

## A study to assess the effectiveness of the structured teaching program on knowledge regarding reproductive health among adolescent girls of a selected school, Kanyakumari District.

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### ABSTRACT

N/A.

**Keywords:** N/A

### INTRODUCTION

Adolescent has been defined by world health organization as the period of life spanning between 10-19 years. They are no longer children but not yet adults. Adolescent have got disadvantages. They are developing rapidly and having an extreme degree of pressure from peer, from parents, from society, and salt. They lack knowledge and skill to cope up with pressure. Adolescent are full of energy have significant drive and new ideas.<sup>1</sup> they are a positive force for a nation and responsible for its future productivity provided they develop in a health manner. Since death rate in this age group is relatively low the adolescent are considered to be health however it is a misleading measure of adolescent health. Adolescent are generally considered healthier than the very young or the very old, and hence their health problem were not given much prominence. Among adolescent girls constitute where they are traditionally married at an early age and exposed to greater risk of reproductive morbidity and mortality. Data on reproductive and general health concerns of this young population<sup>2</sup>

#### Need for the study:

The reproductive health needs of adolescents have been largely ignored by existing health services. There is a need to provide such services and undertake research in understanding reproductive health. Early intervention can alter pattern of behavior that would have placed adolescent girls at risk in later life. Therefore the promoting of good reproductive health among adolescent girls is essential.

During the school health programme in community, researchers experienced that the adolescent girls have lack of knowledge about reproductive health. So, the researchers planned to do this study to assess and improve the knowledge level of the adolescent girls in the selected school, because the adolescent girls play the important role for the future population. Researchers felt the need do present study to assess adolescent girls knowledge and to improve knowledge regarding reproductive health of adolescent girls of the selected population<sup>7</sup>.

#### Statement of the problem:

**“A study to assess the effectiveness of the structured teaching program on knowledge regarding reproductive health among adolescent girls of a selected school, Kanyakumari District”**

#### Objectives:

- ❖ To assess the pretest level of knowledge regarding reproductive health among adolescent girls of a selected school.
- ❖ To assess the post-test level of knowledge regarding reproductive health among adolescent girls of a selected school.
- ❖ To assess the effectiveness of Structured Teaching Program on Reproductive health among adolescent girls.

**Limitations:**

- ❖ This study was limited only to adolescent girls living in rural area.
- ❖ This study was limited only to adolescent girls.
- ❖ Time allotted for data collection was less.

**Research Approach:** *Evaluative study* approach selected for this study. The appropriate research approach depends upon the objectives of the study. In our study the objectives is to assess the knowledge of adolescent girls (13-17years) regarding reproductive health. In view of the problem selected and the objectives to be achieved, Evaluative approach was considered appropriate for the present study.

**Research Design:** The research design selected for the study was *Pre Experimental, One Group Pretest –Post Test Research Design*.

**Population:** The *target population* selected for the study is *adolescent girls*. **Settings-** The study was conducted in Government HSC School Kanyakumari District which is situated in rural area. It includes class from 6<sup>th</sup> to 12<sup>th</sup> standard.

**Sample:** The sample consists of *adolescent girls* of Government HSC School Kanyakumari District who fulfill the inclusive criteria.

**Sample Size:** Sample size for the study was 50 adolescent girls.

**Sampling Technique-** Purposive sampling technique was adopted in this study.

**Criteria for selection of the study:**

**Inclusive criteria:**

- ❖ Adolescent girls who are studying in a selected school of Kanyakumari District
- ❖ Adolescent girls who are in the age group of 13-17 years.
- ❖ Adolescent girls who could understand Tamil.
- ❖ Adolescent girls who were willing to participate in the study.

**Exclusion criteria :**

- ❖ Adolescent Girls who are not available at the time of data collection.
- ❖ Adolescent Girls who are deaf and dumb.

**Development / Selection of Tools:**

The instrument selected for the study was Knowledge questionnaires. The validity was done by Nursing Experts of College of Nursing. The final tool was prepared after modification and correction with the help from experts and guides; tool was prepared according to the objectives of the present study. Tool comprises of two sections:

Section A: Demographic characteristic of the sample.

Section B: Knowledge Questionnaire

**Description of the tool:**

**Section A-** Demographic data which comprises of the items like

- ❖ Age.Education .Religion

❖ **Section B** – Knowledge questionnaire contains 25 Multiple Choice Questions, Each items has 3 options, among which appropriate answer was chosen. The areas included for developing the tool were - Introduction, Anatomy and Physiology of Female reproductive system, menstrual abnormalities and menstrual hygiene, Teenage Pregnancy, Contraceptive methods, Sexually Transmitted diseases. The same questionnaire was used to assess the pretest and post test knowledge level.

