



# A Study to Assess the Knowledge Regarding Good Touch and Bad Touch among School Going Children in a Selected School, Balodabazar, Chhattisgarh

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## ABSTRACT

**Background:** Childhood is the most essential stage in the growth process. The Good Touch, Bad Touch activities are designed to teach children about appropriate behaviour, sexual or otherwise, so that they can defend themselves in this frightening situation. Children in India are unaware of the issue, making them more vulnerable to child sexual abuse (CSA), which is becoming a growing social problem.

**Objectives:** - To assess the knowledge regarding good touch and bad touch among school going children,

**Methods:** An observational questionnaire-based cross-sectional study was undertaken on 105 children studying in Class 9th to Class 10th at a rural school in Balodabazar, Chhattisgarh. The samples were carefully chosen through non-probability convenient sampling. A self-structured questionnaire was used to measure knowledge of good touch and unpleasant touch. The data was analysed in Excel version 2021 using descriptive statistics and Chi square.

**Results:** 28% of the 105 children appealed to have past responsiveness about good touch and bad touch While 71.4% were totally unaware about it. Excellent scores were obtained by 69% children, good scores by 25% children and average scores by 6% children. Study further revealed the significant association of gender, class and type of family with the pre-test knowledge score.

**Conclusions:** Present study revealed that the children have a lack of knowledge and confusion between good touch and bad touch. Based on the finding the post-test knowledge level was higher than the pre-test knowledge level.

Keywords: Knowledge, good touch, bad touch, Balodabazar, Chhattisgarh

## Introduction

Every type of abuse directed towards children, whether committed by their parents, caregivers, friends, or strangers while they are under 18, constitutes violence. According to estimates, up to 1 billion children between the ages of 2 and 17 worldwide have been the victims of physical, sexual, or emotional abuse or neglect within the last 12 months. The impact of childhood violence on health and well-being is lifelong. Target 16.2 of the 2030 Agenda for Sustainable Development's objective is to put an end to abuse, exploitation, trafficking, and all forms of violence and torture against children, as stated in the WHO 2022 fact sheet. Childhood is the most crucial phase in the developmental process. The number of child abuse cases reported is on a continuous rise. Each abuse against children has a negative impact on the victim's physical health. Childhood is a time when children learn more from their environment. They learn about good and bad touch via their daily activities. (Mahendrarvarman P. 2024). Teaching children about appropriate behaviour, whether it be sexual or otherwise, is the goal of the Good Touch, Bad Touch activities. If students of school age can learn about boundaries in terms of hugging and kissing and more intimate behaviour, this will be of great advantage in adulthood when inappropriate behaviour. (Patidar J, Vaishnav SS 2019). A child's safety, happiness, and sense of value are enhanced by positive physical contact, such as a mother hugging them or letting their grandmother kiss them. This is known as "good touch. When a child feels uncomfortable due to being touched by an adult, they may be considered inappropriate touching. This can happen if the adult touches their private parts and tells them not to tell anyone.. (Tyagi R, Nair BT. 2023). Although the government has taken various measures against child abuse, we need to inform children about the rules and regulations on our side. Only by learning the distinction between right and wrong can children defend themselves. Awareness plays a crucial role in this situation. The importance of educating school-age children about the positive and negative aspects of touch and stopping sexual abuse should be raised. Effectively teaching children requires parents and teachers to be well-informed about the complex effects of sexual abuse on their lives and other important facts.

Children should know all the facts before they are offered any guidance. The aims of this study are to assess the pre-test and post-test knowledge of children regarding good and bad touch, to compare the pre-test and post-test knowledge of good and bad touch among children of selected government schools of Balodabazar and to determine the connection between pre-test knowledge of good and bad touch and chosen demographic characteristics.

## Materials and Methods

The study used a cross-sectional study based on an observational questionnaire and a non-probability convenience sampling technique. That is Self-structured questionnaire technique. The tool was separated into two portions: demographic variables and a questionnaire on good and bad touch. The study was conducted in September 2024 to assess the knowledge of good and bad touch in selected government schools in Palari, Balodabazar, Chhattisgarh. The data was analysed using descriptive and inferential statistics with frequency, percentage, chi-square test and p-value test. The study was conducted on 105 children studying in Class 9th to Class 10th in school.

### Sample and Sampling Technique

A sample of 105 school going children from class 9<sup>th</sup> to class 10<sup>th</sup> studying in a government school in Balodabazar, Chhattisgarh were selected using non-probability convenient sampling technique.

