



Effectiveness of health education on parent's self efficacy regarding child abuse in a rural community.

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Abstract

Introduction: Child abuse has observed in many countries. Child abuse has been increasing day by day. Children are being victims of different kinds of abuses. The abuse that has been observed in children of different countries is mainly physical, sexual, emotional abuse and neglect. The abuse can be from family members as well as from strangers. Although there is wide literature about child abuse, this phenomenon still continues to be a problem in the society; those who bear the most responsibility to prevent child abuse are parents. Their level of knowledge and efficacy is very much important to reduce different kind of child abuse. Therefore continued research is required to inform and provide knowledge of how to stop and prevent child abuse to parents and other member of the community

Purpose: Purpose of the study is to determine effectiveness of health education on parents self efficacy regarding child abuse in a rural community. ***Objective:*** To determine the effectiveness of health education on parent's self efficacy regarding child abuse in a rural community. ***Method:*** A study design was quasi experimental, one group pre and post test design was used and data was collected at selected community of Lahore. Convenient sampling technique was used. Sample size was 62 community mothers who have at least one child and have the age of 18 to 40 years. Data was collected by administering knowledge questionnaire before

and after the health education programmed. ***Results:*** A total of 56 children participated in the study; the majority of the participants were boys 41(73.2%). The mean before the educational intervention is 5.83 (Standard deviation 3.80) and after the educational intervention is 7.86(Standard deviation 3.36). The mean difference between the two mean is 2.01. There was a statistically significant difference before and after the educational intervention. The educational intervention is highly effective because the significant value is 0.00 ***Conclusions:*** The result of the study shows that improves the parent's self efficacy and decrease the child abuse.

Keywords: parent's self efficacy. Child abuse

Introduction Child abuse has observed in many countries. Child abuse has been increasing day by day. Children are being victims of different kinds of abuses. The abuse that has been observed in children of different countries is mainly physical, sexual, emotional abuse and neglect. The abuse can be from family members as well as from strangers. Although there is wide literature about child abuse, this phenomenon still continues to be a problem in the society; those who bear the most responsibility to prevent child abuse are parents. Their level of knowledge and efficacy is very much important to reduce different kind of child abuse. Therefore continued research is required to

inform and provide knowledge of how to stop and prevent child abuse to parents and other member of the community (Hendrick, H. 2015). It was estimated that in USA 2.5 million were suspected as victims of child abuse and were sent to children protected services. However there were 1673 children died as result of child abuse. According to National Child Abuse Statistics, each day nearly five children die as a result of child abuse (Meinck, F, 2015). Different types of child abuser have been found in different studies i.e. parents (80.9%), day care providers (5%), foster parents (4%), friends or neighbors (4%) and legal guardians (2%) and other classifications (4%) (Vos, M. L, 2014). United States Department of Health & Human Services stated that child abusers who are completely unknown to the child only about 6.1%. Usually the abusers are faces they see in their routines. Severe emotional problems can result as a result of abuse from known persons causing psychological trauma (Fragkou, 2017). Children living with their abusers or frequently facing them develop a constant fear of abuser which is disturbing for the child. The risk of emotional damage is higher in those who have recurrent exposure to their perpetrator rather than children having less exposure (Felson, 2013). Children who have experienced child abuse have high rate of long- and short-term mental effects as compared to those who have not suffered from child abuse (Sadler, 2012). Abused children also have behavioral problems. Most of the children are disobedient, and rebellious (Chiungjung, 2016). There are also research indicates that related to child abuse, there are sex differences in recognition of self-efficacy. Since at least the early 1800s, child abuse has been a problem. Child abuse has been the most highly rated observed in all developed as well as underdeveloped countries. Child abuse has been increasing day by day. Children are being victims of different kinds of abuses. Parents are not always aware of signs of child abuse or from whom their child is being abused. Educating and providing knowledge to parents about child abuse will be helpful for them to improve their self efficacy to lessen child abuse (Weylin, 2016). According to study of Ishitha, (2016), although not commonly known by lay person, maltreatment with child is also a form of emotional/psychological abuse. This type of abuse can left child with hidden scars. When children are treated roughly, with verbal or nonverbal violence by their parents, family members, relatives or people from the community it can left them with emotional scars, making them feel worthless or not being loved. Because of the insufficient knowledge, parents are not able to recognize different form of child abuse, protect children from experiencing these abuse and they have no proper idea of where and how to report cases of child abuse. Because of lack of knowledge, parents have no sufficient self efficacy to protect children from abuse. Emotional violence in society include humiliating child in front of others, always degrading and not encouraging the child, using silent treatment to child, exposing the child to family violence

