International Journal of Research In Paediatric Nursing

Priya S Chechare
Associate Professor, Shreeya College of Nursing, Opp. District Court, P.B. Road, Dharwad, Karnataka, India

Rajashri Aladakatti
HOD, Department of Mental Health Nursing, Shreeya College of Nursing, Opp. District Court, P.B. Road, Dharwad, Karnataka, India

Rhoda Jesuraj
Principal, Shreeya College of Nursing, Opp. District Court, P.B. Road, Dharwad, Karnataka, India

Dr. Nagaraj Killelli
Professor and HOD, Department of Community Health Nursing Shreeya College of Nursing, Opp. District Court, P.B. Road, Dharwad, Karnataka, India

A study to assess the effectiveness of self defence program on sexual abuse among pre-adolescent girls of selected schools of Dharwad

Priya S Chechare, Rajashri Aladakatti, Rhoda Jesuraj and Dr. Nagaraj Killelli

DOI: https://doi.org/10.33545/26641291.2024.v6.i2a.171

Abstract
Background of the study: Sexual abuse is sexual behavior, or a sexual act forced upon a women, man or child without their consent. Self-defense is a risk reduction strategy that may offer training and strategies to resist to dangerous situation physically and verbally. It provides individual confidence, Awareness and strategies to increase their safety and potentially lesser the severity of attack. Keeping in view, the rising number of crimes against girls in the country, it is important to provide self-defence training to them in the schools to ensure their safety and security. Self- defence training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self-defence training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress. Self-defence training techniques instils self confidence amongst girls and helps to promote girls education particularly their transition to secondary and higher secondary level and to reduce the dropout rate in schools.
Aims: An evaluative study aimed to evaluate the effectiveness of self defence program on sexual abuse among preadolescent girls of selected schools of Dharwad.
Conceptual Frame work
J. W. Kenny's Open System Model
Methodology: An evaluative and qualitative approach used with one group pretest-posttest research design was adopted for the study. The samples from the schools of Dharwad district were selected using convenient sampling technique. The sample consisted of 60 pre-adolescent girls. The tools used for data collection was self-administered structured knowledge questionnaire and self- defence program was developed. The data analysis was done by using both descriptive and inferential statistics.
Results: In the present study with regard to pre-test knowledge score majority 56(93%) of pre-adolescent girls had poor knowledge, 4(7%) of them had average knowledge and no one 0(0%) had good knowledge regarding self defence program on sexual abuse. Mean pre-test knowledge score is 11.03 and mean post-test knowledge score is 22.83. The mean post-test knowledge score is higher than the mean pre-test knowledge score. Hence, the self defence program on sexual abuse is effective and can be used in enhancing the knowledge of pre-adolescent girls.
In this present study there is a significant association between post- test knowledge scored and selected socio-demographic variables like Age, Religion, Education of mothers, Education of father, Occupation of mother, Occupation of father, Working hours of parents, Type of family, Class of study, Mode of transport to school, Travelling, Distance between home and school, Use of social media, Protective training program, Previous knowledge about sexual abuse, Exposure to self-awareness program related to sexual abuse, Source of information about sexual abuse. No significant association between sociodemographic variables and post- test that were Family Income, Type of Residence, Type of School.
Interpretation and Conclusion: Findings of the study shows that mean post-test score of pre-adolescent girls is 22.83 which is between 16-22 is categorised as Average knowledge. The calculated paired 't' test value is - 25.50 which is found statistically significant. Hence, null hypothesis is rejected and research hypothesis is accepted. Hence, the self defence program was effective in the enhancing the knowledge of pre-adolescent girls regarding sexual abuse.

Keywords: Sexual abuse, self defence, knowledge, pre-adolescents children, child sexual abuse

Corresponding Author:
Priya S Chechare
Associate Professor, Shreeya College of Nursing, Opp. District Court, P.B. Road, Dharwad, Karnataka, India

Introduction

Growth and development are continuous processes, which bring a change in an individual, every moment. Development of sexuality starts as early as in intrauterine life following conception and continues through infancy, childhood, adolescence, adulthood till death.

During infancy, there is no awareness of gender. The child acknowledges its gender in early childhood as early as by 3 years. Self-awareness about sexuality (gender role, gender identity) evolves during the childhood [1].

