

A Study to Assess the Knowledge and Attitude of Unmarried Young Adults About Desirable Sex Behaviour

Mrs. Vijender Kaur

With a view to prepare and evaluate the guidelines for developing desirable sex behaviour in selected rural community of Delhi, under R.H.T.C. Najafgarh, this study was conducted towards partial fulfillment of the requirements for the Degree of Master of Nursing at Rajkumari Amrit Kaur College of Nursing, University of Delhi, during the year 2000-2001.

Objectives

The objectives of the study were to:

Assess the knowledge and attitude of unmarried young adults regarding desirable sex behaviour; prepare guidelines for developing desirable sex behaviour based on the assessed knowledge and attitude of unmarried young adults; evaluate the knowledge and attitude of the unmarried young adults regarding desirable sex behaviour after exposure to the developed guidelines; find relationship between knowledge and attitude scores of unmarried young adults regarding sex behaviour after introduction of developed guidelines; determine the acceptability and utility of guidelines regarding desirable sex behaviour as expressed by doctors, Public Health Nurse, Parents and young unmarried adults. The conceptual framework adopted

for the study was based on Transtheoretical Model of Behaviour change and Nursing process.

Research approach adopted for the study was a descriptive survey and an evaluative research approach with one group pre-test post-test design. The study was conducted in rural community under RHTC, Najafgarh, Delhi for both the phases of study.

Purposive sampling technique was used. The sample comprised of 30 unmarried young adults for Phase-I and 30 unmarried young adults and 15 Doctors, P.H.N. and parents for phase-II of the study. The tools developed and utilized for data collection were as follows.

- Structured knowledge Questionnaire to assess the knowledge of unmarried young adults regarding desirable sex behaviour.
- Attitude scale to assess their attitude towards desirable sex behaviour.
- Structured opinionnaire to determine the acceptability and utility of the guidelines.

Knowledge questionnaire consist of three parts

Part-I consisted of nine item on personal data, which is related to demographic information of young adults like age, sex, educational status, occupational status, income, religion, caste, type of family and source of information. Knowledge items were covered under the follow-

ing content areas.

- Sex behavior aspects like biological aspects, psychological aspects, socio-cultural aspects as driving force;
- Normal sex behavior phenomena;
- Sex behavior outcomes;
- Sex determinants;
- Desirable sex behaviour and undesirable sex behaviour;
- Undesirable sex behaviour's outcome

Part -II : Consisted of thirty multiple choice items .

Part III : Consisted of 14 true / false items. The total objective type items were 44 and each correct response assigned a score of 'one' and zero to an incorrect response on an item. Thus maximum score on the knowledge questionnaire was 44.

Attitude scale consisted of items concerning attitude related to desirable sex behaviour; thirty declarative statements were developed for respondents to respond on a five point scale i.e. whether they strongly agree, agree, undecided, disagree and strongly disagree with the statement. Each statement represented favour of or against. Positive statements scored five for strongly agree and one for strongly disagree. Negative statements scored five for strongly disagree and one for strongly agree. Total score on items of attitude scale →

Author :

Safdarjung Hospital / ANM Training School, RHTC, Najafgarh, New Delhi-110043.

ranged from 30-150.

Structured opinionnaire was developed to determine the opinion of unmarried young adults, Doctors, Nurses and Parents for ascertaining the acceptability and utility of the guidelines. It consisted of ten items with three alternative columns 'to a great extent' 'to some extent' and 'cannot say'. A score of 3,2,1 was assigned to alternative columns respectively. Thus, the score of opinionnaires ranged from 10 to 30.

Guidelines were prepared on desirable sex behaviour for unmarried young adults for developing desirable sex behaviour and a criteria rating scale, which was developed on basis of the findings of the Phase I of the study. Review of research and non-research literature, discussion with peer group and experts' opinion was undertaken. Guidelines were validated by 11 experts from the field of Nursing, Medicine, Sociology, Psychology, Psychiatry, Veneriology and Dermatology, Gynecology and Obstetrics.

The feasibility of the study was verified through a pilot study. For reliability, further knowledge test was calculated using K. R- 20 formula and test-retest method for attitude scale. Reliability coefficient for knowledge Questionnaires was formed to be 0.71 and for attitude scale 0.99.

In phase- I knowledge and Attitude was assessed with the help of knowledge Questionnaire and Attitude scale.

Study Phase II:- Before administering the guidelines knowledge and attitude of unmarried young adults was assessed

through Knowledge Questionnaire and Attitude scale.

On day one, pre-test of knowledge and attitude regarding desirable sex behaviour was administered. After pre-test, the guidelines regarding desirable sex behaviour were distributed to them to go through. After seven days of distribution of guidelines, knowledge and Attitude post-test was conducted.

A structured opinionnaire was used to gather opinion regarding acceptability and utility of the guidelines from 30 unmarried young adults and 15 Doctors, Public Health Nurses and Parents.

Data gathered were analyzed and interpreted in the light of the objectives and hypothesis using descriptive and inferential statistics.

Major findings of the study were:

The findings of Phase I study indicates knowledge deficit and negative attitude among unmarried young adults. In Phase-II study:

The mean post-test knowledge score was significantly higher than the mean pre-test K. scores of unmarried young adults.

The Mean post-test attitude score was significantly higher than the mean pre-test attitude scores of unmarried young adults.

There was significant positive correlation between knowledge and attitude scores of unmarried young adults towards desirable sex behaviour.

Guidelines were found highly acceptable by unmarried young adults and Doctors, P.H.N. and par-

ents.

Gain in knowledge and attitude score indicated that print material in the form of guidelines were effective in increasing the knowledge and developing the positive attitude towards desirable sex behaviour among youths.

Based on the findings, the following recommendations are offered for future research.

1. A similar study can be replicated on a large sample; thereby findings can be generalized for a larger population.
2. A comparative study can be carried out to ascertain the knowledge and attitude of:
 - 2.1 Literate youths and illiterate youths.
 - 2.2 Youths and parents.
 - 2.3 Youths of literate parents and illiterate parents.
 - 2.4 Youths of urban areas and rural areas of country.
 - 2.5 Youths of joint family and nuclear family
 - 2.6 Youths of health personnel and non-health personnel.
 - 2.7 Nurse teachers and clinical nurses.
 - 2.8 Rural setting nurses and urban setting nurses.
3. Similar kind of studies can be conducted using other teaching strategies.
4. A study can be conducted to find out the attitudes of parents, teachers, nursing teachers and nursing students regarding desirable sex behaviour.

Balance & counselling of youth; health personnel should be;

Well trained and should be mature enough to handle youths feeling and related →

problems of youth, let them feel comfortable and yet keep control over the situation.

Knowledge questionnaire consist of three parts Part 1 consisted of nine items on personal data, which is related to demographic information of young adults like age, sex, educational status, occupational status, income, religion, caste, type of family & source of information.

Knowledge items covered content area like sex behavior aspects (biological aspect, psychological aspects, socio-cultural aspects) as driving force like reproductive age, marriage age recommended in India for both sex, knowledge regarding sexual act, pregnancy, child birth, puberty, menstruation, sexual urge, knowledge of sanitation method & family planning methods, acceptance of sexual relation in society, sexual deviation, myths regarding sex ac-

tivity, knowledge regarding STD, social problem due to undesirable sex behavior were asked.

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