

## Research Article

# A Descriptive Study to Assess the Knowledge Regarding Good Touch and bad touch Among School-Going Children in Kalitherthalkuppam, Puducherry

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### Abstract:

**Background:** Child sexual abuse is a substantial public health and societal concern that affects the physical, emotional, and psychological well-being of children. **Methods:** The study used quantitative descriptive research. The study was conducted in a selected school with 50, 6-12-year-olds utilizing convenient sampling. A structured questionnaire was used to collect the data which included 30 items of knowledge questionnaire for “good” and “bad” touch along with the demographic variables. Descriptive and inferential statistical analysis of data was done by frequency, percentage and chi square test at a p value of < 0.05. **Results:** The results showed that 44% moderately adequate knowledge, 40% inadequate knowledge, and 16% adequate knowledge about “good” and “bad” touch among the children. Majority of the participants were in the age group of 8-10 years (40 %), male (52 %), studying in Primary School (44 %) and Rural (100 %). **Conclusion:** It has been concluded that there is still a lack of awareness about many school-going children about “good” and “bad” touch .

**Key words:** Child sexual abuse, public health, Good touch, bad touch.

## INTRODUCTION

The childhood years are a pivotal time for physical, emotional and social growth. At this age, children are very much reliant on adults and caregivers, and are at the greatest risk for all types of abuse, such as physical abuse, emotional abuse, and sexual abuse. One of the biggest problems in preventing child abuse is children's lack of awareness of personal safety and body boundaries. Educating children about appropriate and inappropriate touch is an important preventative measure and helps children to understand the difference between appropriate and inappropriate touch.

Good Touch is physical interaction that children comfortable and secure, and that is safe, caring and respectful, such as an affection from a father or a touch from a teacher. Conversely, inappropriate contact, is when someone touches you or your child in a way that is unwanted, inappropriate or uncomfortable which may be an indicator of a child being abused.

Schools are highly suitable places for such education because children spend a considerable part of their time in school. It is essential to assess children's preexisting comprehension of what constitutes "appropriate" and "inappropriate" touch to identify the areas of knowledge deficits and to design effective awareness building programs for children's safety and well-being.

The ability to equip school going children with knowledge, confidence and self protection skills through education around “good” and “bad” touch . Schools are highly suitable places for such education because children spend a considerable part of their time in school. It is important to gauge children's prior identify what is "good" and "bad" touch to identify the areas of knowledge deficits and to design effective awareness building programs.

### AIM:

To assess the knowledge level about “good” and “bad” touch among the school going children in Kalitherthalkuppam, Puducherry.

### METHODOLOGY

This study utilized a quantitative descriptive research approach among school-aged children aged 6–12 years in a selected school at Kalitherthalkuppam, Puducherry. A total of 50 children were chosen through a convenience sample method. Participants were children aged 6 to 12 years who comprehended Tamil or English and consented to participate, whereas those outside this age range or refused to engage were eliminated. Data were gathered utilizing a standardized questionnaire comprising demographic characteristics and 30 knowledge items.

Ethical approval and institutional permission were obtained, and informed consent from parents/guardians along with assent from children was secured before data collection. The chi-square test was performed to examine the relationship between knowledge level and selected demographic characteristics. Descriptive statistics and inferential statistics were employed to analyze the data.

## RESULT

Table 1 shows that most school-going children were aged 8–10 years (40%) and were male (52%). Nearly half (44%) were studying in primary school, and all participants were from rural areas. Most children belonged to families with an annual income of ₹1,00,000–₹5,00,000 (48%) and lived in nuclear families (64%). More than half attended government schools (56%). The majority (64%) had no previous knowledge regarding “good” and “bad” touch .

Table 2 indicates that a majority of school-aged children possessed somewhat adequate understanding (44%) concerning "good" and "bad" touch, while 40% exhibited inadequate knowledge. Merely 16% of the children possessed sufficient information indicating that relatively few participants possessed a satisfactory level of awareness.

The statistical study revealed an important relationship between the children's age, their educational attainment, and their current level of knowledge. The statistical research revealed a substantial relationship between family income and prior knowledge with the current level of knowledge. (Table 3,4)

## DISCUSSION

The results indicated that the majority of the youngsters (44) possessed relatively adequate knowledge 40 children (40%) had inadequate knowledge and 16 children (16%) had adequate knowledge about “good” and “bad” touch . These findings show that in the sample of children, a significant number do not have the knowledge and understanding of personal safety and acceptable touching.

