
 Research Paper

A Study of Effectiveness of Sex Education Programme on the Attitude of College Students towards Sex Education

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ABSTRACT

The present study was focused on the attitude of youths towards sex education as well as effectiveness of sex education programme on such attitude. For the present study researcher took the 60 students sample by purposive sampling from college of Parola Tahsil in which 30 male & 30 female students. For study the effectiveness of sex education programme on the attitude of youths towards sex education, experimental method and the one- group, pretest- posttest experimental design was used.

. First the attitude of college students scaled by sex education attitude scale then the sex education programme applied after a week and then again measured the attitude. Effect of sex education programme found positive. After treatment approximately 65% student's attitude found high (in which 34% attitude was very high) towards sex education. Also both male & female college student's attitude found high towards sex education.

INTRODUCTION:

"Youth are interested in sex because of biological reasons, hormones," says Dr. Cynthia Waszak, an FHI senior scientist who focuses on adolescent health. "Suggestions about sex in music, radio, advertisements, films and television reinforce that interest. Kids talk about sex and have questions about it. We should find ways to give youth the right information so they can make better, informed decisions about their sexual behavior." Sex education programs have been successful in various settings, including schools, community centers, youth groups and the workplace, explains Judith Senderowitz, a U.S.-based consultant who has written extensively on adolescence. The programs often include peer-based approaches and media activities to reach more people. So the varied sex education programme more effective for the youth by which their attitude and knowledge be increased.

Sex education developed in the early 1900's, most prominently out of crusade against gonorrhea and syphilis and spurred by a sense that the youth of the day were morally and physically endangered by loosing mores. In 1964, SIECUS (Sexuality Information and Education Council of the United State) remains the only national organization dedicated solely to sex education.

But in Maharashtra govt. bans sex education book 30th March 2007 and the issue rapidly spread and rose by cultural and non cultural talkers. In Mumbai the democratic front government of Maharashtra followed in the foot step of the BJP government in Madhya Pradesh (MP) and Gujarat on Friday by banning sex education books prescribed by CBSE. The members raised in the house by calling attention motion objecting the picture and method of teaching sex education, especially in the sixth standard and in a whole fire x-minister had banned controversial book by American author James Laine and also declared the adolescence sex behavior programme schedule which introduced from 2008, be cancelled.

In fact, sex education has recently been abolished in six of the 28 Indian States. The Chief Minister of Karnataka, one of the highest risk state said, "Sex education may be necessary in western countries, but not in India, which has rich culture. It will have adverse effect on young minds, if implemented." Still further S. S. Chauhan said that sex education has - "no place in Indian culture." From the above it is clear that in the whole world there were thought increased about sex education and other hand our country oppose it. We need to be understand that some picture's have objectionable not the book.

Sex education, it is sometimes called sexuality education or sex and relationship education. It is the process of acquiring information and forming attitudes and beliefs about sex, sexual identity, sexual health, relationship & intimacy. It is also about developing young people's skill so that they make informed about HIV-AIDS, pregnancy, condom use, sexually transmitted disease, abstinence, danger of myths, assertiveness, abortion, faithfulness, rape, organ of the body, reproduction. Such programmers provide appropriate information not only for youth but also to primary, secondary & higher secondary school students. It also supported student's exploration and development of emotions, attitudes, values and identity as well as interpersonal communication and decision making skills.

But in fact today there was very opposite situation created in India for which needed sex education. The youth is the power of nation, so their attitude is very significance towards sex education. Unfortunately, societal attitudes

have changed less in regard to sexuality. Even today, many people refuse to acknowledge that all people have sexual feelings, needs, and desires, regardless of their physical and/or mental abilities.

SIGNIFICANCE OF THE STUDY:

In the study of Nouri & Shahid (2005), they test whether using power point in an accounting course enhances student short-term memory, long-term memory, and attitudes toward class presentation and the instructor. They conducted an experiment, which includes a treatment-control design, in a classroom setting throughout a semester. In one section of an accounting principles II (Managerial Accounting) course, PowerPoint was used as the delivery system, while the second section was taught using a traditional delivery system. The results show that PowerPoint presentation may improve student attitudes toward the instructor and class presentation. The results do not provide conclusive evidence that power-point presentations improve short-term or long-term memory. It means that the power point presentation is the effective for changing the attitude, so it used in the present study for measuring and changing the attitude towards sex education for college students.

