

**A STUDY TO ASSESS THE EFFECTIVENESS OF BOOKLET ON KNOWLEDGE  
REGARDING SEXUAL TRANSMITTED DISEASE AMONG YOUNG ADULTS (17-  
21) IN SELECTED COLLEGES**

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**ABSTRACT**

**Background:** Adolescent is the time when boys and girls become sexually mature. They will be attracted to opposite sex .It is a natural human response if there is no exploitation .There is also a great chance to get Sexual Transmitted Disease in a new relationship or when the partner have extramarital affairs .Education about the Sexually Transmitted Disease can prevent the occurrences of that and to seek timely health care once there is an exposure.

**Objectives:** The researcher aimed to assess the level of knowledge about STDs among young adults and to evaluate the effectiveness of booklet on enhancing the knowledge level

**Material &Methods:** Quantitative approach with one group pre-test and post-test experimental design was used in the study. 60 samples from different colleges where recruited as sample, usingpurposive sampling method. Structured questionnaire was used to collect demographic data and knowledge regarding Sexual Transmitted Disease. Data analysis was done by using descriptive and inferential statistics.

**Result:** The collected data were tabulated and analysed by using descriptive and inferential statistics. The mean post-test knowledge score (16.71) was higher than the mean pre-test knowledge score (9.061) and the calculated “t” (23.60) was greater than tabulated “t” (2.0) which was statistically significant. In the Chi square test it has been shown that only age has significant association between pre-test knowledge at 0.05 level.

**Conclusion:** It has been found out from the study that young adults are lacking adequate information about Sexually Transmitted Diseases. The booklet on Sexually Transmitted

Disease was found to be effective in improving the knowledge level of young adults to a satisfactory level.

**Keywords:** *Booklet, Sexually Transmitted Disease, young adults*

## **INTRODUCTION**

The Term Sexually Transmitted Disease refer to a group of illness that can be transmitted from one person to another .It can be transmitted from sharing of body fluids, blood. In healthy male or female from sexual intercourse with infected person. It can also be spread by donor tissue, breast feeding and during child birth ...etc. Most sexual transmitted disease responds to medical treatment. Some STDs can be cured outright with proper medical attention, while others can be medically managed. People always feel unpleasant to talk to others or to seek medical attention when they have any sorts of STDs.

Most sexually active adults feel drawn towards sexual contact with other sexually active adults and will engage in it despite of the risk. Sexual intercourse provides an every opportunity for organism to spread and transmitted from one person to another because it involves close contact and body fluids. Young adult group which consists of youth of age group 17-21.This is the crucial period of life that follows many changes in life such as physical, mental, social and emotional. Due to modernization as well as acceptance of the foreign culture we can see that young adults in India are being sexually intimate before marriage.

Thus it becomes more important to guide and provide adequate knowledge to our young generation. As this is consider to be most sensitive topic in Indian culture, our young generation lack in knowledge regarding this. Hence it is necessary to educate them with one or the other method.

## **HYPOTHESIS**

H<sub>1</sub>: The mean post- test knowledge score will be significantly higher than the mean pre-test knowledge score.

## **MATERIAL &METHODS**

The researchers have adopted one group pre-test and post –test research design to attain the objectives of the study. Out of the entire population using inclusion and exclusion criteria selected 60 young adults who were between 17-24 years .The sample was collected from

three different colleges using purposive sampling method. The investigator collected the data by approaching the sample individually. Structured questionnaire was used to collect the demographic data and the knowledge level of the young adults. The booklet was given following the pre-test which consists of 9 chapters about various sexually transmitted diseases. The tool was validated by the experts in that particular field for its feasibility and reliability. The demographic questionnaire consists of the following information such as age, previous education regarding STDs, Gender. The knowledge questionnaire consists of questions related to definition, Etiology, pathophysiology, signs & symptoms, prevention and complication of STDs. The score was interpreted as 1-10 inadequate knowledge, 11-15 moderate knowledge and 16-20 adequate knowledge. After obtaining formal administrative approval from the concerned authorities and informed consent from the samples the investigator collected the data.

