

A Study to Assess the Effectiveness of Planned Teaching Programme on Menstrual Hygiene among Early Adolescent Girls in Selected Higher Secondary Schools in Puducherry.

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Abstract: *Girls' adolescence is acknowledged as a challenging time that marks the passage from childhood to adulthood and is thought to represent the beginning of female puberty. The beginning of "MENARCHE," which young girls commonly perceive as a sign of maturity, marks this transitional period. Pre-experimental research design (one group pre-test and post-test design). Total of 320 early adolescent girls were selected by cluster random sampling technique. The data was collected by using using structured questionnaire The study results revealed that pre-test among early adolescent girls, 209(65.31%) had moderately adequate knowledge and 111(34.69%) had inadequate knowledge regarding menstrual hygiene and in the post test after the intervention, 247(77.19%) had adequate knowledge and 73(22.81%) had moderately adequate knowledge. The study concluded that the effectiveness of Planned Teaching program on menstrual hygiene is more effective.*

Key words: *Early adolescent girls planned teaching programme, menstrual hygiene, Puducherry.*

1. INTRODUCTION:

Health is the concept of physical well – being, psychological stability, economic and spiritual support. The concept of hygiene which indicates the cleanliness of environment and health practices of the physical health. Each and every one will have growth and development changes. ⁽¹⁾

The human evolution indicates the change of growth and also in development of psychological well – being. The adolescent is the period where the puberty occurs for the girls and boys but for girls it is the toughest period. They will have to undergo many types of changes in the physical health and psychological well-being. ⁽²⁾ Female students face great challenges in terms of menstrual hygiene and sanitation. Many schools have insufficient numbers of latrines, which are often poorly designed and maintained. For girls who are menstruating, these problems compound the difficulties posed by the inability to afford sanitary towels as well as cultural taboos around menstruation. As a result, many girls miss on average four days of school every month which is over a month in a year, meaning they fall behind in class and sometimes even drop out of school altogether. This is an added challenge to the already existing problems that lead to the high dropout rate of female students in primary and secondary schools. Today's adolescents (24%) are tomorrow's adults who are the strength of the Nation. ⁽³⁾

In rural area, 17.5% had knowledge about menstruation before menarche compared to 57.8% in urban areas. Almost all (98.9%) girls in urban area had toilet facility at home with proper water supply while in rural areas 54% had no toilet facility. The study conducted that many myths and taboos were prevalent in both rural and urban areas. ⁽⁴⁾

Among 192 girls, nearly half girls were aware of menstrual hygiene and reported use of sanitary Napkins and 40.1% girls were aware of the symptoms of poor menstrual hygiene. ⁽⁵⁾

Out of total Participants, 44.05% girls had poor knowledge of menstruation and 35.71% girls had poor hygienic Practices during menstruation. ⁽⁶⁾ The pre-test 13.5% of girls had high knowledge on menstrual hygiene 78.8% girls had medium Knowledge and 7.7% had poor knowledge, whereas in post-test 96.2% Study high knowledge and 3.8% of girls had medium knowledge. ⁽⁷⁾

The source of information was from the mothers (47.6%). Majority (77.5%) had incorrect knowledge about the reason for menstruation. Only 5.8% knew about the source of bleeding. 53.6% of the study participants were following unsatisfactory menstrual practices. Most common restriction practiced during menstruation was attending religious occasions (30.4%). There was association seen between age ($p=0.000$), caste ($p=0.012$) and their menstrual hygiene practices. ⁽⁸⁾

These elements motivated researchers to to conduct the planned teaching programme regarding menstrual hygiene among early adolescents because the starting stage of puberty will have more sudden charges which can able to give raise in the physical and mind level.

2. MATERIALS & METHODS:

Design: Pre-experimental research design (one group pre-test and post-test design) was adapted for the present study.

Sample Size: 320 early adolescent girls were selected for the study.

Sampling Technique: Cluster random sampling was used to select the samples.