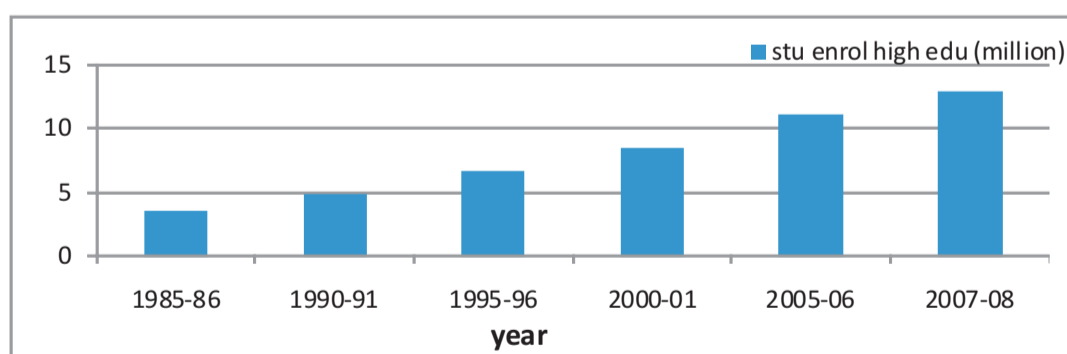
In the study of Ogunjimi (2006), was conducted to investigate the disposition of students and parents towards the inclusion of sex education in the school curriculum in Cross River State. Using a random sampling technique, 602 secondary school students and 180 parents from Calabar, were selected for the study. The majority of the students (90.70%) and parents (93.89%) were in support of the inclusion of sex education in the school curriculum. They believed that the teaching of sex education would compliment efforts being made towards the control of HIV/AIDS. The role of sex education was the significance from the child to youth. So the present study also focused on the attitude of youth. Thus in the study of Sharon L. Held the purpose investigation was to determine the effect of an education unit on physical therapy student's knowledge about acquired immunodeficiency syndrome (AIDS), their attitudes towards patients with AIDS, and their willingness to treat patients who have AIDS. A sample of convenience aged 20 to 35 years from one class at one institution participated in this study. A two-group pretest-posttest with control group delayed-intervention designed was used. Further study of entry-level graduate physical therapy students, licensed physical therapists, and other allied health professional is needed to determine whether the education of this group can affect their knowledge and attitudes towards patients with AIDS. Improved knowledge and attitude of the health care provider with an increased willingness to treat patients who have AIDS ensures these patients will receive optimal and appropriate health care. Thus in the present study by the using sex education programme, the effectiveness on the attitude can be measured, it useful for the youngster to motivating the attitude towards positive.

From 2006 estimates NACO, indicated that national adult HIV prevalence in India is approximately 0.36% which was correspondent 2 million to 3.1 million people living with HIV in India. For this UNICEF suggested the programme of sex education for primary to higher education level. "Over 35% of all reported AIDS cases in India occur among young people in the age group of 15-24 years and more than 50% of the new HIV infections are talking place among them," stated by the introduction to the Adolescent Education Programme designed by National AIDS Control Organization (NACO).

Maharashtra was one of the earliest states to be affected by HIV –AIDS in India and one of the first AIDS case found in state was detected in Mumbai, May 1986. Through mid-2003, 21% of country's reported cases of AIDS were in Maharashtra. If sex education programme implemented in school, then effectiveness of programme reflects in the changing attitude of students and some level of increasing AIDS knowledge.

National Crime Record Bureau (NCRB), Ministry of Home Affairs, Government of India, suggested that sexual harassment cases in India (2008-09) was 12,214 and in Maharashtra it was 1,099 (sexual harassment cases) & 1,483 (rape cases) respectively. It was registered cases but how many cases which is not reached to complaints? In them the youth's statistics are most. So if we successes in understanding our youth mind then there is prevention in sexual violence. The present study was such tiny try of understanding and improving the attitude of youngsters and the sex education programme was the equipment.

Table 1: year wise student's enrollment in higher education



From the above table it is clear that the ratio of increasing student's enrollment was highly in higher education. Question arise us that have our youth needed such type of sex education programme or not? For the answer of this question present study was mostly useful, and then we should rather implements such type of programmes on the all stages of education. Experts have identified critical characteristics of highly effective sex education programs. Such programs: Offer age- and culturally appropriate sexual health information in a safe environment for participants; Are developed in

cooperation with members of the target community, especially young people; Assist youth to clarify their individual, family, and community values; Assist youth to develop skills in communication, refusal, and negotiation; Focus on specific health behaviors related to the goals, with clear messages about these behaviors.

