

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENCE GIRLS FROM SELECTED SECONDARY SCHOOLS AT ANAND DISTRICT

Miss Taiyaba¹, Miss kajal², Miss Palak³, Miss Nirmala⁴, Miss Alka⁵,
Miss Kruti⁶, Miss Hardi⁷, Mrs.Rinku Patel⁸

^{1, 2, 3, 4, 5, 6, 7} 4th year B.Sc Nursing Students, Late Ratibhai Prabhudas Patel Nursing College, Ode (Anand), Gujarat University, Gujarat, India.

⁸ HOD, Midwifery and obstetrical nursing, Late Ratibhai Prabhudas Patel Nursing College, Ode (Anand), Gujarat University, Gujarat, India.

Email – bharatbhajikadara8942@gmail.com, ³palakpatel2905@gmail.com, lalirathva21@gmail.com

Abstract: Puberty is a period of rapid physical changes and personality growth. A girls has entered puberty when she begins to menstruate (menarche). Adolescence is the physiological period between the beginning of puberty and cessation of bodily growth.it is regarded as unique phase of human development .Among adolescent girls menarche is an important landmark in the process of growth and maturation. though menstruation is a natural and normal physiological process for all healthy adult women, as ever it has been surrounded by secrecy and myths in many societies. This study aims to increase knowledge regarding Menstrual hygiene among Adolescence girls.

Key Words: Assess, Effectiveness, Knowledge, Structured teaching program, Menstrual hygiene ,Adolescence girl.

1. INTRODUCTION:

Growth of a baby girl refers to an increase in physical size. Development is the sequential process by which infants and children gain various skills and functions. Maturation refers to an increase in functionality of various body systems of development skills.¹ According to WHO the term “Adolescence” refers to young people between the age of 10 to 19 Years.² Adolescence is a transition period from childhood to adult life during which pubertal development and sexual maturation take place³ rapid transformation due to hormonal changes that accelerate the physical growth and development of secondary characteristics usually occur during adolescence.⁴ The word menstruation is derived from greek word “menmonth”. It is the monthly vaginal bleeding coming at interval of about 28 days from uterine endometrium.⁵ This is normal uterine function. Bleeding comes from estrogen - progesterone primed endometrium, outflows through vagina onto vulva. Every woman has an individual cycle of menstruation. Woman gets 13 menses in a year and around 400 menses in her reproductive life.⁶ It occurs during the reproductive period of a women except during pregnancy and sometimes during lactation.⁵ The first menstruation (menarche) occurs between 11 and 15 years with a mean of 13 years.⁷It is a most important life event in the life of an adolescent girls although menstruation is a natural; it is linked and several misconceptions and practices which sometimes result into advance health outcome hygiene related practices of women during menstruation are of considerable importance.Especially in terms of increased vulnerability to reproductive tract infection.⁸

2. OBJECTIVE:

- To assess the pre-existing knowledge among adolescence girls regarding menstrual hygiene.
- To assess the effectiveness of structured teaching program on menstrual hygiene among adolescence girls.
- To compare the pre -test and post -test level.
- To determine the association between pre-test knowledge score with their selected demographic variable

3. MATERIALS AND METHOD:

An evaluative research approach with true - experimental design was used. The sampling techniques used were non probability convenient sampling. Data was collect from selected schools of Anand district. Data collection was done from 03/03/17 to 11/03/17.The tool consists of section: 1 Demographic profile, Section 2 : Knowledge regarding Menstrual hygiene 30 items. The reliability of the tool was established by using Karl Pearson method. Hence the tool was found to be reliable. Data was analyzed using descriptive and inferential statistics. Descriptive statistics used were frequency, mean, range, and standard deviation. The data was presented graphically.

4. ANALYSIS:

Overall and aspect wise Pre test and Post test Knowledge Score on Menstrual Hygiene in secondary schools.

