CHAPTER-V

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The study determined the Knowledge, Attitude and Practice of the high school Students and Teachers regarding Sexual Health Education. In this section, the findings of the study have been discussed with reference to the objective in relation to the findings of the other study.

Objective of the study:

1. To assess the Knowledge of the students regarding Sexual Health Education.

This study showed that nearly 60.8 percent of the students have inadequate knowledge, 29.4 percent have moderate knowledge and only 9.8 have adequate knowledge in all areas of Sexual Health Education.

Similarly, the finding presented in the study conducted by Gupta S.D. Nutan Jain et al on Reproductive and Sexual Health. Awareness reported that young Adolescents of three districts of Rajasthan had inadequate knowledge about Sexual and Reproductive Health. But it was reported that majority of the adolescents (90%) were aware of STI and AIDS.
In terms of the survey conducted among the students of different classes, the present study revealed that 65.9% of class VIII students have inadequate knowledge while 26.9% have moderate knowledge and only 7.61% have adequate knowledge in all areas of Sexual Health Education. It also revealed that from among the students in class IX, 56.8% have inadequate knowledge, 34.7% have moderate knowledge and only 8.5% have adequate knowledge. Among class X students, as many as 59.8% have inadequate knowledge, 27.2% moderate knowledge and only 13% have adequate knowledge. Hence, it showed that most of all the students of class VIII, IX and X have inadequate knowledge regarding Sexual Health Education.

Gogoi Maitrayee (2010) conducted a similar study on the assessment of Knowledge and Attitude regarding Reproductive Health among the high schools of selected Government girl's high school of rural and urban area of Dibrugarh District. The findings showed that only 1.5 percent of student had adequate knowledge regarding Reproductive Health Education. Therefore, it can be inferred that the present finding is inconsistency with Maitrayee study.

In the present study the researcher reported that 60.7% of the boys have inadequate knowledge, 29.6% have moderate knowledge and only
9.7% have adequate knowledge in all five areas of Sexual Health Education, whereas 60.8% girls have inadequate knowledge, 29.3% have moderate and only 9.9% have adequate knowledge in all five areas of Sexual Health Education.

Hence, it is observed that there is no difference in the knowledge of boys and girls regarding Sexual Health Education. In other word, demonstrated that both the boys and the girls in the school have inadequate knowledge regarding Sexual Health Education.

In the present study, it was found that 95.7% of the students in Govt. schools have inadequate knowledge in all the areas of Sexual Health Education. The finding also showed that 15.2% of the students studying in the private schools have inadequate knowledge in all the areas of Sexual Health Education. This showed that there was no difference in knowledge between the student studying in the Govt. schools and those of under private ownership.

In comparison of knowledge score among the three types of family i.e. nuclear, joint and extended family. Maximum of the students belonging to the joint have inadequate knowledge (87.7%), nuclear (56.1) and extended family (42.9). From this study it can be concluded that the
students from all the three types of family have inadequate knowledge regarding Sexual Health Education.

2 To assess the attitude of the students towards Sexual Health Education.

In the present study, the findings revealed that 49.2% of the students had strongly disagreed on the point that Sexual abuse of the children and teenage is due to ignorance and lack of psychosexual health education.

The present study is almost similar with that conducted by Mba. C.L. et al (2007). In his study conducted in the rural areas in Nigerian. He remarked that the adolescents in secondary school show a positive attitude towards Reproductive Health Education and there was a drop in risky sexual behaviour following teaching intervention. He also commented that Reproductive Health Education as a part of school curriculum will provide an effectiveness by enhancing knowledge and thereby reducing Reproductive Health problems among adolescents.

61.4% of the students agree that, Sexual Health Education should be extended to the point of covering various forms of physical, physiological, psychosocial and spiritual issues.
A percentage of 46.9% from among the boys and girls disagree that they should be allowed to dress with scanty clothes according to the fashion. Most of the girls (73.8%) expressed that, normal exercise and routine work during menstruation should be carried on as usual.

