



DE - Stressing Parents by Discerning about Child Sexual Abuse

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ABSTRACT

Girl child sexual abuse affects all populations equally. Children are vulnerable and relatively powerless, and the effects of sexual abuse are infinitely deep and long lasting. To prevent the offence awareness among parents is very much essential. The present study is conducted with objective to identify the extent of parenting stress related to girl child, assess the awareness of parents regarding prevention of their girl child from sexual abuse, assess the effect of teaching module for awareness and stress level among parents. Quasi-experimental research design with evaluative approach was utilized with purposive sampling techniques used to select 60 parents of 5-10 years old girl children. Data collected through valid self-structure awareness assessment tool and modified parenting stress index. Questionnaire was administered on both groups and the intervention was given in experimental group, and after one-month posttest taken from both groups. Result in pretest experimental and control groups showed an, alarming, 76.7% and 70% of parents having poor awareness in preventing child sexual abuse respectively. Whereas, the in experimental group 86.67% parents were having either moderate or severe stress about their girl child. Similarly, the control group revealed 96.66% parents being stressed about their girl child. The intervention provided revealed significant development of awareness and reduction of stress level among parents of 5-10 years old girl child at 0.05 level of significance. So the teaching module could be implemented in curriculums and educating the parents in community settings, orphanage homes, also, for prevention of girl child sexual abuse.

Keywords: Child abuse; Sexual abuse; sex offenses prevention; primordial prevention; parents; parental awareness; girl child abuse; parental stress.

INTRODUCTION

Nineteen percent of the world's children live in India. According to the 2001 Census, some 440 million people in the country today are aged below eighteen years and constitute 42 percent of India's total population i.e., four out of every ten persons. This is an enormous number of children that the country has to take care of. While articulating its vision of progress, development and equity, India has expressed its recognition of the fact that when its children are educated, healthy, and happy and have access to opportunities, they are the country's greatest human resource.¹

Erik Erikson (1963) stated, "The worst sin is the mutilation of a child's spirit." Children are vulnerable and relatively powerless, and the effects of sexual abuse or maltreatment are infinitely deep and long lasting.²

Abuse affects all populations equally. It occurs among all races, religions, economic classes, ages and educational backgrounds. The phenomenon is cyclical in that many abusers were themselves victims of abuse as children.²

Child sexual abuse may include, but are not limited to: consistent or frequent conflict between parent and child, parental incompetence, lack of parental control in home, poor parent-child communication, inappropriate use of discipline, over-punishment, unrealistic expectation of child's behavior, parent overprotective of child, parental

isolation of child, failure to provide a nurturing and safe living environment, misappropriation of minor's trust funds, poor awareness regarding child sexual abuse.^{2,3}

The global prevalence of child sexual abuse has been estimated at 19.7% for females and 7.9% for males.⁴ Most sexual abuse offenders are acquainted with their victims; approximately 30% are relatives of the child, most often brothers, fathers, uncles, or cousins; around 60% are other acquaintances, such as "friends" of the family, babysitters, or neighbors; strangers are the offenders in approximately 10% of child sexual abuse cases.⁵ Most child sexual abuse is committed by men; studies on female child molesters show that women commit 14% to 40% of offenses reported against boys and 6% of offenses reported against girls.^{5,6,7}

Sakshi a Delhi based NGO conducted a survey of 357 school girl children: 63% have experienced serious sexual abuse or rape; 29% had forced oral sex, squeezing of breast, and genitals. In 30% of all cases, the person behind the act was a family member. There is also a rise of sexual abuse in schools, where teachers molest their students sometimes in the presence of other children.⁸

One report shows that in the year 2010 in Karnataka, 107 cases of child rape, 125 cases of kidnapping and abduction, and 21 cases of procuring minor girls were reported which steeply increased to 142, 471, and 45, respectively in the year 2012.⁹



It has very clearly emerged that across different kinds of abuse, it is young children, in the 5-12-year group, who are most at risk of abuse and exploitation. 53.22% children reported having faced one or more forms of sexual abuse. Andhra Pradesh, Assam, Bihar and Delhi reported the highest percentage of sexual abuse among both boys and girls.^{2,10}

Most perpetrators of child sexual abuse are relatives or close acquaintances of youth they target. "Stranger Danger" – the notion that youth are at highest risk of sexual abuse from strangers – is widely accepted myth that continues to drive public policy around the issue.^{5,11}

