



A STUDY TO ASSESS AND EVALUATE THE EFFECTIVENESS OF PUBERTAL PREPAREDNESS PROGRAMME IN TERMS OF KNOWLEDGE AMONG PRE- ADOLESCENT GIRLS IN SELECTED SCHOOLS OF SHIMLA HIMACHAL PRADESH.

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ABSTRACT **OBJECTIVE :-** The objectives of the study were to assess evaluate the knowledge of school going girls towards pubertal changes before administration and after administration of pubertal preparedness program and find out association of knowledge with selected sample characteristics.

METHODOLOGY :- Quasi-experimental research approach with one group pre-test and post test design was used and 60 respondents were selected by purposive sampling technique in Selected Schools Of Shimla Himachal Pradesh. The content reliability for structured knowledge questionnaire was formulated by Kuder- Richardson 20(Kr -20), was found to be 0.7. The tool used for data collection was structured knowledge questionnaire to assess the knowledge preadolescent school girls regarding pubertal changes. The data was collected during the month of July 2017. The data obtained were analyzed using both descriptive and inferential statistics in term of frequency, percentage distribution, mean, median, standard deviation, "t" value, coefficient of correlation and chi square test

RESULTS :- The mean post test knowledge score (27.18) was higher than mean pre-test (15.18) with a mean difference of 12. The study finding reveals that age (41.480), mothers' education (60.116), fathers' education (52.111), mothers' occupation (55.994), and important source for the topic (77.889) were found significant at 0.05 level of significance. The finding of study can be inferred the pubertal preparedness program was effective in term of enhancing the knowledge regarding pubertal changes.

KEYWORDS :

INTRODUCTION :-

Adolescence is a period of transition between childhood and adulthood – a time of rapid physical, cognitive, social and emotional maturation as the boy prepares for manhood and girl prepare for motherhood¹. Adolescent population in India has increased from 85 million in 1961 to 253 million in 2011 in five decades. The most dramatic changes related to adolescence are the physical changes that occur as a part of pubertal process. Puberty includes maturational, hormonal and growth process that occurs when the reproductive organ begins to function and the secondary sex characteristics develop. During puberty, growth is disorganised, confused and rapid compare to the relatively stable earlier period of childhood. When the pubescent children are not informed of the changes that take place at puberty, it is a traumatic to undergo these changes and may develop unfavourable attitude towards these changes. Studies have shown that there are still many misconceptions and misbelieves regarding issues related to sexuality in adolescence, which should be tackled comprehensively by imparting formal puberty and sex education at proper age².

The prevalence of puberty was 55.9per 100,000 girls and 1.7per 100,000 boys, respectively .The overall incidence was 15.5per 100,000 girls and 0.6per 100,000 boys. The annual incidence in girls significantly increased from 3.3 to 50.4per 100,000 girls, where as in boys, it gradually increased from 0.3 to 1.2per 100,000 boys. The annual incidence in girls is consistently increased at all ages by year, with greater increases at older ages (6 years of age), and a smaller Increase in girls aged <6 years. In boys it remain constant (aged<8 years) a small increase was observed only in boys aged 8 years³.

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METHODOLOGY:-

Quasi-experimental Research approach with one group pre-test and post-test design was used and 60 respondents were selected by purposive sampling technique in selected Schools Of Shimla Himachal Pradesh. The tool used for data collection was structured knowledge questionnaire to assess the knowledge of school going girls regarding pubertal changes. Content validity of tools were established by submitted to nine experts including fourM experts were from community health nursing, three experts were from obstetric and gynaecological nursing, two expert was from child health nursing. The content reliability of structured knowledge questionnaire by kuder-Richardson -2-(Kr-20) was found 0.7. The item analysis of the

structured knowledge questionnaire was analyzed for item difficulty and discrimination value. The item difficulty varies from rangeof30% to 80% and discrimination value 0.20 to 0.5. Item difficulty and item Discrimination value were found to vary within acceptable range. Ethical approval was obtained from Institutional committee for conducting the research Study. The purpose of carrying out research project was explained to the study subject and assurance for confidentiality was given. The approval taken to conduct the final from The approval was taken to conduct the final study from government secondary school ganj bazaar and Himalayan Public school Kaithu Shimla Shimla .The data collection was done in the month of May 2017. The quantitative data was is obtain in the study was planned to be analyzed using both descriptive and inferential statistics.