In contrast to Gogoi Maitrayee study (2010), 16.9% of the girls are in favour of the view that girls should not be kept isolated during menstruation. Majority i.e. 65.4% of the girls agree that they should be kept isolated during menstruation. Thus it shows that there is a difference of opinions between the findings of the presents study and those of M. Gogoi study.

Such finding shows that 56.5% of the students agree upon the point of using Audio Visual Aids to help themselves understand the reproductive organs and the functions related to Sexual Health.

It revealed that 73.7% of the students agree that, lessons on contraceptive means, particularly to the teenagers will prevent teenage pregnancy.

Majority of the students (67.5%) agrees that, the teacher should counsel individual students whenever he or she observes any deviation.
On the opinion of whether the system of co-education school plays any role in getting acquainted with various complicated gender issues, 60.1% replies in positive while 12.5% in negative, 63.8% of the student agrees on the subject that casual sex in between the teenagers can spread STD/AIDS.

In the study conducted by Lena A. (2010) at Karnataka among adolescents to determine the effectiveness of educational interventation programme focusing on Knowledge and Attitude to HIV/AIDS, around 35-50% of the girls still had certain misconceptions regarding the mode of transmission of AIDS. The data collected in the study suggested that educational program can lead to a change in Knowledge and Attitude about HIV/AIDS.

The present findings bear some similar evidences to the attitude about HIV/AIDS. Padmavathi, Ratnakumare S. (2006) study conducted at Hyderabad and Secunderabad was initiated with the objective of arriving at some ideas concerning the knowledge and opinion of undergraduate students in respect of Reproductive Health and AIDS. The result reveals that students had a fairly sufficient knowledge of Reproductive Health and AIDS. Students had misconceptions of HIV transmission.
3. To determine the Sexual Health Practice of the Students.

While determining the nature of Sexual Health Practice of the students the findings present that 19.6% of the students have watched pornographic pictures while 80.4% said that they have never watched pornography even once. It is observed that, 99.4% of the students do not place obscene pictures in their bedroom.

Majority of the student (77.9%) replied that holding hands of the persons from opposite sex and touching each other do not give sexual pleasure.

61.1% of the boy students reported that they had not felt disturbed when their voice changed during puberty. 70% of the girls take bath during menstruation whereas 30% do not do it daily.

It also observed that 60.2% of the students replied that, the teachers who impart knowledge about Sexual Health Education need to have a formal training. Majority of the boys (89.2%) had no experience in matters of sexual intercourse. Almost all the students (80.2%) agree that using condom during sexual intercourse is safe to prevent pregnancy and STDs.
Duong Quyen Le (2006) in his study at Ghana observed that 18% of the boys and 8% of girls reported that they had sexual experience. It was also reported that 62% of boys had sex with multiple partners as compared with 32% of girls.

The opinion regarding sexual intercourse practices 89.2% replied negatively. In regard to the practice of masturbation of the student 69.2% said no and majority of the students (80.2%) knows that condom can prevent pregnancy and STD/AIDS.

Gupta and Nutan (1996-98) study observed that as many as 15% of adolescent’s experiences sexual intercourse. It is not similar to what the findings of the present study assume. As reported, the present findings showed only 1-8% of the students having the experience of sexual intercourse.

Data of the ICMR study reveals that a large number of adolescents in all states had the exposure to sex and pornographic literature some fact about sexual intercourse was also reported by the boys and the girls. The range of sexual intercourse rated from 2.9% among rural girls to 28.8% among rural boys in Rajasthan and 1.6% from among urban girls to 14.4% among urban boys in Delhi.
4. To assess the knowledge of the teachers regarding Sexual Health Education.

It is observed that 43.67% of the teachers have inadequate knowledge regarding Sexual Health Education included in the school's curriculum. In case of Growth and development of the adolescents, 63.4% teachers have moderate knowledge and only 10.42% have adequate knowledge.

Regarding knowledge on reproductive system, 82.33% have inadequate knowledge whereas awareness about STD/AIDS 50% of teachers have moderate knowledge.

