

# Effectiveness of Structured Teaching Program on Knowledge Regarding Sexual Behaviour among Male Students at Selected Degree College in Tumkur

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## Abstract

The research work undertaken was “**Effectiveness of Structured Teaching Program on Knowledge Regarding Sexual Behaviour among Male Students at Selected Degree College in Tumkur.**” The objectives of the study were to assess the pre-test knowledge score regarding sexual behaviour among male students at selected Degree College in Tumkur, To assess the post-test knowledge score regarding sexual behaviour among male students at selected Degree College in Tumkur, To evaluate the effectiveness of structured teaching programme by comparing the pre-test and post-test knowledge score regarding sexual behaviour among male students at selected Degree College in Tumkur, To determine the association between the pre-test level of knowledge with selected socio-demographic variables among male students at selected degree college in Tumkur.

**H<sub>1</sub>**- There will be significant difference between pre-test knowledge score and post-test knowledge score on sexual behaviour among male students at Degree College in Tumkur.

**H<sub>2</sub>** - There will be significant association between knowledge and selected socio-demographic variables among male students at Degree College in Tumkur.

Quantitative research approach was used in the study. One group pre-test post-test pre experimental design and convenient sampling was used. 60 students were selected as samples. Permission from the concerned authority. Consent was obtained from the respective samples, good interpersonal relationship maintained with the samples. Data regarding socio demographic variables and knowledge on sexual behaviour was collected. Followed with a structured teaching program on sexual behaviour and methods to prevent sexual transmitted diseases and a post test was done after one week. There was a significant difference between pre-test knowledge score and post-test knowledge score on sexual behaviour among male students at Degree College in Tumkur.

The study also reveals that, there was significant association between knowledge with age, residential area, education of mother and previous sex education class among selected degree college students at Tumkur.

**Keywords:** Structured teaching programme; knowledge; Sexual behaviour; Degree College Students.

## Introduction

“Adolescence is perhaps nature’s way of preparing parents to welcome the empty nest.”

- Karen savage & Patricia Adam.

All humans are sexual being, regardless of gender, age, race, socio- economic status, religious beliefs,

physical and mental health, or other demographic factors; we express our sexuality in a variety of ways throughout our lives. Human sexuality is difficult to define. “ Maleness, femaleness, sexuality, sense of self, ego, perception of self in relation to the world and others, the quality or state of being sexual, the condition of having sexual activity or intercourse, the expression of

receiving and expressing sexual interest are connotative of human sexuality.<sup>1</sup>

The sexual behavior expresses not only the psychosexual makeup but also the entirety of our personality. Sex is the one realm of conduct which involves the full gamut of emotions, cognitions, socialization, traits, heredity, and learned and acquired behaviors. By observing one's sexual predilections and acts, the trained psychotherapist and diagnostician can learn a lot about the patient. Human sexual activity has biological, physical and emotional aspects. Biologically, it refers to the reproductive mechanism as well as the basic biological drive that exists in all species and can encompass sexual intercourse and sexual contact in all its forms. Emotional aspects deal with the intense personal bonds and emotions generated between sexual partners by a sexual activity. Physical issues around sexuality range from purely medical considerations to concerns about the physiological or even psychological and sociological aspects of sexual behavior.<sup>2</sup>

### Statement of Problem

“Effectiveness of Structured Teaching Program on Knowledge Regarding Sexual Behaviour among Male Students at Selected Degree College in Tumkur.”

#### Objectives of the Study

1. To assess the pre-test knowledge score regarding sexual behaviour among male students at selected Degree College in Tumkur.

2. To assess the post-test knowledge score regarding sexual behaviour among male students at selected Degree College in Tumkur.

3. To evaluate the effectiveness of structured teaching programme by comparing the pre-test and post-test knowledge score regarding sexual behaviour among male students at selected Degree College in Tumkur.

4. To determine the association between the pre-test level of knowledge with selected socio-demographic variables among male students at selected degree college in Tumkur.

#### Hypothesis – Tested at 0.05 level of significance

**H<sub>1</sub>** – There will be significant difference between

pre-test knowledge score and post-test knowledge score on sexual behaviour among male students at Degree College in Tumkur.

**H<sub>2</sub>** – There will be significant association between knowledge and selected socio-demographic variables among male students at Degree College in Tumkur.

### Review of Literature

A study was carried on reasons to have sex, personal goals, and sexual behaviour during the transition to college. The subject of the study were 18 years Gender, personal goals (dating, friendship, academic), and past sexual behaviour were examined as predictors of reasons to have and not to have sex. Men rated Self-focused reasons to have sex as more important; women rated Partner-focused reasons to have sex and Ethical reasons not to have sex as more important. Importance of Pregnancy and STD reasons not to have sex did not differ by gender. Before college entrance, sexual history and personal goals predicted endorsement of reasons for against sex. Personal goals predicted first intercourse during freshman year. Personal goals and reasons for and against sex are associated with sexual behaviour and should be addressed in programs designed to promote sexual health among emerging adult college students<sup>3</sup>.

