



"A Study To Evaluate The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Sex Education Among High School Students In Selected School Of Chandrapur ".

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Adolescence is a highly dynamic period characterized by rapid growth and development. Adolescents have limited knowledge about sexual and reproduction health, and know little about the natural processes of puberty, sexual health, pregnancy or reproduction. Sex education should be an integral part of the learning process beginning in childhood and continuing into adult life, because it is lifelong process. Objectives of the study, to study the effectiveness of structured teaching programme on knowledge regarding sex education among high school students in selected school. The researcher conducted pilot study and used quantitative research approach with pre-experimental one group pre-test post-test design in selected High School. Among 60 samples who gave consent for the study and were selected through non probability convenient sampling technique. The tool was structured knowledge questionnaire validated by experts was used to assess the knowledge of high school students regarding sex education. The researcher found the study feasible and reliable. Main study was conducted in a similar other than the one used in pilot study. After acquiring the necessary consent, the main study was conducted among 60 subjects of selected High School.

Finding of the study this chapter presents the analysis and interpretation of data collected from the subjects in selected school of Chandrapur. In this study, majority of the subjects 73.3% were from the age group of 15 – 16 years, majority of the subjects 53.3% were female, majority of the subjects 100% were study up to secondary level of education, majority of the subjects 73.3% getting source of education from teachers and majority of the subjects 100% were not having any previous knowledge about sex education. Pre-Test, Majority 66.7% of subjects had average level of knowledge score, 30% had poor level of knowledge score, 3.3% had good level of knowledge score and 0% had very good and excellent level of knowledge score. Mean knowledge score in pre-test of the subjects was 8.00 ± 2.655 . Minimum knowledge score in pre-test was 09 and Maximum Knowledge score in pre-test was 17. While in Post-Test, Majority 95% of subjects had excellent level of knowledge score, 3.3% had very good level of knowledge score, 1.7% had good level of knowledge score and 0% had poor and average level of knowledge score. Mean knowledge score in post-test of the subjects was 26.48 ± 1.780 . Minimum knowledge score in post-test was 17 and Maximum Knowledge score in post-test was 29. The overall mean pre-test and post-test knowledge scores of subjects which reveals that post-test mean knowledge score was higher 26.48 with SD of ± 1.780 when compared with mean pre-test knowledge score which was 8.00 with SD of ± 2.655 . The statistical Student's paired 't' test was applied at 5% level of significance. The tabulated value for $n = 60 - 1$ i.e. 59 Degree of freedom was 59 is that 2.000. The calculated value i.e. 42.905 was much higher than the tabulated value at 5% level of significance. For overall knowledge score of subjects which was statically

acceptable level of significance. Hence it was statistically interpreted that structured teaching programme about knowledge regarding sex education among high school students in selected school of Chandrapur was effective. **CONCLUSION** The analysis of the study revealed that there was a significant improvement in the knowledge of subject's sex education. The structured teaching proved to be effective in improving the knowledge of high school students in selected school.

KEYWORD-Evaluate, Effectiveness, Knowledge, Sex Education, High School Student

INTRODUCTION

Adolescents undergo various physical changes when they hit puberty, and often end up being embarrassed by it. Lack of information and misinformation make them self-conscious about physiological changes such as pubic hair, facial hairs, developing body parts etc. These changes make them prone to insecurities and vulnerable to low self-esteem sexual health considered to be a state of physical, emotional, mental, social well-being in relation to sexuality and not merely the absence of disease or infirmity.

BAKGROUND OF STUDY

In Ghana, as in many other parts of the world, there is a culture of silence (Mack, 2011; Van der Gest, 2001) on issues of sexuality; though it is difficult to separate sexuality from the everyday life of any society. Ankamah (1992, cited in Francoeur, et al., 2006, p. 468) wrote about Ghana: "sexual matters are among the popular topics for conversation and gossip, but there is less evidence of a serious societal debate about sexual issues". Thus, during their transition from youth to adulthood, most youths do not receive explanation as to the biological changes happening to their bodies until they attain puberty.

