

“A Study To Assess The Effectiveness of Planned Teaching Programme On Knowledge Regarding Menstrual Hygiene Among Adolescent Girls In Selected School.”

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Abstract: The present study was conducted to assess the effectiveness of planned teaching programme on knowledge regarding menstrual hygiene among adolescent's girls in selected school with selected demographic variables of the city. Objectives: To assess the pre-test knowledge on menstrual hygiene among adolescent girls in selected school. To evaluate the effectiveness of planned teaching programme on menstrual hygiene among adolescent girls in a selected school. To find out the association between the pre-test and post test knowledge score with selected demographic variable. Method: The research design selected for the present study was quasi-experimental design. A total of 100 adolescents girls who fulfilled the inclusion and exclusion criteria for the following study by using simple random sampling technique. The data collected using with structured knowledge questionnaire. The collected data was analyzed by using descriptive and inferential statistics. Result: The study findings revealed that majority of adolescents girls 72. % had inadequate knowledge, 28% had moderate level of knowledge and 0% had adequate level of knowledge regarding menstrual hygiene. Significance of difference at 5% level tested with chi-square (χ^2) test and also calculated 'P' value i.e. 0.05. In all demographic factors the test statistic < table value with non Significant at 0.05 level. The result shows that there is no relationship between any of the demographic variable with their pre-test and post-test knowledge score. . The present statistically shows the enhancement of 11.07 in mean, 0.7 in standard deviation with the 'z' value of 27.55 at 0.05 level of significance. It was inferred that there was significant enhancement in knowledge score after planned teaching program.

Keywords: Adolescent, Menstrual hygiene, Chi-Square Test, Knowledge.

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I. Introduction

“Yesterday's girl is today's adolescent and tomorrow's mother”.

Adolescence in girls has been recognized as a turbulent period which signifies the transition from girlhood to womanhood and considered as a land mark of female puberty. This transitional period is marked with the onset of “MENARCHE ” which is generally accepted by young girls, as a sign of maturity

Girls may start their menstrual period as early as 9 years of age and as late as 16 years old. The average age a girl begins menstruating is 12. Since it is too early for the girls they would not have prepared physically and mentally for the menstruation. When the girls attain menarche they feel shy to even disclose to their mothers. There will be few chances to maintain hygiene during menstruation since the matter is not discussed in the nuclear families. Even though girls information through media it cannot be applied practically unless it is explained.

However some girls show negative responses such as shame, fear, anxiety and depression. Onset of menstruation is one of the most important changes occurring among the girls during the adolescence .The first menstruation (menarche) occurs between 11-15 years with a mean age of 13 years .In existing Indian culture\milieu, there are several traditions, myths, misconceptions, mystery and superstition prevailing about menstruation .The mere mention of the topic has been a taboo in the past and even to this date the cultural & social influences appear to be a major hurdle for advancement of the knowledge of the subject¹.

Adolescent is the most important and sensitive period of one's life. A large variety of morbidities, such as nutritional deficiency disorders, menstrual disorders, etc. prevail among adolescents .The essential components of mother and childcare have already gained familiarity due to their existence since long. However importance of adolescent health care is still underrated and its significance is undetermined presumably due to benign nature of their health problems and relatively less contribution to total death

Menstruation is generally considered as unclean leading to isolation of the menstruating girls and restrictions imposed on them in the family. These practices have reinforced negative attitude toward

menstruation in girls. The centre for social research in 1990 have reported restrictions in daily activities not being allowed to take bath ,change clothes ,comb hair, enter holy places .apart from their dietary restrictions (taboo on consumption of food like rice ,curd milk ,lassie ,onion sugarcane ,etc)².

There is very little awareness about menstruation among girls when they first experience it. Social prohibitions and negative attitude of Elders in discussing the related issues openly has blocked the access of adolescent girls to right kind of information especially in rural, urban and tribal community.

Adolescent girls constitute vulnerable group particularly in India where female child is neglected one. Menstruation is still regarded as something unclean (or) dirty in Indian society. The reaction to menstruation depends upon awareness & knowledge about the subject³.

II. Objectives

Objectives of the study

1. To assess the pre-test knowledge on menstrual hygiene among adolescent girls in selected school.
2. To evaluate the effectiveness of planned teaching programme on menstrual hygiene among adolescent girls in a selected school.
3. To find out the association between the pre-test and post test knowledge score with selected demographic variable.