### Data Analysis

All acquired data was input and analysed using Microsoft Excel 2021. Data were summarized in percentage and frequency distribution tables, and association was tested using the chi-square test, p-value, and graphical data display methods.

## Results

### Demographic Variables

The study was conducted on 105 schoolchildren studying from class 9th to class 10th. The descriptive statistics revealed that 60% were 13–14. Regarding gender, 54.3% of females and 45.7% of males participated in the research study. 52.4% were from Class 9th, and 47.6% of Class 10th students participated. Concerning religion, all children followed the Hindu religion. Concerning education, 42.9% of fathers were educated up to a high and higher level, whereas 37.1% of mothers were also educated up to a higher level. Concerning occupation, the majority (84.8%) of fathers were farmers. Considering the type of family, the majority (54.3%) of the children belong to nuclear families, and 45.7% of the children belong to joint families. With regards to the number of siblings, 42.9% of children had one sibling, 26% of children had no sibling, 19% of children had 2, and 11% of children had more than 2 siblings. About knowledge on good touch and bad touch 71.4% of children had no previous knowledge about good touch and bad touch. (Table 1).

### Association between level of knowledge and selected sociodemographic variables

The relationship between the level of knowledge about good and bad touch and selected socio-demographic variables of children was examined, and it was found that there was a significant relationship between the level of knowledge and gender, class, and family type at  $p < 0.05$  level (Table 2).

**Table 1: Frequency and percentage distribution of demographic variables (N=105)**

Demographic Variables	Category	Frequency	Percentage%
Age (In Years)	Below 13 Years	3	2.9
	13 to 14 Years	63	60.0
	Above 14 Years	39	37.1
Class	9th	55	52.4
	10th	50	47.6
Gender	Male	48	45.7
	Female	57	54.3
Type of Family	Nuclear Family	57	54.3
	Joint Family	48	45.7
No of Siblings	No	28	26.7
	1	45	42.9

	2	20	19.0
	>2	12	11.4
Education of Father's	Illiterate	12	11.4
	Primary/Secondary	20	19.0
	High/Higher	45	42.9
	Graduate	28	26.7
Education of Mother's	Illiterate	18	17.1
	Primary/Secondary	27	25.7
	High/Higher	39	37.1
	Graduate	21	20.0
Previous Knowledge about good touch and bad touch	Yes	30	28.6
	No	75	71.4
Father's Occupation	Farmer	89	84.8
	Govt. Employee	9	8.6
	Private Job	3	2.9
	Business	4	3.8

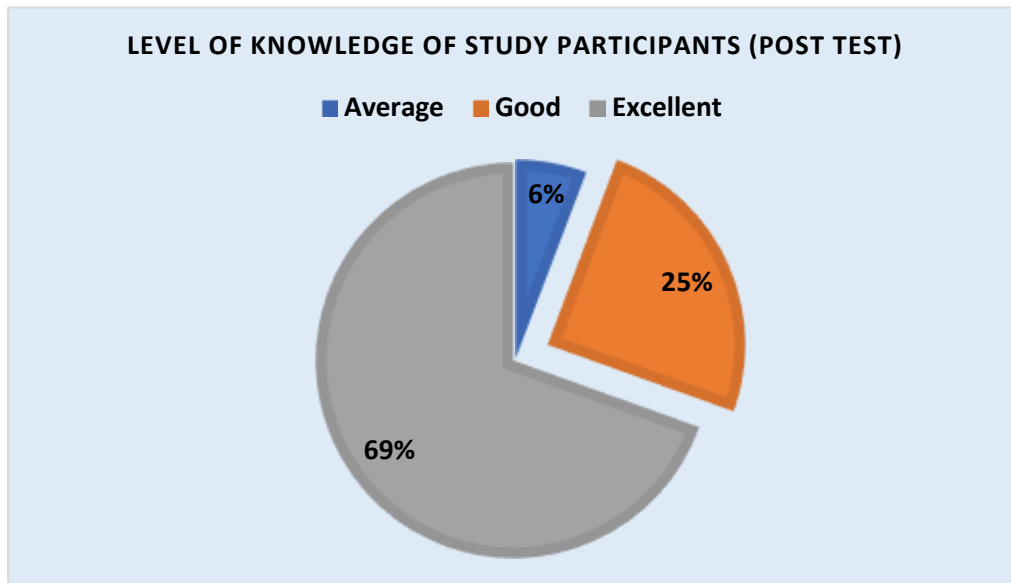


Figure 1: Assessment scores of knowledges regarding Good Touch and Bad Touch

Table 2: Association between pre-test knowledge score among children with demographical variables.

