



## **A study to evaluate the effectiveness of child-to-child approach on knowledge regarding Good touch and bad touch among school Age children in selected schools at Kanyakumari district**

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### **Abstract**

Child is a gift from the creator. The children are the inheritance of the world. Childhood is a golden period and a blue print of an adult, is the bridge between birth and adulthood. The first sensory input is life comes from the sense of touch experienced by a foetus where he/she is in the mother's womb and feels protective. Parents, siblings, elders, friends, teachers, and nurses, play an important role in a child development. Sex education is very important for every child. Now a day's child sexual abuse is the most prevalent health problem's children, where a child faces severe consequences. Parents, teachers and nurses should break the barriers and start to talk and teach their children about 'Good touch' and 'Bad touch' to secure the child's future.

**The aim of the study** is to evaluate the effectiveness of child- child approach on knowledge regarding good touch and bad touch among school age children in selected schools at Kanyakumari district.

**Materials and Methods:** Quasi experimental, one group pre-test post-test design was adopted. The sample size consisted of 60 school age children. The conceptual framework is based on modified Daniel. L Stuffle Beam's CIPP model (2002) purposive sampling technique was adopted. Demographic, clinical data and structured knowledge questionnaire on good touch and bad touch was used data collection. Health education given for 30 minutes twice a week for 4 weeks.

**Results:** In pre test 60% of school age children had inadequate knowledge. After giving health education by change agent no one had inadequate knowledge 36% had adequate knowledge and 24% had moderately adequate knowledge. The mean knowledge of pre test score was 8.10 and post test score was 21.10 as to the 'T' value found to be 41.22 at P <0.05 level of significance that showed there was a significant improvement in the knowledge level through child to child approach.

**Conclusion:** The study proved that child to child approach is an effective teaching strategy is improving the knowledge regarding good touch and bad touch among school age children.

**Keywords:** Child to child approach, good touch bad touch, school age children

### **Introduction**

Child is a gift from the creator. When a child is born to family, it brings bundle of joy, happiness and responsibility to the family, society and country. The Children are the inheritance of the world. Childhood is a golden period and a blue print of an adult, is the bridge between birth and adulthood. So, it has to be taken care of well, with the fulfilment of emotional, psychological and physical needs. "Childhood" generally signifies happy living, healthy nutrition, love, warmth, support and overall affectionate environment. The attitudinal behaviour of children should be hale and hearty.

The first sensory input in life comes from the sense of touch experienced by a foetus where he/she is in the mother's womb and feels protective. Parents, siblings, elders, friends and teachers play an important role in a child development. Sex education is very important for every child. Now-a-days, child sexual abuse is the most prevalent health

problem in children, where a child faces severe consequences. It is still a sensitive topic for the society and parents, where most of the parents hesitate to discuss about the topic with their children. The same goes for schools as well, teachers do not teach children about good and bad touch. Gone are those days, where people hesitate to speak on sensitive topics.

### **Need for the study**

Globally, child abuse and its consequences remain a major public health problem. Psychologists conducted a study in the United States in 2018 which examined over 200 regular church attendees from eleven different denominations of Christianity, most of whom were educated, upper-middle class White Americans, found that extrinsic religious orientation was associated with a greater risk of physical child abuse. Researches choose the school-based education rather than parent teaching because researchers found in

their study that school-based education is more effective than home teaching. The aim of the study is to evaluate the effectiveness of a child abuse prevention approach. The child-to-child approaches are effective in improving knowledge about good and bad touch among school going children.

Mrs. Keshni., 2021 <sup>[11]</sup> Conducted a descriptive Study to assess the knowledge regarding Good Touch and Bad Touch among children (9-12 years) in a selected school of Ludhiana, Punjab. Sample of 100 students of S.K.S.S. International Public School Sarabha, Ludhiana, and Punjab randomly selected for the study. Data was collected by using self-structured questionnaire to assess the knowledge regarding good and bad touch. The results showed that 76% of students were having excellent knowledge, 23% were having good knowledge and 1% was having fair knowledge regarding good touch and bad touch.

Carmen, D.M. and Daniel. L.P., 2012 conducted an exploratory study to find out the suggestions of Spanish school pupils in primary education to promote their own health and the health of the people closer to them, through (Child to child) children as change agents of their own health. The result concluded that there is a firm basis to consider school pupils as health agents, particularly regarding interventions within the school environment itself. With the support of teachers, it is possible to train school pupils as community health agents, and increase their control over their own health.

