A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge and Attitude of Adolescent Girls Regarding Menstrual Hygiene Management

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Abstract - A study to assess the effectiveness of structured teaching programme regarding the knowledge and attitude of adolescent girls regarding Menstrual Hygiene Management at selected schools of Uttar Pradesh was undertaken Clinical Instructor Anugrah Charan, Staff Nurse Shanthi A Thomas at Nightingale Institute of Nursing, NOIDA, Chaudhary Charan Singh University, Meerut during the year 2013-2014. The objectives of the study were: 1. Develop a structured teaching programme for adolescent girls regarding the menstrual hygiene management. (2). Assess and evaluate the knowledge of adolescent girls regarding menstrual hygiene management. (3) Assess and evaluate the attitude of adolescent girls regarding menstrual hygiene management. (4) Seek the relationship between post test knowledge scores and post test attitude scores of adolescent girls regarding menstrual hygiene management. Evaluative research approach was considered to be appropriate for the present study and research design adopted was one group pretest and post test research design. In this study the independent variable was Structured Teaching Programme regarding Menstrual Hygiene Management and dependant variable were Knowledge and Attitude levels of Adolescent’s girls regarding Menstrual Hygiene Management. The population of the present study includes 30 Adolescent Girls studying in G S Model School NOIDA. Purposive sampling technique was used for selecting Adolescent Girls. Based on the objectives of the study, the following instrument were developed in order to generate the data. (1). Structured Knowledge Questionnaire. (2). Attitude Scale. . The tools along with rating scale was submitted to the 7 experts from the field of nursing. . Pilot study was conducted from 10/03/14 to 12/03/14 on 10 adolescent girls followed by the final study. Analysis and interpretation of data was based on the objectives of the study. Data were analyzed and interpreted using both descriptive and inferential statistics in terms of frequencies, percentages, correlation. The findings of the study had several implications on nursing practice, nursing research; nursing education and nursing administration. Based on the findings, recommendations for further research were made. The results of the study showed that Most of the Adolescent girls-18 (60%) was in the age group of 13-14 years. Majority of samples [83.3%] were informed about periods and [16.6%] were not informed, [83.3%] were informed about menstrual hygiene and [16.6%] were not informed about menstrual hygiene. Majority of the samples [90%] use sanitary pads during periods and [10%] use cloth pads. Structured Teaching Programme was effective in enhancing the knowledge and changing the attitude of adolescent girls regarding Menstrual Hygiene and Management.

Keywords: Knowledge, attitude, adolescent girls, Menstrual hygiene, Management.

I. INTRODUCTION

In many countries, the concept of a transitional period between childhood and adulthood is relatively new. During this period known as Adolescence, individuals move toward physical and psychological maturity and economic independence and acquire their adult identity.

Adolescent Girls constitute about 1/5th total female population in the world. Adolescence in girls as been recognized as a special period in their life cycle that requires specific and special attention.[1]

WHO has defined Adolescence as the period between 10 – 19 years of life.[2]

India has one of the fastest growing youth populations in the world, with an estimated 190 million adolescence girls below 19 years of age comprise one quarter of India’s rapidly growing population.[3]

The onset of adolescence is usually associated with commencement of puberty and the appearance of secondary sex characteristics. It is also a formative stage in terms of sexual and reproductive maturity, which influences one’s reproductive health and wellbeing throughout the life. During the whole period of a adolescence, Menarche is the most important event in the life of an adolescent girl.
Menarche is considered to be the first menstrual period which occurs between the age of 12 – 15 years and is an important landmark of women’s life. Menarche marks the beginning of a multitude of physical, physiological and psychological changes in the life of the adolescent girls.[4]

Menstruation is a phenomenon unique to the females. Menstruation is not an illness it is a healthy, normal and mature process.

Menstrual cycle is the scientific term for the physiological changes that can occur in fertile women for the purpose of sexual reproduction and fertilization. Menstruation is monthly uterine bleeding for 3–5 days after 28 days from puberty till menopause.

Personal Hygiene to be followed during menstruation are to use sterile pads during early period of heavy flow, bath daily for comfort and feel fresh, keep perineal area clean from anterior to posterior, cotton under garments preferred. Hygiene related practices of women during menstruation are of considerable importance, as it has a long lasting impact on health and if it is a negative impact then it can cause increased vulnerability to reproductive tract infections [RTI]. The interplay of socio economic status, menstrual hygiene practices and RTI are noticeable. Today millions of women are suffering from RTI and its complications and often infections are transmitted to the offspring of the pregnant mother.

Menstruation and the menstrual practices are still clouded by taboos and socio cultural restrictions resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices which sometimes result into adverse health outcomes.

Myths, superstitious beliefs and cultural taboos substitute appropriate information in the adolescent.[5] Menstrual education is a valid aspect of health education. Adolescent Girls constitute a valuable group particularly in India a female child is neglected one. Menstruation is still regarded as something unclean or dirty in Indian society.[6] The reaction to menstruation depends upon awareness and knowledge about the subject the menarche. Although menstruation is a natural process, it is linked with several misconceptions and practices.

