

# Assessment of the Effectiveness of Planned Teaching on Knowledge regarding Physical and Psychological Women Abuse among Teenage Girls in Selected College

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**Abstract:** Background: “Violence against women is a manifestation of historically unequal power relations between men and women, which have led to domination over and discrimination against women by men and to the prevention of the full advancement of women”. Materials and methods: The research approach adopted for the study was one group pre - test and post - test research design. The study comprises of 60 teenage girls of selected college who fulfilled inclusive criteria selected by Probability sampling technique in that simple random sampling technique was used to select the sample by lottery method. Structured knowledge questionnaire was used for data collection. The content Validity of the tool was established in consultation with guide and 14 experts from the field of community health nursing and mental health nursing. Reliability of Structured questionnaire was calculated using split half method. Formal permission was obtained from concerned authority from selected college for data collection. Data were tabulated and analyzed. Results: The study revealed that the pre test mean score among teenage girls was 10 (35.71%) and post test score up was 17.85 (63.75%) in the evaluation. Result interpreted that there was a significant increase in knowledge level of teenage girls after administration of planned teaching program. It is evident that the calculated ‘t’ value was greater than the table value of ‘t’ at 0.05 level. This indicates that planned teaching was effective in improving the knowledge of the teenage girls. The study also revealed that there is a significant association between demographic characteristics, such as age, Religion (caste), Type of family, place of residence, previous knowledge about women abuse with the knowledge score. Conclusion: The study was done to assessment of the effectiveness of planned teaching on knowledge regarding physical and psychological women abuse among teenage girls. The result of this study shows that the most of the teenage girls had excellent knowledge after administration of planned teaching. The study also revealed that there is a significant association between demographic characteristics such as age, Religion (caste), Type of family, place of residence, previous knowledge about women abuse with the knowledge score. This study will help the teenage girls to find type of abuse and take action on them to improve knowledge regarding physical and psychological women abuse.

**Keywords:** knowledge, physical and psychological women abuse, domestic violence

## 1. Introduction

“Abuse is never a onetime event”. Many people who are being abused do not see themselves as victims. Also, abusers do not see themselves as being abusive. People often think of domestic violence as physical violence, such as hitting. However, domestic violence takes other forms, such as psychological, emotional, or sexual abuse<sup>1</sup>.

Domestic abuse defined as chronic mistreatment in marriage, families, dating and other intimate relationships can include emotionally abusive behavior. Psychological abuse does not always lead to physical abuse, but physical abuse in domestic relationships is nearly always preceded and accompanied by psychological abuse.<sup>2</sup>

The numbers alone are stunning: nearly 1 in 5 women or almost 22 million have been raped in their lifetimes and the numbers don’t begin to tell the whole story. They don’t tell of the physical, emotional and psychological scars that a victim can carry for life. They don’t speak to the betrayal and broken trust when the attacker is a friend, a trusted colleague, or a family member. And they don’t give voice to the courage of survivors who work every day to put their lives back together.<sup>3</sup>

According to World Health Organization, violence against women puts an undue burden on health care services, as women who have suffered violence are more likely to need health services and at higher cost, compared to women who have not suffered violence.<sup>4</sup>

A study was carried out on domestic violence against women in the Government of Norway “combating the gender based violence in the south Caucasus” project in 2009. Implementing partners of the research were the Americas Commercial Transportation (ACT) research and the centre for social science at the Javakhishvili Tbilisi state university. In the 21st century, public consolidation against all forms of domestic violence has become a pressing issue. Although domestic violence is considered a human rights, violation and Georgian society is becoming increasingly open and intolerant against this problem, studies show that domestic violence is a widespread phenomena throughout Georgia.78 % of women still consider that domestic violence issues can be discussed within family only, while 34 % of women justify men battering their wives in certain cases and do not regard as it as a violation of law. Violence against women is a public issue and encompasses virtually all spheres of public relations. It influences various spheres of social life, including public health, protection of juvenile’s rights and social and economic welfare. Studies

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conducted reveal the complexity of domestic violence character, variety of its causes and need for inter sectoral cooperation and multi - pronged approach in addressing the issue.<sup>5</sup>

