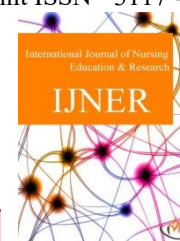




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KNOWLEDGE REGARDING EFFECTS OF RAGGING AND ITS PREVENTIVE MEASURES AMONG HIGHER SECONDARY SCHOOL STUDENTS.

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Article Info Received 25/01/2026 Revised 15/02/2026 Accepted 06/03/2026	ABSTRACT A descriptive study was conducted “to assess the knowledge regarding effects of ragging and its preventive measures among higher secondary students of a selected school, Thiruvananthapuram district.” The objectives of the study were to assess the knowledge regarding effects of ragging and its preventive measures among higher secondary school students using structured knowledge questionnaire, to find out the association between level of knowledge and selected sociodemographic variables and to provide an information booklet on ragging and anti-ragging measures. The study was conducted among 99 Higher secondary students of Jyothis Central school Menamkulam, Kazhakkuttom selected using non-probability purposive sampling technique. The tool used for data collection consists of three sections. Section A includes sociodemographic data such as age, gender, stream of subject, location of house, family type, number of siblings and mode of transport to school, Section B consist of self-experience survey and section C includes Structured Questionnaire consist of 25 items to assess knowledge regarding ragging and its ill effects using. An information booklet on Ragging & its preventive measures was distributed to all the participants after data collection. Collected data was analyzed using descriptive and inferential statistics. The results showed that out of 99 samples, 78.8% had very good knowledge and 21.1% had good knowledge regarding the effects of ragging and its preventive measures. The association between various sociodemographic variables and knowledge level was assessed using Chi-square test and it was found that there exist no significant association at $p < 0.05$ and $df = 2$.
Key word: - Knowledge; Effects of Ragging; Anti-Ragging Measures	

INTRODUCTION

Education is the crucial plank in the process of development in any nation. Especially in a country like India where illiteracy is still a crucial factor, the importance of education becomes all the more pronounced.

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Independent Ragging is a rampant social menace that has led down humanity on several occasions but unfortunately due to the involvement of only one section of the society i.e. the students, not much attention has been paid to combat it.

The University Grants Commission (UGC) of India defines ragging as "any act of physical or mental abuse (including bullying and exclusion) targeted at another student (fresher or otherwise) on the ground of colour, race, religion, caste, ethnicity, gender (including



transgender), sexual orientation, appearance, nationality, regional origins, linguistic identity, place of birth, place of residence or economic background." It includes acts that cause physical or physiological harm or raise fear of apprehension in a student.

Higher secondary school students, being at a critical stage of emotional and social development, are particularly vulnerable to the negative impacts of ragging. 2 Ragging is a widespread and serious issue in educational institutions, affecting the psychological, emotional, and sometimes physical well-being of students. It is often perceived as a form of initiation or socialization, but in reality, it involves abusive behaviors, coercion, and harassment.

Adolescents are particularly vulnerable to peer pressure, and the trauma from such experiences may lead to anxiety, depression, absenteeism, and in extreme cases, even suicidal tendencies.

According to data from the University Grants Commission (UGC), at least 25 students have died by suicide due to ragging-related trauma between 2018 and 2023. In 2022, over 1,000 ragging complaints were registered across Indian educational institutions and in 2023-24 too, 1,240 cases were reported to the UGC's helpline. A report by Childline India indicated that nearly 30% of school students surveyed in various Indian states reported experiencing bullying or ragging-like behaviors. A comprehensive analysis of ragging incidents reported across Indian educational institutions during the period 2022-2024 by an NGO found that 3,156 complaints registered at the National Anti- Ragging Helpline from 1,946 colleges, the report identifies key trends, high-risk institutions, and the severity of ragging-related cases. 45.1% of total ragging related deaths reported from medical colleges only.

In Kerala, the Kerala State Commission for Protection of Child Rights conducted a 2020 survey which revealed that 18% of higher secondary school students had experienced some form of ragging or bullying within school premises.

REVIEW OF LITERATURE

A cross-sectional study was conducted from August to October 2015 amongst 89 first year medical students' of 2015 batch of ESIC Medical College, Kalaburagi, Karnataka, India. The result reveals that awareness about ragging is not shown upto the mark. A prior education of students is utmost necessary. Provision of prior support for students may help to reduce anxiety among newcomers.

The descriptive study was conducted during 2013-14 in 37 colleges and universities across the country. It scrutinised the experiences of 10,632 students from different demographic profiles. "Analysis of the overall data reveals that almost 40% students admitted to having gone through some kind of ragging — 35.1% students

faced mild ragging and 4.1% students were subjected to severe ragging. However, college-wise analysis shows significant variations in these values," the study states.

A cross-sectional study was conducted at the Faculty of Eastern Medicine, Hamdard University, Karachi. The results indicate that the majority of respondents among BEMS and BS HND students (72.3%) concur that ragging negatively affects their psychological well-being, while 20% responded neutrally and 7.7% disagreed. findings showed that 37.2% of students responded in favor of ragging, whether done moderately or in a positive way, while 27.8% were neutral and 35% disagreed. self-doubt.(22)

A quantitative study was conducted to explore the impact of ragging on first-year college students by their seniors on social and emotional behavior in Lahore. The majority of students, both boys and girls, reported being ragged by seniors at the onset of their college life. Only 17.6% said they had not experienced ragging. The results showed that ragging affected students' emotional behavior, leading to feelings of depression, frustration, fear of college, loss of trust, and shame.

