



**A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS STUDYING IN HIGHER SECONDARY SCHOOL OF BHOPAL WITH AN OBJECTIVE TO DEVELOP INFORMATION BOOKLET.**

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**ABSTRACT** A pre-experimental one group pre-test post-test design conducted on 60 school children between the adolescent school girls selected by Non probability purposive sampling technique studying in higher secondary school of Bhopal, M.P. The main aim of the study was to assess the effectiveness of planned teaching program on knowledge regarding menstrual hygiene among adolescent girls studying in higher secondary school of Bhopal with an objective to develop information booklet. The finding in the present study shows that in Pre interventional knowledge score, majority 13 that is 22% had good knowledge and 47 that is 78 % had poor knowledge while none of the participants had very good knowledge. Whereas in post interventional knowledge score 32 that is 53.33% of participants had very good knowledge and 28 that is 46.66% had good knowledge whereas none had poor knowledge.

**KEYWORDS :** Effectiveness, Planned Teaching, Knowledge, Adolescent Girls, Menstrual Hygiene.

**INTRODUCTION:-**

Adolescent is a period which is connecting link between the girlhood and womanhood. The word adolescent derives from “adolescere” which means “to grow to mature”. In Indian society menstruation is generally considered as the unclean or sounds for the different individuals from the family demonstrate the ladies of the Indian culture confronting different issues with respect to menstruation. In human female monthly cycle is reshaped at an average interval around 28 or 29 days. Menstruation is a bleeding phase of about four to five days which is related till menopause. Menstrual hygiene is essential. It is a natural process of hygiene practiced by girls during menstruation as it has an impact in term of to prevent reproductive tract infections and UTI. Menstrual cycle is vital for healthy reproductive life so the girls should be educate about the significance of the menstruation and development of the secondary sexual characters, selecting clean material for period as an absorbing substance and its discarding process which can only be achieved through information advertisement health personal so that she does not develop any infections of female reproductive tract.

**Review of literature :-**

**Ughade SN. (27Jan 2015),** Conduct a cross- sectional study on knowledge and practice among adolescent girls of Soaner, Nagpur. 387 girls were enrolled for this study girls. The knowledge and practice level was assessed by structured questionnaire. Result revealed that 36.95% of girls knew about menstruation. 49.35% used sanitary pad, 45.7% utilized old cloth in practice.

**Sharma S. et al (May 2017),** A cross – sectional study was conducted on menstrual hygiene practices among adolescent girls age in the group 10-19 years Gokulpuri Delhi. 85 adolescent girls were enrolled in the present study. The data was gathered by interview method. Results revealed that 85.9% girls used sanitary napkins during menstruation, and 1(5.8%) girls dry the cloth outside of the houses in sunlight, 14(82.2%) dried pads inside the house, and 2(11.7%) girls dried the pads outside in a dark place.

**OBJECTIVE OF THE STUDY**

- To assess the pre-test knowledge regarding menstrual hygiene.
- To administer the PTP regarding menstrual hygiene.
- To assess the post-test knowledge regarding menstrual hygiene.
- To develop Information Booklet regarding menstrual hygiene.
- To find out the association between knowledge regarding menstrual hygiene among adolescent girls with their selected socio-demographic variables.

**MATERIAL AND METHODS**

The research approach used by the investigator for this study was evaluative approach. Pre experimental one group pretest posttest study was conducted from 15<sup>th</sup> April 2019 to 22<sup>nd</sup> of April 2019 at G.B Convent Higher Secondary School of Bhopal (M.P.). Non probability purposive sampling technique was used to select 60 adolescent school girls.

**INCLUSION CRITERIA :-**

- Adolescent girls studying in higher secondary school of Bhopal.
- Adolescent girls who are willing to participate in the study.
- Adolescent girls who are present at the time of data collection.

**EXCLUSION CRITERIA :-**

- Adolescent girls who are not willing to participate in the study.
- Adolescent girls who are not available at the time of data collection.

**Tools for Data collection:-**

Self structured questionnaire was used to assess the knowledge regarding menstrual hygiene among adolescent school girls.

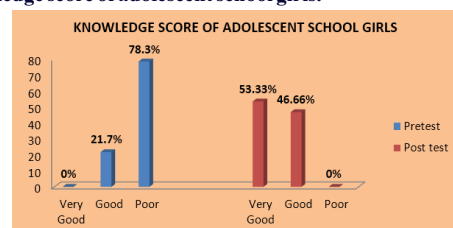
**RESULT**

**Table 1: Distribution of pretest and post test knowledge score of subjects according to knowledge regarding menstrual hygiene.**

Knowledge	Pre-test Frequency (f)	Pre-test Percentage (%)	Post-test Frequency (f)	Post-test Percentage (%)
Very good	0	0%	32	53.33%
Good	13	21.7%	28	46.66%
Poor	47	78.3%	0	0%
<b>Total</b>	<b>60</b>	<b>100%</b>	<b>60</b>	<b>100%</b>

The above table shows the comparison between pre intervention and post intervention score shows that majority of the adolescent school girls, the pre intervention knowledge score shows that majority of adolescent school girls that is 13 (21%) had good knowledge and 47 that is (78%) had poor knowledge and none of the adolescent school girls had very good knowledge. Post interventional knowledge score shows that majority of the adolescent school girls that is 32 (53.33%) had very good knowledge and 28 that is (46.66%) had good knowledge and none of the adolescent school girls had poor knowledge.

It is elucidated that they don't have much interest in learning but if they are motivated and provided education in innovative manner then there will be increase in knowledge level.

**Knowledge score of adolescent school girls.**

**Fig 8: Bar diagram showing the knowledge score of adolescent school girls regarding menstrual hygiene.**

**Association of knowledge score of adolescent girl regarding menstrual hygiene with their selected socio demographic variables**

SR. NO	Demographic variables	Frequency			CHI square	P VALUE	Inference
		Very Good	Good	Poor			
1.	Age in years				6.525	0.011	Significant
	16 -18 years	0	2	26			
	Above 18 years	0	11	21			

2.	Area of residency			4.149	0.042	significant	
	Rural	0	0				12
	Urban	0	13	35			
3.	Religion			0.602	0.740	Not significant	
	Hindu	0	9				32
	Christian	0	3				8
	Muslim	0	1	7			
4.	Monthly family income			1.037	0.309	Not significant	
	Rs 4001-6000	0	3				18
	Rs 6001-12000	0	10				29
5.	Type of family			8.748	0.003	significant	
	Nuclear family	0	2				29
	Joint family	0	11				18
6.	Marital status			4.723	0.030	Significant	
	Nuclear Joint	0	3				2
	Extended Single parent	0	10				45
7.	Source of income			4.190	0.041	significant	
	Family	0	11				25
	Other source	0	2				22

### DISCUSSION

The pre test study shows that post test interventional knowledge score after administration of planned teaching program regarding menstrual hygiene has drastically improved. It is clear that majority of the adolescent school girls 32 (53.33%) had gained very good knowledge and 28 (46.66%) had gained good knowledge regarding menstrual hygiene and none of the adolescent school girls had poor knowledge.

### CONCLUSION

The present study was undertaken by the researcher to evaluate the effectiveness of planned teaching programme on knowledge regarding menstrual hygiene among adolescent girls studying in higher secondary school of Bhopal with an objective to develop information booklet. Menstrual hygiene is a very common health problem among the adolescent girls.

From the data presented in the present study it can be concluded that effective Planned Teaching Programme can play an important role in improving knowledge regarding menstrual hygiene.

### REFERENCES:-

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