



# A study to evaluate the effectiveness of Planned Teaching Programme (PTP) on knowledge regarding teenage pregnancy and its complications among adolescent girls in selected schools of selected city.

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**Abstract:** Today all over the world, teenage pregnancy is, emerging as a serious problem, approximately 15 million pregnancies occur every year among young women aged 15-19 years. Objective of the study, To assess the effectiveness of planned teaching programme on knowledge regarding teenage pregnancy and its complications among adolescent girls. To assess the pre-test knowledge of adolescent girls on teenage pregnancy and its complications. To assess the post-test knowledge on teenage pregnancy and its complications. To associate the pre-test knowledge score with selected demographic variables. **METHOD-**The study was Quasi-experimental one group pre-test post research in nature. Quantitative research approach was adopted for study. Sample size was 60, 9th and 10th standard adolescent girls. Simple random sampling technique was used for the collection of data. A prior formal permission was obtained from the concerned school authority for conducting the study. Informed consent from all the participants parents and informed consent from participants was obtained prior to the study. A 30 minute prior to the intervention the pre-test was conducted. The planned teaching programme regarding teenage pregnancy and its complications among participants were provided to the sample. After seven days of intervention, post-test was conducted. The data was analysed by using descriptive and inferential statistics. In the pretest majority of girls were having average score (9-16) i.e. 83% whereas 1.7 % (17 to 25) had good knowledge about teenage pregnancy and its complications in the post-test 58.3% (9-16) of adolescent girls had average knowledge whereas 0.0% of adolescent girl had poor knowledge of teenage pregnancy and its complications.

## I. INTRODUCTION

Today all over the world, teenage pregnancy is, emerging as a serious problem, approximately 15 million pregnancies occur every year among young women aged 15-19 years. They are more common in the developing country like India. Though 50% of girls get married by 18 years, 19% of total fertility rate (15-19 years) is adolescent pregnancy, 27% of them have unmet need of contraception, and 4.7% of them were using modern method of contraception.<sup>1</sup> Young adolescents (12-14 years old) are more likely to have unplanned sexual intercourse and are more likely to be concerned in to sex. Most teenagers do not plan to get pregnant, but many do. Often teenagers do not receive timely prenatal care and they have a higher risk of pregnancy like high blood pressure and its complication, premature birth and low birth weight (Health Orates, 2008)<sup>2</sup>

### NEED FOR STUDY

Most of the adolescent girls got married at the age of 13 years, and they had poor hygiene, and low birth weight babies. The girls were not aware about puberty teenage pregnancy and other aspects of reproductive health. So, the need to create awareness about teenage pregnancy. Study will help to assess the knowledge of adolescent girls towards selected aspects of reproductive health and prevent the complications.

### OBJECTIVE

To assess the effectiveness of planned teaching programme on knowledge regarding teenage pregnancy and its complications among adolescent girls. To assess the pre-test knowledge of adolescent girls on teenage pregnancy and its complications. To assess the post-test knowledge on teenage pregnancy and its complications. To associate the pre-test knowledge score with selected demographic variables

### SCOPE OF THE STUDY

Adequate knowledge regarding teenage pregnancy and its complications can help to reduce the morbidity and mortality of women. It will help to educate the adolescent girls and their parents to avoid teenage pregnancy and its complications. This study can direct the school teachers to spread the awareness on teenage pregnancy and its complications. Education can be helped to adolescent girls. This study findings will help the school health nurse to educate the adolescent girls about teenage pregnancy and its complications.

## RESEARCH METHODOLOGY

### 2.1 RESEARCH APPROACH

The selection of research approach is the basic procedure for the research of enquiry. The research approach helps the investigator to determine what data to collect and how to analyze it.”<sup>3</sup>

The research approach adopted for the present study was quantitative research approach as the research aimed at assessing effectiveness of planned health teaching programme on assessment of knowledge on teenage pregnancy and its complications of adolescent girl.

