

A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION, EDUCATION AND COMMUNICATION PACKAGE ON KNOWLEDGE REGARDING ESTROGEN DOMINANCE IN PRECOCIOUS PUBERTY AMONG MOTHERS OF SCHOOL GOING GIRLS IN SELECTED URBAN SCHOOL, PONDICHERRY”

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Abstract

Background: estrogen is typically considered the female hormone due to the fact it is responsible for many definitive feminine traits, like breasts, menstruation and lactation. Yet estrogen is naturally found in both sexes, just significantly less in men. **Objectives:** 1.To assess the knowledge of the mothers regarding estrogen dominance in precocious puberty.2.To determine the effectiveness of information education communication package non knowledge of precocious puberty.3.To find out the association between knowledge of mothers and their selected demographic variables..**Methods:** The study is pre-experimental with one group pre-test post-test design, in order to assess the knowledge of the mothers in school going girls before and after administration of information education communication package on estrogen dominance in precocious puberty .**Results:** the results shows that the majority 9(30%) of the respondent were had moderate knowledge ,5(16.7%) had adequate knowledge 16(53.3%) had inadequate knowledge on estrogen dominance in precocious puberty in pre test where as in the post test 22(73.3%)had adequate knowledge and 8(26.7%)had moderate knowledge **Conclusion:** From the findings of the current study it can be concluded that information education communication programme was effective to improve the knowledge level of the mothers of school going girls. and there was significant association between the knowledge regarding estrogen dominance in precocious puberty with the selected demographic variables, age ,occupation ,monthly income, family history of precocious puberty and found to significant at<0.05 level. And found to be significant at the level of <0.001.

Keywords: information education communication package, estrogens dominance in precocious puberty, knowledge , mothers in school

Introduction

Adolescent girls are the future mothers. Going through the adolescent puberty can be challenging times for any girls. Although it may occur at different ages for different girls, adolescent girlhood is always

a critical time of identity formation and a period of transition from childhood to womanhood. In most societies, menarche is an indication of a girls' developing sexuality.

According to WHO as individuals between the ages of 10 and 19 years, adolescents make up approximately 20% of the world's population. UNFPA's State of World Population (2005) estimates that there are 1.2 billion adolescents between 10-19 years of age today.

Puberty is the physical and biochemical changes associated with maturation of the hypothalamic/pituitary/gonadal axis, which lead to the development of secondary sex characteristics and reproductive organs.

As the girl matures and enters puberty, the pituitary gland releases hormones that stimulate the ovaries to produce other hormones called estrogen and progesterone. These hormones have many effects on a girl's body, including physical maturation, growth, and emotions. These changes may lead to emotionally upset and stress to the girls if they are not having appropriate knowledge and practices during this time.

Menarche or menstruation is a major stage of puberty in girls, it is one of the many physical signs that a girl going through to become a woman. Like lot of the other changes associated with puberty, menstruation can be confusing for many girls. Some girls can't wait to start their periods, whereas others may feel afraid or anxious. Many girls don't have a complete understanding of a woman's reproductive system or what actually happens during the menstrual cycle, making the process seem even more mysterious.

Myths and taboos about menstruating women such as the need to abstain during sex or being forbidden to prepare food, while not having disappeared entirely, have generally diminished in western settings. This likely serves to reinforce misunderstandings about natural bodily processes, and to perpetuate the stigma that is attached to menstruating women and girls. Girls explain that menstruation is a taboo subject even within their own families, describing a 'culture of silence' with regard to their menstruation. They feel unable to discuss physiological changes during puberty including menstrual issues with their mothers and certainly not with their fathers. Not being able to talk about their experience and having limited information means that these issues becomes something shameful and something to hide, and is consequently ignored in families, schools and communities.²

For girls in many developing countries like India, puberty, and especially the onset of menstruation, poses particular challenges. In social contexts where these issues are not openly discussed or where there is stigma and/or taboos surrounding puberty and menstruation, girls may have very little understanding of what is happening to them and their bodies. A lack of adequate source of information, sanitary materials and private facilities makes it even more difficult for girls to have positive attitudes towards their bodies.

STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of information, education and communication package on knowledge regarding estrogen dominance in precocious puberty among mothers of school going girls in selected urban school, pondicherry

OBJECTIVES

1. To assess the level of knowledge of mothers regarding estrogens dominance in precocious puberty .
2. To assess the effectiveness of information, education and communication package on knowledge regarding estrogen dominance in precocious puberty among mothers of school going girls.
3. To find the association between of knowledge of mothers with selected demographic.

Material and Methods

Research approach

For the present study quantitative approach has been selected.

