



International Journal of Comprehensive Nursing

ISSN: 2349 - 5413



Effectiveness of structured teaching programme on menstrual hygiene among the adolescent girls at a selected college – Pre-experimental study

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ARTICLE INFO ABSTRACT

Article History:

Received 11 May 2014

Received in revised form 19 May 2014

Accepted 27 May 2014

Available online 1 June 2014

Key words:

menstrual hygiene, adolescent issues, menstrual hygiene education, adolescent health, reproductive health

Background: Menstruation is a normal physiology in every girl's life, but due to many factors like changing trends, lack of awareness, poor menstrual hygiene results in poor menstrual hygiene which leads to infection and discomfort.

Objectives: To find out the effectiveness of structured teaching programme on menstrual hygiene.

Design: one group pretest posttest design

Setting: Billroth college of Nursing, Chennai

Participants: 2nd year nursing college students

Methods and Materials: Data obtained by using convenient sampling technique, a group of 30 adolescent girls were selected for the study from Billroth College of nursing which comprise of 180 adolescent girls. Pre and post test Level of knowledge was assessed by using a structured questionnaire after administration of a structured teaching programme on menstrual hygiene.

Results: Pre test mean knowledge score was 14.66 with standard deviation 2.6921 the post test mean knowledge score was 18.66 with standard deviation 2.4819. The paired "t" test value was 10.6382 which showed statistical significance at p<0.05.

Conclusion: Being nursing college students the mean knowledge score was found low on menstrual hygiene which shows the vulnerability of the adolescent girls. Creating educational programmes to spread awareness among the adolescent girls would benefit many.

Introduction

A vast majority of adolescent girls in India are suffering from reproductive health morbidities which may affect normal life of adolescent and young adult women. Physical, mental, social, psychological and reproductive problems are often associated with menstrual irregularities and menstrual problems. The literature available in India and abroad mainly highlights the reproductive problems among adolescent girls residing in rural and urban establishments. During adolescence period, girls first experience menstruation and related problems, which is marked by feelings of anxiety and eagerness to know about this natural phenomenon. Traditional Indian society regards talks on such topics as taboo and discourages open discussion on such issues.

Internationally, Adolescent Reproductive and Sexual Health (ARSH) has become a priority programme approach to help the future generations have a safe, healthy and satisfactory life. India is yet to develop a comprehensive policy on ARSH mainly due to lack of inter-ministerial collaboration, socio-cultural and politico-religious factors, even though evidence from surveys and non- governmental organization projects has corroborated the case for ARSH since late 1980s. Adolescent health in India is still in an infant stage and at the risk of infanticide. From "health for the adolescents" to "health with the adolescents", it is still a long way to go.

Aims and Objectives: The main aim of the study is to assess the effectiveness of the structured teaching program on the level of knowledge on menstrual hygiene among the adolescent girls.

Specific objectives

1. To assess the existing knowledge about menstrual hygiene among the adolescent girls
2. To assess the effectiveness of structured teaching programme on knowledge about menstrual hygiene among the adolescent girls.
3. To associate the findings with the selected demographic variables.

Materials and methods

- i) **Design:** pre- experimental one group pre – post test only design was used.

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Susila, C, S. John Satheesh Kumar, Precilla., Effectiveness of structured teaching programme on menstrual hygiene among the adolescent girls at a selected college – Pre-experimental study, IJCN, 2014, 1(1):7-10.

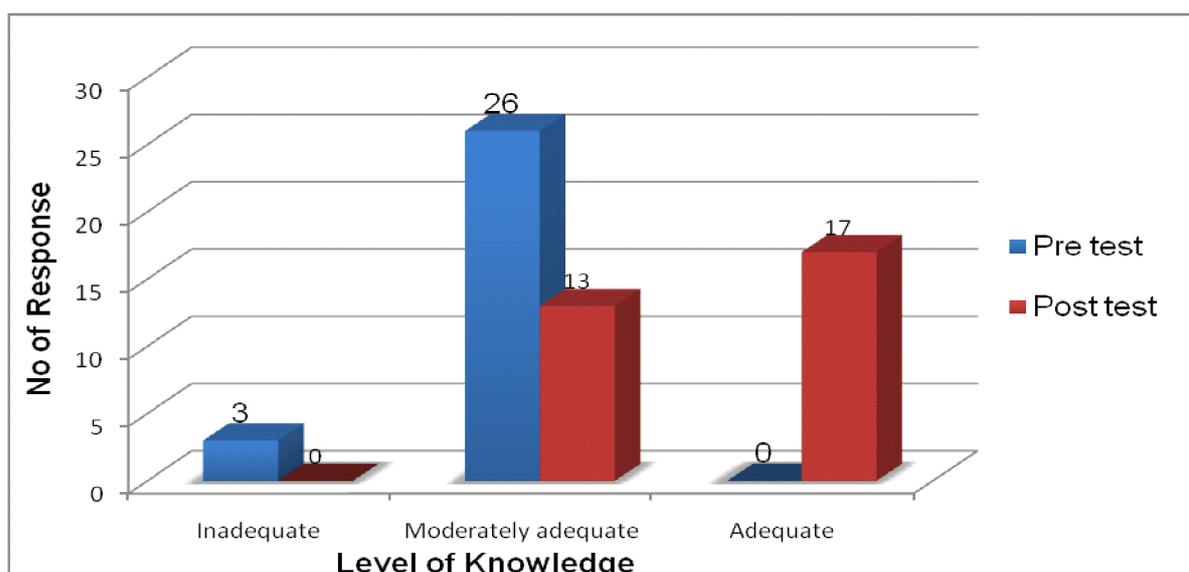
- ii) **Setting and participants:** The setting of the study was Billroth college of nursing which comprised of 180 adolescent girls, sample comprise of 30 adolescent girls in the age group of 18 - 21 years who were willing to participate in the study. Convenient sampling technique was used to select the samples.
- iii) **Tools and Techniques:** Structured questionnaire was used to collect the information from the participants regarding knowledge of menstrual hygiene. The questionnaire consisted 25 multiple choice questions on menstruation, menstrual hygiene and sanitation. The response of the participants was collected by interview method. The scores were obtained as for every correct answer one mark is given and wrong response 0 mark was given. The level of knowledge score percentage was classified as > 75 % adequate knowledge, 50 – 75% moderately adequate and < 50 % as inadequate knowledge for interpretation. The reliability of the questionnaire was found to be $r = 0.88$ by using test re test method. Content validity of the tool was obtained from nursing experts. The questionnaire was administered to the study participants before and after the intervention. Post test was conducted after 15 days of intervention.
- iv) **Description of Intervention:** The intervention package was a structured teaching programme which was conducted for 30 minutes which consisted of pictures and videos related to menstruation, menstrual cycle, menstrual hygiene practices and sanitation. The intervention package was validated by the experts. The intervention was given immediately after the pretest assessment of the participants.
- v) **Ethical Considerations:** Informed consent was obtained from the study participants and ethical permission was obtained from the institutional ethical board of Billroth College of nursing, Chennai. Privacy and confidentiality was maintained between the participants.
- vi) **Statistical Methods:** Mean and Standard deviation was used to report the findings. Paired t test and chi square was used to report the inference. Statistical analysis was done using SPSS 13.

