



“EFFECTIVENESS OF AN INTERVENTION PROGRAMME IN DEVELOPING SELF-AWARENESS AGAINST CHILD SEXUAL ABUSE AMONG HIGHER PRIMARY SCHOOL STUDENTS”

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ABSTRACT:

Child Sexual Abuse(CSA) is a universal problem which affects child socially and Psychologically. It is an attempt to develop certain skills among children to protect themselves from sexual abuses. The objectives of the study is, to find out the effectiveness of intervention programme in developing self-awareness against child sexual abuse among the higher primary school girls. To study the difference in the effectiveness of intervention programme in developing self-awareness against child sexual abuse among rural higher primary school girls. To study the difference in the effectiveness of intervention programme in developing self-awareness against child sexual abuse among urban higher primary school girls. Single group pre-test post test experimental design was used. An intervention package titled ‘Child Sexual Abuse Intervention Package’ was prepared by the researcher. It was found that the intervention package is effective in developing self-awareness among rural and urban higher primary school girls.

KEYWORDS – Child Sexual Abuse(CSA), Self-Awareness, Intervention Package.

INTRODUCTION

Child Sexual Abuse(CSA) is one of the common types of violence against children of different age group and is considered to be the global issue. Child sexual abuse occurs in all demographic groups of society. Child sexual abuse always has a long term effects on a child and it will make a negative impacts on physical, psychological, social and behavioural development of the victims and on their family. The World Health Organisation (WHO) defines CSA as “the involvement of a child in sexual activity that he or she does not fully comprehend and is unable to give informed consent to, or for which the child is not developmentally prepared, or else that violate the laws or social taboos of society.” It is found that the children experience sexual abuses in all space which is most familiar to them such as as school, homes and the community where they live in. Some common consequences for adult survivors of CSA include: mental health problems (e.g. depression, anxiety, substance abuse, posttraumatic stress), relational challenges (e.g., sexual health, intimacy, and increased risk for sexual assault and domestic violence), and spiritual concerns (e.g., shattered assumptions about life, people, and self, and changing belief systems following the trauma) (Chawla, 2004; Davidson, Shannon, Mulholland and Campbell, 2009; Deb and Sen, 2005). Most of the sexual abuse cases, the perpetrators are very well known to the children.



NEED AND IMPORTANCE OF THE STUDY:

Child sexual abuse is the most dangerous problem in the present days and needs solution in a prevalent manner. A meta-analysis conducted in the year 2009 analyzed 65 studies in 22 countries and

estimated an "overall international figure." (Wihbey J ,2011). The main findings of the study were:

- An estimated 7.9% of males and 19.7% of females universally faced sexual abuse before the age of 18 years
- Europe, America, and Asia had a prevalence rate of 9.2%, 10.1%, and 23.9%, respectively
- The lowest rate observed in males may be imprecise to some extent because of under reporting.

Perpetrators always exploit the vulnerability of the child and they use the child for their sexual gratification. Most of the children are unaware of their body parts that is they are unable identify the public parts and private parts of their body. In the present study researcher has considered sixth standard girl students and the rationale behind the selection is, the children of that age are in between the level of maturity and immaturity. They are unable to distinguish between good touch and bad touch, how to be with the strangers, whom to believe and how to protect themselves from sexual abuses. Therefore the child should know about their body parts and also develop awareness about sexual abuses. So, there is a need to develop a self-awareness among such students to protect themselves from such mishappenings. It can be achieved through school programmes because school is the only media through which a child acquire different types of skills which are needed to face the life problems.

STATEMENT OF THE PROBLEM:

"Effectiveness of Intervention Programme in Developing Self-Awareness Against Child Sexual Abuse among Higher Secondary School Students"

OBJECTIVES OF THE STUDY:

1. To study the effectiveness of intervention programme in developing self-awareness against child sexual abuse among the higher primary school girls.
2. To study the difference in the effectiveness of intervention programme in developing self-awareness against child sexual abuse among rural higher primary school girls.
3. To study the difference in the effectiveness of intervention programme in developing self-awareness against child sexual abuse among urban higher primary school girls.

HYPOTHESES OF THE STUDY:

1. There is no significant difference between the mean scores of pre test and post test in intervention programme in developing self-awareness against CSA among higher primary girl students.
2. There is no significant difference between the mean scores of post test in intervention programme in developing self-awareness against CSA among rural higher primary school girls.
3. There is no significant difference between the mean scores of post test in intervention programme in developing self-awareness against CSA among urban higher primary school girls.