Majority of the teachers (33%) have inadequate knowledge regarding sexual disorders or any deviation of sexual behaviour. Hence, it can be inferred that the teachers have inadequate knowledge in almost all areas of Sexual Health Education.

The presents study is almost similar with the study conducted by Nair M.K., Leena M.L. et al (2012) at Kerala, on Attitude of parents and teachers towards adolescent's Reproductive and Sexual Health Education. As the result was found, 40.9% teachers have not discussed growth and development issues with their adolescents; only 5.2% teachers discussed sexual aspects with adolescents. Fifty percent of parents was not sure
whether information on topics like masturbation, dating, safe sex, contraceptive, pregnancy, abortion and child care should be provided to adolescents. Results pointed out the need for introducing Reproductive and Sexual Health Education in the school setting. Only 1.1% of parents and 5.2% of teachers actually discuss sexual aspects with an adolescent which highlights the need of awareness program for the benefit of parents and teachers before Sexual Health Education is introduced in the schools.

It was observed that out of the selected Govt. schools teachers 19.7% have inadequate knowledge on Sexual Health Education. Among them majority of the teachers has (76.1) moderate knowledge and only 4.2 percent have adequate knowledge regarding Sexual Health Education.

In comparison, from among the teachers of private schools majority of the teachers (92%) has moderate knowledge and only 8% have inadequate knowledge. No one had adequate knowledge regarding Sexual Health Education.

The CBSE teachers reported a percentage of 92% has moderate knowledge, 8% are with inadequate knowledge and no one had adequate knowledge. Same way majority of SEBA teachers (76.1%) is having
moderate knowledge, 19.7% having inadequate knowledge and only 4.2% having adequate knowledge.

Considering the gender issue, majority of male teachers (75%) is having moderate knowledge, 25% inadequate knowledge and no one had adequate knowledge regarding Sexual Health Education. It was also observed that majority of the female teachers (81.6%) is having moderate knowledge, 14.5% having inadequate knowledge and only 3.9% having adequate knowledge regarding Sexual Health Education. It was found that, female teachers are more likely to have adequate knowledge in compared to their male counterparts.

As far as the English medium teachers are concerned, majority of teachers is having (92%) moderate knowledge, 8% having inadequate knowledge and no one is having adequate knowledge regarding Sexual Health Education. From among the Assamese medium teacher’s majority of them (76.1%) is having moderate knowledge, 19.7% having inadequate knowledge and only 4.2% having adequate knowledge. It was found that Assamese medium teachers are more likely to have adequate knowledge compared to English medium teachers.
5. To assess the Attitude of the Teachers towards Sexual Health Education:

It has been observed that 63.5% school teachers agree that, sexual abuse to children and teenagers in the family is due to the ignorance of psychosexual Health Education.

The teachers (62.5%) agree that Sexual Health Education should be extended to cover physical, physiological, psychosocial, behavioral and spiritual aspect of the students.

It is also shown that 54.2% of teachers disagree on the opinion that boys and girls should be allowed to dress in scanty cloth according to the fashion.

Nonetheless, 41.7% of the teachers disagree on the point that girls should do normal exercise and routine work during menstruation.

It is also noted that for 50% of the teachers using audio-visual aids will help the students to understand better the Reproductive organs and the functions relating to Sexual Health.
51% of teachers agree that lessons on contraceptive to the teenage boys and girls will prevent teenage pregnancy.

Findings show that 52.1% agree that teachers should counsel the individual students whenever he or she is found to have any deviation in matters of sexual behavior. It is also seen that, 60.4% of the teachers agreed that co-education school helps the boys and girls to learn from each other about gender identity and respect. 37.5% of the teachers agree that casual sex among the teenagers can spread STD/AIDS. 49% of the teachers agreed that spread of HIV/AIDS infection is caused by sexual contact.

