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A COMPARATIVE STUDY ON THE ATTITUDE TOWARDS SEX EDUCATION OF BA FIRST YEAR STUDENTS OF GOVERNMENT AND NON-GOVERNMENT COLLEGES OF GUWAHATI CITY

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ABSTRACTS

Sex Education is the activity of offering knowledge about sex & sexuality. Providing Sex Education to adolescents is as important as teaching the other topic. It helps to navigate the relationship in teenagers. Because of inconsistent laws & policies too many youngsters are not getting precise sex education. However, Sex Education helps teenagers to know their bodies biologically. It helps to increase abstinence until they get older. Abstinence means not having sex for a long time until the marriage. It also includes complete knowledge about the use of contraception while having sex. It promotes which contraception is best to use for teenagers. The education



motivates teens to take good & desired decisions about their sexual partners & also helps to understand all about consent. This is a comparative study of Attitude towards Sex Education of BA First Year students of Government and Non Government colleges of Guwahati City. The purpose of this study is to compare the mean scores of the Attitude towards Sex Education of students of BA First year of Government colleges and non-Government colleges of Guwahati City. For the investigation of this study, a standardised tool "Attitude Scale towards Sex Education" by Mishra and Sahoo (1997) was used. Mann Whitney U test was used with the help of Statistical Package of Social Sciences (SPSS). Total participants used in the study are 40 BA first year students, including 20 participants each from Government College Non-Government College. This study adopted Survey Method of research with Convenient Sampling Method. Our results showed that the students studying in Government College had a high and more positive attitude towards Sex Education, while the students of non-Government college had a lower attitude compared to the former. It can be concluded that BA First Year Students require information and skills to assist them to learn about sexuality, to explore their attitudes and values, and to practice the decision making and other life skills they need to make informed choices about their sexual lives and protect their health.

KEY WORDS : Attitude, Sex Education, Students, College.

INTRODUCTION

Briefing

Sex Education gives young people the knowledge and skills they need for a lifetime of good sexual health. They learn how to have healthy relationships, make informed decisions about sex, think

critically about the world, be a good ally to those who are marginalised, and love themselves for who they are. Sex Education is a comprehensive set of knowledge and process of learning the emotional, physical and social aspects of sexuality. Sex Education should include information about puberty, menstruation, contraceptives, condoms, sexual violence prevention, sexual orientation, gender identity and body image.

The importance of Sex Education:

- ❖ It is important for a person to realise the health, well being and dignity of not only themselves but also of others. It simply means honouring and having empathy with the range of experiences and identities that exist in the world that every human goes through.
- ❖ Developing respectful social and sexual relationships will enhance life quality. Some people choose to be in a relationship, some people don't. Some people will have feelings of attraction not restricted to one gender. But that's okay. All individual's likes and dislikes vary. Relationships can be dramatic but all of these need to be acknowledged as human experiences, even, when they are different from one's own. The past few decades have seen a drastic changes towards the equality and the rights of LGBTQ+ individuals yet they face discrimination and harassment at some of their life because of sexual orientation and gender identity.
- ❖ Good Sex Education teaches the young generation what constitutes sexual violence. Sometimes kids are unaware of the sexual exploitation they are experiencing, they hesitate to tell their parents about it because they are not aware of it. Sexual violence is wrong and kids have the right to know about their body and ask for help if they have been assaulted.
- ❖ Good Sex Education instills an understanding of how the choices affect their well-being and that of others. Having mutual respect results in reliable relationships, how we interact with other people possess a powerful and long-lasting impact on the people involved.

Rationale of the Study

Sex Education is an essential part of a child's education and upbringing. Sex Education is a programme that educates and informs young individuals (adolescents, teenagers and young adults) about sex, sexual health and wellness, sexuality, and sexual rights in an age-appropriate manner. It increases their awareness of their own body and that of other genders. It also helps young people avoid unintended pregnancies and sexually transmitted infections (STIs).

Prevention of pregnancy and faith sex should really be current and relevant topics. Therefore, both teachers and parents need to give their children or students the right concepts of sex before being misled by indecent magazines and irresponsible media.

In Guwahati City, the topic of sex education among adolescents and young adults has been fairly untouched in terms of teaching it in institutions. So this study is an important part to understand how the youth of Guwahati views sex education.

Statement of the problem:

The present study is to study the attitude towards Sex Education of BA First year's students of Government and Non-Government College.

Objective

To compare the mean scores of the Attitude towards Sex Education of BA First Year students of Government and Non-Government Colleges.

Hypothesis:

There is no significant difference between mean scores of the Attitude towards Sex Education of Students of BA First Year of Government and Non-Government Colleges.

