



A Study to Assess the Knowledge Regarding Sex Education Among Adolescents In Selected Schools of Delhi-NCR

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ABSTRACT

The term "Sex education" is a broad term covering multiple aspects of reproduction. It explains about human anatomy and also describe about physiology of reproduction. The concern related to reproductive health, reproductive rights and responsibilities, abstinence and associated emotional health also part of sex education. Sexual comprehensive sex education is a consciously planned, which teaches about the biological, psychological, socio-culture and spiritual aspects of human sexual life developing skills and attitudes that is important for healthy and positive lifestyle. the intended research problem - A study to assess the knowledge regarding sex education among adolescents in school of Delhi – NCR, with the objectives, to assess the knowledge regarding sex education among adolescents in selected schools of Delhi-NCR & toseek association between selected demographic variables with knowledge regarding sex education. A Quantitative Research approach with Descriptive Research Design adopted for this study. The setting was selected by random sampling using lottery method by which 4 schools of Delhi-NCR were selected. A total of 750 samples fulfilled the inclusion criteria out of only 250 were enrolled for study and selected as samples (convenient sampling) of the study. Data collected using self-administered structured knowledge questionnaire. The main finding of the study shows adolescents have poor knowledge (60%) regarding sex education. Significant association found with Gender, Class/Standard, and information received at 0.05 level. The study signifies the importance of sex education for adolescent group. It also highlights the areas that an adolescent requires adequate knowledge to avoid indulging in inappropriate behavior.

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INTRODUCTION

The period of adolescents are one of the transitional period with healthy life which includes sexual life also but more or less the parents do not provide any information related to sexual health to the adolescents.[1] Appropriate knowledge according to age should be provided among adolescents, and it is very essential to aware them about the changes that they may experience during puberty which may include sexuality, the modes of transmission of reproductive tract related infection and how to prevent the infections like HIV/ AIDS. The information should also cover how to have a healthy and safe sexual life and understand about its importance for the health and welfare of every individual.

The term adolescence has its origin from the Latin word meaning "to grow to maturity" [2] Adolescents shows rapid growth & development during this period. The studies related to adolescent knowledge shows limitation of information about sexuality, reproductive health, and the natural phenomena of puberty, early pregnancy or reproduction. [3]The education related to Sexual health encompasses "The sexuality education" covering all the aspects of sexual health. The sex education is a process of acquiring information related to the subject and change the attitudes and beliefs related to sexual identity, relationship and intimacy. This may also allow the young people to develop skills to make informed choices about their behavior and reflect upon confidence and competency about acting on these choices. It is a well-known fact accepted widely - the young people have a right to sex education.

Sex education cannot be left alone and should be an integral part of the regular learning process which starts in childhood and continuing into adult life with regular reinforcement in periodic interval. The lesson related to sex education is a lifelong process not to be accomplished in a day. The awareness related to sex education should be spread across all including children, young people, adults and people with physical learning or emotional difficulties. The aim is to encourage exploration of moral values and taking consideration of human sexuality with impact on relationships with a view to develop communication and decision making skills. The purpose of sex education is to foster self-esteem, self-awareness and a sense of moral responsibility with the skills to avoid and resist sexual experiences. [4]

The occurrence of pregnancy during adolescents can adversely affect the health and wellbeing, as the

reproductive growth potentials are yet to be attained. The impact of adolescent pregnancies is directly on social development and the national economy of our nation. The report by health ministry reflect economic losses due to teenage pregnancies at 12% of the gross domestic product (GDP). [5]

Many a times the adolescents seek information about sexual health from their peer group which may not be a reliable source. The Adolescents has a right to seek the related facts and correct information about sexual and reproductive health. The role of Parents will be as a primary educator and a key person in decreasing adolescents' sexual-risk. The parent-adolescent communication about sexual health is a way in achieving the desired outcome related to sexual behavior but, they may deficient of required skills [6]. There is a great need for empowering parents with the necessary skills, so that they can talk to their children about sexual and reproductive health issues without any difficulties & concerns.

The lack of clear protocol and policies regarding sexual health related education in terms of content, suitable method & approaches, rules and regulation etc., makes the educational services undeliverable in different socioeconomic and cultural environments. [6].

