

A STUDY ON EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS

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ABSTRACT

Background: Menstrual period is a natural phenomenon that occurs throughout the reproductive years of every woman. Menstrual Hygiene is a vital aspect of health education for adolescent girls. Menstruation is a normal physiological process. In this period, woman require special care especially regarding medical and psychological attention to perform the important tasks.

Methods: 30 adolescent girls between 13-15 yrs of age group from Thoothoor village, Kanniyakumari district were selected as samples. Knowledge questionnaire was given to the samples, convenient sampling technique was used to select samples and the research design is one group pretest and post test experimental design.

Results: Pretest level of knowledge regarding menstrual hygiene among adolescent girls shows the mean value 7.53 and standard deviation 2.17. After the structured teaching program the post test level of knowledge shows the mean 16.83 standard deviation 2.16. When comparing the pretest and post test level of knowledge regarding menstrual hygiene, Post test level of knowledge was higher than the pretest level of knowledge. **Conclusion:** The null hypothesis H_{01} , there is no significant difference between

pretest and post test level of knowledge regarding menstrual hygiene among the adolescent girls was rejected. Thus the structured teaching program was an effective tool to increase the Knowledge of Menstrual hygiene among Adolescence girls in Thoothoor village of Kanniyakumari District.

Key Words: Menstrual Hygiene, Structured Teaching Programme, Knowledge.

Introduction

“Cleanliness is better than Godliness”

The menstrual period is a natural phenomenon that occur throughout the reproductive years of every women most female experience some degree of pain and discomfort in their menstruation period, which could have important impact

on their daily activities and disturb their productivity at home as at their work place.

Menstrual hygiene is a vital aspect of health education for adolescent girls. Approximately 50% of the world's population knows from their own experience low important good menstrual hygiene is to be able to function optimally during the menstruation.

Need & Significance for the Study:

Menstruation is a normal physiological process that is managed differently according to various social and cultural understanding.

Poor menstrual hygiene in developing countries has been an insufficiently acknowledged problem. In several cultural there are taboos concerning blood menstruating girls and women and menstrual hygiene.

Lacking of knowledge on menstrual hygiene, girls and women often suffer from discomfort and infection, avoiding urination during menstruation. Hygienic practices during menstruation were unsatisfactory in the rural area as compared to the urban area. Girls should be educated about the proper hygienic practices as well as bring them out of traditional beliefs, misconceptions, and restrictions regarding menstruation. So the present study was planned to impart the knowledge regarding menstrual hygiene by Structured Teaching program among Adolescents girls of Thoothoor village of Kanniyakumari District.

Statement of problem

“A study to assess the effectiveness of structured teaching programme on knowledge regarding menstrual hygiene among the adolescent girls in Thoothoor village Kanniyakumari District.”

Objectives

- To assess the pre-test and post test level of knowledge regarding menstrual hygiene among adolescent girls.
- To compare the pre test and post test level of knowledge regarding menstrual hygiene among adolescent girls.
- To associate the post test level of knowledge with the selected demographic variables.

Hypothesis

H₀₁ There is no significant difference between pretest and post test level of knowledge regarding menstrual hygiene among the adolescent girls.

Methodology

Pre- experimental, one group pretest and post test design was taken for this study. Variables of the study were structured teaching programme as independent variable. Knowledge regarding menstrual hygiene as dependent variable. Demographic variables were Age at menarche, Educational status of the father, Educational status of the mother.

Research setting:

The study was conducted at Thoothoor village, Kanniyakumari Dist.

Population: Target population comprised of all adolescent girls between 13-15 years, residing in Thoothoor village.

Sample Size & Technique: 30 adolescent girls between 13-15 yrs of age were selected by using convenient sampling technique.

Criteria for sample selection

- Adolescent girls who know Tamil or English
- Adolescent girls between ages 10-16 yrs.
- Adolescent girls who are not willing to participate were excluded from the study.

