



**A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE AMONG  
MOTHERS OF ADOLESCENT GIRLS REGARDING SEX EDUCATION AT  
PALLITHOTTAM COASTAL COMMUNITY AREA, KOLLAM WITH A VIEW TO  
DEVELOP AN INSTRUCTIONAL MODULE**

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**ABSTRACT**

The research project undertook was “a descriptive study to assess the knowledge and attitude among mothers of adolescent girls regarding sex education at pallithottam coastal community area, Kollam with a view to develop an instructional module”. The objectives of the study were to assess the knowledge among mothers of adolescent girls regarding sex education, to assess the attitude among the mothers of adolescent girls regarding sex education, to find the association between knowledge among mothers of adolescent girls regarding sex education with selected socio-demographic variables, to find the association between attitude among mothers of adolescent girls regarding sex education with selected socio-demographic variables and to develop an instructional module for mothers regarding sex education of their adolescent girls. The study was conducted among 150 mothers of adolescent girls who were residing at Pallithottam coastal community area, Kollam. In order to assess the knowledge and attitude of mothers regarding sex education, the study sample was selected by non-probability convenient sampling technique. The tool used for data collection consisted of demographic performa, structured knowledge questionnaire and structured attitude scale, basic introduction of the study was given to the subjects. The analysis of the data was based on the objectives of the study using descriptive and inferential statistics. The finding of the present study revealed that there was significant association between knowledge and selected socio-demographic variables like age, education and type of family and there is no significant association between religion, occupation and income. There was no significant association between attitude and selected socio-demographic variables such as age, religion, education, occupation, income and type of family. Based on the findings the investigators has drawn implications which were of vital concerns in the field of nursing practice, nursing administration, nursing education for future development.

**KEYWORDS:** Sex Education, Adolescent Sex Education, Adolescent Girls Sex Education, Sex Education of Mothers of Adolescent Girls.

**INTRODUCTION**

Sex education is a crucial facet of health education. Sex education is defined as a broad program that aims to build a strong foundation for life long sexual health by acquiring information and attitudes, beliefs and values about one’s identity, relationships and intimacy. Sexual health is considered to be a state of physical, emotional, mental and social well being in relation to sexuality and not merely the absence of disease or infirmity as defined by the World Health Organization.<sup>[1]</sup> Psychological and sociocultural influences in the delivery of this education can increase the likelihood of effectiveness.<sup>[2]</sup> Adolescents when improving their sexual health can help them effectively deal with related problems such as infertility, sexually transmitted infections, and high-risk

sexual behaviours, it can also encourage the younger generation to rationally approach and take responsibility for sexual relations.<sup>[3]</sup> Sexual health education programs are necessary for individuals who have not yet begun engaging in sexual activities and those who are already sexually active.<sup>[4]</sup> Sexual health education is “a life-long process of acquiring information and forming attitudes beliefs and values about such important topics as identity, relationships, and intimacy”. Despite its importance for adolescents, sexual health education is a complex endeavour.<sup>[6]</sup> Changes in the social and cultural structure of the population have made sexual health education an important health priority.<sup>[4]</sup> A major driver of opposition to the provision of sexual health education in the country is due to misperceptions of these

programs. Consequently, adolescents are compelled to search for sexual health information on the internet or through peers. This approach may lead to the sharing of false or exaggerated information. Some teachers, principals, and education officials remain unconvinced of the need to educate adolescents about sexual health, and thus oppose such programs.<sup>[7]</sup>

### STATEMENT OF THE PROBLEM

“A descriptive study to assess the knowledge and attitude among mothers of adolescent girls regarding sex education at Pallihottam coastal community area, Kollam with a view to develop an instructional module”

### OBJECTIVES

The objectives of the study were

- To assess the knowledge among mothers of adolescent girls regarding sex education.
- To assess the attitude among the mothers of adolescent girls regarding sex education.
- To find the association between knowledge among mothers of adolescent girls regarding sex education with selected socio - demographic variables.
- To find the association between attitude among mothers of adolescent girls regarding sex education with selected socio -demographic variables.
- To develop an instructional module for mothers regarding sex education of their adolescent girls.

### OPERATIONAL DEFINITIONS

#### Assess

In this study assess refers to determining of the knowledge and attitude among mothers of adolescent girls regarding sex education.

#### Knowledge

In this study knowledge refers to the scores obtained by the respondents to the items in the structured questionnaire regarding sex education to adolescent girls.

#### Attitude

In this study attitude refers to the respondents thoughts and feelings towards sex education to adolescent girls.

#### Mother

In this study a mother refers to a female parent in between the age of 28-60 years who has performed her parenthood responsibility for atleast an adolescent girl.

