

A study to evaluate the effectiveness of the planned teaching program on knowledge regarding maintenance of menstrual hygiene among adolescent girls in a selected high school of Kashmir

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Abstract

A study to evaluate the effectiveness of the planned teaching program on knowledge regarding maintenance of menstrual hygiene among adolescent girls in a selected high school of Kashmir was conducted by Noor-ul-Nisa in partial fulfillment of requirement for the degree of Master of Nursing at Mader-e-Meharban institute of Nursing sciences and Research, SKIMS, Soura. Srinagar. The main objectives of the study were to assess the existing knowledge of Adolescent Girls regarding maintenance of menstrual hygiene. To develop planned teaching program on knowledge regarding maintenance of menstrual hygiene. To assess the knowledge gain after implementation of planned teaching program (PTP). To find the association between the pre- test knowledge scores and the selected demographic variable of adolescent girls.

Keywords: planned teaching program (PTP), mader-e-meharban institute

Introduction

The conceptual frame work of the study was based on modified Von Bertallaffy's System Model. According to this model there are three interlinked elements i.e. INPUT, PROCESS and OUTPUT. The research approach adopted was a Quantitative evaluative approach and the research design adopted was pre-experimental one group pre-test post-test design. A sample of 60 adolescent girls was selected by Simple stratified random sampling technique studying in Merry Land Public High School Newa, Pulwama. The data was collected by using structured knowledge questionnaire. A planned teaching program (PTP) on Knowledge regarding menstrual cycle and maintenance of menstrual hygiene was developed and administered to the group. The independent variable under study is the planned teaching program (PTP) and the dependent variable is the knowledge of adolescent girls regarding maintenance of menstrual hygiene. The study was conducted in Seminar hall of Merry Land Public High School Newa, Pulwama.

The data obtained was analyzed by using the descriptive and inferential statistics. The findings revealed that initially there was knowledge deficit in adolescent girls regarding maintenance of menstrual hygiene, but after implementation of the PTP (Planned teaching Program) the post-test scores in terms of knowledge was significantly higher than the pre-test scores. This indicates that the PTP was highly effective in improving the knowledge of adolescent girls regarding maintenance of menstrual hygiene. As per the objectives, all findings have been mentioned. Major findings of the study revealed that Majority of adolescent girls (68.3%) belonged to 13-14 years age group followed by (18.3%) adolescent girls were in the age group of 11-12 years and (13.3%) adolescent girls in the age group of 15-16 years. Subjects were taken equally from each class i.e. 20 (33.3%) from 8th class, 20

(33.3%) from 9th class and 20 (33.3%) from 10th class. Majority of adolescent girls (61.7 %) belongs to Nuclear family, followed by (33.3 %) adolescent girls belongs to joint family and only (5 %) of adolescent girls belongs to extended families. Majority of parents (45%) of adolescent girls were having income of RS. < 10000 per month, (41.7%) were in range of Rs. 10000-30000 and (13.3%) parents were having income of Rs. > 30000 per month. Maximum mothers (65 %) of adolescent girls were illiterate, (18.3 %) mothers were middle pass, (16.7 %) mothers were having higher secondary level of qualification. Majority of fathers (48.3 %) of adolescent girls were having higher secondary level of qualification, (33.3 %) fathers of respondents were illiterate, (13.3 %) fathers were having the educational status above higher secondary level, and (5%) fathers of respondents were middle pass. Maximum mothers (91.7 %) of adolescent girls were unemployed and only (8.3 %) mothers were govt. employees. Maximum fathers (50%) of adolescent girls were unemployed/self-employed followed by (36.7 %) fathers were govt. employees and (13.3%) were laborers. In (78.3%) of adolescent girls the source of information about menstruation was mother, in (15%) of adolescent girls the source of information was friend and in (6.7 %) of adolescent girls there were other sources of information about menstruation. (80%) of girls having age of menarche at 13-14 yrs, (15 %) of girls have age of menarche at 11-12 yrs, and (5%) have at the age of 15-16 years. There is significant increase in knowledge gain among adolescent girls regarding maintenance of menstrual hygiene after the implementation of the planned teaching program as the mean difference between pre-test and post-test was 21.6.

The association between the pretest knowledge scores regarding maintenance of menstrual hygiene among adolescent girls and selected demographic variables like age

of menarche, educational status of respondents, type of family, family income, mother's education, mother's occupation, father's occupation, source of information, duration of menstrual period found to be statistically non-significant at < 0.05 level of significance.

The association between the pretest knowledge scores regarding maintenance of menstrual hygiene among adolescent girls and father's education found to be statistically significant at < 0.05 level of significance.

On the basis of the findings of the study, the recommendations made were to replicate the similar study on large sample to validate and generalize the findings. A similar study can be replicated in an experimental approach. It is recommended that a comparative study can be done in community settings. Further an exploratory study can be done to identify various factors responsible for the deficiency in knowledge of adolescent girls. A study can be conducted to assess the attitude of the adolescent girls regarding maintenance of menstrual hygiene. Health education about maintenance of menstrual hygiene should be provided to the adolescent girls and adult women. A co-relational study can be conducted on knowledge, practice and attitude of the adolescent girls regarding maintenance of menstrual hygiene. Adolescents should be sensitized about availability and usage of sanitary napkins to prevent RTI (reproductive tract infection) and other related problems. Health education of adolescent girls and their families for better improvement in personal and menstrual hygiene. Based on the study findings information should be given to all adolescent girls and all women through mass media to enhance the knowledge level.

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