



SUMMARY AND CONCLUSIONS

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Summary of the Study

The present research focused on developing and evaluating an Integrated Intervention Module designed to enhance the Lifestyle of Adolescent Girl Survivors of Child Sexual Abuse. The primary objective of the study was to address the multifaceted impact of Child Sexual Abuse on the Survivors through Psychological Training and Wushu (Sports) Training. The purpose of this research was to investigate the effectiveness of this integrated approach in improving Assertiveness, Attitudes towards High-Risk Sexual Behaviour, Resilience, Self-Confidence, Self-Efficacy, and Post-Traumatic Stress Disorder (PTSD) Symptoms among the participants.

The research employed a quasi-experimental design, utilizing both quantitative and qualitative methodologies to gather comprehensive data. Standardized measurement tools were used to assess the targeted Lifestyle Variables, ensuring the reliability and validity of the findings. Participants were divided into two Intervention Groups: one receiving Psychological Training and the other receiving Wushu Training, utilizing a single-blind study design. The interventions were administered over a defined period, with pre- and post-intervention assessments conducted to measure changes in the Lifestyle Variables. Statistical analyses, including t-Tests and Correlation Analyses, were used to compare mean differences and examine relationships between Variables. Non-Parametric Tests were used when the assumptions were not met for the specific Parametric Tests. In addition to the primary Variables, Demographic Factors such as Age, Family Type, Socio-Economic

Status, and Parental Status were analysed to understand their influence on the intervention outcomes. The study also accounted for Confounding Variables like Personality, Pro-Social Behaviour, and Parent-Child Relationships, using appropriate statistical tests to analyse their impact. Overall, the research design and methodology aimed to provide a robust evaluation of the Intervention Modules, offering valuable insights into the potential benefits of combining Psychological and Physical Training for Adolescent Survivors of Child Sexual Abuse.

Conclusions of the Study

1. **Significant Relationships among Lifestyle Variables:** Significant relationships were identified between the selected lifestyle variables Assertiveness, Attitude towards High-Risk Sexual Behaviour, Resilience (Social Support, Social Skills, Planning Behaviour & Self-Confidence), Self-Efficacy (Academic, Social & Emotional) and Post-Traumatic Stress Disorder (PTSD) Symptoms among Adolescent Girl Survivors of Child Sexual Abuse. Some Lifestyle Variables, however, did not show significant relationships.

Implication: These findings suggested that targeted interventions should consider the interrelated nature of certain Lifestyle Variables to maximize effectiveness.

2. **Demographic Influences:** Certain Lifestyle Variables were found to be significantly different based on Demographic Variables (Age, Family

Type, Socio-Economic Status & Parental Status) among the Adolescent Girl Survivors. Some Variables did not show significant differences.

Age Groups showed significant differences in Assertiveness, Attitude towards High-Risk Sexual Behaviour, Resilience (Social Support, Social Skills & Self-Confidence), Self-Efficacy (Academic Self-Efficacy, Social Self-Efficacy & Emotional Self-Efficacy) and Post-Traumatic Stress Disorder Symptoms.

Family Type being in Nuclear Family set up or Joint Family set up showed significant differences in Social Support and Emotional Self-Efficacy.

Different Socio-Economic Status showed significant differences in Assertiveness, Attitude towards High-Risk Sexual Behaviour, Resilience (Social Support & Social Skills), Self-Efficacy (Academic Self-Efficacy & Emotional Self-Efficacy) and Post-Traumatic Stress Disorder Symptoms.

Parental Status showed significant differences in Assertiveness, Attitude towards High-Risk Sexual Behaviour, Resilience, Social Support and Post-Traumatic Stress Disorder Symptoms.

Implication: Tailoring interventions based on demographic factors could enhance the effectiveness for specific subgroups.

3. Pre- and Post-Intervention Differences in Psychological Training:

Significant differences were observed between pre- and post-intervention assessments among the Psychological Training Group, indicating enhancements in the Lifestyle Variables among Adolescent Girl Survivors

of Child Sexual Abuse. However, Social Support did not exhibit significant improvement post-intervention.

Implication: Psychological training proved to be a beneficial intervention for improving the Psychological Well-being of the Survivors.

4. Pre- and Post-Intervention Differences in Wushu Training (Sports):

Significant differences were noticed between pre- and post-intervention assessments among the Wushu Training Group, suggesting improvements in Lifestyle Variables. However, Social Support did not exhibit significant improvement in post-intervention.

