



“A Study To Assess The Effectiveness Of Video Assisted Teaching Programme Regarding Use And Benefits Of Different Menstrual Absorbents Products In Terms Of Knowledge Among Adolescent Girls In Selected School Of Dehradun.”

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ABSTRACT:- Menstruation is a normal body processes and is a sign of good reproductive health and it is also a biological process however it is linked to various tradition and taboos in some of the developing countries. There are various sanitary products that are used for menstrual hygiene such as menstrual pads, menstrual cups, tampons etc that are used to maintain menstrual hygiene. The objectives of the study were to assess the level of knowledge regarding use and benefits of different menstrual absorbent products among the adolescent girls. To assess the effectiveness of video assisted teaching program on knowledge regarding use and benefits of different menstrual absorbent products through pre -test and post-test or find out the association between pre-test knowledge with the selected demographic variables. The methodology was used by the researcher an evaluative research approach was adopted under the study. The study was conducted in selected school of Dehradun. Purposive sampling technique was used to select the adolescent girls. The sample compromised of 60 adolescent girls of selected school. The tools developed and utilized for the study was structured knowledge questionnaire on use and benefits of different menstrual absorbent. The study revealed that the mean post-test knowledge score (12.8) of adolescent girls regarding use and benefits of different menstrual absorbents were higher than mean pre-test knowledge (18.9). The study concludes that the Video assisted teaching programme is an effective strategy in improving knowledge of adolescent girls regarding use and benefits of different menstrual absorbents

KEY WORDS:- Assess, Effectiveness, Video Assisted Teaching Programme, Different Menstrual Absorbents Products, Knowledge , Adolescent Girls, School

INTRODUCTION:-

United Nations Population Fund (2019), Menstruation is a natural, and essential, part of the reproductive cycle; roughly half the human population has or will experience it. But too often, menstruation is shrouded in mystery, leading to exclusion, neglect and discrimination. When girls hit puberty and begin menstruation, they can see their opportunities radically diminish. Menstruation may mark the start of restrictions to their mobility and behaviour. People are increasingly speaking out about menstruation issues, including period shame and “period poverty” – the financial burden placed on girls and women in managing menstruation. Slowly, policymakers are beginning to pay attention. Facilities and supplies to manage menstruation are increasingly considered necessities in schools and places of work, and even in humanitarian responses.

M Sarkar (2011), Hygiene-related practices of women during menstruation are of considerable importance, as it has a health impact in terms of increased vulnerability to reproductive tract infections (RTI). The intermediate play of socio-economic status, menstrual hygiene practices and RTI are noticeable. Today millions of women are sufferers of RTI and its complications and often the infection is transmitted to the offspring of the pregnant mother. Women having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to RTI and its consequences. Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women.

Jihyun Bae, Hoonjeong Kwon, and Jooyoun Kim (2018) Disposable absorbent hygiene products such as diapers and feminine pads have evolved with availability of the advanced materials, and their superior functions over cloth diapers have improved the quality of daily lives. Although feminine pads and baby/adult diapers are used for different purposes, the main constituents of the absorbent hygiene products share similar functions and materials.

Jimmy Wales (2013) Many gynecologists believe that sanitary napkin can act as a precautionary measure to prevent reproductive tract infection. The sanitary napkin is one of the appropriate measures to be practiced by school girls during the time of menstruation. This is substantiated by the finding that sanitary napkins prevent reproductive tract infection and reduce the risk of cervical cancer.

R. Kroesa (2016), The preference of sanitary protection material is based on personal choice, cultural acceptability, economic status, and availability in local market. Along with basic sanitation facilities, one should be also provided with soap and menstrual absorbents to manage menstruation hygiene. The choice of absorbents varies among rural and urban women and girls. In rural areas, the most preferred absorbents are reusable cloth pads and in urban areas women prefer to use commercial sanitary pads. Chlorine-bleached Kraft or sulphate pulp is used by manufacturers to produce fluff pulp as absorbent used to make disposable sanitary products. Nowadays, many deodorized and non-deodorized sanitary products are available in the market made of synthetic fibre rayon. These deodorized products contain chemicals like organ chlorines which have antibacterial activity. Due to their chemical composition, these products when buried in the soil they kill the soils micro flora and delay the process of decomposition.

STATEMENT OF THIS PROBLEM:-

A study to assess the effectiveness of video assisted teaching program regarding use and benefits of different menstrual absorbent products in terms of knowledge among adolescent girls in selected school, Dehradun.

OBJECTIVE OF THE STUDY:-

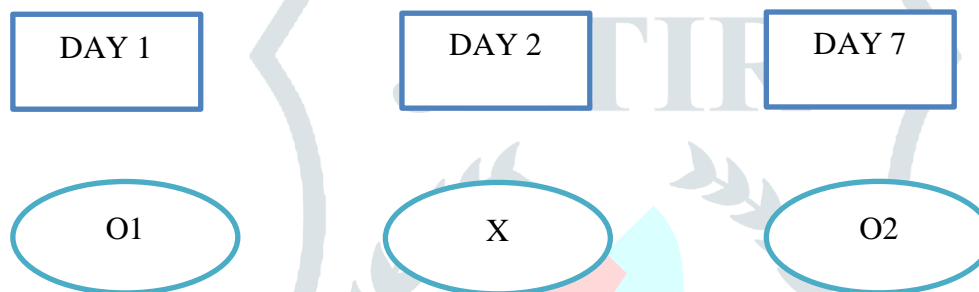
1. To assess the level of knowledge regarding use and benefits of different menstrual absorbent products among the adolescent girls.
2. To determine the effectiveness of video-assisting teaching program on knowledge regarding use and benefits of different menstrual absorbent products.
3. To find out the association between pre-test knowledge with the selected demographic variables.

