A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG THE ADOLESCENT GIRLS IN SELECTED SCHOOLS OF AMRITSAR, (PUNJAB).

Dr. Arundeeep Kaur*, Dr. Harleen Kaur*, Ms. Davinder Kaur**, Ms. Ekta Thakur**, Ms. Gurpreet Kaur**,
Ms. Kulwinder Kaur**, Ms. Manpreet Kaur**, Ms. Manmeet Kaur**, Ms. Pawanpuneet Kaur**

*Associate Professor, CKD International Nursing College, Amritsar, Punjab, India.

**Nursing Students, CKD International Nursing College, Amritsar, Punjab, India.

DOI: <http://doi.org/10.47211/trr.2020.v06i01.011>

Received 10th April 2020, Accepted 5th May 2020, Available online 25th June 2020.

ABSTRACT

Menstruation is a normal physiological process in each in each girl's life. It is a monthly uterine bleeding for 3-5 days after every 28 days from puberty till menopause. Menstruation the menstrual cycles, which prepare the girl's body for pregnancy each month. Body chemicals called hormones rise and fall during the month to make the menstrual cycle happen. The lack of awareness and the stigmas attached to menstruation, often the menstrual hygiene aspect is ignored which could result in dire consequences pertaining to women's reproductive health.

For the present study pre-experimental research design was used. The setting of the study was Govt. High School, Amritsar. The Population of present study was Adolescent girls. Study was conducted among 60 adolescent girls who were selected by purposive sampling Technique. A self-structured questionnaire was proposed to assess the knowledge and practices. Results revealed that Maximum adolescent girls were studying in 8th class; belonged to low income urban families. All the girls' mothers were homemakers, and maximum of the girls has some previous knowledge regarding menstrual hygiene. It can be concluded that structured teaching programme has significant effective in increasing the knowledge of adolescent girls regarding menstrual hygiene. Moreover, there is an association between knowledge score of adolescence girls with occupation of mother.

KEYWORDS: Structured teaching programme, menstrual hygiene, adolescent girls.

INTRODUCTION

Menstruation is a normal physiological process in each girl's life. It is a monthly uterine bleeding for 3-5 days after every 28 days from puberty till menopause. It is a monthly uterine bleeding for 3-5 days after every 28 days from puberty till menopause. Menstruation the menstrual cycles, which prepare the girl's body for pregnancy each month. A cycle is counted from the first day of one period to the first day of the next period. The average menstrual cycle is 28 days long cycles can range anywhere from 21 to 35 days in adults and from 21 to 45 days in young teens. Body chemicals called hormones rise and fall during the month to make the menstrual cycle happen. **Lawrence M. Nelson, M.D December 23 (2014)⁶** Menstruation is a human's monthly bleeding when you menstruate; your body sheds the lining of the uterus. Menstrual blood flows from the uterus through the small opening in the cervix and passes out of the body through the vagina. Most menstrual periods last from 3 to 5 days.

NEED OF STUDY

Menstruation is too often taboo; with many negative cultural attitudes associated with it including the idea that menstruating women and girls are contaminated 'dirty' and 'impure' menstruating girls and women often feel ashamed and embarrassed about them. So many girls dropout of schools after puberty, and women miss productive work days due to lack of basic amenities for menstrual management. Thus, they fall behind their male counterparts. The suppression and silence around menstruation cause damage in women's health and education and also to their economic prospects. The lack of awareness and the stigmas attached to menstruation, often the menstrual hygiene aspect is ignored which could result in dire consequences pertaining to women's reproductive health.

AIM OF THE STUDY

To assess the knowledge and provide structured teaching programme to adolescent girls students to gain knowledge about menstrual hygiene which help to maintain the personal hygiene

OBJECTIVES

1. To assess the pre-test knowledge score regarding menstrual hygiene among the adolescent girls.
2. To assess the post-test knowledge score regarding menstrual hygiene among the adolescent girls.
3. To compare the pre-test and post-test knowledge score regarding menstrual hygiene among the adolescent girls.
4. To find out the association of post-test knowledge score with selected demographic variable among the adolescent girls.

HYPOTHESIS

H₁ There is a significant difference between the pre-test and post-test knowledge of adolescent girls students with respect to their knowledge on menstrual hygiene.

METHODOLOGY

For the present study pre-experimental approach was used. The study was conducted at Govt. Senior Secondary School, Amritsar among 100 adolescent girls selected using purposive sampling techniques. A self-structured questionnaire tool was proposed to assess the knowledge. Tool included two parts consisting of: (Part A) Socio-demographic profile (Part B) self structured questionnaire. A structured teaching program was prepared and delivered. The data was collected within the prescribed time period in selected high schools Amritsar, Punjab. Permission was obtained from higher authority. Purpose of the study was explained to the respondents. Knowledge was assessed using self structured questionnaire and structured teaching programme was given on the same day.

RESULTS

TABLE - 1

FREQUENCY AND PERCENTAGE DISTRIBUTION OF SAMPLE CHARACTERISTICS

n=60

Sr. No.	Demographic Variables	N	%
1.	Age (in year) 12-13 14-15	24 36	40% 60%
2.	Class 6 th 7 th 8 th	60	100%
3.	Religion Hindu Sikh Christian Muslim	27 33	45% 55%
4.	Type of residence Rural Urban	13 47	21.66% 78.33%
5.	Qualification of mother Illiterate Upto Matric Upto Secondary Graduation	24 30 4 2	40% 50% 6.66% 3.33%
6.	Occupation of mother Home maker Health professional Self employee Other	60	100%
7.	Family income <Rs 2000 2001-5,000 5,001-10,000 >Rs. 10,000	46 11 2 1	76.66% 18.33% 3.33% 1.66%
8.	Previous Knowledge Yes No	50 10	83.33 16.66

Maximum adolescent girls were studying in 8th class; belonged to low income urban families. All the girls' mothers were homemakers, and maximum of the girls has some previous knowledge regarding menstrual hygiene.

Figure. 1: COMPARISON OF PERCENTAGE DISTRIBUTION OF PRE TEST AND POST TEST KNOWLEDGE SCORE OF ADOLESCENT GIRLS

The comparison of mean difference of pre test and post test knowledge score related to effectiveness of structured teaching programme on Menstrual Hygiene among adolescence girl (n=60) with mean difference $\pm$ SD of 4.06 ± 7.8 of pre-test and mean difference $\pm 13.73 \pm 2.75$ for which 't' value is 9.3638 degree of freedom. There is an improved of knowledge of Menstrual Hygiene care among adolescence girls. Hence, hypothesis (40) is accepted. From above figure, it can be concluded that structured teaching programme has significant effective in increasing the knowledge of adolescent girls regarding menstrual hygiene.

CONCLUSION

It can be concluded that structured teaching programme has significant effective in increasing the knowledge of adolescent girls regarding menstrual hygiene. Moreover, there is an association between knowledge score of adolescence girls with occupation of mother.

REFERENCES:

1. Minnetonka MN Book Peddlers, 1st Ed. New Delhi, Medical Publisher (P) Ltd. 2001
2. Women Shealth Gov. April as estimated from studies published between (2007 to 2009)
3. Dasgupta A, Sarkar M. Menstrual Hygiene Indian Journal of Community Medicine urban study, 2008.
4. Nancy Brown Ph.D. October, 2013
5. World health organization, Prevalence of specific attention of adolescence girls (2013)