

Effectiveness of Structured Teaching Programme On Knowledge Regarding Sexual Behaviour Among Adolescent Males Within Age Group of 18-25 Years in Selected Community Area at Bangalore

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Abstract:

Background of the study: Adolescent sexual behavior is a complex concept that is influenced by developmental processes across several domains. A number of factors have affected sexual behavior and reproductive health-related risks in recent years. Young people aged 15–19 years have been reported to engage in risky sexual behaviours such as early sexual debut, multiple sexual partnerships and inconsistent condom use. **Objectives of the study:** 1.To assess the pre-test level of knowledge regarding sexual behaviour among adolescence males age group 18-25 years.2.To assess the post-test level of knowledge regarding sexual behaviour among adolescence males age group 18-25 years. 3.To evaluate the effectiveness of structured teaching programme regarding sexual behaviour among adolescence males age group 18-25 years. 4.To determine the association between the level of knowledge on sexual behaviour among adolescence males age group 18-25 years with the selected socio-demographic variables. **Method:** The study was conducted in Nagasandra, Heganahalli community areas, Bangalore. The pre-experimental one group pre-test post-test design with quantitative approach was used and Non probability purposive sampling technique was used to select the subjects. The sample included 60 adolescence males. Data was collected through structured questionnaire by administering the questionnaire to the samples. The collected data was analyzed by using descriptive and inferential statistics. **Results:** The effectiveness of STP was tested by inferential statistics using the paired 't' test. The mean difference between the pre-test and post-test knowledge score of adolescence males was found to be significant ($t_{(59)} = 30.53$) at 0.05 levels. **Conclusion:** This confirms that structured teaching programme is found to be an effective strategy in improving the knowledge of adolescent males regarding sexual behavior.

Keywords: Effectiveness; Structured teaching programme; Sexual behavior; Adolescents

1. Introduction

Adolescent sexuality, substance use, or antisocial behaviors are often considered as “problem” behaviors. From the life-course perspective timing and sequencing of life transitions will influence the

later life course. An early birth is associated with less educational achievement and a high probability of living in an unstable family unit with poor economic resources. From the life-course perspective, then, the “problem” of early sexual intercourse is that it is off-time (normatively speaking) and may thus hinder the psychological and social development of the teenager and may result in childbearing that has detrimental consequence for both the mother and the child.¹

Socio-economic development, such as improved education, increased urbanization, more employment opportunities and greater access to communication technologies, has a potential influence on age at marriage. This pattern is observed in India, where among rural women aged 20-24, a higher incidence of marriage before age 20 (80%) or in early adolescence - age 10-14 (about 30%) - takes place compared with their counterparts in urban areas (about 50% and 11% for marriage before the age of 20 and early adolescence respectively).²

With the decline in average age at menarche and the trend towards increased age at marriage, the length of time in which adolescents may experience premarital sexual activities is also becoming longer. The recent socio-economic developments have influenced the cultural values that make premarital sexual activities more appealing and acceptable to adolescents.³

Even though relatively limited information is available on the sexuality patterns of unmarried adolescents, some recent surveys provide useful insights, indicating that sexual attitudes and behavior are changing rapidly, with serious short- and long-term implications for reproductive health. These studies include information on the prevalence of sexual activity, age at first encounter, and source of knowledge about sexuality issues.³

The sexual behaviour of adolescents is of importance due to the increasing number of sexually active adolescents globally (World Health Organisation [WHO], 2012). While initiation of sexual activity is a part of normal behaviour and development, it may also be associated with negative outcomes, if sexual behaviour involves engagement in sexual activity at too early an age, or without due attention to the risks involved.⁴

Teenagers and young adults may face many sexual and reproductive health risks stemming from early, unprotected, or unwanted sexual activity (WHO, 2012). For example, early initiation of sexual activity increases the period of time adolescents are exposed to the risk of sexually transmitted infections or unintended pregnancy.⁵

So it is necessary to initiate education through structured teaching programme to create awareness among adolescence to avoid the complications or consequences arising due improper sexual behaviour.

OBJECTIVES OF THE STUDY:

1. To assess the pre-test level of knowledge regarding sexual behaviour among adolescent males age group 18-25 years.
2. To assess the post-test level of knowledge regarding sexual behaviour among adolescent males age group 18-25 years.
3. To evaluate the effectiveness of structured teaching programme regarding sexual behaviour among adolescent males age group 18-25 years.
4. To determine the association between the level of knowledge on sexual behaviour among adolescent males age group 18-25 years with the selected socio-demographic variables.

HYPOTHESES:

H₁: The mean post-test knowledge on sexual behaviour will be significantly more than the mean pre-test knowledge among adolescent males age group 18-25 years.

H₂: There will be significant association between pre-test level of knowledge scores and their selected socio-demographic variables.

