

A Descriptive Study To Assess The Level Of Knowledge Regarding Sex Education Among Adolescent Girls At Selected School Of Gopeshwar Chamoli

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ABSTRACT

Sex education is the process of acquiring information and forming attitudes and beliefs about sex, sexual identity, relationships and intimacy. It is also about developing young people's skill so that they make informed choices about their behaviors and feel confident and competent about acting on these choices. It is widely accepted that young people have a right to sex education, partly because it is a means by which they are helped to protect themselves against abuse, exploitation, unintended pregnancies and sexually transmitted diseases. The concern over sexually transmitted disease and unintended pregnancies is increasing globally. STDs like HIV/AIDS, Syphilis, gonorrhoea etc are life threatening. So it is imperative to increase the knowledge of people regarding sex education in order to make them aware about sexual and reproductive health. An attempt has been made to conduct a descriptive study to assess the level of knowledge regarding sex education among adolescent girls of GGIC Gopeshwar. The conceptual framework used in this study was based on Pender's Health Promotion Model. The study of sample 100 adolescent girls was selected randomly after meeting the inclusion and exclusion criteria. The structured questionnaire was used to assess the knowledge regarding sex education. The result of the study shows that most of the girls have poor knowledge (79%), while (21%) have good knowledge regarding sex education. Demographic variables like age and academic standard have significant influence on knowledge of adolescent girls ($p > 0.05$) regarding sex education.

Keywords: adolescents, sexually transmitted diseases, contraception, early pregnancy

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I. INTRODUCTION

The term adolescence comes from Latin word meaning to grow to maturity. According to WHO 10-19 years of age is called adolescent. It is the period when maximum amount of physical, psychological, emotional and behavioral changes take place. Sex education is the term which is used to educate students related to contraception and human sexual behavior. It is a process of achieving knowledge and building up attitude related to sexual identity and intimacy.

WHO in 1994 declared sex education a fundamental human health right and an important quality of life health issue.

Sex education is also called "reproductive health education" or "sexual health education" or "sexuality education". Youth can build up a positive experience of their sexuality by developing quality of their relationship and their potential to make decision over lifetime by the help of sex education. In a study conducted in India through Stanford University in 2006, it is found that children had essentially superficial knowledge about HIV and AIDS. Human as entity created by God has always being characterized with both growth and development that is necessary for everyone. As being characterized with growth and development there is one particular growth and development mark that is of interest to growth experts and as such, adolescence is the case. Adolescence per definition offered by Lewin (1939) is a human developmental period where an individual transit from childhood to adulthood. Sex education defined as the process of acquiring knowledge about human development and forming positive mind set towards sexuality among men and women. Sex education is an instruction on issues relating to human sexuality; including emotional relationship, safe sex, birth control and sexual abstinence (Tupper 2013). WHO released on 13 December 2018, cites that more than 1.1 million adolescents aged 10 -19 years died in 3,000 of which per day. Most of the causes of their deaths were HIV/AIDS, and the practice of abortion (Whight Plunner and Ross 2012). Sex is universally strong biological drive in the life of human beings. It plays an important role in the preservation and building of human society .during adolescence phase, huge amount of doubts and question related to sexual health arises which gives rise

to anxiety and worries. anxiety , inadequate knowledge ,negative message received from social media peers increases the misconception about contraception use STDs , and leads unprotected sex unwanted pregnancies ST injections and damage relationships. Health sex education play vital role in producing adequate knowledge and creating an awareness regarding maintaining health, sexual health and activities, precautionary measures.

II. MATERIALS AND METHODS

This quantitative descriptive research was carried out on 100 adolescent girls of GGIC Gopeshwar Chamoli from June 2022 to September 2022.

Study Design: Descriptive research design

Study Location: Government Girls Inter College, Gopeshwar, Chamoli

Study Duration: June 2022 to September 2022

Subjects and Selection Methods: The subjects were selected by lottery method of simple random selection sampling technique.

Inclusion Criteria:

- 1.The students studying in class 9th ,10th ,11th and 12th
- 2.Girls willing to participate in the study

Exclusion Criteria:

1. Girls not willing to participate
2. Girls unavailable during research study

Procedure Methodology:

The formal permission was taken from the school for the data collection. All students were asked to answer the question and knowledge will be assessing through a well structure knowledge questionnaire and maintained confidentiality, security identify of all participants.

