



# Knowledge on Good Touch and Bad Touch: A Cross-sectional Study

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**Abstract**— The development of children is vital to the future well-being of the society. Because they are still developing, they are especially more susceptible than adults. A cross-sectional study was done to assess the knowledge level of good touch and bad touch among school children (6 - 12 years) in the selected school of Varanasi, India. The study was conducted among 76 conveniently selected students of 1<sup>st</sup> standard to 6<sup>th</sup> standard studying in Jag Narayan Singh Intermediate College, Varanasi, India. The levels of knowledge on good touch and bad touch were collected using a validated tool. After organizing and analyzing the data, the study shows that 52.6% of the samples had inadequate knowledge and 47.4% had moderate knowledge. Sexual harassment and male chauvinist behaviour are even unequally distributed over the demography of small children which is to be frowned upon and the need for immediate action against this gruesome act is strongly recommended both by society and in the eyes of the law. But before taking action on the offenders, girls and women must be educated about good touch and bad touch so that at least they could understand what situations they are in and refrain from such situations so that any more unlikely scenarios do not pop out and hurt the young girls physically and emotionally.

**Keywords:** *good touch, bad touch, school children, sex education, girls*

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## I. INTRODUCTION

India is rising. Our country is zooming ahead in all fields that count at breakneck speed. The prosperity in the economy, groundbreaking technologies, and better infrastructure are evidence of that. Women have provided a considerable contribution to this progress, with them taking up every possible job. From making food at home to sending the Orbiter to Mars, they have made their existence felt in every sphere of life. Hitherto in every layer of Indian society, there remains a cloud of trepidation and insecurity when a girl child is born.<sup>1</sup> However life for the girl child is steadily improving, many are still subjected to horrific practices, and most important and horrible among them is sexual exploitation and abuse.

Girl children are battered and then are made to feel personally responsible, guilty, or persecuted. Girls are endangered with ferocity if they tell about sexual abuse. Sexual abuse can result in bed wetting, nightmares, sleep disorders, depression, anxiety, running away from home, multiple personality disorders, precocious sexual behavior, or sexual inhibition, and low self-esteem. Children may experience flashbacks or other long-term effects. Girls who experience sexual abuse once tend to be more vulnerable to abuse in adult life.

Globally, girls are primarily victims of sexual exploitation (72% of detected girl victims),<sup>2</sup> Child sexual abuse statistics reveal an estimated 50% of girls are sexually abused before the age of 15 years. The World Health Organization estimates that 1 in 10 children worldwide is sexually abused.<sup>3</sup> A new UN report has highlighted around 120 million girls around the world, close to 1 in 10, have been raped or sexually assaulted by the time they turn 20 years (UNICEF, 2014).<sup>4</sup>

In this context, the first aim is to restore a girl's ability to say "no" and to teach her to protect herself. Children must know what is correct and wrong, to safeguard them. The first sensory input in life comes from the sense of touch experienced by a fetus when he or she is in the mother's womb and feels protected. Parents, siblings, elders, friends, and teachers play an important role in a child's development. A Child can decide who can touch them, who can kiss them, or who can hug them and they have the right to say "no". There is a need for more studies to emphasize alertness on good touch and bad touch. So the researchers did a study to understand school-age students' awareness of good touch and bad touch.

### Statement of the Problem

A Cross Sectional Study to Assess the Knowledge Level on Good Touch and Bad Touch among the School Children (6-12 Years) in the Selected School of Varanasi, India.

### Objectives

- To assess the level of knowledge of children on good touch and bad touch.
- To associate the knowledge level on good touch and bad touch level with the selected demographic variables.

### Null Hypothesis

**H<sub>0</sub>:** There is no significant difference in the knowledge level on good touch and bad touch among the School Children (6-12 Years) with the demographic variables.

