

Study of Attitude of Adolescence Towards Sex Education in Hilly Districts of Uttarakhand

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Abstract

This investigation was an attempt to study the sex attitude of adolescents in 10 hilly districts of Uttarakhand state. This survey study was conducted on a sample of 372 students of 62 schools. The statistical treatment show that from total number of adolescents who were treated, most of them show moderate view about sex and both male and female adolescents want to talk about sex and sex related problems, both male and female have different attitude towards sex education.

Key words

Adolescence, Sex Education and Sex Attitude.

I. Introduction

Adolescence is a crucial phase of human life. It is the transitional phase between childhood and adulthood, spanning from approximately 13 to 19 years, during which there are psychological and physical changes taking place in one's life. Poets and Novelists explain it as the spring of human life and an important era of the total life span. **Dorothy Rogers** defined Adolescence as- *“a process rather than a period; a process of achieving the attitudes and beliefs, needed for effective participation in the society.”* It is clear that due to physical and chemical changes in the body, this period of life is known as the period of emotional imbalance and the period of struggle. The younger ones get engaged in understanding these changes and their creative energy may turn into destructive, due to lack of proper guidance. In fact, this phase of life is a golden period for future making; provided proper guidance is made available to them, in the absence of which, the younger ones may distract from the route of their careers, and may get spoiled. A perfect guidance and counseling at this junction will help teenagers in self-control and push them to respect their hetero-sex as well as to maintain a healthier relationship within the group. Undoubtedly, a perfect guidance helps the teens to come out from the imaginary world of sex and to know its actual and creative form. Beside it, there is greater need to protect the youth from sexually transmitted diseases by telling them facts about sexual health and hygiene, and that how to avoid the risk of contracting sexual disease through casual sex, how to say 'no' to negative peer pressure etc. So, it has now become essential, rather than necessary, for the academic institutions to prepare a culturally acceptable curriculum for sex-education to facilitate youngsters' access to correct and scientific information on the subject.

II. Objectives

The present study was undertaken following objectives.

1. The pupils have high and favourable attitude towards sex education.
2. There exists no significant difference between the male and female pupil's attitudes towards sex education.

III. Hypothesis

The following hypotheses were set up for testing.

1. The pupils have high and favourable attitude towards sex-education.
2. There exists no significant difference between the male and female pupil's attitudes towards sex-education.

IV. Methodology

In the present study, Descriptive research method has been used.

V. Population and sample

All the students of 10th, 11th, and 12th, classes of Senior Secondary Schools of Kumoun and Garhwal region of Uttarakhand, here formed the population of present study. In order to collect the data for the present study, 62 senior secondary schools from 10 districts of hilly region of Uttarakhand viz. Pithoragarh, Champawat, Bageshwar, Almora, Nainital (in Kumoun), Tehri Garhwal, Pauri Garhwal, Uttarkashi, Chamoli, Dehradun in Garhwal were selected out of 13 districts of Uttarakhand. On the basis of random sampling, out of these 62 schools, 372 students (teen agers), 6 from each school have been taken randomly as the subjects of the present study.

VI. Tool use

For this particular study, the investigator decided to use the following tool. **Attitude scale towards sex education by Usha Mishra**, National Psychological Corporation, Kacheri ghat, Agra to assess the behavior of the teen ager towards sex.

VII. Reliability of Tool

Reliability of the test was computed by split-half method using Spearman Brown Prophecy Formula and by test- retests method after an interval of one and six months. The values are reported. Table 1

Method	N	Reliability
Split half	370	0.86
Test retest (1 month)	50	0.82
Test retest (6 months)	50	0.80

VIII. Validity of Tool

The items of the scale have been critically examined by 25 experts in the field of education. The opinion of these judges with respect to the relevancy of items confirmed that the scale has content and face validity.