The present study is almost similar with the study conducted by Center for Operation Research and Training (2004) at 5 cities i.e. Delhi, Varanasi, Meerut, Kakinada and Hyderabad. As per the result, 50% of the teachers agreed that there should be free interaction between boys and girls for their normal growth and development. Seventy four percent teachers felt that incidents of premarital sex had increased, 60% disapproved of premarital sex and 30% teachers favoured the use of contraceptive for sexually active adolescents’. Only 18% of teachers’ counselors were aware of the adolescent’s sex education program. More than 50% of the respondents felt the need for special training regarding Sexual Health Education. It was revealed that in order to gain sexual and reproductive
health information, adolescents depended mainly on electronic and print media followed by friends. It was recommended that there should be a professional training counselor in schools and the counselor should be accessible to the students all the time.

6. To determine the Sexual Health Practice of the teachers:

Findings reported that in the present study there are positive and negative responders regarding the practice of Sexual Health Education. It is observed that 38.5% of the teachers allow boys and girls to sit together in the class during Sexual Health Education held in the school. 92.7% of the teachers give correct answer to the boys and girls whenever they ask question about sexuality and matters related to it.

52.1% of the teachers express that Sexual Health Education should be included in the school curriculum. Only 5.2% of the teachers responded positively regarding conducting regular Sexual Health Education classes in their schools, 60.4% of the teachers replied positively saying that, they had attended training on the subject before imparting knowledge about Sexual Health Education.

The result of the Study carried out by Santhi Krishna reveals that 68% teachers reported imparting sexual health education positive behavior.
Almost all the teachers (98%) have said that Sexual Health Education is the share health education both teachers and parents. 79% of the teachers want Sexual Health Education to be the part of curriculum in the formal schools, 32% of the teachers were from the schools which conducted Sexual Health Education. The study found strong support in favour of providing Sexual Health Education to the adolescents. In school too Sexual Health Education should be a part of the curriculum.

Almost 65.6% to 76% of the teachers express that, they use to teach the students regarding physical changes during puberty, STD/AIDS and also regarding Sexual Deviation behaviour in the schools.

Seventy six percents of the teachers use to punish the boys and girls who bring pornographic magazine to the schools.

The present study was similar to the study conducted by Agoreyo F.O.(2007) at Nigeria on AIDS/HIV of the teachers. The study findings showed that 100% of the teachers have heard about HIV/AIDS; more than 30% of them did not know that a virus causes the disease, nearly 10% of the teachers thought that the disease can be transmitted through handshakes, sharing cloths etc. Only 2.5% of the teachers had ever talked about HIV/AIDS during routine classes and less than 3% of the teachers had ever attended a formal workshop or seminar on HIV/AIDS. In conclusion, that
study highlighted that the preparedness of teachers is most important and a comprehensive education programme on sexuality is considered.

7. To identify the Demographic factors influencing the Knowledge, Attitude and Practice of Sexual Health Education of the students.

The present findings show that there are differences in terms of the knowledge of the students on Sexual Health Education and all selected demographic factors i.e. 1. Between class VIII IX and X, 3. Type of family and 4. Socio-economic conditions of the parents i.e. education, occupation and income are not found to be statistically significant.

The study revealed that the following demographic variable i.e. 1. Type of schools, 2. Sex of the students i.e. boys and girls 3. Religion, are found to be statistically significant.

The present findings show that the difference between the attitudes of the students on Sexual Health Education with the following selected demographic factors i.e. 1. Sex of the students, 2. Type of family and 4. Socio-economic conditions of the parent’s i.e. education, occupation and income are not found to be statistically significant.
It is observed that differences of attitudes among the students on Sexual Health Education with the selected demographic factors i.e. 1. Type of schools. 2. between class VIII, IX and X 3. Religion, are found to be statically significant.

The present findings show that the difference in terms of the practice level of the students on Sexual Health Education with all selected demographic factors of the students i.e. 1. Types of schools, 2. Socio-economic conditions of the parent’s i.e. education, occupation and income are not found to be statistically significant.