OBJECTIVES:

- 1) To create the sex education programme for college students.
- 2) To find out pre test & post test attitude of college students towards sex education.
- 3) To find out the effect of sex education programme on the attitude of college students towards sex education.
- 4) To compare the attitude of male & female college students towards sex education.

HYPOTHESIS:

- 1) There is positive effect of sex education programme on the attitude of college students.
- 2) There is no significance difference between college male student's pre test and post test attitude towards sex education.
- 3) There is no significance difference between college female student's pre test and post test attitude towards sex education.
- 4) There is no significance difference between college male & female students' post test attitude towards sex education.

METHODS AND PROCEDURES:

METHOD OF RESEARCH:

Considering the objectives, hypotheses and the nature of data to be collected, the experimental method was adopted in the present study.

RESEARCH DESIGN:

In the present study there should be used experimental method for which the one- group, pretest- posttest experimental design was used.

SAMPLING:

The population of the present study comprises college students of the Parola Tahsil. The purposive sampling technique used in selecting the sample of the present study. The sample of 60 students selected from Parola College, randomly, in which 30 male students and 30 female students was considered.

TOOL:

For the measuring the attitude of college student's towards sex education Dr. (smt.) Usha Mishra's standardized scale was used. The scale was five points having the responses strongly agree, agree, indefinite disagree, strongly disagree. The scale consisted of 32 items in which 16 items was positive & 16 negative. The reliability of the test computed by Split Half was 0.86 and the scale has content and face validity.

Second tool used in the present study was sex education programme which was having power point presentation & based on the content HIV-AIDS, pregnancy, sexually transmitted disease, abstinence, danger of myths, assertiveness, abortion, faithfulness, population, rape, organ of the body, reproduction, sexual health, relationship & intimacy. The programme constructed by the help of technician & expert.

ANALYSIS OF DATA AND FINDINGS:

After collecting the data the interpretation done by following way:

Objective 1: To create the sex education programme for college students.

For the further objective the programme should be done by the help of technician & expert. Such programme having power point presentation & based on the content HIV-AIDS, pregnancy, sexually transmitted disease, abstinence, danger of myths, assertiveness, abortion, faithfulness, population, rape, organ of the body, reproduction, sexual health, relationship & intimacy. The content built from the various references and the book of sex education. With the help of experts opinion content should be finalized.

Objective 2: To find out pre test & post test attitude of college students towards sex education.

Following table define the pre test and post test attitude of college students towards sex education:

Table 1: showing grade & interpretation of college students pre test attitude towards sex education

Total students	Interpretation	No. of students	Percentage %
60	Very High Attitude Towards Sex Education	2	3.33
	High Attitude Towards Sex Education	4	6.66
	Moderate Attitude Towards Sex Education	24	40
	Low Attitude Towards Sex Education	29	48.33
	Very Low Attitude Towards Sex Education	1	1.66

Table 2: showing grade & interpretation of college students post test attitude towards sex education

Total students	Interpretation	No. of students	Percentage %
60	Very High Attitude Towards Sex Education	19	31.66
	High Attitude Towards Sex Education	20	33.33
	Moderate Attitude Towards Sex Education	16	26.66
	Low Attitude Towards Sex Education	5	8.33
	Very Low Attitude Towards Sex Education	0	0

The above table no. 1 & 2 shows the increasing attitude of college students towards sex education caused effect of sex education programme. The effect of sex education programme found positive after treatment. Before the treatment in pre test there were approximately 50% student's attitude found low towards sex education & only 10% student's attitude was found high towards sex education. But after treatment of sex education programme the effectiveness found very positive. Approximately 65% student's attitude found high in which 34% attitude was very high towards sex education. It means that the attitude of college student's towards sex education changes by defining them the truth of sex education. It also clears that the misconception about sex education effects on the attitude of college students. First of all students was in the opposite of sex education but after implementation of correct knowledge the student mostly favors in the sex education.