Implication: Sports Training like Wushu could play a crucial role in the Recovery and Well-being of Child Sexual Abuse Survivors.

5. Comparison of Training Groups and Control Group: Significant differences were found among the selected Lifestyle Variables of Survivors who underwent Psychological Training, Wushu Training, and those in the Control Group. The Psychological Training Group showed the most improvement, followed closely by the Wushu Training Group, while the Control Group did not show significant improvements in any of the lifestyle variables. However, one of the sub-components of Resilience (Social Support) did not demonstrate a significant difference among the Intervention Groups.
6. Effectiveness of Psychological Training: The Psychological Training Group consistently showed better enhancement across various Lifestyle Variables compared to the Control Group.

Age showed significant impact on the outcome of the Psychological Training in Assertiveness, Attitude towards High-Risk Sexual Behaviour, Self-Efficacy (Academic, Social & Emotional) and Post-Traumatic Stress Disorder Symptoms among Adolescent Girl Survivors of Child Sexual Abuse.

Family Type showed significant impact on the outcome of Psychological Training in Social Skills and Emotional Self-Efficacy.

Socio-Economic Status showed significant impact on the outcome of Psychological Training in Self-Efficacy, Academic Self-Efficacy and Post-Traumatic Stress Disorder Symptoms.

Parental Status showed significant impact on the outcome of psychological Training in Attitude towards High-Risk Sexual Behaviour.

Among other Lifestyle Variables, the Psychological Training achieved consistent outcome irrespective of the Age, Family Type, Socio-Economic Status and Parental Status.

7. Role of Wushu Training (Sports): Wushu training also showed considerable improvements in Lifestyle Variables by incorporating Physical Activities that can complement Psychological Interventions, providing a holistic approach to Recovery.

Among Adolescent Girl Survivors of Child Sexual Abuse, Age showed significant impact on the outcome of the Wushu Training in Assertiveness, Attitude towards High-Risk Sexual Behaviour, Self-Efficacy, Social Self-

Efficacy and Post-Traumatic Stress Disorder Symptoms, Family Type showed significant impact on the outcome of Wushu Training in Assertiveness and Social Support, Socio-Economic Status showed significant impact on the outcome of Wushu Training in Assertiveness, and Parental Status showed significant impact on the outcome of Wushu Training in Assertiveness, Resilience, Social Skills, Planning Behaviour and Self-Confidence.

Among other Lifestyle Variables, the Wushu Training achieved consistent outcome irrespective of the Age, Family Type, Socio-Economic Status and Parental Status.

8. Impact of Confounding Variables: The study identified that confounding variables such as Personality, Pro-Social Behaviour, and Parent-Child Relationships had an impact on the outcomes of the Interventions.

Significant differences were seen in the Lifestyle Variables - Assertiveness, Attitude towards High-Risk Sexual Behaviour, Resilience, Social Support, Self-Efficacy, Academic Self-Efficacy, Social Self-Efficacy and Post-Traumatic Stress Disorder Symptoms across Personality Groups, Attitude towards High-Risk Sexual Behaviour, Resilience, Social Support, Social Skills, Self-Confidence, Self-Efficacy, Social Self-Efficacy and Emotional Self-Efficacy across Parent-Child Relationship Groups, and Assertiveness, Attitude towards High-Risk Sexual Behaviour, Resilience, Social Support, Self-Confidence, Self-Efficacy, Academic Self-Efficacy, Emotional Self-Efficacy and Post-Traumatic Stress Disorder Symptoms across different Pro-Social Behaviour level Groups.

Implication: Future Intervention Programs should consider these Confounding Variables to enhance the precision and effectiveness of the Interventions.

9. Impact of Confounded Variables on Psychological Training: Lifestyle Variables - Social Support, Self-Confidence and Post-Traumatic Stress Disorder Symptoms showed significant difference across Personality groups post the Psychological Training, emphasising the impact of Personality on the outcome of the Psychological Training.

Lifestyle Variables - Social Support, Attitude towards High-Risk Sexual Behaviour, Self-Efficacy (Academic, Social & Emotional) and Post-Traumatic Stress Disorder Symptoms showed significant difference across Pro-Social Behaviour Level Groups, indicating the impact of Pro-Social Behaviour on the outcome of Psychological Training.