The National crime records bureau report of India states a reported crime rate of 46 per 100, 000, rape rate of 2 per 100, 000, dowry homicide rate of 0.7 per 100, 000 and the rate of domestic cruelty by husband or his relatives as 5.9 per 100, 000.<sup>6</sup> These reported rates are significantly smaller than the reported intimate partner domestic violence rates in many countries<sup>7</sup>, such as the United States (590 per 100, 000) and reported homicide (6.2 per 100, 000 globally)<sup>8</sup>, crime and rape incidence rates per 100, 000 women for most nations tracked by the United Nations.<sup>9</sup> According to a national family and health survey, total lifetime prevalence of domestic violence was 33.5% and 8.5% for sexual violence among women aged 15 - 49. The instance of violence was reported to be lowest among Buddhist and Jain women, and highest among Muslim women in India.<sup>10</sup> A 2014 study in the lancet reports that the reported sexual violence rate in India is among the lowest in the world, the large population of India means that the violence affects 27.5 million women over their lifetime.<sup>11</sup>

According to the data from the national family health survey - 3, women among age 15 - 49, 29% have ever experienced physical violence and 2% have ever experienced sexual violence. In all, 29% of women age 15 - 49 in Maharashtra have experienced physical or sexual violence, including 34% of married women. Three in ten married women (30%) report having been slapped by their husbands; about one in ten (8 - 12%) report having their arms twisted or hair pulled, being pushed, shaken, kicked, dragged, beaten up, or having something thrown at them. 1% report that their husband tried to choke or burn them on purpose. 2% report that their husband physically forced them to have sex. Overall, 31% of married women have experienced spousal physical or sexual violence from their current husband or if currently not married, their most recent husband. 18% report spousal emotional violence. Only 1% of married women have ever initiated violence against their husband.<sup>12</sup>

### Problem Statement

“Assessment of the effectiveness of planned teaching on knowledge regarding physical and psychological women abuse among teenage girls in selected college”.

### Objectives of the Study

- 1) To assess the existing knowledge regarding physical and psychological women abuse among teenage girls.
- 2) To evaluate the effectiveness of planned teaching on knowledge regarding physical and psychological women abuse among teenage girls.

## 2. Materials and Methods

### Materials and methods

The research approach adopted for the study was one group pre - test and post - test research design. The study comprises of 60 teenage girls of selected college who fulfilled inclusive criteria selected by Probability sampling

technique in that simple random sampling technique was used to select the sample by lottery method. Structured knowledge questionnaire was used for data collection. The content Validity of the tool was established in consultation with guide and 14 experts from the field of community health nursing and mental health nursing. Reliability of Structured questionnaire was calculated using split half method. The reliability was found to be 0.804 which indicated that tool was reliable. Formal permission was obtained from concerned authority from selected college for data collection.

### Hypotheses

**H<sub>0</sub>:** There is no significant difference between the pre - test and post test knowledge regarding physical and psychological women abuse among teenage girls which is measured by structured questionnaire at  $p < 0.05$  level of significance.

**H<sub>1</sub>:** There is significant difference between the pre - test and post test knowledge regarding physical and psychological women abuse among teenage girls which is measured by structured questionnaire at  $p < 0.05$  level of significance.

## 3. Results

Analysis and interpretation are based on the objectives of the study. The analysis was done with the both descriptive and inferential statistics.

### Section I: Distribution of teenage girls according to their demographic characteristics.

**Table 1:** Frequency and percentage distribution of demographic variables among teenage girls, n=60

S. no	Variable	Variable information	Frequency	Percentages (%)
1	Age	16	0	0
		17	22	36.66
		18	31	51.66
		19	7	11.66
2	Religion (Caste)	OBC	25	41.66
		SC	18	30
		Open	1	1.66
		ST	4	6.66
		NT	12	20
3	Type of family	Joint	42	70
		Nuclear	18	30
4	Monthly income (family) in Rupees	<10, 000	40	66.66
		10, 000 - 20, 000	9	15
		20, 000 and more	11	18.33
5	Place of residence	Urban	0	0
		Rural	60	100
		Slum	0	0
6	Previous knowledge about women abuse	Yes	35	58.33
		No	25	41.66
7	Source of information	TV	29	82.85
		News paper	6	17.14
		Attended any conference	0	0
		All of the above	0	0