So, the researcher undertaken the study to assess the knowledge regarding sex education among adolescents in school of Delhi and NCR”.

OBJECTIVES

- 1 To assess the knowledge regarding sex education among adolescents in school of Delhi - NCR
- 2 To find out the association between selected demographic variable and knowledge regarding sex education among adolescents in school of Delhi - NCR.

MATERIAL AND METHODS

The methodology for this study included quantitative approach with descriptive research design. The setting for this study was selected schools of Delhi - NCR. The setting selection was based upon the Geographical proximity, Feasibility of conducting study, Availability of sample. The variables in this study are knowledge among adolescents regarding sex education, age (in years), gender, religion, class/standard, type of family, order of birth, own cell phone, use of smartphone for, purpose of smartphone use, number of hours for online classes, number of hours for social media, number hours for other purpose, sex education needed, information related to sex education. Target population of the present study includes 780 adolescences from 9th class to 12th class in selected schools. The sample of the present study includes 250 adolescent students who were available and interested to take part in research and fulfill the inclusion criteria. The samples were selected using Non- probability convenient sampling technique. The developed tool for data collection was a self-administered structured questionnaire divided into two parts. Part I with 14 items to collect the socio demographic variables and part II with 26 items to assess knowledge level regarding sex education. The demographic variables were categorized under 2, 3 or 4 segments for the ease of analysis. The knowledge questionnaire having a minimum score of 1 & maximum score of 4 for each item. Based upon the total score of knowledge questionnaire 3 levels of scores- Good knowledge (26 – 52), Average knowledge (53 – 79), Poor knowledge (80 – 104) were taken up for the purpose of analysis. The reliability of the tool was established using Pearson correlation formula with 0.93 reliability and validity obtained from experts in the field. Pre testing of tool as well as a pilot study conducted with 25 samples to understand the feasibility and applicability of research tool. The ethical clearance was obtained from institute as well as the consent was taken from the individual participants.

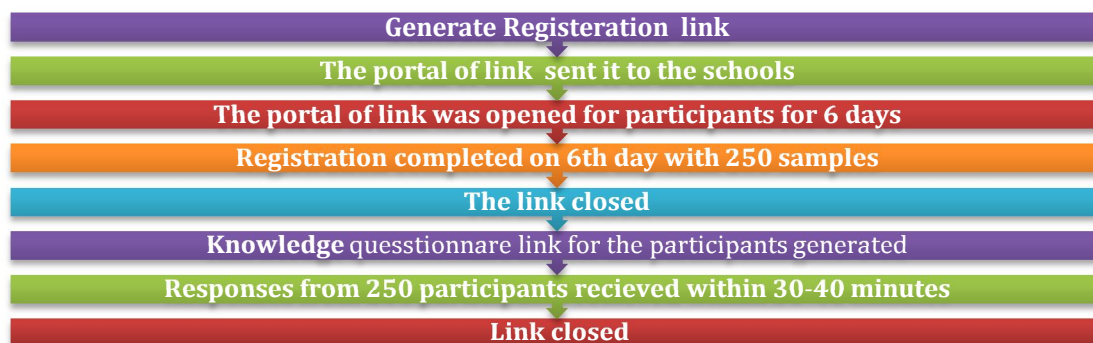


Figure 1: Flow of Data collection

RESULT

The result of the study was analyzed based upon the selected objectives:

1. To assess the knowledge regarding sex education among adolescents in school of Delhi - NCR

- To find an association between selected demographic variable and knowledge regarding sex education among adolescents in school of Delhi - NCR.

Table 1: Mean, median, mode and standard deviation of level of knowledge score of adolescents' participants.

MEAN	MODE	MEDIAN	SD
48.828	26	46	19.407

The average knowledge score of participants were found to be around 48.828 with mode of 26, median of 46 and with standard deviation of 19.407.

