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A STUDY TO ASSESS EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG THE ADOLESCENT GIRLS OF SHRI SANTARAM VIDHYA MANDIR, KARAMSAD

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Abstract: **Menstrual hygiene is important to be practiced by the adolescent girls to promote their health and prevent illness. Menstrual hygiene management can be particularly challenging for girls and women in developing countries, where clean water and toilet facilities are often inadequate. Currently there are about 3.73 billion women in the world. According to the World Health Organization (WHO), 52%, or 1.9 billion, of those women are of reproductive age, thus menstruating (WHO,2018). Objectives:-1) To assess the level of knowledge regarding menstrual hygiene among adolescent girls. 2) To evaluate the effectiveness of planned teaching program on knowledge regarding menstrual hygiene among adolescent girls. 3) To determine the association between the knowledge on menstrual hygiene among adolescent girls with their selected socio-demographic variables. Sampling Technique: Non probability purposive sampling method was used. Results:- In this study the adolescence girls post-test knowledge score is higher than the pertest knowledge score. Conclusion: The 't' test was completed between pre-test and post-tests score indicate that there was improvement in the level of knowledge among adolescent girls, Hence it incanted that planned teaching programme was effective.**

Keywords: **Knowledge, Effectiveness, Planned teaching programme, Adolescent girls.**

1. INTRODUCTION

"Prevention is simple, cost effective and better than cure."

Menstruation is the vaginal bleeding that occurs in adolescent girls and women as a result of hormonal changes. It normally happens in a predictable pattern, once a month.[1] Menstruation is a normal physiological process indicating beginning of reproductive life but sometimes it is considered as unclean phenomenon in the Indian society .Insufficient, incorrect information regarding menstruation is often a cause of unnecessary restrictions in the daily normal activities of the menstruating girls creating various psychological issues. Besides, the lack of knowledge and awareness also lead to some poor personal hygienic practices during menstruation leading to many reproductive tract infections. Menstrual hygiene depends upon the educational, socioeconomic, and cultural statuses of family. School curriculum also have some role in menstrual health.[2]

Poor menstrual hygiene causes great impact in increased vulnerability to reproductive tract infections (RTI). Currently millions of women sufferers from RTI and infection is transmitted to the offspring. Women having knowledge regarding

menstrual hygiene are less vulnerable to RTI and its consequences. Therefore, increased knowledge about menstruation from adolescent period help in decreased suffering of millions of women.

OBJECTIVE OF THE STUDY:

1. To assess the level of knowledge regarding menstrual hygiene among adolescent girls.
2. To evaluate the effectiveness of planned teaching program on knowledge regarding menstrual hygiene among adolescent girls.
3. To determine the association between the knowledge on menstrual hygiene among adolescent girls with their selected socio-demographic variables.

HYPOTHESIS

H_1:-The mean post-test knowledge score is higher than the mean pre-test knowledge score regarding menstrual hygiene among adolescent girls subjected to planned teaching program.

H_2:- There will be significant association between the pre-test knowledge score with their selected socio-demographic variables.

2. RESEARCH APPROACH

Quantitative approach was used in the present study.

RESEARCH DESIGN

The research design refers to all researchers overall plan for obtaining answer to the research questions and it spells out strategies that the researchers adopted to develop information that is accurate objective and interpretable. One group pre-test post-test (pre-experimental) research design has been use to attain the objectives of present study.

VARIABLES

Variables are concept at several of abstraction that are measured, manipulated or control in a study.

Dependent variable

Dependent variable in this study is knowledge of adolescent girls.

Independent variables

Independent variable planned teaching Program.

SETTING

Setting in the physical location and condition in which data collection takes place in a study. The present study setting will be selected schools of Karamsad.

POPULATION

The population referred to as the target population, which represents the entire group or all the elements like individuals or objects that meet certain criteria for inclusion in present study on adolescent girls.

TARGET POPULATION:

Adolescent gilrs of Shri Santram Vidhya Mandir, Karamsad.

SAMPLE

Sample referrers to subset of a population that is selected to participate in a particular study. The sample size will be 40 adolescent girls whose age between 12-17 years.