### Statement of the problem

A study to evaluate the effectiveness of child-to-child approach on knowledge regarding good touch and bad touch among school age children in The Salvation Army Higher Secondary School, Nagercoil at Kanyakumari District.

### Objectives

- To assess the pre-test and post-test level of knowledge regarding good touch and bad touch among school age children.
- To evaluate the effectiveness of child-to-child approach on knowledge regarding good touch and bad touch among school age children.
- To determine the association between post-test levels of knowledge regarding good touch and bad touch with their selected demographic and clinical variables among school age children.

### Hypothesis

- **H1:** There will be a significant difference between pre-test and post test score of knowledge regarding good touch and bad touch among school age children.
- **H2:** There will be a significant association between the post test score of knowledge regarding good and bad touch with selected demographic and clinical variables among school age children.

### Research Design

The research design adopted for the study was pre-experimental one group pre-test post-test design.

### Independent variable

In this study, the independent variable was child to child

approach on good touch and bad touch.

### Dependent variable

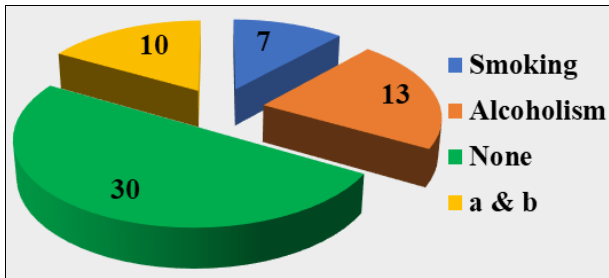
Dependent variable was level of knowledge of school age children regarding good touch and bad touch.

### Data collection procedure

The data collection procedure was done for a period of one month, during the month of September and October in The Salvation Army Higher Secondary School, Nagercoil at Kanyakumari District. Formal permission was obtained from the school authorities before data collection. The researcher selected 6 change agents based on their academic excellence their interest and willingness. The health education on good touch and bad touch was given to them by the researcher using health education. Then these children were prepared to pass this message to other friends or peers. The researcher selected 60 students by using simple random sampling technique. The researcher introduced herself to the selected group of students and obtained their consent. Then the study was explained and assurance regarding confidentiality of the answers was proved. Pre-test was conducted by using structured knowledge questionnaire. The total 60 samples were divided into 6 subgroups. Each group of 10 students were educated regarding good touch and bad touch by the 6 change agents who underwent health education classes by the investigator already. Post test was administered after 7 days of child-to-child approach. The same knowledge questionnaire was used to collect the post test data.