#### Adolescent girl

In this study adolescent girl refers to a female who has attained her puberty and is in the age group of 10 – 19 years.

#### Sex education

In this study sex education refers to human sexuality including attainment of puberty, emotional relations, human sexual anatomy, normal sexual activity, reproductive rights and health, menstrual hygiene and self defence against sexual abuse.

### RESEARCH METHODOLOGY

<b>Research approach</b>	: Quantitative research
<b>Research design</b>	: Non-Experimental research design
<b>Variables</b>	<b>Dependent variable:</b> knowledge and attitude of mother's of adolescent girls regarding sex education. <b>Demographic variables:</b> In this study demographic variables are age, religion, income, type of family, educational qualification and occupation.
<b>Setting of the study</b>	: The setting of the study was at Pallihottam coastal community area, Kollam.
<b>Population</b>	: In this study sample consisted of 150 mothers of adolescent girls in Pallihottam coastal community area, Kollam.
<b>Sample</b>	: In this study sample consisted of 150 mothers of adolescent girls in Pallihottam coastal community area, Kollam.
<b>Sample Size</b>	: 150 mothers of adolescent girls in Pallihottam coastal community area, kollam.
<b>Sampling Technique</b>	: Convenience sampling technique

### RESULTS AND DISCUSSION

Table 1: Age.

SL NO	AGE	KNOWLEDGE		
		ADEQUATE	MODERATE	INADEQUATE
1	28-38	14	51	3
2	39-48	25	40	15
3	49-60	0	1	1

The table of data regarding age shows that mothers who were in the age group of 28 -38 years,14 of them had

adequate knowledge, 51 had moderate and 3of them have inadequate knowledge regarding sex education. Mothers

who were in the age group of 39-48 years, 25 of them had adequate knowledge, 40 had moderate and 15 had inadequate knowledge. Among 49-60 years, only 1

moderate and 1 inadequate knowledge regarding sex education.

**Table 2: Religion.**

SL NO	RELIGION	KNOWLEDGE		
		ADEQUATE	MODERATE	INADEQUATE
1	Christian	39	76	10
2	Muslim	4	17	2
3	Hindu	1	1	1

The data regarding religion shows that 39 had adequate knowledge, 76 had moderate knowledge and 10 had inadequate knowledge in the Christian community. In the Muslim community, 4 had adequate knowledge, 17 had

moderate knowledge and 2 had inadequate knowledge. In the Hindu community, 1 had adequate knowledge, 1 had moderate knowledge and 1 had inadequate knowledge.

**Table 3: Education.**

SL NO	EDUCATION	KNOWLEDGE		
		ADEQUATE	MODERATE	INADEQUATE
1	Primary	10	24	4
2	Secondary	20	58	6
3	HSS	4	13	1
4	Others	8	2	0

The data regarding education shows that the mothers who has primary education, 10 had adequate Knowledge, 24 had moderate knowledge and 1 had inadequate knowledge. Mothers who has Secondary education, 20 had adequate knowledge, 58 had moderate knowledge

and 6 had inadequate knowledge. Mothers who have Higher Secondary education, 4 had adequate knowledge, 13 had moderate knowledge and 1 had inadequate knowledge. Mothers who have higher education, 8 had adequate knowledge and 2 had moderate knowledge.

**Table 4: Occupation.**

SL NO	OCCUPATION	KNOWLEDGE		
		ADEQUATE	MODERATE	INADEQUATE
1	Unemployed	29	77	12
2	Employed	8	10	0
3	Self Employed	6	7	1

The data regarding the occupation shows that among the mothers who are unemployed 29 had adequate knowledge, 77 had moderate knowledge and 12 had inadequate knowledge. Among mothers who are

employed 8 had adequate knowledge, 10 had moderate knowledge. Among mothers who are self employed 6 had adequate knowledge, 7 had moderate knowledge and 1 had inadequate knowledge.

**Table 5: Income**

SL NO	INCOME	KNOWLEDGE		
		ADEQUATE	MODERATE	INADEQUATE
1	10,000 &above	7	5	1
2	8001-10,000	12	20	1
3	6001-8000	12	38	5
4	4001-6000	7	23	2
5	<4000	3	12	1

The data regarding income shows that among mothers who have an income of 10,000 and above,7 had adequate knowledge 5 had moderate knowledge and 1 had inadequate knowledge. Among mothers who have income of 8001 -10,000, 12 had adequate knowledge, 20 had moderate knowledge and 1 had inadequate knowledge. Among mothers who have income of 6001-8000,12 had adequate knowledge, 38 had moderate

knowledge and 5 had inadequate knowledge. Among mothers who have income of 4001-6000, 7 had adequate knowledge, 23 had moderate knowledge and 2 had inadequate knowledge. Among mothers who have income less than 4000, 3 had adequate knowledge, 12 had moderate knowledge and 1 had inadequate knowledge.

