



International Journal of Home Science

ISSN: 2395-7476
IJHS 2018; 4(2): 292-294
© 2018 IJHS
www.homesciencejournal.com
Received: 20-03-2018
Accepted: 21-04-2018

Pratibha Singh
Professor and Head, Department
of Home Science Extension,
College of Home Science
GB Pant University of
Agriculture and Technology,
Pantnagar, Uttarakhand, India

Shalu
Project Fellow Department of
Home Science Extension, College
of Home Science GB Pant
University of Agriculture and
Technology, Pantnagar,
Uttarakhand, India

Shalu
Project Fellow Department of
Home Science Extension, College
of Home Science GB Pant
University of Agriculture and
Technology, Pantnagar,
Uttarakhand, India

Rita Singh Raghuvanshi
Dean, College of Home Science
GB. Pant University of
Agriculture and Technology,
Pantnagar, Uttarakhand, India

Correspondence
Pratibha Singh
Professor and Head, Department
of Home Science Extension,
College of Home Science
GB Pant University of
Agriculture and Technology,
Pantnagar, Uttarakhand, India

Exposure towards sex education among adolescent girls in district Udham Singh Nagar of Uttarakhand

Pratibha Singh, Shalu, Shikha and Rita Singh Raghuvanshi

Abstract

The present study was carried out in G.G.I.C. Pantnagar School of district Udham Singh Nagar, Uttarakhand. In the school four classes were selected that is 9th, 10th, 11th and 12th where total number of girls in all four classes were 598 out of which only 574 girls were available for interview. A comprehensive and exhaustive questionnaire was formulated specifically keeping in mind the objectives of the study. The existing knowledge of adolescents regarding sex education was assessed with the help of a questionnaire which comprised of 25 multiple choice question and in which student had to choose one correct answer. The purpose was to examine how adolescent's girls responds while questions on sex related subjects were asked. Structured questionnaire were used to investigate the knowledge and opinions of adolescents at the age of 14-18 years about HIV infection and HIV-infected persons. Students of class 11 and 12 showed a good level of knowledge about HIV infection and contraceptives. Among 9th and 10th students the knowledge was poor and students felt hesitated while responding about HIV infection and contraceptives.

Keywords: HIV, adolescents, knowledge and attitude

1. Introduction

Adolescence is a highly dynamic period characterized by rapid growth and development. Adolescents have limited knowledge about sexual and reproduction health, and know little about the natural processes of puberty, sexual health, pregnancy or reproduction. Sex education should be an integral part of the learning process beginning in the childhood and continuing into adult life, because it is lifelong process. Sex education is defined as a broad program that aims to build a strong foundation for lifelong sexual health by acquiring information and attitudes, beliefs and values about one's identity, relationships, and intimacy. Sexual health is considered to be a state of physical, emotional, mental, and social well-being in relation to sexuality and not merely the absence of disease or infirmity as defined by the (WHO, 2006) [1]. Psychological and sociocultural influences in the delivery of this education can increase the likelihood of effectiveness. Primarily, during adolescence (10-19 years) its provision is a crucial preventative tool, as it is the opportune best time when young people experience developmental changes in their physiology and behavior as they enter into adulthood. (WHO, 2011) [2]. The complex emotional state in which youth find themselves in, stigma surrounding matters of a sexual nature in the Indian society and widespread gender inequality faced makes it increasingly challenging for adolescents to attain the knowledge they need. More importantly, adolescents in the age group of 15-24 years contribute to a disproportional 31% of AIDS burden in India, despite the whole demographic comprising about 25% of the country's population. In India, 19% of girls and 35% of boys have comprehensive knowledge of both HIV and AIDS.

Sex education plays important roles in human life and it is also a fundamental right. It can help to increase self-esteem, develop effective communication skills and encourage awareness about health and disease related knowledge. The mixture of myths/stigma secrecy, lack of knowledge, social disparity and negative media messages confuses young people and encourages poor self-esteem resulting in uninformed choices being made and it may lead to incorrect knowledge about sex, unprotected sex, unplanned pregnancy; STD'S (sexual transmitted diseases) including HIV/AIDS (Grunseit, Kippex 1993) [3].

Because of lack of clear protocol for sex education, like content, way of approaches, rules and regulation etc., for educational services and how these services should be fulfilled in different socioeconomic and cultural environments is not clear (Friedman HL, Edstrum KG 1983) [4]. So, this study was done to identify the knowledge, attitude and perception of sex education among school going adolescents.

Materials and Methods

A school based cross-sectional study was conducted among school going adolescents in a G.G.I.C School Pantnagar of district Udham Singh Nagar, Uttarakhand Adolescent in the age group 14-18 years studying in class 9th to 12th were selected and thus the sample size for the study came out 574. One section of each class from selected school was included in the study, which was taken at random. A self-designed, semi-structured, self-report pretested questionnaire was used to screen students regarding basic information like age, type of family and type of house. Questionnaire was also used to screen knowledge and attitude towards sex education. Most of the questions were structured with 3-5 options. Students were to answer one option unless specified otherwise. Open-ended question were given wherever description of answers was required. The questions were framed in English. The study was conducted after obtaining written permission from the principal of the selected school. Completed questionnaires were compiled and entered into Microsoft Excel and analyzed.