A cross sectional study was carried on sexual behaviour among rural residents of China. A non-experimental research design was used for the study. The subjects of the study a total of 1057 were interviewed. The study states that among 886 sexually active individuals, 7.8% had more than one sexual partner, 22.8% had premarital sex, 2.4% had anal intercourse, 4.1% had oral intercourse, and 2.3% had both anal and oral intercourse. Less than 2% reported past or current sexually transmitted diseases. Overall 10.4% used condoms; only 11.2% for every sexual act. The study concluded that sexual norms in rural China are changing rapidly and high-risk sexual behaviour among young rural residents is increasing. Strategies to prevent HIV/AIDS should include education to promote delayed onset of sexual activity, safer sexual behaviour, and condom use<sup>4</sup>

A comparative study was conducted on the cognitive and a motivational approach reducing denial and sexual risk behaviours in college students at India. One hundred

and fifty sexually active male and female undergraduates were assessed at baseline for denial of STD/HIV risk, knowledge of sexual risk behaviours, and self-report of sexual behaviours and were randomly assigned to either a motivational or cognitive intervention or a control condition. After the intervention, subjects were offered the opportunity to purchase condoms and were assessed for denial and intent to use condoms. Two months later, sexual risk behaviours and denial were measured. The motivational approach was most effective in reducing denial and in increasing intent to use condoms immediately following the intervention and in reducing sexual risk behaviours 2 months later<sup>5</sup>.

A study was conducted on knowledge, attitudes, and use patterns of female condoms among high-risk adolescents. The subject for the study was 65 high-risk adolescents at an emergency homeless shelter. A peer-led intervention was conducted and pre-test and post-test interviews explored barriers to female condom use. The study concludes 63% used the male condom as their primary contraceptive method; almost half (48%) said they always used a male condom, but 44% reported having sex without using one at least once in the 2 weeks prior to the pre-test. 95% had heard of the female condom, but only 15% had ever used one. At post-test all respondents gave reasons they might use a female condom in the future, and 77% gave reasons why they might not. Most (73%) adolescents said they would still prefer the male condom<sup>6</sup>.

## Methodology

One group pre-test post-test pre experimental design was used for this study to find out the effectiveness of structured teaching programme. The samples between the age group of 18-21 years male students were selected. The samples were drawn from Degree College, Tumkur. They were selected by using convenient sampling technique. Structured teaching programme was given to the samples after pre-test. One week after post-test was done to assess Knowledge Regarding Sexual Behaviour. In this study a comparison between the pre-test and post test knowledge score was done to find out the effectiveness of structured teaching programme and determine the association between knowledge and demographic variables.

## Data Collection

Before starting the study, researcher obtained written permission from the Principal of University College, Tumkur. The data collection period for the study was 01-10-2011 to 31-10-2011. Totally 60 students were selected by using convenient sampling method. Consent was obtained from the respective samples. The data's were collected through self-structured questionnaire.

## Data Analysis and Interpretation

### Descriptive Analysis

1. Frequency and percentage analysis were used to describe the demographic characteristics among male students in degree college Tumkur.
2. Mean, standard deviations were used to assess the knowledge regarding sexual behaviour among male students in degree college Tumkur.

### Inferential Statistics

1. The paired-t test was carried out to assess the statistical significant difference between pre and post-test knowledge scores on knowledge regarding sexual behaviour among the male students of degree college Tumkur.
2. The chi square ( $\chi^2$ ) analysis was used to determine the association between knowledge with demographic variables.

## Results

There was a significant difference between following STP on the knowledge regarding sexual behaviour among male students. Pre-test mean is 13.03, SD is 4.08 and after STP mean is 24.91 SD is 2.76.

Paired t-test value 34.52 which is higher than the table value 1.67 with the degree of freedom 59 at  $p < 0.05$  level. Hence the  $H_1$  is accepted. The results of Chi-square analysis indicated that there was significance association of knowledge with age, religion, residential area, previous sex education class and source of information.

## Interpretation and Conclusion

There was a significant difference obtained following

STP on the knowledge regarding sexual behaviour among male students. This study enlightens that there is a need for educational programmes in the schools or community based educational programmes to improve the knowledge regarding sexual behaviour. This study motivates other researchers to conduct further studies to evaluate the attitudes and practices of adolescents regarding sexuality and related behaviours.

### Discussion

In the present study, a total sample of 60 male students was selected by convenient sampling. The effectiveness of Structured Teaching Program on Knowledge regarding Sexual Behaviour among Male Students was assessed by comparing pre- and post-test knowledge score using paired t-test. There was a significant difference between following STP on the knowledge regarding sexual behaviour among male students. Pre-test mean is 13.03, SD is 4.08 and after STP mean is 24.91 SD is 2.76.

Paired t-test value 34.52 which is higher than the table value 1.67 with the degree of freedom 59 at  $p < 0.05$  level. Hence the H1 is accepted. The present study finding is consistent with another study, which was conducted in Udupi District Karnataka. An experimental study was carried out over a period of one year, a total of 791 rural boys in the age group 16-19 years were randomly selected from coastal villages in Udupi District Karnataka. The objective of the study to determine the effectiveness of educational intervention program on knowledge of reproductive health among adolescence. The result showed that a significant increase in overall knowledge after the intervention regarding contraception. They concluded the study that an educational intervention programme can bring about a desirable change in knowledge among adolescent boys regarding reproductive health. In India very few

studies are conducted among adolescents regarding knowledge and attitude regarding sexual behaviour. This study enlightens that there is a need for educational programmes in schools or community based educational programmes to improve the knowledge regarding different and safe sexual behaviour.

**Ethical Clearance** - Taken from institutional ethical committee.

**Source of Funding**- Self

**Conflict of Interest** - Nil

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