

# Effectiveness Of Planned Teaching Programme Regarding Menstrual Hygiene Among Teenage School Going Girls

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*Abstract: Teenage girls have been recognized as a special period which signifies the transition from girlhood to womanhood. Although teenage is a heavily period of life, many teenage are often less informed, less experienced and less comfortable accessing reproductive health information and services than adults. Learning about hygiene during menstruation is a vital aspect of health education for teenage girls as patterns that in developed in teenage are likely to persist into adult life. Methods: Present study was conducted using pre-experimental (One group Pre-test Post -test design). Sampling technique -Purposive sampling technique was used to select 30 teenage school going student studying in class VII from Bonda Anchalik High School, in Guwahati Assam. Demographic Perfoma, Knowledge questionnaire regarding menstrual hygiene were used to collect the data. Results: The result of the present study has shown that majority 15(50%) were in the age group of 13 years, majority 15(50%) percent teenage students attained menarche at the age 12years, Majority 26(86%) belongs to Hindu religion. Majority 21(70%) were aware before menarche. Majority of the teenage school girls 15(50%) percent were getting information from family members. Most of the teenage school girls 22(76.7) percent were using sanitary pad. In regards to disposal, 14(40%) percent teenage school girls used directly burn method. There was a significant difference between Pre-test and Post -test Knowledge scores ( $t'_{(29)} = 11$ ) at 0.05 concluded that the planned teaching programme was effective in improving the knowledge of the teenage school going student regarding menstrual hygiene*

**Keywords: Knowledge, Teenage School going girls, PTP (Planned Training Programme)**

## I. INTRODUCTION

The adolescent period is the backbone of the future India. Healthy adolescent are the healthy generations of our country. Many of the health aspects can be conversed liberally but the menstrual issues are often concealed. Teenage is regarded as a unique phase of human development. Teenage is the period of transition from childhood to adulthood. Teenage girls has been recognized as a turbulent period which signifies the transition from girlhood to womanhood and considered as a land mark of female puberty. It is characterized by rapid physical, biological and hormonal changes resulting in psychosocial, behavioural and sexual maturation. It is often described as a phase of life that begins in biology and ends in society. It means that physical and biological changes are universal and take place due to maturation but the psychosocial and

behavioural manifestations are determined by the meaning given to these changes within a cultural system. Menstruation is a phenomenon unique to the females occurring during the teenage years. It is part of the female reproductive cycle that starts when girls become sexually mature at the time of puberty. It heralds the onset of physiological maturity in girls and becomes the part of their lives until menopause. During a menstrual period, a woman bleeds from her uterus via vagina. The onset of menstruation is one of the most important physiological changes occurring among girls during the teenage years. This transitional period is marked with the onset of "menarche" which is generally accepted by young girls, as a sign of maturity. However some girls show negative responses such as shame, fear, anxiety and depression. Though it is a natural and normal physiological process for all healthy girls and women, yet has been clouded by taboos and socio-

cultural restrictions. Menstrual hygiene and management is an issue that is insufficiently acknowledged and has not received adequate attention in the reproductive health. While the anatomy of the genital tract and physiology of menstruation are taught in schools, the practical management of menstruation has often been regarded as inappropriate for public discussion. Myths, superstitious beliefs, and cultural taboos substitute appropriate information in the growing child.

## II. NEED OF THE STUDY

The proportion of the world adolescent population is rising faster than that of the other age groups. While the world's population increased by 46 percent, the population of adolescents increased by 66 percent. Most of the adolescent girls do not have adequate knowledge about menstruation and menstrual hygienic practices, particularly in developing countries like India, where very little attention is being paid to the reproductive health of the adolescent girls. India is the second most populous country in the world with a total population of over 121 million (2001) and it is almost one six of the world's population. The total population of young people in India is approximately 327 million making up nearly 30 percent of the population. The proportion of young adolescents aged 10-14 years is the largest among all young people. A majority of the school going adolescent girls are not aware of the fundamental facts about the menstruation. Menstruation is generally considered as unclean in Indian society. Isolation of the menstruating girls and restrictions imposed on them in the family have reinforced negative attitude in girls. Several studies have reported restrictions in daily activities such as not being allowed to take bath, change clothes, comb hair and enter holy places. Apart from these, dietary restrictions during menstrual period are also imposed. So the researcher interested to conduct planned teaching programme on menstrual hygiene.

## OBJECTIVES

- ✓ To assess the Pre-test level of knowledge regarding menstrual hygiene among teenage school going girls.
- ✓ To evaluate the effectiveness of planned teaching programme regarding menstrual hygiene.
- ✓ To find the association between the Pre-test levels of knowledge score with selected demographic variables.

