

Enhancing Self Efficacy and Resilience through Integrated Intervention among Sexually Abused Girl Children

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Abstract

Child sexual abuse has been found widespread all over the world. The national crime records bureau (NCRB) point out that, in India, one out of four children will be a causality of sexual mistreatment in each hour. Over the fear of being sexually abused, one in every five children doesn't feel secure. The traumatic experience of sexually being abused children is associated with low self – efficacy, defined as the belief in one's own ability to effectively function and exercise control within a situation⁽¹⁾. Decreased level of self-efficacy due to sexually being abused also increases the level of negative mental health and behavioral outcomes such as posttraumatic stress disorder ⁽²⁾. Child sexual abuse has been linked to numerous psychological and behavioral consequences for survivors throughout their lifetime. Resilience is critical for coping as it means children are better able to deal with life circumstances. Better coping is preventive in the sense that children with resilience resources are better equipped to avoid the development of future problems. The present study identifies the effectiveness of the integrated intervention on enhancing self-efficacy and Resilience among sexually abused girl children. 37 sexually abused children were part of the study. The sample was selected from Government Nirbhaya Home located in Quilon District in Kerala. Based on the statistical analysis the results are discussed and conclusions are arrived at.

Keywords: - sexually abused children, Resilience, self efficacy, integrated intervention, kerala

Introduction

According to the World Health Organization ⁽³⁾ child sexual mistreatment (CSA) as “ the involvement of a child in a sexual pastime that she or he does no longer completely realize, is unable to give knowledgeable consent to, or for which the child isn't developmentally prepared and can't provide consent, or that violence the laws or social taboos of society...” ⁽⁴⁾ study carried out by means of India's ministry of girls and women increased, 53% of children surveyed stated they had been subjected to some shape of sexual abuse. The stressful revel in of sexual abuse, in particular in early life and early life, is associated with low self – efficacy ⁽¹⁾. Self-efficacy is the belief which you are able to appear an undertaking or managing a state of affairs. A child with high self-efficacy believes they have got the skills to assist them to steer via lifestyles and reach their dreams. The decreased feel of self-efficacy because

of CSA turned into observed to be expecting negative effect, which became associated with expanded charges of self - damage and suicidality ⁽⁵⁻⁷⁾.

Integrated Intervention

Resilience as the capacity of people to cope with stress and catastrophe, and also used to indicate a characteristic of resistance to future negative events ⁽⁸⁾. Mindfulness-based interventions aim to “decrease interest and decrease chronic harsh self-judgments”. Mindfulness facilitates to connect one to the existing movement and the entirety going on inside the movement: mind, feelings, sensations, etc ⁽⁹⁾. Mindfulness-based interventions concentrate on physical, emotional, and psychological symptoms children who have experienced trauma might be experiencing ⁽¹⁰⁾.

Art therapy is a form of expressive therapy that makes use of the creative process of making artwork

to enhance someone's physical, mental, and emotional nicely-being. Art therapy over conventional talk therapy is that sexual abuse sufferers might also be threatened with results in the event that they were to "tell," so drawing their secrets and techniques can be much less scary than "telling" them in phrases ⁽¹¹⁾. Solution-focused brief therapy (SFBT) places consciousness on a person's present and future circumstances and desires in preference to past stories. In this goal-orientated therapy, the symptoms or problems bringing a person to remedy are commonly no longer targeted. SFBT uses Miracle questions, Exception questions, Coping questions, Scaling questions, Time-out, Problem – loose communicate, Accolades and Task to become aware of the resources that are available to the client and useful resource healing from PTSD ⁽¹²⁾.

Kerala is also known as god's own country; also have top positions in many social crimes, now Kerala facing the alarming rate of sexual crime activity against children each day. The 2011censes reports revealed that 10.4% of 333.38 lakhs of Kerala's population are children. Kerala accounted for 4.4% of all the recorded number of crimes against children and in terms of rate of total cognizable crimes ranks 9th in India. The present study intends to examine the integrated intervention to enhance self - efficacy and resilience among sexually abused girl children in Kerala. This study looks at might assist and concerned authorities to help out the deprived situation.