## II. METHODOLOGY

The research approach used in the study was quantitative research approach. The research design used in the study was cross-sectional research design. This study was conducted in Jag Narayan Singh Intermediate College, Varanasi. The sample comprises school going girl children in Jag Narayan Singh Intermediate College fulfilling the criteria. Sample size was calculated at a confidence interval of 95% and at a margin of error of 12% with a population proportion of 60% which gave the sample size of 70. A total of 76 samples were selected for the study. The sampling method used in the study was Non-probability

convenient sampling technique. Girls between the age group of 6-12 years, who were willing to participate in the study and who could read and write English and Hindi were included and girl students who were emotionally and psychologically disturbed and who were absent at the time of data collection were excluded. Tool used was structured Questionnaire and it consists of two sections, Demographic variable proforma comprising of name of student, age, gender, father's occupation, mother's occupation, educational status, income, religion, locality, type of family and source of income and Questionnaire consists of 9 questions regarding the knowledge on good touch and bad touch. Correct answer carries one mark and wrong answer carries zero mark. Permission was obtained from the Principal of Jag Narayan Singh Intermediate College, Varanasi, India. All girl children in the school were selected and informed consent was obtained from their parents priorly through the Principal. All students' fulfilling the selection criteria were selected using convenient sampling method. They were explained about the purpose of the study. The questionnaire was distributed to subjects. A general health education on good touch and bad touch was administered after the data collection. Data were collected, coded and analyzed using descriptive and inferential statistics. The data was analyzed using appropriate statistical methods.

### III. RESULTS AND DISCUSSION

Data were analysed according to objectives and organized under the following sections.

- Section A : Distribution of samples according to the demographic variables  
 Section B : Distribution of samples according to the knowledge on good touch and bad touch  
 Section C : Association of the knowledge level with the demographic variables

#### SECTION – A

#### Distribution of Samples according to the Demographic Variables

**Table 1.** Frequency and Percentage Distribution of Samples according to the Demographic Variables

**n = 76**

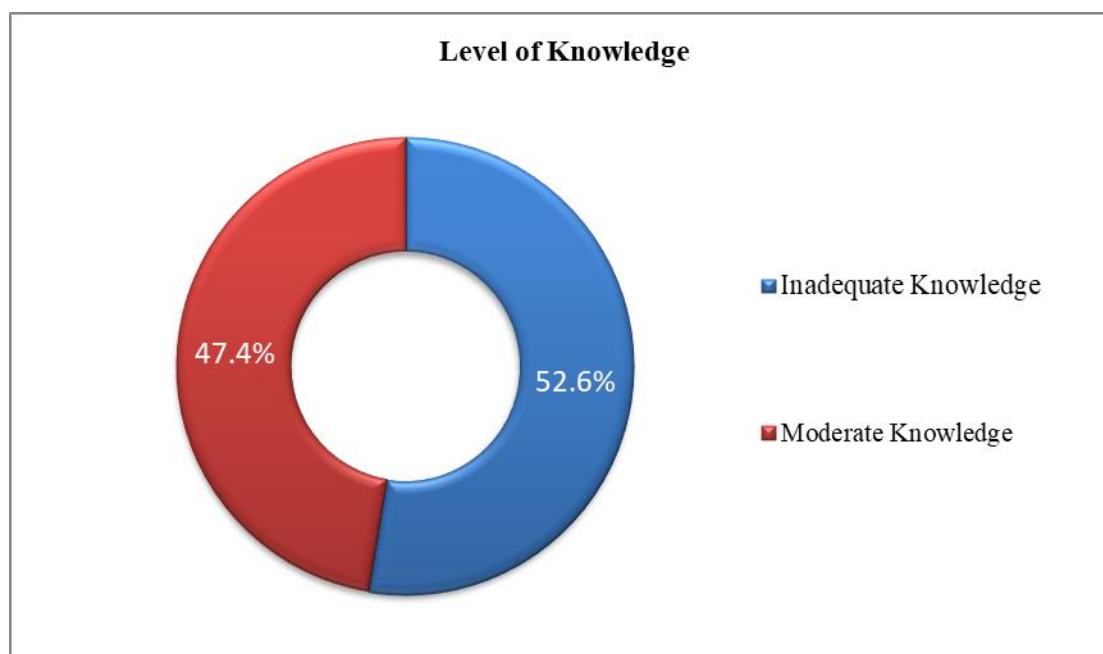
| Sl. No. | Demographic Variables   | Options             | Frequency | Percentage (%) |
|---------|-------------------------|---------------------|-----------|----------------|
| 1       | Age                     | 6 - 7 years         | 5         | 6.6            |
|         |                         | 8 - 10 years        | 40        | 52.6           |
|         |                         | 11 - 12 years       | 31        | 40.8           |
| 2       | Religion                | Hindu               | 40        | 52.6           |
|         |                         | Muslim              | 35        | 46.1           |
|         |                         | Christian           | 1         | 1.3            |
|         |                         | Other               | 0         | 0              |
| 3       | Mother's education      | Primary             | 30        | 39.4           |
|         |                         | Secondary           | 36        | 47.4           |
|         |                         | Graduate            | 9         | 11.8           |
|         |                         | Post graduate       | 1         | 1.4            |
| 4       | Father's occupation     | Own business        | 41        | 53.9           |
|         |                         | Unemployed          | 12        | 15.7           |
|         |                         | Private employee    | 21        | 27.7           |
|         |                         | Government employee | 2         | 2.7            |
| 5       | Family income per month | Less than Rs. 10000 | 32        | 42.1           |
|         |                         | Rs. 10000 - 15000   | 39        | 51.3           |
|         |                         | Rs. 15001 – 20000   | 4         | 5.3            |
|         |                         | Above Rs. 20000     | 1         | 1.3            |

