

A Study to Assess the Effectiveness of Structured Teaching Program on Knowledge Regarding Child Sexual Abuse among Mothers in Mothrowala

Sarita Dhasmana

Abstract: Child sexual abuse (CSA) is a global problem that has significant consequences for public health; it has been a prominent topic of public concern for more than a decade, but many basic facts about the problem remain unclear or in dispute. Child sexual abuse (CSA) is a serious and widespread problem in India as it is in many parts of the world today. The trauma associated with sexual abuse can contribute to arrested development, as well as a host of psychological and emotional disorders, that some children and adolescents may never overcome. When sexual abuse goes unreported and children are not given the protective and therapeutic assistance they need, they are left to suffer in silence. **Objectives:** 1. To assess the knowledge regarding child sexual abuse among mothers in Mothrowala. 2. To evaluate the effectiveness of structured teaching programme on mothers regarding child sexual abuse in Mothrowala. 3. To find out the association between knowledge score and their demographic variables. **Hypothesis:** H1: There is a significant difference between pre test and post test knowledge score among mothers. H2: There is a significant association between pre test score and their demographic variables. **Research approach:** A quantitative approach was used. **Research design:** Pre experimental (one group pre - test and post - test design). **Setting:** Mothrowala Dehradun (U. K.). **Sample size & Technique:** 50 Mothers of 0 - 14 years children in Mothrowala Dehradun by non - probability purposive sampling technique. **Method data collection:** Self develop structured questionnaire. **Result:** Major finding of the study revealed that highest percentage of mothers 70% were in the age group of 29 - 38years. In the age group of 18 - 28 years of mothers were 16%, in the age group 39 - 48years it was 14%. Highest percentage of mothers 82% were from joint family, 9% of mothers belongs to single family, 0% of mothers belongs to extended family. Highest percentage of mothers 96% belongs to Hindu religion, 4% belongs to Muslim religion, 0% belongs to Christian, sikh and other religion. Percentage distribution of mothers in relation to their educational status shows that 76% distribution of mothers in relation to their marital status shows that 92% were married, 8% were widow, 0% were single and divorce. Percentage wise distribution of mothers in relation to their no. of children's shows that 56% were having 2 children's, 44% were 3 children's and 0% were 1 children. Percentage wise distribution of mothers in relation to their Occupation shows that 34% were private employee, 9% were unemployed, 7% were self employed, 0% were Govt. employee and retired. Percentage wise distribution of mothers in relation to their family income shows that the highest percentage 82% of family income was in the group of Rs.1000 - 5000. However 18% of family income were in the group of Rs.5001 - 10000, 0% of family income were in the group of Rs.10001 - 15000 and above Rs.15000 respectively. Percentage distribution of mothers in relation to their source of information shows that highest percentage 68% of mothers were having information from Television, 32% having information from newspaper, 0% from radio and internet. Pre - test analysis in response to knowledge questionnaires revealed that in 0% of subjects adequate knowledge and in post test that was increased to 50%. Moderate knowledge score in pretest was 70% that was reduced to 50%. Inadequate knowledge score in pre test was 30% that was reduced to 0% in post test. There is significant difference between the pre and post - test scores of knowledge questionnaires by using paired "t" test and computed between pre - test and post - test knowledge score. The value of paired "t" test for knowledge score is 20.38 with the table value 2 at 0.05 level of significance was found to be highly significant relationship between pre - test and post - test scores. So in this study it was found that structured teaching program is effective in improving the knowledge of mothers regarding Child Sexual Abuse. The study proved that there was not significant association between pretest knowledge score and selected demographic variables (Age, Type of family, Religion, Education, marital status, No. of children, occupation, source of information) at 0.05 level of significance. Hence the research hypothesis (H2) rejected. This study proved that there was not significant association between knowledge scores with their selected demographic variables. **Conclusion:** Study revealed that in response to knowledge questionnaires 0% of subjects adequate knowledge and in post test that was increased to 50%. Moderate knowledge score in pretest was 70% that was reduced to 50%. Inadequate knowledge score in pre test was 30% that was reduced to 0% in post test. This indicate that structured teaching program are effective in improving knowledge of mothers.

Keywords: Effectiveness, Structured, Teaching programme, Knowledge, Child Sexual Abuse

1. Introduction

Child abuse is a state of emotional, physical, economic and sexual maltreatment meted out to a person below the age of eighteen and is a globally prevalent phenomenon. However, In India, as in many other countries, there has been no understanding of the extent, magnitude and trends of the problem. The growing complexities of life and the dramatic changes brought about by socio - economic transitions in India have played various and newer forms of abuse. Child abuse has serious physical and psycho - social consequences which adversely affect the health and overall well - being of a child.

