

**EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON
KNOWLEDGE REGARDING GOOD TOUCH AND BAD TOUCH AMONG
SCHOOL CHILDRENS IN SELECTED SCHOOLS**

**Mrs. SWAPNA M K, Assistant Professor ,
Amity College of Nursing, Amity University, Gurgaon, Haryana**

ABSTRACT

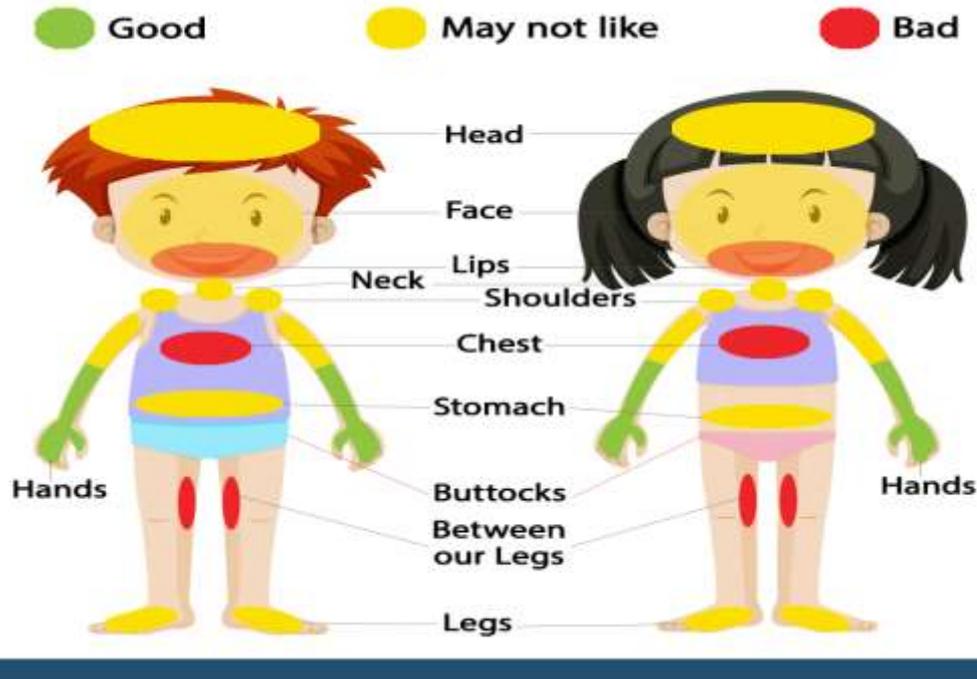
Sexual abuse is defined as inappropriate adolescent or adult sexual behavior with a child. It includes fondling a child's genitals, making the child fondle and adult's genitals, intercourse, incest, rape, sodomy, exhibitionism, sexual exploitation, or exposure to pornography. Sexual abuse may be committed by a person under age 18 when that person is either significantly older than the victim or is in a position of power or control over the child. Sexual abuse may take place within the family, by a parent's boyfriend or girlfriend, or at the hands of adult caretakers outside the family, for example, a family friend or babysitter. Adults who sexually abuse children most often know and have a relationship with the child. This is common and when these manifest, we need to re-direct the child's attention, clearly informing the child about concepts like 'good touch' and 'bad touch'. Children must know that no one is ever allowed to touch their private parts, and that it is important to keep these areas covered and safe in public spaces (which includes school too). It is also important to teach children about respect for 'body space'. The Present study aims to assess the effectiveness of STP on knowledge regarding good touch and bad touch. One group pretest and post test design was adopted with purposive sampling and the structured teaching Programme on Good touch and Bad touch was imparted. After education, the Post test knowledge was assessed. The result shows that mean Post test knowledge score was higher than mean Pre test score.

