



Effectiveness of STP on Knowledge Regarding Reproductive Health among Adolescent Girls in Selected Pu Colleges at Mysuru

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ABSTRACT:

Adolescent girls belong to vital age group, not only because they are the entrant population to motherhood but also because they are threshold between childhood and motherhood. The girls should be educated about significance of menstruation and development of secondary sexual characteristics, selection of sanitary menstrual absorbent and its proper disposal. A study was conducted to assess the effectiveness of STP on knowledge regarding reproductive health among adolescent girls. Quasi experimental study was conducted among 60 adolescent girls. Results shows that the obtained post test mean value in experimental group (20.06) is higher than the post test mean value of control group (13.9). Hence it is inferred that the STP was effective among adolescent girls for increasing the knowledge regarding reproductive health.

I. INTRODUCTION

Adolescence is a period of transition from childhood to adulthood. Lack of accurate information and the absence of proper guidance and counseling may lead to various behavioral and reproductive health problems among adolescents. The health and well-being of adolescence is closely inter twined with their physical, psychological, social and sexual development, but it is put at risk by sexual and reproductive health hazards which are increasing in much of the world.

NEED FOR THE STUDY

Reproductive health is a crucial part of general health and a central feature of human development. Adolescents have a great need for education about this. The changes at puberty often cause concern about normality. Lack of information regarding the physical and emotional changes they face during puberty. Many adults may be too embarrassed to talk about sexuality, and thus they are not responding to the hinted questions or the evident worries, that trouble teenagers about their emerging sexuality.

OBJECTIVES

1. To assess the pretest level of knowledge regarding reproductive health among adolescent girls in experimental group and control group.
2. To compare the pre test level and post test level of knowledge regarding reproductive health among adolescent girls in control group and experimental group.
3. To compare the post test level of knowledge regarding reproductive health among adolescent girls in experimental group with the control group.
4. To find out the association between the pre test level of knowledge and the selected demographic variables among adolescent girls in both experimental and control group.

HYPOTHESIS

H1: There will be a significant difference between the mean pretest and mean posttest knowledge regarding reproductive health among the adolescent girls in control and experimental group.

H2: There will be significant difference between the mean posttest level of knowledge regarding reproductive health among the adolescent girls in experimental and control group.

H3: There will be a significant association between the pretest level of knowledge regarding reproductive health and selected demographic variables among adolescent girls in experimental and control group.

II. METHODOLOGY

Research design: Quasi experimental design

VARIABLES OF THE STUDY

Independent variables: STP.

Dependent variables: knowledge regarding reproductive health.

Demographic variables: Demographic variables include type of family, socioeconomic status, education of father, education of mother, place of resident, religion, age of attained menarche, medium of education in high school, previous exposure to reproductive health classes.

SETTING OF THE STUDY

The present study was conducted in selected PU colleges in Mysuru



POPULATION

In the present study, population comprised of all adolescent girls in PU colleges of Mysuru, aged between 17-18 years.

SAMPLE AND SAMPLING

The sample of present study comprised adolescent girls in selected PU colleges of Mysuru, aged between 17-18 years. 60 adolescent girls are selected for present study

SAMPLING TECHNIQUE

Purposive sampling technique was used to select 60 adolescent girls.

SAMPLING CRITERIA

Inclusion Criteria

1. Adolescent girls who are at the age group of 17-18 yrs.
2. Adolescent girls who are willing to participate.
3. Adolescent girls who can understand and speak English.
4. Adolescent girls who are present at the time of data collection.

Exclusion Criteria

1. Adolescent girls who were not present at the time of data collection.

DATA COLLECTION TECHNIQUE AND INSTRUMENTS

1. Proforma for selected variables
2. Structured knowledge questionnaires to assess the knowledge regarding reproductive

health among adolescent girls.

Structured knowledge questionnaire prepared for the study includes 25 items to assess the knowledge of adolescent girls regarding reproductive health. Each question has 4 alternative responses. A score value of ‘1’ was allotted to each correct response. Total score ranges from 0 to 25. This was further divided arbitrarily as

- 18-25: good knowledge
- 9-17: average knowledge
- 0-8: poor knowledge

DATA COLLECTION PROCEDURE

Formal administrative permission was obtained from the Principals of PUC Colleges, Mysuru.. To obtain a free and true response, the respondents were explained about the purpose and usefulness of the study .Confidentiality was assured. An informed consent was obtained from each sample indicating their willingness to participate in the study .Using purposive sampling technique, 60 adolescent girls was selected, 30 in control group and 30 in experimental group. Knowledge regarding reproductive health was assessed using structured knowledge questionnaire. Each respondent took approximately 20-30 minutes to complete the questionnaire. Post test was conducted to both the groups on the 7th day by administering the same structured knowledge questionnaire.