Assumptions

- ❖ The adolescent girls will not have adequate knowledge regarding menstrual hygiene.
- ❖ The PTP will help the adolescent girls to improve their knowledge about menstrual hygiene.

Hypotheses

- **H₀**. There will be no significant difference in knowledge regarding menstrual hygiene among adolescent girls before and after administering planned teaching programme.
- **H₁**- There will be significant increase in knowledge of menstrual hygiene among adolescent girl after administering planned teaching program.

III. Methodology

Research Approach: for the present study to assess the effectiveness of planned teaching programme on knowledge regarding menstrual hygiene among adolescent girls in selected school and for the objectives to be accomplished, an Evaluative approach was considered appropriate for the present study.

Research Design: The research design selected for present study was Quasi experimental one group pre –test post-test research design was used without control group to assess the knowledge of the adolescent girls regarding Menstrual Hygiene

Setting of the study: The setting is the location where a study is conducted and it was a natural setting. The study was undertaken in Selected Areas of city.

Sample: The sample for the present study comprised of adolescents girls.

Sample size: Sample consist 100 adolescents girls.

Sampling Technique: 100 adolescents girls were selected by using simple random Sampling Technique.

Description of the Research Tool: The tool consists of following section:

Section-A: Personal data consists of 12 items which includes age, educational qualification, religion, type of the family, area of residence educational status of the mother, income of the family per month, age of menarche and source of information regarding menstruation, information of menses before menarche, number of elder sisters and presence of sanitary latrine at home.

Section-B: A Structured Knowledge Questionnaire was prepared consisting of 30 of knowledge about Menstrual Hygiene. Which distributed in two aspects:

Aspect I- General awareness regarding reproductive system and menstruation; 10 items.

Aspect II- Regarding menstrual hygiene; 20 items..

Content Validity: Content validity of the tool was established by 13 experts. The experts were requested to give their opinions and suggestions regarding the relevance of the tool for further modification to improve the clarity and content of the items. Later the tool was edited by an English expert and translated into Marathi by language expert without changing the meaning of the tool. It was found to be valid and suitable for Adolescence girls .

Reliability of the Tool: Reliability of the Tool: The reliability of the tool was computed by using test re-test method . The reliability obtained for knowledge tool was $r = 0.80$. Hence, the tool was found to be reliable.

Procedure for Data collection: Prior permission was obtained from the concerned authority and obtained informed concerned from the students personally. Then assessed the knowledge of menstrual hygiene in adolescent girls by used a structured questionnaire. On the same day the investigator has given a planned

teaching program to the adolescent girls regarding menstrual hygiene. Then after three days the investigator personally assessed the knowledge of adolescent girls regarding menstrual hygiene by used the same structured questionnaire. Data was collected with the help of knowledge questionnaire.

Analysis of data: The collected information was organized, tabulated, analyzed and interpreted using descriptive and inferential statistics. The analysis and interpretation of data of this study are based on data collected through Planned Teaching Program on Menstrual Hygiene from adolescent girls(N = 100). The results were computed using descriptive and inferential statistics based on the objectives of the study. The analyzed data has been organized and presented in the form of tables and graphs.

IV. Result

SECTION A :DISTRIBUTION OF SOCIO- DEMOGRAPHIC VARIABLE OF ADOLESCENT GIRLS

Table: 1 Frequency and Percentage distribution of socio-demographic variables of menstrual hygiene among adolescent girl N=100

Sr. No.	Characteristics	Categories	Frequency	Percentage (%)
1	Age (Years)	13-14 Years	43	43.0
		15-16 Years	52	52.0
		17-18 Years	05	5.0
2	Religion	Hindu	74	74.0
		Muslim	3	3.0
		Christian	00	00
		Any other	23	23.0
3	Educational status	Middle school	77	77.0
		High school	01	1.0
		Higher secondary	22	22.0
4	Type of family	Nuclear	64	64.0
		Joint	36	36.0
5	Area of residence	Urban	96	96.0
		Rural	4	4.0
6	Educational status of mother	Primary and middle school	81	81.0
		Secondary and higher secondary	14	14.0
		Diploma and graduation	5	5.0
7	Monthly Income of your family	Below 5000	45	45.0
		Rs 5001 to 10000	24	24.0
		Rs 10001 to 15000	14	14.0
		Rs above 15000	17	17.0
8	Age of menarche	Before 12Years	23	23.0
		12 to 14 Years	50	50.0
		After 14 Years	27	27.0
9	Source of information regarding menstruation	Elders in the family	85	85.0
		Friends or teacher	11	11.0
		Printed aids	1	1.0
		Mass media	3	3.0
10	Do you know about information of menstruation before menarche	Yes	47	47.0
		No	53	53.0
11	Number of Elder sisters	Nil	58	58.0
		01	24	24.0
		02	8	8.0
		More than 2	10	10.0
12	Do you have sanitary latrine at home	Yes	96	96.0
		No	4	4.0