The present findings also show that the difference in matter of practice level of the students on Sexual Health Education with the selected demographic factors i.e. 1 classes of the students i.e. VIII, IX and X 2. Sex of the students 3. Religion 4. Types of family were to be found statistically significant.

8. To identify the Demographic factors influencing the Knowledge, Attitude and Practice on Sexual Health Education of the Teachers.

The present findings show that difference of Knowledge on Sexual Health Education with the selected demographic factors of the teacher’s i.e. 1. Sex of the teacher’s i.e. Male and female 2. Educational qualification
3. Experience of the teachers 4. Personal habits are not found to be statistically significant.

The study revealed that knowledge on Sexual Health Education of the teachers and the following demographic variables i.e. 1. Type of school 2. Religion 3. Marital status 4. Type of family 5. Monthly incomes 6. Training of the teachers 7. Natures of job of the teachers are found to be statistically significant.

It can also be inferred that difference of Attitudes of the teachers on Sexual Health Education and all selected demographic factors of the are i.e. 1. Types of schools, 2. Medium of school, 3. Religion 4. Type of family 5. Experience 6. Personal habit 7. Training 8. Natures of job of the teachers is not found to be statistically significant.

The study reveals that attitude of the teachers on Sexual Health Education and following demographic variable i.e. 1. Sex of the teacher’s 2. Marital status 3. Educational qualifications of the teachers are found to be statistically significant.

The present findings show that difference in matter of practice of the teachers on Sexual Health Education and selected demographic factors of
i.e. 1. Educational qualification of teachers 2. Experience in years. 3. Training of the teacher’s was not found to be statistically significant.

The study reveals that the following demographic variables of the teachers regarding Sexual Health Education i.e.1.type of school 2.sex 3. Religion 4. Marital status 5. Type of family 6. Monthly income 7.Personal habits 8. Nature of job of the teachers found to be statistically significant.

Summary of the study:

For students:

The statistical result found out of the study can be summarised as follows: There are 56.6% belonging the Govt. Schools, 80.5% Co-Educational Schools, 56.6% students from SEBA Courses, 56.6% Students from Assamese medium, 34.7% Students from Class X, 51.5% Girl students, 83.4% belonging to Nuclear family, 78.9% students from Hindu Religion, 43.8% students residing in their own house, 59.6% students having brothers and sisters, 92.3% students having both the parents, 22.1% of the students whose fathers are literate, 24.3% of the students whose mothers are graduate, 22.1% of the students whose fathers are unemployed, 37.6% of the students whose mothers are having own business, 33.8% of the students whose fathers monthly Rs.25000 a month and above, 73.1% of the students whose mothers earn an income below Rs. 5000/- per month.
In the present study it is also seen that Knowledge level of the students particularly on the subject of sexuality was very low. Only 9.8% of students have adequate knowledge, 29.4% moderate knowledge and 60.8% inadequate knowledge.

Majority of the students (81.20%) belong to undecided attitude towards Sexual Health Education. Students’ practice level has shown that 85% of the students were following unhealthy practice and only 15% having healthy practice.

**For Teachers:**

As for the teachers, 74% from Govt. High schools, 56.25% of teachers from girls schools, 74% from SEBA schools, 74% from Assamese medium, 78.13% teachers are female, 86.33% of teachers are married, 83.33% from nuclear family, 87.67% of teachers from Hindu background, 29.67% of teachers from graduate Arts, 32.29% of teachers experience of service more than 20 years, 78% of the teachers whose monthly income was Rs. 5000-10000 per month, 95.33% are no habit of smoking, alcohol, drug etc. 91.67% having a regular job, 89.58% are not undergone any training.
The present study shows that knowledge level of the teachers, particularly in terms of sexuality was very low. Only 3% of teachers have adequate knowledge, 80.33% moderate knowledge and 16.67% inadequate knowledge.

Majority of the teachers (78.67%) belong to undecided attitude towards Sexual Health Education.

Teacher practice level has shown that 48.67% of the teachers follow unhealthy practice and 51.33% healthy one.