Methodology

Research Approach: Research approach used was evaluative approach.

Research Design: The research design for the study was Pre-experimental; one group pre-test, post-test design.

Research Setting: Nagasandra, Heganahalli community areas, Bangalore.

Population: adolescent males between the age group of 18-25 years and residing in Nagasandra, Heganahalli community areas, Bangalore.

Sample: The sample for the study were adolescent males 18-25years

Sample Size: The sample size selected for the present study was 60 adolescent males 18-25years

Sampling Technique: Non probability purposive sampling technique.

Criteria for Selection**A. INCLUSION CRITERIA:**

- + Adolescent males who were willing to participate in study.
- + Adolescent males who were able to read and write English.
- + Adolescent males age group 18-25 years.

B. EXCLUSION CRITERIA:

- + Married Adolescent males.
- + Those who are critically ill Adolescent males
- + who are not available at the period of data collection

Description of the tool:**Section A: Demographic data**

The first part of the tool consisted of 8 items for obtaining information about the selected background factors such as Age, parent's educational qualification, type of family, number of siblings, occupation, religion, Family income and previous source of information regarding sexual behavior.

Section B: Knowledge questionnaire

The second part is the structured questionnaire consisted of 30 knowledge items divided under 4 aspects such as General information on sexual health, Risky sexual behavior and types, causes and factors of problematic sexual behavior, Prevention and management of Problematic sexual behaviour.

RESULTS

SECTION –1 ; SOCIODEMOGRAPHIC VARIABLES

TABLE-1 : Frequency and percentage distribution of selected socio demographic variables

N=60

Characteristics	Category	Respondents	
		Frequency	Percent
Age group (years)	18-20	20	33.3
	21-23	23	38.4
	24-25	17	28.3
Parent's Educational qualification	Primary	15	25.0
	Secondary	26	43.3
	Higher secondary	13	21.7
	Degree	6	10.0
Occupation	Unemployed	15	25.0
	Industrial worker	26	43.3
	Business	13	21.7
	Others	6	10.0
Number of siblings	One	14	23.3
	Two	24	40.0
	Three	22	36.7
Previous Source of information	No	35	58.3
	Newspaper	7	11.7
	Electronic media	8	13.4
	Health personnel	5	8.3
	Others	5	8.3
Religion	Hindu	33	55.0
	Christian	13	21.7
	Muslim	14	23.3
Type of family	Nuclear	27	45.0
	Joint	24	40.0
	Extended	9	15.0
Family income/month	<Rs.10000	15	25.0
	Rs.10001-20000	26	43.3
	Rs.20001-30000	12	20.0
	>Rs.30000	7	11.7
Total		60	100.0

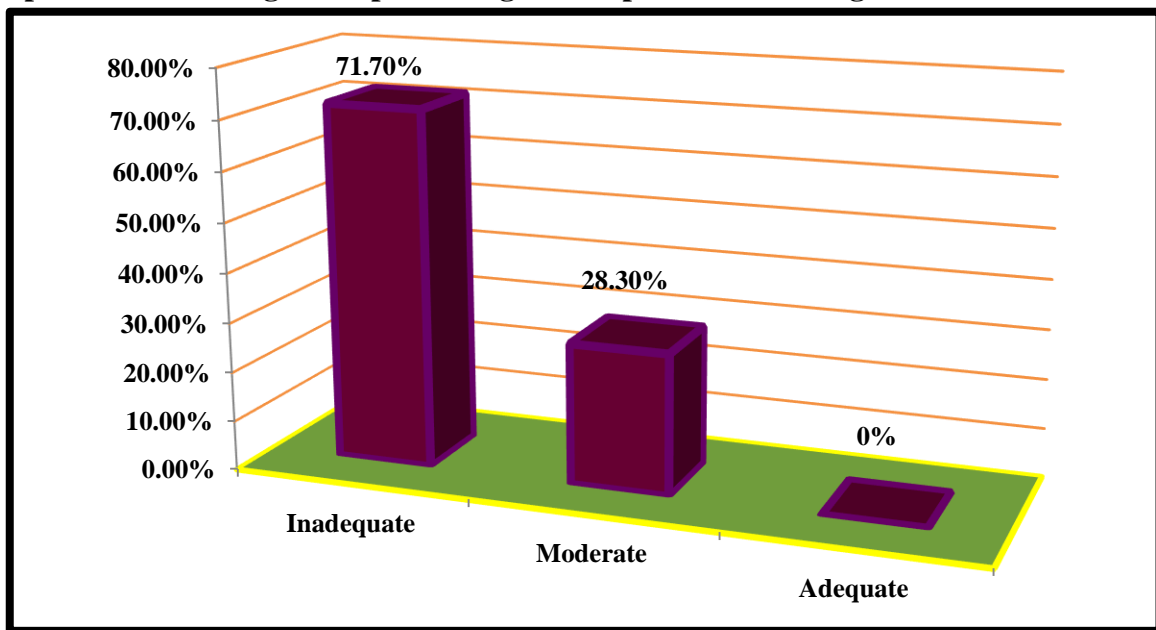
SECTION 2: Pre-test and post-test level of knowledge regarding sexual behavior among adolescent males.