**Table 6: Type of family.**

SL NO	TYPE OF FAMILY	KNOWLEDGE		
		ADEQUATE	MODERATE	INADEQUATE
1	Joint family	10	31	10
2	Nuclear family	30	68	1

The data regarding type of family shows that in joint family, 10 had adequate knowledge, 31 had moderate knowledge and 10 had inadequate knowledge. In nuclear

family, 30 had adequate knowledge, 68 had moderate knowledge and 1 had inadequate knowledge.

**Table 7: Association between knowledge and selected socio demographic variables.**

Sl.No	Variables	Knowledge			df	Chi square value	Table value	Inf
		Adequate	Moderate	Inadequate				
1	<b>Age in years</b>							
	28-38 yrs	14	51	3				
	39-48 yrs	25	40	15	4	14.086	9.49	S
	49-60 yrs	0	1	1				
2	<b>Religion</b>							
	Christian	39	76	10				
	Muslim	4	17	2	4	2.32	9.49	NS
	Hindu	1	1	0				
3	<b>Education</b>							
	Primary	10	24	4				
	Secondary	20	58	6	6	40.5	12.59	S
	HSS	4	13	1				
	Others	8	2	0				
4	<b>Occupation</b>							
	Unemployed	29	77	12				
	Employed	8	10	0	4	5.758	9.49	NS
	Self employed	6	7	1				
5	<b>Income</b>							
	10000 & above	7	5	1				
	8001-10000	12	20	1				
	6001-8000	12	38	5	8	8.243	15.51	NS
	4001-6000	7	23	2				
	<4000	3	12	1				
6	<b>Type of family</b>							
	Joint family	10	31	10				
	Nuclear family	30	68	1	2	12.23	5.99	S

0.05- level of significance

NS- non-significant

S-Significant

From the above statistical data, it was clear that there is significant association of knowledge among mothers of adolescent girls regarding sex education with demographic variable such as age, education and type of

family. And it is also clear that there was no association with knowledge among mothers of adolescent girls regarding sex education with demographic variable such as religion, occupation and income.

**Table 8: Age.**

SL NO	AGE	ATTITUDE			
		Highly positive	Positive	Neutral	Negative
1	28-38	21	25	21	1
2	39-48	15	42	23	0
3	49-60	1	0	1	0

From the data regarding age and attitude, 21 mothers had highly positive attitude, 25 had positive attitude, 21 had neutral attitude and 1 had negative attitude in the age

group of 28-38 years. 15 had highly positive attitude, 42 had positive attitude and 23 had neutral attitude in the

age group of 39-48 years. 1 had highly positive attitude and 1 had neutral attitude in the age group of 49-60 years.

**Table 9: Religion.**

SL NO	RELIGION	ATTITUDE			
		Highly positive	Positive	Neutral	Negative
1	Christian	40	48	36	1
2	Muslim	4	10	9	0
3	Hindu	0	1	1	0

The data regarding religion and attitude, 40 had highly positive attitude, 48 had positive attitude, 36 had neutral attitude and 1 had negative attitude in the Christian community. 4 had highly positive attitude, 10 had

positive attitude and 9 had neutral attitude in the Muslim community. 1 had positive attitude and 1 had neutral attitude in the Hindu community.

**Table 10: Education.**

SL NO	EDUCATION	ATTITUDE			
		Highly positive	Positive	Neutral	Negative
1	Primary	10	18	9	1
2	Secondary	23	35	26	0
3	HSS	7	6	5	0
4	Others	5	5	0	0

The data regarding education and attitude, mothers who have primary education 10 had highly positive attitude, 18 had positive attitude, 9 had neutral attitude and 1 had negative attitude. Mothers who have Secondary education, 23 had highly positive attitude, 35 had

positive attitude and 26 had neutral attitude. Mothers who have Higher Secondary education, 7 had highly positive attitude, 6 had positive attitude and 5 had neutral attitude. Mothers who have higher education, 5 had highly positive attitude and 5 had positive attitude.

