Original Research Paper

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Education

STUDY TO ASSESS THE KNOWLEDGE REGARDING SECONDARY SEXUAL CHARACTERISTICS DURING MENARCHE AMONG YOUNG ADOLESCENT GIRLS.

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ABSTRACT A Descriptive Study to Assess the Knowledge Regarding Secondary Sexual Characteristics during Menarche among Young Adolescent Girls with a View to Develop Pamphlets at Selected Schools,Gurugram. The objective of the study was to assess the knowledge regarding secondary sexual characteristics during menarche among young adolescent girls. The data collection procedure was carried out in month of May 2017. Samples consist of 100 adolescent girls of secondary schools Gurugram. The results of the current study reveals that majority of adolescent girls have average knowledge regarding secondary sexual characteristics during menarche. 12 (12%) girls have good knowledge, 16(16%) have poor knowledge and the rest 72 (72%) have average knowledge. Thus most of the study samples were having average knowledge.

KEYWORDS : Knowledge; Secondary Sexual characteristics; Menarche; Adolescent Girls

STATEMENT OF THE PROBLEM

A Descriptive Study to Assess the Knowledge Regarding Secondary Sexual Characteristics during Menarche among Young Adolescent Girls with a View to Develop Pamphlets at Selected Schools Of Gurugram.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding secondary sexual characteristics during menarche among young adolescent girls.
2. To provide information pamphlets regarding secondary sexual characteristics during menarche among young adolescent girls.
3. To find out association between selected socio-demographic variables and knowledge regarding secondary sexual characteristics during menarche among young adolescent girls.

Research approach:
Quantitative research approach

Research design:
Research design is a plan, structure and strategy of investigation of answering the research question. Research design is the overall plan or blue print the researcher select to carry out their study.

Target population:
Adolescent girls of age 12 -14 years of MD Sr. Sec. School, Mankrola, Gurugram and Vinay Public School, Sultanpur, Gurugram.

Sample:
Study samples were the adolescent girls of age 12-14 years

Sampling technique:
Non probability purposive sampling

Sample size:
100

Validity:
Validity is the degree to which an instrument measures which it is intended to measure.

Validity of the tool was established in consultation with the guide and 6 experts from various field such as medical-surgical nursing, obstetrical and gynaecological nursing, child health nursing, community health nursing. Necessary modifications were incorporated based on their suggestions. The tool was found to valid to the study.

Reliability:
Reliability of a research instrument is defined as the extent to which instrument is the same result on repeated measure.

Reliability of the tool was assessed by split half method. The measure of reliability was 0.75. Therefore, the tool was found reliable.

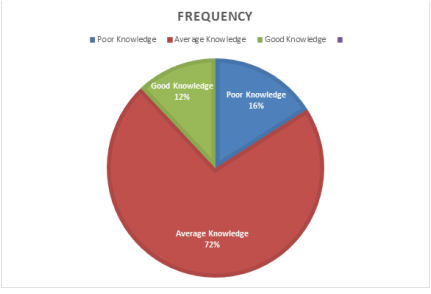
Tables and Graphs:

Table 1. Frequency and percentage distribution of level of knowledge

S. No.	Level of knowledge	Frequency	Frequency percentage
1.	Poor Knowledge	16	16%
2.	Average Knowledge	72	72%
3.	Good Knowledge	12	12%

Table 2. Association of age with level of knowledge

S. No.	Age	Poor knowledge	Average knowledge	Good knowledge	Total
1.	12 Years	9	38	4	51
2.	13 Years	4	19	1	24
3.	14 Years	3	15	7	25
4.	Total	16	72	12	100



Graph 1. Frequency and percentage distribution of level of knowledge

MAJOR FINDINGS

The results of the current study reveals that majority of adolescent girls have average knowledge regarding secondary sexual characteristics during menarche. 12 (12%) girls have good knowledge, 16(16%) have poor knowledge and the rest 72 (72%) have average knowledge.

According to the socio-demographic variables findings most of the participants were of age 12 years 51(51%). Most of the participants were from middle class socio- economic status i.e. 92(92%). Most of the participants were from rural community i.e. 82(82%). Most of the participants were Hindu i.e. 98(98%). Most of the participants had mothers with senior secondary education level i.e. 69(69%). Most of the participants had mothers who were housewives i.e. 88(88%).

CONCLUSION

Through the present study, it may be concluded that majority of adolescent girls have average knowledge regarding secondary sexual characteristics during menarche.

RECOMMENDATIONS:

Based on the findings of the study following recommendations are offered for future research:

- A comparative study may be conducted to compare the knowledge of adolescent boys and girls regarding secondary sexual

characteristics.

- A comparative study may be conducted to compare the knowledge of adolescents living in urban and rural areas.
- An experimental study may be conducted to assess the effectiveness of structured teaching program regarding secondary sexual characteristics among adolescent girls and boys.

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