Table 1 shows that majority of adolescent girls 52(52%) were in the age group of 15-16 years; 43(43 %) of the respondents were in 13-14 years; and finally 05 (5.0%) of the respondents were between the age group of 17-19 years. In relation to the religion 74(74%) belong to Hindu; 3(3.0%) belong to Muslim ;none of them belongs to Christian and finally 23(23%) of the respondents were belongs to other cast . Results says that majority of adolescent girls 77(77%) were studying in Middle school; 01(1.0%) in High school; finally 22(22%) of the respondents were studying in Higher secondary. In regard with the type of family 64(64%) were belongs to a nuclear family; and 36(36%) were belongs to a joint family. In consent with area of residence Majority of adolescent girls 96(96%) belong to Urban ; 04(4.0%) belong to Rural area. Majority of adolescent girls 81(81%) of the respondent’s mother education is primary and middle school; 14(14%) respectively is secondary and higher secondary; Five (5.0%) on diploma and graduation. With regard to the family Monthly income 45(45%) had the family monthly income between Rs. Below 5000; 24(24%) had the family Monthly income between Rs. 5001-10000; 14(14%) between Rs. 10001-15000; and finally 17(17%) respondents had the family Monthly income <15000. Majority of adolescent girls menarche started 50(50%) between the age group 12-14 years; 23(23%) were in the age before 12 years;27(27%)were in the age after 14 years. . 85 (85%) were receiving the information from elders in the family; 11(11%) from friends and teacher; 1(1.0%) from printed aids; and finally 03 (3.0%) from the mass media. Information of menstruation before menarche 47(47%) yes;53(53%)No. 24(24%) have one elder sister; 58(58%) have no elder sister; 08 (8.0%) have two elder sister. and finally10(10%) have more than two elder sisters. presence of sanitary latrine at home 96(96%) Yes; 04(4.0%) No

