



## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS

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### ABSTRACT

Menstruation is one of the important physical sign of puberty in girls. It is a sign that a girl turning into women like lot of other changes associated with puberty, menstruation, can be confusing. Some girls can't wait their periods, where as other may feel afraid or anxious. Many girls don't have a complete understanding of women reproductive system or what actually happen during menstruation, make the process mysterious. The present study was aimed assess the effectiveness of structured teaching secondary school, Neyyattinkara. The objectives of the study were to assess the level of knowledge regarding menstrual hygiene among adolescent girls before and after structured teaching Programme. To find out the association between the post test scores of knowledge regarding menstrual hygiene among adolescent girls with their selected demographic variables. The nursing theory. The sample selected for the present study was eighth standard students of govt girls higher secondary school. The sample consist of 30 students chosen by simple random sampling. The data was obtained by using structured teaching programme. The result of the study proved that their improvement in knowledge regarding menstrual hygiene among adolescent girls after structured teaching programme. There is significant association

### KEYWORDS :

#### INTRODUCTION

A word adolescence is derived from latin word "adolescere", which means to grow into maturity. Adolescence is a period of transition from childhood to adulthood. An adolescent belongs to a vital age group not only because they are "enterent population" to parenthood but also because they are on threshold between childhood and adulthood. As they attempt to cross this threshold they face various physiological and psychological changes. Adolescence, the traditional period between childhood and adulthood, begins with puberty. Menstruation can be first indication of puberty.

Menstruation is a natural and normal physiological process for all healthy adult women as ever it has been surrounded by secrecy and myths in many societies. It is necessary to maintain healthy tradition, customs and healthy practices in the community and prevent harmful practices

Girls may start their menstrual period as early as 9 yrs of age and as 16 yrs old. The average age a girl begin menstruating is 12. Since it is too easy for the girls they would not have prepared physically and mentally for the menstruation. When the girls affair menarche they feel shy to even disclose to their mother. They will be few chances to maintain hygiene during menstruation. Since the matter is not discussed in the nuclear families Even though of today get information through media it cannot be applied practically unless it is explained.

Various studies done in India and Abroad by George (1998) Korah (1991), show adolescents have inadequate knowledge regarding menstrual hygiene because there is no guidance at the onset of this event and its management. Further they recommended a planned teaching programme to prepare young adolescent girls for healthful practice on attaining menarche.

So the reserchers were interested to conduct a study regarding level of knowledge regarding menstrual hygiene among adolescence girls by giving structured teaching programme.

#### MATERIALS AND METHODS

The research design selected for the present study was pre experimental where one group pretest and post test design. The research settings of the present study was Government girl's higher secondary school neyyattinkara. Total 30 samples were selected for the study. Simple random sampling technique was used to select the study. The structured questionnaire was used to collect the datas.

#### RESULTS AND DISCUSSION

##### Sample Characteristics Based On Demographic Datas And Clinical Variables

The majority of the sample (60%) belongs to the age group 14-15 yrs. , minority of the samples belongs to 12-13 yrs 40%. Majority of the samples belongs to Christian community 50%, 47% samples are Hindus and 3% samples are Muslims. Majority of samples from rural area (70%), 20% from urban area and 7% from slum area. Educational status of parents of 43% of samples were professionals, 30% are literate and 27% are illiterate. Monthly income of 77% of samples were < 3000. 16% were Rs 3000-10,000 and 7% were > 10,000.

##### Level of knowledge on menstrual hygiene among adolescent girls before and after structured teaching programme

Majority of samples have adequate knowledge on menstrual hygiene (80%). 17% has a average knowledge and minority of samples 3% have poor knowledge after structured teaching programme.

##### Association between the post test scores of knowledge regarding menstrual hygiene with their selected demographic variables

Chi square test was employed to find out association between level of knowledge regarding menstrual hygiene with their selected demographic variables. Significant association found between post test scores of knowledge regarding menstrual hygiene with their demographic variables.

##### Level of knowledge on menstrual hygiene after structured teaching programme

Level of knowledge	Frequency(n)	Percentage(%)
poor	1	3
Average	5	17
Adequate	24	80

#### DISCUSSION

The present study focused on to assess the effectiveness of structured teaching programme on level of knowledge regarding, menstrual hygiene among adsolescent girls. From the study revealed that there is adequate level of knowledge on menstrual hygiene among 80% of adolescent girls, 17% have average knowledge and 3% have poor after knowl Chi square test was employed to find out association between level of knowledge regarding menstrual hygiene with their selected demographic variables. Significant association found between post test scores of knowledge regarding menstrual hygiene with their demographic variables.

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