

“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON SEX EDUCATION AMONG ADOLESCENTS IN SELECTED SCHOOLS, GUWAHATI, ASSAM”.

Ms.Sengchi J Sangma, Msc Nursing, Mrs. Ruth Lalhmingthang, Assistant Professor and Mrs. Nongmeikapam Monika, Assistant Professor, Department of Obstetrics and Gynaecological Nursing, Assam Downtown University, Guwahati, Assam.

ABSTRACT

Background

Sex education is instruction on issues relating to human sexuality, including emotional relations and responsibilities, human sexual anatomy, sexual activity, sexual reproduction, age of consent, reproductive health, reproductive rights, safe sex, birth control and sexual abstinence. Sex education includes all the educational measures which regardless of the particular method used - may center on sex. Sex education stands for protection, presentation, extension, improvement and development of the family based on accepted ethical ideas. The study was attempted to assess the effectiveness of structured teaching programme on sex education among 80 adolescents in selected schools, Guwahati, Assam.

Materials and methods: An evaluative research approach was used for the study. The research design adopted was pre-experimental one group pre-test post-test design. The data were collected adopting a Non-Probability Convenience sampling technique. The sample consisted of 80 adolescents. The conceptual framework used for this present study is the input process output model based on General System Theory developed by Ludwig Von Bertalanffy (1968) which was explained by Putt AM (1978). The tools used for data collection were: demographic Performa and knowledge questionnaire to assess the knowledge of the adolescents on sex education. Data were analysed using descriptive and inferential statistics.

Results: The finding shows that majority 56 (70%) of the adolescents belongs to the age group of 15 years and 47 (58.75%) of the adolescents were male. Majority 44 (55%) of the adolescents belong to Hindu religion. 38(47.5%) father's education was higher secondary passed where as 42 (52.5%) mother's education was high school passed. Majority 30(37.5%) father's occupation was Indian Army and State government services and 62 (77.5%) mother's occupation was housewives. Majority 68 (85%) adolescents

belong to nuclear family. 71 (88.75) of the adolescents source of knowledge on sex education was from teachers.

The result showed that 40 (50%) of the adolescents had inadequate knowledge in the pre test and 80 (100%) of the adolescents had adequate knowledge in the post test. Thus there was marked increase in post test knowledge. In knowledge, post test mean was 23.7 and the pre test mean was 16.03 which represent the effectiveness of structured teaching programme on sex education. The t-paired value was found to be 16.45 which were highly significant at $p < 0.05$ levels.

The finding also revealed that the pre-test knowledge score of the adolescents' was found to be associated with their father's occupation i.e chi square value (12.36) was more than the p-value (9.49). Hence, knowledge on sex education is independent of age, gender, type of family, parents' education, occupation of mother, religion and sources of information

Conclusion: On the basis of the researcher findings, there was a marked increase in post-test knowledge score after administering the structured teaching programme, so it was concluded that the structured teaching programme was effective to improve the knowledge of the adolescents on sex education.

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