



## AN EXPLORATORY STUDY TO ASSESS THE KNOWLEDGE REGARDING SEXUALLY TRANSMITTED DISEASES AND ITS PREVENTION AMONG WOMEN IN A SELECTED HOSPITAL, LUDHIANA, PUNJAB

**Neelam**

Clinical instructor, RN, BSN, MSN, (Obstetric &amp; Gynaecological Nursing) Christian Medical College &amp; Hospital Ludhiana, Punjab -141008, India

**Mrs Balqis Victor\***

Associate professor, RN, BSN, MSN, (Obstetrical Nursing) CMC College of Nursing Brown road, Ludhiana, Punjab -141008, India \*Corresponding Author

**ABSTRACT**

The present study was undertaken by investigator to assess the knowledge of women regarding sexually transmitted diseases and its prevention in a selected Hospital, Ludhiana, Punjab. The objectives of the study were to: assess the knowledge of women regarding sexually transmitted diseases and its prevention, find out the relationship of knowledge of women with selected variables like age, education, occupation, religion, type of family, type of residence, family income per month (in rupees) and source of information, to identify areas of knowledge of women regarding sexually transmitted diseases and its prevention and to prepare pamphlets regarding sexually transmitted diseases and its prevention. Quantitative approach and non experimental research design were used in the study. Subjects were chosen by purposive sampling technique and sample size was 200. Data was collected by structured multiple choice questionnaire. The conceptual framework was based on three phase theory by Fitts & Posner. Pilot study was done on 20 women to check reliability and feasibility of study. Main study was done in the month of February 2016. The data collected was analyzed using descriptive and inferential statistics. Bar diagram was used to depict the findings. The following conclusions were drawn based on the findings of the study. Majority of women (87%) had average knowledge, 8% had good knowledge and least women (5%) had below average knowledge regarding sexually transmitted diseases and its prevention. The maximum knowledge was in the area of incidence 56% and least in introduction 42.5% of STD and its prevention. Age, education, occupation, religion, type of family, type of residence, source of information had no significant relationship with the knowledge regarding sexually transmitted diseases and its prevention. The investigator prepared pamphlets to educate the women regarding sexually transmitted diseases and its prevention.

**KEYWORDS** : STD, Knowledge, Prevention, Women**INTRODUCTION**

A sexually transmitted disease (STD) is an illness that transmits between human by means of sexual contact. It is also known as Sexually Transmitted Infections (STI) or Venereal Diseases (VD), caused by viruses, bacteria and parasites. Once acquired, it can be passed onto other sexual partners. STIs have been well known for hundreds of years. Nearby, 25 different STDs with a range of different symptoms are found in the world. STD can be spread through sexual contact including vaginal intercourse, oral sex and anal sex (Wikipedia-2008).

Health in the broad sense doesn't merely mean the absence of disease or provision of diagnostic, curative and preventive services. According to WHO definition Health is a state of physical, mental & social well being. The harmonious balance of this state of the human individual integrated into his environment constitutes health. Health and disease lie along a continuum & there is no single cut off point. It is thus obvious that health fluctuates within a range of optimum well being to various levels of dysfunction. The transition from optimum health to illness is often gradual where one state ends and the other begins. Health continues to be a neglected entity and is often taken for granted and its value is not understood until it is lost (Park K, 2009).

According to WHO, Health for ALL" does not mean end to disease and disability or that doctors and nurses will care for everyone. It means that resources for health are evenly distributed and that essential health care is accessible to everyone. It means that health begins at home, in schools and at the workplace and that people use better approaches for preventing illness and alleviating unavoidable disease and disability. It means that people recognize that ill health is not inevitable and that they can shape their own lives and the lives of their families, free from the avoidable burden of disease" (Prakash R, 2012).

**Need of the study**

Sexually transmitted diseases (STDs) are infectious diseases that spread from person to person through intimate contact. STDs can affect guys and girls of all ages and backgrounds who are having sex. Unfortunately STDs have become common among teens (Avert, 2008).<sup>14</sup>

A study was conducted on Chlamydia trachomatis infection in sexually active teenagers. 243 sexually active teenage girls attending the out-patient clinic were selected. A questionnaire containing information such as age, purpose of visit, level of education, age at first

intercourse, numbers of sexual partners, use of contraceptive methods etc was administered and pelvic examination was performed. The prevalence of Chlamydial infection in the studied group was 29%. Adolescent females infected by Chlamydia less frequently admitted to the use of condoms and more often did not use any contraceptives at all (Fillip Eet al, 2008).<sup>15</sup>

**Research problem:**

"An exploratory study to assess the knowledge regarding sexually transmitted diseases and its prevention among women in a selected hospital, Ludhiana, Punjab."