Out of the 76 samples, 52.6% of the samples were of the age group of 8 - 10 years, 52.6% were Hindus, 43.4% of the samples' mother had secondary education, 53.9% of the samples' father owned their business and 51.3% of the sample's monthly family income was Rs.10000 – 15000. Whereas, in a study conducted by Patidar and Vaishnav (2020) to assess the effectiveness of video-assisted teaching on knowledge regarding good touch and bad touch among girls of a selected upper primary school in Mehsana district, the highest percentage in the demographic data including the age group, 12 years - 60.7%, Hindu - 98%, class of study, 7<sup>th</sup> class - 50.7%, mother's educational status, graduated and above - 30.7%, type of family, joint - 55.3%, number of siblings, one - 38.66%, income of family/month, above Rs. 15000 - 44.7%, area of residence, urban - 84%, knowledge about good touch and bad touch, no source of information -50.66%.<sup>5</sup>

### SECTION – B

#### Distribution of Samples According to the Level of Knowledge on Good Touch and Bad Touch

n = 76



**Figure 1.** Percentage Distribution of Samples according to the Level of knowledge on Good Touch and Bad Touch

In assessing the knowledge of the samples on good touch and bad touch, the researchers understood that 52.6% of the samples had inadequate knowledge, 47.4% had moderately adequate knowledge and no sample had adequate knowledge. When Keshni (2021) conducted a descriptive study to assess the knowledge regarding good touch and bad touch among children (9 - 12 years) in a selected school in Ludhiana, Punjab, the result showed that 76% of students were having excellent knowledge, 23% were having good knowledge and 1% was having fair knowledge regarding good touch and bad touch.<sup>6</sup> Whereas when Donitta (2018) conducted a study on the level of knowledge regarding good touch and bad touch among adolescence in a selected setting, Chennai, it was found that 50% of the adolescents had inadequate knowledge of good touch and bad touch, 30% had moderate knowledge and only 20% had adequate knowledge.<sup>7</sup>

