



PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING ABOUT KNOWLEDGE REGARDING CHANGES DURING PUBERTY AMONG THE ADOLESCENT GIRLS IN RURAL SCHOOL.

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ABSTRACT

Aims:- To assess the effectiveness of planned teaching about knowledge regarding changes during puberty among the adolescent girls in rural school. **Material and Method:-** Non-probability convenient sampling technique was used to select the sample. Quantitative research approach with pre-experimental one group pre-test post-test research design was used. The data collected during the month of December 2019 among school girls. Total 70 samples were selected by using sample calculation formula. After obtaining consent from the subject demographic data, structured questionnaire for knowledge and modified likert scale for attitude were administered and data were collected. **Result:-** The comparison between the mean of pretest and post test for knowledge showed that the mean of differences was 13.08 ± 1.56 the calculated 't' value was 69.85 are much higher than the tabulated value at 5% level of significance for overall knowledge score of subject which is statistically acceptable level of significance. Hence it is statistically interpreted that the Planned Teaching on knowledge regarding changes during puberty among subject was effective. **Conclusion:-** The analysis of the study revealed that there was a significant improvement in the level of knowledge of the school girls. The planned teaching proved to be effective in improving the knowledge and of the school girls in selected rural school.

KEYWORDS : Puberty , Adolescent Girls, Knowledge, Effectiveness.

INTRODUCTION

The word Puberty is define from the Latin word "Pubertas", means 'age of manhood'. It refers to the physical and behavioural changes which occur when the individual becomes reproductive mature and is capable of producing progeny. It is an important cycle of biological changes in which fast growth occurs. Puberty is that time when the child turns sexual and the mind struggles to catch up Until they are sexually mature children are known as pubescent children. The pubescent period may be considered a pause of 2 or 3 years between childhood and adolescence.¹

Adolescence means as a phase of life characterized by rapid physical growth and development, physical, social and psychological changes and maturity, sexual maturity, experimentation, development of adult mental processes and a move from changes the earlier infancy socio-economic dependence towards relative independence. This is also the period of psychological move from a child who has to live in a family to an adult who has to live in a society. Adolescents have very special and specific needs, which can no longer be excluded. Adolescent, the development that takes place is generally uneven, in that physical maturity may will be achieved in advance of psychological or social maturity.⁴

BACKGROUND OF THE STUDY

Puberty is a period in the developmental life span when the individual changes from an asexual being to a sexual being. It is age of rapid physical, psychological changes, when individual achieves nearly the adult bodily stature. The girls begin their pre-adolescent spurts at about 8-12 years of age. In about 50% of girls the first sign of puberty is the increase of breast buds, followed by development of pubic hairs, despite variable onset of other features, what is reasonably constant is that menstruation. The manner in which a girl learns and accept about menstruation and its associated changes may have an impact on her response to the event of menarche. Menarche may remain a traumatic period for her unless she is prepared for it. Parents are in an excellent position to observe their children from early on.⁵

Need Of The Study

Ever since inception of community development movement, health education has been identified as one of the important

function to build awareness among the people. So there is greater need for health education among women of high risk groups to improve their knowledge and change their attitude.⁸

Objectives Of The Study

Primary Objective:-

To assess effectiveness of planned teaching about knowledge regarding changes during puberty among the adolescent girls in rural school.

Other Objective:-

- 1) To assess the existing knowledge regarding changes during puberty among the adolescent girls in rural school.
- 2) To determine the effectiveness of planned teaching about knowledge regarding changes during puberty among the adolescent girls in rural school.
- 3) To find the association between knowledge score regarding changes during puberty among the adolescent girls with their selected demographic variables.

Hypothesis

Primary Hypothesis:-

H₀:- There will be no significant difference between pre-test and post-test knowledge score regarding changes during puberty among the adolescent girls in rural school which is measured at $p < 0.05$ level of significance.

H₁:- There will be significant difference between pre-test and post-test knowledge score regarding changes during puberty among the adolescent girls in rural school which is measured at $p < 0.05$ level of significance.

Other Hypothesis:-

H₂:- There is association of knowledge regarding changes during puberty among the adolescent girls with their selected demographic variables such as age, education, type of family, previous knowledge, source of information.