NEED OF STUDY

Every child should know that they can decide who can touch them. Puberty brings out dramatic physical and mental change to an unprepared child. Sex education should be mandatory in school. parents should not be allowed to opt-in or opt-out of something they are going to need in their life. Sex education doesn't increase the engagement of the child to sex but actually does the opposite. Here are some reason to support sex education.

STATEMENT

" A study to evaluate the effectiveness of structured teaching programme on knowledge regarding sex education among high school students in selected school of Chandrapur ".

OBJECTIVES

To study the effectiveness of structured teaching programme on knowledge regarding sex education among high school students in selected school.

HYPOTHESIS

H₀ – There is no significant difference between the pre-test and post-test knowledge score regarding sex education among high school students which is measured by structured knowledge questionnaire at $p < 0.05$ level of significance.

H₁ – There is significant difference between the pre-test and post-test knowledge score regarding sex education among high school students which is measured by structured questionnaire at $p < 0.05$ level of significance.

H₀₁ - There is no significant association between the pre-test level of knowledge score regarding sex education among high school students with their selected demographic variables which is measured at $p < 0.05$ level of significance.

H₀₂ - There is significant association between the pre-test level of knowledge score regarding sex education among high school students with their selected demographic variables which is measured at $p < 0.05$ level of significance.

METHDOLOGY

“According to Abdellah (1979) research methodology involves the systematic procedure by the researcher which starts from the initial identification of programme to its final conclusion”.

Research Approach:- Quantitative Approach

Target Population:- High School Students Age 14-16 Year

Sampling Technique:- High School Students In Selected School And Available At The Time Of Study

Tool For Data Collection Procedure:- Structured Questionnaire Method

Sample Size:- 60

Research Design:- One Group Pre-Test And Post-Test

Assessment of level of knowledge

Group	Pre-test	Intervention	Post-test
Experimental	O ₁	X	O ₂

O₁- pre-test

O₂- post-test

X- planned teaching

VARIABLES OF THE STUDY

Independent variables

In the study independent variable is structured teaching on sex education.

Dependent variables

In the study dependent variable is knowledge regarding sex education among subjects in selected school.

Extraneous variables

In the study extraneous variables are age, gender, education, source of education, previous knowledge.

SETTING OF THE STUDY

The study was conducted in selected school.

POPULATION

The population selected for the present study are subjects in selected school.

TARGET POPULATION

In this study, it includes subjects age of 14-16 years.

ACCESSIBLE POPULATION

In this study, it refers to subjects in selected school and available at the time of the study.

PLAN FOR DATA ANALYSIS

It is the plan to analyze the data by using descriptive and inferential statistics on the basis of objectives and hypothesis of the study. Data collected was analyzed in the following steps.

- Data were organized in master sheet.
- The frequencies and percentage used for the analysis of demographic variables.
- Mean, mean score percentage and standard deviation for pre-test and post-test score.
- Paired „t“ test to determine significance of difference between mean pre-test score and mean post test score. Mean gain of knowledge score before and after administration of structured teaching.
- Computing chi square to determine association between knowledge of sex education in pre-test and post-test with their selected demographic variables.