### 2.2 RESEARCH DESIGN:

A research design provides a framework that supports the study and holds it together. Polit and Hungler (1995) stated that a research design incorporates the most important methodological decisions that a researcher makes in conducting a research study.”<sup>4</sup> This study has adopted quasi-experimental One group pre-test and post- test design. In this study the subjects were selected according to the inclusion criteria. A pre-test knowledge was assessed of the samples. After that administration as planned teaching programme as an intervention and later post- test knowledge score was assessed

### 2.3 POPULATION:

The total group of individual people or things meeting the designated criteria of interest to the researcher. The population for the study was adolescent girls from 9th and 10th standard. The target population is the entire population in which a researcher is interested.” In this study target population consists of the adolescent girls studying in 9th and 10th standard of selected schools of selected city.

### SAMPLE:

The samples used in this study was adolescent girls studying in 9th and 10th standard.

### SAMPLING TECHNIQUE:

Simple random sampling technique was used for the collection of samples. It is also called accidental sampling wherein the subjects are selected for the study simply because they happen to be in the right place at the right time. It is a nonprobability method of selecting a sample that includes subjects who are available in a convenient way to the researcher.

### DATA COLLECTION

Permission from head of the schools was obtained. Data collection was done by following covid-19 government guidelines. Obtained informed consent and assent from the samples and their parents. Explained the purpose of the research to the samples. Assessed the level of knowledge on teenage pregnancy and its complications among adolescent girls

### DATA ANALYSIS AND INTERPRETATION

This chapter deals with the analysis and interpretation i.e., pilot study, result of the data collected from 60 samples through a quasi-experimental study pre-test and post-test without control group research design was used. Simple random sampling technique was used for the selection of adolescent girls in selected schools of selected city with the objective of assessing the effectiveness of Planned Teaching Programme (PTP) on knowledge regarding teenage pregnancy and its complications among adolescent girls in selected schools of selected city.

The analysed data has been organized and presented in the following sections: Section I: Description of samples (adolescent girls) based on their demographic characteristics in term of frequency and percentage. Section II: Analysis of data related to pretest of knowledge of adolescent girls regarding teenage pregnancy and its complications among adolescent girls Section III: Analysis of data related to posttest knowledge of adolescent girls regarding teenage pregnancy and its complications among adolescent girls. Section IV: Analysis of data related to the effectiveness of planned teaching programme on knowledge regarding teenage pregnancy and its complications among adolescent girls. Section V: Analysis of data related to the association of pretest knowledge with selected demographic variables.

## RESULT

### Description of samples (adolescent girls) based on their demographic characteristics

Table 1: Description of samples (adolescent girls) based on their demographic characteristics in term of frequency and percentage N=60

	Freq	%
<b>Age</b>		
13-15 years	25	41.7%
16-19 years	35	58.3%
<b>Mothers education</b>		
Graduation and above	20	33.3%
Illiterate	15	25.0%
Primary level	15	25.0%
Secondary level	10	16.7%
<b>Fathers' education</b>		
Graduation and above	20	33.3%
Illiterate	10	16.7%

Primary level	12	20.0%
Secondary level	18	30.0%
<b>Mothers' occupation</b>		
Employed	15	25.0%
Unemployed	45	75.0%
<b>Fathers' occupation</b>		
Employed	58	96.7%
Unemployed	2	3.3%
<b>Family income per annum</b>		
Below Rs 100000	4	6.7%
Rs.100000-3000000	5	8.3%
More than 3000000	51	85.0%
<b>Type of family</b>		
Joint	14	23.3%
Nuclear	40	66.7%
Other	6	10.0%
<b>Sources of information</b>		
Friends	20	33.3%
Health personnel	5	8.3%
Media	30	50.0%
Parent and relative	5	8.3%

**Section II-Analysis of data related to pre-test knowledge of adolescent girls on teenagepregnancy and its complications**

Table 2: Pre-test knowledge of adolescent girls on teenage pregnancyand its complications N=60

Knowledge	Pretest	
	Freq	%
Poor (score 0-8)	6	10.0%
Average (score 9-16)	53	88.3%
Good (score 17-25)	1	1.7%

In pretest, 10% of the adolescent girls had poor knowledge (score 0-8), 88.3% ofthemhad average knowledge (score 9-16) and 1.7% of them had good knowledgeregardingteenage pregnancy and its complications.

