



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING REPRODUCTIVE HEALTH AMONG ADOLESCENTS GIRLS OF 15-19 YEARS IN SELECTED SCHOOL, SASARAM, ROHTAS, BIHAR.

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ABSTRACT

A study was conducted to assess the effectiveness of structured teaching programme on knowledge regarding reproductive health among adolescent girls 15-19 years in selected school, Sasaram, Rohtas, Bihar. The Sample size of this study comprised of 60 adolescents girls. Simple random sampling technique was considered appropriate for the study. The collected data was analyze using descriptive and inferential statistics. The finding revealed the post-test mean knowledge score was found higher (88.3%) when compared with pre-test mean knowledge score (44.64). The pre-test mean knowledge is score is (16.52) and standard deviation derivation is 4.436. The post-test mean knowledge score is found to be (31.10) and standard deviation is 3.040. Enhancement is (84.05%) and knowledge score found to be significant at 5% level for all aspects under study.

Keyword : Structured teaching programme , Reproductive health.

INTRODUCTION.

Adolescent reproductive health is a state of complete physical, mental and social well being and not merely the absence of disease or infirmity , in all matters related to the reproductive system of people between the age of 15 -19 years.¹

Adolescents is a phase of growth and development in which physical, sexual and emotional change occur, so adolescent period is the very important period in an individual's life. Health and development are closely intertwined in adolescent.¹

There are 1.2 billion adolescents worldwide and one in every six people in the world is an adolescent. In India , there are 243 million adolescents comprising 21% of India's total population. They are future nation forming a major demographic and economic force.²

A quasi experimental study was conducted on assessment of awareness on reproductive health among 120 female adolescents aging 16-18 years. Finding of the study showed that all the adolescent girls had inadequate knowledge on

reproductive health; concentration effort must be made by all community health nursing to increase the knowledge awareness regarding reproductive health among adolescents.³

STATEMENT OF THE PROBLEM

" A study to assess the effectiveness of structured teaching programme on knowledge regarding reproductive health among adolescent girls of 15-19 years in selected school, Sasaram, Rohtas, Bihar.

OBJECTIVES OF THE STUDY

- To assess the existing knowledge of adolescent girls regarding reproductive health .
- To administer structured teaching programme on reproductive health among adolescent girls.
- To evaluate the effectiveness of structured teaching programme through post test.
- To determine the association between post test knowledge score and demographic variables of the adolescents.

HYPOTHESES

H₁:- There is significant difference in pre test and post test knowledge regarding reproductive health among adolescent girls after administering the structured teaching programme.

H₂:- There is significant association between post test level of knowledge with demographic variables.

MATERIAL AND METHODS

Research approach -In this study the descriptive approach was used to conduct the study,

Research design - Pre-experimental research design is used for this study.

Setting- ABR Foundation school, Sasaram ,Rohtas ,Bihar.

Population- Adolescent girls of 15-19 years.

Sample and sample technique - 60 Adolescent girls of 15-19 years were selected by using Simple random technique sampling technique for this study.

TOOLS FOR DATA COLLECTION:- In the present study the tool consist two part

Part I- Socio demographic variable of adolescent girls.

Part II- Structured knowledge questionnaire regarding reproductive health.

METHOD OF DATA COLLECTION

Prior to data collection permission was obtained from the concerned authorities . The data was collected from ABR Foundation School in Sasaram, Rohtas , Bihar. Pre test and STP was conducted on the same day. After seven days a post test was conducted for the sample using same structured questionnaire schedule for evaluating the effectiveness of STP.

DATA ANALYSIS AND INTERPRETATION

The data was collected from the adolescent girls was tabulated , analyzed and interpreted by using descriptive and inferential statistics. Analysis was done based on the objectives and hypothesis of the study.

Table 1 The demographic characteristics of the respondents .

Table 2 presents the comparison of pre test and post test knowledge.

Table 3 reveals the association of demographic variables.

Table 4 comparison between the pre-test knowledge score and the significant difference between the mean pre-test and post test knowledge score of the study subject regarding reproductive health.

1. The first objectives of the study was to assess the effectiveness of Existing knowledge of adolescent girls regarding reproductive health.