**OBJECTIVES**

1. To determine the level of knowledge of regarding sexually transmitted diseases and its prevention among women.
2. To ascertain the relationship of knowledge among women regarding sexually transmitted diseases and its prevention with selected variables such as age, education, occupation, religion, type of family, type of residence, family income per month in rupees, source of information.
3. To identify the deficits area in knowledge regarding sexually transmitted diseases and its prevention and prepare pamphlet on sexually transmitted diseases and its prevention among

**Assumption:**

The women do have some knowledge regarding sexually transmitted diseases and its prevention.

**METHODOLOGY**

The methodology is most important part of the research as it is the framework for conducting a study. It indicates the general pattern for organizing the procedures together valid and reliable data for an investigator. This chapter deals with the methodology adopted for "An exploratory study to assess the knowledge regarding sexually transmitted diseases and its prevention among women in a selected Hospital, Ludhiana, Punjab."

**Research approach & Research design**

For present study, quantitative research approach and Non-experimental exploratory research design was considered appropriate for assessing the knowledge of women regarding sexually transmitted diseases and its prevention.

**Research setting**

The present study was conducted in the Gynaecology OPD in Christian

Medical College & Hospital, Ludhiana, Punjab.

**Target population**

According to Denise PF & Cheryl BT, 2012)<sup>51</sup>“ Target population is the aggregate of cases about which the researcher would like to make generalization”. The present study population to whom the findings would be generalized consisted of women in Christian Medical College & Hospital, Ludhiana, Punjab.

**• Sample & Sampling technique**

For the present study the investigator selected a sample of 200 women using a Non probability, Purposive sampling technique. Subjects were taken from Gynaecological OPD in Christian Medical College and Hospital, Ludhiana, Punjab. Verbal consent was taken from the subjects and they were explained about the study and its purpose.

**• Inclusion and Exclusion criteria**

**i) Inclusion Criteria:**

- Women who were attending Gynaecology OPD
- Both married & unmarried women of age group 18 -50 years
- Women who were willing to participate in the study.

**ii) Exclusion Criteria:**

- Womanless than 18 years and more than 50 years were not included in the study.

**Selection and development of tool**

Based on objective of the study the tool was developed in order to generate data.

On the basis of review of literature, experts, opinion & suggestions of the research panel, a structured knowledge questionnaire was constructed to assess the knowledge of women regarding sexually transmitted diseases and its prevention.

**Description of tool**

The final tool consisted of two parts:-

**Part I- Demographic data/ Sample characteristics**

This part consist of 8 items like age, education, occupation, religion, type of family, type of residence, family income per month ( in rupees) and source of information.

**Part II- Structured Knowledge Questionnaire**

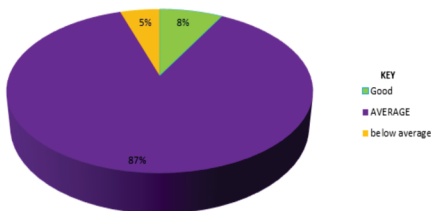
Good	>21	>65%
Average	11-21	34-65%
Below Average	<11	<34%

**Validity of the tool**

The content validity of tool was confirmed by the experts opinion regarding the relevance of items. The tool was given to the experts from the area of Child health (pediatric) nursing, Obstetric &Gynaecological nursing, Community health nursing, Medical surgical nursing, Mental health (psychiatric) nursing, CMC and Hospital, Ludhiana, Punjab. According to their valuable suggestions modifications were made in the structured questionnaire on sexually transmitted diseases and its prevention and grammatical mistake were corrected. Some items were deleted and added, final tool consisted of 32 items.

**Reliability of tool**

Reliability of the structured knowledge questionnaire was computed by the spilt- half method using Karl Pearson's Coefficient of correlation and spearman Brown Prophecy formula. The reliability of the knowledge questionnaire was 0.74. Hence the tool was found to be reliable.