Key words: Knowledge, Good touch, Bad touch, School Childrens and Schools

INTRODUCTION

Today, child molestation and physical abuse are so very rampant. Every other day we get to hear stories about a child being molested or touched inappropriately. What's more, children who fall prey to this are normally below six years of age. They are too young and innocent to know the difference between right and wrong because the abuser is generally someone known to them and the family. Every single day, the media reports such cases where young children, both boys and girls, are sexually abused by an adult around them. The problem is, that they do not even know what is happening. It is still a sensitive topic for parents to talk to their children, so most of them do not want to go there. The same goes for schools as well. At times, we hesitate to take up and speak on sensitive topics. But, the fact remains that it is very important for the betterment of our young children that they know about all this and can deal with it if they ever come across a situation like this. The goal of this study is to inform children about the dangers and understand the difference, without causing any anxiety.

Sexual abuse of adolescents is a very real problem in India and the situation aided by the absence of legislation and the silence that surrounds the offence. Sexual abuse referred to as molestation, is the forcing of undesired sexual behavior by one person upon another. There are many types of sexual abuse that include rape, sexual assault, sexual kissing, fondling, exposing a child to pornography, unwanted touching, molestation, and sexual harassment. In India, every second child has experienced sexual abuse before the age of 18, most often by family members or people known to them. Statistics show that in India, every 155 minutes, a child under 16 years of age is raped. Parents of sexually abused children are scared to tell anyone due to fear of being shamed in society. It is not true that only strangers commit this crime. It can also be committed by members of the family, relatives and even neighbours. According to a survey, 90% of people sexually exploiting children are known to the children or are people whom the children trust. There have been many instances where the father himself, cousin brothers, uncle or neighbours have sexually exploited children. This shows that children need protection even while at home. They are afraid to mention this to anyone when it happens, probably out of fear of not knowing what has occurred. Keeping this in view, the present study aims to teach school children about good touch and bad touch.



In India as per the National Crime Records Bureau, 3,350 cases of child sexual harassment were reported during the year 2015. The figure is so glaringly worrisome, it necessitates the need for spreading awareness among children about good and bad touch. Every single day, the media reports such cases where young children, both boys and girls, are sexually abused by an adult around them. Explain about the Good touch as it feels, pleasant and good, it is a way to show care, love and help. Explain with the help of examples like when mommy hugs you or papa gives you a goodnight kiss or your grandparents hold you in their arms and you hold your friend's hands while playing and Bad touches like touches that make you uncomfortable and you feel unpleasant and you want to stop it there and then. Again, use some examples to explain them like, it is a bad touch if you feel hurt, if you do not want to be touched, if someone touches your private parts without a reason, if someone touches you and tells you not to tell anyone, all these are examples of a bad touch. Also inform your child that if someone touches you in a way that you do not like, say NO. It's your body and no one can touch in a way that you do not like or that makes you uncomfortable. Get away from that place as fast as you can. Try to not to be alone with that person in the future. Immediately call for help, go to a trustworthy person like your parents or your teacher and tell them everything that happened. You can scream for help if you do not have your elders nearby. Tell them not to be scared of that person and not to feel

bad about themselves. They have not done anything wrong. It's the other person who is guilty, not them. It is vital to communicate the child about the Good touch and Bad touch.

OBJECTIVES

1. To assess the level of Pre test knowledgescore regarding good touch and bad touch among school children
2. To impart structured teaching Programme on Knowledge regarding good touch and bad touch.
3. To assess the level of Posttest knowledge score regarding good touch and bad touch among school children

METHODOLOGY

One group pretestpost test design was adapted, 30 samples were selected through Purposive sampling technique. The planned structured Programmewas administered on good touch and bad touch. The tool was developed by the researcher with the guidance of experts. The questionnaire contained two sections,

