



EFFECT OF AUDIO DRAMA ON THE KNOWLEDGE ON MENSTRUAL HYGIENE AMONG VISUALLY CHALLENGED ADOLESCENT GIRLS

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ABSTRACT

The purpose of the study was to determine the effect of audio drama on the knowledge on menstrual hygiene among visually challenged adolescent girls. The objective of the study was to assess the effect of audio drama on the knowledge on menstrual hygiene among visually challenged adolescent girls. This study was based on Wiedenbach's prescriptive helping art of clinical nursing theory. The research design adopted for the study was one group pre-test post-test research design. 35 visually challenged adolescent girls who fulfilled the inclusion criteria were selected for the study. Simple random sampling technique was used to select the samples. A structured knowledge self-administered questionnaire was used to assess the effect of audio drama on the knowledge on menstrual hygiene among visually challenged adolescent girls. The study was conducted in Government school for the visually impaired at cotton hill, Thiruvananthapuram. The investigator introduced herself to the participants and pre-test was done using a structured knowledge self-administered questionnaire. Intervention was given in the form of audio drama on menstrual hygiene for a period of 30 minutes. Post-test was conducted after 2 weeks. The collected data were analyzed using descriptive and inferential statistics. The result shows that there was a significant difference in the knowledge on menstrual hygiene among visually challenged adolescent girls after an audio drama on menstrual hygiene. The study concluded that, audio drama was effective for improving knowledge on menstrual hygiene among visually challenged adolescent girls.

KEYWORDS : Effect; Audio drama; Knowledge on menstrual hygiene; visually challenged adolescent girls.

INTRODUCTION

"Imagine the life one has to live without seeing the beauty of the rising sun, beauty of the blooming flowers and even unable to see the face of his mother". Eyes are the most precious organs in the human body used for viewing the world. So one has to face innumerable difficulties in the absence of vision.

Adolescence is regarded, as a unique phase of human development. Among adolescent girls menarche is an important land mark in the process of growth and maturation. Menstruation is a phenomenon unique to the females. The onset of menstruation is one of the most important changes occurring among the girls during the adolescent years. The first menstruation occurs between 11 and 15 Years with a mean of 13 years. Though 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.

OBJECTIVES

To assess the effect of audio drama on the knowledge on menstrual hygiene among visually challenged adolescent girls.

METHODOLOGY

quantitative research approach was used in this study. The research designs adopted for the study was one group pre-test - post-test research design, which is a pre experimental research design. This design judges the effect of intervention by the differences between the pre-test and post test scores. This study was conducted in Government school for the visually impaired at Cotton Hill, Thiruvananthapuram. Population for this study comprises of visually challenged adolescent girls belongs to the age group of 10 to 19 years. A simple random sampling technique is a subset of a statistical population in which each member of the subset has an equal probability of being chosen. A structured knowledge self-administered questionnaire was used in this study. Data collection was started after getting permission from institutes Ethics committee and also from the Kerala federation of the blind a nonprofit organization in Trivandrum district. Data collection period was from 15/1/2019 to 28/01/2019. Written permission was obtained from the authority of the visually challenged school. After explaining the procedure the investigator introduced herself to the participants and objectives of the study was explained to them. Pre-test was

conducted using a structured knowledge self-administered questionnaire. Audio drama on menstrual hygiene was played for 30 minutes and the subjects were encouraged to listen to the audio drama. Post-test was conducted using the same structured knowledge self-administered questionnaire after 2 weeks. The collected data were analysed by using descriptive and inferential statistics.

RESULT

Pre-test level of knowledge on menstrual hygiene shows that, out of 35 samples 2.86% of samples had excellent knowledge, 31.45% of samples had adequate knowledge, 54.28% had moderate knowledge and 11.41% had inadequate knowledge on menstrual hygiene among visually challenged adolescent girls.

Post-test level of knowledge on menstrual hygiene shows that, out of 35 samples 62.82% of samples had excellent knowledge, 31.45% of samples had adequate knowledge, 5.73% had moderate knowledge and 0% had inadequate knowledge on menstrual hygiene among visually challenged adolescent girls. Effect of audio drama on the knowledge on menstrual hygiene among visually challenged adolescent girls

Out of 35 samples majority 22 (62.84%) had excellent knowledge on menstrual hygiene, 11 (31.44%) had adequate knowledge, 2 (5.72%) had moderate knowledge and none of the samples had inadequate knowledge on menstrual hygiene. The mean pre-test score was 8.77 and the mean post test score was 15.42. The standard deviation of pre-test was 3.18 and the standard deviation of post-test was 2.836. The 't' value was 12.05 and the p value was 2.0322 at 0.05 level. The calculated t value was greater than the tabulated value. Hence the stated hypothesis H1: "There is an improvement in the knowledge on menstrual hygiene among visually challenged adolescent girls after an audio drama on menstrual hygiene" is accepted.

CONCLUSIONS

The following conclusions were drawn based on the findings of the study.

The present study to assess the effect of audio drama on the knowledge on menstrual hygiene among visually challenged adolescent girls in Trivandrum district. The results of the study

concluded that selected audio drama was effective for improving knowledge on menstrual hygiene among visually challenged adolescent girls.

This requires some interventions to improve the knowledge on menstrual hygiene. The findings of the study revealed that selected audio drama enhanced the knowledge on menstrual hygiene among visually challenged adolescent girls. It was an effective intervention to improve the knowledge on menstrual hygiene and there is an improvement in the knowledge on menstrual hygiene among visually challenged girls after an audio drama on menstrual hygiene.

The present study supports the research hypotheses H1: There is an improvement in the knowledge on menstrual hygiene among visually challenged adolescent girls after an audio drama on menstrual hygiene”.

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