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Knowledge and attitude regarding sex education among the students of pre university colleges

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Abstract

Background: Sexuality is an integral part of one's personality; it includes everything about maleness or femaleness. That is thinking and behavioral reaction to person. Sex education is about biology and the sexual act with need to be clarified. Sex education looks at the total persona or understanding of our bodies of our motions of intimacy in relationship, our evolution as sexual beings and our safety from sexual abuse and maintaining reproductive health.

Methodology: A quantitative approach with descriptive survey design was adopted for the study. The samples from the selected pre university colleges of Vijayapura district were recruited by using non probability convenient sampling technique. The samples of present study comprises of 60 pre university college students. The tools used for data collection was structured knowledge questionnaire and attitude scale.

Results: The participants knowledge mean was 17.78, median was 17, mode was 17 with standard deviation 4.13 and score range was 20 and the participants attitude mean was 79.4, median was 81.5, mode was 79 with standard deviation 11.17 and score range was 53. With regard to knowledge majority 52(86.7%) of participants were had moderate level of knowledge, 7(11.7%) of participants were had poor level of knowledge and remaining 1(1.7%) of participants were had good level of knowledge and with regard to attitude majority 47(78.3%) of participants were had positive attitude, 12(20%) of participants were had favorable attitude and remaining 1(1.7%) of participant were had non favorable attitude.

Conclusion: The findings revealed that Pre University students were had moderate level of knowledge and favorable attitude towards sex education. This suggests that, there is a need for the education for the adolescent students for the prevention of sexually transmitted disorders and improves their knowledge, attitude and practice related safe sexual life.

Keywords: Knowledge, attitude, sex education, pre-university students

Introduction

Sexuality is an integral part of one's personality; it includes everything about maleness or femaleness. That is thinking and behavioral reaction to person^[1].

Sex is still a taboo subject in our society, because it is equated with just a physical act or child birth. But sexuality includes the process of growing up, puberty, adolescence, marital, Post marital sexual relationship, conception, contraception, childbirth, menopause etc.^[1].

Early education on sex is a very sensitive subject that is still considered a taboo in Indian Society and this topic is not discussed so much so far. Even there is a growing recognition of the need to inculcate responsible reproductive behavior among the adolescents. Thus before formally introducing the topic of sex education, it is extremely important to know the perception, of people, parents, teacher and school children regarding sex education to avoid any adverse effects^[2].

Adolescents tend to discuss sexuality with friends and classmates. They gather information from friends, servants, neighbors throughout prints, electronic medias etc. Often this information is wrong and unscientific. This often leads to anxiety, negative attitude, phobia and misconception etc^[3].

Parents are uncomfortable in talking about sexuality with children "you don't have to tell them, they know it all" is what the new age parents think about their teens. Most parents in India are not aware of their role in imparting sex and sex education^[4].

Sex education is about biology and the sexual act with need to be clarified.

Sex education looks at the total persona or understanding of our bodies of our motions of intimacy in relationship, our evolution as sexual beings and our safety from sexual abuse and maintaining reproductive health [5].

“Sex education is important because sexual phobia affect the physical, emotional and academic growth of the child” argues Dr. Padmini Prasad noted gynecologist and sexologist. She spoke to Deccan Herald about the need for sex education in schools and colleges [6].

A study was conducted on values – based sexuality education. The teenage pregnancy rate remains high and more and more people are infected with sexually transmitted diseases and aids. The most sex education is limited to anatomy and sexual abstinence. Most people approved of sexuality education in the schools including contraceptive information. Youth armed with knowledge about sex tend to delay first intercourse and use of contraceptives [7].

The investigator was motivated to take PUC students as a population for the study, because the sex education is not included in their curriculum. When the PU students learn they can impart sex education to their peer group. Even it can be utilized in their own personal life also. Thus sex education can be utilized by all.

Objectives

1. To assess the knowledge and attitude regarding sex education among the students of selected pre university colleges.
2. To find out an association between levels of knowledge regarding sex education among the students of selected pre university colleges and with their selected socio demographic variables.
3. To find out an association between levels of attitude regarding sex education among the students of selected pre university colleges and with their selected socio demographic variables.

