

**EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS****Sr. Sagaya Mary**

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ABSTRACT Menstruation is a normal and healthy part of life for most women and girls But in many societies it continues to be constrained by cultural taboos and discriminatory social norms. Enhancing knowledge about menstruation, beginning in early adolescence, would improve safe practices and relieve the distress of millions of women. The aim of the study was to assess the effectiveness of video assisted teaching programme regarding menstrual hygiene upon knowledge and attitude among adolescent girls studying at selected schools at Trichy. 30 samples were selected by simple random sampling technique. Existing level of knowledge and attitude was assessed by using semi structured knowledge questionnaire and attitude scale. Following pretest video assisted teaching programme on menstrual hygiene was given. Post test was conducted after 7 days. Statistical analysis reveals that in pretest 46.6% (14) had inadequate knowledge 56.66% (17) showed unfavourable attitude. There were significant difference in post test level of knowledge and attitude with the paired 't' test value 18.26 and 13.18 respectively which is significant a $p < 0.05$. **Conclusion:** Video assisted teaching programme is the effective method of teaching to enhance knowledge and attitude of adolescent girls regarding menstrual hygiene.

KEYWORDS : Menstrual hygiene, adolescent, video assisted teaching, knowledge and attitude.**BACKGROUND**

WHO has defined Adolescence as the period between 10-19 years of life. The percentage of adolescents (10-19 years) in India is increasing and comprises of more than one-fifth of the total population.. Menstruation is a normal and healthy part of life for most women and girls. According to UNICEF, around 1.8 billion people across the world menstruate every month that includes girls, women, transgender men. But in many societies it continues to be constrained by cultural taboos and discriminatory social norms. According to the most recent National Family Health Survey (2020-21), more than 30 % of women between the ages of 15 and 24 do not use hygienic methods of protection during their menstrual period. The resulting lack of information about menstruation leads to unhygienic and unhealthy menstrual practices and creates misconceptions and negative attitudes. Neglecting to wash hands after changing menstrual products can spread infections, such as hepatitis B and thrush. Many studies have revealed that most of the adolescent girls had incomplete and inaccurate information about the menstrual physiology and hygiene. . Menstrual hygiene interventions can help overcome these obstacles also protect dignity, build confidence, and strengthen sexual and reproductive health, particularly among current generation adolescents

Statement Of The Problem

A Study to assess the Effectiveness of Video Assisted Teaching Programme regarding Menstrual Hygiene on knowledge and attitude among adolescent girls studying at selected Schools, Trichy.

Objectives

1. To assess the existing level of knowledge and attitude regarding menstrual hygiene among adolescent girls
2. To evaluate the effectiveness of video assisted structured teaching programme regarding menstrual hygiene on knowledge among adolescent girls
3. To determine the association between selected demographic variables and their post test knowledge and attitude score regarding menstrual hygiene

Hypothesis

1. There is a significant difference between pre and post level of knowledge and attitude after video assisted programme
2. There is a significant association between selected demographic variables and the post test score

METHODS AND MATERIALS

Pre experimental study was conducted among 30 adolescent girls aged between 11 to 13 yrs studying at selected rural schools at Trichy. Samples were selected by simple random sampling technique method. In pretest the level of knowledge and attitude regarding menstrual hygiene was assessed by using semi structured questionnaire, followed by video assisted teaching programme was given and the post test was conducted after 7 days. The data was analysed by using descriptive and inferential statistics.

RESULTS

Study findings revealed that in pretest half of the samples 50% (15) had moderately adequate knowledge, (46.6%) 14 had inadequate knowledge and only one sample had adequate knowledge. Regarding attitude 43.3% (13) showed unfavourable attitude and 57.7% (17) showed favorable attitude. Where as in the post test 100% (30) had adequate knowledge and none of them had unfavorable attitude. The mean post test score 17.6 is significantly higher than mean pretest score 9.8. Paired 't' test value 18.26 also statistically significant at $p < 0.05$. With regard to attitude the mean post test score is 41.6 which is comparatively higher than the mean pretest score 38.2. The paired 't' test value for attitude 13.8 is significant at $p < 0.05$. There was no association found between the selected demographic variable and posttest score.

Table.1 Existing Level Of Knowledge Regarding Menstrual Hygiene In The Pretest n=30

Level of knowledge	Pretest	
	Frequency	Percentage
Adequate	1	3.3
Moderately adequate	15	50
Inadequate	14	46.6

Table 2. Existing Level Of Attitude Regarding Menstrual Hygiene In The Pretest n=30

Level of attitude	Pretest	
	Frequency	Percentage
Favorable	13	43.33%
Unfavorable	17	56.66%

Table 3. Effectiveness Of Video Assisted Teaching Program Regarding Menstrual Hygiene On Knowledge n=30

	Mean	SD	Paired 't' test
Pretest	9.8	1.97	18.26
Posttest	17.6	1.67	

**Fig. 1 Effectiveness Of Video Assisted Teaching Programme On Knowledge**

Table 4. Effectiveness Of Video Assisted Teaching Program Regarding Menstrual Hygiene On Attitude n=30

	Mean	SD	Paired 't' test
Pretest	38.2	5.04	13.18
Posttest	41.6	2.49	

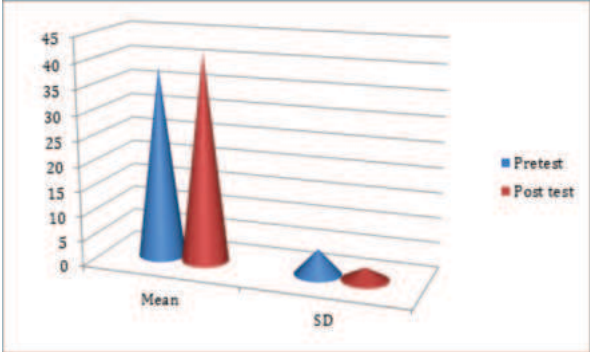


Fig. 2 Effectiveness Of Video Assisted Teaching Programme On Attitude

CONCLUSION

Learning about menstrual hygiene is essential for adolescent girls. Infections of the reproductive system and their consequences can be avoided with better awareness and safe menstruation practices. Video assisted teaching programme is the most effective method to impart knowledge and change the attitude regarding menstrual hygiene especially the current generation adolescent girls.

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