Description of tool: The tool was developed after an extensive review of literature. Internet search and expert opinion. The tool was developed on the following aspects. Section –A: Demographic variables, Section- B : Knowledge questionnaire

Data collection procedure: One week was taken for Data collection. 30 adolescent girls between 13-15 ages were selected as samples using convenient sampling technique. The self introduction and explanations was given regarding the questions and the samples were asked to tick the appropriate answer. Pretest was done on the first day. Structured Teaching programme was conducted on the second day about the menstrual hygiene and the post test was conducted on the third day.

Plan for data analysis

Descriptive and inferential statistics were used to analyze the data. Analysis of demographic variables was done in terms of frequency and percentage distribution. Comparison of pretest and post test level of knowledge was done using central tendency such as mean, standard deviation and ttest. Association of post test level of knowledge with demographic variables was done by using chisquare test.

Analysis and interpretation of data

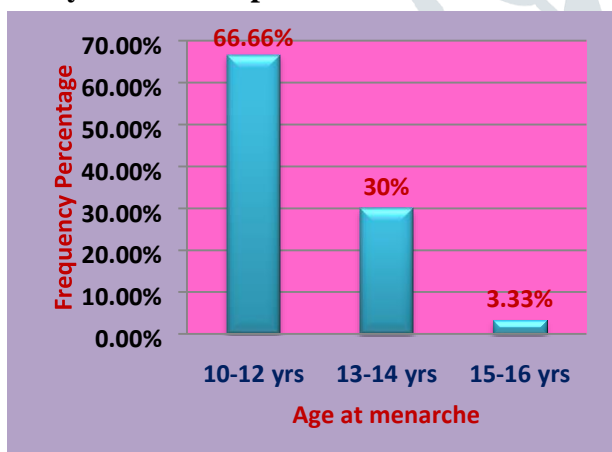


Figure 1 shows that majority of 66.66% adolescent girls attained menarche between the age of 10-12 yrs, 30% of adolescent girls between 13-14 yrs, and 3.33% of adolescent girls between 15-16 yrs attained menarche.

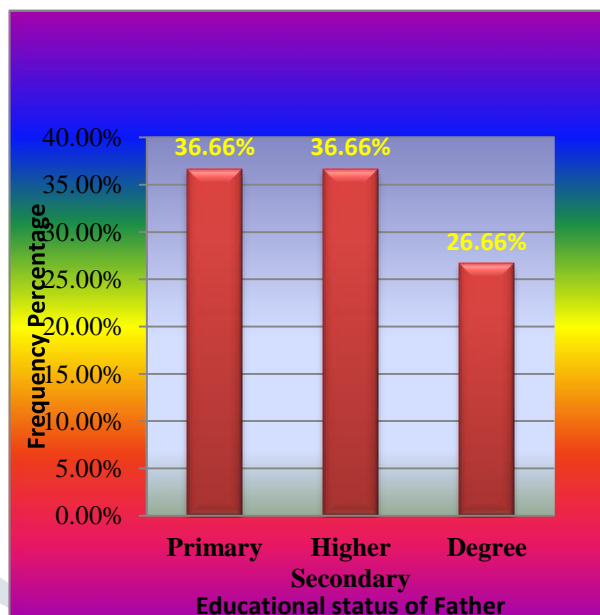


Figure 2 shows that majority 36.66% of adolescent girls whose father have primary and higher secondary educational status and 26.66% of father’s have degree qualification.