**Major findings**

**Finding related to sample characteristics**

Majority of women were in the age group of 33-39 years, 41% were females, 28.5% of women education was Matric-10+2, 58% of women were house wives occupation , 44.5% women were from the Sikh religion, 62.5% were from Nuclear family, 54% women were from rural, 38% income group of Rs 10,001-20,000 and 35% had the information from health professional.

**Finding related to knowledge of women regarding Sexually transmitted diseases and its prevention**

Majority of women had average knowledge 87%, had good knowledge 8%, had below average knowledge 5.0% regarding STD & its prevention . The mean knowledge score was the highest in the area of Prevention for STD (3.47%) followed by transmission of STD (3.3%), Sign/ symptoms (2.25%), Incidence (2.24%) and diagnosis of STD (1.63%) and Introduction(1.7) followed by complication of STD(1.5).

**Findings related to relation of knowledge of women with selected variables**

- The mean knowledge score higher in the age group of more than 26-32 years (16.20) followed by (16.19) in the age group of 18-25 and ( 16.05) in age group of 33-39 years and the least mean score in the age group of > 40 years 15.33. no significant relation was found between knowledge and age of women.
- The mean knowledge score was higher (16.35) among education of women primary-middle, followed by Matric -10+2 (16.19) and followed by(15.69) graduate women followed by Post graduation (15.58) followed by Illiterate (14.56) women had no significantly knowledge regarding STD and its prevention.
- The mean knowledge score was higher (16.07) among house wives followed by (15.75) working women and there is Non significant relation between knowledge and occupation of women. The house wives had no significantly higher knowledge regarding STD and its prevention as compared to working women.
- The mean knowledge score is higher among those women whose religion Christian (17.94) followed by Hindu (15.91) followed by (15.79) Sikh and least mean knowledge score in those women whose religion is Muslim (15.39 ). no significant relation was found between knowledge and religion of women.
- The mean knowledge score was higher among those women whose type of family joint.(16.03) and least mean knowledge score was in those women whose were Nuclear (15.88). no significant relation was found between knowledge and type of family of women.
- The mean knowledge score was higher (16.17) among those women whose were residing in Urban followed by (15.73) those residence in Rural. No significant relation was found between knowledge and type of residence of women.
- The mean knowledge score was higher (15.98) among those women having monthly family income is more than Rs< 10,000 followed by those women having monthly family income is Rs>30,000 (15.94), followed by (15.88) Rs 10,001-20,000 and the least mean knowledge score was in those women having monthly family income Rs20,001-30,000 (15.63) . There is no significant relation between knowledge and family income per month.
- The mean knowledge score was higher among those women having source of information is Mass media/Magazines/ Book/Internet.(16.86) followed by Health professional(15.86), Any other specify(15.56) and least mean knowledge score was among those women having source of information is family/friends. nosignificant relation was found between knowledge and source of information.

**Findings related to deficits in knowledge of women**

Highest deficits was in item no28 (75%) followed by item no 18 (72%) followed by item no 6 (67%) followed by item no 13,25 (66%) followed by item no (63%) followed by item no 15 (59%) followed by 12, 22 (54%) followed by item no 23, 4, 32 (53%) followed by item no item no 1, 27, (51%) followed by item no 26 (49%) followed by item no 31 (46%) followed by item no 21 (45%) followed by item no 8 (44%) followed by item no 7(41%) followed by item no 2 (39%) followed by item no 30 (39%) followed by item no 24, 17 (36%) followed by item no 16, 3, 9,29, 11 (33%).

Hence, it was concluded the highest deficits was in item no 28(75%), 18( 72%), 14(70%), item no 6( 67%), 13, 25 (66%) and least

knowledge were in item no 3, item no 9, 11, 16 and item no 29 (33%).

## SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

This chapter gives brief account of the present study including conclusion drawn from the findings, limitations and implications of the study and recommendations for further research.

### Summary

The main aspect of this study was to assess the knowledge regarding sexually transmitted diseases and its prevention among women and to find out the relationship of knowledge with selected variables e.g. age, education, occupation, religion, type of family, type of residence, family income per month and source of information. The present study was conducted to assess the knowledge of women regarding sexually transmitted diseases and its prevention in a selected Hospital, Ludhiana, Punjab. Descriptive research approach and research design was used in the study using purposive sampling technique and sample size was 200. Data was collected by structured knowledge questionnaire. Conceptual framework of the present study was based on Fitts and Posner – Modified Three phase theory.

