

Effectiveness of sex education on the perception of adolescents on sexuality

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Abstract

This study was conducted to assess the effectiveness of sex education on the perception of adolescents on sexuality. The aim of the study was to assess the perception of adolescents on sexuality. Pre-experimental one group pretest posttest design was adopted for this study and the sample size of the present study consisted of 127 P.U students studying in NMKRV P.U College, Bengaluru. The samples were selected by convenient sampling. The perception of the students were assessed using a self-structured perception scale. Results revealed that the pre-test perception data represents that majority of the samples have 104 (82%) have good level of perception in pretest, 9 (7%) have average level of perception in pretest, and 14 (11%) have very good level of perception in pretest scores, the mean pretest score is 88 and SD (9.505). After intervention the majority 112 (88%) have very good perception, 15 (12%) have good perception and there was no average perception, the mean post-test score is 108.41 and SD (8.499) respectively. The t value is -16.557 and the p value is < 0.001.

Keywords: Sex education, perception, sexuality, adolescents

Introduction

Adolescence is a phase of physical, psychological, social and emotional passage to construct the personality and create their identity with exploration. This helps them to develop new social status and relationships with parents and peers. Some specific characteristics and lack of maturity leads to several risk behaviours. WHO states that one sixth of the global population are adolescents i.e. 1.2 billion. By 2050 there will be a rise in adolescent population in low and middle income countries where about 90% of the population are aged 10 – 19 years. An approximate of 1.1 million adolescents dies every year globally. The cause of death in adolescents varies from age, gender and geographical region.

The most common cause of death is road traffic accident, suicide, unsafe sex, teenage pregnancy, sexual abuse and abortion. In the age group 10 – 14 years, the major risk of health is water, hygiene and sanitation and in the age group 15 – 19 years, the leading risk for health is related to behaviour, i.e. alcohol use, unsafe sex. The adolescent girls are affected by intimate partner violence. The major causes of death for the adolescent girls who are aged from 15 – 19 years are pregnancy complications and unsafe abortion.¹

A 2014 review of school-based sex education programs found that increased knowledge about HIV, increased self-efficacy

related to condom use and refusal of sex, decreased number of sexual partners. It turns out that there is a decrease and the onset of the first result of sexual intercourse is delayed. ² A Cochrane review of 41 randomized control trials conducted in Europe, The United States, Nigeria and Mexico also confirmed that CSE prevents unintended pregnancies in adolescents. ³

Objectives:

1. To assess the pre-test perception of adolescents on sexuality.
2. To find the association of the pre-test perception of adolescents on sexuality with selected demographic variables.
3. To assess the effectiveness of sex education on the perception of adolescents

Research design and approach:

Quantitative, Pre-experimental one group pretest posttest design was adopted for this study

Research Setting: The study was conducted in NMKRV P.U College, Bengaluru.

Sample: P.U college students.

Sampling technique: Convenient Sampling

Sample Size: The sample size is 127 P.U College students.

Inclusion criteria:

Samples willing to participate in the research study.

Those who understand English.

Exclusion criteria:

Those who are not available at the time of study.

Research hypothesis:

H0: There will be no significant association between perception of adolescents and selected demographic variables.

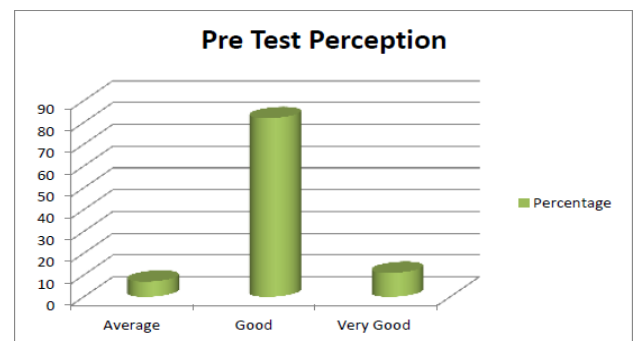
H1: There will be significant effect on the perception of adolescents after sex education.

