Influence of Socio-Demographic Status on Knowledge of Adolescent Girls towards Sexuality Education

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ABSTRACT

Comprehensive sexuality education (CSE) is a curriculum-based process of teaching and learning about the cognitive, emotional, physical and social aspects of sexuality. It aims to equip children and adolescents with knowledge, skills, attitudes and values that will empower them to realize their health, well-being and dignity; develop respectful social and sexual relationships; consider how their choices affect their own well-being and that of others; and understand and ensure the protection of their rights throughout their lives (WHO, 2018). The learning tendency of sexuality education varies with the age of the children and their environment. Parents, Teachers, Educational Institution, Religious, Political and Media should take a policy decision on sexuality education to promote adolescents. The study was conducted in Imphal district of Manipur state comprising of 13 Government schools selected 400 adolescent girls using random sampling. Self-administered questionnaire based on a) Socio-demographic information b) Knowledge on sexuality education. Chi-square test measured the association between variables with knowledge level. Study reveals that majority (40.7%) noticed in the age of 15 years, Studying in IX Standard (29.7%), 40.7% had two siblings. 44.5% of the respondents had one female sibling and 45.7% were first born. Further, 36.0% of the respondents score 60-69% in the academic year, 52.0% were Hindu, nuclear family (71.0%) and from rural (47.05). However, 34.2% belong to income of Rs. 20,001- 30,000 and family size of 3-4 members (70.0%). The results indicate that majority (53.8%) of the respondents found to be inadequate knowledge level on Sexuality education. The overall mean knowledge score of respondents found to be 48.8% on Sexuality Education. The mean knowledge score noticed highest in the aspect of Personal skills (50.8%) and Social and cultural (50.6%). The results depicts that 38.2% in the age of 13 years, 8th standard (40.0%), one sibling (51.6%) found with moderate knowledge level. However, 50.0% of the respondents with one female sibling, third ordinal position (33.8%), academic performance (41.7%) and other religion (45.7%) found with moderate knowledge level. Further, extended family (45.8%), urban (38.1%) with monthly income of Rs. 10,001-20,000 found with moderate knowledge level. The association between age, education, siblings, ordinal position, type of family and residence found to be significant (p<0.05) with knowledge level on sexuality education.

Key Words : Adolescent girls, Socio-demographic status, Knowledge and sexuality education

INTRODUCTION

Sexuality Education is a lifelong process that begins at birth. Each person's view on sexuality can influence his/her attitudes towards life. Sex is a part of personality and sexuality education can help to develop a complete personality. That is why sexuality education should be an important part of family education and should be given at home since childhood.

Education in Human Sexuality includes not only the anatomy and physiology of the sex organs but also the secondary sex characteristics and their growth and development. It imparts knowledge about the changes that take place in the emotional make-up of the person

thus determining individual responses to different life-situation. It also include human dignity and interpersonal relationships, changing family roles, the status of women in the family and the society, healthy and responsible man-woman relationship, respect for the sex partner and mutual concern in sexual relationships (Dhun Panthaki, 1998).

Comprehensive sexuality education (CSE) is a curriculum-based process of teaching and learning about the cognitive, emotional, physical and social aspects of sexuality. It aims to equip children and adolescents with knowledge, skills, attitudes and values that will empower them to realize their health, well-being and dignity; develop respectful social and sexual relationships; consider how their choices affect their own well-being and that of others; and understand and ensure the protection of their rights throughout their lives (WHO, 2018).

Many people consider mother as the most ideal person to give sexuality education, but the father's participation is equally important. She will also understand the expectations other have upon women. From all these a child can learn a lot. When they grow up, they will know how to interact with other people. Awareness of sexuality education is the most significant factor necessary to lead a good healthy and secured life. When children reach teenage, changes takes place in their body due to secondary hormone development. They need awareness, suggestion and counseling to find a solution to this problem. The learning tendency of sexuality education varies with the age of the children and their environment.

Parents, Teachers, Educational Institution, Religious, Political and Media should take a policy decision in inhibiting value based comprehensive sexuality education this promotes adolescents.

METHODOLOGY

The study was conducted in two regions (east and west) of Imphal district, Manipur state. The target population was adolescent girls between the age of 13-15 years of age who are studying in 8th, 9th and 10th standard in Government schools.