According to WHO: "Child abuse or maltreatment constitutes all forms of physical and/or emotional ill - treatment, sexual abuse, neglect or negligent treatment or commercial or other exploitation, resulting in actual or potential harm to the child's health, survival, development or dignity in the context of a relationship of responsibility, trust or power. The National Study on Child Abuse undertaken by the Ministry of Women and Child Development, Government of India, in 2005, attempts to understand the extent of the problem, its dimensions as well as its intensity. Child sexual abuse (CSA) is a form of child abuse in which an adult or older adolescent abuses a child for sexual stimulation.

Sexual abuse refers to a participation of child in a sexual act aimed toward the physical gratification or the financial profit of the person committing the act.

In 2013 report that, Child Sexual Assault in Juvenile Justice Homes, the Asian Centre for Human Rights said that sexual offences against children in India have reached epidemic proportion. The report stated that more than 48,000 child rape cases were recorded from 2001 to 2011 and that India saw an increase of 336% of child rape cases from 2001 (2, 113 cases) to 2011 (7, 112 cases).

Government of India study on child abuse (UNICEF - April 2007) the findings of the Study on Child Abuse clearly indicate that a very large number of children in India are not even safe in their homes. It is here, in the home, that we must start tackling the problem of child abuse. Interventions are needed to bring about change in the ways family members behave towards children in the home. Research shows that the incidence of abuse among school - going children is lower than amongst those who do not attend school. All efforts must therefore be made to ensure that all children attend school and that schools provide them with a protective environment that is free from violence, with an emphasis on the elimination of corporal punishment. The recent news says that medical profession is arrested due to denial to report or identify a child abuse. So the researcher assume that every nursing professional to be aware to identify cases and to be reported, meanwhile the parents have a role to identify a child abuse, their Physiological and behaviour status of child also the family member specially mother to be attention toward child in their home. So the researcher took interest of the study to know the awareness of the child abuse among the mother. Sexual abuse is an inappropriate sexual behaviour with the child. It includes fondling a Child's genitals, making the child fondle the adults genitals, intercourse, incest, rape, sodomy, exhibitionism, and sexual exploitations to be considered child abuse, these acts have to be committed by a persons responsible for the care of a child (for example a baby sitter, a parent, or a day care provider) or related to the child. If a stranger commits these acts, it would be considered sexual assault and handled solely to the police and criminal courts.

According to UNICEF, 2017, Sexual violence is one of the most unsettling of children's rights violations. As such, it is the subject of dedicated international legal instruments aimed at protecting children against its multiple forms. Acts of sexual violence, which often occur together and with other forms of violence, can range from direct physical contact to unwanted exposure to sexual language and images. 'Sexual violence' is often used as an umbrella term to cover all types of sexual victimization. Although children of every age are susceptible, adolescence is a period of pronounced vulnerability, especially for girls.

1.1 Need for the study

Children are dependent on adults for safety and ongoing nurturing which puts them at risk of maltreatment in many forms. The effect of maltreatment is often infinitely deep and long lasting.

A report by Ministry of Women and Child Development stated that the children of 5 - 12 age group reported the higher level of abuse compared to other age groups. More than 70% of the affected children never reported the matter to anyone. In most cases parents were the abusers.

Prevention efforts must stop the problem itself or manifestation of the problem. In the Indian society the mother plays a significant role in upbringing the child. If mothers are having knowledge regarding child abuse she can detect the signs of child abuse and can prevent the occurrence of child abuse by educating the child. Keeping this in view the I am justified the need to improve mother's knowledge by developing a planned teaching programme on child sexual abuse.

Review conducted by **Collin - Vezina et al.2009**, reported that CSA is a major issue which affects more than one out of five females and one in 10 males globally. In a study conducted in Brazil in 2009, the prevalence of CSA was 5.6% among girls and 1.6% among boys. It was also reported that boys had been sexually abused at younger ages in comparison to girls. More than half (60%) of the sexual abuse cases reported that the incident took place before the age of 12. CSA was found to be associated with physical abuse at both younger and older ages. The study also reported that CSA alone is accountable for about one per cent of the global burden of disease, but it is likely to be a risk factor for several other conditions like alcohol consumption, illegal drug usage, development of mental disorders, and spread of sexually transmitted diseases, which when pooled, are accountable for over 20% of the global burden.