Objective 3: To find out the effect of sex education programme on the attitude of college students towards sex education. For the above objective following hypothesis formulated:

Hypothesis 1: There is positive effect of sex education programme on the attitude of college students.
Table 3: Data Analysis of Mean, 't' Observation & Hypothesis Acceptation/Rejection

Students	No.	Mean	Data		Significance level	Observation	Hypothesis
			't' obs	't' tab			
Sex edu. Programmed Pre test	60	74.4	1.30	2.00	0.05	't'obs<'t'tab	Ho1 accepted
Sex edu. Programmed Post test	60	110					

From the above table it concluded that for df=59 of significance level 0.05 observation't' value was small than the table't' value. So there was positive effect of sex education programme on the attitude of college students towards sex education. So the hypothesis was accepted. The mean of pre test value shows the moderate attitude of college students towards sex education but after the applying sex education programme the mean value of post test increased and the attitude was high towards sex education. It means that sex education programme was much effective for changing the attitude of college students towards sex education.

Objective 3: To compare the attitude of male & female college students towards sex education. For the above objective following hypothesis 2, 3 & 4 was formulated.

Hypothesis 2: There is no significance difference between college male student's pre test and post test attitude towards sex education.

Table 4: Data Analysis of Mean, 't' Observation & Hypothesis Acceptation/Rejection

Students	No.	Mean	Data		Observation	Hypothesis
			't' obs	't' tab		
Male Student Pre test	30	73.7			't'obs > 't'tab	Ho2 Rejected
Male Student Post test	30	110.9	7.10	2.04		

From the above table, observed 't' was greater than table 't' value on significance level 0.05, it means that there was significance difference between college male student's pre test & post test attitude towards sex education. Mean of pre test was 73.3 which shows moderate attitude towards sex education and mean post test was 110.9 which shows high attitude towards sex education.

From above we concluded that there was positive effect of sex education programme on the attitude of college male students which was high attitude towards sex education.

Hypothesis 3: There is no significance difference between college female student's pre test and post test attitude towards sex education.

Table 5: Data Analysis of Mean, 't' Observation & Hypothesis Acceptation/Rejection

Students	No.	Mean	Data		Observation	Hypothesis
			't' obs	't' tab		
Female Student Pre test	30	75.13			't'obs > 't'tab	Ho3 Rejected
Female Student Post test	30	109.03	9.41	2.04		

From the above table, observed 't' was less than table 't' value on significance level 0.05, it means that there was significance difference between college female student's pre test & post test attitude towards sex education. Mean of pre test was 75.13 which shows moderate attitude towards sex education and mean post test was 109.03 which shows high attitude towards sex education.

From above we concluded that there was positive effect of sex education programme on the attitude of college female students which was high attitude towards sex education.

Hypothesis 4: There is no significance difference between college male & female students' post test attitude towards sex education.

Table 6: Data Analysis of Mean, 't' Observation & Hypothesis Acceptation/Rejection

Students	No.	Mean	Data		Observation	Hypothesis
			't' obs	't' tab		
Male Student Post test	30	110.9			't'obs < 't'tab	Ho4 accepted
Female Student Post test	30	109.03	0.41	2.04		

From the above table it concluded that for df=59 of significance level 0.05 observation 't' value was small than the table 't' value. The attitude of college male & female students' post test was same towards sex education. So the hypothesis was accepted. Mean value of the attitude of male & female college students was high towards sex education.

CONCLUSION AND DISCUSSION:

- 1) The effect of sex education programme found positive after treatment. Approximately 65% student's attitude found high in which 34% attitude was very high towards sex education.
- 2) The mean of pre test value (74.4) shows the moderate attitude of college students towards sex education but after the applying sex education programme the mean value of post test (110) increased and the attitude was high towards sex education. It means that sex education programme was much effective for changing the attitude of college students towards sex education.
- 3) There was positive effect of sex education programme on the attitude of college male students towards sex education.
- 4) There was positive effect of sex education programme on the attitude of college female students towards sex education.
- 5) The attitude of male & female college students was high towards sex education.

From the above conclusion it cleared that there were positive effect of sex education programme on the attitude of sex education. There were many misconceptions in the youths about sex education. For which such type of programme needed for the youth as well as society. Attitude is psychological factor which is difficult to measure but the attitude scale is an only instrument which helps us for understanding the attitude towards subject. And from the above experiment it is clear that attitude was possible to change. If we provide the appropriate information to subject it is possible to improve the attitude. Sex education is a sensitive topic in Indian culture so it is always criticized by cultural & non cultural peoples of society. But if we tried for giving scientifically knowledge to people then their attitude will must be improved.

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