IX. Used statistical methods:

Mean- Mean also known as arithmetic average is the most common measure of central tendency and may be defined as the value, which we get on dividing the total of the values of various given items in a series, by the total number of items.

t-Test- t-test is based on t-distribution and is considered as an appropriate test for adjudging the significance of difference between the mean of two samples.

$$t = \frac{M_1 - M_2}{S.D.}$$

X. Processing and analysis of data

The data, after collection, has to be processed and analysed in accordance with the outline laid down for the purpose at the time of developing the research plan. Following tables are showing calculated results.

Table 2 : Table showing percentage of pupils leading five categories of ASTSE Scores-

S. No.	Number of students	Percentage of students	Category
1.	5	1.34	Very high
2.	102	27.14	High
3.	235	63.17	Moderate
4.	28	7.52	Low
5.	2	0.53	Very low

*ASTSE- Attitude Scale Towards Sex Education.

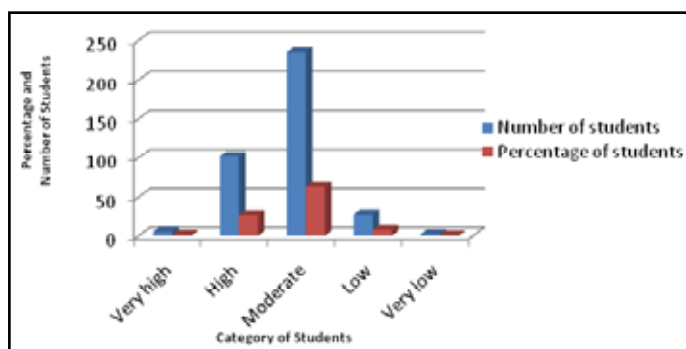


Fig. 1: Percentage and Number of pupils leading categories

From the above Table, it is concluded that, from the total samples, the highest no. (63.17%) of students have moderate and (27.14%) students have high attitude towards sex-education in comparison to very high, low and very low categories. Thus, the hypothesis is accepted and the students of hilly districts of Uttarakhand have high and favorable attitude toward sex-education. These adolescents want to discuss teen-age problems and problems related with sex and sex diseases.

Table 3 : Table showing comparative study of ASTSE Scores of Male and Female pupils

S. No.	Sex	Total no of students	Mean value	Square of deviation	T-value
1.	Male	186	94.13	26798.38	2.005*
2.	female	186	91.18	47770.43	

*Value is not significant at 0.05 levels.

The observed value of T is 2.005, which is in the rejection region and thus, null hypothesis is rejected at 5% level of significance and

the sample data indicate that there is a difference in the attitude of male and female pupils towards sex-education.

XI. Socio-Educational Implication

The study attitude of pupil towards sex education is that a larger group of adolescence comprising both male and female, show moderate attitude towards sex education. That means, they have a will to understand their sex problems and they need right direction to solve their problems related to teen age. For this, education has been identified as a common agent against all immorality. Education is a powerful factor, improving population health by developing individual’s capability to process and understand risks related to Sex transfer disease, e.g. AIDS. Insufficient and inappropriate information becomes a risk factor for STDs. People having negative sex attitude or not aware of safe sex, act as a pioneer for AIDS and other killer STDs.

Generation gap acts as a barrier of free talk on sex attitude between parents and children. Parents feel shy in talking on this matter with their children. It is similar on the part of children. Children also feel shy in talking about sex and sex related problem with their parents. This situation becomes more drastic in case of girls. Whereas, the matter is of equal necessity for both, girls and boys. An outcome of this study is that both female and male have different view on sex attitude. One reason may be that girls are treated lower than boys in the society. In most of the societies, boys are preferred than girls. Reasons may be many, but mainly because of their physical, mental and psychological dissimilarities, both genders look different and think different. But, this era is considered to be of girls. Girls are for frong in every field. Women are in race with men; even in the areas in which there was a monopoly of the men hitherto. Therefore, it is the need of the hour that both should be treated equally.

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