It is estimated that as many as 15% of girls and 5% of boys will experience child sex abuse (CSA) before the age of 16. Many of these cases will never make it into the criminal justice system. The majority of which do not tell anyone about the abuse at the time, and even fewer see their case reach court - in the year ending March 2020, only 12% of CSA offence investigations resulted in a decision to charge the offender.

Fiscal Year 2021 saw an increased number of reported incidents of child sexual abuse over the previous year, with 801 reported incidents compared to 796 the previous year, representing a 0.6% increase. Likewise, the total number of child sexual abuse cases filed rose to 1,033 cases, representing a 6.2% increase over the previous year. Both the number of reported incidents and filed cases are the highest numbers reported since data collection began.

Sexual abuse against children is one of the major concerns for the law enforcement agencies and governments in India. According to Interpol, an estimated 2.4 million instances of online child sexual abuse were reported in India from 2017 to 2020. Eighty percent of these children were girls under the age of 14.

As per the data available with the department of Women and Child Welfare gathered through Child Line, Karnataka has witnessed 312 child abuse cases, the highest among the southern states. Tamil Nadu recorded second highest child abuse cases with 224, followed by Kerala with 181, Andhra Pradesh 129, Telangana 10 and Puducherry (UT) 7.

Lot of research evidence said that school-based education was effective in improving the levels of knowledge, positive attitude and positive expressed practices regarding prevention of sexual abuse among schoolers.[36] So, it is important to conduct programmes on Sexual Abuse Awareness as well as session to strengthen their life skills such as self-confidence.

Title of the Project
"A study to assess the effectiveness of self defence program on sexual abuse among pre-adolescent girls of selected schools of Dharwad."

Aims of the Study
- To assess the knowledge regarding self-defence program on sexual abuse among pre- adolescent girls studying in selected schools of Dharwad.
- To evaluate effectiveness of self-defence program on sexual abuse among pre- adolescent girls studying in selected schools of Dharwad.
- To compare pre-test and post-test knowledge of self defence program on sexual abuse among pre-adolescent girls of selected schools of Dharwad.
- To find out association between post-test knowledge score of self -defence program on sexual abuse with selected socio-demographic variables.

Hypotheses
The following hypotheses are formulated for the study and will be used at 0.05 level of significance.
1. **H₁:** There will be significant difference between pre-test and post- test knowledge scores of pre-adolescent girls regarding self defence program on sexual abuse.
2. **H₂:** There will be significant association between post-test knowledge scores of pre- adolescent girls regarding self-defence program on sexual abuse with selected socio- demographic variables.

Conceptual/Theoretical Framework
A conceptual framework is a visual diagram by which the researcher explains the specific area of interest. It is overall purpose is to make research findings meaningful and generizable. The conceptual framework for this study was derived from 'J. W. Kenny's Open System Model (19990" interrelated parts in which parts have a function and system as a whole has its own function all living system are open in which there is a continuous exchange of matter, energy and information provides input for the system. This theory includes 3 important components i.e., Input, Process, and Output. In this conceptual framework, in this study, input includes the pre-test which is done to assess the knowledge of pre-adolescent girls regarding self defence program sexual abuse. Throughput or the process focuses on primarily upon actually delivery of the self defence program. Output refers to an information, once passed on to the sample, are reassessed by a post-test and released in an altered state. Output usually focuses upon the learning outcome of the participants.

Methodology
- **Research Approach:** Evaluative approach.
- **Research Design:** One group pre- test, post- test research design.
- **Samples:** Pre-adolescent girls.
- **Sampling Technique:** Convenient sampling technique.
- **Sample Size:** 60.

Plan for Data Analysis
Descriptive statistics (percentage, mean, mode, frequency distribution, and standard deviation) and inferential statistics (paired 't' test, Chi-square test) were used for analysis and interpretation of data.

Setting of the Study
Classic international school of Dharwad district.
The rationale for selecting this setting was as follows:
- Availability of study samples.
- Expected co-operation from the parents and children's.
- Important to spread awareness among pre-adolescent girls.

Criteria for Selecting Subjects
Sampling criteria involves selecting sample that meets some predetermined criteria importance.
This criteria for selection of sample were mainly depicted under two headings, which includes the inclusive and exclusive criteria.