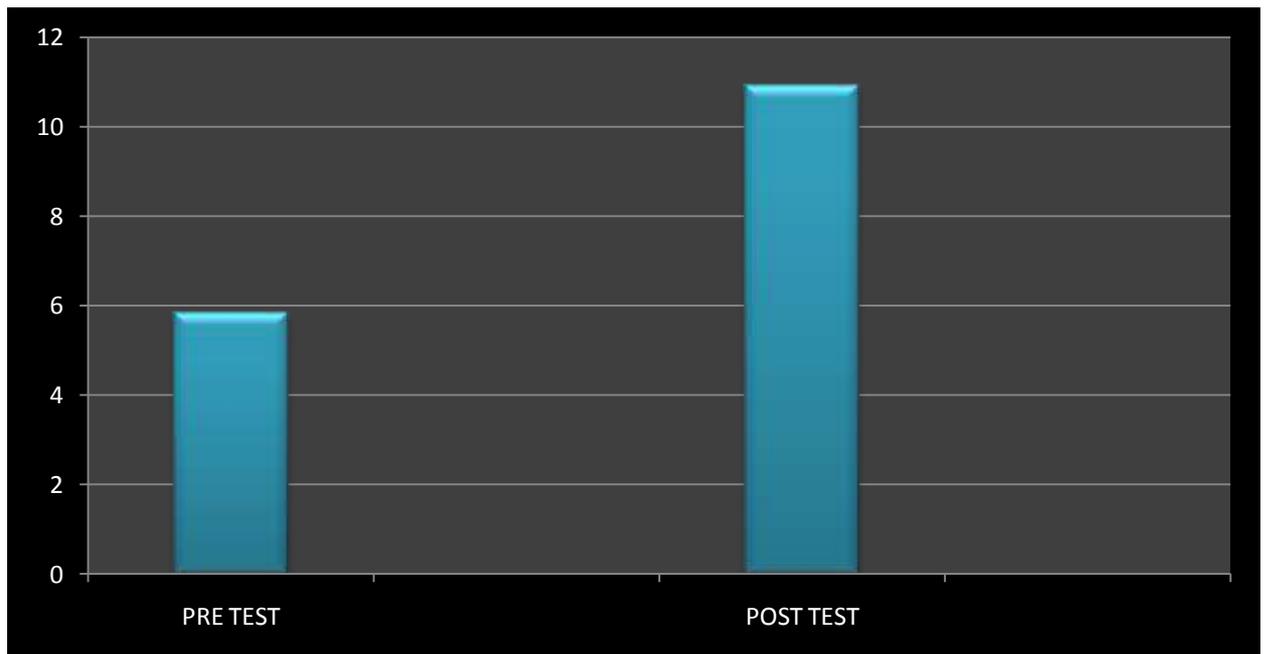
I. Demographic Variables

II. STP on good touch and bad touch

The pilot study was conducted before the main study and it elicited the study was feasible. The tool was found to be highly reliable and valid. During the data collection, the researcher introduced herself to each subject and they were informed about the purpose of the study and interviewed them with the structured questionnaire.

RESULTS**Table.No.1. Comparison of pretest knowledge score and Post test Knowledge score of School Children regarding the Knowledge on Good touch and Bad touch**

	Mean	M D	S D	't' Value
Pre test	5.8	5.1	1.46	18.1
Post Test	10.9		1.38	

Figure .No.1. Comparison of pretest knowledge score and Post test Knowledge score of School Children regarding the Knowledge on Good touch and Bad touch

DISCUSSION

The Present study revealed that mean post test knowledge score was higher than the mean pretest score of respondents in Knowledge on good touch and Bad touch. The mean pre test score of knowledge score was 5.8 and mean post test knowledge score was increased to 10.9. A supportive study also shows Mr.YaiphabeeAbujand conducted a study on Oct 2017, also shows there is a significant difference in knowledge after administering Structured teaching Programme.

CONCLUSION

Millions of children and adolescents across the globe are subjected to sexual abuse, including sexual assault or rape. A 2011 study estimates that 18% of girls, and 8% of boys worldwide have experienced sexual abuse. This abuse is a major public health problem and a grave violation of human rights. Health care providers have an important role in identifying abuse and providing child or adolescent-centred care to disclosure of abuse.

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