**Criteria for arbitrary grading of the knowledge:-**

SCORING	PERCENTAGE	MARKS
Adequate knowledge	(>70%)	≥17
Moderate knowledge	(40-70%)	11-17
Inadequate knowledge	(<40%)	≤ 10

**Ethical Consideration** Ethical clearance was obtained from Ethical Committee The formal permission was obtained from Block Education Officer and Principal. Oral explanation was given to each sample and then written consent was obtained from them.

**Data collection procedure:** The data collection of the study was done during the month of Jan. 10<sup>th</sup> to 17<sup>th</sup> 2019. The data was collected for period of one week. 1<sup>st</sup> day and 2<sup>nd</sup> day pre test knowledge was assessed by administering the structured questionnaire tool. The duration of pre test was 30 minutes. After assessing pre test knowledge, the Structure Teaching Program was given for one hour. After one week of Structured Teaching post test was conducted with same questionnaire. The duration of post test was also 30 minutes. Data was collected from adolescent girls. The confidentiality of the information was maintained.

**Plan of Data Analysis:** The obtained data would be analyzed by using Descriptive and Inferential statistics based on the objectives. Data on background information would be analyzed in terms of frequency and percentage. ‘t’ test would be computed to find the effectiveness of structured teaching program.

**DATA ANALYSIS AND INTERPRETATION** This chapter deals with analysis and interpretation of collected data from 50 adolescent girls to assess the effectiveness of structured teaching program on reproductive health among adolescent girls in selected school, Descriptive and Inferential statistics were used for analyzing data on the basis of the objective of the study.

**Organization of Data:** The data were analyzed and presented under the following headings: Part A: Demographic profile of sample characteristics.

Part B: Analysis of pretest and post test knowledge level of samples.

Part C: Analysis of effectiveness of structured teaching program

**SECTION: A Demographic profile of adolescent girls**

**Table 1: Frequency and percentage distribution of sample characteristics.**

n=50			
S.NO	Demographic variables	Frequency (f)	Percentage (%)
1	<b>Age:</b>		
	13-14 years	25	50%
	15-17 years	25	50%
2	<b>Education:</b>		
	9th Standard	34	68%
	11th Standard	16	32%
3	<b>Religion:</b>		
	Hindu	28	56%
	Muslim	21	42%
	Sikh	1	2%
	Christian	0	0

The table no 1 reveals that among 50 samples, 25(50%) belongs to 13-14 years of age and 25(50%) belongs to 15-17 years of age. Maximum 68% (34) of the samples were studying in 9<sup>th</sup> standard and 32% (16) were in 11<sup>th</sup> standard. Majority 56% (28) of the samples were Hindus, 42 % (21) were Muslim and 2% (1) was Sikh.

**Section B: Analysis of pretest and post test knowledge level of samples.**

**Table 2 Frequency and Percentage distribution of Pretest and post test knowledge level of samples.**

S.No	Category	n=50			
		Pre test		Post test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1	Adequate knowledge (>70%)	03	06%	47	94%
2	Moderate knowledge (40-70%)	22	44%	03	06%
3	Inadequate knowledge (<70%)	25	50%	-	-

The table no 2 reveals that in pre test among 50 samples, that 25 samples (50%) were having inadequate knowledge, 22 samples (44%) were having Moderate knowledge and 03 samples (06%) were having adequate knowledge regarding reproductive health. In Post test 03 samples (06%) were having Moderate knowledge and 47 sample (94%) were having adequate knowledge regarding reproductive health

**Section C: Analysis of effectiveness of structured teaching program.**

**Table 3:- Mean, Median, Standard Deviation and “t” test value of pre test and post test knowledge level of samples.**

n=50						
	Mean	Median	Standard Deviation	Mean Differences	‘t’ test	Table Value
<b>Pre test</b>	10.32	10.5	3.771	12.9	24.458	2.02 *
<b>Post test</b>	23.24	28	2.264			

df =49 \* significant

The table no. 3 reveals the Mean, Median and Standard Deviation of pre test and post test knowledge level of adolescent girls. The mean post test score 23.24 were significantly higher than that of the mean pretest score 10.32. The standard deviation of pre test was 3.771 and post test was 2.264. The table revealed an improved mean of 12.9 with ‘t’value of 24.458 showing a high statistical significance at P <0.05 level.