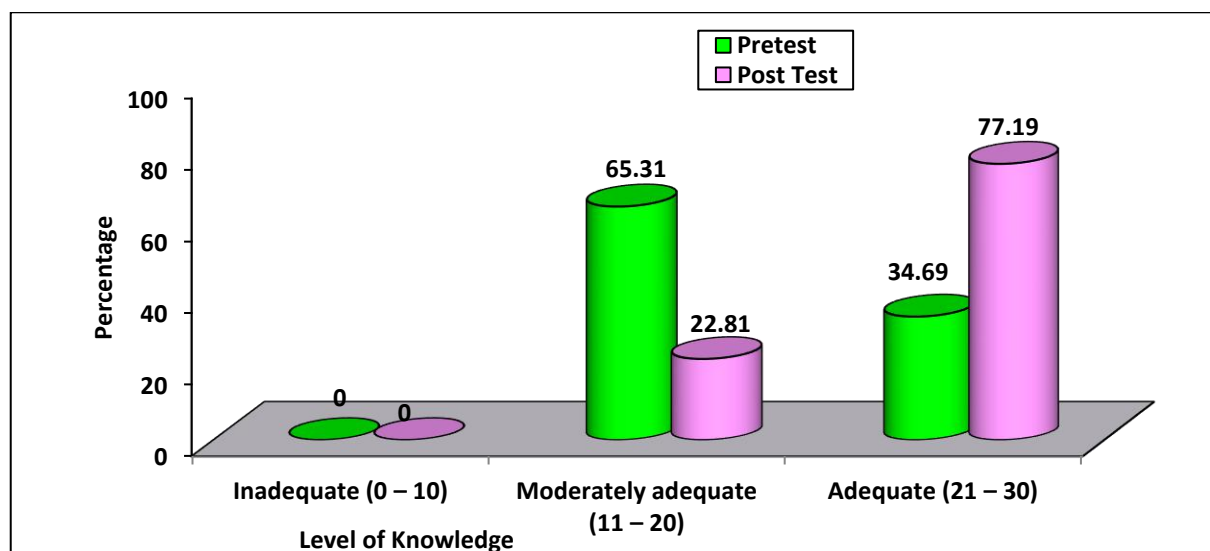
Data collection Procedure: The formal setting permission was obtained from the Institutional Human Ethical Committee of VMCON, Puducherry. The data was collected for 10 to 20 minutes from each Sample by using structured questionnaire. Then the informed consent was obtained from each sample. The samples were given freedom to withdraw from the study, at any time of the study period. Then the pre-test will be conducted on the 1st day along with that intervention (Planned Teaching Programme regarding menstrual hygiene) also given on that same day itself. On the 7th day the post-test has been collected from the samples. The data were analyzed based on the objectives of the study using Descriptive statistics as frequency, percentage distribution, mean, and standard deviation. Inferential statistics will be used for comparison for paired t test and association of knowledge regarding menstrual hygiene on early adolescent girls with selected demographic variables such as chi square test.

3. RESULTS:

Percentage distribution of demographic variables of early adolescent girls, most of the early adolescent girls, 196(61.3%) were aged between 13 – 14 years, 198(61.9%) were aged 13 years at the time of menarche, 147(45.9%) were Christians, 128(40%) were studying 7th standard. 166(51.9%) belonged nuclear family, 228(71.3%) were non-vegetarian, 118(36.9%) were residing in urban area, 147(45.9%) had menstruation for 4 – 5 days, 128(40%) had frequency of menstruation of <28 days. most of the early adolescent girls, 218(68.1%) had used pads as sanitary napkins during menstruation, 172(53.8%) had changed their cloth/pads depending on situation, 178(55.6%) had faced abdominal pain as problem during menstruation and 117(36.6%) had friends and relatives as source of information on menstrual hygiene.

Percentage distribution of the pretest among early adolescent girls, 209(65.31%) had moderately adequate knowledge and 111(34.69%) had inadequate knowledge regarding menstrual hygiene and in the post test after the intervention, 247(77.19%) had adequate knowledge and 73(22.81%) had moderately adequate knowledge (**Figure 1**)

Figure 1: Percentage distribution of pre-test and post-test level of knowledge regarding menstrual hygiene among early adolescent girls.