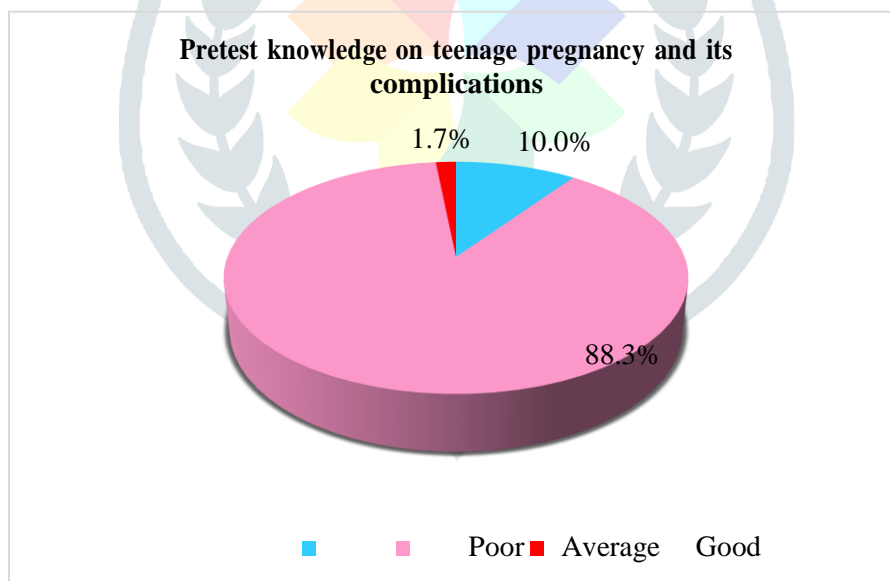


Fig no: 1: Pie diagram showing pretest knowledge on teenage pregnancyand its complications

**Section III- Analysis of data related to post-test knowledge on teenage pregnancy and its complications**

Table 3: Post-test knowledge on teenage pregnancy and its complications N=60

Knowledge	Pretest		Posttest	
	Freq	%	Freq	%
Poor (score 0-8)	6	10.0%	0	0.0%
Average (score 9-16)	53	88.3%	35	58.3%
Good (score 17-25)	1	1.7%	25	41.7%

In pretest, 10% of the adolescent girls had poor knowledge (score 0-8), 88.3% of them had average knowledge (score 9-16) and 1.7% of them had good knowledge regarding teenage pregnancy. In posttest, 58.3% of the adolescent girls had average knowledge (score 9-16) and 41.7% of them had good knowledge regarding teenage pregnancy, whereas, 0 adolescent girls had poor knowledge regarding teenage pregnancy and its complications. This shows that there was remarkably improvement in the knowledge among adolescent girls regarding teenage pregnancy and its complications after planned teaching program.