Results and Discussion

The present study was a cross-sectional study conducted among school going adolescents in a G.G.I.C School Pantnagar of district Udham Singh Nagar, Uttarakhand. A total of 574 schools going adolescents from 9 to 12 were selected government school. A total of 574 students of 14-18 years age-group were selected for this study.

Table 1: Basic Information

Variables	No. of girls (N=574)	Per cent (%)
Age group		
14	118	20.55
15	58	10.10
16	153	26.65
17	196	34.14
18	49	8.53
Type of family		
Nucleur	466	81.18
Joint	108	18.81
Type of house		
Pakka	559	97.38
Kuccha	15	2.61
Toilet facility		
Yes	571	99.47
No	4	0.69
Water facility		
Handpump	400	69.68
Taps	108	18.81
Motor	66	11.49
Sources for knowledge		
Newspaper	35	6.09
Internet	285	49.65
Television	415	72.29
All	84	14.63

Table 1 Reveals about the general information of students covered in government school of Pantnagar. A total of 574

student were covered out of which 20.55% girls were of 14 years whereas 10.10% were of 15 years. Through this it was observed that this age group had low knowledge about HIV/AIDS and feels hesitated during interview period while 34.14% girls were 17 years old and they believe that sex education should be included in text of school books while 81.18% girls belonged to nuclear family whereas 18.18% belonged to joint family.

Table 2: Information about Hiv/Aids and Sex Education

Variables	No. of girls (N=574)	Per cent (%)
Knowledge of aids		
Yes	398	69.33
No	176	30.66
Who told you about aids		
Teacher	552	96.16
Internet	10	1.74
Parents	12	2.09
Harms of aids		
Yes	398	69.33
No	176	30.66
Aids is communicable		
Yes	398	69.33
No	176	30.66
Precautions of aids		
Yes	398	69.33
No	176	30.66
If worried about hiv whom you prefer		
Parents	434	75.60
Friends	30	5.22
Internet	60	10.45
Doctor	50	8.71
Should sex education included in text		
Yes	552	96.16
No	22	3.83
How comfortable do feel talking about sex education		
Very comfortable	434	75.60
Not comfortable	140	24.39
Ever attended seminar related sex education		
Yes	434	75.60
No	140	24.39
Ever seen sex education videos		
Yes	60	10.45
No	514	89.54

It is evident from Table 2 that most of the girl's i.e. 75.60% had attended seminar related to sex education while 24.39% didn't attend any seminar. This shows that those who had attended the seminar are more comfortable and have more knowledge regarding HIV/AIDS. Regarding the need of sex education among adolescents, it shows that majority of adolescents (96.16%) favor the sex education. A similar study was conducted by Jaideep K *et al.*, (2011) [5] in Chandigarh found that 95% of students were in favors of mainstreaming of sex education. Another study done by Benzaken T *et al.*, (2012) [6] shows 90% favors sex education.

To find out the reason of sex education, 96.16 % participants said that sex education can prevent the occurrence of AIDS, 97.56% know the precautions from aids, 75.60% feels that knowledge of sex makes future life easy, 69.33% says that through sex education we came to know about harms of aids whereas 3.83% didn't give any reason for sex education and were of the opinion that sex education is not needed in school. A study done by Mueller TE *et al.*, (2008) [7] reported that majority of adolescents said sex education reduce the risks of potentially negative outcome from sexual behavior such as unwanted and unplanned pregnancies and infection with

STDs including HIV. To know the preference for getting sex education, present study found that majority (96.16%) of adolescents prefers teachers for imparting sex education to the students followed by (2.09%) by parents and least preference was given to internet (1.74%). A similar study was conducted by Jaideep K *et al.* (2011) ^[5] in Chandigarh found that 76.74% students choose the teacher as the best source to provide sex education.

Conclusion

In this present study knowledge and perception of sex education was good, majority believe that sex education should be implemented in school curriculum and majority of them gave good reason for sex education implementation in school. The most common preference for getting sex education was from doctor and teacher/school followed by friend respectively. Sex education and sexuality is unaccepted in many communities and also among some parents, adolescents feel shy and scared to talk about sex education, some adolescents hesitate to reply about sex education especially 9 and 10 class girls.

References

1. WHO. WHO. Defining sexual health, 2006.
2. WHO. The sexual and reproductive health of younger adolescent's research issues in developing countries: Background paper for a consultation, 2011.
3. Grunseit, Kippex. Effects of sex education on young people's sexual behavior, 1993, 18-20.
4. Friedman HL, Edstrum KG. Adolescent reproductive health. An approach to planning health service research, Introduction. WHO Offset Publication. 1983; 77:1-53.
5. Jaideep K. Need Assessment for Sex Education amongst the University Students –A Pilot Study. GJMEDPH. 2011; 1(2):23-29.
6. Benzaken T, Palep AH, Gill PS. Exposure to and opinions towards sex education among adolescent students in Mumbai: A cross-sectional survey. BMC Public Health. 2011; 11:805.
7. Mueller TE, Gavin LE, Kulkarni A. The association between sex education and youth's engagement in sexual intercourse, age at first intercourse, and birth control use at first sex. J Adolescents Health. 2008; 42:89-96.