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Effectiveness of Planned Teaching Program on Prevention of Child Sexual Abuse in Terms of Knowledge Amongst Mothers in Selected Rural Area of Mizoram

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Abstract: Background: Child sexual abuse (CSA) is a serious public health, social, and human rights issue that affects millions of children worldwide. Child sexual abuse remains a global concern despite increasing awareness and legal protections. According to estimates from the World Health Organization, approximately 1 in 5 women and 1 in 13 men report experiencing sexual abuse during childhood. In India, child sexual abuse is recognized as a significant yet underreported problem. Findings from national surveys and governmental reports indicate that a substantial proportion of children experience some form of sexual abuse before the age of 18 years. The purpose of the study is to assess the effectiveness of planned teaching program on prevention of sexual abuse in terms of knowledge amongst selected mothers in selected rural area of Mizoram

Materials and Method: Quantitative research approach, Pre Experimental One Group Pre Test Post Test Research Design was used. The study was conducted at Muallungthu, Mizoram among 30 mothers by purposive sampling technique. The tools used for data collection include demographic proforma and self structured knowledge questionnaire on Child Sexual Abuse. Validity was ensured through consultation with experts.

Results: The findings of the study revealed that majority of the mothers (56%) belong to the age group 21 - 30 years of age, 57% studied till Middle School. The total percentage if the pre - test score is 45.5% and post - test score is 90.8%. Chi square test shows a significant association between educational status and knowledge on child sexual abuse.

Conclusion: The pre - test and post - test scores highlight a significant effectiveness on the Planned Teaching Program on Prevention of Child Sexual Abuse among mothers at Muallungthu Village.

I. INTRODUCTION

Children are the foundation of every society and deserve to grow in an environment that is safe, nurturing, and free from all forms of violence and exploitation. Child sexual abuse (CSA) is one of the most serious yet often hidden public health and social problems affecting children worldwide. It includes any sexual activity involving a child that the child cannot understand, consent to, or is developmentally unprepared for. Child sexual abuse has profound physical, psychological, emotional, behavioral, and social consequences that may persist throughout the victim's lifetime. Because of its hidden nature, many cases remain unreported due to fear, stigma, lack of awareness, and cultural barriers. Misconceptions, cultural taboos surrounding discussions of sexuality, and lack of health education further contribute to inadequate awareness.

II. STATEMENT OF THE PROBLEM

“Effectiveness of Planned Teaching Program on Prevention of Child Sexual Abuse in terms of knowledge amongst mothers in selected rural area of Mizoram”

A. Hypothesis

H₁ : There will be a significant difference between pre test and post test scores on knowledge of prevention of child sexual abuse among mothers at 0.05 level of significance.

H₂ : There will be a significant association between post test scores on knowledge of prevention of child abuse among mothers with selected demographic variables of mothers at 0.05 level of significance.

III. METHODOLOGY

A quantitative approach is used in our study. Pre - Experimental one group pre - test post - test design was used as the study aims to evaluate the effectiveness of a planned teaching program on prevention of child sexual abuse. Purposive sampling technique is used to recruit 30 mothers at Muallungthu Village. Based on the problem statement, objectives and operational definitions of the study, the tool was developed to gather the data on demographic variables and pre - test post - test score to evaluate effectiveness of the program. Validity of the tool was ensured through consultation with experts and reliability test was performed for the structured questionnaire and was found to be reliable for the study.

IV. RESULT

Table 1: Frequency and percentage distribution of demographic variables.

n = 30

Sl No.	DEMOGRAPHIC PROFORMA	FREQUENCY (f)	PERCENTAGE (%)
1.	AGE (in years)		
	Below 20	2	7
	21 - 30	17	56
	31 - 40	9	30
	40 and above	2	7
2.	MARITAL STATUS		
	Married	27	90
	Separated	1	3
	Widows	-	-
	Single mother	.2	7
3.	NUMBER OF CHILDREN		
	1 - 3	24	80
	4 - 6	6	20
	7 - 9	-	-
	10 and above	-	-
4.	NUMBER OF FAMILY MEMBERS		
	2 - 4	10	34
	5 - 7	19	63
	8 - 10	1	3
	11 and above	-	-

The above table shows that majority (56%) are in the age group 21 - 30 years of age, majority (90%) are married and 80% had 1 - 3 children, 63% had 5 - 7 family members.

Table 2. Paired t-test between pre test and post test scores.

n = 30

Konwledge	Mean	t-test	df	p - value	Inference
Pre test	11.36	12.4	29	0.001	S*
Post test	21.1				

S* = Significant at 0.05 level of significance

The above table shows that there is a significant association between pre test and post test scores on knowledge of prevention of child sexual abuse indicating that the Planned Teaching Program was effective in enhancing the knowledge of mothers.

Table 3. Association between post test scores and knowledge on prevention of child sexual abuse among mothers with age and educational qualification. n = 30

Sl. No.	DEMOGRAPHIC VARIABLE	Post Test				X ²	df	Inference
		Satisfactory	Average	Poor	Very Poor			
1.	AGE (in years)					3.2115	9	NS*
	Below 20	12	-	-	-			
	21 - 30	13	2	1	-			
	31 - 40	7	3	-	-			
	40 and above	2	-	-	-			
2.	EDUCATIONAL QUALIFICATION					26.2608	9	S*
	Primary School	2	-	-	-			
	Middle School	10	4	1	-			
	High School	8	-	-	-			
	Higher and above	4	1	-	-			

S* = Significant at 0.05 level of significance

NS* = Not significant

The above table shows that there is a significant association between post test score on prevention of child sexual abuse among mothers with educational qualification

V. CONCLUSION

The pre - test and post - test scores highlight a significant effectiveness on the Planned Teaching Program on Prevention of Child Sexual Abuse among mothers at Muallungthu Village. Therefore the findings of the study can be used for future reference .

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