Delimitations

1. The participants include only BA First Year students.
2. The present study includes Government and Non-Government College students.
3. The participants should reside in and around Guwahati City.
4. The age of the participants should be around 18 to 21 years.
5. The present study includes Government and Non-Government College situated in and around Guwahati City.

REVIEW OF RELATED LITERATURE

Praveen Kumar, Archana Mittal (2015) conducted a study on 300 students to find out attitude towards sex education in regards to their home environment. The finding indicates that the college going students have high attitude towards sex education. Urban female students have shown very high positive attitude towards sex education. Area has affected the attitude of college going students towards sex education as the urban students have been found to have more favourable attitude towards sex education. Sex had not affected the attitude of rural students towards sex education. Home environment and its dimensions have affected the attitude of students towards sex education. The study recommended provisions to formulate effective policies in favour of sex education in schools. It provides complete and healthy information for necessary life skills to deal with the problems of future life.

Donna Lalnunfeli (2015) conducted a study on 400 students, 400 teachers and 400 community members to find out the attitude towards sex education; and overall result of the study showed that the community members and male students held a negative attitude whereas the teachers and the female students held a positive attitude towards sex education at Secondary School level in Mizoram.

Goel (2014) conducted a study "Attitude of female school teachers towards teaching of sex education". The research is concerned with female teachers' attitude towards the teaching of sex education in senior secondary schools. Using a random sampling technique, 200 female teachers from different government schools of Bathinda and Muktsar districts of Punjab were taken as samples for the study. The findings of the study revealed that there exists significant difference in the attitude towards teaching of sex education between married and unmarried female teachers'. Urban female teachers showed significantly more favourable attitude towards sex education than the rural female teachers. The attitude of female teachers who are in the age group of 36-46 differ significantly from the age group of 25-35 towards sex education.

RESEARCH METHODOLOGY

Population

In the present study the population taken was BA First Year participants from Government and Non-Government Colleges of Guwahati City.

Sample

The sample of the current study consisted of 20 BA First Year students each from Government College and Non-Government College between the age of 18 to 21 years of Guwahati City.

Table 1 Showing Sample Distribution

COLLEGES	SAMPLE
GOVERNMENT COLLEGE	20
NON-GOVERNMENT COLLEGE	20
TOTAL	40

Age Group

The age group of the present study should be around 18 to 21 years.

Place of Conduction

The present study is conducted in and around Guwahati City, Assam.

Criterion for selecting the sample

1. The age of the participants should be around 18 to 21 years.
2. The participants should reside in and around Guwahati City.
3. The participants include only BA First Year students.

Criterion for selecting the educational institution

1. The present study includes Government and Non-Government College students.
2. The present study includes Government and Non-Government college situated in and around Guwahati City.

Variables Under Study

Variables under this study consists of Continuous Variable that is Attitude Scale Towards Sex Education and the Discontinuous Variable that is BA First Year participants of Government and Non-Government Colleges.

Table 2 Represents the name and type of the variables, number of Dimensions and name of levels

Sr. No	Name of the Variable	Types of Variable	No. of dimensions	Name of levels
1.	Attitude Scale Towards Sex Education	Continuous Variable	-	-
2.	College Students	Discontinuous Variable	2	BA First Year Government College BA First Year Non-Government College

Tools Description

The tools used in the present study is “Attitude Scale towards Sex Education” developed in 1997 by Mishra and Sahoo.

The purpose of the present scale is to investigate the views of people regarding the introduction of Sex Education in curriculum as sex is an important element in life, it is essential to know what kind of Attitude people hold towards it. The inventory contains 32 items.

Scoring:

The respondent was provided with five alternatives to give his response ranging from Strongly Agree to Strongly Disagree with the statements given to determine the attitude of the respondent towards sex education. There are 16 positive items and 16 negative items. The scoring for the positive item is done as 5, 4, 3, 2, 1, whereas, for the negative items this scoring is done as 1,2,3,4,5. If the respondent put (✓) mark for the positive item, for the first alternative the score is 5, for the second alternative the score is 4, for the third alternative the score is 3, for the fourth, it is 2 and for the fifth and last alternative, the score is one. If the respondent put (✓) mark for the negative item, for the first alternative the score is 1, for the second alternative the score is 2, for the third alternative the score is 3,

for the fourth, it is 4 and for the fifth and last alternative, the score is five. The summated score of all the thirty two items provides the total score of an individual. A high score on this inventory indicates a higher and positive attitude towards Sex Education, while a low score shows a low and negative attitude towards Sex Education. Responses are obtained on the test booklet itself. There is no time limit but generally, 20 minutes have been found sufficient for responding to all items. Instructions for the time of administration of the inventory are also given on the test booklets.