Inclusive criteria
1. Inclusion criteria
The study is including pre-adolescent girls who are:
1. Age between (10-12 Years)
2. Attending a selected school of Dharwad.
3. Able to understand read and writing Kannada, English

and Hindi.
4. Willing to participate in study.
5. Available at the time of data collection.
6. Willingness of parent participant in the study.

2. Exclusive criteria
The study excludes pre-adolescent girls who are:
a. Not able to co-operate to the study.
b. Sick and not able to provide the data.

Content Validity of the Tool
The tool along with a criteria checklist was validated by Experts in that 08 were from field of nursing. After considering the suggestions of the guide and expertise, certain modification was done in tool.

Reliability
In order to establish the reliability of the split-half method was used. The tool was administered to 06 subjects of primary school, Rajiv Gandhi School, Dharwad. The test was first divided into two equivalent halves and correlation of the test was found by using Karl Pearson co-efficient formulae and the significance of the correlation was tested by using probable error. The reliability coefficient of the whole test was then estimated by Spearman's Brown Prophecy formulae. Reliability of the questionnaire was 0.81, so the tool was found to be highly reliable for the data collection. After pilot study tool was finalized for the main study.

Data Collection Instrument
Part 1: Socio-demographic data
Demographic variables means of, relating to, or involving a combination of social and demographic factors. This study consists of questions those will help in obtaining information about the selected background factors such as Age, Religion, Education of Mother, Education of Father, Occupation of Mother, Occupation of Father, Income, Working hours of parents, Type of family, Type of residence, Type of school, Class of study, Mode of transport to school, Travelling, Distance between Home and School, Use of social media, Have you undergone any protective training skill program, Previous knowledge about sexual abuse, Exposure to awareness program related to sexual abuse, Source of information about sexual abuse.

Part 2: Self-administered structured knowledge questionnaire on self-defense program on sexual abuse
It consist of 30 items of multiple-choice questions on knowledge regarding self-defense program on sexual abuse among pre-adolescent girls on the aspects such as Introduction, Causes, Symptoms, Self-defense program.

Process of data collection was as follows
- Selection of the subjects was done after applying the predetermined inclusion criteria.
- Written consent was obtained from principal of school and parents of pre-adolescent girls
- Samples are selected by convenient sampling technique.
- On day 1 the pretest was conducted; later self-defence program was administered to the participant and post test was conducted on day 8.
- Data analysis was done using descriptive and inferential statistics.

Results
The data was entered in a master sheet for tabulation and statistical processing. Analysis of data is organized and presented under following heading:
1. **Section 1:** Findings related to distribution of sociodemographic data of the pre-adolescent girls.
2. **Section 2:** Findings related to pre-test knowledge score of the pre-adolescent girls.
3. **Section 3:** Findings related to effectiveness of self-defence program on sexual abuse.
4. **Section 4:** Findings related to association between post-test knowledge score of the pre-adolescent girls with selected demographic variables.

Section 1
Findings related to distribution of sociodemographic data of the pre-adolescent girls
In this section the researcher analyzed and categorized the pre-adolescent girls of the study into various groups based on the selected sociodemographic data. Frequency and percentage distribution of the pre-adolescents according to selected sociodemographic variables are as follows:

Table 1: Frequency and percentage distribution of the socio-demographic variables of pre-adolescent girls.   N=60

S. No.	Demographic Characteristics	f	%
	Age in years		
1.	a) 9 Years	4	6.67
	b) 10 Years	10	16.67
	c) 11 Years	11	18.33
	d) 12 Years	35	58.33
	Total	60	100
	Religion		
2.	a) Hindu	34	56.67
	b) Muslim	7	11.67
	c) Christian	11	18.33
	d) Other	8	13.33
	Total	60	100
	Education of Mother		
3.	a) Illiterate	5	8.33
	b) Primary	9	15.00
	c) Highschool	17	28.33
	d) Graduate and above	29	48.33
	Total	60	100

