Original Research Paper

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A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG FMPHW IST YEAR STUDENTS AT RAMZAAN INSTITUTE OF PARAMEDICAL SCIENCES, NOWGAM, SRINAGAR.

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ABSTRACT The study was conducted with the aim to assess the effectiveness of structured teaching programme on knowledge regarding menstrual hygiene among FMPHW Ist year students at Ramzaan institute of paramedical sciences , nowgam , srinagar. Menstruation is a phenomenon unique to females all the girls received advice regarding menstrual hygiene from different sources. Some of their practices were unhygienic before bringing any change in menstrual practices they should be educated about the facts of menstruation and its physical implications10. Menstrual hygiene is the hygiene during menstruation explored including information about buying and using sanitary protection products.Menstruation is a flow of blood from the lining of the womb each month. Due to unhygienic practices of menstrual hygiene there are some complications like cervicites, bacterial vaginities, fungal infections, inflammatory diseases etc are prevalent among females. So knowing the increasing hazards , the study was conducted to provide the structured teaching program for increase in knowledge regarding menstrual hygiene

Methodology: In view of the nature of the problem under study and to accomplish the objectives of the study, quantitative research approach was found to be appropriate to assess the impact of structured teaching programon knowledge regarding menstrual hygiene among FMPHW Ist year students The research design selected for this study was Pre Experimental One Group Pre Test Post Test Design. In the present study structured knowledge questionnaire for assessing knowledge regarding menstrual hygiene among FMPHW Ist year students as a Pre test measure and the Intervention was given in the form of structured teaching program was taken followed by post test.

Results: The (mean± SD) pre-test score was (13.9±2.924), median was 13.5, mode was 16 and range was 12. And (mean± SD) post-test score was (22.3±2.603), median was 22 , mode was 22 and range was 15.

Conclusion: The following conclusions were drawn on the basis of the findings of the study . The FMPHW Ist year students were having moderate level of knowledge in pre-test regarding menstrual hygiene and thus there is a need for educating the students. The mean post test knowledge scores increased after administration of structured teaching program indicating that structured teaching program was effective in improving knowledge of students.

KEYWORDS : Effectiveness, Menstrual hygiene..