Statistical Analysis:

The data was organized in master sheet and tabulated.

Using window excel sheet data were proceed. Classification of frequencies and percentage for the analysis of demographic data was done by using descriptive and inferential statistics.

Chi square method was used for finding the association between knowledge score and socio demographic variables.

III. Result

The frequency and percentage distribution of adolescent girls regarding their level of knowledge on sex education according to their age group, 01(1%) student belongs to age group of 11-12 years, 18(18%) belongs to age group of 13-14 years, 47(47%) belongs to age group of 15-16 years and 34(34%) of them belongs to age group of 17-18 years. The frequency and percentage distribution of adolescent girls regarding their level of knowledge on sex education according to their education standard, 17(17%) girls were in 9th std, 19(19%) were in 10th std, 24(24%) were in 11th std and 40(40%) were in 12th std. The frequency and percentage distribution of adolescent girls regarding their level of knowledge on sex education according to their habitat 24(24%) belongs to rural locality and 76(76%) belongs to urban locality. The frequency and percentage distribution of adolescent girls regarding their level of knowledge on sex education according to their parents` education 05(5%) parents were uneducated, 15(15%) primary educated, 18(18%) secondary educated and 62(62%) high school/graduated. The frequency and percentage distribution of adolescent girls regarding their level of knowledge on sex education according to their previous exposure, 65(65%) of them having previous exposure regarding sex education and 35(35%) of them were not previously exposed.

TABLE NO. 1- DISTRIBUTION OF PERCENTAGE AND FREQUENCY OF SUBJECTS ACCORDING TO THEIR DEMOGRAPHIC VARIABLES

Socio demographic variables	Frequency	Percentage
Age in years		
11-12	01	1%
13-14	18	18%
15-16	47	47%
17-18	34	34%
Education Std		
9 th	17	17%
10 th	19	19%
11 th	24	24%
12 th	40	40%
Habitat		
Rural	24	24%
Urban	76	76%
Education of parents		
Uneducated	05	5%
Primary	15	15%
Secondary	18	18%
High school	62	62%
Previous Exposure		
Yes	65	65%
No	35	35%

The Frequency and percentage distribution of students according to their age group

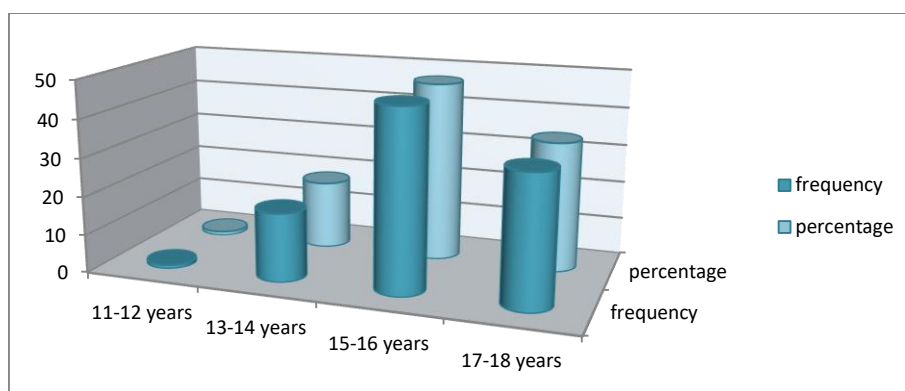


Fig -1 –shows that the frequency and percentage distribution of adolescent girls regarding their level of knowledge about sex education according to their age group is 01 (1.0%) in 11-12 years age group , 18(18.0%) in 13-14 age group , 47 (47.0%) in 15-16 age group and , 34(34.0%) in 17-18 age group .