TABLE-2 Pre-test knowledge scores of respondents on sexual behavior among adolescent males.

N=60

Knowledge Level	Category	Respondents	
		Frequency	Percentage
Inadequate	≤ 50 % Score	43	71.7
Moderate	51-75 % Score	17	28.3
Adequate	> 75 % Score	0	0.0
Total		60	100.0

Graph-1: Column diagram representing overall pre-test knowledge scores.



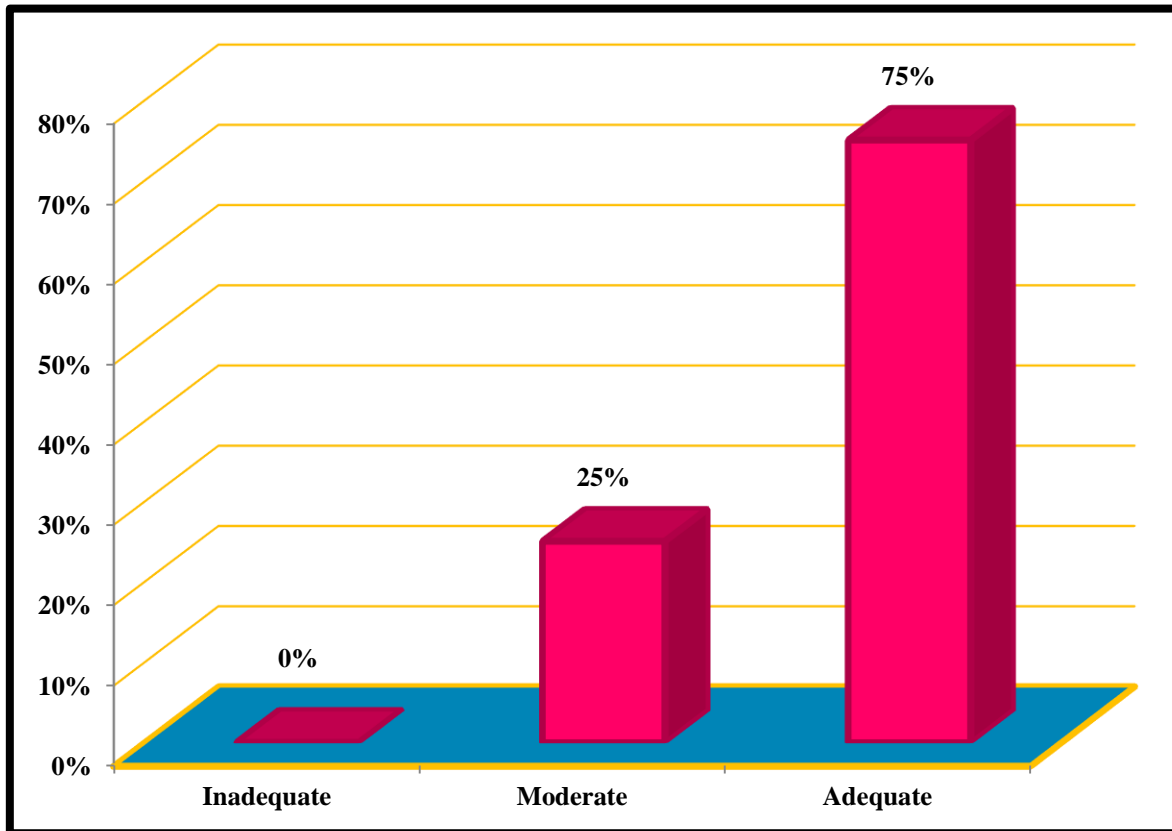
The data in Graph-1 reveals that among 60 participant’s majority 43 (71.7 %) had inadequate knowledge and remaining 17 subjects (28.3%) had moderately adequate knowledge and none had adequate knowledge.

TABLE -3 Post-test knowledge scores of Respondents on sexual behavior among adolescent males.

N=60

Knowledge Level	Category	Respondents	
		Frequency	Percentage
Inadequate	≤ 50 % Score	0	0.0
Moderate	51-75 % Score	15	25.0
Adequate	> 75 % Score	45	75.0
Total		60	100.0

Graph-2: Column diagram representing overall post-test knowledge scores



The data in graph-2 reveals that among 60 participant’s majority 45 (75.0 percentage) had adequate knowledge and remaining 15 subjects (25.0 percentage) had moderately adequate knowledge and none had inadequate knowledge.

