

Effectiveness of structured teaching program regarding awareness of child sexual abuse and protection of children from sexual offences act among mothers in Gomati district, Tripura

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ABSTRACT

Child sexual abuse (CSA) is a critical public health issue with long-lasting psychological and emotional consequences. This study aimed to evaluate the effectiveness of a Structured Teaching Program (STP) in enhancing maternal awareness of CSA and the legal provisions under the POCSO Act. Guided by Ludwig von Bertalanffy's General Systems Model (1950), the study employed a post-test-only control group design with purposive sampling of 100 mothers—50 in the experimental group (Nutan Bazar Anganwadi Centre) and 50 in the control group (Bangalipara Anganwadi Centre). Data were collected using a structured interview schedule. The experimental group received the STP before the post-test, while the control group did not. Results showed a significantly higher mean post-test knowledge score in the experimental group (19.8) compared to the control group (16.4), with a mean difference of 3.4 ($t = 15.45$, $p < 0.05$). Significant associations were found between post-test knowledge scores and the husband's occupation in the experimental group, and family type in the control group.

Key words: structured teaching program, mother, knowledge, child sexual abuse and POCSO Act. Tripura.

INTRODUCTION:

Childhood is the age span which range from birth to adolescent. Children should live free from fear, safe from violence and protected from abuse and exploitation.¹

According to the World Health Organization definition, Child Sexual abuse means " It includes a child who is unable to give consent, under compulsion, fear or any other circumstances, not prepared physically, mentally or emotionally for sexual activities, any illegal activity, other activity which not relates with the moral values of the society, child trafficking, child prostitution, child pornography, and many other similar acts, which are done

against the will of the child in it.'²The prevalence of more than 53% of Indian children are sexual abuse/assault³

Before the introduction of the POCSO Act, 2012, the sole legislation in India that aimed at protecting the rights of a child was the Goa's Children's Act, 2003 and Rules, 2004. These provisions neither protect male children from sexual abuse nor the Protection of Children from Sexual Offences (POCSO) 2012 the act was enacted by Govt. of India to safeguard children from sexual abuse and sexual offences. The Act clearly defines a child as any person below the age of 18 years. ⁴

According to WHO (2017) : The global figures of prevalence of CSA are mind-boggling. In 2002, the WHO estimated that worldwide 150 million females and 73 million males under the age of 18 years suffered CSA.⁵

A meta-analysis of 65 studies from 22 nations revealed that CSA occurred in 19.7% of girls and 7.9% of boys.⁶

According to the NCRB (2021) data, NCRB started recording the cases under POCSO Act, 2012 only since 2014 the number of POCSO cases increased by more than 30% between 2016 & 2020. In 2019 and 2020, more than 47,000 cases each were reported under this act. This translates to a daily average of 129 cases reported under POCSO. Between 2017 and 2020 for which data is available, girls constituted 97.1% to 97.6% of the victims each year while boys constituted the remaining 2.3% to 2.8%.⁷

The great men said that “Charity begins at home “it is told that Mothers is the first Teacher of the children, if parents take initiative to teach their children properly then the future life of the children will be glorious, and our society will also be developed and peaceful. Through literature survey researchers found that gap there was no study conducted previously in Tripura regarding awareness of effectiveness of structured teaching programme on CSA & POCSO ACT.

OBJECTIVE OF THE STUDY:

- 1.To assess the posttest knowledge regarding awareness of child sexual abuse & protection of children from sexual offences act among mothers in both control group & experimental groups.
- 2.To evaluate the effectiveness of structured teaching programme regarding awareness of child sexual abuse & protection of children from sexual offences act.

3.To find out the association between post- test knowledge score regarding awareness of child sexual abuse & protection of children from sexual offences act with selected demographic variable of mothers in both control group & experimental groups.

HYPOTHESES:

H1: The mean post - test knowledge score of experimental groups is higher than the mean post-test knowledge score of control group regarding CSA & POCSO act at 0.05 level of significance.

H2: There is a significant association between post- test knowledge score of experimental groups with selected demographic variables of Mothers at 0.05 level of significance.

H3: There is a significant association between post- test knowledge score of control group with selected demographic variables of Mothers at 0.05 level of significance.