Sample size:
It is evident from the survey that 7 Government schools from east region and 6 Government schools from west regions were selected randomly for the present research study. The sample comprising of 250 adolescent girls from east region and 150 from west region accounting 400 samples selected for the research study.

Sampling technique:
The sampling technique used for the present study is simple random sampling.

Methods of data collection:
The preliminary questionnaire was prepared and subjected for validation from subject experts. The final questionnaire was further administered for data collection from the selected respondents in the study regions.

Tools for data collection:
A questionnaire comprising of two parts a) socio-demographic information and b) knowledge assessments.

a) Socio-demographic information includes age, education, siblings, ordinal position, academic performance, religions, type of family, place of residence, family income and family size.

b) Knowledge assessment comprising of 84 statements split under 6 different aspect *viz.*, 1. Physical changes (27 statements) 2. Relationship (15 statements) 3. Personal skills, (16 statements) 4. Sexual behavior (9 statements), 5. Sexual health (6 statements), 6. Social and cultural (11 statements). Statement assessed with two response Yes or No. For 'Yes' response score 'one' and for 'No' response score 'zero' is assigned. Further, the obtained total score converted to percentage response. The classification of knowledge response made as inadequate ($\leq$ 50 % Score), moderate (51-75 % Score) and adequate (> 75 % Score).

Chi-square test was employed to measure the association between demographic variables with knowledge level of respondents on sexuality education. The statistical inference drawn at 5% levels of significant.

RESULTS AND DISCUSSION

The table reveals that majority (40.7%) were noticed in the age of 15 years followed by 31.8 per cent were in the age of 14 years and remaining 27.5 per cent were in the age of 13 years. Respondents of 9th and 10th Standard found with 29.7% and 29.0 per cent, respectively. However, 41.3 per cent were found in 8th Standard.

Majority (40.7%) of the respondents had two siblings as compared to 39.8 per cent had one sibling and 19.5 per cent had three siblings. Higher per cent (44.5%) of the respondents had one female sibling followed by 35.8

Table 1 : Classification of respondents by personal characteristics (N=400)			
Characteristics	Category	Respondents	
		Number	Per cent
Age group	13 years	110	27.5
	14 years	127	31.8
	15 years	163	40.7
Education	8th Std	165	41.3
	9th Std	119	29.7
	10th Std	116	29.0
Number of Siblings	One	159	39.8
	Two	163	40.7
	Three	78	19.5
Ordinal position	First	183	45.7
	Second	140	35.0
	Third	77	19.3
Academic performance (%)	Below 50	62	15.5
	50-59	69	17.3
	60-69	144	36.0
	Above 70	125	31.2
Total		400	100.0

Table 2 : Classification of respondents by family characteristics (N=400)			
Characteristics	Category	Respondents	
		Number	Per cent
Religion	Hindu	208	52.0
	Christian	65	16.3
	Others	127	31.7
Type of family	Nuclear	284	71.0
	Joint	89	22.3
	Extended	27	6.7
Place of residence	Rural	188	47.0
	Semi-urban	65	16.3
	Urban	147	36.7
Family income/month	Below Rs.10,000	94	23.5
	Rs.10,001-20,000	117	29.3
	Rs.20,001-30,000	137	34.2
	Rs.30,001-40,000	52	13.0
Total		400	100.0

per cent had no female sibling and 19.7 per cent had two female siblings. Higher respondents (45.7%) were first born followed by 35.0 per cent of the respondents were second born and 19.3 per cent of the respondents were third born.

The Table 1 shows that 36.0 per cent of the respondents score 60-69% in the academic year as compared to 31.2 per cent of the respondents score 70+% in the academic year.

The above Table 2 reveals that majority (52.0%) of the respondents were Hindu, 31.7 per cent of the respondents were others whereas remaining 16.3% of the respondents were Christian. Majority 71.0 per cent of the respondents were from nuclear family as compared to 22.3 per cent of the respondents were from joint family and 6.7 per cent of the respondents were from extended family.