RESEARCH HYPOTHESIS:-

1. H1- The mean post-test knowledge score of adolescents will be significantly higher than their mean pre-test knowledge score regarding use and benefits of different menstrual absorbent products.
2. H2- There will be significant relationship between post-test knowledge of adolescents girls regarding use and benefits of different menstrual absorbent products as evident by structured knowledge questionnaire at 0.05 level of significance.
3. H3-There will be significant association between post-test level of knowledge score of adolescent girls with selected demographic variables at 0.05 level

METHODOLOGY:-

The research design used in this study is pre-experimental one group pre test post test design. In this design, the investigator introduced the base measures before and after the administration of treatment. The base measures were the knowledge of adolescent girls and treatment was video assisted teaching programme regarding use and benefits of different menstrual absorbent products. A non probability purposive sampling technique was used for the selection of samples and select 60 sample to collect the data from selected school of Dehradun.

**KEY WORDS:-**

O1 – Pre-test

X – Intervention (Video assisted teaching programme)

O2 – Post-test

frequency and percentage distribution of sample by the characteristics are presented in table 1

| S.NO. | SAMPLE CHARACTERSTICS | FREQUENCY | PERCENTAGE |
|-------|-----------------------|-----------|------------|
| 1. | Age | | |
| a) | 11-12 yrs | 05 | 8.4% |
| b) | 13-14 yrs | 25 | 41.6% |
| c) | 15-16 yrs | 24 | 40% |
| d) | 17-18 yrs | 06 | 10% |

| | | | |
|-----------|------------------------------|----|-------|
| 2. | Education | | |
| a) | 9 th Standard | 09 | 15% |
| b) | 10 th Standard | 22 | 36.6% |
| c) | 11 th Standard | 11 | 18.4% |
| d) | 12 th Standard | 18 | 30% |
| 3. | Religion | | |
| a) | Hindu | 14 | 23.3% |
| b) | Muslim | 46 | 76.7% |
| c) | Christian | 0 | 0% |
| d) | Sikh | 0 | 0% |
| 4. | Type of family | | |
| a) | Nuclear | 25 | 41.6% |
| b) | Joint | 22 | 36.7% |
| c) | Extended | 00 | 00% |
| d) | Single parent | 13 | 21.7% |
| 5. | Income | | |
| a) | 5000-10000 | 25 | 41.6% |
| b) | 11000-15000 | 05 | 8.4% |
| c) | 16000-20000 | 06 | 10% |
| d) | Above 20000 | 24 | 40% |
| 6. | Source of information | | |
| a) | TV/Computer | 24 | 40% |
| b) | Elders | 23 | 38.4% |
| c) | Friends | 06 | 10% |
| d) | News paper | 07 | 11.6% |
| 7. | Self use products | | |
| a) | Sanitary pads | 60 | 100% |
| b) | Menstrual cup | 0 | 0% |
| c) | Tampon | 0 | 0% |

| | | | |
|----|--------------|---|----|
| d) | Reusable pad | 0 | 0% |
|----|--------------|---|----|

The data presented in table1 depicts that the majority of students 25(41.6%) are in 13-14 age group. Most of them 22(36.6)% were studying in 10th standard. In religion majority of participants 46(76.7%) were Muslim. Apart from it 25(41.6%) participants were from the nuclear family. And in case of income majority of participant's family 5 (41.6%) have 5000- 10000 monthly income and 24(40%) participants gains knowledge from television or computer and in case of sanitary products 60(100%) of participants uses sanitary pads.

findings of the frequency and percentage distribution of pre-test post-test knowledge of adolescent girls regarding use and benefits of different menstrual absorbents

n=60

| Knowledgelevel | Pre-test | | Post-test | |
|----------------|-----------|------------|-----------|------------|
| | frequency | percentage | frequency | percentage |
| Below average | 07 | 11.7% | 0 | 0% |
| Average | 53 | 88.3% | 22 | 36.7% |
| Above average | 0 | 0% | 38 | 63.3% |

Table2 shows that in pre-test 53 (88.3%) of respondents have average level of knowledge and 7 (11.7%) of respondents have below average level of knowledge. In post-test 38 (63.3%) of respondents had above average level of knowledge and 22(36.7%) of the respondents had average level of knowledge.

CONCLUSION:-

On the basis of the above findings of the study, most of the adolescent girls had average knowledge regarding use and benefits of different menstrual absorbent products. The video assisted teaching programme was effective in enhancing above average knowledge regarding use and benefits of different menstrual absorbent products .There was a significant association between pre-test knowledge of adolescent girls with monthly income and source of information.

RECOMMENDATIONS-

Based on the findings of the study, the following recommendations are made-

- A similar study can be replicated on a large sample to generalize the findings.
- A study can be undertaken with control groups for effective comparison.
- A study can be done to educate the pre-adolescent girls about use and benefit of different menstrual absorbents products.
- A study can be withheld to teach parents or guardians to make the study more effective.

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