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Aruna Shyamala M
MSC Nursing, Pondicherry
Institute of Medical Sciences,
College of Nursing,
Pondicherry, India

Dr. Rose Rajesh
Professor, Department of Child
Health Nursing, Pondicherry
Institute of Medical Sciences,
College of Nursing,
Pondicherry, India

Corresponding Author:
Aruna Shyamala M
MSC Nursing, Pondicherry
Institute of Medical Sciences,
College of Nursing,
Pondicherry, India

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Knowledge and attitude on Bio psycho sexual health among adolescent girls studying at selected Professional College, Puducherry

Aruna Shyamala M and Dr. Rose Rajesh

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Abstract

Background: Adolescent is a unique stage of human development and an important time for laying the foundations of good health. The rapid growth of physical, cognitive and psychosocial components of adolescents affects their feeling, thinking, making decisions. Adolescents have many doubts and questions about their bio psychosexual development of life, which gives rise to anxiety and confusion. Hence it becomes essential to include bio psychosexual education and health programs in all higher secondary educations.

Objectives: To assess the level of knowledge and attitude on Bio psychosexual health among adolescent girls. To find out the correlation between the level of knowledge and attitude regarding Bio psychosexual health among adolescent girls. To determine the association between knowledge & attitude regarding Bio psychosexual health with selected demographic variable

Methodology: The design adopted for this study was a descriptive cross-sectional design. The study was conducted in the Medical and Nursing College, PIMS. Data collection period was for one month. Samples were first-year B.SC Nursing and MBBS students studying at PIMS, Puducherry. A stratified simple random sampling technique was used to select the participants for the study. Sample size was 120. The tool used for data collection was a self-structured questionnaire.

Result and Discussion: The findings show that 67.5 % of adolescent girls have adequate knowledge and 62.5% of them had desirable attitude. There was a significant correlation between the level of Knowledge and Attitude. There was a significant association between the demographic variable like course, family type, educational status of mother, occupational status of father and source of information with the level of knowledge and attitude on Bio psychosexual health among adolescent girls

Conclusion: The study revealed that majority of the adolescent girls had adequate knowledge and desirable attitude which was due to social media, this basic knowledge could be used in adolescent education, as a base to promote better awareness on unwanted risk-taking behavior among adolescents. Media, the source of information could be used to reach all adolescents for healthy bio psychosexual health.

Keywords: Bio psychosexual health, Knowledge, Attitude, adolescent girls, Nursing college, medical college

Introduction

Adolescence is the phase of growing from childhood to adulthood (WHO). Adolescents constitute to total 1.3 billion population of the world. India has 253 million the largest adolescent population in the world and every fifth person is between 10 to 19 years according to UNICEF, 2021. Tamil Nadu constitutes around 1.24 crore^{1, 2}.

During adolescence, mainly biological as well as psychological developments take place. Development of sexuality is also an important bio-psycho-social development, which gives an adult shape to them during this period. Puberty is an important landmark of sexual development. Adolescents are also developing socially and emotionally during this period. The most important task of adolescence is the search for identity³.

It is a unique stage of human development and an important time for laying the foundations of good health. The rapid growth of physical, cognitive and psychosocial components of adolescents affects their feeling, thinking, making decisions, and interaction to their immediate world⁴.

The primary challenges of adolescence include the achievement of biological and sexual

maturation, development of personal identity, establishment of independence and autonomy in the context of the sociocultural environment [5].

Adolescence is a healthy stage of life, but there are significant rates of illness, injury and death among that age group. Many of this is preventable or treatable. Adolescents establish different patterns of behaviour related to diet, physical activity, substance use, and sexual activity which affect the health of others around them, or put their own health at risk at present or in future [6].

To grow and develop in good health, adolescents need age-appropriate information which includes comprehensive sexuality education; opportunities to develop life skills; health services that are acceptable, equitable, appropriate and effective; in safe and supportive environments. They also need opportunities to meaningfully participate in the design and delivery of interventions to improve and maintain their health. Expanding such opportunities is key to responding to adolescents' specific needs and rights (WHO) [7].