The frequency and percentage distribution of adolescent girls according to education standard

Fig 2

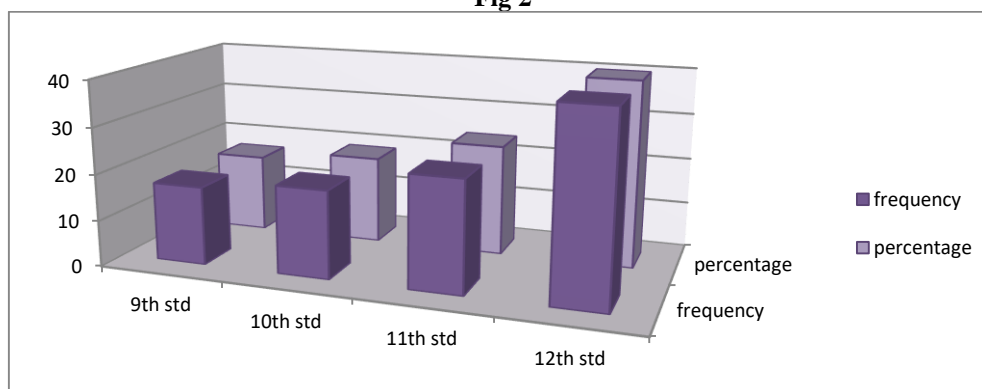


Fig 2 shows that the frequency and percentage distribution of adolescent girls regarding their level of knowledge about sex education according to their educational standard is 17(17%) are in 9th standard, 19(19%) are in 10th standard, 24(24%) are in 11th standard and 40(40%) are in 12th standard.

The frequency and percentage distribution of adolescent girls according to their habitat

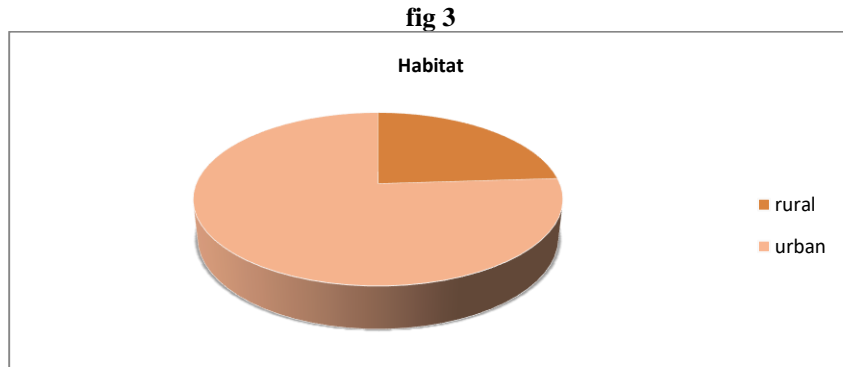


Fig3 shows that the frequency and percentage distribution of adolescent girls regarding their level of knowledge about sex education according to their habitat is 24(24%) in rural area and 76(76%) in urban area.

The frequency and percentage distribution of adolescent girls according to their parents' education

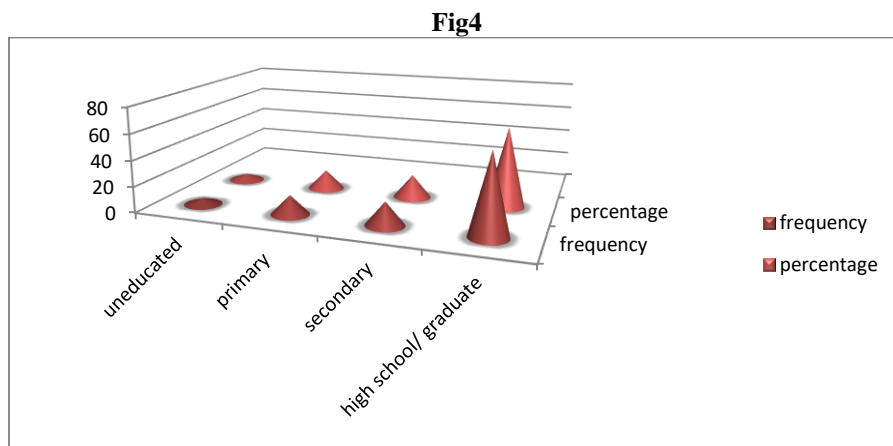


Fig4 shows that the frequency and percentage distribution of adolescent girls regarding their level of knowledge about sex education according to their parents' education 5(5%) parents were uneducated, 15(15%) primary educated, 18(18%) secondary educated and 62(62%) high school/graduated.