No.		Frequency	Percentage
4.	**Education of Father**		
	a) Illiterate	3	5
	b) Primary	2	3.33
	c) Highschool	13	21.67
	d) Graduate and above	42	70
	Total	60	100
5.	**Occupation of mother**		
	a) Housewife	20	33.33
	b) Private service	12	20
	c) Government service	19	31.67
	d) Self employed	9	15
	Total	60	100
6.	**Occupation of father**		
	a) Private service	30	50
	b) Government service	22	36.67
	c) Self employed	5	8.33
	d) Unemployed	3	5
	Total	60	100
7.	**Working hours of parents**		
	a) 6-8 hours	14	23.33
	b) 9-10 hours	24	40
	c) > 10 hours	22	36.67
	Total	60	100
8.	**Family Income**		
	a) Less than 5,000 rupees	0	0
	b) 5,001-10,000 rupees	0	0
	c) Above 10,001 rupees	60	100
	Total	60	100
9.	**Type of family**		
	a) Joint family	17	28.33
	b) Nuclear family	43	71.67
	Total	60	100
10.	**Type of residence**		
	a) Hostel	0	0
	b) Day scholar	0	0
	c) Guardians	60	
	Total	60	100
11	**Type of school**		
	a) Private	0	0
	b) Government	60	100
	c) Government aided private school	0	0
	Total	60	100
12.	**Class of study**		
	a) 3rd	4	6.67
	b) 4th	10	16.67
	c) 5th	11	18.33
	d) 6th	35	58.33
	Total	60	100
13.	**Mode of transport to school by**		
	a) Bus	30	50
	b) Train	0	0
	c) Autoricks	9	15
	d) Own family vehicle	4	6.67
	e) Walking	11	18.33
	f) Other	6	10
	Total	60	100
14.	**Travelling**		
	a) Individual	17	28.33
	b) Group	43	71.67
	Total	60	100
15.	**Distance between home and school**		
	a) Less than 1 km	17	28.33
	b) 1 km to 2 km	13	21.67
	c) More than 3 km	30	50
	Total	60	100
16.	**Use of social media**		
	a) Yes	44	73.33
	b) No	16	26.67

	Total	60	100
17.	**Have you undergone any protective training to protect yourself?**		
	a) Karate	11	18.33
	b) Taekwondo	6	10
	c) Boxing	0	0
	d) Wrestling	0	0
	e) Other	4	6.67
	f) No any	39	65
	Total	60	100
18.	**Previous knowledge about sexual abuse**		
	a) Yes	13	21.67
	b) No	47	78.33
	Total	60	100
19.	**Exposure to awareness program related to sexual abuse**		
	a) Yes	13	21.7
	b) No	47	78.3
	Total	60	100
20.	**Source of information about sexual abuse**		
	a) Mass media	3	5
	b) Health personnel	5	8.33
	c) Friends	1	1.67
	d) Family	3	5
	e) No any	48	80
	Total	60	100

Section 2: Findings related to pre- test knowledge scores of pre-adolescent girls regarding self defence program on sexual abuse

This section deals with the analysis and interpretation of data about knowledge regarding self defence program of sexual abuse. The scores obtained by each sample were tabulated in a Microsoft excel master data sheet. The data was calculated for Mean, Median, Mode, Standard Deviation and Range.

Table 2: Overall Mean, Median, Mode, Standard Deviation and Range of pre-test knowledge score.

S. No	Parame1ters	Value
1.	Mean	11.03
2.	Median	11
3.	Mode	9
4.	Standard Deviation	2.292
5.	Range	10

Table no. 2 reveals the mean, median, mode, standard deviation and range of the knowledge scores of pre-adolescent girls regarding self defence program on sexual abuse are 11.03,11,9,2.292 and 10 respectively.

The mean score of knowledge is 11.03. The score between 0-15 is categorized as poor knowledge. The mean score of knowledge 11.03 which is between 0-15, Hence, it shows that pre-adolescent girls have Poor knowledge regarding self defence program on sexual abuse.

Table 3: Pre- test post-test knowledge scores of pre-adolescent girls regarding self defence program on sexual abuse

Variables	Self Defence Program On Sexual Abuse											
Levels	Poor Knowledge				Average Knowledge				Good Knowledge			
	Pre		Post		Pre		Post		Pre		Post	
Self Defence Program on Sexual Abuse	F	%	F	%	F	%	F	%	F	%	F	%
	56	93	1	1.6	4	7	15	25	00	00	44	73.3

Section 3: Findings related to effectiveness of self defence program on sexual abuse among pre-adolescent girls

This section deals with comparison of pre- test and post-test knowledge scores in terms of Mean, Median, Mode, Standard deviation and Range. Also, testing of H_1 for the finding effectiveness of self defence program on sexual abuse. This finding confirms the usage of this self defence program in future for enhancing the knowledge of pre-adolescent girls.