## **FINDINGS**

Frequency and percentage distribution of the sample's demographic data was done in the initial stage. Out of the 60 samples 64% the sample were aged 20 or above. Majority, 34 children were female (57%). 66% has heard about sex education but only 41 % knows about HIV or other sexually transmitted diseases.

During pre-test assessment of the knowledge the average score was 9.016 with only 44.45%

TASK	KNOWLEDGE SCORE OF RESPONDENTS ON STD	
	PRE-TEST	
	MEAN SCORE	PERCENTAGE
Chp -1	3.05	15.25
Chp -2	0.85	4.25
Chp-3	0.45	2.25
Chp-4	1.15	5.75
Chp-5	0.43	2.15
Chp-6	0.91	4.56
Chp-7	0.40	2.00
Chp-8	0.15	0.75
Chp-9	1.5	7.5
TOTAL	9.016	44.45

The post- test knowledge score revealed a mean score of 16.71 with 74.26 %

TASK	KNOWLEDGE SCORE OF RESPONDENTS ON STD	
	POST-TEST	
	MEAN SCORE	PERCENTAGE
Chp -1	5.43	27.15
Chp -2	1.63	8.15
Chp-3	0.81	4.05
Chp-4	2.58	12.9
Chp-5	0.78	3.90
Chp-6	1.75	8.75
Chp-7	0.98	4.90
Chp-8	0.083	0.41
Chp-9	2.65	4.05
TOTAL	16.71	74.26

The difference between the mean pre-test knowledge and post-test knowledge score was analysed using paired ‘t’ test

Knowledge	Mean	Mean difference	Calculated ‘t’ value	Level of significance	Df	Table ‘t’ value
PRE-TEST	9.016	7.7	23.6	0.05	59	2.0
POST-TEST	16.71					

This table denotes mean, meandifference,calculated’value ,degree of freedom and table ‘t’ value at 0.05 level of significance. This indicates that there is a significant difference between pre and post-test knowledge score .Calculated ‘t’ value (23.6) is greater than the table ‘t’ value (2.00) .therefore, H<sub>1</sub> is accepted and the booklet was found to be effective in improving the knowledge level.

The investigator also found the association between pre-test score with selected demographic variables of the sample. The obtained  $\chi^2$  value: 2.62 of age of the sample is greater than the table‘t’ value of  $\chi^2$  :2.45 at 0.05 level of significance with degree of freedom 6 . Therefore the obtained  $\chi^2$  value is found to be significant. It also concluded that there is no significant association between other demographic variables.

**DISCUSSION**

The study result coincide with a study conducted by Sindu.S (2003) to evaluate the effectiveness of planned teaching programme regarding prevention of HIV/AIDS in selected university colleges in Mangalore . The study revealed that educational material is highly effective in improving the young adults knowledge regarding prevention of HIV/AIDS.

Another study conducted by Jennifer, LeslieMoore, Deborah MacMillan and Scott Butler in Georgia among young adults revealed that there is a significant increase in STD knowledge by educational interventions with baseline (M=13.03,SD=6.5) and in post-test (M=20.27,SD=4.9)  $t(131) = -13.53$  at  $p=0.0001$

A study conducted by Devi Laikhurammilanta in 2008 in Nepal to assess knowledge, attitude and behaviour on STDs/HIV/AIDS in the context of young people .the systemic review based on the available literature done in qualitative and quantitative ways revealed that the overall knowledge regarding STDs and HIV/AIDS is high although the level of knowledge seems to differ according to their age .

## **CONCLUSION**

The research study helps to identify the knowledge deficit exists on sexual transmitted disease among young adults in the society. Unawareness about the sexual transmitted disease can leads to several complications. Proper education regarding the sexual health and understanding about sexual diseases can prevent the complications. The findings in this study indicate that the administration of the booklet by the investigator was effective in enhancing the knowledge of the sample regarding sexually transmitted disease.

## **ETHICAL CLEARENCE**

The study was conducted after obtaining written consent from the participants and formal approval from the institutional ethical committee

## **CONFLICT OF INTEREST**

The author declares that there is no conflict of interest to disclose

## **SOURCE OF FUNDING**

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