Table 3 Tools administered in the study

Name of the tool	Author and Year	No. of items	Reliability	Validity
Attitude Scale Towards Sex Education (ASTSE)	Dr. Smt. Usha Mishra and Sahoo (1997)	32	0.86	0.83

Procedure of Data Collection

At first, the title of the present study was selected. Then the necessary materials were kept ready before going to the Government and Non-Government College. Government College and Non-Government College in Guwahati was selected. On reaching the selected colleges, consent was taken from the Principal of the College and the head of the departments in order to conduct the research. A particular time and date were selected and according to that stipulated time and date the research was conducted on Bachelor's degree First year students. A brief introduction on the purpose of the research and after getting a positive response from the participants the test was started. The researcher distributed the test material among the target participants of the age of 18 to 21 years. The participants were instructed to not leave any questions incomplete, though no time limit was given, they were asked to complete the questionnaire before the stipulated time. After completion of the Questionnaire the participants were thanked for their cordial cooperation.

RESULTS AND INTERPRETATION

Inferential Statistics Analysis

For testing the hypothesis, Mann-Whitney U Test should be used and the data can be analysed using Statistical Package for Social Sciences (SPSS). The outputs of SPSS are given in Table no 5.

Assumptions

The assumptions underlying the use of MANN WHITNEY U TEST are as follows-

1. One variable that consists of two categorical, independent groups
Example:
 - i) Gender (Two groups: boys, girls)
 - ii) Employment status (Two groups: Employed or unemployed)
 - iii) Transport type (Two groups: Bus or Car) and so forth.
 2. The scale of measurement should be ordinal.
 - a. One dependent or criterion variable is measured at the continuous or ordinal level.
Example: Continuous variables include revision time (measured in hours, intelligence measured using IQ score, etc)
- Examples of ordinal variables include Likert items
Example: 5-point scale from ("Always", "Usually", "Sometimes", "Usually not", "Never" amongst other ways of ranking categories.
Example: 5-point scale explaining how much a customer liked a product ranging from "Not very much" to "yes a lot".

Statistical technique used for Analysing Data

The data was analysed using MANN WHITNEY U TEST using SPSS and the outputs are given in Table no. 4 Mean Ranks and Test Statistics.

Table 4 Test Statistics

ATTITUDE SCALE TOWARDS SEX EDUCATION	
Mann Whitney u	151.500
Wilcoxon W	361.500
Z	-1.314
Asymp. Sig. (2-tailed)	.189
Exact Sig. [2*(1-tailed Sig)]	.192b

Table 5 College wise Mean Ranks, N and Mann Whitney U Test of Attitude Towards Sex Education

COLLEGES	MEAN RANK	N	MANN WHITNEY U- TEST
Government College	22.93	20	151.500*
Non-Government College	18.20	20	

*Significant at 0.05 level

The **objective** was to compare Mean Ranks of Attitude towards Sex Education of BA First Year students of Government and Non-Government College. There are two levels of colleges, namely Government and Non Government College.

The result should be interpreted as given below-

From the Table no. 6 it can be seen that Mann Whitney U Test is 151.500 which is significant at 0.05 level. This indicates that the Mean Rank of Attitude Towards Sex Education of Government and Non-Government College differ significantly. Thus, the null hypothesis that there is no significant differences of the Mean Ranks of BA First Year Students of Government and Non Government College is rejected. Further, the Mean Rank of Attitude Towards Sex Education of Government College is 22.93 which is significantly higher than that of Non Government College whose MeanRank of College students is 18.20. It may, therefore, be said that Governments College students have a higher and more positive Attitude towards Sex Education. Thus, the null hypothesis of the study is rejected as there is a significant difference between the Attitude of First Year Students of Government and Non-Government College.

This study was supported by another study undertaken by **Praveen Kumar, Archana Mittal (2015)** that college going students of Urban Areas have high Attitude towards Sex Education as compared to Rural Areas. The attitude of students also depends on the type of home environment they experience.

CONCLUSION

Sex Education is necessary and it is high time that adolescents should be given right information regarding Sex Education so that they do not commit heinous mistakes and crimes later due to ignorance. It can be concluded that adolescents require information and skills to assist them to learn about sexuality, to explore their attitudes and values, and to practice the decision making and other life skills they need to make informed choices about their sexual lives and protect their health. The teachers and parents both have to play an important role in giving information on which also helps them to get rid of sex related problems Sex Education. Thus, it is clear that imparting Sex Education to children and adolescents is of a great importance.

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