In present study out of 60 adolescent girls 34 (56%) had average knowledge ,20 (33.3%) had good knowledge, 5 (8.3%) had below average knowledge and 1 (.7 %) had excellent knowledge in pre test. The mean value in pre test is 16.52, standard deviation is 4.436 and the mean score is 42.04 %.

2.The second objectives of the study is to administer structured teaching programme on knowledge regarding health among adolescent girls.

3.The third objectives of the study is to evaluate the effectiveness of structured teaching programme through post test.

Out of 60 subject (100%) 11.7% had good knowledge and 88.3% had excellent knowledge after STP on knowledge regarding reproductive health. The mean value in post test is 31.10 and standard deviation is 3.040. The mean score percentage was computed and it was observed 84.05%.

4.Fourth objectives of the study is to determine the association between post test knowledge score and demographic variables of the adolescents.

An association of selected baseline variables in relation to their knowledge was studied using chi square test. The analysis revealed that There is a significant association with age , religion, type of family, father's education father's occupation, and sources of information. hence the research hypothesis (H_2) , which state that , there is a significant association between post test level of knowledge with demographic variables .

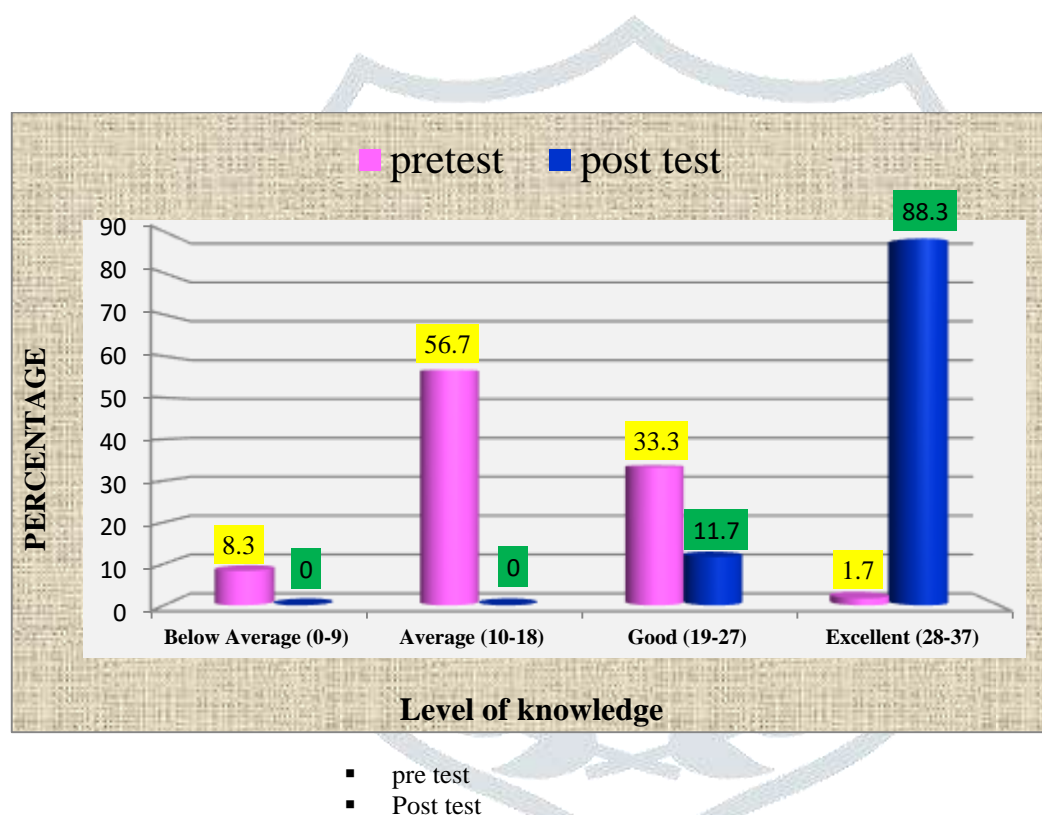
Table1 Analysis of demographic characteristics of the respondents. n=60