## HYPOTHESIS

H1 - There will be significant difference between pre-test and post-test knowledge of teenage school going girls regarding menstrual hygiene.

H2 - There will be significant association between pre-test knowledge of teenage school going girls with their selected socio-demographic variables.

## III. MATERIAL AND METHODS

*RESEARCH DESIGN:* One group pre-test post-test research design, which belongs to pre-experimental design, was selected for this study.

*SETTING:* The study was conducted at Bonda Anchalik High School, Guwahati Assam

*POPULATION:* The population selected for this study consisted of teenage School Going girls studying at Bonda Anchalik High School, Guwahati Assam.

*SAMPLE:* The sample size constitutes 60 teenage School Going girls, studying at Bonda Anchalik High School, Guwahati Assam.

*SAMPLING TECHNIQUE:* The samples of this study were selected by using Non Probability convenience sampling technique.

*TOOL FOR DATA COLLECTION:* The research tool was developed in English after an extensive of literature and experts opinion it was translated in to Assamese by language experts. The tool was divided into of two parts.

Part I- Demographic data

Part II- Structured knowledge questionnaire

## IV. DATA COLLECTION METHOD

Formal permission was obtained from the school Headmaster, the written consent was taken on behalf of the students. Main study was conducted from from 12<sup>th</sup> march 2014 to 19<sup>th</sup> march 2014. Pretest was conducted on day 1 on 12<sup>th</sup> March 2014 and the students took about 15-20 minutes to answer the questions. This was followed by planned teaching Programme. Post test was conducted on day 7<sup>th</sup> on 19<sup>th</sup> March 2014.

## DATA ANALYSIS

The demographic variables were organized by using descriptive measures (frequency and percentage). The association between the level of knowledge and the selected demographic variables were assessed by chi-square test.

## V. FINDING AND RESULTS

### FINDINGS OF DEMOGRAPHIC CHARACTERISTICS

Half of the subjects were 15 (50%) in the age group of 13 years, followed by 7(23.3%) subjects were in the age group of 12 years .Half of the subjects were 15(50%) attained menarche at the age 12years, followed by 7(23.3%) of the subject attained menarche at age 11 years , Majority 26(86%) belongs to Hindu religion. Majority of the subjects were 21 (70%) aware regarding menstruation before menarche, Majority of the subject 15(50%) were getting information from family members. Most of the subject 22(76.7%) were using sanitary pad. In regards to disposal, majority of the subject were 14(40%) using directly burn method.

#### ANALYSIS OF PRE-TEST AND POST-TEST KNOWLEDGE SCORES OF TEENAGE SCHOOL GOING GIRLS REGARDING MENSTRUAL HYGIENE

The finding of pre-test data showed that majority 78.3% of adolescent girls had inadequate knowledge and 21.7% of the sample had moderate knowledge. Findings of post-test data showed that majority 63.3% of the sample had adequate knowledge and 36.7% of the sample had moderate knowledge.

#### EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS

Finding related to knowledge of adolescent girls regarding menstrual hygiene. reveal that the mean knowledge score of pre-test to be 9.9 and for post-test to be 17 with pre-test SD of 5.32 and post-test SD of 3.63 and significant increase in knowledge about menstrual hygiene with T value is 11\* at  $P < 0.05$  level. The comparison of pre-test and post-test knowledge scores of teenage school going girls shows the obtained 't' value 11 is greater than the table value at 0.05 (2.05) level of significance. Therefore "t" value is found to be significant indicating that there is a significant difference between pre-test and post-test knowledge of teenage school going girls.

As seen in Fig 1. There is an increase in mean post test knowledge score from the mean pre-test knowledge score in all the four domains of menstrual hygiene which indicates the effectiveness of planned teaching programme.

#### ASSOCIATION OF PRE-TEST KNOWLEDGE SCORE OF TEENAGE SCHOOL GIRLS WITH SELECTED DEMOGRAPHIC VARIABLE

There is no significant relationship exist between the pre-test level of knowledge regarding menstrual hygiene among teenage school girls with selected demographic variable like

(age of menarche, educational status, religion, uses of absorbent, methods of disposal).

#### VI. CONCLUSION

The present study assessed the knowledge regarding menstrual hygiene among teenage School Going Girls studying at Bonda Anchalik High School; Guwahati Assam found that the majority of girls had inadequate knowledge related to menstrual hygiene. After planned teaching programme on menstrual Hygiene there was significant improvement on knowledge of teenage School Going Girls regarding menstrual hygiene. The study concluded that the planned health education programme was effective in improving knowledge of teenage School going girls regarding menstrual hygiene.

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