design without control group.

Independent Variable

In this study, the independent variable was the structured teaching programme.

Dependent Variable

In this study dependent variable was knowledge and attitude of school teachers.

Sample

Technique: The samples were selected by Convenience sampling technique (Non probability Sampling).

Size: Sample comprised of 50 Higher Secondary school teachers who were working in the School in Nagpur.

Tool Preparation

The tools used for the study were:

1. Close ended questionnaire to assess the knowledge of Higher Secondary School Teachers about Sex Education.
2. 1-5 Likert Scale used to assess the Attitude of Higher Secondary School teachers regarding Sex Education.
3. Structured Teaching Programme.

Section A

- Description of the sample according to their demographic variables.

Section B

- Assessment of knowledge of sample regarding

sex education before & after the implementation of STP

- Area wise distribution of mean, SD, and mean percentage of pre test knowledge score.
- Area wise comparison of mean ,SD and mean percentage of pre & post test knowledge scores.
- Item wise analysis of correct responses to various items of pre & post test knowledge scores.
- Comparison of pre and post test knowledge scores with demographic variables.

Section C

- Assessment of attitude of sample regarding sex education before and after implementation of STP
- Area wise distribution of mean, SD, and mean percentage of pre test attitude scale.
- Area wise comparison of mean, SD and mean percentage of pre & post test attitude scores of the school teachers
- Frequency and percentage distribution of teachers attitude towards sex education in school.
- Frequency and percentage distribution of type of attitude of school teacher’s in each area.
- Comparison of pre and post test knowledge scores with demographic variables.

Section D

Hypothesis Testing: To assess the effectiveness of STP on knowledge and attitude of school teachers on various aspects of sex education , hypotheses were tested by using paired ‘t’ test.

Data Analysis and Interpretation

Section A

Distribution of Teachres According to the Demographic Variables

Table 1: Percentage Wise Distribution of School According to Their Age

Age Group (Yrs.)	No. of teachers	Percentage
25-30 yrs.	15	30.00
31-35 yrs.	15	30.00
36-40	13	26.00
40 and above	07	14.00
Total	50	100.00

Table 2: Percentage Wise Distribution of School Teachers According to Their Sex

Sex	No. of teachers	Percentage
Male	25	50.00
Female	25	50.00
Total	50	100.00

Section B

Assessments of Knowledge Level of School Teachers Regarding Sex Education Before ANFD After the Implementation of STP

Section C

Education Wise Distribution of Mean, sd and Mean Percentage of Post Test Knowledge Score of the Sample on Sex Education

Section D

Frequency and Percentage Distribution of Teachers Regarding Sex Education

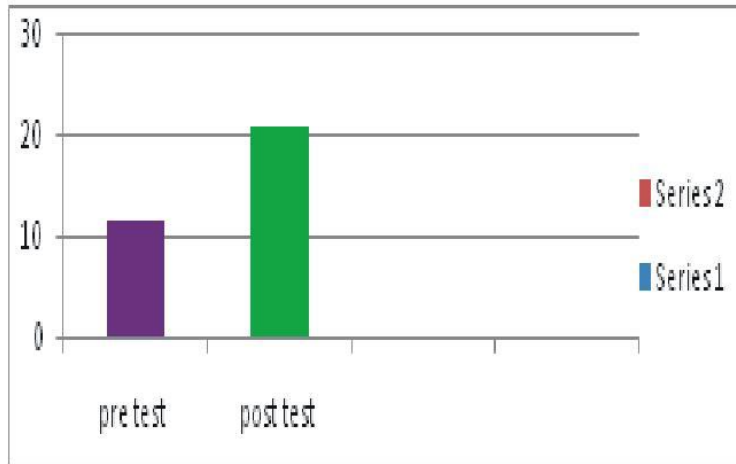
Outcome of the Study

Many oppose this sex education to be given in school, as they think it also deals with relationship education, sexual behavior etc. and it can develop negative outcome of the children attitude and behavior. In fact, sex education deals with the anatomical structure of the reproductive part, its physiology, the psychological changes takes place in body. With the help of sex education, the children will start respecting their body parts.[6] Normal growth and development of their reproductive system will help the children also to prevent from any future problems like, inferior complex, fear, attitude problem etc. they must realize the importance of the organs in their life and they will respect the sex (gender) and this will resulting explicit the dignity of the body.