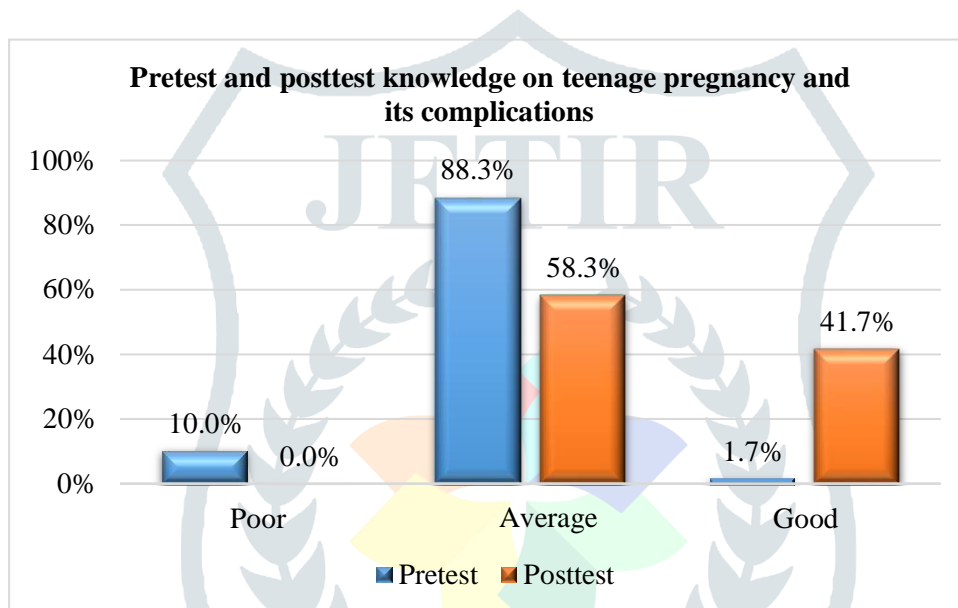


Fig no: 2: Bar diagram showing pretest and posttest knowledge on teenage pregnancy and its complications

**Section IV-Analysis of data related to the effectiveness of planned teaching programme on knowledge regarding teenage pregnancy and its complications among adolescent girls**

Table 4: Paired t-test for effectiveness of planned teaching programme on knowledge regarding teenage pregnancy and its complications among adolescent girls

N=60

	Mean	SD	T	df	p-value
Pretest	11.3	2.1	15.4	59	0.000
Posttest	16.3	2.2			

Researcher applied paired t-test for the effectiveness of planned teaching programme on knowledge regarding teenage pregnancy and its complications among adolescent girls. Average knowledge score mean in pretest was 11.3 which increased to 16.3 in posttest. t-value for this test was 15.4 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), null hypothesis is rejected. It is evident that the knowledge among adolescent girls was improved significantly after planned teaching programme.