Method

Objective of the Study

Find out the efficacy of Integrated Intervention on improving the Self-efficacy of sexually abused children.

Discover out the usefulness of Integrated Intervention on enhancing the Resilience of sexually abused children.

Hypotheses

1. There will be a significant difference in self efficacy among the sexually abused girl children between Before, After and Follow up phase of the integrative intervention program.

2. There will be a significant difference in Resilience among the sexually abused girl children between Before, After and Follow up phase of the integrative intervention program.

Sample

Participants: the data for the study was collected from children age group 10 to 18 using purposive sampling. 37 sexually abused girl children are selected for the study from Nirbhaya Licensed Home Quilon – Kerala.

Intervention

Integrated intervention method was used to help the sexually abused children cognitive-behavioral problems. During the integrated intervention four techniques were used namely Art therapy, Solution-focused therapy, Mindfulness meditation. Art Therapy, half-hour sessions in a day, In the first session – sitting in a circle, making two groups – prepare a play, drawing, dance or song to introduce them to the group. In the second session – task completion (with clay) in the third session – little discussion will be held about different kinds of symbols (personal, cultural and global) they have to create these symbols in a drawing.

Solution Focused Therapy the proposed program will consist of three, half-hour sessions and will include homework tasks that are to be completed outside of the counseling session. Each session will start with an ice breaker activity and provide step – by step instructions. The participants will begin to focus on solutions and start searching for expectations of their problem in the first session. In the second session, the participants will clarify their strength and continue to monitor where they are in the stages of recovery and to celebrate their progress. Between the second and third session, the participant's homework is to pretend that their miracle has happened and they begin to live life differently. In the third and final session, the participants review the outcome of their homework experience and develop a further plan of action in the Oder to make their miracle more concrete. Mindfulness practice mediation the combination of hatha yoga, meditation, and mindful–breathing. Mindfulness practice intervention consisted of 30 minutes of classes. Each class started with a warm-

up and guided breathing exercises. The group then did a 10 – part yoga sequence practices, followed by either a game or story demonstrating the importance of yoga practice and ended with a guided meditation.

Tools

➤ 10 item the general self - efficacy scale by ⁽¹³⁾. Responses are made on a 4-point scale and the range from 10 to 40.

➤ 30 items Resilience is developed by ⁽⁸⁾. Among the 30 items, 20 items are positively loaded items and 10 are negatively loaded. The resilience consists of 30 items rated on a 5 – point scale (most appropriate =5, appropriate to a large = 4, moderately appropriate = 3, marginally appropriate = 2, not at all appropriate = 1) A

higher score indicates higher resilience.

Research Design

Pretest, post test, and follow-up experimental method were used to identify the effectiveness of the Integrated Intervention.

Statistics

Mean, SD, ANOVA, Post hoc tests were used to analyze the data. SPSS 16 software was used to process the data.

Results and Discussions

The data collected and analyzed and the results are discussed accordingly.

Table 1 Mean and slandered deviation between the three phases testing on Self efficacy among the sexually abused children.

Variable	N	Before		After		Follow-up	
		Mean	SD	Mean	SD	Mean	SD
Self efficacy	37	23.76	5.30	33.14	1.47	33.59	1.65

Table 2 Results of ANOVA for Self efficacy and degree of freedom using Greenhouse – Geisser estimate of Sphericity

Measures	Type III sum of Squares	df	Mean square	F	Sig.
Self Efficacy	2281.027	2	1140514	104.169	.000
	788.306	72	10.949		

Table 3 Post Hoc test using Bonferroni correlation between the three phases of testing on Self efficacy

Measure	(I) Test	(J) Test	Mean Difference (I-J)	Sig.
Self Efficacy	Pre test	Post Test	- 9.378*	.000
		Follow – Up	-9.838*	.000
	Post test	Follow – Up	-.459*	.008