TABLE 1 : Overall Pre test and Post test Mean Knowledge scores on Menstrual hygiene in secondary schools

Aspects	Max. Score	Knowledge Score				Paired 't' Test
		Mean	SD	Mean(%)	SD(%)	
Pre test	30	12.25	28.34	24.69	11.55	37.58*
Post test	30	25.9	54.64	24.99	7.83	
Enhancement	30	13.65	26.3	0.3	3.72	

*Significant at 5% level

t (0.05,2df)=5.991

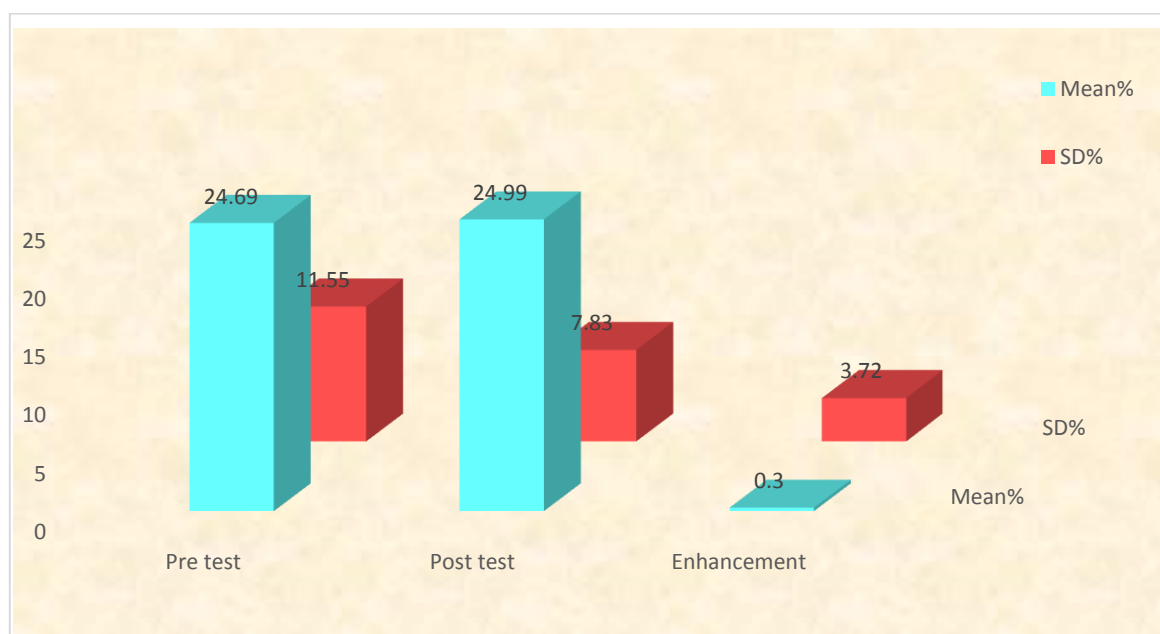


FIGURE : 1.1 Pre test and Post test mean knowledge score on menstrual hygiene

TABLE 2 : Aspects wise Mean Pre test and Post test Knowledge Scores on Menstrual hygiene in secondary schools

No	Knowledge Aspects	Respondent Knowledge (%)						Paired 't' Test
		Pre test		Post test		Enhancement		
		Mean	SD	Mean	SD	Mean	SD	
1	Introduction	68	45.58	60.15	36.60	7.85	8.98	7.51*
2	Importance & Tips	18.44	24.59	22.31	24.98	3.87	0.39	8.62*
3	Products & it's advantages, safe disposal after use of product	5.55	20.96	6.10	15.35	0.55	5.61	1.8*
4	Menstrual hygiene day & Government scheme	8	14.89	10.23	20.61	2.23	6.02	10.49*
Combined		12.25	11.55	26.21	7.83	13.96	3.74	37.58*

*Significant at 5% level,

t (0.05,2df) = 5.991

Area wise distribution of knowledge score of adolescence girls regarding menstrual hygiene reveals that, the mean post test knowledge score 26.21 than the pre test knowledge was 12.25%. The effectiveness score was 13.96% .The 't' value was computed to find the level of significant between the means and it was very highly significant ('t'=5.991) at p= <0.05 level for the menstrual hygiene.