Education and training can help parents and professionals stop child sexual abuse and facilitate recovery. Training parents to refute common myths around "stranger danger" can help to increase their awareness of far more common (and preventable) child sexual abuse risk factors in the household.^{12,13}

Educating parents in tandem with their children can increase family communication about child sexual abuse and strengthen communication between groups of parents in a community. According to Chinawa JM 2015, a program for parents and their pre-school children increased family and community awareness of sexual abuse and the likelihood of discussions within and between families regarding detection and prevention.¹⁴

Based on the above studies and overviews, the researcher felt that identify the awareness and stress level among parents regarding girl child sexual abuse and preventive measures.

So the researcher felt the need to study the effect of teaching module in parental stress and awareness about sexual abuse, among parents of girl child. The principle aim of this study is to improve awareness level and decrease stress level among parents.

MATERIALS AND METHODS

In this present study Quasi experimental nonrandomized control group research design with evaluative approach was used to find the effect of teaching module in reducing the parental stress and increasing the awareness to prevent sexual abuse of girl child within selected school in Bhubaneswar, Odisha.

In the present study, samples were 60 parents of 5-10 years' girl child in Maa Saraswati Sishuvidyamandir, Bhubaneswar, Odisha and Anuri Prathamika Vidyalaya, Odisha, who were selected through purposive sampling technique.

A self-structured teaching module was formed by the researcher that gives intervention to the parents of 5-10 years' girl children to increase awareness and reduce the stress level. Teaching module is titled "Prevention of child sexual abuse: an effective nursing intervention." Through the teaching module, intervention was given to the participants of experimental group for 5 days (5 sessions

for 2 hours, total 10 hours) after taking their pretest. Teaching module, mainly, focused upon the concept of child sexual abuse, who can abuse the child, sign and symptoms of child sexual abuse, types of child sexual abuse, 7 tips to communicate with child, preventive measure and legal aspects regarding child sexual abuse.

Tools used for assessment were Self structured awareness assessment questionnaire and Modified parenting stress index.

Teaching module: prevention of child sexual abuse, Awareness to prevent girl child sexual abuse questionnaire, Modified Parenting Stress index questionnaire, along with problem statement and objectives were submitted to 5 experts. The experts were selected from the field of psychiatry nursing, psychology, psychiatric medicine for validation of content. The experts were requested to judge the tools and module for relevance, clarity and appropriateness of the questions. The suggestion of experts incorporated into module and was modified as suggested by the experts. The tools and module was found valid for the study.

The reliability of tools was done by using the Cronbach's coefficient (α value). By taking 10 samples from St. Joseph's High School, Jokalandi, Bharatpur, Bhubaneswar, the awareness and stress level among parents were checked. The value of α is 0.76 and 0.93 respectively.

Data collection was done among parents of 5 -10 years' girl children regarding awareness and stress level using self-structured and modified questionnaire, after getting permission from the authority. The researcher had taken consent from parents of 5-10 years' girl child, studying in Maa Saraswati Sishu Vidyamandir, Bhubaneswar, Odisha and Anuri Prathamika Vidyalaya, Odisha. Confidentiality was ensured and code number was given to each participants. 30 no of samples were selected for experimental group from Maa Saraswati Sishu Vidya mandir, Bhubaneswar and 30 of samples were selected for control group from Anuri Prathamika Vidyalaya, Odisha purposively. Pretest was conducted for all 60 no of samples. After pretest teaching was given by using teaching module-prevention of child sexual abuse: an effective nursing intervention for 5 days (5 sessions for 2 hours, total 10 hours) to 30 no of samples. After 4 weeks of follow up post test was conducted for all 60 no of samples.

RESULTS

The table 1 & 2 reveals that the fathers and mothers were equally divided. 21.67% of total parents were within 20-30 years, 31.67% were within 31-40 years of age, 38.33% of parents were within 41-50 years and 8.33% were above 50 years of age group. 10% of parents had studied under metric, 38.33% had completed matriculate, and 51.67% of parents were graduate and above. Nobody was illiterate. Most of the parents (38.33%) were Hindu, 35% were Muslim, and 26.67% of parents were Christian.



Distribution of responded participants according to socio demographic variables using frequency and percentage.

Table 1: Frequency and percentage distribution of parents, age, education level and religion in experimental (n₁=30) and control (n₂=30) group.

