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EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING TOXIC SHOCK SYNDROME AMONG ADOLESCENT GIRLS IN SELECTED COLLEGES: A QUASI EXPERIMENTAL STUDY.

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ABSTRACT

Introduction- Using sanitary pads while menstruating is a part of hygienic menstruation habits. Unfortunately, most women and young girls lack access to these necessary supplies to help them maintain their menstrual health. Women who use tampons during their periods are primarily affected by toxic shock syndrome. However, cervical caps, diaphragms, and menstruation sponge use have all been connected to it. **Objective-** To assess the effectiveness of structured teaching programme on knowledge regarding toxic shock syndrome among adolescent girls in selected colleges. **Method-** A quasi-experimental study methodology was used to examine 90 adolescent girls. The participants were chosen using a non-probability convenient sampling technique. A self-administered questionnaire was created to assess adolescent girls' knowledge. **Results-** According to the distribution of respondents' pre-test knowledge of toxic shock syndrome, there were correspondingly 51 (56.67%) average, 38 (42.22%) good and 1(1.11%) poor knowledge levels. In the instance of the post-test, each one showed a very good knowledge level, and none of them displayed poor and average knowledge. The pre-test knowledge score was 12.13 ± 2.51 and the mean post-test knowledge score was 22.76 ± 2.75. **Conclusion-** According to the study findings, the knowledge regarding toxic shock syndrome was significantly associated with age, monthly family income, area of residence, duration of menstruation, and none of the other variables were associated. It is concluded that the Structured Teaching Program is a useful method for enhancing adolescent girls' knowledge about toxic shock syndrome.

KEYWORDS : Toxic Shock Syndrome, Knowledge, Adolescent Girls, Structured Teaching Programme.

INTRODUCTION

The bulk of morbidities are caused by teen issues, which are frequently left ignored and hence add to the severity of the illness.1 Additionally, several hormones contribute to the changes that occur during puberty. Periods, additionally referred to as menstruations, are normal vaginal bleeding that occurs as part of a woman's monthly cycle. The body gets prepared for gestation monthly. The uterus, additionally known as the female internal reproductive organ, loses its lining if there's no gestation. Menorrhea is formed of each blood and tissue from the female internal reproductive organ. Through the ovary, it exits the body. Menstruation is a normal aspect of life for the vast majority of women. The average woman would observe her cycle each month for more than 35 years of her life. Menstruation is accompanied by hygienic activities that are necessary for women's health. This issue does not receive the proper attention.

The abrupt, potentially lethal disease is known as toxic shock syndrome. It is caused by an overabundance of the bacterium Staphylococcus aureus, also known as staph, which is prevalent in many women's bodies and releases toxins into the body. Women who are menstruating, especially those who use super-absorbent tampons, are susceptible to toxic shock syndrome. In response, the body quickly lowers blood pressure, depriving the organs of oxygen and perhaps leading to death.

Background of the study

Although the term "toxic shock syndrome" was first used in 1978, it wasn't until an outbreak in the US in 1980 that it gained widespread recognition. The study proved a connection between toxic shock syndrome and menstruation. They found that those with toxic shock syndrome used tampons more frequently, Menstruation may increase the risk of toxic shock syndrome because the vagina is less acidic during menstruation than it is at other periods of the cycle, which makes it more favorable for the growth of staph bacteria.

Need of the study

Toxic shock syndrome (TSS), an acute toxin-mediated infectious illness, is characterized by fever, hypotension, desquamation, and multiorgan involvement. In India, the prevalence of toxic shock syndrome is 1.41%; it normally affects 1 in 100,000 patients. One-third of these incidents involve girls under the age of 19, and there is a 30% chance that they may happen again. Women between the ages of 15 and 25 are most frequently affected when using tampons.

Problem Statement

A Quasi-Experimental Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Toxic Shock Syndrome Among Adolescent Girls In Selected Colleges.

Objective of The Study

Primary Objective:

To assess the effectiveness of structured teaching programme on knowledge regarding toxic shock syndrome among adolescent girls in selected colleges.

Secondary Objectives:

1. To assess the pre-test knowledge regarding toxic shock

syndrome among adolescent girls.
2. To assess the post-test knowledge regarding toxic shock syndrome among adolescent girls.
3. To evaluate the effectiveness of structured teaching programme on knowledge regarding toxic shock syndrome among adolescent girls.
4. To associate the post-test knowledge score with selected demographic variables.

Conceptual Framework

This study was based on Imogene King's goal achievement theory.

METHODOLOGY

Research Approach- Quantitative research approach

Research Design- Quasi-experimental one-group pretest posttest research design

Sample- Adolescent girls
Sample Size- 90 Adolescent girls

Sampling Technique- Non-probability convenient sampling technique

Tool-

- Section I- Semi-structured questionnaire on demographic variables and clinical data
- Section II- Self-administered questionnaire on knowledge regarding toxic shock syndrome.