Table 1: Demographic characteristics of the participants (n=30)

S. No	SOCIO DEMOGRAPHIC VARIABLES	FREQUENCY (n)	PERCENTAGE (%)
1.	Age:		
	16-18Yrs	3	10
	18-20Yrs	26	86.6
2.	Religion:		
	Hindu	18	60
	Muslim	1	3.4
3.	Residence:		
	Home	7	23.4
	Hostel	23	76.6
4.	Residential area:		
	Rural	17	56.6
5.	Mothers education:		
	Urban	13	43.4
	Illiterate	1	3.4
6.	Mothers occupation:		
	Primary education	21	70
	Graduate	8	26.6
	Medical/ Paramedical Profession	2	6.6
	Non-medical Profession	28	93.4

Table 2: Mean, Standard Deviation and Paired t test value

Variable	Pre test		Post test		Paired "t" Test
	Mean	Standard deviation	Mean	Standard deviation	
Knowledge	14.66	2.69	18.66	2.48	10.63 S** At p<0.05

Figure 1: Pre and Post test Level of Knowledge of the study participants (n=30)**Table 3: Association of demographic variables with post test level of knowledge**

Demographic variables	Level of knowledge (post-test)			Chi Square/Fisher exact test
	Inadequate	Moderate	Adequate	
1.Age				
16-18yrs	0	0	3	
18-20yrs	0	13	13	4.57
20-22yrs	0	0	1	S*p<0.05
2.Religion				
Hindu	0	8	10	
Muslim	0	0	1	23.9
Christian	0	5	6	S*p<0.05
3.Residence				
Home	0	2	5	1.75
Hostel	0	11	12	S*p<0.05
4.Residential area				
Rural	0	7	10	1.01
Urban	0	6	7	S*p<0.05
5.Mothers education:				
Illiterate	0	0	1	
Primary	0	8	13	3.09
Graduate	0	5	3	S* p<0.05
6.Mothers occupation:				
Medical/paramedical	0	2	0	
Profession	0	11	17	3.72
Non-medical				S* p<0.05
Profession				

Results

Demographic Characteristics: Table 1 shows the demographic characteristics of the study participants. Among the 30 participants majority of them 26(86.6 %) were between age of 18 – 20 years, 18(60%) of them were Hindu, 23(76.6%) of them were in hostel, 17(56.6%) of them are from rural areas, 21(70 %) of their mothers has primary education and 28(93.4%) of their mothers belong to non medical profession.

Study Outcome: The pre and post test level of knowledge is showed in the figure 1. In the pretest 3(10%) had inadequate knowledge, 26(86.4%) had moderately adequate knowledge and 1(3.4%) had adequate knowledge. In the Post test 13(43.4%) had moderately adequate knowledge and 17(56.6%) of them had adequate knowledge.

Table 2 depicts the paired t test result where the mean knowledge score of pretest was found to be 14.66 with standard deviation 2.6921 the post test mean knowledge score was 18.66 with standard deviation 2.4819. The paired “t” test value was 10.6382 which showed statistical significance at $p < 0.05$.

Table 3 shows the association of the demographic variables with the level of knowledge. Among the demographic variables where significant association was found for age, religion, place of residence, residential area, mothers occupation and mothers education.

Discussion: The study shows that there is only moderately adequate knowledge among the adolescent girls regarding menstrual hygiene with 26(86.6%) of them falling into this category which is evident from other studies. Similar result was showed in a study conducted by Anusree et al¹ among the adolescent girls in Mangalore where among the 60 adolescent girls 48.3% of them moderately adequate knowledge.

The study findings also showed the effectiveness of the structured teaching program which was also showed in a study conducted by Gouri Kumari Padhy et al² among the adolescent girls where the effect of planned teaching programme was assessed and it showed significant improvement in the knowledge of the girls on reproductive health. The study findings also showed significant association of the demographic variables which is evident from the study conducted by SUBHASH B. THAKRE *et al*³ where the study showed significant association of place of residence, mothers education, family income etc.,

Conclusion: The study shows the urgent requirement of creating awareness to the adolescent girls regarding menstrual hygiene which will improve the reproductive health of the girls in the later age and also will reduce the morbidity and mortality rates of women and children.

Source of support: Nil

Conflict of Interest: Nil

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