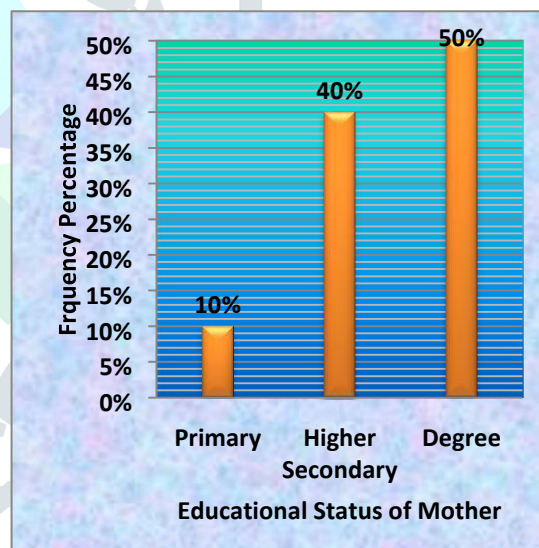


Figure 3 shows that majority 50% of adolescent girls whose mother’s have degree qualification, 40% of mother’s have higher secondary qualification and 10% have primary education

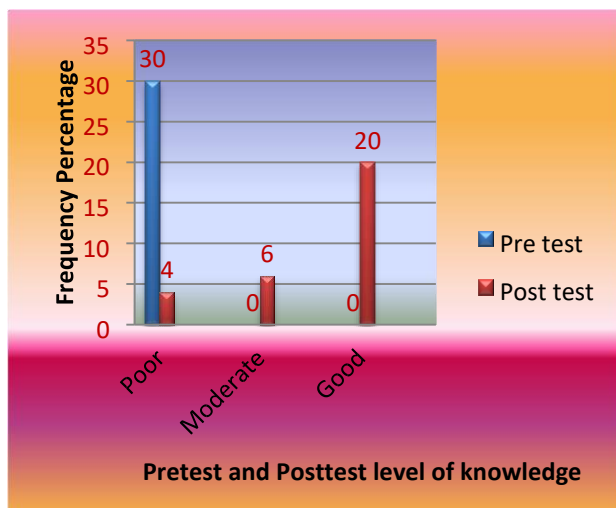


Figure 4 shows that, in pretest all the 30 (100%) adolescent girls have poor knowledge regarding menstrual hygiene and in post test 4 (13.33%) have poor knowledge, 6 (20%) have moderate knowledge and 20 (66.6%) have good knowledge.

Result and Discussion

Objective: 1- To assess the pretest level of knowledge regarding menstrual hygiene among adolescent girls.

Pretest level of knowledge regarding menstrual hygiene among adolescent girls shows the mean value 7.53 and standard deviation 2.17.

Objective: 2- To assess the post test level of knowledge regarding menstrual hygiene among adolescent girls.

After getting education the post test level of knowledge shows the mean 16.83 standard deviation 2.16.

Objective: 3- To compare the pretest and post test level of knowledge regarding menstrual hygiene among adolescent girls.

After comparing the pretest and post test level of knowledge regarding menstrual hygiene, Post test level of knowledge was higher than the pretest level of knowledge. Hence the null hypothesis H_{01} states that, there is no significant

difference between pretest and post test level of knowledge regarding menstrual hygiene among the adolescent girls was rejected.

Objective 4: To associate the post test level of knowledge with the selected demographic variables.

The association table reveals that the demographic variables age at menarche shown statistically significant association with the post test level of knowledge among the adolescent girls and the other demographic variables had not shown any statistically significant association with post test level of knowledge.

The null hypothesis H_{01} states that, there is no significant difference between pretest and post test level of knowledge regarding menstrual hygiene among the adolescent girls was rejected. Thus by the structured teaching program is an effective tool to increase the Knowledge of Menstrual hygiene among Adolescence girls in Tothoor village of Kanniyakumari District..

Summary

In this study, the investigator assessed the pretest and post test level of knowledge among adolescent girls. When comparing the pretest and post test level of knowledge regarding menstrual hygiene, Post test level of knowledge was higher than the pretest level of knowledge.

Recommendation

1. A similar study can be conducted on a larger sample to generalize the study findings.
2. A comparative study can be done among adolescent girls between two villages.
3. A similar study can be conducted to assess the knowledge among mothers of adolescent girls.

4. A similar study can be conducted among the adolescent girls in the schools.

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