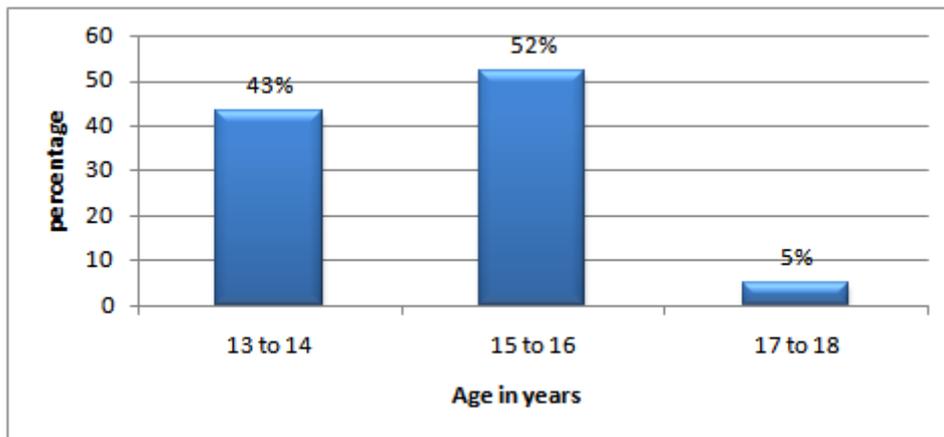


Fig 1: percentage distribution of adolescents girls according to age group

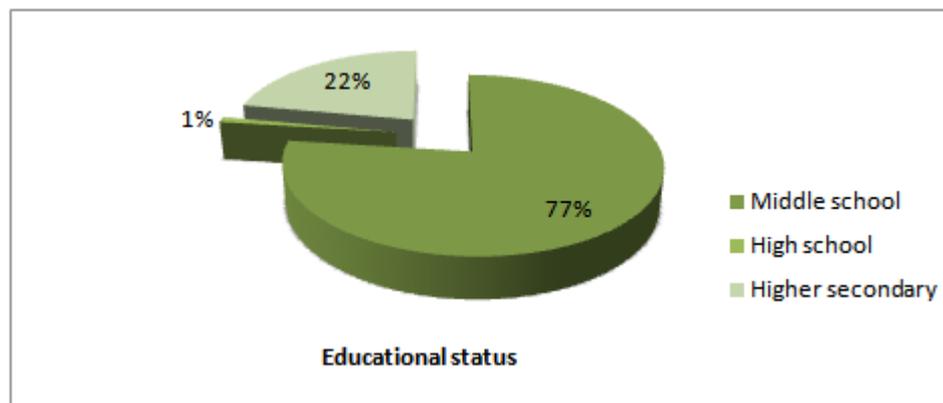


Fig 2: percentage distribution of adolescents girls according to educational status

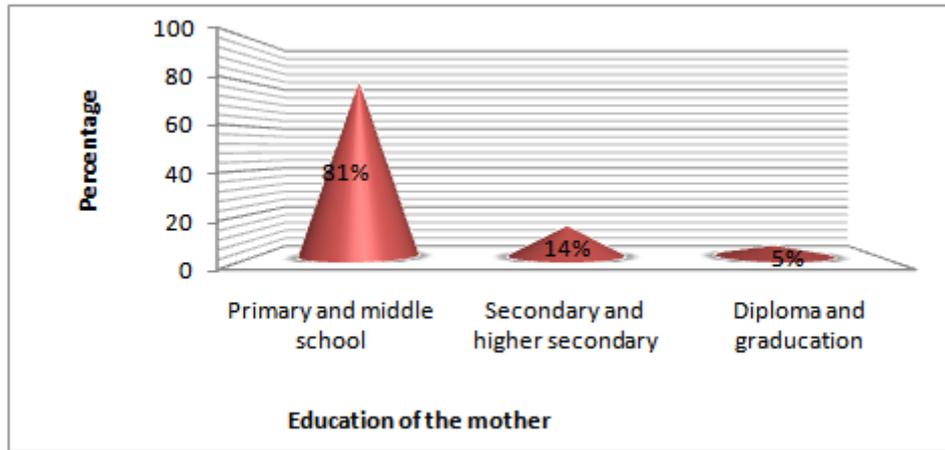


Fig 3: Percentage distribution of adolescents girls according to education of mother

SECTION B

ASSESSMENT OF KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS.

This section deals with Assessment of pre-test and post-test knowledge score regarding menstrual hygiene among adolescent girls.

I. Assessment of pre-test knowledge regarding menstrual hygiene among adolescent girls.

Table 2: Frequency and percentage distribution of knowledge level on menstrual hygiene among adolescent girls before planned teaching program **N=100**

Inadequate (<50 %)		Moderate (50 % – 75 %)		Adequate (>75 %)	
No	%	No	%	No	%
72	72.0	28	28	-	-

Table 2 shows that 72(72%) of respondent had inadequate knowledge and 28 (28%) respondent had moderate knowledge and none of the adolescent girls had adequate knowledge regarding menstrual hygiene before planned teaching program.