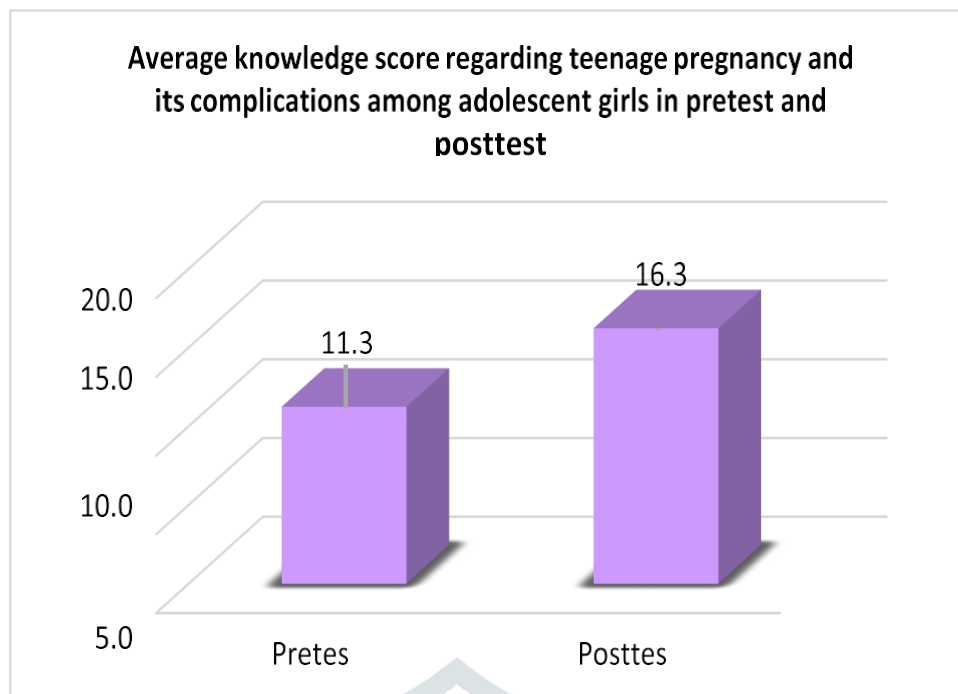


Fig no: 4.9: Bar diagram showing average knowledge score regarding teenage pregnancy and its complications among adolescent girls.

#### Section V- Analysis of data related to the association of pretest knowledge score with selected demographic variables

Table 5: Fisher's exact test for the association of pretest knowledge score with selected demographic variables  
N=60

Demographic variable		Knowledge			p-value
		Poor	Average	Good	
Age	13-15 years	2	23	0	1.000
	16-19 years	4	30	1	
Mothers' education	Graduation and above	3	17	0	0.654
	Illiterate	1	14	0	
	Primary level	2	12	1	
	Secondary level	0	10	0	
Fathers' education	Graduation and above	3	17	0	0.405
	Illiterate	0	10	0	
	Primary level	0	12	0	
	Secondary level	3	14	1	
Mothers' occupation	Employed	2	13	0	0.729
	Unemployed	4	40	1	
Fathers' occupation	Employed	6	51	1	1.000
	Unemployed	0	2	0	
Family income per annum	Below Rs 100000	1	3	0	0.500
	Rs.100000-3000000	0	5	0	
	More than 3000000	5	45	1	
Type of family	Joint	1	13	0	0.770
	Nuclear	4	35	1	
	Other	1	5	0	
Sources of information	Friends	2	18	0	0.904
	Health personnel	0	5	0	
	Media	3	26	1	
	Parent and relative	1	4	0	

Since all the p-values are large (greater than 0.05), none of the demographic variable was found to have significant association with the knowledge among adolescent girls regarding teenage pregnancy.



**Discussion**

Paired t-test was applied for analysis the effectiveness of Planned Teaching Programme on knowledge regarding teenage pregnancy and its complications among adolescent girls. knowledge score in pretest was 11.3 which increased to 16. in post-test. t-value for this test was 15.4 with 59 degrees of freedom. Corresponding-value was small (less than 0.05), that indicate adolescent girls who received plan teaching program on teenage pregnancy had higher mean knowledge score in posttest than pretest. It can be concluded that, the planned teaching program was proved to be effective in delivering knowledge of teenage pregnancy and its complications. It is evident that the knowledge among adolescent girls improved significantly after planned teaching program.

**Conclusion:**

Analysis and Interpretation of data collected to evaluate the effectiveness of planned teaching programme on teenage pregnancy and its complications among adolescent girls. Findings reveals that knowledge mean score in pretest was 11.3 which increased to 16.3 in posttest with SD 2.2. T-value for this test was 15.4 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05). It is evident that the knowledge among adolescent girls improved significantly after planned teaching program. So that we accept H1 hypothesis There will be significant difference between pre -test and post-test knowledge regarding teenage pregnancy and its complications among experimental group and reject null hypothesis (H0) there will be no significant difference between pre-test and post-test knowledge regarding teenage pregnancy and its complications among experimental group. Fisher's test was done to find out significant association between the pre-test knowledge with selected demographic variables. It reveals that no significant association was found between the knowledge scores and demographic variables i.e., Their age, parents' education, parents' occupation, family income, type of family, source of information. So, researcher accept (H02) null hypothesis there will be no significant association between the pre-test knowledge of adolescent girls on teenage pregnancy with selected demographic variables and reject (H02) hypothesis there will be significant association between the pre-test knowledge of adolescent girls on teenage pregnancy with selected demographic variable

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