Parents	Frequency	Percentage (%)
Father	30	50
Mother	30	50
Age (In years)		
20-30	13	21.67
31-40	19	31.67
41-50	23	38.33
Above 50	5	8.33
Education level		
Under matric	6	10
Matriculate	23	38.33
Graduate and above	31	51.67
Illiterate	0	0
Religion		
Hindu	23	38.33
Muslim	21	35
Christian	16	26.67
Other	0	0

Majority of the parents (50%) had one girl child, 41.67% of parents had two girl children, and 8.33% had three girl children. No one had more than 3 girl children. The majority of the parents (53.33%) lived in nuclear families and the rest lived in joint family. Nobody was living in any extended family or broken family. 1.67% of parents has monthly income less than 5000, 11.67% had between 5000-10000, 46.66% had between 10000-20000, and 40% of parents had above 20000 monthly incomes. 15% of parents were government employee, 18.34% were

employee in private sector, 38.33% of parents had their own business and 28.33% were housewives.

Table 2: Frequency and percentage distribution of no of girl child, type of family, monthly income per month and occupation in experimental (n₁=30) and control (n₂=30) group

No of girl child	Frequency	Percentage (%)
1	30	50
2	25	41.67
3	5	8.33
Above 3	0	0
Type of Family		
Nuclear	32	53.33
Joint	28	46.67
Extended	0	0
Broken family	0	0
Monthly income per month		
Less than 5000	1	1.67
5000-10000	7	11.67
10000-20000	28	46.66
Above 20000	24	40
Occupation		
Government	9	15
Private sector	11	18.34
Own business	23	38.33
Housewife	17	28.33

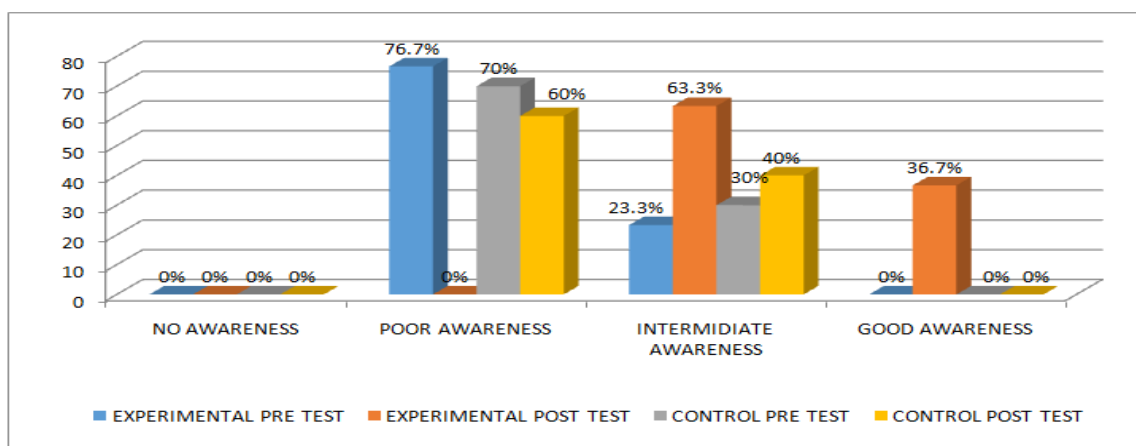


Figure 1: Comparison of the awareness among parents of girl child in both experimental and control group using frequency percentage distribution.

Figure 1 reveals that in the experimental group of pretest, 76.7% parents' showed poor awareness and 23.3%

parents had intermediate awareness regarding sexual towards girl child. In posttest, it changed to

63.3%parents having intermediate awareness and 36.7% parents having good awareness. Whereas, in control group parents in pretest showed 70%parents with poor awareness and 30% parents with intermediate awareness

regarding sexual towards girl child. In posttest, it changed to 60% parents having poor awareness and only 40% parents having intermediate awareness.