**Figure : 3 Mean of pre test and post test level of knowledge of samples.**

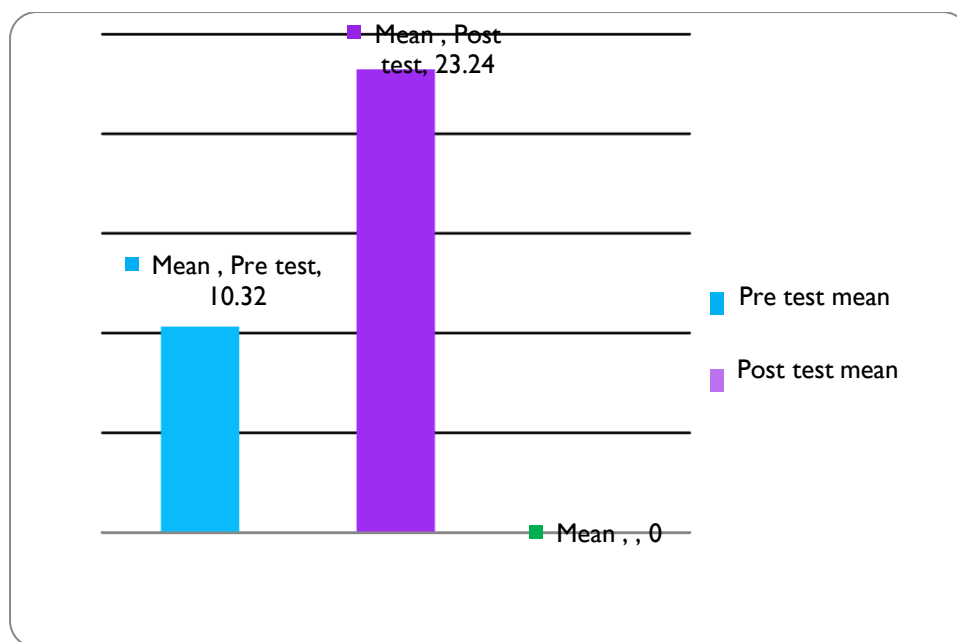


Fig no: 3 reveals that the mean post test score 23.24 were significantly higher than that of the mean pretest score 10.32. The present study was conducted to assess the effectiveness of the structured teaching program on knowledge regarding reproductive health among adolescent girls. The sample size was 50. The method of sample selection was purposive sampling method. Data was analyzed by descriptive and inferential statistical method. The mean post test score 23.24 were significantly higher than that of the mean pretest score 10.32. The standard deviation of pre test was 3.771 and post test was 2.264. The findings revealed an improved mean of 12.9 with 't' value of **24.458** showing a high statistical significance at **P <0.05 level**

#### **Findings:**

This study was intended to detect the effectiveness of STP on reproductive health among the adolescent girls. The analysis was under the following heading:

#### **Analysis of demographic Characteristics:**

❖ The finding reveals that 50% (25) samples were belonging to 13-14 years of age and 50% (25) were belonging to 15-17 years of age.

❖ The finding reveals that 68% (34) of the samples were studying in 9<sup>th</sup> standard and 32% (16) of the samples were studying in 11<sup>th</sup> standard

❖ The finding reveals that 56% (28) of the samples were Hindus, 42 % ( 21) of the samples were Muslim and 2% (1) of the samples was Sikh.

#### **Analysis of pretest and post test knowledge level of sample:**

The pretest finding reveals that among 50 samples, 50 % ( 25) were having Inadequate knowledge, 44% (22) were having Moderate knowledge and 6% (3) were having Adequate knowledge. Whereas, in post test it reveals maximum sample 94% (47) were having adequate knowledge and 6% (3) were having moderate knowledge.

#### **Analysis of effectiveness of structured teaching program:**

The finding reveals that the mean post test score (23.24) were significantly higher than that of the mean pretest score 10.32. The standard deviation of pre test was 3.771 and post test was 2.264. The findings revealed an improved mean of 12.9 with 't' value of **24.458** showing a high statistical significance at **P <0.05 level**.

#### **Conclusion:**

All adolescents need support and care during this transition to adulthood, and some need special help. The lives of millions of adolescents worldwide are at risk because they do not have the information, skills and support they need to go through sexual development during adolescence. Reproductive teaching is increasingly recognized today as an important component of health care. The deficit in knowledge area suggests that basic fact regarding reproductive health. Nurses have unique role in educating the girls regarding different aspects of reproductive health. This study also highlighted that nurses should develop skill and knowledge to provide reproductive health among adolescent girls.

#### **Recommendations:**

On the basis of the findings of the study the following recommendation were made. Similar study can be done with large sample size. It can be done in the urban areas. A study can be done to assess the knowledge among women of reproductive age related to reproductive health. A comparative study can be carried out between the knowledge level of adolescent girls of urban and rural area.

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