VARIABLES OF THE STUDY:

In the present study researcher has identified the following variables;

Independent variable: Intervention programme

Dependent variable: Self-Awareness

DESIGN OF THE STUDY:

The study was experimental in nature. Single group pre test post test experimental design was followed in the present study. A single group pre-test, post test experimental design was found to be most appropriate after review of literature in experimental designs.

The main steps included in the experimentation areas are as follows;

- **Experimental group were pre-tested by using the tool “Child Sexual Abuse Empowerment Measurement Scale(CSAEMS)”**
- **Experimental group was made to undergo treatment by using the intervention package “Child Sexual Abuse Intervention Package(CSA Intervention Package).**
- **Experimental group was immediately post tested with the usage of a tool, “Child Sexual Abuse Empowerment Measurement Scale(CSAEMS)”**
- **The experimental group was given delayed post test after a gap of four weeks by using the tool “Child Sexual Abuse Empowerment Measurement Scale(CSAEMS)” to check whether they have sustained the improvements on dependent variables if any.**

SAMPLING:

In the present study purposive sampling technique was used for selecting sample of eighty students of grade six, Chikkamagaluru Taluk (Karnataka state). Forty from rural and forty from urban.

INSTRUMENTATION:

The Researcher has developed an intervention programme by name “CSA Intervention Programme” to empower children against sexual abuse. The intervention package consists of different topics are prepared on the basis of the ADDIE model of instruction. The intervention package was developed by considering the life skills needed for children to protect themselves and also to protest against sexual abuses. The researcher finalized the package as per the suggestions given by the research experts and child psychiatrists. A questionnaire is prepared by the researcher which is developed to measure the self-awareness of children against sexual abuse. The reliability of the questionnaire was checked and was found to be 0.82 which is considered to be highly reliable. The validity of the questionnaire was obtained by giving it to the research experts and child psychiatrists.

ANALYSIS AND INTERPRETATION:

Objective 1: To study the effectiveness of intervention programme in developing self-awareness against child sexual abuse among the higher primary school girls.

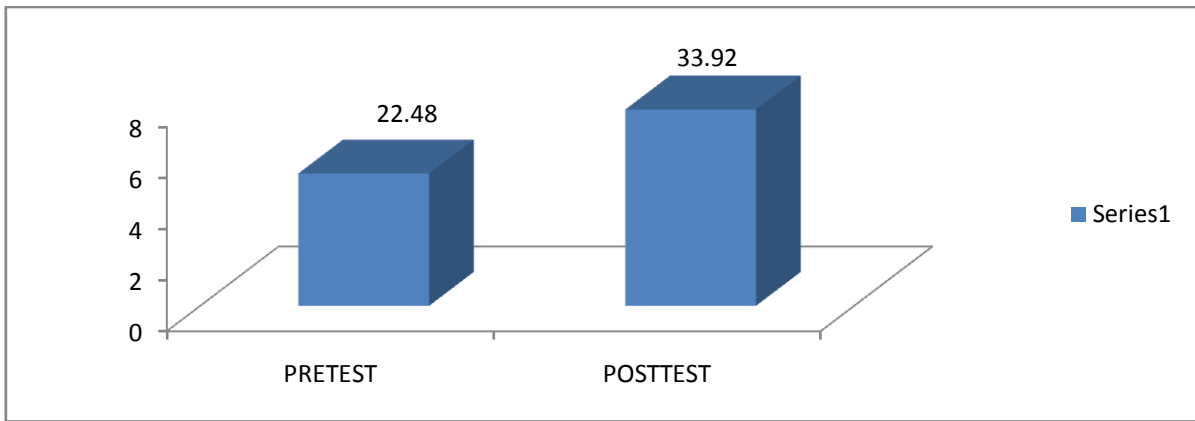
Hypothesis: There is no significant difference between the mean scores of pre test and post test in intervention programme in developing self-awareness against CSA among higher primary girl students.

Table 1: mean, N , SD and t-value of self-awareness of higher primary school girls against child sexual abuse between pre test and post test.