III. RESULTS

SECTION 1

Table: 1 Frequency and percentage distribution of adolescent girls in experimental and control group according to selected personal variables

Sl. No	Demographic variables		Experimental group N=30		Control group N=30	
			Frequency	Percentage	Frequency	Percentage
1.	Type of family	Joint	7	23.33	12	40
		Nuclear	23	76.6	18	60
		Extended	0	0	0	0
		Others	0	0	0	0
2.	Religion	Hindu	29	96.6	29	96.6
		Christian	1	3.33	1	3.33
		Jain	0	0	0	0
		Muslim	0	0	0	0
3.	Annual income	< ₹ 25,000	13	43.33	14	46.66
		25000-	7	23.33	10	33.33



		50,000				
		>50000	10	33.33	6	20
4.	Education of mother	High school	21	70	17	56.66
		Higher secondary	6	20	9	30
		Graduate	1	3.33	3	10
		Post graduate	2	6.66	1	3.33
5.	Education of father	High school	14	46.66	11	36.66
		Higher secondary	5	16.66	9	30
		Graduate	8	26.66	9	30
		Post graduate	3	10	1	3.33
6.	Area of living	Urban	21	70	5	16.66
		Rural	9	30	25	83.33
7.	No. of children in the family	1	6	20	4	13.33
		2	13	43.33	18	60
		>2	11	36.66	8	26.66
8.	Medium of education	CBSE	0	0	0	0
		ICSE	0	0	0	0
		STATE	30	100	30	100
		Others	0	0	0	0
9.	Previous exposure to reproductive health education	YES	7	23.33	10	33.33
		NO	23	76.66	20	66.66
10.	Age of attained menarche	<10 yrs	0	0	0	0
		10-13 yrs	7	23.33	14	46.66
		14-16 yrs	23	76.66	16	53.33

SECTION 2

Table 2 Effectiveness of STP on knowledge regarding reproductive health among Adolescent girls in experimental group N=30

OVERALL PRE TEST SCORE OF EXPERIMENTAL GROUP	PRE TEST		POST TEST		MEAN DIFFERENCE	PAIRED TEST VALUES
	PRE TEST	POST TEST	PRE TEST	POST TEST		
	10.8	2.4	20.06	8.30	9.26	$t_c = 8.05$ S*

S: Significant

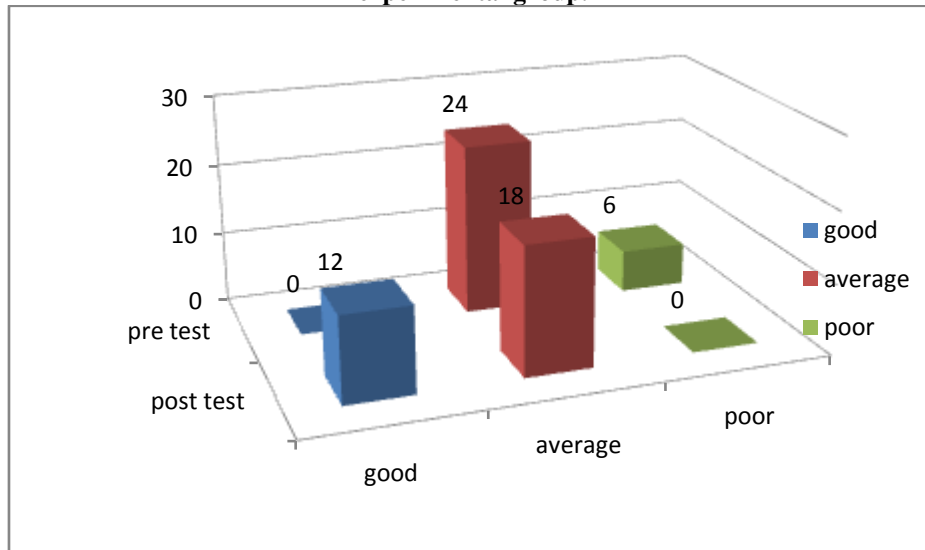
$t_c = t$ calculated

$T_t = 2.05$

DF=29



Fig 1: Data on effectiveness of stp on knowledge regarding reproductive health among adolescent girls in experimental group.