Higher respondent 47.0 per cent were from rural background 36.7 per cent of the respondents were from urban whereas 16.3 per cent of the respondents were from semi-urban area. When the family income was considered it was found that 34.2 per cent of the respondents belong to income group of Rs. 20,001- 30,000, 29.3 per cent of the respondents belong to income group Rs. 10,001- 20,000, 23.5 per cent of the respondents belong to income group below Rs. 10,000 whereas 13.0%

were belong to income group Rs. 30,001-40,000. Research finding is similar with the study conducted by Srimonti (2013) found that fathers need to be more involved in discussing about various topics related to sexuality, mothers should be more willing to talk more with their sons about topics related to sexuality and there should be reduction in the gender bias.

Table 3 depicts the classification of respondents' knowledge level towards Sexuality Education. The results indicate that majority (53.8%) of the respondents in the study sample found to be inadequate knowledge level on Sexuality Education as compared to 46.2 per cent of respondents noticed with moderate knowledge level on Sexuality Education. It is interesting to note that none of the respondents had adequate knowledge level on Sexuality Education.

Table 3 : Classification of respondent knowledge level towards sexuality education (N=400)			
Knowledge level	Category	Respondents	
		Number	Per cent
Inadequate	≤ 50 % Score	215	53.8
Moderate	51-75 % Score	185	46.2
Adequate	> 75 % Score	0	0.0
Total		400	100.0

Research finding is same with the study conducted by Malleshappa et al. (2011) found that reproductive health education intervention programs improve the knowledge and attitude among rural adolescent girls

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regarding reproductive health.

Aspect wise mean knowledge score towards Sexuality Education of the respondents established in the

Table 4. It is seen form the findings that the overall mean knowledge score of respondents found to be 48.8 per cent on Sexuality Education. Further, the mean

Table 4 : Aspect wise mean knowledge scores towards sexuality education (N=400)				Respondents Knowledge		
No.	Knowledge Aspects	Statements	Max. Score	Mean	SD	Mean(%)	SD(%)
I	Physical changes	27	27	13.18	1.0	48.8	6.0
II	Relationship	15	15	7.13	1.4	47.5	9.4
III	Personal skills	16	16	8.13	1.3	50.8	7.9
IV	Sexual behavior	9	9	4.18	1.1	46.5	12.1
V	Sexual health	6	6	2.82	0.8	47.0	14.0
VI	Social and cultural	11	11	5.57	1.2	50.6	11.0
	Combined	84	84	41.01	5.2	48.8	6.2

Table 5 : Association between demographic variables and knowledge level on sexuality education (N=400)			Knowledge Level				χ^2	P
Demographic variables	Category	Sample	Inadequate		Moderate		Value	Value
			N	%	N	%		
Age group	13 years	110	68	61.8	42	38.2	6.45*	P<0.05
	14 years	127	71	55.9	56	44.1		
	15 years	163	76	46.6	87	55.4		
Education	8th Std	165	99	60.0	66	40.0	8.02*	P<0.05
	9th Std	119	66	55.5	53	44.5		
	10th Std	116	50	43.1	66	56.9		
Number of Siblings	One	159	83	48.4	82	51.6	8.31*	P<0.05
	Two	163	85	52.2	78	47.8		
	Three	78	53	67.9	25	32.1		
Ordinal position	First	183	89	48.6	94	51.4	6.76*	P<0.05
	Second	140	75	53.6	65	46.4		
	Third	77	51	66.2	26	33.8		
Academic performance	< 50 %	62	31	50.0	31	50.0	1.98 NS	P>0.05
	50-59 %	69	35	50.7	34	49.3		
	60-69 %	144	84	58.3	60	41.7		
	70+ %	125	65	52.0	60	48.0		
Religion	Hindu	208	112	53.9	96	46.1	0.07 NS	P>0.05
	Christian	65	34	52.3	31	47.7		
	Others	127	69	54.3	58	45.7		
Type of family	Nuclear	284	154	54.2	130	45.8	6.63*	P<0.05
	Joint	89	41	46.1	48	53.9		
	Extended	27	20	74.1	7	25.9		
Place of residence	Rural	188	96	51.1	92	48.9	7.46*	P<0.05
	Semi-urban	65	28	43.1	37	56.9		
	Urban	147	91	61.9	56	38.1		
Family income/month	Below Rs.10,000	94	51	54.3	43	45.7	0.13 NS	P>0.05
	Rs.10,001-20,000	117	64	54.7	53	45.3		
	Rs.20,001-30,000	137	73	53.3	64	46.7		
	Rs.30,001-40,000	52	27	51.9	25	48.1		
Combined		400	215	53.8	185	46.2		

* Significant at 5% Level,   NS: Non-significant

knowledge score noticed highest in the aspect of Personal skills (50.8%) followed by Social and cultural (50.6%), Physical changes (48.8%), Relationship (47.5%), Sexual Health (47.0%) and however, the least mean knowledge observed in the aspect of Sexual behavior (46.5%).