A cross-sectional survey involving first-year and senior college students in North India assessed awareness and attitudes towards ragging. It revealed that 78% of students were aware of anti-ragging laws, but only 52% had detailed knowledge about specific institutional rules and committees. Urban students were better informed, likely due to greater exposure to sensitization efforts.

A descriptive study on the impact of anti-ragging campaigns and helplines in Kerala universities found that 90% of students were aware of posters and slogans, showing good passive exposure. However, only 30% had participated in formal orientation or interactive sessions.. The study stressed the importance of active student involvement through councils and interactive workshops and highlighted the need for better promotion of helpline services.

METHODOLOGY

Research design and setting

A non-experimental descriptive survey design was chosen to assess the existing level of knowledge regarding ragging and its preventive measures among higher secondary school students. The study was conducted at Jyothis Central School, Menamkulam, Kazhakootam, located in Thiruvananthapuram district selected via non probability purposive sampling technique to ensure the representation of sampling.

Sampling and Sampling Technique

A total of 100 higher secondary school students in jyothis central school kazhakootamin Thiruvananthapuram district participated in the study. A non-probability purposive sampling technique was used to choose



participants who met the specific characteristics required for the study. The inclusion criteria consisted of higher secondary students within the age group of 16–18 years who were willing to participate in the study. The exclusion criteria are Students who were absent during the period of data collection.

Data collection tool

A structured questionnaire was used as the data collection tool. The tool was divided into three sections. Section A included sociodemographic variables such as age, gender, stream of subject, family type, number of siblings, mode of transport, location of residence, and previous knowledge or experience related to ragging. Section B consisted of a self-experience questionnaire, and Section C included a structured knowledge questionnaire containing 25 items related to ragging and its ill effects. Each correct response was awarded one mark, and the total score reflected the level of knowledge of the participants.

Procedure

The ethical clearance was obtained from the Institutional Review Board of KIMS College of Nursing. Formal permission was also obtained from the Principal of Jyothis School, Kazhakkootam to conduct the study. Written informed consent was obtained from the participating adolescent and informed assent from their parents. To assess the feasibility of the research a pilot

study was conducted among 10 adolescents studying at Jyothis School, Kazhakkootam.

Data Analysis

The collected data were entered into a master data sheet and analyzed using both descriptive and inferential statistics. Descriptive statistical methods such as frequency, mean, and standard deviation were used to summarize and interpret the socio-demographic variables and the knowledge scores of the participants. Inferential statistics, specifically the Chi-square test, were applied to determine the association between the level of knowledge regarding the effects of ragging and its preventive measures with selected socio-demographic variables.

RESULTS

Majority of the study participants (66.3%) were females. Most of the study participants (96%) belong to the age group of 16 years. Most of the study participants (81.8%) were from science stream. A large proportion (81.6%) resided in urban areas. Most of the study participants (75.5%) belong to nuclear family. Majority of the study samples (62.5%) had 1 sibling. Most of the study participants (88.8%) mode of travel was school bus.

This table shows that computed chi square value is 1.122 and df is 2. It is evident from the table that obtained chi square value is statistically significant ($p < 0.05$). Hence there is a significant association between knowledge regarding ragging and its preventive measures with age.

Table 1: Comparison Statistics of reported Ragging cases in India (2018-2023).

Year	Total cases reported	Resolved cases	Pending Cases
2018	1200	950	250
2019	1350	1050	300
2020	1100	800	300
2021	1400	1200	200
2022	1550	1300	250
2023	1700	1400	300

Table 2: Association between level of knowledge regarding ragging and its preventive measures with age (n=99)

Variables	Frequency	Prevalence		Degree of Freedom (dx).	chi square Value
Age.		Good	Very good		
16	95	21	74	4	1.122
17	4	0	4		
18	0				

DISCUSSION

The present study assessed the knowledge regarding the effects of ragging and its preventive measures among higher secondary students of Jyothis Central School, Trivandrum. Findings revealed that most students (78.8%) possessed very good knowledge and 21.2% had good knowledge, indicating a high level of awareness. A significant association was found between gender and

knowledge level with females showing better awareness than males. No significant association was noted with other sociodemographic factors.

Despite the overall awareness, gaps existed in practical implementation only half of the students had attended anti-ragging sessions, and more than half reported the absence of an anti-ragging committee. These results highlight the need for regular awareness programs and



stronger institutional policies. An information booklet was provided to reinforce knowledge and promote preventive actions.

CONCLUSION

The study revealed that a significant majority of higher secondary school students possess very good knowledge regarding the ill effects of ragging, indicating effective awareness among this group. However, the

findings also highlight areas needing improvement, such as awareness of anti-ragging committees and participation in awareness programs. These gaps suggest the need for more structured and consistent educational interventions at the school level. Strengthening anti-ragging campaigns and institutional policies can foster a safer and more supportive learning environment. Promoting early awareness ensures students are not only informed but also empowered to prevent, report, and stand against ragging.

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