### SECTION – C

#### Association of Level of Knowledge on Good Touch and Bad Touch with the Demographic Variables

**Table 3.** Frequency and Chi-square Values of Level of Knowledge on Good Touch and Bad Touch and the

## Demographic Variables

n = 76

| Sl. No. | Demographic Variables   | Options             | Inadequate | Moderate | $\chi^2$ value                  | Result          |
|---------|-------------------------|---------------------|------------|----------|---------------------------------|-----------------|
| 1       | Age                     | 6 - 7 years         | 3          | 2        | $\chi^2 = 0.121$<br>p=0.94      | Not significant |
|         |                         | 8 - 10 years        | 21         | 19       |                                 |                 |
|         |                         | 11 - 12 years       | 16         | 15       |                                 |                 |
| 2       | Religion                | Hindu               | 21         | 19       | $\chi^2 = 0.0879$<br>p=0.957    | Not significant |
|         |                         | Muslim              | 17         | 18       |                                 |                 |
|         |                         | Christian           | 1          | 0        |                                 |                 |
|         |                         | Other               | 0          | 0        |                                 |                 |
| 3       | Mother's education      | Primary             | 16         | 14       | $\chi^2 = 0.0404$<br>p=0.0404   | Not significant |
|         |                         | Secondary           | 18         | 18       |                                 |                 |
|         |                         | Graduate            | 5          | 4        |                                 |                 |
|         |                         | Post graduate       | 1          | 0        |                                 |                 |
| 4       | Father's occupation     | Own business        | 21         | 20       | $\chi^2 = 0.1954$<br>p=0.0.9783 | Not significant |
|         |                         | Unemployed          | 7          | 5        |                                 |                 |
|         |                         | Private employee    | 11         | 10       |                                 |                 |
|         |                         | Government employee | 1          | 1        |                                 |                 |
| 5       | Family income per month | Less than Rs. 10000 | 17         | 15       | $\chi^2 = 0.2742$<br>p=0.9648   | Not significant |
|         |                         | Rs. 10000 - 15000   | 20         | 19       |                                 |                 |
|         |                         | Rs. 15001 - 20000   | 3          | 1        |                                 |                 |
|         |                         | Above Rs. 20000     | 1          | 0        |                                 |                 |

On associating the knowledge level of the school-going children on good touch and bad touch and demographic variables, it was found that there was no significant relationship between knowledge and demographic variables. In a study by Kaur et al also Chi-square test revealed that the computed chi-square value of the level of knowledge of good touch and bad touch among children regarding age (0.2), gender (3.3), birth order (3.9), class (2.5), number of siblings (1.2), type of family (1.6), father's age (1.8), mother's age (1.5), father's occupation (0.4), mother's occupation (0.9), monthly family income (0.3), history of substance abuse (1.7) and type of accommodation (0.2) were statistically non-significant at 0.05 level of significance. This indicates that the level of knowledge was independent of age, gender, class, religion, and birth order. <sup>8</sup>

## IV. CONCLUSION

Though the world has turned into a small smart village because of the digital era in which we are in, yet still we are in the phase of accepting things that cannot be removed from the face of society which has been considered a bane in the past, and also now. Sexual harassment and male chauvinist behaviour are even unequally distributed over the demography of small children which is to be frowned upon and the need for immediate action against this gruesome act is strongly recommended both by society and in the eyes of the law. But before taking action on the offenders, girls and women must be educated about good

touch and bad touch so that at least they could understand what situations they are in and refrain from such situations so that any more unlikely scenarios do not pop out and hurt the young girls physically and emotionally.

As a health planner and administrator, a nurse could educate the parents on the basic understanding of good touch and bad touch in children and assure them that there should be a safe space for their children to share such information immediately.

As a nurse administrator and educator, planning of curriculum could be done in such a way that imparts immense knowledge on good touch and bad touch among the student nurses. Training and workshops can be conducted for student nurses about organizing focus groups in schools and colleges for educating about good touch and bad touch. Similar studies may be replicated on larger samples using experimental design for a longer duration and can be done on different populations.

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