Table 1 shows the mean and SD of the sexually abused girl children self - efficacy in the pre-test, post-test and follows up test which indicated that mean value improved in the post and follow – up test compared with a pre-test. Table 2 shows the results of repeated measures ANOVA and it reveals that there are significant differences in self - efficacy among sexually abused girl children

In table 3 Post – Hoc analysis revealed that difference between pre-test, post-test and follow up in self - efficacy. The mean values between pre-test and post-test found to be significant ($MD = -9.378, p=.000$) and the difference between pre-test and follow up test

also found to be significant ($-9.838, p=.000$). Difference between post-test and follow up results were found to be significant ($MD.-.459, P=000$). Overall results revealed that self - efficacy was significantly improved after the integrated intervention. ⁽¹⁴⁻¹⁶⁾ Found that Yoga can assist survivors of sexual abuse heal through providing desire, which encourages self-efficacy and decision-making. Survivors are able to establish private barriers and consider in their very own hooked up limits⁽¹⁷⁾. The effect of a solution-focused brief therapy will improve self-efficacy in socially withdrawn school children. ⁽¹⁸⁾ Found that art therapists had low – level burnout and moderate – or high – level self – efficacy.

Table 4 Mean and slandered deviation between the three phases testing on Resilience

Variables	N	Before		After		Follow-up	
		Mean	SD	Mean	SD	Mean	SD
Resilience	37	83.68	5.74	103.95	2.47	105.24	3.38

Table 5: Results of ANOVA for Resilience and degree of freedom using Greenhouse – Geisser estimates of Sphericity

Measures	Type III sum of Squares	df	Mean square	F	Sig.
Resilience	10825.297 1224.703	2 72	5412.649 17.010	318.208	.000

Table 6: Post Hoc test using Bonferroni correlation between the three phases of testing on Resilience.

Measure	(I) Test	(J) Test	Mean Difference (I-J)	Sig.
Resilience	Pre test	Post Test	- 20.270*	.000
		Follow – Up	- 21.568*	.000
	Post test	Follow – Up	- 1.297*	.015

Table 4 shows the mean and SD of the sexually abused girl children resilience in the pre-test,

Post-test and follow up test which indicated that mean value improved in the post and follow – up test compared with a pre-test. Table 5 shows the results of repeated measures ANOVA and it reveals that there are significant differences in resilience among sexually abused girl children. In table 6 Post – Hoc analysis revealed that difference between pre-test, post-test and follow up results in resilience. The mean values between pre-test and post test found to be significant

($MD = -20.270, p=.000$) and the difference between pre-test and follow up test also found to be significant ($-21.568, p=.000$). Difference between post-test and follow up results were found to be significant ($MD.-.1.297, P=000$). Overall results revealed that resilience was significantly improved after the integrated intervention. ⁽¹⁹⁾ Art therapy is successful in reducing anxiety and depression in preschool-aged girls and also developing strengths using arts to normalize and enhance resilience.⁽²⁰⁾ Study shows that mindfulness mediation support to reducing the depression and anxiety, trauma – related symptoms and improved the coping self and quality of life.

Conclusion

The sexual abuse of children is a shape of maltreatment that provokes reactions of indignation and incomprehensibility in all cultures. CSA is, regrettably, extensive trouble that influences more than 1 out of 5 women and one out of 10 men worldwide. The present study intends to examine the integrated intervention to enhance self - efficacy and resilience among sexually abused girl children in Kerala. The result shows that integrated intervention helped to improve self - efficacy and resilience of sexually abused girl children, so as to enable them the society with a high amount of self-efficacy and bounce back from the setbacks they had in their life.

Implications

➤ Integrated Intervention can be implement in the government Nirbhaya Homes were the sexually abused children are staying

➤ Government and non-government organizations working in child trauma prevention program may use of integrated intervention program.

Ethical Clearance – Taken from Department committee on Ethics

Source of Funding: - Self

Conflict of Interest: - Nil

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