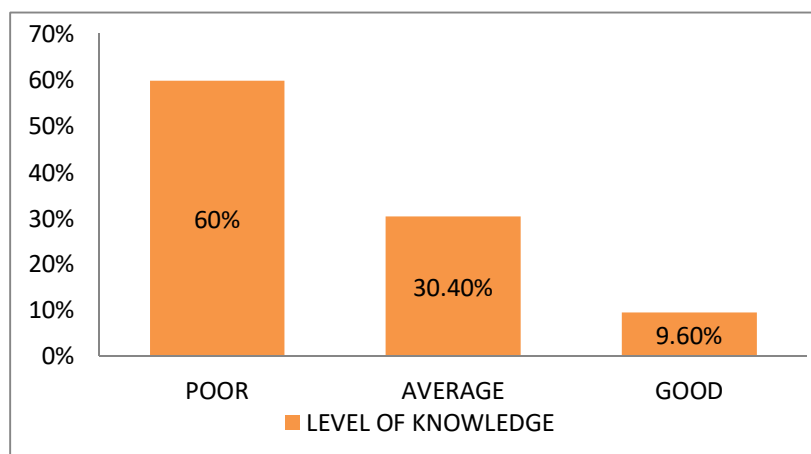


Figure 2 categorization of knowledge score of respondents

TABLE 2: Association between knowledge score and demographic variables

Demographic Variables		Knowledge level (f)			Chi square	Significant
		POOR	AVERAGE	GOOD	X ²	
Sex	Male	47	35	15	10.2268 p = 0.006016	Significant at p < 0.05
	Female	103	41	9		
	Muslim	31	11	1		
	Christian	25	11	1		
	Any other	1	1	1		
Class / Standard	9 th	17	7	7	23.1572 p = 0.000745	Significant at p < 0.05
	10 th	40	14	6		
	11 th	46	12	2		
	12 th	47	43	9		
Information received from	Parents	39	17	10	18.4997 p = 0.017777	Significant at p < 0.05
	Peer group	77	28	16		
	Teachers	83	41	13		
	Social media	54	38	17		
	Others	10	18	6		

The knowledge score of adolescent has significant association with selected demographic variables like sex/ gender, class/ standard and information received from at p = 0.05 level.

DISCUSSION

The present study was conducted at selected schools of Delhi-NCR. With a total 250 samples with objectives to assess the knowledge regarding sex education among adolescents and to find out the association between knowledge regarding sex education with selected demographic variables. The findings related to knowledge score of participants were 48.828 (Mean), 26 (Mode), 46 (Median) and 19.407 (SD). The overall knowledge score was highest in poor (60%) followed by average (30.4%) and lowest in good (9.6%) category. The knowledge score of adolescent has significant association with

selected demographic variables like sex/ gender, class/ standard and information received from at $p = 0.05$ level. The findings also suggested that there is a huge need of sex and sexuality related education for adolescents group. Several other studies also indicated the need of sex & sexuality education for adolescents. A study was conducted on Knowledge, Attitude and Perception of Sex Education among School Going Adolescents in Ambala District, Haryana, India by Randhir Kumar *et al* with 743 adolescents revealed that the majority 93.5% favors sex education and 86.3% agreed upon it can prevent the occurrence of AIDS and 83.0% agreed on relaying school/teacher as a preferred source of education. [16]. Jetnip Chulaporansota carried the study on the effectiveness of a school-based sexual health education program for junior high school students in KhonKaen, Thailand revealed that the intervention group ($n=33$) had significant difference in their knowledge and attitude, while the control group ($n=33$) had no significant knowledge regarding sexual health. [17] The present study as well as other related study suggested a need of sex & sexuality education for adolescents involving home, school & peer.

CONCLUSION

Adolescents are one of the vulnerable groups & experience a rapid transition in physical as well as in psychological aspects. Though the information related to this transition is readily available in different media platform, a reliable & resourceful person will be more helpful in shaping the behaviour of adolescents. The home plays a major role in shaping adolescents behaviour and freedom to talk about sexuality related aspects with parents boost the confidence among adolescents and prevent indulgence towards early sexual relation. A sexual health related package can be a good source for schools to implement through a regular curriculum. Several issues like teenage pregnancy, reproductive tract infection, STDs/ STIs, contraception & its proper use are relevant to be discussed with an adolescents and educational package can be one of the reliable tool in achieving the desired target.

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