



Research Paper

A Study on Awareness of Self-Defence among School-Going Girls

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Abstract

Self-defense awareness is essential for empowering school-going girls and ensuring their safety in society. The present study aims to assess the level of awareness regarding self-defense among school-going girls and examine the effectiveness of awareness programs. A descriptive survey method was used with a sample of 100 girls from secondary schools. Data was collected using a structured questionnaire and analyzed using percentage, mean, and graphical representation. The findings revealed that while most girls are aware of the importance of self-defense, practical knowledge remains limited. The study highlights the need for structured training programs in schools.

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I. Introduction

In modern society, safety and security of girls have become a major concern. According to reports, **one in three women in India faces some form of violence**, making self-defense awareness highly important. Self-defense not only protects individuals physically but also enhances confidence and decision-making ability. Schools play a vital role in developing awareness among girls at an early age.

II. Need Of The Study

- Increasing cases of harassment and violence
- Lack of practical self-defense knowledge
- Need for empowerment and confidence building
- Importance of school-based training programs

Studies show that awareness programs significantly improve knowledge levels among girls after training interventions.

III. Objectives Of The Study

1. To assess the level of awareness of self-defense among school-going girls
2. Comparing awareness levels based on class/age
3. To evaluate the effectiveness of self-defense education
4. To suggest measures for improvement

IV. Hypotheses

- H_0 : There is no significant difference in awareness levels among school-going girls
- H_1 : There is a significant difference in awareness levels

V. Research Methodology

- **Research Method:** Descriptive Survey Method
- **Sample Size:** 100 school-going girls
- **Sampling Technique:** Random Sampling
- **Tool Used:** Self-structured questionnaire (Yes/No + Likert Scale)
- **Statistical Tools:** Percentage, Mean, Bar Graph

VI. Data Analysis & Interpretation

Table 1: Awareness of Self-Defense (General Knowledge)

Response	Number of Students	Percentage
Yes	78	78%
No	22	22%
Total	100	100%

➔ Interpretation: Majority of girls are aware of self-defense importance. Similar studies show about **73– 78% girls are aware of self-protection concepts.**

Bar Graph 1: Awareness Level



Table 2: Knowledge of Self-Defense Techniques

Level	Number	Percentage
High	30	30%
Moderate	45	45%
Low	25	25%

➔ Interpretation: Only 30% of girls have strong practical knowledge.

Bar Graph 2: Knowledge Level



Table 3: Participation in Self-Defense Training

Response	Number	Percentage
Yes	40	40%
No	60	60%

➔ Interpretation: Majority of girls have not received formal training.

Table 4: Effect of Training on Confidence

Level	Number	Percentage
High	65	65%
Moderate	25	25%
Low	10	10%

➔ Interpretation: Training significantly increases confidence levels. Studies confirm self-defense training improves self-esteem among girls.

VII. Major Findings

- 78% girls are aware of self-defense importance
- Only 30% have proper practical knowledge
- 60% girls have not received formal training
- Training improves confidence and awareness significantly
- Awareness is high but practical application is low

VIII. Discussion

The study reveals that although awareness levels are relatively high, there is a lack of practical training. Similar research shows that **before training; many girls have low knowledge which significantly improves after intervention programs.**

This gap indicates the need for structured school programs.

IX. Educational Implications

- Self-defense should be part of school curriculum
- Workshops and training sessions should be conducted regularly

- Awareness programs should include legal rights and safety measures
- Teachers should be trained to guide students

X. Suggestions

- Introducing compulsory self-defense training in schools
- Organize awareness campaigns
- Provide professional trainers
- Use digital tools (videos, simulations)

XI. Conclusion

Self-defense awareness among school-going girls is essential for building a safe and confident society. While awareness exists, practical training is lacking. Schools and policymakers must ensure that every girl is equipped with self-defense skills for her safety and empowerment.

References

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