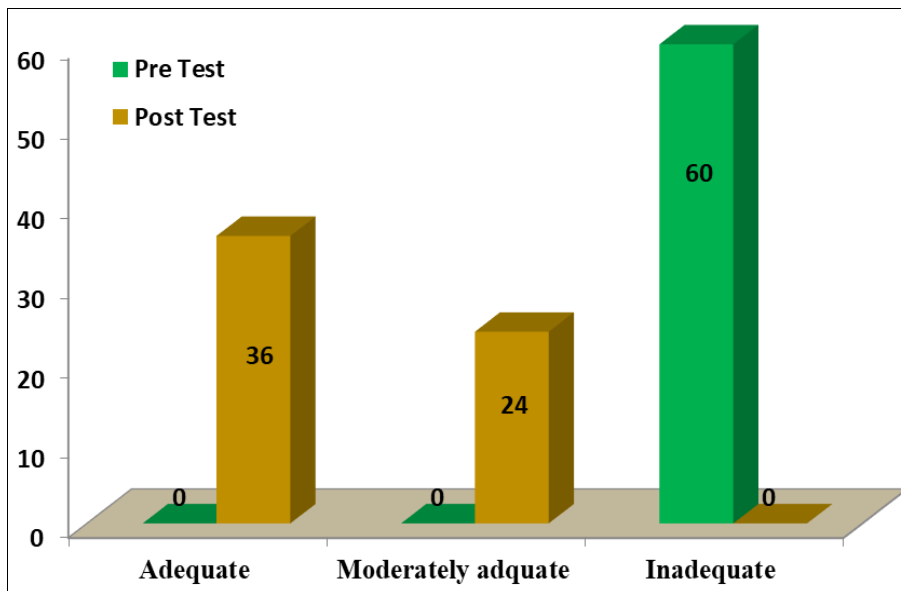
### Results and Discussion

Data was analyzed based on the objectives. Frequency and Percentage were computed for describing the sample characteristics. Descriptive statistics such as Frequency, Percentage, Mean, Standard deviation was used to find out the Pre- test and Post- test level of knowledge. Paired 't' test was computed to find out the effectiveness of child to child approach on knowledge regarding good touch and bad touch. The Chi-square test was computed to describing the association between the post test score of knowledge with selected socio demographic Variables and clinical variables. Distribution of demographic variables among school age children with the age status most of them 29(48.34%) were 12 years of age and 17 (28.33%) were 11 years of age and 14 (23.33%) were 10 years of age. regard to class of studying, majority of them 32 (53.33%) were studying 6th standard and remaining 28 (46.67%) were studying 7th standard. Considering religion majority of them 31 (51.67%) were Hindu and 29(48.33%) were Christians. Based on the number of siblings, 23(38.33%) have one sibling and 22 (36.67%) have 2 siblings and 14 (23.33%) have 3 and above siblings and 1 (1.67%) do not have sibling. With regard to type of family, majority of 26 (43.33%) belongs to nuclear family, and 17 (28.33%) belongs to joint family, and 10 (16.67%) belongs to single parents, and 7 (11.67%) belongs to separated parents. Considering unhealthy habits of father / guardian most of them 30 (50.00%) do not have unhealthy habits, and 13(21.67%) have the habit of alcoholism, and 7 (11.67%) have the habit of smoking, and remaining 10 (16.66%) have the habits of both Smoking and Alcoholism. With regard to mode of transport, majority of 28 (46.67%).



**Fig 1:** Distribution of demographic variables among school age children unhealthy habits of father / guardian

Frequency and percentage distribution of clinical variables among school age children Distribution of school age



**Fig 2:** Distribution of pre-test and post-test score of knowledge regarding good touch and bad touch among school age children

In The pre-test level of knowledge regarding good touch and bad touch indicated that majority of the school age children 60% had inadequate knowledge, and no one had adequate and moderate knowledge. In post-test, 60% had adequate knowledge, 40% had moderately adequate knowledge and no one had inadequate knowledge.

Analysis done to evaluate the effectiveness of child to child approach on knowledge regarding good touch and bad touch among school age children in pre-test mean value was 8.10 with standard deviation of 1.23. Where as in post-test mean value was 21.10 with standard deviation of 3.17. Child to child approach was effective to increase the knowledge at 'P' value at the level (<0.000). So the hypothesis H1 was accepted.

**Conclusion**

The conclusion of the study were made from the findings of the study The major conclusion of the present study was child to child approach was effective in increasing knowledge regarding good touch and bad touch among school age children. The school health nurses can include child to child approach in their routine activity to improve the knowledge among school age children.

children with selected clinical variables such as academic performance of child, previous knowledge obtained and sources of information. According to the academic performance, majority of 25 (41.67%) school children had good academic performance, 17 (28.33%) of the students had excellent academic performance, 13 (21.67%) are average and remaining 5 (8.33%) are below average academic performance. With regard to previous knowledge obtained, majority of 43 (71.67%) school age children did not have previous knowledge, remaining 17 (28.33%) of them had previous knowledge regarding good touch and bad touch. Considering the sources of information, majority of 12 (20.00%) them obtained knowledge from others, 5 (8.33%) of them obtained from newspaper.

**Nursing Implication**

The researcher has derived the following implication from the study result. The findings of this study had implication in various areas of nursing, nursing practice, administration, education, nursing and nursing research.

**Implication for nursing Practice**

- The health professionals including nurses and health care practitioners are able to make significant contributions to promote knowledge, attitude and practice among school age children regarding good touch and bad touch.
- The nursing students should be taught about the importance of child to child approach during hospitalization of children.

**Implication for nursing education**

- Nurse educator needs to prepare the nursing students to obtain the skills in identifying and educating the school age children regarding good touch and bad touch.
- The student nurse must be prepared to use the technology in providing effective health education regarding good touch and bad touch.

### Implication for nursing research

- This study helps the researcher to conduct a study in other aspects of child abuse.
- Similar study can be concluded on a large sample so it could be generalized.
- Study can be conducted to assess the knowledge, attitude and practice among school children regarding good touch and bad touch.

### Conflict of Interest

Not available

### Financial Support

Not available

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