In this stage of life, an individual attains sexual maturity, but it has been observed that adolescents lack basic information about their body, sexuality, and contraception. Discussing reproduction is still considered taboo in our country. But nowadays due to media exposure adolescents find themselves sandwiched between conservative Indian culture and glamorous small Western culture [8].

Adolescents have many doubts and questions about their bio psychosexual development of life, which gives rise to anxiety and confusion. Our current education system has limited contribution in providing this knowledge to adolescents, which leads to many myths and indulgence into unsafe or risky sexual activities by them. Sexually transmitted diseases (STDs), unwanted pregnancies, substance abuse, unsafe abortions, temperament, stress, social withdrawal and mental illness are important problems among adolescents. Girls are more vulnerable in this group because of marked unawareness and biological susceptibility to reproductive health. Debates are still going on about who should educate (e.g., teachers, parents, etc.) and to what extent adolescents should educate about bio-psychosexual health.

Materials and Methods

Research design: Non-experimental Descriptive cross-sectional research design.

The setting of the study: Medical and Nursing Colleges of Pondicherry Institute of Medical Sciences, Puducherry.

Population of the study: In this study the population includes adolescent girls between 17 to 19 years of age, studying in a selected college, Puducherry.

Sample: In this study, sample consists of adolescent girls between 17 to 19 years studying in the College of Nursing and Medical College of Pondicherry Institute Medical Sciences, Puducherry.

Sample size: Sample size was calculated from the previous study assuming a mean of 9.06 and Standard deviation of 3.63, significance level of 5%, power of 80%, and sample size. The sample size obtained was 117 and the desired sample was 120.

Sampling technique: Stratified random sampling technique was used

Data collection procedure: The study was conducted after obtaining permission from the concerned authorities. The data was collected during the month of June 2022 at Nursing and Medical College, Pondicherry Institute of Medical Sciences. The data was collected by gathering the participants in the demonstration room of the college. 20-30 minutes were given for the samples to read and fill out the questionnaire.

Validity and reliability of the tool: Split half method was used to test the reliability of the self-administered questionnaire on knowledge and attitude to assess Bio psychosexual health. The r value was 0.7. Content validity index for the knowledge questionnaire was 0.96 and attitude question was 0.92 respectively.

Ethical considerations:

- The researcher had undertaken formal permission from director-principal, principal - college of nursing, human resource department, ISC (institutional scientific committee) with ISC No: RC/2021/66- 11.07.2022 and ethical clearance obtained from IEC (internal ethical committee), Pondicherry institute of medical sciences.
- All participants were explained in the language comprehensible to them, the details of the study and level of risk/ benefit associated with it. Freedom to withdraw at any time, without giving any explanation.

Results and Discussion

Majority of the adolescent girls (74.2%) were 18 years of age. A majority (65%) were Hindus, most of them (82.5%) were living in a nuclear family. Majority (45%) of mothers were graduates. Most of the mothers (66.7%) were not in any job. A majority (48.3%) of fathers were graduates and most of them (46.7%) were government employees. A majority (40%) of them revealed that media was their source of information n = 120

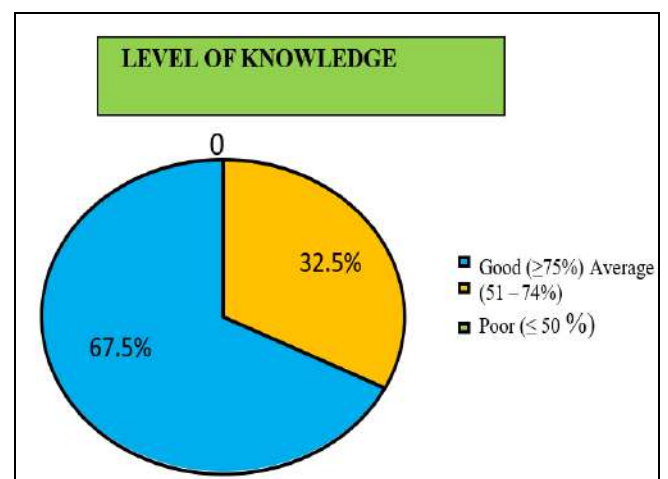


Fig 1: Level of Knowledge on Bio psychosexual Health among adolescent girls. n= 120

Figure 1 shows that among 120 adolescent girls, 67.5% of them had good knowledge and 32.5% had average knowledge on bio psychosexual health.