**Table 11: Occupation.**

SL NO	OCCUPATION	ATTITUDE			
		Highly positive	Positive	Neutral	Negative
1	Unemployed	31	43	43	1
2	Employed	5	6	7	0
3	Self Employed	4	5	5	0

The data regarding occupation and attitude, mothers who are unemployed, 31 had highly positive attitude, 43 had positive attitude, 43 had neutral attitude and 1 had negative attitude. Mothers who are employed, 5 had

highly positive attitude, 6 had positive attitude and 7 had neutral attitude. Mothers who are self employed, 4 had highly positive attitude, 5 had positive attitude and 5 had neutral attitude.

**Table 12: Income.**

SL NO	INCOME	ATTITUDE			
		Highly positive	Positive	Neutral	Negative
1	10,000 & above	6	5	2	0
2	8001-10,000	14	12	8	0
3	6001-8000	25	16	14	0
4	4001-6000	7	12	13	0
5	<4000	6	5	4	1

The data regarding income and attitude, mothers who have income 10,000 & above, 6 had highly positive attitude, 5 had positive attitude and 2 had neutral attitude. Mothers who have 8001-10,000 income, 14 had highly positive attitude, 12 had positive attitude and 8 had neutral attitude. Mothers who have 6001-8000 income, 25 had highly positive attitude, 16 had positive attitude and 14 had neutral attitude. Mothers who have 4001-6000 income, 7 had highly positive attitude, 12 had positive attitude and 13 had neutral attitude. Mothers

who have income less than 4000, 6 had highly positive attitude, 5 had positive attitude, 4 had neutral attitude and 1 had negative attitude.

**Table 13: Type of family.**

SL NO	TYPE OF FAMILY	ATTITUDE			
		Highly positive	Positive	Neutral	Negative
1	Joint	17	17	16	1
2	Nuclear	34	40	25	0

The data regarding type of family and attitude, in joint family 17 had highly positive attitude, 17 had positive attitude, 16 had neutral attitude and 1 had negative

attitude. In nuclear family, 34 had highly positive attitude, 40 had positive attitude and 25 had neutral attitude.

**Table 14 : Association between attitude and selected socio demographic variables.**

Sl.No	Variables	Attitude				df	Chi square value	Table value	Inf
		Highly positive	Positive	Neutral	Negative				
1	<b>Age in years</b>								
	28-38 yrs	21	25	21	1				
	39-48 yrs	15	42	23	0	6	7.183	12.59	NS
	49-60 yrs	1	0	1	0				
2	<b>Religion</b>								
	Christian	40	48	36	1				
	Muslim	4	10	9	0	6	3.304	12.59	NS*
	Hindu	0	1	1	0				
3	<b>Education</b>								
	Primary	10	18	9	1				
	secondary	23	35	26	0	9	9.2	16.92	NS
	HSS	7	6	5	0				
	Others	5	5	0	0				
4	<b>Occupation</b>								
	Unemployed	31	43	43	1				
	Employed	5	6	7	0	6	0.375	12.59	NS
	Self employed	4	5	5	0				
5	<b>Income</b>								
	>10000	6	5	2	0				
	8001-10000	14	12	8	0				
	6001-8000	25	16	14	0	12	15.22	21.03	NS
	4001-6000	7	12	13	0				
	<4000	6	5	4	1				
6	<b>Type of family</b>								
	Joint family	17	17	16	1	3	2.79	7.82	NS
	Nuclear family	34	40	25	0				

0.05- level of significance

NS- non-significant

From the above statistical data, it was clear that there is no significant association of attitude among mothers of adolescent girls regarding sex education with demographic variable. And it is also clear that there was no association of attitude among mothers of adolescent girls regarding sex education with demographic variable such as age, religion, education, occupation, income and type of family.

## DISCUSSION

The present study was conducted to assess the knowledge and attitude among mother's of adolescent girls regarding sex education at pallihottam coastal community area, Kollam. In order to achieve the objectives of the study non experimental research design was adopted. The Sample was selected by the non-probability convenient sampling. The sample consisted

of 150 mothers adolescent girls. The findings of the study have been discussed in relation to objectives and other similar studies.

## OBJECTIVES

The objectives of the study were

- To assess the knowledge among mothers of adolescent girls regarding sex education.
- To assess the attitude among the mothers of adolescent girls regarding sex education.
- To find the association between knowledge among mothers of adolescent girls regarding sex education with selected socio - demographic variables.
- To find the association between attitude among mothers of adolescent girls regarding sex education with selected socio -demographic variables.

- To develop an instructional module for mothers regarding sex education of their adolescent girls.

#### **Discussion of findings with other studies based on objectives**

- **To assess the knowledge among mothers of adolescent girls regarding sex education.**

The present study revealed that 29.3% mothers had adequate knowledge, 62.6% had moderately adequate knowledge and 8% had inadequate knowledge.