RESEARCH METHODOLOGY:

A post-test only control group design study was conducted at Nutan Bazar, Anganwadi center (experimental group) and Bangalipara (control group), in Gomati district Tripura. Quantitative research approach was used total sample size in both group 50 mothers of 3 to 15 years old child (both male & female) were selected by purposive sampling technique. Inclusion criteria: mothers of both male and female child between 3-15 years of age, mothers who know Bengali language only.

DATA COLLECTION TOOLS

Structured interview schedule was used to collect data. Tool consists of two main sections. Section I, includes demographic profile of mother and child and section II includes structured interview schedule. Reliability of knowledge tool is tested by test-retest method by Pearson product moment. The reliability obtained by the method was 0.92 which indicates that the tool is good reliable.

DATA COLLECTION METHODS

After obtaining written permission from the Amarpur ICDS center, data collection was done from mothers of both male and female child between 3-15 years of age. Data was collected from 15th March to 21st March 2025. At the first purpose of the study was explained to them & informed consent was obtained prior to the administering of structured teaching program to get their cooperation and prompt answers confidentiality was assured to all subjects.

ETHICAL CONSIDERATION:

1. The ethical clearance obtained from the ethical committee of Society for Tripura Medical College & Dr BRAM Teaching Hospital.
2. Informed consent was taken from each sample before collecting the data.
3. Written permission was taken from authority of the selected settings.:

Result:

Demographic profile		Experimental group		Control group	
SI.NO	Mother profile	Frequency	Percentage	Frequency	Percentage
1	Mother age				
	20-24 years	9	18%	10	20%
	25-29 years	20	40%	23	46%
	30-34 years	13	26%	12	24%
	35-39 years	8	16%	5	10%
2	No of children				
	One	36	72%	36	72%
	Two	14	28%	14	28%
3	Education qualification				
	Secondary	26	52%	33	66%
	H.S secondary	11	22%	11	22%
	Graduate	13	26%	6	12%
4	Occupation mother				
	House wife	48	96%	50%	100%
	Business	2	4%	0	0%
5	Occupation husband				
	Service	8	16%	6	12%
	Business	29	58%	26	52%
	Others	13	26%	18	36%
6	Religion				
	Hindu	37	74%	38	76%
	Muslim	13	26%	12	24%
7	Types of family				
	Nuclear	20	40%	15	30%
	Joint	30	60%	35	70%
8	Family monthly income				
	Rs 7102-11836	25	50%	22	44%
	Rs 11837-17755	15	30%	20	40%
	Rs 17756-23673	10	20%	8	16%
9	Previous information				
	Yes	37	74%	35	70%

	No	13	26%	15	30%
10	Sources information				
	Electronic media	37	74%	35	70%
	They don't know	13	26%	15	30%
11	Any incidence in CSA in your family				
	Yes	0	0%	0	0%
	No	50	100%	50	100%

Table 2: Finding related to mothers' levels of knowledge score regarding CSA & POCSO act in both Control group and Experimental group: n=100

Level of knowledge score	Experimental group		Control group	
	Frequency	Percentage	Frequency	Percentage
Inadequate (<13)	2	4%	10	20%
Adequate (14-18)	13	26%	23	46%
Excellent (19-26)	35	70%	17	34%

According to the data, the maximum Mothers 70% in experimental group had excellent levels of knowledge score, while in Control group maximum mothers 46% had adequate levels of knowledge score.

Table 3: Area was mean and mean percentage of knowledge score of mothers in both experimental group and control group: n=100

Areas of knowledge score	Area wise maximum score	Experimental group		Control group	
		Mean	Mean percentage	Mean	Mean percentage
Part A: Meaning and causes of child sexual abuse	5	3.96	79%	2.64	52.8%
Part B: Types, clinical feature, and impact of child sexual abuse	6	4.28	71%	4.46	75 %

Part C: - Prevention of child sexual abuse and POCSO Act	15	11.78	78.53 %	9.84	65.6 %
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According to the data revealed that, the maximum Mothers 79% in experimental group had excellent levels of knowledge score, while in Control group maximum mothers 52.8% had adequate levels of knowledge score.

