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To Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Reproductive Health among Adolescent Girls at Poonjeri Village, Kanchipuram District, Tamilnadu

Ms. Sanjana. N¹, Mrs. Vinili Simpson²

¹B.Sc(N) III Year, Chettinad College of Nursing, Tamilnadu

²Associate Professor at Chettinad College of Nursing, Tamilnadu during the time of this study

Abstract: The world health organization (2003) defines adolescence is a period of life between age 10-19. Adolescence is a stage of developmental frustration, a bridge between childhood and adulthood. It involves progress from appearance of secondary sex characteristics (puberty) to sexual reproductive maturity. It is the stage of development of adult mental process and identity and transition from socioeconomic dependence to relative independence. So far the health system has been more specially targeted to infants, children below six years and pregnant women.

Therefore a study to assess the effectiveness of planned teaching program on knowledge on reproductive health among adolescent girls in a selected village, kanchipuram district, Tamil Nadu, India. it was undertaken with the objectives: to assess the pre intervention knowledge of adolescent girls regarding reproductive health by pretest knowledge score; to assess the post intervention knowledge of premenopausal women by post test knowledge score; to determine the effectiveness of structured teaching program and to determine the association between social demographic variables and levels of post test knowledge of adolescent girls on reproductive health. A quasi experimental study was conducted. The study sample consisted of total 50 adolescent girls selected based on the inclusion criteria.

A systematic random sampling technique was used to select the sample. A structured interview scheduled was used to assess the knowledge level. The collected data were analyzed using descriptive and inferential statistics. The pre test scores showed that more than half the proportions (62%) of adolescent girls are having inadequate knowledge. The post test scores reveal that majority (46%) of adolescent girls are having adequate knowledge. The analysis reveals that with respect to knowledge the mean value 12.42 with standard deviation 1.73 of pre test and the mean value 19.16 with standard deviation 2.68 of post test projects "t" value as 18.52 is statistically significance at $p < 0.05$ level. But there is no significant association between the knowledge of adolescent girls with their demographic variables. The study concludes that the planned teaching programme on Reproductive health among adolescent girls were effective.

Keywords: knowledge on reproductive health among adolescent girls.

I. INTRODUCTION

Adolescence is bounded by the advent of puberty at the lower end and the capacity to take on adult responsibilities at the upper end. In our society adolescents are 'neither fish or nor fowl', as the saying goes neither children nor adult. Adolescents find themselves sandwiched between a glamorous western influence, which arouses their curiosities and instincts, and stern conservatism at home, which strictly forbids discussion on sex. This dichotomy aggravates the confusion among adolescents. Changes in social values may lead to increased premarital sexual activity, pregnancy and possibly child bearing among unmarried girl, apart from increasing incidence of abortion and STD's

There for, unmarried women and adolescent have been ignored by the government and health sector. It's only since 1996 that reproductive health programme has included adolescence health in its spectrum of package. Current world population is 6.798 Billon. Nearly half of the world population is under the age 23 of 25. Despite this reproductive health needs are poorly understood and ill served. Adolescents often have poor information about reproductive health services, sex and sexuality etc. Moreover National strategies and programmes have focused on children and pregnant women, neither services nor research has focused on adolescents and their unique health information needs". Adolescent receive most of their information from peers which often lead to

misinformation. Adolescent need structured formal and informal learning environment with age appropriate peers to address issues. The review of literature and with the investigators personal experience as a student Nurse during home visits the investigator could identify adolescent girls having inadequate knowledge regarding reproductive health. Hence the investigators planned to conduct a planned teaching programme among adolescent girls.

II. OBJECTIVES OF THE STUDY

- A. To assess the pre and post intervention knowledge of adolescent girls regarding reproductive health.
- B. To evaluate the effectiveness of on planned teaching programme knowledge on reproductive health among adolescent girls.
- C. To determine the association between the knowledge level of adolescent girls regarding reproductive health and their selected demographic variables.

III. METHODOLOGY

- 1) *Research Design:* one group pre test – post test Quasi – Experimental design

Group	Day 1	Day 1	Day 6
Adolescent girls	O ₁	X	O ₂

- 2) *Setting of the Study:* Poonjeri village is a rural area, which belongs to Thirukazhukyndram Block, Kancheepuram District.
- 3) *Sample & Sample Size:* 50 adolescent girls in the age group of 15–19 years who have met the inclusion criteria
- 4) *Sampling Technique:* systematic random sampling
- 5) *Sampling Criteria*
 - a) *Inclusion Criteria*
 - i) Adolescent girls willing to participate in the study
 - ii) Adolescent girls able to read and speak English and Tamil
 - iii) Adolescent girls studying in selected high school
 - b) *Exclusion Criteria*
 - i) Adolescent girls not available during data collection period.
- 6) *Research Tool:* structured interview schedule

A. Major Findings Of The Study

Knowledge Score Of The Adolescent Girls In Pre And Post Test

S.no	Knowledge level	Frequency		Percentage (%)	
		Pre	Post	Pre	Post
A]	Inadequate knowledge	31	7	62%	14%
B]	Moderately adequate knowledge	1	20	2%	40%
C]	Adequate knowledge	18	23	36%	46%

Effectiveness Of Planned Teaching Programme

Sl. No	Pre test		Post test		T - test
	Mean	Standard deviation	Mean	Standard deviation	
1	12.42	1.73	19.16	2.68	18.52 P<0.05 significance



IV. CONCLUSION

The study aimed to assess the effectiveness of planned teaching programme on reproductive health among adolescent girls. The results showed that there was significant difference in the knowledge scores of adolescent girls on reproductive health and also found that there is no significant association between the post test knowledge regarding reproductive health among adolescent girls among between the age group of 15-19 years and their selected demographic variables. Therefore, investigators concluded that the planned teaching programme regarding reproductive health among adolescent girls in Poonjeri village is effective.

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