RESULT AND DISCUSSION

Table no. 1: Table showing assessment with the level of pre-test knowledge score n=90

Level of pre test knowledge	Score Range	Level of Pre Test Knowledge Score	
		No of adolescent girls	Percentage
Poor	0-20%(1-6)	1	1.11
Average	21-40%(7-12)	51	56.67
Good	41-60%(13-18)	38	42.22
Very Good	61-80%(19-24)	0	0
Excellent	81-100%(25-30)	0	0
Minimum score		6	
Maximum score		18	
Mean knowledge score		12.13±2.51	
Mean % Knowledge Score		40.44±8.39	

Table no. 2: Table showing assessment with level of pre test knowledge score n=90

Level of post test knowledge	Score Range	Level of Post Test Knowledge Score	
		Frequency	Percentage
Poor	0-20%(1-6)	0	0
Average	21-40%(7-12)	0	0
Good	41-60%(13-18)	6	6.67
Very Good	61-80%(19-24)	52	57.78
Excellent	81-100%(25-30)	32	35.56
Minimum score		18	
Maximum score		28	
Mean knowledge score		22.76±2.75	
Mean % Knowledge Score		75.88±9.17	

Table no. 3 : Table showing the significance of the difference between knowledge score in pre and post-test of Adolescent Girls n=90

Overall	Mean	SD	Mean Difference	df	Table value	t-value	p-value
Pre Test	12.13	2.51	10.63±1.56	89	1.98	64.61	0.0001 S,p<0.05
Post Test	22.76	2.75					

Table no. 4: Table showing the association of post-test knowledge score with selected demographic variables. n=90

Demographic variables	Calculated values			df	Table value	Level of significance	Significance
	t-value	f-value	p-value				
Age	-	42.74	0.0001	4,85	2.45	p<0.05	S
Religion	-	1.34	0.36	3,86	2.68	p>0.05	NS
Monthly family income	-	5.68	0.001	3,86	2.68	p<0.05	S
Area of Residence	2.67	-	0.037	88	1.98	p<0.05	S
Type of family	0.78	-	0.43	88	1.98	p>0.05	NS
Age of menarche	0.47	-	0.63	88	1.98	p>0.05	NS
Duration of Menstruation	-	3.85	0.025	2,87	3.07	p<0.05	S
Duration of Changing Pad	-	0.69	0.5	2,87	3.07	p>0.05	NS

The Majority of the adolescent girls 22.20% were 19 years of age, 53.30% were Hindus, 50% had a monthly family income between Rs 20001-30000, 94.40% of adolescent girls were from an urban area, 72.20% of adolescent girls were from nuclear families, 53.30% of them had it between 13-15 years, 54.40% of adolescent girls had a duration of menstruation of 3-4 days, 57.80% of them had a duration of changing pads between 4-6 hours, and none of them had previous information about the toxic shock syndrome.

Table no. 1 conveys that the majority 51 (56.67%) of adolescent girls had average knowledge scores, 38 (42.22%) had a good level of knowledge score, 1(1.11%) had a poor level of knowledge score and none of them had a very good and excellent level of knowledge.

Table no. 2 shows the majority 52 (57.78%) of adolescent girls had a very good level of knowledge score, 32 (35.56%) had an excellent level of knowledge score, 6 (6.67%) had a good level of knowledge score and none of them had a poor and average level of knowledge.

Table no. 3 reveals that the post-test mean knowledge score was higher 22.76 with an SD of 2.75 when compared with the pre-test mean knowledge score value which was 12.13 with an SD of 2.51. The calculated 't' value of 64.61 is greater than the table value of 1.98 at a 0.05 level of significance. Thus, the H1 is accepted and H0 is rejected.

Table no. 4 displays that there is an association of knowledge score with age, monthly family income, area of residence, and duration of menstruation, and there is no association of knowledge score with any other demographic variable of adolescent girls.

CONCLUSION

This study concludes after a thorough analysis that the mean pretest knowledge score was 12.13 and the mean posttest knowledge score was 22.76. The calculated 't' value i.e., 64.61 is greater than the tabulated value of 1.98 at a 0.05 level of significance. Hence it is statistically interpreted that the structured teaching program on knowledge regarding toxic shock syndrome among adolescent girls was effective. Thus, the H1 is accepted and H0 is rejected. The analysis also reveals that there is an association of knowledge score with age, monthly family income, area of residence, and duration of menstruation while none of the other demographic variables were associated with knowledge score.

Hence, based on the above-cited findings, it was undoubtedly concluded that the educational intervention by the investigator in a structured teaching programme helped the adolescent girls increase their knowledge regarding toxic shock syndrome.

Recommendations

- A similar study can be replicated on a larger population for generalization of findings.
- A Study may be conducted to evaluate the effectiveness of a structured teaching programme on knowledge regarding toxic shock syndrome among nursing students.

Authors Contributions

The author carries out tasks from data collection, data analysis, making discussions to making manuscripts

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Conflict of interest: The author declares no conflict of interest.

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