Table 4: Finding related to effectiveness of structured teaching programme regarding awareness of CSA & POCSO act in both experimental group and control group: n=100

Group	Mean	Mean difference	Standard deviation	't' value	df	Table value
Experimental group (post test)	19.8	3.4	3.18	15.45*	98	2.00
Control group (post test)	16.4		3.88			

Data showing that the mean post- test knowledge score 19.8 of experimental group was higher than the mean post-test knowledge score 16.4 in control group with the mean difference of 3.4. Unpaired 't' value was 15.45 was higher than the table value 2.00 at degree of freedom 98 at 0.05 level of significance which suggesting the effectiveness of STP regarding CSA & POCSO Act.

Table 5: Finding related to the association between post -test knowledge score regarding awareness of CSA & POCSO act with selected demographic variable of mothers in both experimental group .n=50

Sl no	Sample characteristics	Above median	Below median	Calculated Chi square value	df	Tabulated Chi square value
1	Mother age in years					
	25-29	16	13	1.02	1	3.84
	30-39	15	6			
3	Education qualification					
	Secondary	14	12	0.73	1	3.84
	H.S secondary and Graduate	16	8			
5	Occupation of husband					

	Service	13	8	13.92*	1	3.84
	Business	18	11			

Sl no	Sample characteristics	Above median	Below median	Calculated Chi square value	df	Tabulated Chi square value
7	Types of family					
	Nuclear	12	8	0	1	3.84
	Joint	18	12			
Child profile						
12	Age of child					
	3-8 years	18	16	1.26	1	3.84
	9-15 years	12	4			
13	Sex of the child					
	Girl	12	21	0.52	1	3.84
	Boy	8	9			

Table 6: Finding related to the association between post -test knowledge score regarding awareness of CSA & POCSO act with selected demographic variable of mothers in both control group. n=50

Sl no	Sample characteristics	Above median	Below median	Calculated Chi square value	df	Tabulated Chi square value
1	Mother age in years					
	25-29	12	21	0.57	1	3.84
	30-39	14	13			
3	Education qualification					
	Secondary	11	22	0.17	1	3.84
	H.S secondary and Graduate	7	10			
5	Occupation of husband					
	Service	10	14	1.49	1	3.84
	Business	7	19			

Sl. no	Sample characteristics	Above median	Below median	Calculated Chi square value	df	Tabulated Chi square value
7	Types of family					
	Nuclear	9	6	6.43*	1	3.84
	Joint	8	27			
Child profile						
12	Age of child					
	3-8 years	14	25	0.11	1	3.84
	9-15 years	3	8			
13	Sex of the child					
	Girl	22	7	1.11	1	3.84
	Boy	13	8			

*= Significant at 0.05 level

Table: 6 & 7 revealed that there was significant association found with occupation of husband in experimental group Chi square (X^2) value 6.74 at df 2 and association also found with types of family in control group Chi square (X^2) value 6.43 at df 1.

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DISCUSSION

The study confirms that Structured Teaching Programs (STPs) significantly improve maternal awareness of Child Sexual Abuse (CSA) and the POCSO Act, aligning with findings from similar research across India.

In this study, the post-test-only control group design revealed a statistically significant improvement in knowledge among mothers who received the STP, with a mean score of 19.8 compared to 16.4 in the control group ($t = 15.45$, $p < 0.05$). This supports the hypothesis that structured educational interventions can effectively enhance awareness of CSA and legal protections under the POCSO Act.

Comparable findings were reported by Sharma et al. (2021), who assessed the impact of a structured teaching program on mothers of school-going children aged 6–12 years. Their study demonstrated a marked increase in knowledge post-intervention, reinforcing the value of targeted educational efforts in community settings.

The present study also found significant associations between knowledge scores and specific demographic variables—namely, the husband's occupation in the experimental group and

family type in the control group. This suggests that socioeconomic and familial contexts may influence how effectively mothers absorb and apply information about CSA and legal frameworks. These findings echo those of Somani et al. (2023), who highlighted the role of family dynamics and parental occupation in shaping awareness and responsiveness to child protection issues.

Conclusion: The following conclusion was drawn on the basis of the study, knowledge of mother's awareness regarding CSA & POCSO act was effective to determine by structured interview schedule in both experimental group and control group were enhancing knowledge among mothers. But experimental group was more effective than control group in enhancing knowledge. The findings support policy-level recommendations to integrate STPs into routine maternal health education, especially in Anganwadi and other grassroots platforms.

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