Rahel Tesfaye Haile et. al, 2013, Conducted study in Ethiopia among boys studying in high schools, the lifetime burden of sexual abuse was 68.2% and that of rape was 4.3%. A study conducted in Hong Kong among college students on recall of sexual abuse before 17 years of age reported the prevalence of various forms of CSA to be 6%; these rates were higher in females. Majority of the participants reported being abused during their teens; the average age being 11 years

Another study conducted in **Mexico, 2011** reported prevalence of CSA to be 18.7% (58% in girls and 42% in boys). Physical abuse was involved in 75% of the cases. In a study done in Croatia, 10.8% of the children reported as having faced some form of CSA during childhood. Review conducted by **Martin et al.** reported that nearly 4% and 2% of girls and boys, respectively, experience CSA every year. In the age - group of 2-17 years, nearly 15% of girls and 6% of boys face severe consequences of CSA.

A study by **Song et al.2012**, in China, found that about 33% of the participants reported sexual abuse. The lifetime burden of which was 41% for girls and 29.5% for boys. Another study among urban Chinese population reported the prevalence of CSA before the age of 14 years to be 4.2% (males: 5%, females: 3.3%). In a study done in Boston, the burden of CSA was 26.7% and 16.7% in girls and boys, respectively. Review conducted by **Townsend et al.** reported burden of CSA to be 7.5-11.7% (girls: 10.7-17.4%,

boys: 3.8–4.6%). A study conducted by Verelst et al. reported more than one third of the participants experienced sexual violence. Child abuse is the physical, sexual, emotional/psychological mistreatment of child. Abuse most commonly refers to the use or treatment of something or someone (a person, item, substance, concept and idea) that is harmful, or lack of proper care of these. The main causes of child abuse are, those parents who physically abuse their spouses, substance abuse, unemployment, economic recession, poverty.

1.2 Objectives

- To assess the knowledge regarding child sexual abuse among mothers in Mothrowala.
- To evaluate the effectiveness of structured teaching programme on mothers regarding child sexual abuse in Mothrowala.
- To find out the association between knowledge score and their demographic variables

1.3 Hypothesis

H1: There is a significant difference between pre test and post test knowledge score among mothers.

H2: There is a significant association between pre test score and their demographic variables.

1.4 Operational Definition

- **Effectiveness:** It refers to difference between pretest and post test knowledge score of mothers regarding child sexual abuse as revealed by statistical test.
- **Structured teaching programme:** It refers to the planned instruction regarding meaning, causes, treatment, factors and prevention of child sexual abuse for the duration of 45min by using lecture cum discussion method for the group of mothers in Mothrowala.
- **Knowledge:** It refers to the awareness of mothers regarding child sexual abuse as revealed by self administer questionnaire.
- **Child sexual abuse:** Child sexual abuse is maltreatment of children or sexual exploitation of a child with 0 - 14 years of age.

2. Review of Literature

Review of literature for the present study has been presented under following headings.

- 1) Related to Incidence and prevalence of child sexual abuse.
- 2) Related to Awareness of child sexual abuse.
- 3) Related to Prevention of child sexual abuse.
- 4) Related to Effectiveness of structured teaching program.

3. Methodology

Research methodology is a way to systematically solve research problem. Research methodology includes steps, procedures and strategies for gathering and analyzing the data in a research investigation.

3.1 Research approach

A quantitative research approach was used for this study. The main goal is to assess or evaluate the success of the programme.

3.2 Research Design -

Pre - experimental one group pre - test & post - test research design.

3.3 Sample size & technique

50 Mothers of 0 - 14 years children in Mothrowala Dehradun by non - probability purposive sampling technique.

3.4 Method of data collection and tool

Self develop structured questionnaire.

4. Data Analysis

Data analysis with the help of descriptive and inferential statistics

5. Result

Organization of finding

The data analysis were presented under the following headings: -

Section 1: Description of sample characteristics.

Section 2: Effectiveness of structured teaching program on child sexual abuse.

Section 3: Association between pre - test scores with their selected demographic variables.

Section 1: Description of sample characteristics

Table 1: Frequency and percentage distribution of sample according to their selected demographic variables.

Section 2: Effectiveness of structured teaching program regarding child sexual abuse among mothers.

Table (2): Frequency and percentage distribution of sample Pre - test and post - test response to structured teaching program.

Table (3): Mean, Standard Deviation and “t” value between the pre - test and post - test regarding structured teaching program

Section 3: Association between pre - test scores of structured teaching program with their selected demographic variables

Table (4): Association between pre - test knowledge score with their selected demographic variables .