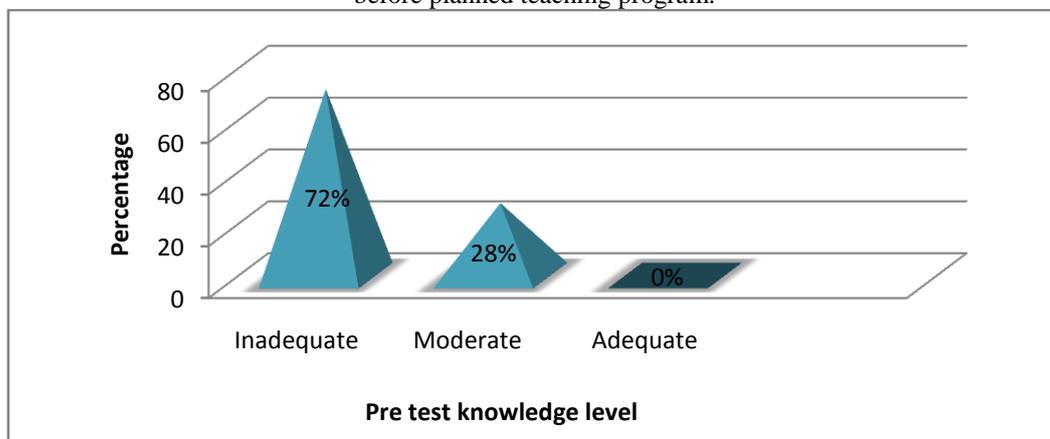


Fig 4 : Percentage distribution of pre-test knowledge level on menstrual hygiene among adolescent girls.

II. Assessment of post-test knowledge regarding menstrual hygiene among adolescent girls.

Table 3: Frequency and percentage distribution of overall knowledge level on menstrual hygiene among adolescent girls after planned teaching program **N=100**

Inadequate (<50 %)	Moderate (50 % – 75 %)	Adequate (>75 %)

No	%	No	%	No	%
-	-	38	38	62	62

Table 3 shows that 62(62%) of respondent had adequate knowledge; and 38(38%) respondent have gained satisfactory knowledge regarding menstrual hygiene after planned teaching program. It was inferred that majority of adolescent girls in selected school have gained adequate knowledge regarding menstrual hygiene.

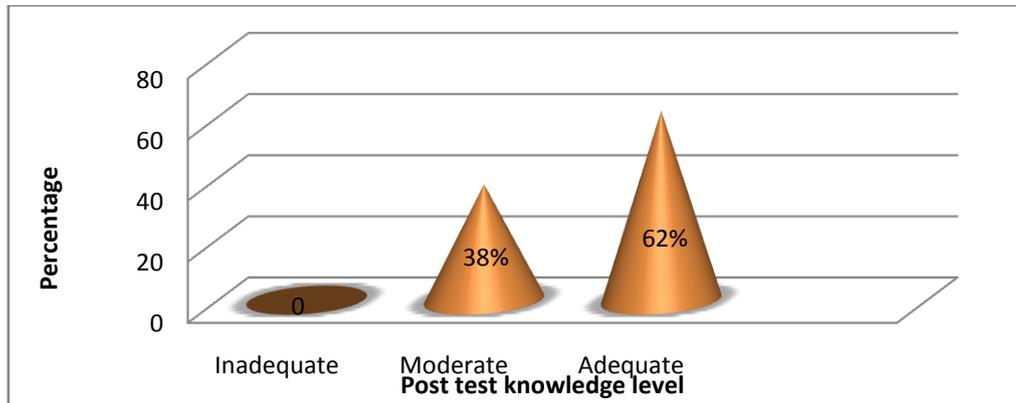


Fig 5: Percentage distribution of overall knowledge level on menstrual hygiene among adolescent girls after planned teaching program

SECTION C

EVALUATION OF EFFECTIVENESS OF PLANNED TEACHING REGARDING MENSTRUAL HYGIENE

This section deals with evaluation of effectiveness of planned teaching regarding menstrual hygiene among adolescent girls in a selected school at .. The hypothesis is tested statistically with aspect wise distribution of pre-test and post-test mean score, standard deviation and mean score percentage. The levels of knowledge during the pre-test and post-test are compared to prove the effectiveness of planned teaching.

Table 4: Frequency and percentage distribution of overall knowledge level on menstrual hygiene among adolescent girls, before and after planned teaching program.

Level of knowledge	Pre test		Post test	
	No	%	No	%
Inadequate (<50%)	72	72.0	00	00
Moderate (50-75%)	28	28.0	38	38.0
Adequate (> 75%)	00	00	62	62.0

N=100

Table 8 shows the comparison of levels of knowledge score in the pre-test and post-test of the adolescent girls regarding menstrual hygiene. It shows that most of the study participants had inadequate knowledge and some of them had Moderate knowledge in the pre-test. 62(62%) of respondent have gained adequate knowledge and 38(38%) respondent have gained satisfactory knowledge regarding menstrual hygiene after planned teaching program. This indicates that after the planned teaching there was increase in the knowledge score among adolescent girls regarding menstrual hygiene.