Demographic Variables	Category	Awareness Score (Number)			X <sup>2</sup>	p-value
		Average (4-6)	Good (7-9)	Excellent (10-15)		
Age (In Years)	Below 13 Years	1	2	0	2.42	0.66 (NS)
	13 to 14 Years	8	34	21		
	Above 14 Years	5	19	15		

Class	9th	9	26	20	7.48	0.02 (S)
	10 th	12	21	17		
Gender	Male	13	25	10	8.7	0.01 (S)
	Female	19	21	17		
Type of Family	Nuclear Family	11	32	14	13.18	0.001 (S)
	Joint Family	6	24	18		
No of Siblings	No	7	13	8	5.61	0.46 (NS)
	1	16	19	10		
	2	4	8	8		
	>2	1	6	5		
Education of Father's	Illiterate	2	4	6	0.66	0.99 (NS)
	Primary/Secondary	5	7	8		
	High/Higher	12	15	18		
	Graduate	7	9	12		
Education of Mother's	Illiterate	4	6	8	3.11	0.79 (NS)
	Primary/Secondary	7	9	11		
	High/Higher	9	12	18		
	Graduate	7	11	6		
Previous Knowledge about good touch and bad touch	Yes	6	10	14	4.28	0.11 (NS)
	No	21	29	25		
Father's Occupation	Farmer	24	32	33	0.55	0.99 (NS)
	Govt. Employee	2	3	4		
	Private Job	1	1	1		
	Business	1	1	2		

## Discussion

This observational study was among 105 children studying in government school in Block Palari, Balodabazar, Chhattisgarh. Children studying in Class 9th to Class 10th in school have been included in this study. The study has evaluated the knowledge of good touch and bad touch among children with the help of self-structured questionnaire. The main objective of the study was to assess the Knowledge of 'good touch' and 'bad touch' among children with respect to various socio-demographic variables.

In our study, 54.3% of the children belonged to a nuclear family and the mean age was 13 to 14 years. Similarly, a study conducted in primary school children of a metropolis in North India found that 71.5% of children belonged to nuclear family. (Tyagi R, Nair BT, 2023). A study carried out in Chennai, the population consisted of 13 to 19 years old children but in this age, group showed, 50% inadequate knowledge of children, while in our study 13 to 14 years children showed 60% have good knowledge regarding good touch and bad touch. (Andrea Donita, 2016).

A study of 100 children at a Ludhiana school found that 76% had outstanding knowledge, 23% had decent, and 1% had fair awareness of good and unpleasant touch. (Keshni M, 2021). In contrast, in our study, 69% were excellent, 25% were decent, and 6% had medium understanding of the topic.

Swapna MK's 2020 study found a significant association between children's level of knowledge about good and bad touch and selected demographic variables such as class, age, number of siblings, fathers and mothers' education qualifications, fathers and mothers' occupations, area of residence, and mode of transportation at the 0.05 level of significance. This outcome was consistent with our study, which indicated a substantial connection between class, gender, and family type.

In the sample population, 42% of the children's fathers and 37% of the mothers had studied up to higher education only; 53% of the sample population feel that if a grown up tells them to do something, they always have to do it. In the similarly, a study conducted by Tyagi R, Nair BT 2023 revealed that 55% of the children's fathers and 58% of the mothers had studied up to Class 12.

The Jodhpur study demonstrated the efficiency of a video-assisted education approach among schoolchildren. Following the intervention, there was an increase in the mean test score of the school-aged children. Such findings emphasize the need of raising awareness among children. Teachers play an important role in helping children grasp the notions of 'good and bad touch' and improving the child's response in the event of CSA.

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## Conclusion

Present study revealed that the children have a lack of information and confusion about good touch and bad touch. According to the findings, the post-test knowledge level exceeded the pre-test knowledge level. This finding implies that a self-structured questionnaire and a teaching program focused on good and bad touch can help youngsters improve their understanding.

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## Recommendations

The study recommends the following research:

- A similar study can be conducted with a large sample in variety of contexts.
- A comparative study can be conducted between rural and urban areas regarding children awareness on good touch or bad touch.

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## Declaration

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Conflict of interest: None declared.

A comparison study of children's awareness of good and unpleasant touch can be conducted between rural and urban areas.

Ethical approval: The study was approved by the Institutional Ethics Committee.

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