Research finding is similar with the study conducted by Vashestha and Rajshree (2012), the study found that parents attitude was favor to give sex education in school where as teachers attitude was favor to give first primary sex education in home by the parents.

Table 5 indicates the association between the demographic variable and knowledge levels on sexuality education. The results depicts that 38.2 per cent of the respondents in the age group of 13 years found to be with moderate knowledge levels on sexuality education as compared to 14 years of ages (44.1%) and 15 years of ages (55.4%). It is interesting to note that higher the age of the respondents better is the knowledge level observed.

The result depicts that 40.0 per cent of the respondents in class 8th found to be with moderate knowledge levels on sexuality education as compared to 9th (44.5%) and 10th (56.9%). It is interesting to note that higher the age of the respondents better is the knowledge level observed.

The results depicts that 51.6 per cent of the respondents with one sibling found to be with moderate knowledge levels on sexuality education as compared to two sibling (47.8%) and three siblings (32.1%).

The results depicts that 33.8% of the respondents with third ordinal position found to be moderate knowledge levels on sexuality education as compared to second ordinal position (46.4%) and first ordinal position (51.4 %). The results depicts that 41.7 per cent of the respondents with score 60-69% academic performance found to be with moderate knowledge levels on sexuality education as compared to academic performance 70+ (48.0%) , followed by (49.3%) score 50-59 % academic performance and less than 50% were (50.0%).

The results depicts that 45.7 per cent of the respondents with other religion found to be with moderate knowledge levels on sexuality education as compared to Hindu religion (46.1%) and Christian religion (47.7 %). The results depicts that 25.9% of the respondents with Extended family found to be with moderate knowledge levels on sexuality education as compared to (45.8%) and joint family (53.9%). The results depicts that 38.1 per cent of the respondents with urban residence found to be with moderate knowledge levels on sexuality education as compared to rural residence (48.9%) and semi-urban (39.2%).

The results depicts that 45.3 per cent of the respondents with monthly income group Rs. 10,001-20,000 found to be with moderate knowledge levels on sexuality education as compared to monthly income group below Rs. 10,000 (45.7%) , monthly income group Rs. 20,001-30,000 (46.7%) and monthly income group Rs. 30,001-40,000 (48.1%). Research finding is similar with the study conducted by Veena (2013) found that there is an utter need to focus more on the opinion of teachers on issue on sex education because sexuality education is one of the important components of adolescents 'growth and development'. And also similar with the study conducted by Agarwal *et al.* (2007) found that adolescent's girls need extensive and supportive education program to improve their awareness and reproductive health status. And also same with the study conducted by Anand and Shanta found that boys felt more comfortable discussing sexuality with their friends while girls were more comfortable with their mother (parents) and elders sisters.

Conclusion:

The overall mean knowledge score of respondents found to be 48.8 per cent on Sexuality Education. The mean knowledge score noticed highest in the aspect of Personal skills (50.8%). The results depicts that 38.2% in the age of 13 years, 8th standard (40.0%), one sibling (51.6%) found with moderate knowledge level. However, 50.0% of the respondents with one female sibling, third ordinal position, academic performance and other religion found with moderate knowledge level. Further, extended family, urban with monthly income of Rs. 10,001-20,000 found with moderate knowledge level. The association between age, education, siblings, ordinal position, type of family and residence found to be significant (p<0.05) with knowledge level on sexuality education. Adolescent girls need awareness, suggestion and counseling to find a solution to their physical changes. The learning tendency of sexuality education varies with the age of the children and their environment. Parents, Teachers, Educational Institution, Religious, Political and Media should take a policy decision in inhibiting value based comprehensive sexuality education to promote adolescents.

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