

Efficacy of Structured Teaching Program on Knowledge Regarding Self Defense Technique among High School and Higher Secondary School Children at M.G.M Co.Ed School and Campaign Higher Secondary School of Bhopal

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Abstract: *The present study has been conducted to know the effectiveness of structured teaching program on knowledge regarding self defense technique among high and higher secondary school children in M.G.M co.ed school and campaign higher secondary school of Bhopal, M.P. In order to achieve the objectives One group pretest post test research design with quantitative approach was adopted. The selection of the sample was done by convenient sampling. The sample size was 30. The method of data collection was using baseline characteristic questions and structured questionnaire related to knowledge regarding self defense technique. Results shows that Structured teaching program was effective in improving the knowledge regarding self defense technique and there was no significant association between pretest knowledge score and selected demographic variables.*

1. Introduction

Around the world, 1 in 5 college girls are sexually assaulted. In 90% of cases, the student knows the offender. Almost 90% of all victims experienced unwanted acts before age 13; 40–90% of sexual offences against children are done by other children and young people

Resistance can reduce the risk of assault more than 80%, and it doesn't significantly increase the risk of serious injury to the defender. Some studies show that women successfully resist at least 75% of all attempted sexual assaults.

2. Need for the Study

We know that people of all genders experience and perpetrate sexual violence, women are more often victims. According to the Times of India reports, latest data of Madhya Pradesh police, (2018) highest number of molestation cases in January-to April was reported from Bhopal. And among all types of crimes, maximum cases were about molestation in the state. According to records of Bhopal police, a case of molestation or harassment gets registered every alternative day in the week¹.

A home ministry puts Madhya Pradesh second only to Uttar Pradesh in cases related to POCSO².

As we know all too well, women and girls get tons of useless advice about how to "protect" them. And then whether they follow the advice or not, they blamed for their assaults.

Research suggests that perpetrators of sexual assault are less likely to choose victims who demonstrate knowledge of self protection skills. Women have to be their own heroes. They should stop expecting a knight in shining armour to come to their rescue. That's not going to happen. They need to take

charge of their own safety and lives. They should take the examples of brave ladies of India such as Rani Chennama, Rani Laxmi Bai, Unniyarcha they not only able to capable to protect themselves but they stand in the protection of society too. Self-Defense technique is uniquely effective at reducing risk of sexual assault

The aim of my study is to teach them how to understand healthy, respectful relationships, learning to identify and express their own personal boundaries, knowledge to identify abusive situations, less likely to experience sexual abuse.

3. Objectives

- 1) To assess the pretest knowledge regarding self defense technique among high and higher secondary school children.
- 2) To construct the Structured teaching program on knowledge regarding self defense training.
- 3) To implement structured teaching program on self defense technique among high and higher secondary school children.
- 4) To assess the difference between pretest knowledge score and post test knowledge score regarding self defense technique among high and higher secondary school children.
- 5) To find out the association between pretest knowledge score regarding self defense technique with selected baseline characteristics of high and higher secondary school children.

Hypotheses

H₀:- There will be no significant difference between pretest and post test knowledge score regarding self defense technique among high and higher secondary school children.

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H₁:- There will be significant difference between pretest and post test knowledge score regarding self defense technique among high and higher secondary school children.

H₀₂:- There will be no significant association between pretest knowledge score of high and higher secondary school children regarding self defense technique with selected demographic variables.

H₂:- There will be significant association between pretest knowledge score of high and higher secondary school children regarding self defense technique with selected demographic variables.

4. Materials and Methods

Research Approach and Design

The research approach in the study was interventional approach. The Research design used for this study is pre-experimental one group pretest posttest design.

Setting of the study:-The study was conducted in selected schools of Bhopal.

Study duration: 4 weeks. (July 2018)

Study population: consisted of the student studying in high and higher secondary classes of M.G.M co.ed school and campaign higher secondary school of Bhopal.