giving threats whether verbal or non verbal and many others which can cause long lasting effects on child's personality (Ishitha, 2016). It is the core responsibility of every member of the community specialty parents to have knowledge related to child abuse, to have appropriate self efficacy to protect their children from being a victim of child abuse. And if see a victim of any type of child abuse, they should have enough understanding and efficacy to protect the child from long lasting effects of abuse. These long lasting effects can include facing difficulties in school, having difficulty in cognitive tasks, having problem with socializing and others (Fragkou, 2017).). One of the reasons that child abuse is increasing day by day is because parents do not have enough time in their busy work routine for children. Children are getting neglected by parents and therefore are prone to face emotional, psychological and physical abuse. According to study conducted by Ministry of Women and Child Development, Government of India on Child Abuse in 2017, one out of every two child face emotional abuse and the percentage of girls and boys being abused is equal (Ishitha, E. K. 2016). For good child development, child outcomes and parenting practice, good self efficacy of parents is an important predictor. Parents with good self efficacy can enhance the self esteem, coping skills, appropriate social skills and intelligence. With their knowledge related to child abuse and their ability to deal things under difficult situation, helps them to protect not only their own children but also the children in the community. Report it, if such a case happened and support the victims of child abuse and their family under difficult condition can help reducing child abuse in the community (Anderson, 2016).

AIMS OF THE STUDY

Purpose of the study was to determine effectiveness of health education on parents self efficacy regarding child abuse in a rural community.

SIGNIFICANCE OF THE STUDY

Child abuse is a topic of importance not only in Pakistan but also worldwide, for which, parents' self efficacy related to knowledge of child abuse is very important. This research will help the participants of the study to identified different types of child abuse including neglect, maltreatment, physical, psychological and sexual abuse, their children or children in surrounding community are facing. The knowledge provided on child abuse through this study will help participants to improve their self efficacy regarding to child abuse by improving their knowledge and thus helps in reducing different types of child abuse in society. This study will helps the people in authority of community and policy makers to consider the point that children in community are facing different types of child abuse by people including their parents, peers, relatives of other people of community because of their insufficient knowledge. This study will help them to make policies and formulate strategies to provide people knowledge related to child abuse to improve their self efficacy and to reduce and report child abuse. This

study will be helpful for the future researchers as it provide baseline to further investigate the effects of health education on parents 'self-efficacy regarding child abuse. It will also be helpful for future researchers to study this effect using advance study designs.