The frequency and percentage distribution of adolescent girls according to their previous exposure

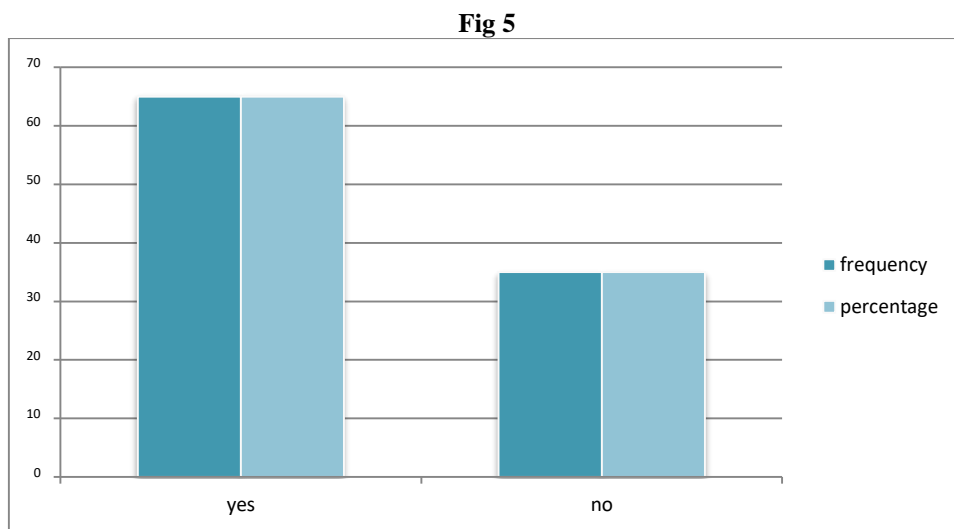


Fig.5 shows that the frequency and percentage distribution of adolescent girls

TABLE NO. 2- Frequency and percentage distribution of adolescent girls regarding level of knowledge on sex education.

Level of Knowledge	Frequency	Percentage
Excellent	0	0%
Good	21	21%
Poor	79	79%

Fig 6- frequency and percentage distribution of adolescent girls regarding their level of knowledge on sex education

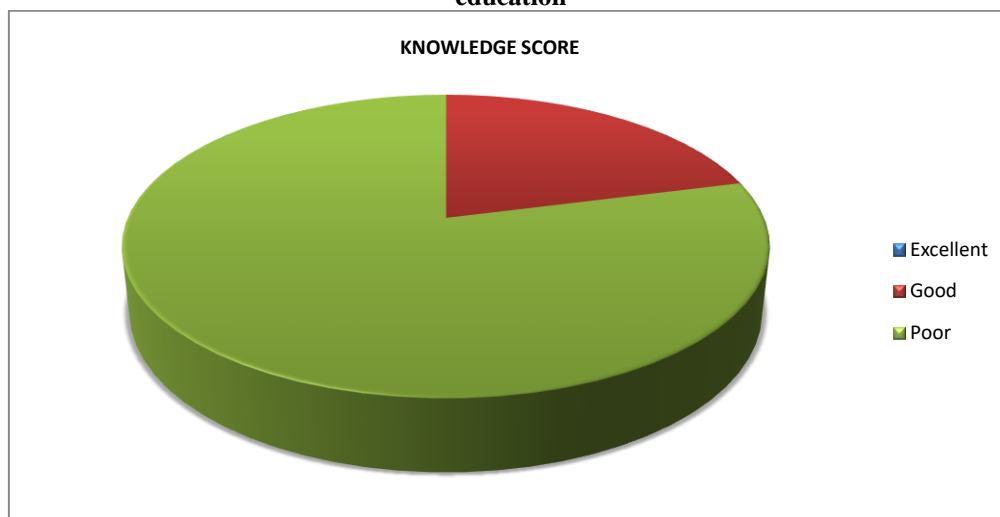


Fig6 –shows that the frequency and percentage distribution of adolescent girls regarding level of knowledge on sex education revealed that 0(0%) students were having excellent knowledge, 21(21%) were having good knowledge and 79(79%) of them having poor knowledge.

Table 3- level of knowledge score in adolescent girls in relation to their age group. N=100

Age (years)	Poor		Good		Excellent	
	f	%	f	%	f	%
11-12	1	1%	-	-	-	-
13-14	17	17%	1	1%	-	-
15-16	34	34%	13	13%	-	-
17-18	27	27%	7	7%	-	-

Table no.3 shows that the level of knowledge among adolescent girls regarding sex education according to their age group , in the age group of 11-12 years 1(1%) student has poor knowledge .

In the age group of 13-14 years 17(17%) students have poor knowledge, 1(1%) has good knowledge and none of them have excellent knowledge.