II. NEED FOR THE STUDY

Today’s adolescents (24%) are tomorrows adult who are the strength of Nation.

The word adolescent is derived from Latin word Adolescence which means to grow in maturity. Adolescent is a dynamic face of development in the life of an individual. WHO consider adolescence to be the period between 10 to 19 years which generally encompasses the time from the onset of puberty to the full legal age. Half of the adolescence age 12 to 15 years residing in 9 to 12th standard doesn’t know about menstruation until its onset and the girl’s menarche is starts during this period.[7]

Menstrual practices are clouded by taboos and sociocultural restrictions even today, resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, necessary for maintaining positive reproductive health.

III. MATERIALS AND METHODS

A. Research Methodology

The purpose of the present study is to accomplish the research objective that is to assess the effectiveness of structured teaching programme regarding the knowledge and attitude of adolescent girls regarding Menstrual Hygiene Management.

B. Research Approach

Evaluated research approach as considered to be appropriate for the present study.

C. Research Design

Research design is a overall plan for collecting and analyzing data including specialization for the enhancing the internal and external validity of the study. Research design for this study is one group pretest and post test research design.

Variables

D. Independent variable

In this study the independent variable was Structured Teaching Programme regarding Menstrual Hygiene Management.

Dependant Variable -In this study the dependant variable were Knowledge and Attitude levels of Adolescent’s girls regarding Menstrual Hygiene Management.

E. Setting

Setting is the physical location and condition in which data collection takes place in a study. In this study setting is G S Model School, NOIDA.

Population

The need for identifying a population for the research project arises from the requirement to specify the group to which results of study will be applied. The population of the present study includes Adolescent Girls studying in G S Model School NOIDA.

F. Sample and Sampling technique

The sample of the present study comprised of 30 Adolescent Girls studying in G S Model School NOIDA.

G. Sampling technique
Purposive sampling technique was used for selecting Adolescent Girls.

Criteria for selection of sample included:-
- Adolescent girls who were willing to participate in the study
- Adolescent girls who were available during the data collection period.

H. Sample Size

For the final study a total of 30 Adolescent girls were selected as samples.

Data collection tools and technique

Table 1: Summary of Data Collection Tools and Techniques

<table>
<thead>
<tr>
<th>Sl.no</th>
<th>Tool</th>
<th>Purpose</th>
<th>Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Structured knowledge questionnaire</td>
<td>To assess the knowledge of adolescent girls regarding menstrual hygiene management</td>
<td>Paper , pencil</td>
</tr>
<tr>
<td></td>
<td>Sec A</td>
<td>Part 1: Demographic data</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Part 2: Total knowledge items (20 multiple choice questions)</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>Section B: Attitude scale</td>
<td>To assess the attitude of adolescent girls regarding menstrual hygiene management</td>
<td>Paper , pencil</td>
</tr>
<tr>
<td></td>
<td>Total statements: 10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Description of Structured Knowledge Questionnaire

Sec A: Demographic data
It include the demographic characteristics of the samples such as age of the student, mothers qualification, family income, age of menarche, were informed about periods, were you informed about menstrual hygiene, source of information, duration of periods, any problems facing during menstruation.

Sec B: Multiple Choice Questions:
It consider 20 knowledge items [multiple choice types]. Each item had one correct response and score of one [1] was assigned to a correct response and zero [0] was assigned to each wrong answer. Total score of questionnaire was 20.

Description of attitude scale

Sec C: Attitude scale
An attitude scale was developed to assess the attitude of adolescent girls regarding menstrual hygiene management. The attitude scale consists of items concerning attitude related issues. 10 statements were developed for the respondents to respond on a 3 point scale that is – agree, uncertain and disagree with the statements. Each statement in the attitude aspect of favor or against. Each respondent was required to give her opinion for each of the statement.

IV. RESULTS AND DISCUSSION

The chapter deals with the analysis and interpretation of the data collected to evaluate the effectiveness of a structured teaching programme on knowledge and attitude of adolescent girls regarding menstrual hygiene management at selected schools of UP. The data were collected using structured knowledge questionnaire and attitude scale. It was analyzed and interpreted by using both descriptive statistics based on the objective of the study. Data were tabulated and summarized in master data sheet. The purpose of data analysis is to organize the data into interpretable forms so that research problems can be studied and tested.

Table 2 Frequency and Percentage Distribution of Sample by their Characteristics

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Sample Characteristics</th>
<th>Frequency</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Age of the adolescent girls</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11-12 yrs</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>13-14 yrs</td>
<td>18</td>
<td>60%</td>
</tr>
<tr>
<td></td>
<td>Above 14 yrs</td>
<td>12</td>
<td>40%</td>
</tr>
<tr>
<td>2.</td>
<td>Mother’s Educational Qualification</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>a. Higher secondary</td>
<td>10</td>
<td>33%</td>
</tr>
<tr>
<td></td>
<td>b. Senior Secondary</td>
<td>10</td>
<td>33%</td>
</tr>
<tr>
<td></td>
<td>c. Graduate</td>
<td>10</td>
<td>33%</td>
</tr>
</tbody>
</table>
d. Post Graduate 5 17%
e. Others 3 10%
2 6.6%