Sample size: 30

Inclusion criteria

- 1) Students who was interested to participate in the study.
- 2) The age between 13-20 years.
- 3) Student studying in high and higher secondary classes of selected school.
- 4) Who did not participated in any kind of self defense classes.

Exclusion criteria

The student who participated/ attending in self defense classes.

Data collection procedure

The formal permission was obtained from the principal of M.G.M co.ed school and campaign higher secondary school. A total of 30 students were selected for the study as per the inclusion criteria of study. Self-introduction was given to the students. The purpose of the study was explained to them and questionnaire for assessment of knowledge regarding self defense technique was given and then provided structured teaching program on self defense technique. And on fifth day post test conducted by giving questionnaire.

Statistical analysis

Analysis of data was done in accordance with the objectives. The data was analyzed using frequencies and percentage for baseline characteristics. Mean, range, standard deviation was used to describe the level of knowledge score. Paired “t” test was also done to find out the effectiveness of the structured teaching program in terms of knowledge. Chi-square was used to describe the association between the pretest score of knowledge with the selected baseline characteristics.

5. Results

A total of 30 students of selected M.G.M school and campaign higher secondary school of Bhopal participated in the study. The baseline characteristics of the study subjects were analyzed using descriptive statistics and were presented in terms of frequency and percentage as shown in Table 1.

Table 1: Distribution of subjects based on baseline characteristics

S. No	Baseline Characteristics	Frequency (F)	Percentage (%)
Age in Year			
1	a) 14	8	26.66
	b) 15	4	13.33
	c) 16	9	30
	d) 17	5	16.66
	e) 18-20	4	13.33
Religion			
2	a) Hindu	30	100
	b) Muslim	0	0
	c) Christian	0	0
	d) Other	0	0
Type of Family			
3	a) Joint family	18	60
	b) Nuclear family	12	40
	c) Extended family	0	0
Staying at			
4	a) Home	30	100
	b) Hostel	0	0
	c) Paying guest	0	0
	d) Any other	0	0
Staying With			
5	a) Parents	30	100
	b) Relatives	0	0
	c) Friends	0	0
	d) Others	0	0
Previous Knowledge			
6	a) No	24	80
	b) Yes	6	20

In the present study, majority of students (30%) were in the age of 16 years, All are Hindus, Majority of them (60%) belong to joint family, All of them staying with their Parents and in their Own house, (80%) Students had previous knowledge regarding Self defense technique.

Table 2: Distribution of overall knowledge score

S. no	Knowledge score	pretest		Posttest	
		frequency	percentage	frequency	percentage
1	Poor (0-10)	07	23.33	02	6.66
2	Average (11-20)	16	53.33	13	43.33
3	Good (21-30)	07	23.33	15	50

In the pretest assessment 16% (53.33) sample had average knowledge regarding self defense technique. Whereas, posttest knowledge of the subject received the score between 21-30 (good) score the maximum 50% (15) as shown in table 2.

Table 3: Testing of hypotheses 1 (Evaluate the effectiveness of STP on Self defense technique)

S. No	Observations	mean	Mean difference	Standard deviation	Calculated “t” value	df	“p”
1	Pre test	15.4	4.56	5.48	5.42	29	0.05
2	Post test	19.96		4.39			

The knowledge score gained by respondents in results shows that the mean value of knowledge in pretest was 15.4 and at post-test was 19.96. since the “p” value for the test is 0.05. the calculated “t” value was 5.42 which shows that there was a significant difference between mean pretest and mean post-test knowledge score. Since the obtained value is greater than the table value H_0_1 was rejected and H_1 was accepted, hence the STP is effective to improve the knowledge of students regarding self defense technique

Table 4: Testing of hypotheses 2 (Association between pretest knowledge score of school students and selected baseline characteristics)