Assess the pre-test perception of adolescents

Table - 2: Assess the pre-test perception of adolescents N = 127

Level of practice	Frequency	Percentage
Average	9	7
Good	104	82
Very Good	14	11

The above table represents that the majority of the samples have 104 (82%) have good level of perception in pretest, 9 (7%) have average level of perception in pretest, and 14 (11%) have very good level of perception in pretest scores.



Section 3 : Association of perception with selected demographic variables

SI No	Demographic variable	Pretest level of perception		Chi square
		Average	Good	
1	Age in years			2.825
	< 16	0	1	
	16-17	4	59	
	18-19	3	50	
	>19	2	8	

2	Gender			
	Male	9	45	13.095
	Female	0	73	
3	Educational status			
	1st PUC	7	60	2.433
	2nd PUC	2	58	
4	Stream			
	Arts	7	35	9.631
	Commerce	2	36	
	Science	0	47	
5	Religion			
	Hindu	8	87	3.583
	Christian	0	26	
	Muslim	1	4	
	Others	0	1	
6	Type of family			
	Nuclear	6	105	7.172
	Joint	2	12	
	Extended	1	1	
7	Attended sex education classes			
	Yes	2	49	1.297
	No	7	69	
8	Previous knowledge about sex education			
	Yes	4	67	.516
	No	5	51	
9	Source of information			
	Mass media	4	46	1.476
	School	2	47	
	Friends and relatives	3	24	
	Books	0	1	
10	Internet access			
	Regular access	4	82	2.400
	Limited access	5	36	

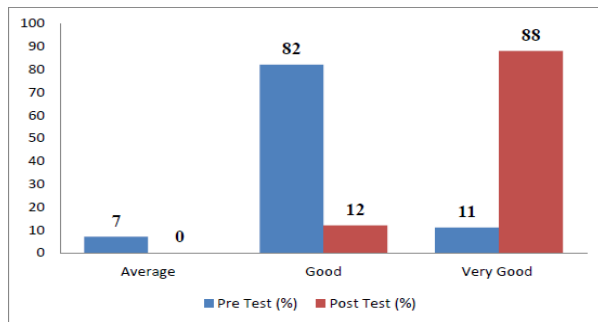
Note: NS: Nothing Significant, S: Significant

The data represented in the above table shows significant association between gender ($\chi^2=13.095$, $P<0.001$), stream ($\chi^2=9.631$, $P<0.001$) and type of family ($\chi^2=7.172$, $P<0.001$).and there is no significant association between the age($\chi^2=2.825$, $P=0.419$), educational status ($\chi^2=2.433$, $P=0.199$), religion ($\chi^2=3.583$, $P=0.310$), sex education classes attended ($\chi^2=1.297$, $P=0.255$), previous knowledge ($\chi^2=0.516$, $P=0.472$), source of information ($\chi^2=1.476$, $P=0.688$), internet access ($\chi^2=2.400$, $P=0.121$) and perception.

Section 4 : Effectiveness of sex education on the level of perception of adolescents

Sl. No	Level of Perception	Pre test		Post test	
		Frequency	Percentage	Frequency	Percentage
1	Average	9	7	-	-
2	Good	104	82	15	12
3	Very Good	14	11	112	88

The above table shows the effectiveness of sex education classes. After intervention majority 112 (88%) have very good perception, 15 (12%) have good perception and there was no average



perception.

Suggestion

- A similar study can be done on large samples to validate and generalize the findings.
- A qualitative study can be conducted to assess the perception of adolescents on sexuality.
- The study also can be done among the age group 15 – 25 years.

Conclusion

Hence it concluded that the majority of adolescents had good perception regarding sexuality. The effectiveness of conducting the sexuality education programs results in exploring different approaches, outcomes and challenges associated with these programs, the researcher will understand the extent to which they meet the needs of young people and contribute to their overall well-being.

Reference

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