In the age group of 15-16 years 34(34%) students have poor knowledge, 13(13%) have good knowledge and none of them have excellent knowledge.

In the age group of 17-18 years 27(27%) students have poor knowledge, 7(7%) have good knowledge and none of them have excellent knowledge.

Table 4- Association of knowledge score in adolescent girls in relation to their educational standard. N=100

Standard	Poor		Good		Excellent	
	f	%	f	%	f	%
9 th	17	17%	-	-	-	-
10 th	15	15%	4	4%	-	-
11 th	22	22%	2	2%	-	-
12 th	25	25%	15	15%	-	-

Table no. 4 – shows that the level of knowledge among adolescent girls regarding sex education according to their educational standard, in 9th std. 17(17%) was having poor knowledge while no one has good or excellent knowledge.

In 10th standard 15(15%) have poor knowledge, 4(4%) have good knowledge and none of them have excellent knowledge.

In 11th standard 22(22%) have poor knowledge, 2(2%) have good knowledge and none of them have excellent knowledge.

In 12th standard 25(25%) have poor knowledge, 15(15%) have good knowledge and none of them have excellent knowledge.

Table no.5 – Association of knowledge score in adolescent girls in relation to their habitat.

N=100

Habitat	Poor		Good		Excellent	
	f	%	f	%	f	%
Rural	21	21%	3	3%	-	-
Urban	58	58%	18	18%	-	-

Table no.5 – shows that the level of knowledge adolescent girls regarding sex education according to their habitat, students who belong to rural area out of them 21(21%) were having poor knowledge and 3(3%) were having good knowledge while no one has excellent knowledge.

Students who belong to urban area out of them 58(58%) were having poor knowledge and 18(18%) were having good knowledge while no one has excellent knowledge.

Table no.6 – Association of knowledge score in adolescent girls in relation to their parents’ education.

N=100

Parents’ education	Poor		Good		Excellent	
	f	%	f	%	f	%
Uneducated	5	5%	-	-	-	-
Primary	11	11%	4	4%	-	-
Secondary	17	17%	1	1%	-	-
High school /graduate	46	46%	16	16%	-	-

Table no. 6- shows that the level of knowledge among adolescent girls regarding sex education according to their parents’ education, 5(5%) of girls whose parents are uneducated have poor knowledge while none of them have good or excellent knowledge.

11(11%) of girls whose parents are educated till primary level have poor knowledge, 4(4%) of them have good knowledge and no one has excellent knowledge.

17(17%) of girls whose parents are educated till secondary level have poor knowledge, 1(1%) of them has good knowledge and no one has excellent knowledge.

46(46%) of girls whose parents are educated till high school /graduated have poor knowledge, 16(16%) of them have good knowledge and no one has excellent knowledge.

Table no.7- Association of knowledge score in adolescent girls in relation to their previous exposure.

N=100

Previous Exposure	Poor		Good		Excellent	
	f	%	f	%	f	%
Yes	48	48%	17	17%	-	-
No	31	31%	4	4%	-	-

Table no.7- shows that the level of knowledge among adolescent girls regarding sex education in relation to their previous exposure, those who were previously exposed out of them 48(48%) have poor knowledge, 17(17%) have good knowledge while none of them have excellent knowledge.

Those who were not previously exposed out of them 31(31%) have poor knowledge, 4(4%) have good knowledge while none of them have excellent knowledge.

ASSOCIATION OF KNOWLEDGE WITH DEMOGRAPHIC VARIABLES

TABLE NO.8

N=100

S.N	Demographic variables	Poor	Good	Excellent	Df	X ²	Tabulated value	Inference
1	Age							

	11-12	1	0	0	6	16.5	12.59	*Significant
	13-14	17	1	0		2		
	15-16	34	13	0				
	17-18	27	7	0				
2	Academic standard	17	0	0				*Significant
	9 th							
	10 th	15	4	0	6	31.3	12.59	
	11 th	22	2	0		8		
	12 th	25	15	0				
3	Habitat							
	Rural	21	3	0				Not significant
	urban	58	18	0	2	1.35	5.99	
4	Parents' education							
	Uneducated	5	0	0	6	5.03	12.59	not significant
	Primary	11	4	0				
	Secondary	17	1	0				
	High school/graduate	46	16	0				
5	Previous exposure							
	Yes	48	17	0	2	2.95	5.99	Not significant
	no	31	4	0				

***Level of significance = 0.05 (p>0.05)**

Table no.4.8-showing that the association of knowledge to their age group is significant* at 5% level (p>0.05) because tabulated value is less than calculated value , so null hypothesis is rejected.