The tool was prepared and pretested for validity and reliability. The reliability was 0.74. Pilot study was conducted on 20 women to check feasibility and practicability of the study. Final study was carried out on 200 women. Descriptive and inferential statistics were employed to analyze the data, pie diagram and bar graphs were used to depict the findings.

### CONCLUSION

Present study revealed that majority (87%) of women had average knowledge had good knowledge 8.0 %, had below average knowledge and 5.0% had below average regarding sexually transmitted diseases and its prevention. Maximum knowledge was in the area of prevention for sexually transmitted diseases and its prevention. In demographic characteristics, age, education, occupation, religion, type of family, type of residence and family income per month (in rupees) were found to be No significantly related to knowledge of women regarding sexually transmitted diseases and its prevention.

### Recommendation

Based on the findings, the following recommendations were made on future research.

- The study could be replicated on a larger sample to validate and generalize its findings.
- Similar study can be conducted in a different setting like hospital and different target population like staff nurses.
- A comparative study can be conducted to assess the knowledge of women regarding sexually transmitted diseases and its prevention in rural and urban community health setting

### Implications

The findings of this study are important for the nurses in different fields i.e. Nursing education, clinical practice, nursing research, nursing administration and nursing research. In all the areas, the role of nurse is to improve knowledge of women regarding current practices related to sexually transmitted diseases and its prevention. Mass awareness is very essential regarding sexually transmitted diseases and its prevention. Nurse act as an educator, organizer, leader, counselor and motivator.

In the view of the results obtained from the study, several implications are made which are discussed in four areas.

1. Nursing Education
2. Clinical Practice
3. Nursing Administration/ Service
4. Nursing Research

### Nursing Education

It is important to mention the implication of the present study for the education system. Education is the key for development of excellent nursing practice. The findings of the investigation may provide help to the women, teachers to arrange special classes regarding safe sex practices. The obstetrical & midwifery nursing curriculum for all levels of nursing training should give emphasis on safe sex practices i.e sexually transmitted diseases and its prevention. Continuing education and instructional programs regarding safe sex practices regarding sexually transmitted diseases and its prevention should be organized at the College level. Nurses need to give strong emphasis on giving

teaching formal and informal to youth and women for enhancement of knowledge regarding STD in Women need to be more aware about the STDs and safe sex practices in variety of setting like family, community, hospital, primary health center and other agencies.

### Nursing Practice

According to the results of present study women had inadequate knowledge regarding sexually transmitted diseases and its prevention. So the foremost thing is that the women should be knowledgeable about the safe sex practices of STDs. Health education is an important aspect of nursing practices. Nursing professionals should render services according to changing need of the society. Nurse working in hospital and community health centers can provide information and timely help to the women regarding sexually transmitted and its prevention and to identify women danger sign/symptoms. Nurse specialized in Obstetric and Gynaecological Nursing can utilize time to organize a prevention programme to teach women about the danger sign/ symptoms, their early recognition and prevention. Since there is a gross in adequacy in knowledge regarding sexually transmitted diseases and its prevention, nursing personnel should equip themselves with proper advanced based education and evidence based practices in clinical areas.

### Nursing administration

As a nurse administrator, nurses have to take responsibility to arrange the workshops, seminars or hospital in service education based programme on sexually transmitted diseases and its prevention, and take an initiative in creative health policy making and developing protocols related to awareness regarding STDs danger sign/ symptoms. Nurse administrators should review the instructional guidelines, policies and practices regarding STDs prevention. Administrators in both private and government sectors should take initiative action to update the knowledge of health personnel regarding STDs danger sign/ symptoms by in service education conferences, workshops, seminar. Administrators must provide adequate supply of audio visual aids for conducting awareness programmes.

### Nursing research

The importance of research in nursing is to build the body of knowledge. The findings of the study act as a catalyst to carry out more extensive research on a large population in different areas of community. The findings of present study serve as the basis for the professionals and the students to conduct further studies on knowledge regarding women danger sign/ symptoms among women and information contained in the study can be source of data for further researches. Research helps the health care provider to develop a systematic problem solving approach to improve and develop strategies to promote women health. Evidence based practices is fast emerging because of its factual and substantive results. These studies yield fruitful outcome that are of great help in addressing problems and in setting nursing protocols. In depth research studies of women regarding danger sign/ symptoms can be conducted on a large scale. They can be conducted with regard to bring awareness among women about this medical breakthrough.

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