Self-Awareness	Mean	N	Std. Deviation	t value	Sig
PRETEST	22.48	80	4.47	24.30	Significant at 0.01 level
POSTTEST	33.92	80	1.64		

Above hypothesis was tested and the mean differences in the scores obtained by the pre and post test were identified. The results are tabulated in table1. The obtained t-value of 24.30 was found to be significant at 0.01 level of significance. This clearly shows that there is a significant difference between the mean pre test and post test scores, i.e., there is a significant difference in the self-awareness higher primary school girls against child sexual abuse. Hence, the null hypothesis framed was rejected and the alternate hypothesis that is “There is a significant difference in the self-awareness of higher primary school girls against child sexual abuse” has been accepted.

It means that the post test scores (M=33.92) were found to be higher than the pre test scores (M=22.48) of self-awareness of CSA among higher primary school girls. Hence, it can be interpreted that, the ‘CSA intervention package’ is found to be effective in developing self-awareness among higher primary school girls. This is graphically represented in the figure



Objective 2: To study the difference in the effectiveness of intervention programme in developing self-awareness against child sexual abuse among rural higher primary school girls.

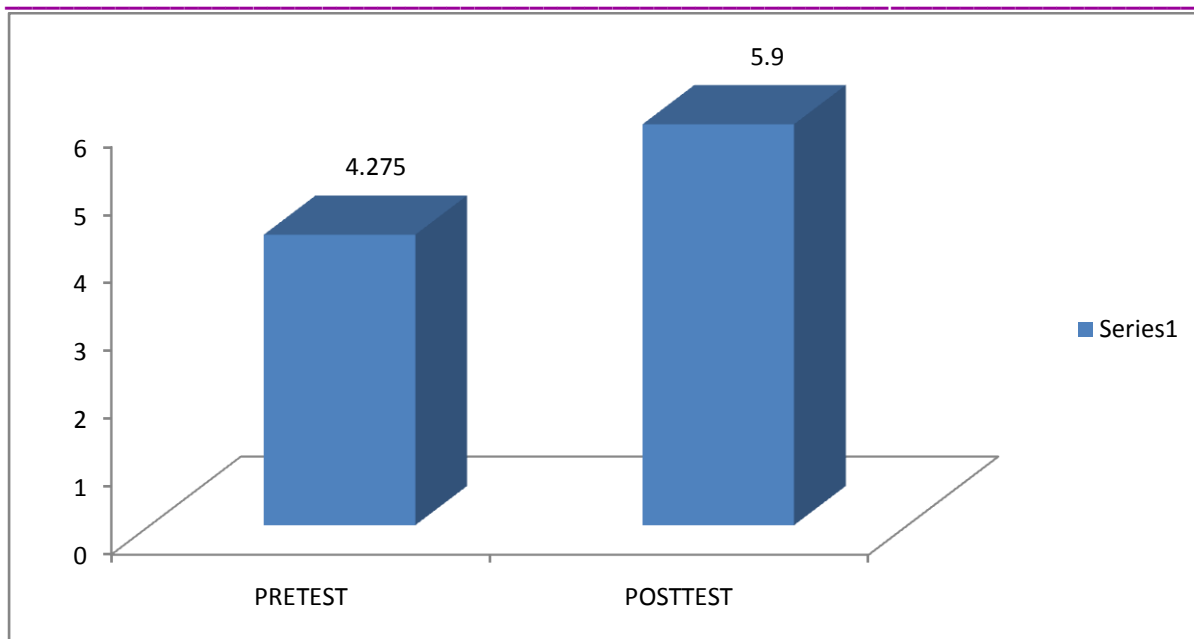
Hypothesis: There is no significant difference between the mean scores of post test in intervention programme in developing self-awareness against CSA among rural higher primary school girls.

Table 2: mean, N, SD and t-value of self-awareness of rural higher primary school girls against child sexual abuse between pre test and post test.

Self-Awareness(Rural)	Mean	N	Std. Deviation	t value	Sig
PRETEST	4.27	40	1.31	9.134	Significant at 0.01 level
POSTTEST	5.90	40	0.30		

Above hypothesis was tested and the mean differences in the scores obtained by the pre and post test were identified. The results are tabulated in table 2. The obtained t-value of 9.134 was found to be significant at 0.01 level of significance. This clearly shows that there is a significant difference between the mean pre test and post test scores i.e., there is a significant difference in the self-awareness of rural higher primary school girls against child sexual abuse. Hence, the null hypothesis framed was rejected and the alternate hypothesis that is “There is a significant difference in the self-awareness of rural higher primary school girls against child sexual abuse” has been accepted.