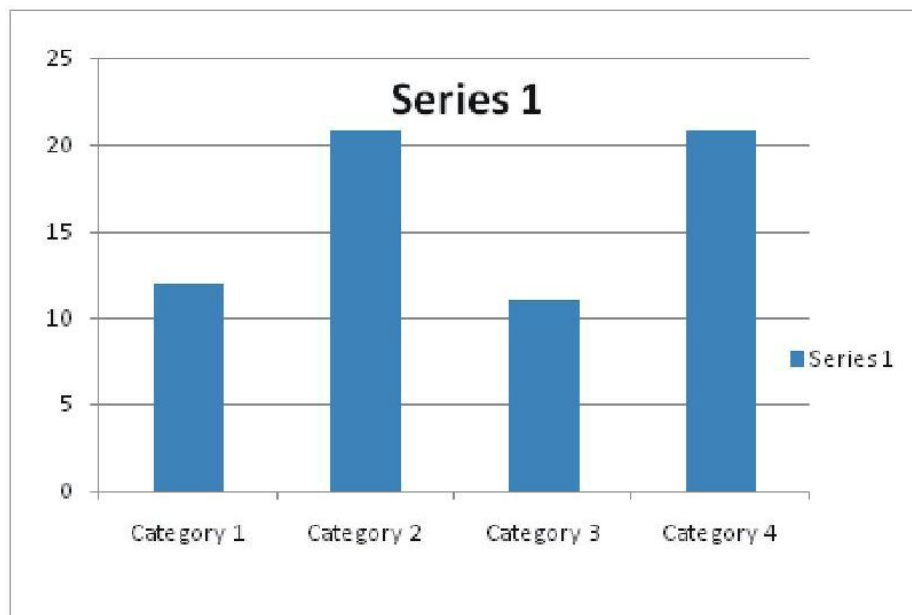
Summary and Recommendations

- 1) *Demographic Details:* 26% of the study sample was in the age group of 31-40 years and both male and female were of same percentage i.e. 50%. 54% of the school teachers was graduate teachers and out of them 58% were having temporary job in higher secondary schools in selected schools in Nagpur city. 66% of them were Hindu in religion and only 2% were Muslim teachers.

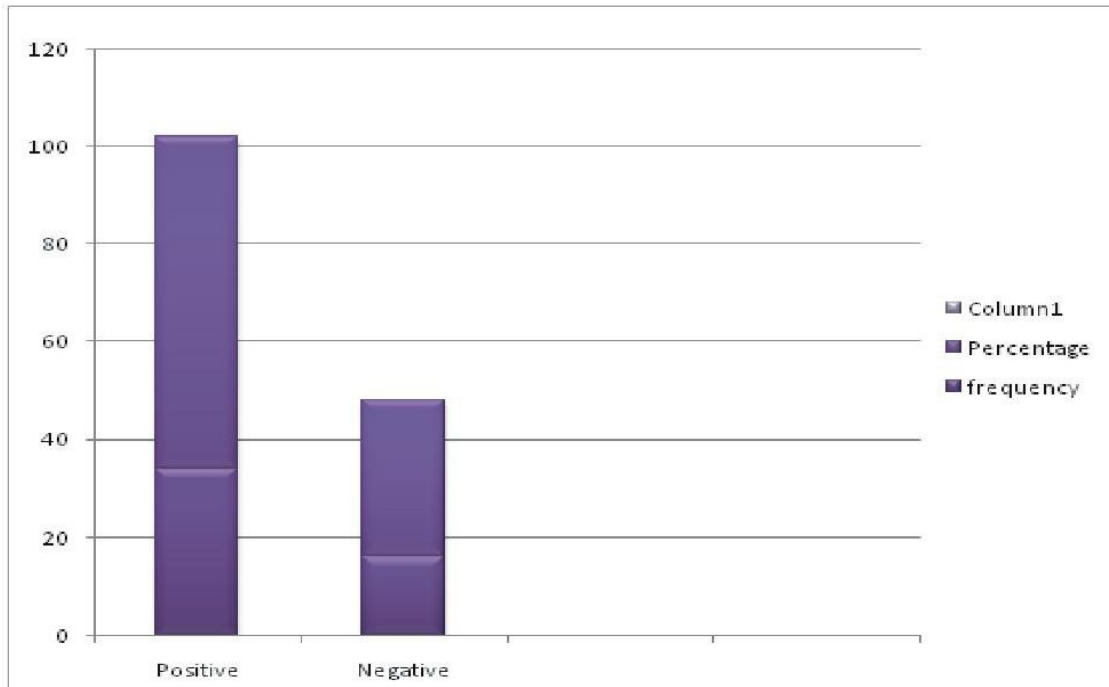
Knowledge	Maximum score	Mean	Standard deviation	Mean Percentage	Z- Value	p-value
Pre-test	17	11.46	2.09	45.84	6.17	0.000
Post-test	25	20.82	1.43	83.28		S,p<0.05