SAMPLING TECHNIQUE

Sampling defines the process of selecting a group of people or other elements with which to conduct a study. Non probability purposive sampling method will be used for this study.

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DESCRIPTION OF TOOL

The tool consist of two parts

Part 1: Demographic data of subject.

Part 2: Self-structured knowledge questionnaire**.**

Part 1: Demographic data

It includes age in years, residence, education, monthly income, resource of water supply, source of information regarding menstrual hygiene.

Part 2: Self-structured Knowledge Questionnaire.

Question consist of 26 multiple choice question. Total score is 26.

CONTENT VALIDITY:

The content validity of the tools were determined by submitting the demographic Performa and structured knowledge questionnaire along with statement of the problem, objective, The blue print, answer key, to five experts.

Tool -1- In knowledge questionnaire there were six items. There was 100% agreement

Tool -2 –In knowledge questionnaire total item were 26.10 question were modified by changing the options and by modifying the sentences. To be corrected.

RELIABILITY OF THE TOOL:

The reliability for the structured knowledge multiple choice questionnaire was established by using spilt half method and spearman brown prophecy formula as below:

$$\frac{r1}{1 + r} \quad \frac{2r}{}$$

in which r1= reliability of the whole test

r= reliability of the half test.

split half method and spearman brown prophecy reliability co- efficient show consistency of performance on different items of the test at a single sitting and it was found r=0.9 which is was considered to be highly reliable.

3. PILOT STUDY

Pilot study is s smaller version of a proposed study conducted to refine the methodology. It is developed with similar subjects, same setting and same data collection and data analysis technique. Pilot study was conducted on 21st November to find out the feasibility of the study. The pilot study was conducted in Z.S.G. high school; Sarsa permission for the study was obtained from the principal of the school. The data for pilot study was collected from 4 adolescent girls. The collected data was tabulated in data sheet, and the analysis was done using descriptive and inferential statistics. The feasibility of the entire study was seen by spearman brown prophecy formula(r=0.9). After the pilot study tool was found to be feasible, practicable and acceptable**.**

DATA COLLECTION METHOD

The data collection was schedule on 15th December, 2019.Before the data collection the investigator obtained the formal permission from concern authority of Principal of the school. The investigator selected 40 adolescent girls meeting the inclusion criteria for data collection using purposive sampling technique. The investigator met each subjects and explained the purpose of the study, the cooperation required and the anonymity assured before obtaining verbal consent. Then the questionnaires were administered and the subjects were instructed to go through it and were asked to complete it. Each subject had taken around 30 minutes to complete the questionnaires. The filled questionnaires were collected and the investigator thanked the participants for their cooperation**.**

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PLAN OF DATA ANALYSIS

The researcher prepared a master data sheet according to the response given by the participants, the analysis was to be based on objective. both descriptive and inferential statistics were planned to be used for the data analysis will be done based on the objective and hypothesis to be used.

Items related to the demographic variables would be analysed in terms of frequency and percentage.- Analysis of knowledge score in frequency and percentage.-Computation of mean, median, mean difference and standard deviation for knowledge.- Computation of paired' test for significance of the differences between the mean scores of the pre-test knowledge and post-test knowledge on perineal tear.- The actual gain and modified gain would be computed from the percentage score of each area. The value will computed to find out the effectiveness of structured teaching programme-Chi-square values will be computed to test the hypothesis & to find out the association between the knowledge level and the selected demographic variables-i.e. age, education, monthly income…

4. CONCLUSION

The overall **pre test mean score was 15.05** and post test means score was **21.80. The post test level of knowledge mean score** is significantly greater than the pre test knowledge means score**.** So PTP was effective.

The chi-square was used to determine the association between pre-test knowledge mean score with selected demographic variables like class of study, age in years, area of residence, education, family income, sources of water, sources of information . The association of the pre-test knowledge score of the pregnant women with selected demographic variables such as **age, education.** Evidenced that there was statistically significant association at $p < 0.05$. Hence the research hypothesis **H2** stated that there will be significant association between the pre-test knowledge score with selected demographic variables was partially accepted.

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