S. No	demographic variables	mean	obtained value	table value	D.F	Inference	
		≤	>				
1	AGE IN YEAR						
	a) 14	2	6				
	b) 15	1	3				
	c) 16	8	1	9.58	9.49	4	S
	d) 17	2	3				
	e) 18-20	1	3				
2	RELIGION						
	a) Hindu	14	16				
	b) Muslim	0	0	0	7.82	3	NS
	c) Christian	0	0				
	d) Other	0	0				
3	TYPE OF FAMILY						
	a) Joint family	10	8				
	b) Nuclear family	4	8	1.41	5.99	2	NS
	c) Extended family	0	0				
4	STAYING AT						
	a) Home	14	16				
	b) Hostel	0	0	0	7.82	3	NS
	c) Paying guest	0	0				
	d) Any other	0	0				
5	STAYING WITH						
	a) Parents	14	16				
	b) Relatives	0	0	0	7.82	3	NS
	c) Friends	0	0				
	d) Others	0	0				
6	PREVIOUS KNOWLEDGE						
	a) No	11	13	0.032	3.84	1	NS
	b) Yes	3	3				

S= significance, NS= not significance, D.F= degree of freedom.

Table value= 1=3.84, 2= 5.99, 3= 7.82, 4=9.49

Chi-square is used to find out the association between pre test score of knowledge with baseline characteristics. On computing it was found that there wasno significant association between pretest knowledge score with majority of baseline characteristics at 0.05 level of significance except age. So H_0_2 was accepted and H_2 was rejected. There was no significant association between pretest knowledge score and selected base line characteristics.

6. Discussion

Majority of students (30%) were in the age of 16 years, All are Hindus, Majority of them (60%)belong to joint family, All of them staying with their Parents and in their Own house, (80%) Students had previous knowledge regarding Self defense technique.

In pretest 16% (53.33) sample had average knowledge regarding self defense technique. And in posttest 50% (15) samples had good knowledge regarding self defense technique.

The knowledge score gained by respondents in results shows that the mean value of knowledge in pretest was 15.4 and at post-test was 19.96. Since the “p” value for the test is 0.05. the calculated “t” value was 5.42 which is greater than table value, H_0_1 was rejected and H_1 was accepted. Thus it is stated that the structured teaching program was effective. There was a no significant association between pretest knowledge score and selected base line characteristics except age. Hence H_0_2 was accepted and H_2 was rejected.

7. Conclusion

Intervention of STP regarding improving knowledge on self defense technique were effective in pre-experimental group (school students).

Nursing Implications

The study has several implications innursing education, nursing administration and nursing research.

Nursing education

The study has an important implication for nursing education. It is the student life where a young student can be shaped or molded and helped to develop sense of responsibility towards them and for their friends. Student can be taught the importance of self defense in increasing their confidence about self. In nursing curriculum evidence based practice session should be included to identify preventive measures taken by them in different circumstances.

Nursing administration

The administrator should facilitate the implementation of various programs related to preventive measures of sexual assault in community level and also document the activities for better implementation. The nursing administrators should implement the outreach program to make the public aware about incidence of sexual assault and the importance of self defense technique.

Nursing research

There must be a constant research to develop its body of knowledge. Instructional materials can be developed in order to increase the awareness among students of different schools regarding self defense technique and its importance. Researcher should be motivated to conduct surveys in slums, village to identify the preventive measures taken by students regarding assault.

8. Limitations

The limitations of the study were,

- 1) The main limitation was researcher only assessed the improvement of knowledge regarding self defense technique.
- 2) The duration of the study is limited for four weeks only. This limits the generalization of the study findings.
- 3) Sample size is limited to 30 only.

- 4) Sample conducted only in 2 schools.
- 5) Study material prepared in English.

9. Recommendation

On the basis of the findings of the study, the following recommendations were made.

- 1) The study can be done at different schools to provide knowledge regarding self defense technique.
- 2) A similar study can be done to assess the attitude and practice of students regarding self defense technique.

References

- [1] Molestation cases up, belies govt. claims on women's safety. 2017. Times of India. May. 28.02.
- [2] MP shameful 2nd in POCSO crimes. 2017. Times of India. Mar.17.01.