**Section II: Assessment of existing knowledge regarding physical and psychological women abuse**

**Table 2:** Distribution of sample with regard to pre - test knowledge regarding physical and psychological women abuse, n=60

Level of knowledge score	Percentage score	Pre - Test	
		Frequency	Percentage
Inadequate	≤ 50%	49	81.67
Moderate	51 - 70%	11	18.33
Adequate	>70%	0	0.00

**Section III: Analysis of effectiveness of planned teaching on knowledge regarding physical and psychological women abuse**

**Table 3:** Significance of difference between in pre and post - test knowledge scores in relation to physical and psychological women abuse, n=60

Overall	Mean	SD	Mean Percentage	t-value	p-value
Pre Test	10	3.24	35.71	17.22	0.0001*HS p<0.05
Post Test	17.85	3.03	63.75		

\*HS - Highly Significant

**Table 4.4:** Comparison of knowledge score in pre - test and post - test, n=60

Level of knowledge score	Percentage Score	Pre Test		Post Test	
		F	%	F	%
Inadequate	≤ 50%	49	81.67	6	10.00
Moderate	51 - 75%	11	18.33	11	18.33
Adequate	>75%	0	0	43	71.67
Total		60	100	60	100

**Table 4.5:** Aspect wise pre - test and post - test mean knowledge scores regarding physical and psychological women abuse, n=60

Aspects	Respondents level of knowledge score				Paired 't' value
	Pre Test		Post Test		
	Mean %	SD	Mean %	SD	
Physical and psychological women abuse	33.4	11.83	61.45	11.01	17.15*HS
Prevention on physical and psychological women abuse	46.33	18.95	74.33	21.18	8.08*HS
Combines	10	3.24	17.85	3.03	17.22

\*HS: Highly significant at p<0.05% level of significance

**4. Discussion**

The findings of the study were discussed based on the objectives stated as below.

- 1) To assess the existing knowledge regarding physical and psychological women abuse among teenage girls.
- 2) To evaluate the effectiveness of planned teaching on knowledge regarding physical and psychological women abuse among teenage girls.
  - a) With regards to the first objective of the study, the study result shows that 49 (81.67%) of teenage girls had inadequate level of knowledge score, 11 (18.33%) had moderate knowledge and no one had adequate level of knowledge score. The total mean

pre - test knowledge score was 10 with standard deviation ± 3.24. The study reported that the result regarding level of knowledge regarding physical and psychological women abuse among teenage girls was inadequate.

- b) With regards to second objective of the study, result shows that in pre - test 49 (81.67%) had inadequate knowledge, 11 (18.33%) had moderate knowledge and no one had adequate level of knowledge score. In post - test, majority of the teenage girls 43 (71.67%) had adequate knowledge, 11 (18.33%) had moderate and only 6 (10.00%) had inadequate knowledge. The overall mean knowledge scores of pre - test and post - test reveal that the post - test mean knowledge score was higher 17.85 with standard deviation of ± 3.03 when compared with pre - test mean knowledge score value which was 10 with standard deviation ± 3.24. The study showed that planned teaching was found effective in increasing the knowledge of the teenage girls regarding physical and psychological women abuse.

To support above findings there was a study conducted on "Effectiveness of planned teaching programme on role of women regarding prevention of domestic violence knowledge among married women at selected rural areas in Hassan" there was a significant increase in the level of post - test knowledge regarding prevention of domestic violence among women in selected rural areas in Hassan. A sample size n=60 married women in selected rural areas in Hassan. Single group pre - test and post - test design was used in this study. To compare the level of pre and post - test knowledge on role of women regarding prevention of domestic violence at selected rural areas in Hassan. The result showed knowledge about the prevention of domestic violence will be improving after planned teaching programme those who attained.

**5. Conclusion**

After the detailed analysis, the study leads to following conclusions:

The researcher concluded that the pre - test and post - test mean knowledge score regarding physical and psychological women abuse among teenage girls was 10 and 17.85, respectively. The teenage girls had inadequate knowledge regarding physical and psychological women abuse. The planned teaching brought out improvement in their knowledge regarding physical and psychological women abuse.

**6. Future Scope**

Teenage girls have more knowledge about physical and psychological abuse because day by day domestic violence are increased.

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