Research design

Pre experimental research design

Setting of the study

The study was conducted in Government Primary schools, upalam, pondicherry

Population

The study includes all mothers of school going girls who are below the 8yrs of age and studying in 3rd and 4th standard.

Sample

Sample comprises of the mothers of school going girls.

Sample size

The sample size comprised of 30.

Sampling technique

convenient sampling technique

Selection criteria

The samples were selected based on the following criteria

1. Having girl children 8 to 1yrs of age.
2. willing to participate in the study.

Data analysis: Data was entered in Microsoft Excel and analyzed using SPSS (Statistical Package for Social sciences). The data collected from workers were compiled and analyzed using descriptive

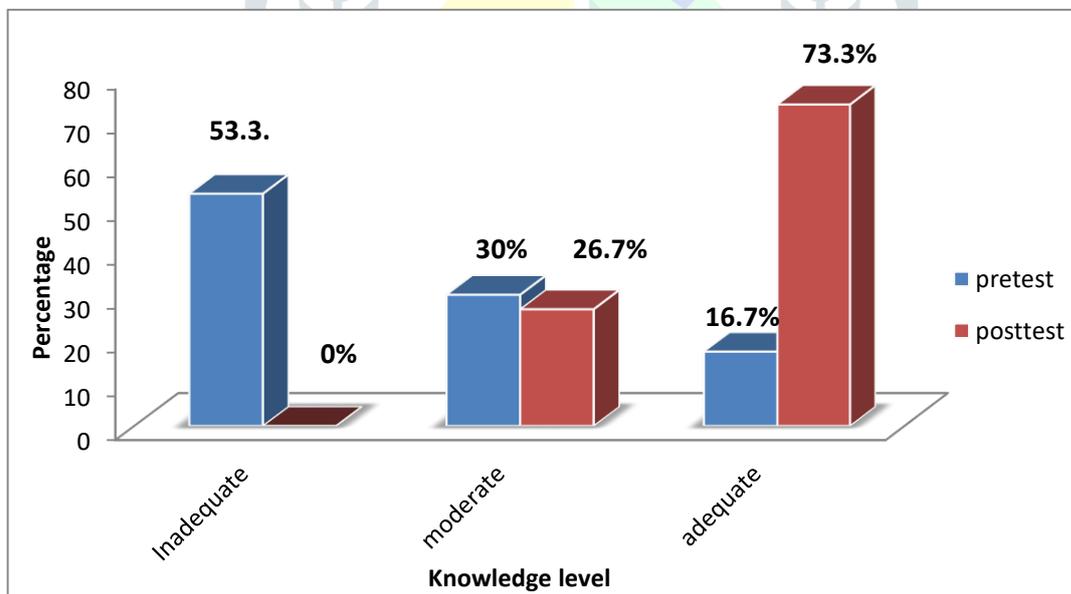
statistics such as number, percentage, mean and standard deviation to describe the demographic variables. Inferential statistics such as paired ‘t’ test, and chi-square were used to test the effectiveness of information, education and communication package.

Data analysis and interpretation

COMPARISON OF PRETEST AND POSTTEST LEVEL OF KNOWLEDGE REGARDING ESTROGEN DOMINANCE IN PRECOCIOUS PUBERTY AMONG MOTHERS OF SCHOOL GOING GIRLS

TABLE 1: Comparison of pretest and post-test knowledge regarding estrogen dominance in precocious puberty among mothers of school going girls