Lifestyle Variable - Social Self-Efficacy showed significant difference across Parent-Child Relationship Groups, highlighting the role of Parent-Child Relationship on the outcome of psychological Training.

Other Lifestyle Variables have shown independency in the outcome of Psychological Training from the Confounded Variables.

10. Impact of Confounded Variables on Wushu Training: Lifestyle Variables - Social Support, Social Skills, Self-Efficacy, Social Self-Efficacy and Emotional Self-Efficacy showed significant difference across Personality groups post the Psychological Training, emphasising the impact of Personality on the outcome of the Wushu Training.

Lifestyle Variables - Assertiveness, Attitude towards High-Risk Sexual Behaviour, Resilience, Planning Behaviour, Self-Efficacy, Social Self-Efficacy, Emotional Self-Efficacy and Post-Traumatic Stress Disorder Symptoms showed significant difference across Pro-Social Behaviour Level Groups, indicating the impact of Pro-Social Behaviour on the outcome of Wushu Training.

Lifestyle Variables - Resilience, Social Skills, Academic Self-Efficacy and Planning Behaviour showed significant difference across Parent-Child Relationship Groups, highlighting the role of Parent-Child Relationship on the outcome of Wushu Training.

Other Lifestyle Variables have shown independency in the outcome of Wushu Training from the Confounded Variables.

Overall, the Intervention Modules comprising Psychological and Wushu Training were effective in enhancing the Lifestyle Variables of Adolescent Girl Survivors of Child Sexual Abuse which improved the Lifestyle Variables holistically. This approach validated the need for comprehensive, multi-faceted intervention strategies to address the complex needs of Child Sexual Abuse Survivors. These conclusions highlighted the importance of tailored, comprehensive intervention programs that addressed both Psychological and Physical Aspects of Recovery, providing significant improvements in the Lifestyle and Well-being of Adolescent Girl Survivors of Child Sexual Abuse.

Implications of the Findings

The findings of this study have significant implications for Clinical Practice, Policy Development, and Community Support for Adolescent Survivors of Child Sexual Abuse.

Clinical Practice

The results suggested that incorporating both Psychological and Physical Interventions, such as Wushu Training, into treatment plans for trauma Survivors could be highly beneficial. This integrated approach addressed the multifaceted impact of Sexual Abuse, promoting both Mental and Physical Well-being. Clinicians should consider including such Interventions to provide a holistic recovery process for survivors.

Policy Development and Funding

The evidence supported the need for Policies that fund and provide resources for diverse intervention strategies in Mental Health Programs. Policymakers should advocate for the inclusion of both Psychological and Physical Training components in programs designed for Sexual Abuse Survivors. Ensuring adequate funding and resources would facilitate the implementation of comprehensive intervention modules that cater to the complex needs of these individuals.

Community Support

Raising awareness about the effectiveness of innovative interventions was crucial for encouraging broader adoption and acceptance. Community

initiatives should focus on educating the public about the benefits of integrated approaches, promoting community-based support systems, and reducing stigma associated with seeking help. This could lead to a more supportive environment for Survivors, enhancing their access to effective treatment options.

These implications highlighted the importance of a multifaceted approach to support the Recovery and Well-being of Adolescent Survivors of Child Sexual Abuse, emphasizing the role of Clinical Practices, Policy Frameworks, and Community Involvement in fostering comprehensive care.

Difficulties Faced During the Research

Data Collection Challenges

- Time consuming process of obtaining permission.
- There were certain restrictions given by the organization to the researcher while working with the samples considering the sensitivity and confidentiality concerns.
- Privacy concerns and ethical considerations limited access to sensitive information.
- Reluctance of participants to disclose experiences due to stigma and fear of repercussions.

Implementation Hurdles

- Training the Volunteers who supported was a huge task due to the sensitive nature of the topic under study.
- Ensuring consistency in delivering Intervention Module across different settings for each activity was very difficult.
- Resource constraints and logistic issues were unforeseen obstacles in the research

Limitations of the Study

Lack of Long-Term Follow-Up

The study did not include long-term follow-up, which limited its ability to support severely abused children due to resource constraints and ethical considerations. This restricted the assessment of the sustained impact of the interventions over time.

Reliance on Self-Report Measures

The reliance on self-report measures may have introduced bias and limited the objectivity of the outcomes. Participants might have provided socially desirable responses, affecting the accuracy of the data collected.