Section 1: Description of sample characteristics

Table1: Frequency and percentage distribution of sample according to their selected demographic variables, N = 50

S. No.	Demographic Variables	Frequency (f)	Percentage (%)
1	AGE (IN YEARS)		
	a) 18 - 28	8	16
	b) 29 - 38	35	70
	c) 39 - 48	7	14
2	TYPE OF FAMILY		
	a. Joint	41	82
	b. Nuclear	9	18
	c. Extended	0	0
3	RELIGION		
	a. Hindu	48	96
	b. Muslim	2	4
	c. Christian	0	0
	d. Sikh	0	0
4	EDUCATION		
	a. No formal education	7	14
	b. Primary education	38	76
	c. Secondary education	5	10
	d. Higher secondary	0	0
5	MARITAL STATUS		
	a. Single	0	0

6	b. Married	46	92
	c. Divorce	0	0
	d. Widow	4	8
	NO. OF CHILDREN		
6	a. One	0	0
	b. Two	28	56
	c. Three and above	22	44
7	OCCUPATION		
	a. Unemployed	9	18
	b. Govt. employed	0	0
	c. Private employed	34	68
	d. Self employed	7	14
8	FAMILY INCOME		
	a. Rs.1000 - 5000	41	82
	b. Rs.5001 - 10,000	9	18
	c. Rs.10001 - 15000	0	0
	d. Rs. > 15000	0	0
9	SOURCE OF INFORMATION		
	a. Television	34	68
	b. Radio	16	32
	c. Newspaper	0	0
	d. Internet	0	0

Section 2: Effectiveness of structured teaching program regarding child sexual abuse among mothers.

Table 2: Frequency and percentage distribution of sample Pre - test and post - test response to structured teaching program, N=50

	Adequate		Moderate		Inadequate	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Pre Test	0	0%	35	70%	15	30%
Post Test	25	50%	25	50%	0	0%

Data presented in Table (2) shows that in Pre - test 0% of subjects adequate knowledge and in post test that was increased to 50%. Moderate knowledge score in pretest was 70% that was reduced to 50%. Inadequate knowledge score in pre test was 30% that was reduced to 0% in post test.

Effectiveness of structured teaching program regarding child sexual abuse among mothers

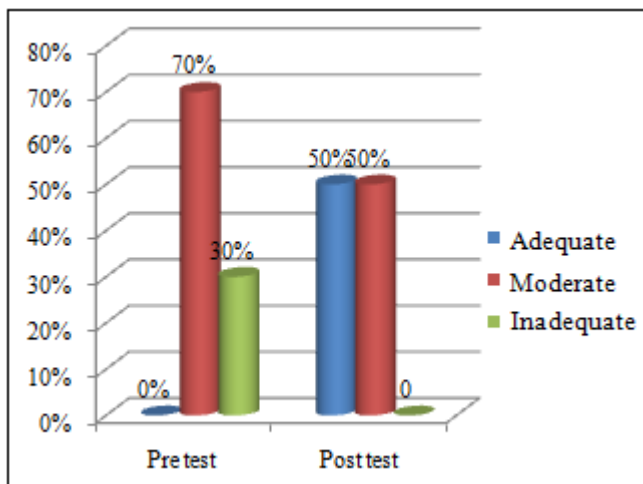


Figure 12: - cylindrical diagram shows that, Pre - test 0% of subjects adequate knowledge and in post test that was increased to 50%. Moderate knowledge score in pretest was 70% that was reduced to 50%. Inadequate knowledge score in pre test was 30% that was reduced to 0% in post test.

Table 3: Mean, Standard Deviation and “t” value between the pre - test and post - test regarding structured teaching program, N=50

Level of Knowledge	Mean	S. D	df	Calculated t Value	Table Value	Level of Significance
Pre test	11.68	32.15	49	20.38	2	Significant
Post test	20.22	49.96	49	20.38	2	Significant

“t” (0.05) = 2 p < 0.05

Data show in Table (3) revealed that the mean post - test knowledge score of students was significantly higher than the mean pre - test scores. The calculated “t” value (20.38) was more than the table value at 0.05 level of significance.

Hence in this the Hypothesis (H1) is accepted so there is significant difference between pre test and post test knowledge score among mothers.

Mean and Standard Deviation of pre - test and post - test knowledge regarding child sexual abuse among mothers.