3. Family Income
   a. Less than 20,000 Rs 2 6.6%
b. 20,000-40,000 Rs 8 26.6%
c. 40,000-60,000 Rs 9 30%
d. More than 60,000 Rs 11 36.6%

4. Religion
   a. Hindu 30 100%
b. Christian - -
c. Muslim - -
d. Others - -

5. Were informed about periods
   a. Yes 25 83.3%
b. No 5 16.6%

6. Were you informed about menstrual hygiene.
   a. Yes 25 83.3%
b. No 5 16.6%

7. Source of Information
   a. Mother 26 86.6%
b. Media - -
c. Peer Group 4 13.3%
d. Relatives - -

8. Duration of Periods (in days)
   a. 3-5 days 24 80%
b. 6-8 days 6 20%
c. 8-10 days - -

9. Any problems faced during menstruation (Pain abdomen, Vomiting, Head ache)
   a. Yes 20 66.6%
b. No 10 33.3%

10. What you use during periods?
    a. Cloth pads 3 10%
b. Sanitary pads 27 90%

SECTION- II
Findings Relating to Evaluation of Effectiveness of STP in terms of Knowledge
This section describes the findings relating to evaluation of effectiveness of STP in terms of knowledge of Adolescent Girls regarding Menstrual Hygiene Management.

Table-3 Mean, Median, Standard deviation of pre-test & post-test knowledge scores

<table>
<thead>
<tr>
<th>Knowledge Scores</th>
<th>Mean</th>
<th>Median</th>
<th>Standard deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-test</td>
<td>9.93</td>
<td>9.5</td>
<td>5.76</td>
</tr>
<tr>
<td>Post-test</td>
<td>17.2</td>
<td>17</td>
<td>1.34</td>
</tr>
</tbody>
</table>

Maximum score = 20

Table 4: Mean, Mean difference, Standard deviation of the difference, Standard Error of Mean difference of pre-test and post-test knowledge scores

<table>
<thead>
<tr>
<th>Knowledge</th>
<th>Mean</th>
<th>MeanD</th>
<th>SD_D</th>
<th>SEMD</th>
<th>t Value</th>
</tr>
</thead>
</table>

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Finding relating to evaluation of the effectiveness of Structured Teaching Programme in terms of attitude

This section describes the findings relating to evaluation of effectiveness of Structured Teaching Programme in term of attitude of the adolescent girls regarding menstrual hygiene management.

Table - 5 Mean, median, standard deviation of pre test and post test attitude scores  

<table>
<thead>
<tr>
<th>Practice scores</th>
<th>Mean</th>
<th>Median</th>
<th>Standard Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pretest</td>
<td>24.8</td>
<td>24</td>
<td>2.67</td>
</tr>
<tr>
<td>Post test</td>
<td>28</td>
<td>28</td>
<td>1.66</td>
</tr>
</tbody>
</table>

Max score: 20

Table – 6 Mean, mean difference, standard deviation of the difference, standard error of mean difference of pretest and post test attitude scores  

<table>
<thead>
<tr>
<th>Attitude score</th>
<th>Mean</th>
<th>Mean _D</th>
<th>SD _D</th>
<th>SE MD</th>
<th>t value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pretest</td>
<td>24.8</td>
<td>3.2</td>
<td>1.01</td>
<td>0.573</td>
<td>5.58</td>
</tr>
<tr>
<td>Posttest</td>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Df= 29, P<0.05 level of significance, t= 2.73

The findings in the table shows that the Coefficient of Correlation between Post-test Knowledge scores and Post-test Attitude scores of adolescent girls was 0.28, indicating a significant relationship between the post-test knowledge scores and post-test attitude scores at 0.05 level of significance. The findings suggested that there was marked relationship between the Post-test Knowledge scores and Post-test Attitudescores of adolescent girls regarding Menstrual Hygiene and Management.

V. SUMMARY OF FINDINGS

A. Discussion

The researcher in this study tested the effectiveness of Structured Teaching Programme on knowledge and attitude of adolescent girls regarding menstrual hygiene management at selected schools of U.P. The findings of the present study revealed that initially the adolescent girls had low level of knowledge and negative attitude regarding menstrual hygiene and management as evident from mean pretest knowledge scores [9.93] and mean pre testattitude scores [24.8] after exposing them to the STP the adolescent girls score that is the mean post test knowledge scores [ 17.2 ] and mean post test attitude scores [28] were significantly higher than
the pre test knowledge scores and attitude scores. There was positive correlation between the post test knowledge scores and pre test attitude scores. The STP was found to be effective in increasing the knowledge and attitude of the adolescent girls.

VI. CONCLUSIONS

The following conclusions were drawn by the basis of the finding of the study.

- Deficit in knowledge was found regarding menstrual hygiene and management in adolescent girls at selected schools of U.P.
- There was a significant positive correlation between post test knowledge scores and attitude scores.
- Thus the Structured Teaching Programme regarding the menstrual hygiene and management was effective in terms of enhancing the knowledge as well as attitude of adolescent girls.

REFERENCES


[3] India has world's largest youth population: UN report: PTI Nov 18, 2014, 02:31PM IST


