

Original Article

The effectiveness of self instructional module (SIM) on the level of adolescents' knowledge and attitude towards sexual behaviour

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Abstract

In the worldwide, one in every five people is an adolescent. Out of the 1.2 billion adolescents worldwide, about 85% live in developing countries and the remainder in the industrialized world. In India there are 15 million adolescents comprising 21% of the India's total population. The health related experiences, attitudes and behaviors of these youth are intimately linked with their social, educational and economic aspirations and options to have a strong impact on the future of Indian society. The unique sexual developmental and reproductive health needs of Indian adolescents are poorly understood and undeserved. Majority of young people are sexually experienced by the age of 20 and premarital sex is common among 15-19 year-olds. Adolescents lack information about sexuality. The aim of this study was to find out the effectiveness of Self Instructional Module (SIM) in improving the knowledge and attitude of adolescents towards sexual behavior.

Keywords: Effectiveness, sexual behaviour; self instructional module, adolescents.

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