TABLE – 4 Effectiveness of structured teaching programme on sexual behavior among adolescent males

N=60

Aspects	Max. Score	Knowledge Scores				Paired 't' Test
		Mean	SD	Mean (%)	SD (%)	
Pre test	30	12.62	2.89	42.1	9.6	30.53*
Post test	30	25.05	2.65	83.5	8.8	
Enhancement	30	12.43	3.14	41.4	10.5	

* Significant at 5% level,

$t(0.05,59df) = 1.96$

The data in the table 5 illustrates that the post-test mean knowledge is 25.05, which is higher than the pre-test mean knowledge that is 12.62. The mean difference between pre-test and post-test score is 12.43.

The 't' value was computed to determine the effectiveness of structured teaching programme on knowledge regarding sexual behavior. The computed 't' value (30.53) is found to be significant at 5% level.

TABLE – 5 Association between Demographic variables with Pre-test Knowledge level on sexual behavior in adolescent males.

N=60

Demographic Variables	Category	N	Knowledge Level				χ^2 Value	P Value
			Inadequate		Moderate			
			N	%	N	%		
Age group (years)	18-20	20	17	85.0	3	15.0	7.31*	P<0.05 (5.991)
	21-23	23	18	78.3	5	21.7		
	24-25	17	08	47.1	9	52.9		
Parents Educational qualification	Primary	15	08	53.3	7	46.7	3.98 NS	P>0.05 (7.815)
	Secondary	26	21	80.8	5	19.2		
	Higher secondary	13	09	69.2	4	30.8		
	Degree	06	05	83.3	1	16.7		
Occupation	Unemployed	15	14	93.3	1	6.7	9.94*	P<0.05 (7.815)
	Industrial worker	26	14	53.8	12	46.2		
	Business	13	9	69.2	4	30.8		
	Others	6	6	100.0	0	0.0		
Number of siblings	One	14	6	42.9	8	57.1	8.19*	P<0.05 (5.991)
	Two	24	18	75.0	6	25.0		
	Three	22	19	86.4	3	13.6		
Previous Source	No	35	25	71.4	10	28.6	2.22 NS	P>0.05 (9.488)
	Newspaper	7	4	57.1	3	42.9		

of information	Electronic media	8	7	87.5	1	12.5		
	Health personnel	5	3	60.0	2	40.0		
	Others	5	4	80.0	1	20.0		
Religion	Hindu	33	24	72.7	9	27.3	0.57 NS	P>0.05 (5.991)
	Christian	13	10	76.9	3	23.1		
	Muslim	14	9	64.3	5	35.7		
Type of family	Nuclear	27	16	59.3	11	40.7	6.74*	P<0.05 (5.991)
	Joint	24	18	75.0	6	25.0		
	Extended	9	9	100.0	0	0.0		
Family income/month	<Rs.10000	15	13	86.7	2	13.3	2.96 NS	P>0.05 (7.815)
	Rs.10001-20000	26	17	65.4	9	34.6		
	Rs.20001-30000	12	9	75.0	3	25.0		
	>Rs.30000	7	4	57.1	3	42.9		
Combined		60	43	71.7	17	28.3		

* Significant at 5% Level.

NS: Non-significant

The data shows in this table 6 reveals that the obtained Chi-square values were 7.31, 9.94, 8.19, and 6.74. It shows that there was significant association between pre-test level of knowledge and selected demographic variables like age group, occupation, number of siblings and type of family. But there was no significant association between the pre-test level of knowledge and selected demographic variables like parents educational qualification, religion, family income and previous source of information.

DISCUSSION

The post-test mean knowledge is 25.05 (83.5 percentage) was apparently higher than its pre-test mean knowledge that is, 12.62 (42.1 percentage) suggesting that administration of structured teaching programme was effective in increasing the knowledge of adolescence males regarding sexual behavior. The mean difference between the pre-test and post-test knowledge score of mothers was found to be significant ($t_{(59)} = 30.53$) at 0.05 levels. This confirms structured teaching programme is an effective strategy in improving the knowledge of adolescence males regarding sexual behavior.

CONCLUSION

The Structured teaching programme was effective in improving the knowledge of adolescence males regarding sexual behavior. There is a significant difference between the pre-test and post-test knowledge. These scores were demonstrated by using 't' test. The analysis of mean and SD of the knowledge scores in pre-test and post-test revealed that the mean pre-test knowledge score was 12.62 whereas post-test knowledge score was 25.05. This high mean difference (12.43) shows the effectiveness of Structured teaching programme. Overall area wise findings also revealed the effectiveness of Structured teaching programme

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