LITERATURE SEARCH

In the world, there were different kind of problems of concern; one of the significant problems is child abuse. Around 5.8 million children were referred for suspected child abuse to child protective service in 2013 and among them conformed child abuse cases were 735,000 (Balkaran, S. 2015). According to a study done by Levi & Port wood in 2011, number of conformed death related to child abuse were 1586. A research done by Perez in 2013, more than 34,000 adults were interviewed in United States, result showed that 10.14% of these adult were victims of child sexual abuse. According to National Child Abuse, on average, because of the impact of child abuse five children die each day (Hu, M. H., 2017). Studies showed that the most common cause of child abuse is the incompetent knowledge of the parents to protect their child and report such cases. Child abuse is growing day by day which is affecting both genders. In a study of U.S on children's mental health services, almost half (47.5%) of the children were boys with a history of sexual abuse (Walrath, 2016). Incidence studies of Canadian Standards Association (CSA) done on children and adolescents reported sexual abuse rates for boys ranging from 4% to 16%. But sexual abuse is not only faced by boys. Girls got victim of sexual abuse on larger scale. The majority of studies of CSA indicate that girls experience 2.5 to 3 times higher sexual abuse more than boys (Balkaran, 2015). The study of the Crowley 2016 found that with increase in knowledge about child abuse there is more likelihood that parents would be able to protect their children from being abused and know. In order to prevent child abuse, knowledge must be provided to parents and additional research is needed in order to measure parent efficacy, after child abuse recognition education. The four common type of child abuse existed in our society include: child neglect, emotional abuse, sexual abuse and physical abuse. Child abuse cast many short and long-term impacts on lives of children who were abused. Physical illness and death are the most dangerous and severe long-term effect of child abuse. In some cases of physical abuse, children got hit, pushed, slapped and even burned, suffocated to get unconscious, and or poisoned which could lead to death (Huffman, 2014). Repressed memories, emotional problems, substance abuse, addictions, post-traumatic stress disorder and behavioral problems are common long-term effects of child abuse (Raghavan, 2016). Brain injuries, behavioral regression and shaken baby syndrome are some of immediate and short-term impacts of child abuse (Buckingham, 2014). One of the major consequences of psychological child abuse is that the children usually are forced to face their abuser frequently,

such as aunt, uncle, teacher, grandparent, babysitter or even parent. Approximately children reported for signs of child abuse were 3.6 million in 2008, (Schools, 2014). Study conducted by (Finkelhor, D 2015) to assess the to provide health's care professionals, policy makers, and parents with current estimates of exposure to violence, crime, and abuse across childhood and at different developmental stages. The finding of the study is in total, 37.3% of youth experienced a physical assault in the study year, and 9.3% of youth experienced an assault-related injury. Two percent of girls experienced sexual assault or sexual abuse in the study year, while the rate was 4.6% for girls 14 to 17 years old. Overall, 15.2% of children and youth experienced maltreatment by a caregiver, including 5.0% who experienced physical abuse. In total, 5.8% witnessed an assault between parents. Only 2 significant rate changes could be detected compared with the last survey in 2011, namely, declines in past-year exposure to dating violence and lifetime exposure to household theft. And it is concluded by Children and youth are exposed to violence, abuse, and crime in varied and extensive ways, which justifies continued monitoring and prevention efforts.

METHODS

Study Design: A quasi experimental study design was used in this study.

Study Settings: This study was carried out at Ali Raza Abad in Lahore.

Sampling Technique: Convenient sampling technique was used in this research study.

DATA GATHERING PROCEDURE:

A formal written letter of permission to conduct the research. And the questionnaire was distributed to the community parents.

ANALYZE DATA:

Data analysis is done on SPSS (version 21).

- Data related to demographic variables were analysed in percentage and frequency form by using bar charts.
- Pre and post data related to knowledge on oral hygiene was analyzed by using paired T-test.

ETHICAL CONSIDERATION

The rules and regulations set by the ethical committee of the Lahore school of nursing were followed while conducting the research and the rights of the research participants were respected.

- Written informed consent attached was taken from the teacher of all the participants.
- All information and data collection were kept confidential.
- Participants remained anonymous throughout the study.
- The subjects were informed that there are no disadvantages or risk on the procedure of the study.

- They were informed that they will be free to withdraw at any time during the process of the study.
- Data were kept in under key and lock while keeping keys in hand. On the laptop, it will be kept under password.

I. RESULTS

This section presents the outcomes of the study.

PROFILE OF THE RESPONDENTS

Respondents were taken from parents of residential community. Research question is to assess effectiveness of health education to improve parent's self efficacy in a rural community.

