



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE, ATTITUDE AND PRACTICE OF MENSTRUAL HYGIENE AMONG SCHOOL CHILDREN AT SELECTED SCHOOL, CHENNAI.

D. Cecilia Vardhini

M.Sc (N), Associate Professor, Meenakshi College of Nursing, Chennai.

Dr.Maheswari Jaikumar*

M.Sc (N), Ph.d, Principal, Meenakshi College of Nursing, Chennai. *Corresponding Author

ABSTRACT

Menstruation is a phenomenon unique to the females. The issue of menstrual hygiene is inadequately acknowledged and has not received proper attention. Use of sanitary pads and washing the genital area are essential practice to maintain the menstrual hygiene. Unhygienic menstrual practice can affect the health of the girls and there is an increased vulnerability to reproductive tract infection and pelvic inflammatory disease and other complications.

KEYWORDS : STP, Menstrual Hygiene, Knowledge, Attitude, Practice, School Children.

INTRODUCTION:

In present era, menstruation is never discussed openly and the silences of it in girls are keeping them ignorant of this biological functions. Proper advice and knowledge often lack among many young girls on their physiological process and hygiene practices that is to be followed. Unfortunately, menstruation being taboo in society, it is preventing girls to discuss their needs and problem related to it' Due to this hygiene management is misunderstood, their practices which are ignored sometimes and result in adverse outcome.

METHODOLOGY: In this study the research design used was quasi experimental one group pre-test and post-test design. E – O1 X O2

- O1** – Pretest score of level of knowledge, attitude and practice on menstrual hygiene.
- X – structured teaching program on menstrual hygiene.
- O2** – post test score level of knowledge, attitude and practice on menstrual hygiene.

POPULATION & SAMPLE: The population of the study were the school going children between the age group of 13-15 years and who full-filled the inclusion and exclusion criteria.

SIZE: The sample size of the study consist of 50 school going children. Non-randomized purposive sampling techniques was used.

TOOL:PART-1-DEMOGRAPHIC VARIABLES: It consist of variables such as age, religion, residence, family income dietary pattern,

source of information. etc.

PART-2-It consist of 25 structured questionnaire related to menstrual hygiene.Total possible score was 25, minimum score was 0, and score was interpreted as, Adequate level of knowledge - 65-100%

Moderate level of knowledge- 33-64%
Inadequate level of knowledge- 0-32%

PART-3 It consist of 15 items related to attitude regarding menstrual hygiene.Total possible score was 60, minimum score was 15and score interpreted as follows,

Positive attitude- 46-60
Moderately positive attitude - 31-45 moderately negative attitude - 15-30

Negative attitude - 1-14

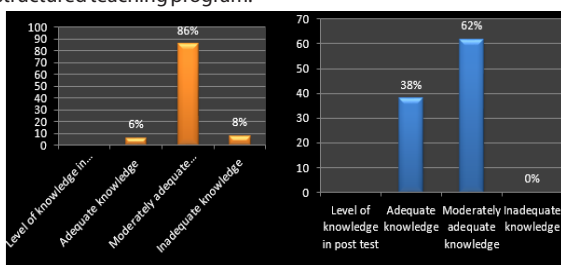
PART-4- It Consists of 10 questions related to practice regarding menstrual hygiene.The possible score was 10, minimum score was 0, Adequate level of practice - 65-100%
Moderate level of practice - 33-64%
Inadequate level of practice- 0-32%

DATA ANALYSIS: Data was analysed using frequency, percentage, mean, SD, Paired 't' Test and Chi square.

RESULT:

Aspects	Pre Test				Post Test				“t” value	“p”
	n	%	Mean	SD	n	%	Mean	SD		
Adequate knowledge	3	6	12.76	2.699	19	38	15.56	2.375	5.533***	0.001
Moderately adequate knowledge	43	86			31	62				
Inadequate knowledge	4	8			0	0				

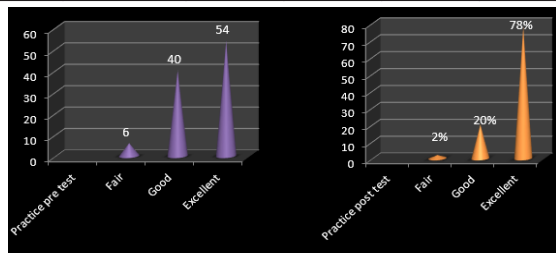
It is evident that there is significant ($p < 0.001$) increase in knowledge on menstrual hygiene in pre and post test with knowledge score of 12.76 and 15.56 respectively. It shows the effectiveness of structured teaching program.



S.NO	Attitude	Pre Test		Post Test	
		n	percentage	n	Percentage
1	Positive attitude	22	44	84	68
2	Moderately positive attitude	26	52	16	32
3	Moderately negative attitude	2	4	0	0
4	Negative attitude	0	0	0	0

In pre test about 22 (44%) had positive attitude 26 (52%) had moderately positive attitude, 2(4%) had moderately negative attitude and none of them had negative attitude. In post test 34 (68%) had positive attitude, 16 (32%) had moderately positive attitude and none of them had moderately negative attitude.

S.NO	Practice	Pre Test		Post Test	
		n	%	n	%
1	Fair	3	6	1	2
2	Good	20	40	10	20
3	Excellent	27	54	39	78



In pre test 3 (6%) had fair practice, 20 (40%) had good practice and only 27 (54%) had excellent practice, but in post test only 1 (2%) had fair practice, 10 (20%) good practice, and 39 (78%) had excellent practice

CONCLUSION

In pre test 3(6%) had adequate knowledge, 43(86%) had moderately adequate knowledge, 4(8%) had inadequate knowledge. In post test around 19(38%) had adequate knowledge, 31(62%) had moderately adequate knowledge, and none of them had inadequate knowledge. In pre test around 22(44%) had positive attitude, 26(52%) had moderately positive attitude and 2(4%) had moderately negative attitude. In post test 34(68%) had positive attitude, 16(32%) had moderately positive attitude and none of them have moderately negative and negative attitude. In pre test 3(6%) had fair practice, 20(40%) had good practice and 27(54%) had excellent practice. In post test 1(2%) had fair practice, 10(20%) had good practice, and 39(78%) had excellent practice. By this study, the investigator came to the conclusion that the structured teaching program on menstrual hygiene helped the school children to improve their knowledge, attitude and practice regarding menstrual hygiene.

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