The pre-test mean score of knowledge was 19.39 ± 2.73 and the post-test mean score was 21.85 ± 2.79 . The mean difference score was 2.46. The calculated paired 't' test value of $t = 18.337$ was statistically significant at $p < 0.001$ level. This clearly infers that Planned Teaching Programme on knowledge regarding menstrual hygiene among early adolescent girls was found to be effective in improving the level of knowledge among them in the post test. (Table 1)

Table 1: Effectiveness of Planned Teaching Programme on knowledge regarding menstrual hygiene among early adolescent girls.

Knowledge	Mean	S.D	Mean Difference	Paired 't' test & p-value
Pretest	19.39	2.73	2.46	t=18.337 p=0.0001 S***
Post Test	21.85	2.79		

*** $p < 0.001$, S – Significant.

Demographic variables age ($\chi^2=126.715$, $p=0.0001$), age at menarche ($\chi^2=112.245$, $p=0.0001$), religion ($\chi^2=16.393$, $p=0.0001$), educational status ($\chi^2=68.721$, $p=0.0001$), dietary pattern ($\chi^2=29.449$, $p=0.0001$), residential area ($\chi^2=14.064$, $p=0.001$), duration of menstruation ($\chi^2=44.755$, $p=0.0001$), frequency of menstruation ($\chi^2=34.122$, $p=0.0001$), type of sanitary napkins used during your menstruation ($\chi^2=62.555$, $p=0.0001$), how often you change your cloth/pads ($\chi^2=86.487$, $p=0.0001$) and problem faced in your menstruation ($\chi^2=74.442$, $p=0.0001$) had shown statistically significant association with pretest level of knowledge regarding menstrual hygiene among early adolescent girls at $p \leq 0.001$ level and the other demographic variables had not shown statistically significant association with pretest level of knowledge regarding menstrual hygiene among early adolescent girls.

4. DISCUSSION:

A Pre-experimental research design (one group pre-test and post-test design) was used to this study. Total of 320 early adolescent girls were selected by cluster random sampling technique. The first objective was to study was to assess the level of knowledge regarding menstrual hygiene among early adolescent girls. The result exhibited that, regarding the pre – test 209 (65.31%) has inadequate knowledge regarding menstrual hygiene and 111 (34.69%) has adequate knowledge regarding menstrual hygiene. Regarding the post-test 247 (77.19%) has adequate knowledge regarding menstrual hygiene and 73 (22.81%) has inadequate knowledge regarding menstrual hygiene. The present study was supported by the previous study of Purnima Sahoo, Niyati Das.et.al 2021 which reveals that the pretest 1(1.6%) has adequate knowledge, 22(36.6%) has moderately adequate knowledge and 37 (61.6%) has inadequate knowledge. Whereas in post-test 25 (41.6%) has adequate knowledge, 33 (55%) has moderately adequate knowledge and 2 (3.3%) has inadequate knowledge. ⁽⁹⁾

The second objective was to evaluate the effectiveness of Planned Teaching program on menstrual hygiene among early adolescent girls. The result depicts that, regarding the pretest the mean was 19.39 with the SD = 2.73 and the mean score post-test the mean was 21.85 with the SD = 2.79 the mean score difference was 2.46. The calculated Paired 't' test value of $t = 18.337$ was statistically significant at $p < 0.0001$. The present study was supported by the previous study of Pradnya C. Bhandari , Meghana G.et.al 2021 which reveals that the pretest mean was 9.5 with SD = 2.94 and post-test has the mean value of 14.6 with SD = 1.97.the mean score difference was 5.15 with the Paired 't' value of 13.9 was statistically significant at $p < 0.05$. ⁽¹⁰⁾

5. CONCLUSION:

The study concluded that the most of them are having adequate knowledge regarding menstrual hygiene. So, the researcher concludes that effectiveness of Planned Teaching program on menstrual hygiene is more effective.

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