H_1: There will be significant difference between pre-test and post- test knowledge scores of pre-adolescent girls regarding self-defence program on sexual abuse.

Table 4: Comparison of pre-test and post-test knowledge scores in terms of mean median, modes, standard deviation and range

S. No	Parameters	Pre-test	Post-test
1.	Mean	11.03	22.83
2.	Median	11	23
3.	Mode	9	23
4.	Standard Deviation	2.29	2.98
5.	Range	10	12

Table 5: Mean, standard deviation, mean difference and 't'-Value of pre-test and post-test score

Time Points	Mean	SD	t-value	Df	p-Value
Pre-Test	11.03	2.29			0.000
Post-Test	22.83	2.98	-25.50	118	Extremely
Difference	11.8	0.69			Statistically Significant

Significant $p<0.001$

Above table shows that mean pre-test knowledge score is 11.03 and mean post-test knowledge score is 22.83. pre-test standard deviation 2.29 and post-test standard deviation 2.98. The obtained pair 't' value -25.50 and p value 0.000 was significant. Hence, the stated hypothesis is accepted.

The two tailed P value is less than 0.001 by conventional criteria, this difference is considered to be extremely statistically significant.

Section 4: Findings related to association between post-test knowledge scores of the pre- adolescent girls with selected socio-demographic variables

This section deals with the findings association between post-test knowledge scores of pre-adolescent girls with selected socio- demographic variables such as Age, Religion, Education of Mother, Education of Father, Occupation of Mother, Occupation of Father, Income, Working Hours of Parents, Type of Family, Type of Residence, Type of School, Class of Study, Mode of Transport to School, Travelling, Distance Between Home And School, Use of Social Media, Have You Undergone Any Protective Training Skill Program, Previous Knowledge About Sexual Abuse, Exposure To Awareness Program Related To Sexual Abuse, Source of Information About Sexual Abuse.

For that a statistical method known as Chi-square test will be used to determine the association which will clear the relation between the post-test knowledge scores of the pre-adolescent girls with selected socio-demographic variables.

H2: There will be significant association between post-test knowledge scores of pre- adolescent girls regarding self-defence program on sexual abuse with selected socio-demographic variables.

Table 6: Findings related to association between post-test knowledge scores of pre- adolescent girls with selected socio-demographic variables. N=60

S. No.	Variables	Poor	Average	Good	DF	x2 Tab. 0.05	X2 Cal 0.05	Inf.
	Age in years							
1.	a) 9 Years	0	4	0	6	12.59	28.25	S
	b) 10 Years	1	4	5				
	c) 11 Years	0	5	6				
	d) 12 Years	0	2	33				
	Religion							
2.	a) Hindu	0	1	33	6	12.59	36.5	S
	b) Muslim	0	2	5				
	c) Christian	0	5	6				
	d) Other	1	7	0				
	Education of Mother							
3.	a) Illiterate	1	1	3	6	12.59	14	S
	b) Primary	0	1	8				
	c) Highschool	0	3	14				
	d) Graduate and above	0	10	19				
	Education of Father							
4.	a) Illiterate	1	0	2	6	12.59	20.52	S
	b) Primary	0	1	1				
	c) Highschool	0	3	10				
	d) Graduate and above	0	10	32				
	Occupation of mother							
5.	a) Housewife	1	1	18	6	12.59	17.16	S
	b) Private service	0	8	4				
	c) Government service	0	4	15				
	d) Self employed	0	2	7				
	Occupation of father							
6.	a) Private service	0	8	22	6	12.59	19.94	S
	b) Government service	0	5	17				
	c) Self employed	0	1	4				
	d) Unemployed	1	1	1				
	Working hours of parents							
7.	a) 6-8 hours	0	8	6	4	9.48	11.63	S
	b) 9-10 hours	0	4	20				
	c) > 10 hours	1	3	18				
	Family Income							
8.	a) Less than 5,000 rupees	0	0	0	4	9.48	0	NS
	b) 5,001-10,000 rupees	0	0	0				