The above findings are supported by a qualitative study conducted in Enugu state from June 20 to September 10, 2020. Samples was selected by simple random technique and the sample size was 30 mothers. Data were collected by a semi structured questionnaire to assess the knowledge among mothers of adolescent girls regarding sex education. The findings of the study indicate that 21.5 % mothers had adequate knowledge.69.9% had moderately adequate knowledge. 8.6% had inadequate knowledge.

- **To assess the attitude among the mothers of adolescent girls regarding sex education.**

The study revealed that 38% mothers of adolescent girls had highly positive attitude, 34% had positive attitude, 27.3% had neutral attitude and 0.6% had negative attitude.

The above findings are supported by a qualitative research study conducted in Hyderabad. The sample was selected by random sampling technique and the sample size was 200 and Interview method was used to collect the data. Data was collected by a interview and semi-structured questionnaire. The findings of the study indicates that 42% mothers of adolescent girls had Highly positive attitude, 32 % had Positive attitude, 22.3% had Neutral attitude and 3.7% had Negative attitude towards sex education

- **To find the association between knowledge among mothers of adolescent girls regarding sex education with selected socio-demographic variables.**

The present study showed significant association between knowledge and socio -demographic variables like age, education and type of family. Regarding age the calculated value 14.086 is greater than table value 9.49 at 0.05 level of significance. Regarding education, the calculated value 40.5 is greater than table value 12.59 at 0.05 level of significance. Regarding type of family the calculated value 12.23 is greater than table value 5.99 at 0.05 level of significance. There was no significant association between knowledge and socio - demographic variables like religion, occupation and income. Regarding religion the calculated value 2.32 is less than table value 9.49 at 0.05 level of significance. Regarding occupation the calculated value 5.76 is less than table value 9.49 at 0.05 level of significance. Regarding income, the calculated value 8.24 is less than table value 15.51 at 0.05 level of significance. In short significant association was found between knowledge and demographic variables like age, education and type of family. No

significant association was found between knowledge and demographic variables such as religion, occupation and income.

The above finding is supported by a convenient cross-sectional survey which was conducted in urban area of chennai to assess the knowledge among parent's of adolescents. Samples was selected by simple random technique and sample size was 346. The study showed that the majority of the participants 83.8% belong to Hindu religion, 82.7% were living in a nuclear family, 68.7% of students' monthly family income was less than Rs. 25,000 and the mothers (76.7%) was home makers. Regarding age the calculated value 16.56 is greater than table value 10.49 at 0.05 level of significance. Regarding education, the calculated value 49.5 is greater than table value 14.61 at 0.05 level of significance. There was no significant association between knowledge and socio - demographic variables like religion and income. Regarding religion the calculated value 6.32 is less than table value 15.23 at 0.05 level of significance. Regarding income, the calculated value 13.25 is less than table value 17.51 at 0.05 level of significance. In short significant association was found between knowledge and demographic variables like age and education. No significant association was found between knowledge and demographic variables such as religion and income.

- **To find the association between attitude among mothers of adolescent girls regarding sex education with selected socio demographic variables.**

The present study showed no significant association between attitude and socio demographic variables like age, religion, education, occupation, income and type of family. Regarding age, the calculated value 7.183 is less than table value 12.9 at 0.05 level of significance. Regarding religion, the calculated value 3.304 is less than table value 12.59 at 0.05 level of significance. Regarding education, the calculated value 9.2 is less than table value 16.92 at 0.05 level of significance. Regarding occupation, the calculated value 0.375 is less than table value 12.59 at 0.05 level of significance. Regarding income, the calculated value 15.22 is less than table value 21.03 at 0.05 level of significance. Regarding type of family, calculated value 2.79 is less than table value 7.82 at 0.05 level of significance. In short, no significant association was found between attitude of mothers towards sex education and demographic variables such as age, religion, education, occupation, income and type of family. It is revealed that 38% mothers of adolescent girls had highly positive attitude, 34% had positive attitude, 27.3% had neutral attitude and 0.6% had negative attitude.

The above finding was supported by a convenient cross-sectional survey which was conducted in urban area of chennai. Samples was selected by simple random technique and sample size was 346. . The study showed that 43% mothers of adolescent girls had highly positive attitude, 33% had positive attitude, 23.3% had neutral

attitude and 0.7% had negative attitude. Regarding age, the calculated value 9.81 is less than table value 16.1 at 0.05 level of significance. Regarding education, the calculated value 6.2 is less than table value 15.85 at 0.05 level of significance. Regarding their occupation, calculated value 2.79 is less than table value 7.82 at 0.05 level of significance. There is no association between attitude and socio-demographic variables such as age, education and their occupation

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