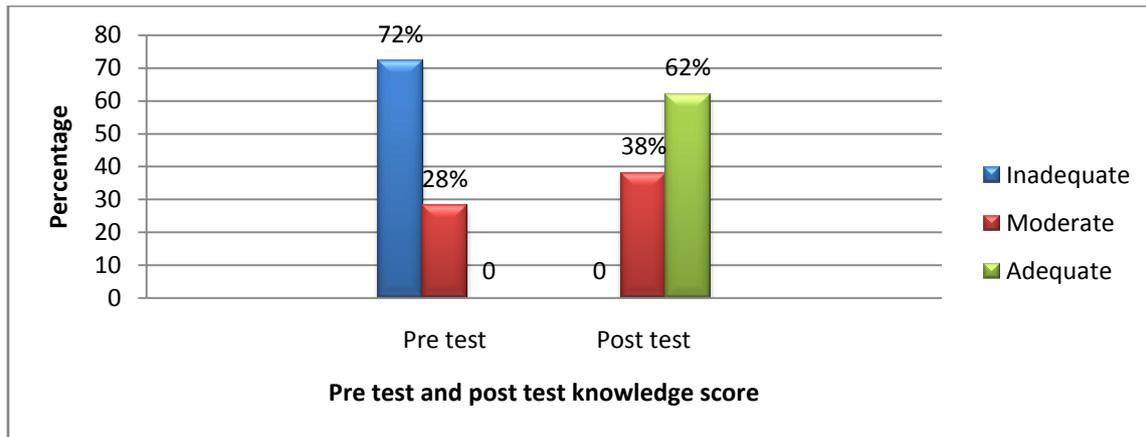


Fig 6: Compared Percentage distribution of Level of knowledge before and after planned teaching program

V. Implications

The results of this study have implications on nursing practice, nursing education, administration, nursing education and nursing research.

Nursing Practice

Nurses should enhance their professional knowledge. The finding of the study can be used to bring about awareness among the staff nurses regarding importing of health education to adolescent girls regarding menstrual hygiene. Health information can be imparted through various methods like lecture cum demonstration, mass media, pamphlets, PTP and displays etc., Nurses have to position themselves in all areas of community. Hence, nurses should take keen interest in preparing different teaching strategies suitable for the community/society. School teachers should be advised to organize health promotion camps for students. Nurses should organize school based awareness programmes regarding menstrual hygiene and also need to develop educational programmes for teachers and parents so that it will help to promote positive health behavior among their children.

Nursing education

Findings of the study have implications for nursing education too. Nurse educators should use different teaching strategies to educate student nurses in enhancing knowledge and skills in community health care services. The acquisition of knowledge in menstrual hygiene at the student level will better equip novice nurses to provide more effective health counsel and support adolescent girls.

Nursing Administration

The nurse administrator should take interest in providing information on menstrual hygiene. Nurse administrators are the backbone to provide facilities to reduce complications of menstrual hygiene among adolescent girls through performing the nursing administration in a right effective way. The nurse administrator should create awareness programmes among adolescent girls regarding menstrual hygiene in order to prevent complications and to improve good physical well-being.

The nurse administrator should organize in-service programmes regarding prevention of menstrual hygiene among adolescents. Organization of such programmes requires efficient teamwork, planning for manpower, money, material, and methods and minutes to conduct successful education programmes, both at the hospital and community level. She should also encourage and deputize nurses to participate in such programmes conducted by any other voluntary organizations.

Nursing Research

Re-thinking and re-evaluation of the previous nursing art procedures and knowledge should be done, to keep the knowledge up-to-date. Research is a systemic attempt to obtain answers to meaningful questions about phenomena or events through the application of scientific procedure. The study findings would help to expand the scientific body of knowledge upon which further research can be conducted. Research should be continued to find new technologies to identify many gynecological problems in early stages as menstrual hygiene is the primary feature of the gynaecological disorders.

VI. Recommendations For Further Study

Based on the findings of the study the following recommendations are made:

- ❖ Study can be replicated using a large number of samples to make it more reliable
- ❖ The study can be done comparing adolescent girls from different areas of the community.
- ❖ A comparative study can be done between students from urban and rural population
- ❖ Similar studies can be conducted by using control and experimental group

VII. Conclusion

Based on the present study results, it can be concluded that the adolescent girls had inadequate knowledge regarding menstrual hygiene and the planned teaching program on menstrual hygiene helped them to improve the knowledge.

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