Demographic study revealed that majority of children were in the age group 8-10 years (40%), boys (52%), primary school students (44%) and were from rural areas (100%). Most participants were from nuclear families (64%) and government schools (56%). Furthermore 64% of children said that prior to showing them they did not know anything about “good” and “bad” touch . The vast majority of participants indicated that they were unfamiliar with the project, thus stressing the importance of formal educational initiatives in schools and communities.

The present research identified a statistically significant correlation between knowledge levels and specific demographic characteristics, including age ( $\chi^2 = 8.426$ ,  $p = 0.037$ ), education level ( $\chi^2 = 10.285$ ,  $p = 0.036$ ), family income ( $\chi^2 = 9.162$ ,  $p = 0.045$ ), and previous knowledge ( $\chi^2 = 12.156$ ,  $p = 0.002$ ).

Overall the study findings highlighted the need for educational programmes on appropriate and inappropriate touch among school going children mainly age appropriate School based awareness campaigns, parental assistance, and health education programs play a crucial role in improving child awareness, facilitating early reporting, and preventing child sexual abuse.

## CONCLUSION

The study found that the majority of school-going children knew moderately well about good and bad touch, however many children were still lacking in knowledge. Age, education level, family income and previous knowledge were all found to be significant associations. The results highlight the importance of school based health education programs to raise children's awareness about personal safety and prevention of child sexual abuse.

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**Table 1: Distribution of the demographic variables of the school going children. (N = 50)**

S. No	Demographic Variables	Category	Frequency (f)	Percentage (%)
1	Age	5–7 years	12	24%
		8–10 years	20	40%
		11–13 years	14	28%
		14–16 years	4	8%
2	Gender	Male	26	52%
		Female	24	48%
		Transgender	0	0%
		Prefer not to say	0	0%
3	Education Level	Primary school (1st–5th)	22	44%
		Middle school (6th–8th)	18	36%
		High school (9th–12th)	10	20%
		College/University	0	0%
4	Region	Urban	0	0%
		Rural	50	100%
5	Family Income	Below ₹1,00,000/year	16	32%
		₹1,00,000–₹5,00,000/year	24	48%
		₹5,00,000–₹10,00,000/year	8	16%
		Above ₹10,00,000/year	2	4%
6	Type of Family	Nuclear family	32	64%
		Joint family	12	24%
		Single-parent family	4	8%
		Blended family	2	4%
7	Type of School	Government school	28	56%
		Private school	12	24%
		CBSE	6	12%
		ICSE	4	8%
8	Previous Knowledge	Yes	18	36%
		No	32	64%

**Table 2. Distribution of the level of knowledge regarding “good” and “bad” touch among school-going children. (N = 50)**

S. No	Knowledge Level	Frequency (f)	Percentage (%)
1	Inadequate knowledge	20	40%
2	Moderately adequate knowledge	22	44%
3	Adequate knowledge	8	16%

**Table 3: Association of the level of knowledge regarding “good” and “bad” touch among school-going children with**

S. No	Level of Knowledge				Chi-Square Test
	Demographic Variables	Inadequate	Moderately Adequate	Adequate	
1	Age	<b>F (%)</b>	<b>F (%)</b>	<b>F (%)</b>	$\chi^2 = 8.426$ , df = 6, <b>p = 0.037* (S)</b>
	a) 5–7 years	10 (20%)	2 (4%)	0 (0%)	
	b) 8–10 years	6 (12%)	10 (20%)	4 (8%)	
	c) 11–13 years	4 (8%)	8 (16%)	2 (4%)	
	d) 14–16 years	0 (0%)	2 (4%)	2 (4%)	
2	Gender				$\chi^2 = 1.264$ , df = 2, p = 0.532 (NS)
	a) Male	10 (20%)	12 (24%)	4 (8%)	
	b) Female	10 (20%)	10 (20%)	4 (8%)	
3	Education Level				$\chi^2 = 10.285$ , df = 4, <b>p = 0.036* (S)</b>
	a) Primary school	12 (24%)	8 (16%)	2 (4%)	
	b) Middle school	6 (12%)	10 (20%)	2 (4%)	
	c) High school	2 (4%)	4 (8%)	4 (8%)	
4	Region				-
	a) Urban	0 (0%)	0 (0%)	0 (0%)	
	b) Rural	20(40%)	22(44%)	10 (16%)	

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