RESULTS:-

SAMPLE CHARACTERISTICS:-

Majority of girls were in the age group 14-15years (68.9%). Most of the girls were in 10thclass (47.5%) and belongs to Hindu religion (91.8%). Majority of the girls belong to nuclear family (57.4%). Majority of the girls father's education was 12th (37.7) and Mother's education was upto 10th (47.5).Most of the father's occupation was private job (41.0) and mother's occupation was unemployed (63.9).The monthly family income of most of the girl's family was 10000(31.1). The girls were from urban area (92.2%). The source of the topic was family members (59.0). Most of girls had not attended any class on pubertal changes (42.2%).

KNOWLEDGE :-

Majority of the selected school girls (72.1%) had poor knowledge (0-19) in pre-test and post test (21.7 %) had fair and excellent knowledge (20-25 & 33-40).

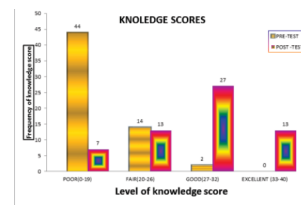


FIGURE :-1 BAR graph shows the frequency of pre- adolescent girls in terms of levels of knowledge regarding pubertal changes.

The comparison table showing the knowledge score of student regarding pubertal changes in pre-test before administration of pubertal preparedness programme was poor in 72%(44) girls, fair in 23%(14), good in 3.3%(2) and excellent in 0% girls in pre-test. Whereas in post-test 7(11.6%) girls have poor knowledge, 13(21.7%) girls have fair knowledge, 27(45%) girls have good knowledge and 13(21.7%) girls have excellent knowledge.

Table:-1
Mean, Mean Difference Standard Deviation of Difference, Standard Error Of Mean Difference from Pre-test to Post-test knowledge score and t value, N= 60

Knowledge test	Mean	SD _D	SE _{MD}	t	P value
Pre-test	15.18	1.94	0.72	10.39*	0.01
Post –test	27.18				

T(59)=1.67significant(P<0.05)

The data presented in tables 1 shows that t value is significant at that the mean post test knowledge score (27.18) was higher than mean pre-test (15.18) with a mean difference of 12. The computed t value of 10.39 was found statistically significant at 0.05 level of significance which showed that there was significant difference in the mean pre-test and post –test knowledge scores.

ASSOCIATION :-

The chi-square values of sample characteristics i.e. age (41.480), mothers' education (60.116), fathers' education (52.111), mothers' occupation (55.994), and important source for the topic (77.889) were found significant at 0.05 level of significance.

The findings also reveals that class of study, religion, type of family, father's occupation, monthly family income, residence and attend the class regarding topic was found not significant at 0.005 level of significance, which shows that knowledge regarding pubertal changes was independent on these sample characteristics.

DISCUSSION:-

In present study the mean post-test knowledge score was higher than mean pre-test knowledge score. The mean value obtained comparison of pre-test and post- test revealed significance increase in knowledge value after receiving the pubertal preparedness programme. In this study, A community based interventional study was conducted among 217 adolescent school girls to assess the impact of health education on knowledge regarding pubertal changes

in Navi Mumbai in 2009. In pre-test poor knowledge was assessed. After post test there was a significant Difference in the level of knowledge (P<0.01). The result shows that the girls had poor knowledge regarding pubertal changes and the knowledge had increased after the health Education

CONCLUSION:-

Deficit in knowledge regarding the types of puberty in selected government schools of the shimla. The knowledge deficit was maximum in changes and the area of measures that are to be taken during puberty, however maximum mean percentage was taken in introduction of puberty and changes during puberty. The health teaching was effective in improving the knowledge of school girls. Majority of school girls having poor knowledge regarding types of puberty. The association between the knowledge of puberty dependent on the father's education, father's occupation and monthly income. The association of knowledge of puberty is independent on age in years, religion, stream, type of family, mother's education, mother's occupation, residence.

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