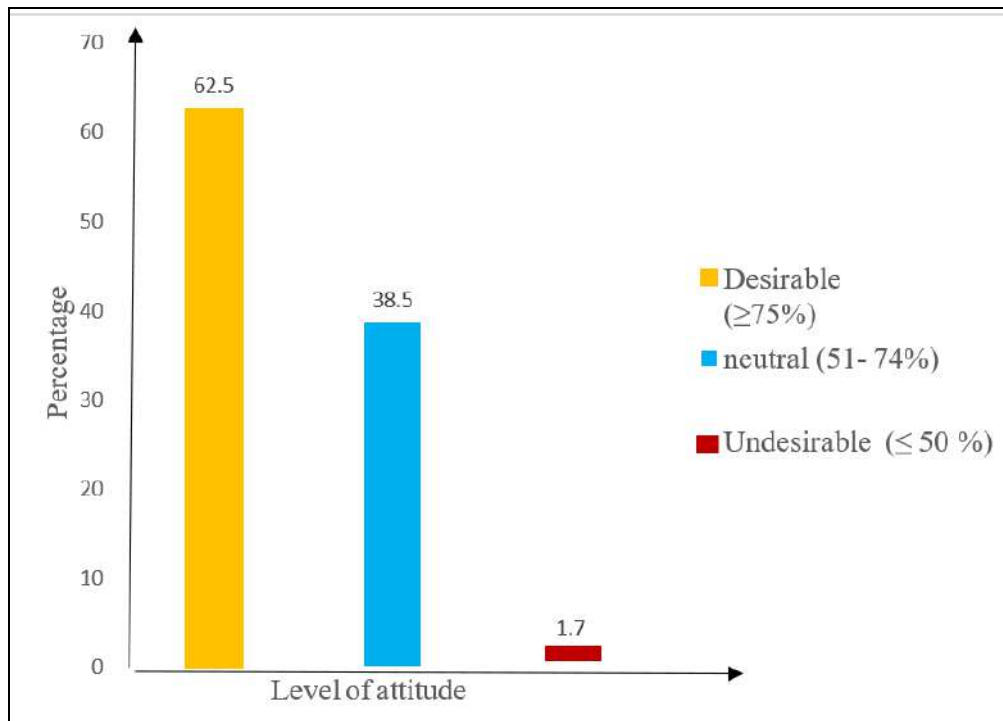


Fig 2: Level of Attitude on Bio psychosexual health among adolescent girls.

Figure 2 shows among 120 adolescent girls 62.5% had a desirable attitude and 35.8% had a neutral attitude and only 1.7% had undesirable attitude on Bio psychosexual health.

Table 1: Correlation between the level of Knowledge and Attitude on Bio Psychosexual health among Adolescent girls n = 120

Variables	Correlation (r-value)	Significance (p-value)
Level of Knowledge and Attitude on Bio psychosexual Health.	0.323	< 0.001 S

S= Statistically Significant ($p < 0.05$)

The correlation was done using Spearman’s correlation coefficient method. The r value obtained was 0.32 which shows that there was a moderate positive correlation between the level of knowledge and attitude on Bio psychosexual health among Adolescent girls.

There was a significant association with the level of knowledge and attitude to the type of family, course, educational status of mother, occupational status of father and source of information on bio psychosexual health.

Conclusion

The study revealed that the majority of the adolescent girls had good knowledge and desirable attitude which was due to social media. Adolescents were permitted to access the Internet for their schooling because which they had knowledge about their biological, psychological, sociological and sexual aspects. This basic knowledge could be used in adolescent education, as a base to promote better awareness of unwanted risk-taking behaviour among adolescents. Media, the source of information could be used to reach all adolescents for healthy bio-psychosexual health.

Recommendations

Education related to biological, psychological and sexual health should be implemented more efficiently which will lead to a healthier adolescence period. The study can be

replicated on large samples for wider generalization of findings. A study can be done to assess the knowledge and attitude level on bio psychosexual health among developmentally delayed adolescents.

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Conflict of Interest

Not available

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Not available

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