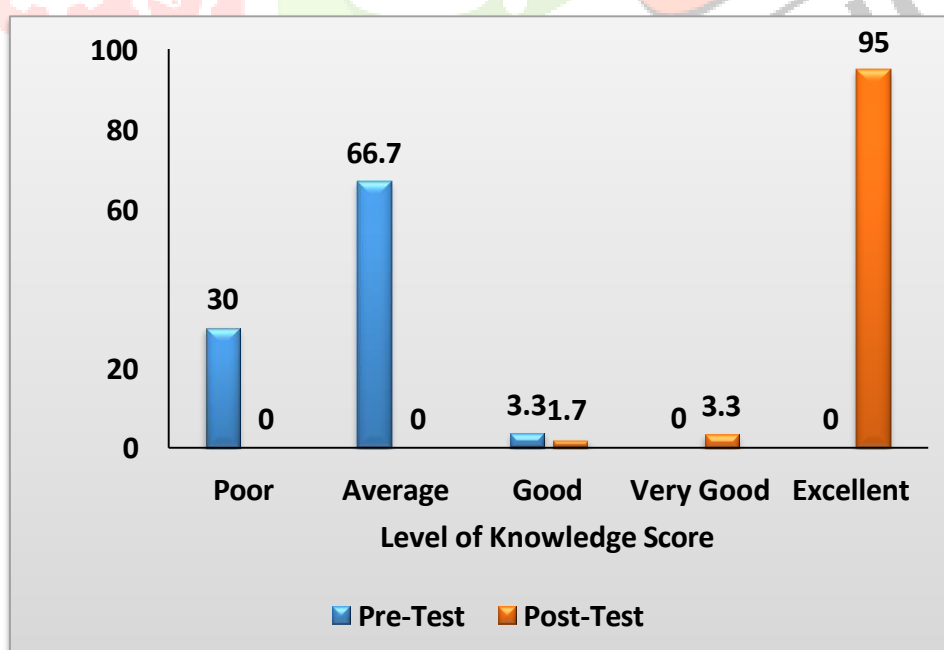
RESULT & DISCUSSION

Table 1: Distribution of subjects in relation to their demographic variable. (N=60)

Demographic Variables	Frequency (f)	Percentage (%)
Age in Years		
11 – 12 Years	00	00
13 – 14 Years	09	15
15 – 16 Years	44	73.3
16 and Above Years	07	11.7
Gender		
Male	28	46.7
Female	32	53.3
Transgender	00	00
Education		
Primary	00	00
Secondary	60	100
Higher Secondary	00	00
Graduate	00	00
Source of Education		
Parents	02	3.3
Teachers	44	73.3
Friends	10	16.7
Mass Media	04	6.7
Previous Knowledge About Sex Education		
Yes	00	00
No	60	100

Table 3: Distribution of subjects in relation to their pre-test and post-test knowledge regarding sex education among high school students in selected school of Chandrapur.

Level of knowledge score	Score Range	Percentage score	Pre-Test Knowledge Score		Post-Test Knowledge Score	
			Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Poor	0-6	0-20%	18	30	00	00
Average	7-12	21-40%	40	66.7	00	00
Good	13-18	41-60%	02	3.3	01	1.7
Very Good	19-24	61-80%	00	00	02	3.3
Excellent	25-30	81-100%	00	00	57	95
Mean $\pm$ SD knowledge score			8.00 $\pm$ 2.655		26.48 $\pm$ 1.780	
Mean % knowledge score			26.67%		88.28%	
Minimum score			09		17	
Maximum score			17		29	



RESULT & DISCUSSION

The analysis and interpretation of data collected from the subjects in selected school of Chandrapur. In this study, majority of the subjects 73.3% were from the age group of 15 – 16 years, majority of the subjects 53.3% were female, majority of the subjects 100% were study up to secondary level of education, majority of the subjects 73.3% getting source of education from teachers and majority of the subjects 100% were not having any previous knowledge about sex education. Pre-Test, Majority 66.7% of subjects had average level of knowledge score, 30% had poor level of knowledge score, 3.3% had good level of knowledge score and 0% had very good and excellent level of knowledge score. Mean knowledge score in pre-test of the subjects was 8.00 ± 2.655 . Minimum knowledge score in pre-test was 09 and Maximum Knowledge score in pre-test was 17. While in Post-Test, Majority 95% of subjects had excellent level of knowledge score, 3.3% had very good level of knowledge score, 1.7% had good level of knowledge score and 0% had poor and average level of knowledge score. Mean knowledge score in post-test of the subjects was 26.48 ± 1.780 . Minimum knowledge score in post-test was 17 and Maximum Knowledge score in post-test was 29. The overall mean pre-test and post-test knowledge scores of subjects which reveals that post-test mean knowledge score was higher 26.48 with SD of ± 1.780 when compared with mean pre-test knowledge score which was 8.00 with SD of ± 2.655 . The statistical Student's paired 't' test was applied at 5% level of significance. The tabulated value for $n = 60 - 1$ i.e. 59 Degree of freedom was 59 is that 2.000. The calculated value i.e. 42.905 was much higher than the tabulated value at 5% level of significance. For overall knowledge score of subjects which was statically acceptable level of significance. Hence it was statistically interpreted that structured teaching programme about knowledge regarding sex education among high school students in selected school of Chandrapur was effective.

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