Association of knowledge to their academic standard is significant* at 5% level (p>0.05) because tabulated value is less than calculated value, so null hypothesis is rejected.

Association of knowledge to their habitat is not significant at 5% level (p<0.05) because tabulated value is more than calculated value, so null hypothesis is accepted.

Association of knowledge to their parents' education is not significant at 5% level (p<0.05) because tabulated value is more than calculated value, so null hypothesis is accepted.

Association of knowledge to their previous exposure is not significant at 5% level (p<0.05) because tabulated value is more than calculated value, so null hypothesis is accepted.

IV. Discussion

The result of chi square analysis presented indicates that there was significant association between level of knowledge regarding sex education and academic standard.

A study to assess the knowledge and attitude regarding sexual health among 9th to 11th class students at Tagore Senior Secondary School , New Delhi .

As another study shows that presently at the global level, there has been considerable concern over sexual health But in India , discussing sexual wellness and reproductive health issues openly is considered a taboo that's why In adolescent period sexual habits and decisions about risk and protection are formed adolescents adopt risky behaviors without having adequate and correct information on how to protect them from adverse consequences such as HIV and AIDS, unwanted pregnancies and abortions etc. The present study aimed to assess the knowledge regarding sexual health among 9th to 11th class students. Study possessed quantitative and non experimental research approach with a descriptive survey design. Sample consisted of 100 adolescents of age 13-16 years studying in 9th to 11th class, Tagore Senior Secondary School, New Delhi, selected using Systematic Sampling technique. The result shows that half of the students have moderate level of knowledge and there was significant relationship between some of the demographic variables (Educational Status& Mother's Educational Status) and the level of knowledge of the samples. There was no significant relationship between other demographical variables (Age, Gender, Religion, Type of family and Fathers educational status).

In our study the adolescent girls of GGIC Gopeshwar , Chamoli also had poor knowledge regarding sex education . The result of chi square analysis presented indicates that the demographic variables such as age , academic standard, habitats, parents education and previous exposure were used and there was significant association between knowledge level and demographic variables (age and academic standard) and there was no significant association between knowledge level and demographic variables (habitat, parents education and previous exposure).

V. Conclusion

Sex education is also called “reproductive health education” or “sexual health education” or “sexuality education”. Sex education is an instruction on issues relating to human sexuality; including emotional relationship, safe sex, birth control and sexual abstinence. Globally, 38.4 million [33.9-43.8 million] people were living with HIV at the end of 2021. an estimated 0.7% [0.6-0.8%] of adults aged 15-49 years worldwide are living

with HIV. Although the burden of the epidemic continue to vary considerably between countries of regions. In India approximately 2.3 million people were living with HIV at the end of 2020.

Sex education means the dissemination of factual biological or pathological information that is related to human reproduction system and may include the study of sexually transmitted disease, teenage pregnancy, and contraceptive and disease prevention.

An adolescent is a stressful period of physical growth and intellectual attainment at its peak and coupled with set of personality traits, decision regarding future profession, and extreme emotional instability. Adolescence has always remained in a dilemma, as they are neither considered children nor adults. Since 2011, Govt. of India has started the term adolescence health which includes adolescence reproductive and sexual health, school health and menstrual hygiene. In this period physical, emotional, biological and psychological changes, putting the adolescents at risk for early marriages, unwanted pregnancies, unsafe abortion, sexually transmitted infections, HIV, and AIDS, sexual abuse and exploitation.

This study was conducted to assess the knowledge among adolescent regarding sex education including early pregnancy, contraception, sexually transmitted disease; HIV and AIDS. As per the study carried out it can be concluded that among school going adolescents there is lack of knowledge and varied perceptions towards sex education. Overall, sexual and reproductive health awareness among the research population was low. Though knowledge level was inadequate towards sex education. There is, therefore, a need to provide teenagers with more knowledge about sex education.

So, sex education should be implemented more efficiently in the developing countries and so it can lead to a healthy reproductive life and sexual health among the adolescents.

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