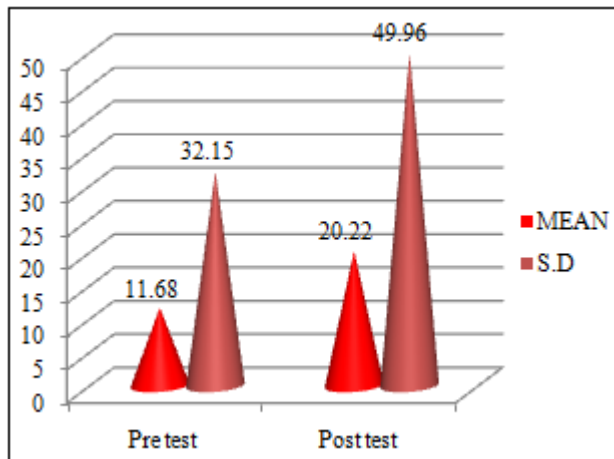


Figure 13: - conical diagram shows that the mean post - test knowledge score (20.22) of students was significantly higher than the mean pre - test scores (11.68). The difference

between pre test and post test knowledge score was statistically significant.

Section 4: Association between pre - test scores of structured teaching program with their selected demographic variables

Table 4: Association between pre - test knowledge score with their selected demographic variables N=50

S. no	Demographic variables	Frequency	DF	Chi - Square value	Table Value	Level of association
1	AGE (IN YEARS)					
	a) 18 - 28	8	2	6.58	5.99	*
	b) 29 - 38	35				
	c) 39 - 48	7				
2	TYPE OF FAMILY					
	a. Joint	41	2	0.48	5.99	#
	b. Nuclear	9				
	c. Extended	0				
3	RELIGION					
	a. Hindu	48	2	4.42	5.99	#
	b. Muslim	2				
	c. Christian	0				
	d. Sikh	0				
	e. Other	0				
4	EDUCATION					
	a. No formal education	7				
	b. Primary education	38	4	4.38	9.49	#
	c. Secondary education	5				
	d. Higher secondary	0				
	e. Graduation and above	0				
5	MARITAL STATUS					
	a. Single	0				
	b. Married	46	3	2.04	7.82	#
	c. Divorce	0				
	d. Widow	4				
6	NO. OF CHILDREN					
	a. One	0				
	b. Two	28	2	3.26	5.99	#
	c. Three and above	22				
7	OCCUPATION					
	a. Unemployed	9				
	b. Govt. employed	0	4	3.4	9.49	#
	c. Private employed	34				
	d. Self employed	7				
	e. Retired	0				
8	FATHER INCOME					
	a. Rs.1001 - 5000	41	3	2.19	7.82	#
	b. Rs.5001 - 10, 000	9				
	c. Rs.10001 - 15000	0				
	d. Rs. > 15000	0				
9	SOURCE OF INFORMATION					

a. Television	34				
b. Radio	16	3	1.49	7.82	#
c. Newspaper	0				
d. Internet	0				

*Significant at $p < 0.05$ level

Not significant at $p < 0.05$

Table 4 represent that there was no significant between pretest knowledge score and selected demographical variables type of family, religion, education, marital status, no. of children, occupation, father income and source of information at 0.05 level of significance. There is significant association between demographical variable age at 0.05 level of significant.

Hence the research hypothesis H2 accepted.

6. Conclusion

On the basis of findings of the study the below said conclusion were drawn. It also brings out the limitations of the study in picture.

The knowledge score had decreased when assessed during pre - test, where as the knowledge score increased during post - test.

From the finding of the study it can be concluded that highest percentage of mothers 70% were in the age group of 29 - 38years, highest percentage of mothers 82% were from joint family, highest percentage of mothers 96% belongs to Hindu religion, highest percentage of mothers 76% were having primary education, highest percentage of mothers 92% were married, highest percentage of mothers 56% were having 2 children, mothers Occupation shows that 34% were private employee, highest percentage 82% of family income was in the group of Rs.1000 - 5000, Source of information shows that highest percentage 68% of mothers was having information from Television.

The study was conducted "A study to assess the effectiveness of Structured teaching program on knowledge regarding child sexual abuse among mothers in Mothrowala." The paired "t" test was computed between pre - test and post - test knowledge score. The value of paired "t" test for knowledge score is 20.38 with the table value 2 at 0.05 level of significance was found to be highly significant relationship between pre - test and post - test scores. So in this study it was found that structured teaching program is effective in improving the knowledge of mothers regarding Child sexual abuse.

7. Recommendations

Based on the findings of the study the following recommendations have been recommended for further research:

- A large scale study can be conducted on larger samples to generalize the findings.
- A comparative study can be conducted to assess the knowledge regarding child sexual abuse among mothers of rural and urban area.

- A descriptive study can be conducted to know the risk factors related to child sexual abuse.
- An experimental study can be conducted to assess the effectiveness of Structured Teaching Program on level of knowledge regarding child sexual abuse among teachers in school setting. .
- A similar study can be conducted in urban area.
- Based on the objectives of the study, a knowledge questionnaire was used to assess the effectiveness of structured teaching programme. It was considered to be an appropriate instrument.

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