Education	No. of teachers	Pre test		Post test		z-value	p-value
		Mean \pm SD	Mean%	Mean \pm SD	Mean%		
Graduate	27	11.81 \pm 1.90	2.95 \pm 0.47	20.44 \pm 1.31	5.11 \pm 0.32	4.57	0.000 S,p<0.05
Post-graduate	23	11.04 \pm 2.26	2.76 \pm 0.56	21.26 \pm 1.48	5.31 \pm 0.37	4.21	0.000 S,p<0.05



Level of attitude	Frequency	Percentage
Positive At and above Mean 4	34	68.00
Negative Below Mean 4	16	32.00



- 2) *Knowledge of the School Teachers in Relation to Sex Education Included in the School:* The pre teaching phase 72% of the sample had knowledge about care of body in the topic of sex education. Teachers had less knowledge in anatomy and physiology and function of reproductive system. A study conducted sex education teachers believe in giving students information to aid in prevention and promote responsibility.
- 3) *Attitude of the School Teachers Regarding Sex Education in Higher Secondary School Teachers:* 68% of the school teachers were having positive attitude regarding sex education after intervention of STP with the frequency of 34 and only 32% of the teachers were having negative attitude with the frequency of 16. That means, with the help of Structured Teaching Programme, the teachers can able to understand the importance of sex education in the school. The present study explored teachers' attitudes.
- 4) *Correlation Between the Teacher's Knowledge and Attitude:* The co-efficient was computed by using Pearson's product moment co-efficient of correlation, the co-efficient was found to be 0.68. Statistically, it is significant at 0.01 levels. This shows that there is a positive correlation and marked relationship between knowledge there is an improvement in the attitude of school teachers.

Contribution of the Study to the Nursing

- A) *In nursing practice:* The most important role of the nurses is to provide awareness to the teachers regarding sex education to the adolescence group as it is the very correct age to introduce the importance of reproductive organ and explain them the functions of it, as the group of children is having a carbon mind, so whatever the teachers will explain to them, will remain in their mind forever and ever.
- B) *In Nursing Education:* The nursing curriculum should emphasis on imparting health information to teachers using different teaching methods the study will help the teachers to educate the students on the importance of the body parts, also it will lead to respect for the body parts in promotion of good health.
- C) *In Nursing Administration:* Findings of the study can be used by the nursing administrator in creating policies and plan for providing education to the teachers.
- D) *In Nursing Research:* The findings of the study have added to the existing body of knowledge in nursing profession. Other researchers may utilize the suggestion and recommendations for conducting further study. The tool and technique used has added to the body of knowledge and can be used for further references.

Recommendations

- A similar study can be replicated with a control group and on a larger population.
- A similar study can be conducted in community with the parents of adolescence group using different method of communication.
- A study can be undertaken to identify the existing knowledge and attitude of adolescent regarding sex education to be included in the school.

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