					df	Table value	Calculated value	Result
	c) Above 10,000 rupees	1	15	44				
Type of family								
9.	a) Joint family	1	7	9	2	5.99	6.35	S
	b) Nuclear family	0	8	35				
Type of residence								
10.	a) Hostel	0	0	0	4	9.48	0	NS
	b) Day scholar	0	0	0				
	c) Guardians	1	15	44				
Type of school								
11.	a) Private	1	15	44	4	9.48	0	NS
	b) Government	0	0	0				
	c) Government aided private school	0	0	0				
Class of study								
12.	a) 3rd	0	4	0	6	12.59	28.24	S
	b) 4th	1	4	5				
	c) 5th	0	5	6				
	d) 6th	0	2	33				
Mode of transport to school by								
13.	a) Bus	0	2	28	10	18.30	26.3	S
	b) Train	0	0	0				
	c) Autorickshaw	0	2	7				
	d) Own family vehicle	0	2	2				
	e) Walking	1	8	2				
	f) Other	0	1	5				
Travelling								
14.	a) Individual	1	8	8	2	5.99	9.37	**S**
	b) Group	0	7	36				
Distance between home and school								
15.	a) Less than 1 km	1	8	8	4	9.48	11.47	**S**
	b) 1 km to 2 km	0	4	9				
	c) More than 3 km	0	3	27				
Use of social media								
16.	a) Yes	0	8	36	2	5.99	7.47	**S**
	b) No	1	7	8				
Have you undergone any protective training to protect yourself?								
17.	a) Karate	0	3	8	10	18.30	21.72	**S**
	b) Taekwondo	0	1	5				
	c) Boxing	0	0	0				
	d) Wrestling	0	0	0				
	e) Other	1	3	0				
	f) No any	0	8	31				
Previous knowledge about sexual abuse								
18.	a) Yes	0	7	6	2	5.99	7.47	**S**
	b) No	1	8	38				
Exposure to awareness program related to sexual abuse								
19.	a) Yes	0	7	6	2	5.99	7.47	**S**
	b) No	1	8	38				
Source of information about sexual abuse								
20.	a) Mass media	0	2	1	8	15.50	17.9	**S**
	b) Health personnel	1	2	3				
	c) Friends	0	0	1				
	d) Family	0	3	0				
	e) No any	1	8	38				

In this present study there is a significant association between post- test knowledge scored and selected socio-demographic variables like Age, Religion, Education of mothers, Education of father, Occupation of mother, Occupation of father, Working hours of parents, Type of family, Class of study, Mode of transport to school, Travelling, Distance between home and school, Use of social media, Protective training program, Previous knowledge about sexual abuse, Exposure to self-awareness program related to sexual abuse, Source of information about sexual abuse. No significant association between sociodemographic variables and post- test that were Family Income, Type of Residence, Type of School.

Discussion
The findings of the study were discussed under the following headings
1. Findings related to distribution of socio-demographic data of the pre-adolescent girls.
2. Findings related to pre-test knowledge score of the pre-adolescent girls.
3. Findings related to effectiveness of self defence program on sexual abuse.
4. Findings related to association between post-test

knowledge score of the pre-adolescent with selected demographic variables.

Findings related to distribution of socio-demographic data of the pre-adolescent girls

Majority of the pre-adolescents are 35 (58.33%) are of age of 12 Years, Maximum pre- adolescents 34 (56.67%) belongs to a Hindu religion, Majority of the Mothers of pre-adolescent girls 29 (48.33%) education were graduate and above, Maximum 42 (70%) fathers of pre- adolescent girls were graduate and above, Majority of mothers of pre-adolescent girls 20 (33.33%) were housewife, Maximum 30 (50%) fathers of pre-adolescents working in private services.

Majority 24 (40%) parents of pre-adolescents work for 9-10 hours, Maximum 60 (100%) pre-adolescents family income is above 10,000 rupees, Maximum 43 (71.67%) of pre-adolescents belongs to nuclear family, Majority of the pre-adolescents 60(100%) live with guardian. Maximum 60(100%) of the pre-adolescents are from private school. Majority 35 (58.33%) of pre-adolescents are from 6th class.

Majority 30 (50%) pre-adolescent mode of transport to school by bus, Maximum number of pre-adolescents 43 (73.61%) travel in group, Majority 30 (50%) of pre-adolescents distance from home to school is more than 3 km, Maximum 44 (73.33%) of pre-adolescents use social media. Maximum 39 (65%) of pre-adolescents were not undergone through any protective training program. Majority 47 (78.3%) of pre-adolescents had no knowledge regarding sexual abuse, Majority 47 (78.3%) of pre-adolescents were not expose to sexual abuse and also not expose to any awareness program related to sexual abuse, Maximum 48 (80%) of pre-adolescents had no any source of information about sexual abuse.