Hypothesis

H₁: The levels of knowledge of PU students regarding sex education will be significantly associated with their selected personal variables

H₂: The levels of attitude of PU students regarding sex education will be significantly associated with their selected personal variables.

Methodology

Research approach: An quantitative research approach.

Research design: Descriptive survey design.

Study setting: Pre university colleges of Vijayapura district, Karnataka.

Population: Students of PU colleges

Sampling Technique: Non-probability convenient sampling

Sample Size: 60

Source of Data Collection: Primary and secondary data will be collected from the students of pre university colleges

Method of data collection: Self-report

Tools of Data Collection

The tool for data collection was divided into 3 parts which consists of demographic data, structured knowledge questionnaire and structured attitude scale

- **Section I:** It included the personal and socio-demographic data which contains age, Gender, religion, place of residence, educational qualification of parents, previous knowledge on sex education and source of information.
- **Section II: Structured Knowledge Questionnaire**
It consists of 40 questions. There were four alternative answers, from which the participants have to choose one best option by encircling it. The total knowledge scores ranged from 0 – 40. The score is further divided arbitrarily as follows; Poor knowledge (<13), Average knowledge (14-27), Good knowledge (>27)
- **Section III: Structured Attitude scale**
A modified Likert type attitude scale consisted of thirty five (20) statements regarding attitude of students towards sex education. There are five alternative response columns; strongly agree, agree, uncertain, disagree and strongly disagree. The total score ranged from 20 to100. This was further divided arbitrarily as follows; Negative attitude (20 – 46), Favorable attitude (47 – 73), and Positive attitude (74 – 100).

Procedure of data collection

After obtaining permission from concerned authority of selected pre university colleges, Vijayapura and consent from subjects the data was collected by 60 participants using structured knowledge scale and attitude scale; approximately 45 minutes were spent for collecting data.

Results

Section 1: Description of Selected Personal Variables of participants

Table 1: Frequency and percentage distribution of participants according to socio demographic variables N=60.

SI No	Demographic variables	Frequency (f)	Percentage (%)
1.	Age		
	a) 16 – 17 years	27	45
	b) 17 – 18 years	25	41.7
	c) Above 18 years	08	13.3
2.	Gender		
	a) Male	31	51.7
	b) Female	29	48.3
3.	Religion		
	a) Hindu	31	51.7
	b) Muslim	14	23.3
	c) Christian	14	23.3
	d) Other	01	1.7
4.	Place of residence		
	a) Urban	40	66.7
	b) Rural	20	33.3
5.	Educational qualification of parents		
	a) No formal education	03	05
	b) Primary school	06	10
	c) SSLC or PUC	22	36.7
	d) Degree and Above	29	48.3
6.	Previous Knowledge on sex education		
	a) Yes	21	35
	b) No	39	65
7.	Source of Knowledge		
	a) Text Book, Journals	06	10
	b) Teachers	07	11.7
	c) Electronic Mass Media	23	38.3
	d) Friends	24	40

Section 2: description of findings related to knowledge and attitude among participants

a. Findings Related To Knowledge on sex education

Table 2: Mean, median, mode, standard deviation and range of knowledge scores of participants n = 60

Total scores	Mean	Median	Mode	Standard deviation	Range
0-27	17.78	17	17	4.13	20

Table 2 reveals knowledge score of participants regarding sex education, it shows that, the participants knowledge mean was 17.78, median was 17, mode was 17 with standard deviation 4.13 and score range was 20.

Level of Knowledge

Table 3: Frequency and Percentage distribution of participants according to level of Knowledge regarding sex education n=60

Level of knowledge		
Poor f (%)	Moderate f (%)	Good f (%)
07 (11.7)	52 (86.7)	01 (1.7)

The data presented in the Table 3 depicts the participants level of knowledge regarding sex education, it reveals that; majority 52(86.7%) of participants were had moderate level of knowledge, 7(11.7%) of participants were had poor level of knowledge and remaining 1(1.7%) of participants were had good level of knowledge.