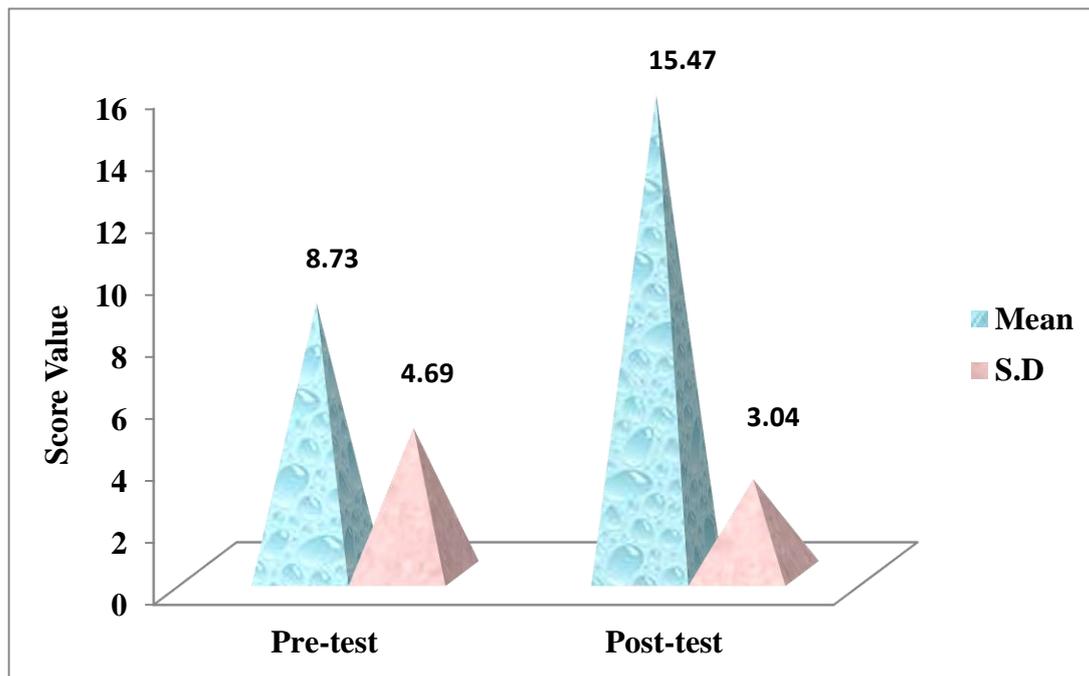
Level of knowledge	Pretest		Posttest	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Inadequate	16	53.3	-	-
Moderate	9	30	8	26.7
Adequate	5	16.7	22	73.3



KNOWLEDGE REGARDING ESTROGEN DOMINANCE IN PRECOCIOUS PUBERTY AMONG MOTHERS OF SCHOOL GOING GIRLS

TABLE.2: Comparison of mean and standard deviation of pretest and posttest level of knowledge regarding estrogen dominance in precocious puberty among mothers of school going girls.

S.No.	Knowledge	Mean	SD
1.	Pre-test	8.73	4.69
2.	Post-test	15.47	3.04



ASSESSMENT OF EFFECTIVENESS OF INFORMATION, EDUCATION AND COMMUNICATION PACKAGE ON KNOWLEDGE REGARDING ESTROGEN DOMINANCE IN PRECOCIOUS PUBERTY AMONG MOTHERS OF SCHOOL GOING GIRLS

Table.3. Effectiveness of information, education and communication package on knowledge regarding estrogen dominance in precocious puberty among mothers of school going girls

Effectiveness of pretest and posttest	N	Mean	S.D	t-value	d.f	P-value	Significant
knowledge regarding	30	8.73	4.69	11.58	29	0.000*	Significant

estrogen dominance in precocious puberty	30	15.47	3.04				
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*-Significant at 5% ($p < 0.05$) level

ASSESSMENT OF ASSOCIATION BETWEEN PRETEST KNOWLEDGE SCORE ON ESTROGEN DOMINANCE IN PRECOCIOUS PUBERTY AMONG MOTHERS OF SCHOOL GOING GIRLS WITH SELECTED DEMOGRAPHIC VARIABLES

Table.4 : Association between pretest knowledge score on estrogen dominance in precocious puberty among mothers of school going girls

S.NO	Demographic variable	p-value	χ^2 value	Level of significant
1	Age	0.025*	11.102	Significant

*- Significant at 5% ($p < 0.05$) level

Discussion

The results shows that the majority 9(30%) of the respondent were had moderate knowledge ,5(16.7%) had adequate knowledge 16(53.3%) had inadequate knowledge on estrogen dominance in precocious puberty in pre test where as in the post test 22(73.3%)had adequate knowledge and 8(26.7%)had moderate knowledgeThe over all pretest knowledge mean score and standard deviation was 8.73 ± 4.69 , whereas in post-test mean score and standard deviation was 15.47 ± 3.04 . There was a statistically significant increase in the posttest knowledge ($p < 0.05$).The study also showed that there is statistically significant association between pretest knowledge such as age.

Conclusion

Adequate nutrition and balanced diet along with the maintenance of health are the chief requirement in a society. The perusal of data clearly indicated that the information, educational communication package on knowledge regarding oestrogen dominance in precaution puberty among mothers in selected urban school had significant and positive effect on the dietary habits. Thus the main aims of the present study confirms the effectiveness of information educational communication package on knowledge regarding oestrogen dominance in precaution puberty among mothers in selected urban school. Most of the mothers don't know the causes, complication and preventive

measures of precocious puberty. So the health care professional should also start awareness campaign to increase awareness of precocious puberty

Recommendation

- A similar study can be replicated by using a larger sample.
- A study can be conducted to assess the intake of food which increases oestrogen level and leads to precocious puberty.
- An experimental study can be taken up to evaluate the oestrogen level of children with puberty status.

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