Ethical Aspects:-

1. Prior permission is obtained from the institutional ethical committee.
2. Prior permission will be obtained from the rural school authorities.
3. Informed written consent has to be taken from the study subject.

4. Anonymity will be maintained by coding throughout the study.

Sampling Criteria

Inclusive Criteria

- Adolescent girls in rural school.
- Adolescent girls who are present at the time of data collection.
- Adolescent girls who are willing to participate in the study.
- Adolescent girls who can speak and read Marathi/English.

Exclusive Criteria:

- Adolescent girls who are not willing to participate.
- Adolescent girls who are not available at the time of data collection.

METHODOLOGY

Non probability purposive sampling technique was used to select the sample. Quantitative research approach with pre-experimental one group pre-test post-test research design was used. The data collected during the month of December 2019 among rural school girls. Total 70 samples were selected by using sample calculation formula. After obtaining consent from the subject demographic data, structured questionnaire for knowledge and modified likert scale for attitude were administered and data were collected.

TOOLS:-

Section – A: Demographic data

It includes age in year, gender, Education of father, Education of mother, Income of the family, availability of drainage system and source of information regarding changes during puberty among the adolescent girls.

Section – B: A Structured Knowledge Questionnaire

There are multiple choice questions to evaluate the knowledge of changes during puberty among the subjects. Total 30 items were selected for the structured knowledge questionnaire.

Table 1: Categorization of level of knowledge

Sr. No	RANGE	LEVEL
1	1-7	Poor
2	8-15	Satisfactory
3	16-22	Good
4	23-30	Excellent

Table 2: Significance of difference between knowledge score in pre-test and post-test of subjects. n=70

Overall	Mean	SD	Mean Difference	t-value	p-value
Pre-test	9.54	1.63	13.08±1.56	69.85	0.0001
Post-test	22.62	1.80			S,p<0.05

RESULT:-

Main study was conducted in similar setting as used in pilot study. After acquiring the necessary consent the main study was conducted among 70 subjects in selected rural school. The finding of the demographic variables were revealed that, regarding age, 18.60% of subjects were in the age group of 10-11 years, 47.10% were in the age group of 12-13 years, 30% were in the age group of 14-15 years and 4.30% were in the age group of 16-17 years.

10% of the mother's education of adolescent girls were illiterate, 47.10% of them were educated to primary standard, 42.90% of them were educated to secondary high school.

The Type family 54.30% of the subjects were belonging to joint family, 35.70% in nuclear and 10% of them were belonging to extended families.

The previous knowledge score All (100%) of the subjects had knowledge regarding changes during puberty.

The sources of information 24.30% of subjects had information from family, 72.90% had from their teachers and 2.90% of the subjects had information from mass media.

It is observed from pre- test that, that 3(4.29%) of the subjects had poor level of knowledge score and 67 (95.71%) had average level of knowledge score none of the subjects had good, very good, excellent level of knowledge score.

It is observed from post –test that, 1 (1.43%) of the subjects had good level of knowledge score, 62 (88.57%) had very good and 7(10%) had excellent level of knowledge score.

For comparison of pre-test and post-test knowledge score of subject regarding changes during puberty. During pre-test mean score was 9.54 with standard deviation of 1.63, whereas mean post-test was 22.62 with the standard deviation of 1.80. The mean difference in pre post-test was 13.08 ± 1.56 mean, standard deviation and mean difference values are compared and student's paired 't' test is applied at 5% level of significance. The tabulated value for $n=70-1$ i.e. 69 degree of freedom was 1.98 the calculated 't' value i.e. 69.85 are much higher than the tabulated value at 5% level of significance for overall knowledge score of subjects which is statistically acceptable level of significance. Thus the H_0 is accepted.

Hence it is statistically interpreted that the Planned Teaching on knowledge regarding changes during puberty among subject was effective.

CONCLUSION

The analysis of the study revealed that there was a significant improvement in the level of knowledge of the adolescent girls in rural school.. The planned teaching proved to be effective in improving the knowledge of the adolescent girls in rural school.

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