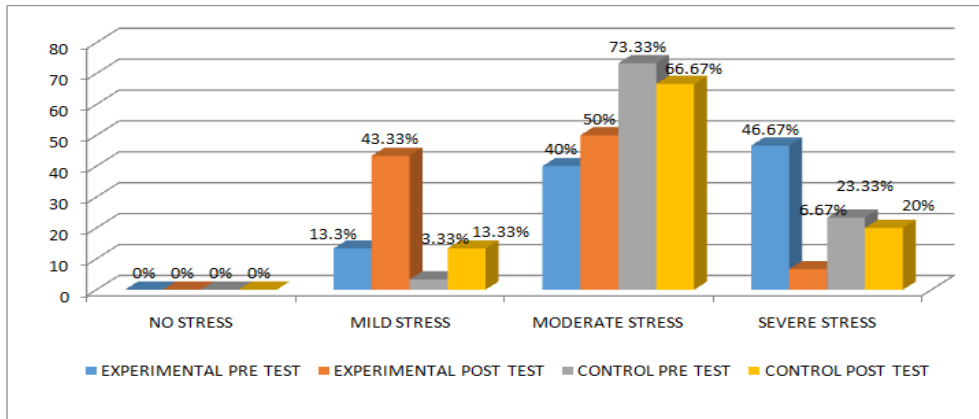


Figure 2: Comparison of the stress level among parents of girl child in both experimental and control group using frequency percentage distribution

Figure 2 reveals that in experimental group, pretest on parents showed 13.3%parents having mild stress, 40% parents having moderate stress and markedly, 46.7% parents having severe stress. In posttest, it reduced to, 43.3%parents with mild stress, 50%with moderate stress and only 6.67% parents having severe stress. Whereas, in

control group pretest, 3.33% parents showed mild stress, 73.33%having moderate stress and 23.33% parents were having severe stress. In posttest, it changed to, 13.33 % parents with mild stress, 66.67% parents having moderate stress and 20%were still with severe stress.

Table 3: Comparison between pretest and post test scores of awareness level in experimental group.

Item	Mean	sd	't' test value	df	p Value	Inference
Awareness	1.133333	0.345746	17.954	29	0.0001*	Extremely statistically significant.

To find out and test the significant difference between pretest and posttest awareness score following research hypothesis and null hypothesis was tested.

H₀₁- There is no significant difference between pre- test and post- test score of awareness in experimental group among parents, at 0.05 level of significance.

H₁. There will be significant difference between the pre- test and post test scores of awareness level after intervention among parents at 0.05 level of significance in experimental group.

So, by table no. 3, it was found that the research hypothesis (H₁) was accepted and the null hypothesis (H₀₁) was rejected, as there was extremely statistically significance in awareness level as calculated paired 't' value was 17.954 and 'p' value was (0.0001*). 'p' value being less than 0.05 level of significance, which means the teaching module was effective for increasing the awareness among parents to prevent girl child sexual abuse.

Table 4: Comparison between pretest scores and post test scores of awareness level in control group

Item	Mean	Sd	't' test value	df	p value	Inference
Awareness	0.1	0.48066	1.139521	29	0.2638	Not statistically significant

To find out and test the significance difference between pretest and posttest awareness score following research hypothesis and null hypothesis were tested.

H₀₂- There is no significant difference between pre- test and post- test score of awareness in control group among parents, at 0.05 level of significance.

H₂-There will be significant difference between the pre- test and post test scores of awareness level among parents at 0.05 level of significance in control group.

So, by table no. 4, it was found that the research hypothesis (H₂) was rejected and the null hypothesis (H₀₂) was accepted, as there is not statistically significant difference in awareness level as calculated paired 't' value

was 1.139521. 'p' value (0.2638) was more than 0.05 level of significance. It means that other extraneous variables

were not responsible for the increase of awareness.

Table 5: Comparison between pretest and post test scores of stress level in experimental group.

Item	Mean	sd	't' test value	df	p value	Inference
Stress	0.7	0.466092	8.225975	29	0.0001*	Extremely statistically significant

To find out and test the significance difference between pretest and posttest stress level score following research hypothesis and null hypothesis were tested.

H₀₃- There is no significant difference between pre- test and post- test score of stress level in experimental group among parents, at 0.05 level of significance.

H₃-There will be significant difference between the pre- test and post-test scores of parental stress level after

intervention among parents at 0.05 level of significance in experimental group.

So, by table no. 5, it was found that the research hypothesis (H₃) is accepted and the null hypothesis (H₀₃) was rejected, as there was extremely statistically significance in stress level as calculated paired 't' value was 8.225975 and 'p' value (0.0001*). 'p' value was less than 0.05 level of significance which means the teaching module was effective to reduce the stress level among parents to prevent girl child sexual abuse.

Table 6: Comparison between pre test scores and post test scores of stress level in control group.