	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				tailed)
				Lower	Upper			
Pair 1 Pre Test - Post Test	-6.794	2.280	.287	-7.368	-6.219	-	62	.000

Table 1 of Demographic frequencies of participants

Age

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18-24	8	11.1	12.7
	25-30	33	45.8	52.4
	31-35	11	15.3	82.5
	36-40	11	15.3	100.0
Missing		63	87.5	100.0
		9	12.5	
Total	72	100.0		
Valid female		63	87.5	100.0
	Missing system	9	12.5	
Total	72	100.0		
Valid married		63	87.5	100.0
	Missing system	9	12.5	
Total	72	100.0		

Paired Samples Statistics

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Pre Post	-6.794		2.280	.287

Paired Samples Test

Paired Differences	t	DF	Sig. (2-
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The total mean of school children before the educational intervention is 5.83 (Standard deviation 3.80) and after the educational intervention is 7.86(Standard deviation 3.36). The mean difference between the two mean is 2.01. There is a statistically significant difference before and after the educational intervention. The educational intervention is highly effective because the significant value is 0.00 and that's why the null hypothesis was rejected and alternative hypotheses were accepted. Before and after the health education programmed. A total of 56 children participated in the study; the majority of the participants were boys 41(73.2%). The mean before the educational intervention is 5.83 (Standard deviation 3.80) and after the educational intervention is 7.86(Standard deviation 3.36). The mean difference between the two mean is 2.01. Data collected from different group and table 1 show that 11.1% of respondents belong to 18-24 age groups.45.8% of respondent belong to 25-30. 15.3% of respondents belong to 31-35 age group.15.3% of respondent belong to 36-40 age was zero. Null hypothesis is reject because the p vale is 0.00 and his vale is less than the 0.05 that's why the null is reject and the alternative hypothesis is accepted.

Discussion:

In the world, there is different kind of problems of concern; one of the significant problems is child abuse. Around 5.8 million children were referred for suspected child abuse to child protective service in 2013 and among them conformed child abuse cases were 735,000 (Balkaran, S. 2015). According to a study done by Levi &.Port wood in 2011, number of conformed death related to child abuse were 1586. A research done by Perez in 2013, more than 34,000 adults were interviewed in United States, result showed that 10.14% of these adult were victims of child sexual abuse. According to National Child Abuse, on average, because of the impact of child abuse five children die each day (Hu, M. H., 2018).

According to previous study Different types of child abuser have been found in different studies i.e. parents (80.9%), day care providers (5%), foster parents (4%), friends or neighbors (4%) and legal guardians (2%) and other classifications (4%) (Vos, M. L, 2014).

The finding of the study is In total, 37.3% of youth experienced a physical assault in the study year, and 9.3% of youth experienced an assault-related injury. Two percent

of girls experienced sexual assault or sexual abuse in the study year, while the rate was 4.6% for girls 14 to 17 years old. Overall, 15.2% of children and youth experienced maltreatment by a caregiver, including 5.0% who experienced physical abuse. In total, 5.8% witnessed an assault between parents. Only 2 significant rate changes could be detected compared with the last survey in 2011, namely, declines in past-year exposure to dating violence and lifetime exposure to household theft.

Recommendation:

- Future researcher discusses advance type related to child abuse by using previous study.
- This study is baseline for future researcher to discuss about the further research related to more abuse types.

Limitations:

- In this study only convenient sampling is used.
- In this only one community sampling used.

Conclusion:

It is concluded that enhancement of knowledge of parents about child abuse decrease the ratio of child abuse. Lack of awareness of parents about child abuse can increase the risk of child abuse which is may cause of mental illness. Parental self-efficacy and child abuse recognition knowledge was increased with child abuse education and time. This information provides valuable knowledge that can be useful in the prevention of child abuse. Providing child abuse recognition education to parents will increase the individual's self-efficacy (Farrell & Walsh, 2010), which will help them to feel more confident in their own ability to recognize and handle the signs of child abuse. This study provided much needed information about how child abuse recognition education will impact parental self-efficacy and child abuse recognition knowledge (Christoffersen & DePanflis, 2009). Previous research in the field addresses how training will impact mandatory reporters (Lee, 2008). Equipping our community with the knowledge of recognizing the signs of child abuse and brining community awareness is the first step towards preventing child.

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