SL.NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1	Age in Years	16 years	50%
		17 years	41.67%
		18 years	8 %
2	Religion	Hindu	91%
		Muslim	6.67%
		Christian	1.67%
		Others	0%
3	Type of Family	Nuclear	73%
		Joint	21.67%
		Extended	0%
4	Mothers education	No formal Education	20.00%
		Diploma	33%
		Graduate	38%
		Post Graduate	8%
5	Fathers education	No Formal education	15.00%
		Diploma	28%
		Graduate	41.67%
		Post graduate	15 %
6	Mothers occupation	Private job	18%
		Business	1.6%
		House Wife	75%
		Others	1.67%
7	Fathers Occupation	Private Job	40%
		Business	13%
		Government Job	38%
		Others	8%
8	Standards of students	9 th	53%
		10 th	30%
		11 th	5%
		12 th	1.6%
9	Sources of Information	Internet	38%
		parents	18%
		Teachers	18%
		Mass media	11.67%
		Book	13%

Table 2 presents the comparison of pre test and post test knowledge.

n=60

Pre test and post test knowledge level of study subjects	Pre test		Post test	
	Frequency	percentage	Frequency	percentage
Below Average (0-5)	5	8.3 %	0	0 %
Average (6-10)	34	56.7 %	0	0 %
Good (11-15)	20	33.3 %	7	11.7 %
Excellent (16-20)	1	1.7 %	53	88.3%



- pre test
- Post test

Table 3 Association of post test knowledge score of study subjects regarding reproductive health
with selected demographic variables. n=60

Variables		Excellent	Good	Average	Below average	Chi square test	P value
Age in Years	16 years	0	5	5	2	20.922	0.013* S
	17 years	0	7	9	0		
	18 years	1	8	20	3		
Religion	Hindu	0	5	5	2	1.519	0.678* NS
	Muslim	0	7	9	0		
	Christian	0	6	19	3		
	Others	0	2	1	0		
Type of Family	Nuclear	0	5	5	2	20.922	0.013*
	Joint	0	7	9	0		
	Extended	1	8	20	3		
Mothers education	No formal Education	0	17	23	5	7.894	0.246* NS
	Diploma	1	3	9	0		
	Graduate	0	0	2	0		
	Post Graduate	0	0	0	0		
Fathers education	No Formal education	0	5	5	2	20.922	0.013* S
	Diploma	0	7	9	0		
	Graduate	1	8	20	3		
	Post graduate	0	0	0	0		
Mothers occupation	Teacher	0	0	1	0	1.580	0.954* NS
	Health Worker	0	0	1	0		
	House Wife	1	20	32	5		
	Others	0	0	0	0		
Fathers Occupation	Private Job	0	20	11	2	42.845	0.000* S
	Business	1	0	10	0		
	Government Job	0	0	12	1		
	Others	0	0	1	2		
Standards of students	9 th & 10 th	1	9	18	2	1.519	0.678* NS
	11 th & 12 th	0	11	16	3		
Sources of Information	Internet	0	5	5	2	20.292	0.013* S
	parents	0	7	9	0		
	Teachers	0	6	19	3		
	Mass media	1	2	1	0		
	Book	0	0	0	0		

Table 4 comparison between the pre-test knowledge score and the significant difference between the mean pre-test and post test knowledge score of the study subject regarding reproductive health.

n=60

knowledge score	Mean	SD	Mean diff.	Paired t test	p-value
Pre-test Knowledge score	16.52	4.44	14.583	33.507	<.0.001*
Post-test Knowledge score	31.10	3.04			

NURSING IMPLICATION

Nursing practice- Generally the adolescents are shy and resistant to speak about reproductive health related matters with mother or family members, So there is a need to take -up an awareness programme with school teachers to guide them and keep them in a right track.

Nursing education- Public health nursing students can be instructed to conduct the health educational programme in their school units.

Nursing Administration- Nursing personnel are the key person to plan , organize and conduct programs. They need to be included interest in educating the school teachers during their school visits and disseminate information on area of reproductive health.

Nursing research- The study revealed that there is lack of knowledge regarding reproductive health among adolescents . There is need for extended and intensive nursing research on the reproductive health among adolescents and provide better and in-depth knowledge.

Recommendations

- A similar study can be replicated using large samples.
- Comparative study can be conducted among the urban and rural adolescents girls knowledge regarding reproductive health.

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