Item	Mean	sd	't' test value	df	p value	Inference
Stress	0.133333	0.345746	2.112235	29	0.0434*	Statistically significant.

To find out and test the significance difference between pretest and posttest stress level score following research hypothesis and null hypothesis were tested.

H₀₄- There is no significant difference between pre- test and post- test score of stress level in control group among parents, at 0.05 level of significance.

H₄. There will be significant difference between the pre- test and post test scores of stress level among parents at 0.05 level of significance in control group.

So, by table no. 6, it was found that the research hypothesis (H₄) was accepted and the null hypothesis (H₀₄) was rejected, as there is statistically significant difference in stress level as calculated paired 't' value was 2.112235. 'p' value (0.0434*) was less than 0.05 level of significant.

From this findings researcher concluded that some extraneous variables were responsible for the reduction of stress level, other than the intervention.

DISCUSSION

The findings of the study represent that teaching module increases the awareness level and helps to reduce stress level among parents to prevent sexual abuse of girl child in a selected school.

't' test analysis of post test scores of experimental group and control group revealed that there is significant effectiveness of teaching module to increase awareness among parents of girl child, which means the teaching module is effective for increasing the awareness among parents to prevent girl child sexual abuse. To support above findings similar study was:

"A study on The Effect of Educational Guide on mothers' Awareness regarding Sexual Harassment for their School Age Children" done by Neanaa, M., Fayed, Faten, A., Alam in 2015. In this study researcher used the quasi experimental research design (pre and posttest), it included, 50 mothers by purposive sampling, to collect data using structure questionnaire. Given educational programme to experimental group by using educational guide program: -General knowledge related to sexual harassment as its definition, types of sexual harasser, causes of sexual harassment in children, warning signs of children exposure to harassment, methods of protection from sexual harassment in school, home, and street, how to deal with this problem if it occurred. Also, means of developing mothers –children positive relationship was added. In this study result showed that a marked improvement of the total mean of mothers' knowledge post intervention more than at pre intervention in experimental group, no statistically significant difference between the mothers' awareness level pre intervention and their education level (P>0.05), a highly statistically significant difference between the mothers' awareness level post intervention and their education (P< 0.001).¹⁵

't' test analysis of pretest and post test scores of experimental group revealed that there is significant effectiveness of teaching module to decreased stress level among parents of girl child, which means the teaching module is effective for increasing the awareness among parents to prevent girl child sexual abuse. To support above findings related study was a study on Attachment Behaviours, Depression, and Anxiety in Non off ending Mothers of Child Sexual Abuse Victims done by Linda Lewin and Christi Ann Bergin in 2001. In the study two sets of data on maternal depression, anxiety, and

maternal attachment behaviours were analyzed. First, 38 mothers of Child Sexual Abuse Victims were compared based on the presence or absence of maternal history of abuse. Second, from the original 38 mothers of Child Sexual Abuse Victims. In the first data set, there were no significant differences in depression, anxiety, and attachment behaviours based on mothers' personal history of abuse. In the second data set, mothers of Child Sexual Abuse Victims had heightened levels of depression and anxiety. Counseling given to the mothers of child sexual abuse victims that helps to reduced stress and anxiety level. Other 38 mothers whose child did not face any kind of abuse attended child sexual abuse prevention programme to reduce stress and anxiety levels.¹⁶

CONCLUSION

On the basis of the findings of the study, it can be concluded that there was significant development of awareness and reduction of stress level among parents after administration of the intervention (teaching module). The findings concluded that the teaching module prepared by the researcher is found to be effective for increasing awareness level and decreasing stress level among parents.

The health care delivery system is now giving more emphasis on preventive aspects. Nurses will acquire knowledge from module and implement it in nursing practice in different settings like community or orphanages to increase awareness to prevent girl child sexual abuse. Parents can be trained well on to find out the risk factors of girl child sexual abuse. This teaching module can be used in public awareness activities, arranging parent education program, home visit programs etc.

The nursing administrators can take part in developing teaching program and designing health education program regarding prevention of girl child sexual abuse and intervention for increase awareness and reduce stress. Nurse administrators should organize seminars, workshops, continuing education program in organization to update the knowledge regarding risk of child sexual abuse. It will help the student and other staffs to provide effective awareness to the society or community people and achieve the organizational goal. Nursing personnel should provide with educational materials and administrative support for the development of profession.

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