High Dropout Rates

High dropout rates during follow-up affected the study's ability to obtain comprehensive long-term findings. This attrition potentially reduced the robustness of the conclusions regarding the intervention's effectiveness.

Ethical Dilemmas

Balancing the need for rigorous research with ethical responsibilities to safeguard participant's Well-being presented dilemmas throughout the study. This challenge included documenting detailed information about perpetrators and the inability to extend necessary legal aid support.

Parental Status Variations

The study could not effectively analyse the impact of extremely supportive or very unsupportive parenting due to the small number of participants in these extreme categories.

Criterion Validation for Measurement Tools

Criterion validation was not possible for the tool developed to measure Attitude towards High-Risk Sexual Behaviour because of the uniqueness and unavailability of the reference tool, limiting its validation.

Gender Limitation

The study did not include male participants, focusing solely on Adolescent Girls. This exclusion was a limitation, as interventions and outcomes may differ significantly between genders, necessitating a different approach for boys.

These limitations highlighted the areas for future research and improvements, emphasizing the need for more comprehensive, inclusive, and ethically balanced studies to better understand and support the Recovery of Child Sexual Abuse Survivors.

Recommendations for Future Research

Longitudinal Studies

Conducting longitudinal studies is recommended to evaluate the long-term impact of the interventions on Survivor's Well-being. Including diverse populations, such as Non-Abused Children, can help explore variations in intervention effectiveness and contribute to the Prevention of Child Sexual Abuse through Life-Skill Training Programs.

Implication: Long-term studies will provide a more comprehensive understanding of intervention sustainability and efficacy.

Innovative and Tailored Approaches

Future research should explore additional innovative and integrated approaches tailored to the unique needs of Adolescent Trauma Survivors. This can involve developing new interventions that address specific aspects of their recovery.

Implication: Tailored approaches can enhance the effectiveness of interventions by meeting the distinct needs of individual Survivors.

Nuanced Relationships and Contributing Factors

Researchers should investigate the nuanced relationships between Lifestyle Variables and the factors contributing to these associations. This will add value by identifying underlying mechanisms and refining intervention strategies.

Implication: Understanding these relationships will help in designing more effective interventions.

Continuous Assessment of Interventions

On-going assessment of intervention outcomes is crucial to refine approaches and improve results for Survivors of Child Sexual Abuse.

Implication: Continuous improvement based on feedback and outcomes will enhance intervention efficacy.

Social Support Outcomes

Further research should explore alternative approaches to enhance Social Support outcomes for Adolescent Girl Survivors of Child Sexual Abuse.

Implication: Improved Social Support mechanisms can significantly aid in the recovery process.

Mechanisms of Wushu Training

Investigate the specific mechanisms through which Wushu Training fosters Self-Confidence and its long-term effects on Survivor's Psychological and Emotional Resilience.

Implication: Understanding these mechanisms can help to optimize Wushu Training as an intervention tool.

Academic Self-Efficacy

Research should explore how Wushu Training enhances Academic Self-Efficacy and investigate its long-term impact on survivor's academic outcomes and educational trajectories.

Implication: Insights from this research can inform Educational Interventions for Survivors.

Policy Advocacy

Policymakers should use these insights to advocate for resources aimed at addressing the specific needs of Survivors from diverse socio-economic backgrounds.

Implication: Informed policy decisions can lead to better support systems for Survivors.

Underlying Mechanisms

Building upon current findings, researchers could further explore the underlying mechanisms driving relationships between intervention variables and outcomes.

Implication: Identifying these mechanisms will lead to more effective and targeted interventions.

Planning Behaviour Factors

Future studies should identify additional factors that contribute to planning behaviour in this population and effective intervention strategies.

Implication: Understanding these factors can improve intervention planning and execution.

Cultural and Social Influences

Further research should explore individual experiences, social support, and cultural influences to better understand determinants of the variables among Adolescent Trauma Survivors.

Implication: A holistic understanding of these influences can lead to more culturally sensitive and effective interventions.

Specific Dynamics

Exploring specific dynamics within the Survivor population can provide more conclusive results, helping to clarify findings and develop targeted, integrated interventions.

Implication: Focused research on specific dynamics will enhance the precision and effectiveness of intervention programs.

These suggestions highlighted the need for comprehensive, long-term, and tailored research to optimize intervention strategies and support the Recovery and Well-being of Adolescent Survivors of Child Sexual Abuse. Future research should continue to build on these findings to further refine and optimize intervention strategies.