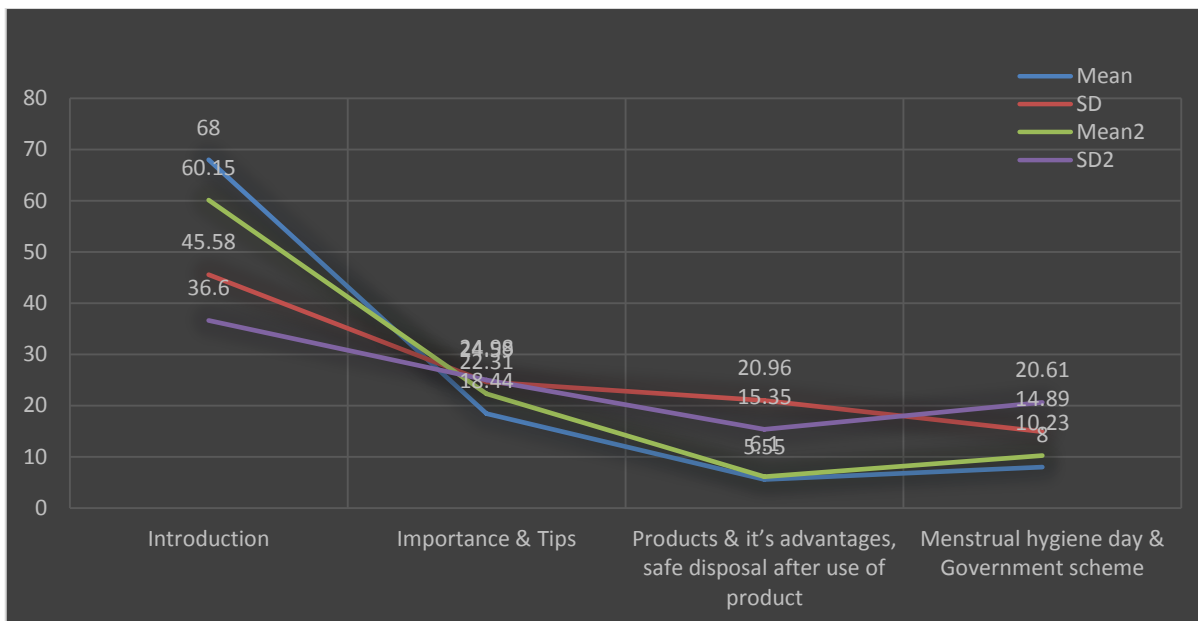


FIGURE 2.1: Mean & SD pre -test and post- test knowledge score on mesntral hygiene

TABLE 3 : Classification of Respondents on Pre test and Post test Knowledge level on Menstrual hygiene in Secondary school

Knowledge Level	Category	Classification of Respondents				χ ² Value
		Pre test		Post test		
		Number	Percent	Number	Percent	
Inadequate	0 – 10	13	21.67	00	0.0	55.5*
Moderate	11 – 20	47	78.33	00	0.0	
Adequate	21 - 30	00	0.0	60	100.0	
Total		60	100.0	60	100.0	

