



## A study to assess the knowledge regarding reproductive health care among pre-university students

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### ABSTRACT

**Background:** International agreements affirm that adolescent have a right to age appropriate sexual and reproductive health information, education, and services that enable them to deal positively and responsibility with their sexuality. So, to assess the knowledge regarding reproductive health care among adolescents this study was conducted.

**Aim:** To Assess the Knowledge Regarding Reproductive Health Care Among Pre-University Students.

**Method:** A Descriptive study with survey approach was conducted. Sample was Pre-university students and Sample Size was 300, Sampling Technique used was simple random sampling and the tool was a structured questionnaire.

**Results:** Majority of students (61.33 %) had poor level of knowledge regarding reproductive health care, and 3.33% had very poor knowledge. Only 36.67% had average knowledge regarding reproductive health care. There was no significant association found between the socio-demographic variables and the knowledge scores.

**Conclusion:** The pre-university students lack adequate knowledge regarding reproductive health care, and being the most vulnerable group there is a need to arrange interventions to fill this knowledge gap.

### KEYWORDS :

#### Introduction:

How rightly said, 'Prevention is better than Cure'. Adolescent are the in the developmental phase that bridge childhood and adulthood. Adolescence is the most important and sensitive period of one's life. According to WHO expert committee, Adolescence is defined as a period between 10 to 19 years, means the second decade of life. Adolescent is an age group usually tends to be subsumed under the categories of either youth or children. The formulation of definition clearly reveals the age and characteristics of adolescent is only a recent phenomenon and yet to be widely recognized as a phase of life remains a social construct that differ between cultures

Previously it was thought that active sexual life means heterosexual monogamous relationship between young adults. But, in today's perspective initiative of sexuality reflects wide acceptance of multiple kinds of intimate relationship beginning early to adolescent. This phenomena relatively new societal norm creates an engaging unprotected sex. It brings pleasure, yet invites early child bearing as well as exposure to sexually transmitted disease, that's why it becomes necessary to know the level of knowledge these young children have about the reproductive health care.

As some statistics reveal about 25 % girls in the 15-18 age groups have their first child before the age of 18 in India. Pregnancy before age 18 carries many health risks. Teenagers are more likely to die in pregnancy or child birth than women of age 20-24 years. Adolescents account for fourteen percentage of abortions in India according to International Planned Parenthood federation. Rising the mother's age at first birth from 18 to 23 could reduce population momentum over 40 percent according to United Nations program on HIV/AIDS. Those under age 25 account for half of HIV infection India according to joint Nations programmers on HIV/AIDS.

Hence it was thought to be imperative to assess the knowledge of these young kids regarding the reproductive health care so that adequate measures can be thought of if required.

#### Objectives of the study were:

1. To assess the knowledge regarding reproductive health care among pre-university students.
2. To associate the knowledge regarding reproductive health care among pre-university students with selected demographic variables.

#### Method:

A non experimental descriptive study with survey approach was

conducted to assess the knowledge of pre university students regarding reproductive health care with a sample size of 300 and sampling technique of simple random sampling. A structured questionnaire consisting of multiple choice questions was used to collect the data. All due clearances were taken from ethical committee and other concerned authorities before collecting the data. The data was analyzed using descriptive and inferential statistics.

#### Results:

**Table I - Knowledge of pre university students regarding reproductive health care  
n = 300**

Level of Knowledge Score	Score Range	Frequency	Percentage
Very Poor	1-5	11	3.66
Poor	6-10	184	61.33
Average	11-15	105	35
Good	16-20	0	0
Excellent	21-25	0	0

The above table shows that majority (61.33%) of pre university students had poor knowledge regarding reproductive health care; whereas 35% had average knowledge and 3.66% had poor knowledge.

**Table II - Distribution of pre-university students according to gender**

Gender	Frequency	Percentage
Male	98	32.67
Female	202	67.33

The above table shows the distribution of pre university students according to gender. Majority (67.33%) was females and 32.67% were male students.

The association of knowledge scores with selected demographic variable (gender) shows no significant association.

#### Discussion:

In this study we have found that the pre university students have substantial lacunae in knowledge regarding reproductive health care. The number of female participants was more but there was no significant association between the knowledge score and gender.

This study attracts out attention to a very important need of the society that the adolescents especially the pre-university students need to be educated regarding reproductive health care as they are the most vulnerable group to problems associated with this topic.

Many studies support the findings of this study. A cross sectional study by Shahla Soleymani et.al. conducted to assess the level of knowledge regarding reproductive health reveals that students' level of knowledge on sexual and reproductive health was not satisfactory. Intervention programs related to sexual and reproductive health are recommended.

A study conducted by Pokhrel S et.al. reveals that the students have deficient knowledge, various misconceptions and inadequate practices regarding menstruation and its management.

**References:**

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