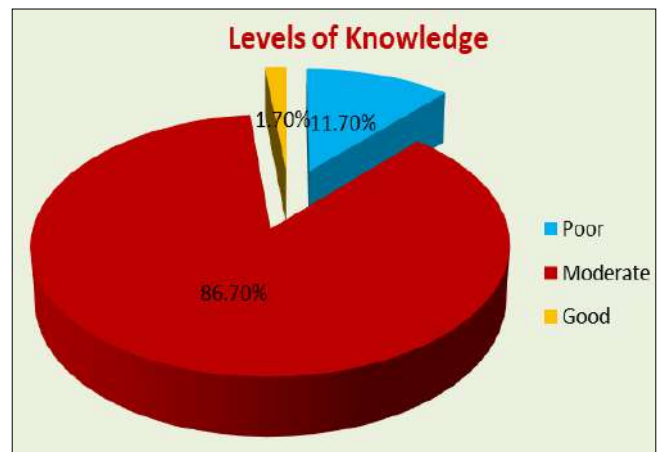


Fig 1: Levels of knowledge among participants

b. Findings Related To Attitude on sex education

Table 4: Mean, median, mode, standard deviation and range of attitude scores of participants n = 60

Total scores	Mean	Median	Mode	Standard deviation	Range
20-100	79.4	81.5	79	11.17	53

Table 4 reveals attitude score of participants regarding sex education, it shows that, the participants attitude mean was 79.4, median was 81.5, mode was 79 with standard deviation 11.17 and score range was 53.

Level of Attitude

Table 5: Frequency and Percentage distribution of participants according to level of Attitude regarding sex education n=60

Level of attitude		
Non favorable f (%)	Favorable f (%)	Positive f (%)
01 (1.7)	12 (20)	47 (78.3)

The data presented in the Table 5 depicts the participants level of attitude regarding sex education, it reveals that; majority 47(78.3%) of participants were had positive attitude, 12(20%) of participants were had favorable attitude and remaining 1(1.7%) of participant were had non favorable attitude.

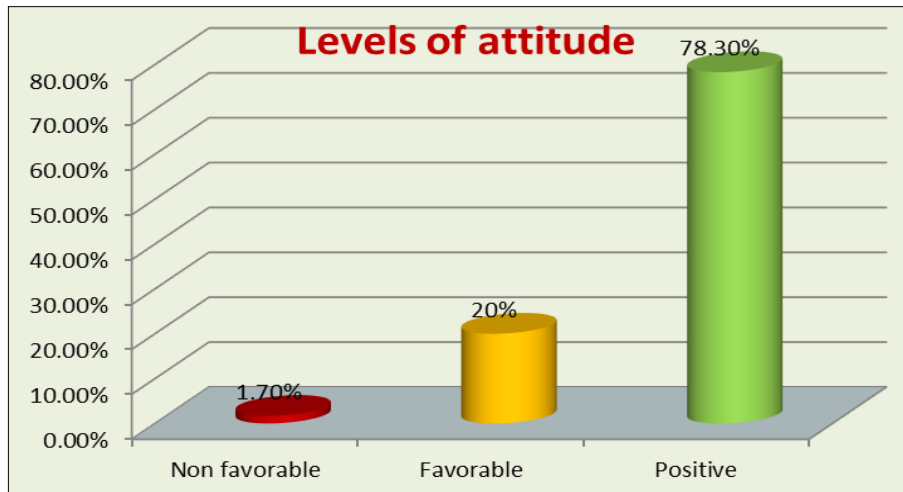


Fig 2: Levels of attitude among participants

c. Findings Related Association between levels of knowledge and attitude with selected socio demographic variables of participants

Knowledge

The computed Chi-square value for association between pre-test level of knowledge of PU students regarding sex education is found to be significant for educational qualification of parents and not found to be statistically significant at 0.05 levels for age, gender, religion, place of residence, previous knowledge on sex education and source of knowledge regarding sex education.

Attitude

The computed Chi-square value for association between pre-test level of attitude of PU students regarding sex education is found to be statistically significant at 0.05 levels for religion and not found to be statistically significant at 0.05 levels for age, gender, place of residence, educational qualification of parents, previous knowledge on sex education and source of knowledge on sex education.

Conclusion

The findings revealed that Pre University students were had moderate level of knowledge and favorable attitude towards sex education. This suggests that, there is a need for the education for the adolescent students for the prevention of sexually transmitted disorders and improves their knowledge, attitude and practice related safe sexual life.

Conflict of Interest

Not available

Financial Support

Not available

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