It means that the post test scores(M=5.90) was found to be higher than the pre test scores(M=4.27) of self-awareness of CSA among rural higher school girls. Hence, it can be interpreted that, the ‘CSA intervention package’ is found to be effective in developing self-awareness among rural higher primary school girls. This is graphically represented in the figure



Objective 3: To study the difference in the effectiveness of intervention programme in developing self-awareness against child sexual abuse among urban higher primary school girls.

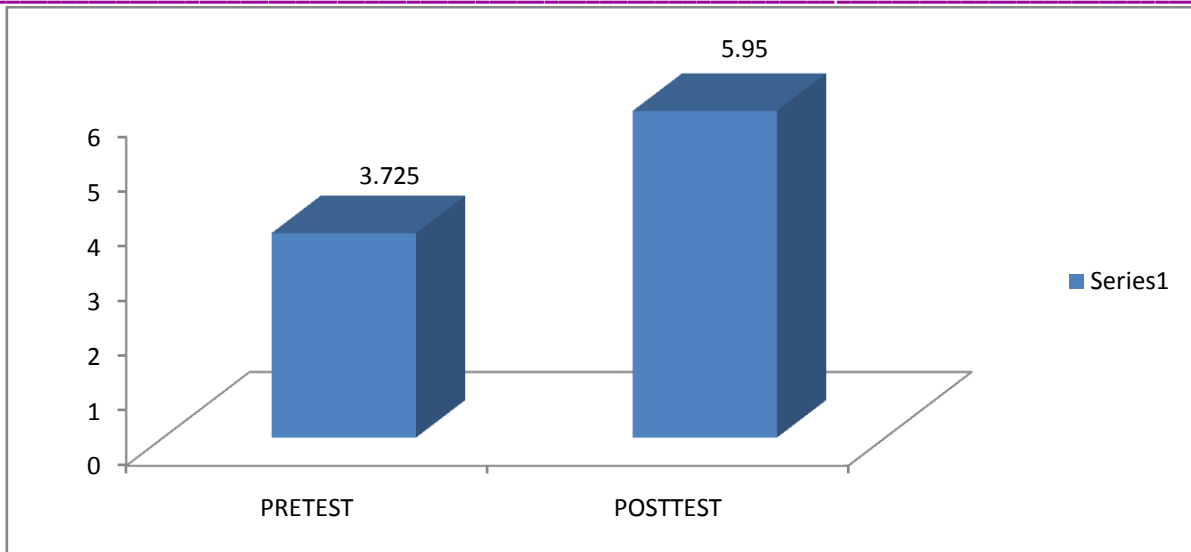
Hypothesis: There is no significant difference between the mean scores of post test in intervention programme in developing self-awareness against CSA among urban higher primary school girls.

Table 3: mean, N, SD and t-value of self-awareness of urban higher primary school girls against child sexual abuse between pre test and post test.

Self-Awareness(Urban)	Mean	N	Std. Deviation	t value	Sig
PRETEST	3.72	40	0.75	18.33	Significant at 0.01 level
POSTTEST	5.95	40	0.22		

Above hypothesis was tested and the mean differences in the scores obtained by the pre and post test were identified. The results are tabulated in table 3. The obtained t-value of 18.33 was found to be significant at 0.01 level of significance. This clearly shows that there is a significant difference between the mean pre test and post test scores i.e., there is a significant difference in the self-awareness of urban higher primary school girls against child sexual abuse. Hence, the null hypothesis framed was rejected and the alternate hypothesis that is “There is a significant difference in the self-awareness of urban higher primary school girls against child sexual abuse” has been accepted.

It means that the post test scores(M=5.95) was found to be higher than the pre test scores(M=3.72) of self-awareness of CSA among urban higher school girls. Hence, it can be interpreted that, the ‘CSA intervention package’ is found to be effective in developing self-awareness among urban higher primary school girls. This is graphically represented in the figure



MAJOR FINDINGS OF THE STUDY:

The study reveals the following findings:

1. Intervention programme is effective in developing self-awareness among higher primary school girls against child sexual abuse.
2. Intervention programme is effective in developing self-awareness among rural higher primary school girls against child sexual abuse.
3. Intervention programme is effective in developing self-awareness among urban higher primary school girls against child sexual abuse.

CONCLUSION:

Child sexual abuse has adverse consequences and is a serious problem which affect the child physically and emotionally. The pre-test results demonstrated that the children are unaware of different types of sexual abuses and also protection skills. Post-test findings demonstrated that the higher primary girls has developed self-awareness and also protective skills to protect themselves from sexual abuses..

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