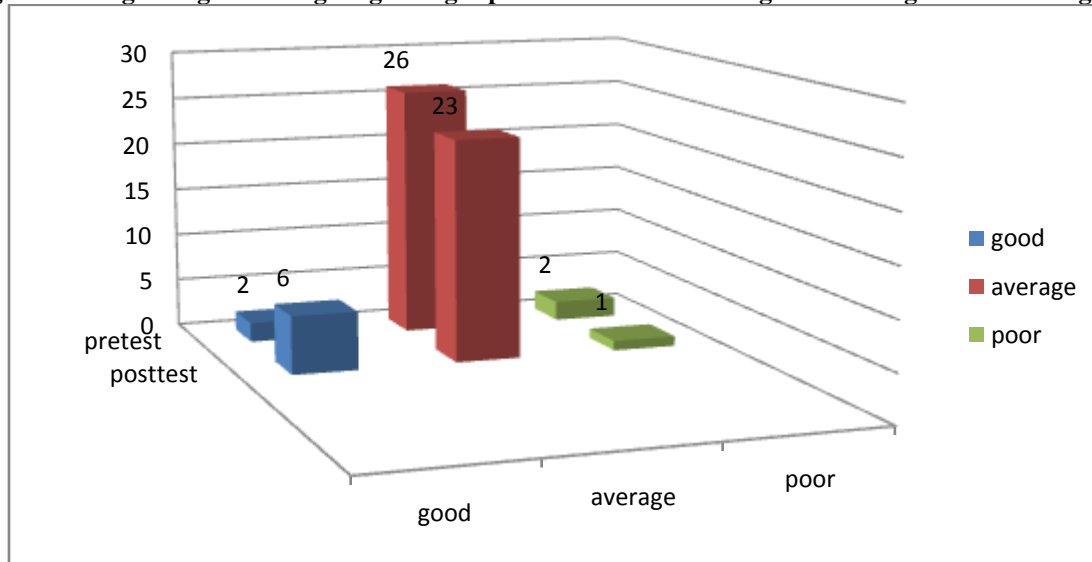
SECTION 3

Table3: Comparison between level of knowledge regarding reproductive health among adolescent girls in control group

Overall pretest posttest score of control group	PRETEST		POSTTEST		MEAN DIFFERENCE	PAIRED 't' TEST VALUE
	MEAN	SD	MEAN	SD		
	11.9	2.87	13.9	3.42	2	

S: significant tc= t calculated t table: 2.05 DF=29

Fig 2 Data regarding knowledge regarding reproductive health among adolescent girls in control group





SECTION 4

Data on comparison of post tests of both control and experimental group Table 4 N=60

GROUP	MEAN	SD	MEAN DIFFERENCE	UNPAIRED t VALUE
EXPERIMENTAL GROUP	20.06	8.30	6.16	t _c = 4.1 *S
CONTROL GROUP	13.9	3.42		

S: Significant t_c=t calculated T_t= 2.0 DF=59

SECTION 5: ASSOCIATION BETWEEN DEMOGRAPHIC VARIABLES AND KNOWLEDGE SCORE AMONG ADOLESCENT GIRLS IN EXPERIMENTAL AND CONTROL GROUP.

A significant association found in type of family, education of mother, education of father, medium of education, previous exposure to reproductive health among adolescent girls in experimental group.

A significant association found between pre test knowledge score and selected demographic variables such as religion, education of mother, area of living, no of children in the family, previous exposure to reproductive health classes in control group.

IMPLICATION NURSING PRACTICE

The major role of the nurse is to make the adolescent girls aware about the reproductive health including menstruation, menstrual hygiene, pregnancy, birth control and sexually transmitting diseases. For this the nurses should update their knowledge about the reproductive health practices. The nurses should try to teach all adolescent girls those who are coming contact with them about various aspects of reproductive health such as adolescent health, maternal health, pregnancy, birth control.

NURSING EDUCATION

The purpose of nursing education is to prepare the person who can fulfill the role, functions and responsibilities of professional nurse within the society. So nursing curriculum should provide opportunities to the students to plan and implement educational program for girls who are in adolescent age group. Mass health education program should be organized to upgrade the knowledge of adolescent girls about reproductive health.

NURSING ADMINISTRATION

Nursing administrators should be able to motivate and initiate the health personals in organizing, conducting and participating in various educational programs that would improve the wellbeing of adolescent girls and give them truthful information regarding importance of reproductive health.

NURSING RESEARCH

Research can be continued on awareness about the reproductive health. Further research on adolescent knowledge regarding reproductive health and to make them more aware of the present reproductive health. Thus research program will help to give a national awareness to adolescent reproductive health education program.

LIMITATIONS

- ✓ The study was limited to only adolescent girls.
- ✓ The study was conducted only in two colleges.
- ✓ Study findings cannot be broadly generalized, since it is limited to samples selected from kuvempunagar at mysuru.

RECOMMENTATIONS

- ✓ The similar study can be done for large scale.
- ✓ Similar study can conducted as a true experimental study.
- ✓ Similar study can be done to assess the knowledge attitude and practice of adolescent girls towards improving the reproductive health.

IV. CONCLUSION

The aim of the study was to assess the effectiveness of STP on knowledge regarding reproductive health. Most of the adolescent girls have less knowledge regarding reproductive health before giving STP. When the post test scores of experimental and control group are compared there was great difference in knowledge regarding reproductive health among adolescent girls in the



experimental group and proved that STP have great influence on improving knowledge regarding reproductive health.

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