*Significant at 5% level,

χ² (0.05,2df)=5.991

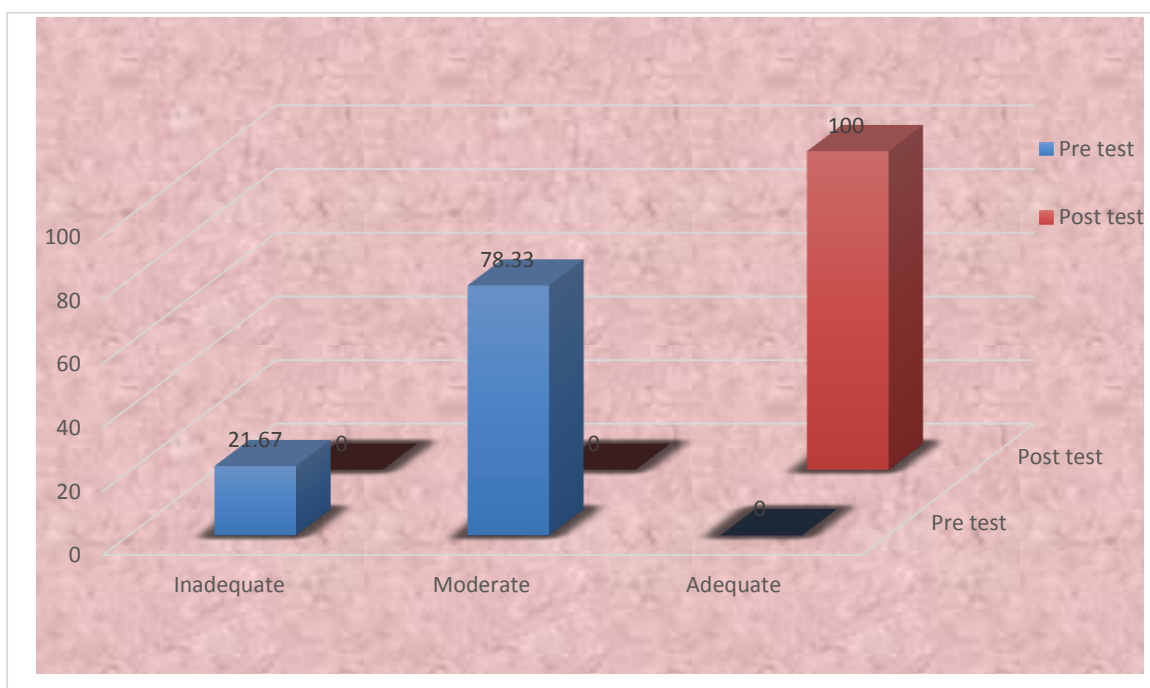


FIGURE 3.1 : Pre and Post test knowledge score on menstrual hygiene

Association between Demographic variables and Pre test Knowledge level on Menstrual hygiene in secondary schools

TABLE 4 : Association between Demographic variables and Pre test Knowledge level on Menstrual hygiene in secondary schools

Characteristics	Frequency	Level of Knowledge			D.F	Chi-square Value	P value
		Inadquate 0 - 10	Moderate 11 - 20	Adequate 21 - 30			
Age							
12 year	00	00	00	00	6	6.18	P<0.05 (12.59)
13 year	10	01	09	00			
14 year	37	05	32	00			
15 year	13	06	07	00			
Religion							
Hindu	53	10	43	00	6	7.43	P<0.05 (12.59)
Muslim	04	00	04	00			
Christian	01	00	01	00			
Other	02	02	00	00			
Class of study							
8 th std	01	01	00	00	4	3.25	P<0.05 (9.49)
9 th std	59	11	48	00			
10 th std	00	00	00	00			
Previous participation in research program							
Yes	15	1	14	00	2	1.77	P<0.05 (5.99)
No	45	11	34	00			

N =60* significant at 5% level,

Note: figures in the parenthesis indicate table value

5. RESULT:

- The mean difference between the post test pre test knowledge score of Adolescence girls regarding the menstrual hygiene was found to be highly significant ($t=2.045$, $p<0.05$)
- Gain in knowledge score was found to be significant at $p<0.05$ level in areas of Introduction ($t=7.51$), Importance & Tips ($t=8.62$), Products & its advantages, safe disposal after use of products ($t=1.8$) and Menstrual hygiene day & Government scheme ($t=10.49$) suggesting the STP was effective in increasing the knowledge of subjects of areas.
- There was no significant association between pre-test knowledge score and age of adolescence girls ($\chi^2=6.18$ at 1° at 0.05 level of significant).
- There was no significant association between the pre-test knowledge scores and religion of adolescence girls ($\chi^2=7.43$ At 1° freedom at 0.05 level of significant).
- There was no significant association between the pre-test knowledge score and class of study ($\chi^2=3.25$ at 1° at 0.05 level of significant).
- There was significant association between the pre-test knowledge score and previous participated in program ($\chi^2=3.25$ at 1° at 0.05 level of significant).

5.1 Knowledge of Menstrual hygiene among adolescence girls

Among all subjects 13.65% improved their knowledge after administrating the STP. The post test score was 25.9% which was higher than their pre-test knowledge score 12.25%.

5.2 Evaluation STP in terms of gain in knowledge scores

- The mean post-test knowledge score (25.9) was higher than mean pre-test knowledge score (12.25) suggesting that STP helped in improving the knowledge of adolescence girls regarding Menstrual hygiene.
- The mean percentage of post- test knowledge score was (24.99%) in the area of the menstrual hygiene than the mean percentage pre-test knowledge score (24.69%).

Maximum knowledge gain was in menstrual hygiene as the mean difference between possible and actual score gain was least (13.65) in the area suggesting that STP was effective in increasing knowledge of adolescence girls

6. CONCLUSION:

Assessment of the knowledge regarding the menstrual hygiene among adolescence girls is the main concept of this study. This will help the adolescence girls gain the knowledge in the areas concerned. Most of the adolescence girls knowledge scores were poor (12.25%) before STP. But after introducing the STP it facilitated then to learn which is evident in the post-test knowledge scores where adolescence girls gained scores (25.9%) . After the introduction of the STP, the post-test measures showed that there is significant increases in the knowledge of adolescence girls on menstrual hygiene. Increases in the knowledge can bring about changes in the practice and this in turn will improve menstrual hygiene in adolescence girls.

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