Findings related to pre- test knowledge scores of the pre-adolescent girls

In present study regarding pre- test knowledge score majority 56 (93%) of pre- adolescents had poor knowledge, 4 (7%) of pre-adolescents had average knowledge related to self defence program on sexual abuse.

The mean score of knowledge is 11.03. The score between 0-15 is categorized as poor knowledge. The mean score of knowledge 11.03 which is between 0-15. Hence, it shows that pre-adolescents have Poor knowledge regarding self defence program on sexual abuse.

Findings related to effectiveness of self defence program on sexual abuse

Mean pre- test knowledge score is 11.03 and mean post-test knowledge score is 22.83. The mean post-test knowledge score is higher than the mean pre-test knowledge score. Hence, the self defence program is effective and can be used in enhancing the knowledge of pre- adolescent girls regarding sexual abuse.

In paired 't' test for two mean samples, it is found that the calculated 't' value is **-25.50**.
Hence, H1is accepted.

Findings related to association between post-test knowledge scores of the pre- adolescents with selected demographic variables.

In this present study there is a significant association between knowledge scored and selected socio-demographic

variables like Age [χ^2Cal = 28.25, χ^2tab =12.59 at df (6)], Religion [χ^2Cal = 36.5, χ^2tab =12.59 at df (6)], Education of mothers [χ^2Cal = 14, χ^2tab =12.59 at df (6)], Education of father [χ^2Cal = 20.52, χ^2tab =12.59 at df (6)], Occupation of mother [χ^2Cal = 17.16, χ^2tab =12.59 at df (6)], Occupation of father [χ^2Cal = 19.94, χ^2tab =12.59 at df (6)], Working hours of parents [χ^2Cal = 11.63, χ^2tab = 9.48 at df (4)], Type of family [χ^2Cal = 6.35, χ^2tab = 5.99 at df (2)], Class of study [χ^2Cal = 28.24, χ^2tab =12.59 at df (6)], Mode of transport to school [χ^2Cal = 26.3, χ^2tab =18.30 at df (10)], Travelling [χ^2Cal = 9.37, χ^2tab =5.99 at df (2)], Distance between home and school [χ^2Cal = 11.47, χ^2tab = 9.48 at df (4)], Use of social media [χ^2Cal = 7.47, χ^2tab = 5.99 at df (2)], Protective training program [χ^2Cal = 21.72, χ^2tab =18.30 at df (10)], Previous knowledge about sexual abuse [χ^2Cal = 7.47, χ^2tab =5.99 at df (2)], Exposure to self-awareness program related to sexual abuse [χ^2Cal = 7.47, χ^2tab =5.99 at df (2)], Source of information about sexual abuse [χ^2Cal = 17.9, χ^2tab = 15.50 at df (8)].

In all variable the calculated Chi-square (χ^2Cal) value was higher than tabulated value at

0.05 level of significance, except family income [χ^2Cal = 0, χ^2tab = 9.49 at df (4)], Type of residence [χ^2Cal = 0, χ^2tab = 9.49 at df (4)], Type of school [χ^2Cal = 0, χ^2tab = 9.49 at df (4)]

Conclusion
Based on the findings of the study, the following conclusions were drawn:
1. The study reveals that the knowledge regarding self-defense program on sexual abuse of pre-adolescents was poor. This suggest that the knowledge of the pre-adolescents is needed to enhance.
2. After the self-defense program on sexual abuse results revealed that increase in level of knowledge and positive expressed practices.
3. The study revealed that mean post-test knowledge score was higher than mean pre-test knowledge score. Hence, it is evident that self-defense program can be used to enhance the knowledge of pre-adolescent girls.

The study found that there is significant association between knowledge score with the selected socio-demographic variables likes Age, Religion, Education of Mother, Education of Father, Occupation of Mother, Occupation of Father, Income, Working Hours of Parents, Type of Family, Type of Residence, Type of School, Class of Study, Mode of Transport To School, Travelling, Distance Between Home And School, Use of Social Media, Have you undergone any protective training program, Previous Knowledge About Sexual Abuse, Exposure To Awareness Program Related To Sexual Abuse, Source of Information About Sexual Abuse. This suggest that average knowledge is due to their baseline characteristics.

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