



Obstetrics & Gynaecology

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING URINARY TRACT INFECTION AND ITS PREVENTION AMONG ADOLESCENT GIRLS IN GOVERNMENT GIRLS SENIOR SECONDARY SCHOOL DISTRICT SOLAN HIMACHAL PRADESH

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ABSTRACT The study is aimed at assessing knowledge of adolescent girls regarding Urinary Tract Infection And Its Prevention, so as to evaluate the effectiveness of structured teaching programme regarding Urinary Tract Infection And Its Prevention and find out the association between the post-test scores with the socio-demographic variables. Pre-Experimental Design was used to assess the effectiveness of structured teaching programme on knowledge regarding urinary tract infection and its prevention among girls in Government Girls Senior Secondary School District Solan Himachal Pradesh. **Method:** Structured Teaching Programme and Questionnaire methodology was implemented. **Result:** The result of the study showed that overall knowledge in pre-test the mean score was 11.67+2.260 % of total mean knowledge percentage scores, whereas in post-test the mean score was 25.07+2.905 % of total mean knowledge score, therefore it proved that the Structured Teaching Programme and Questionnaire were effective in improving/testing the knowledge of adolescent girls regarding urinary tract infection and its prevention.

KEYWORDS : Assess, Effectiveness, Structured teaching programme, Knowledge, Urinary tract infection, Prevention.

INTRODUCTION:**“YOUR GOOD HEALTH IS YOUR GREATEST WEALTH”**

The World Health Organization has defined adolescents as the age group of 10-19 years. This is a crucial period in the adolescent life because alternation in the physical and physiological functions takes place in the body. In this stage of their life the adolescents should take care of themselves in various aspects like personal hygiene, nutrition, exercise, and periodic health check-up. Urinary tract infection is common form of infection affecting general population throughout their life but has a particular impact on female especially during adolescent period.

The most common urinary tract infection occurs mainly in women and affect the bladder and urethra. Infection of the bladder called cystitis and infection of the urethra called urethritis. This type of urinary tract infection is usually caused by Escherichia coli (E. coli), a type of bacteria commonly found in the gastrointestinal tract. However, sometimes other bacteria are responsible. All women are at risk of cystitis because of their anatomy – specifically, the short distance from the urethra to the anus and the urethral opening to the bladder. This type of urinary tract infection can occur when GI bacteria spread from the anus to the urethra.

Among adolescent girls, poor hygiene and dysfunctional voiding pattern increases the risk for urinary tract infection. Silent urinary tract infection may occur among adolescent girls due to inadequate intake of water and infrequent passage of urine. The possible link between the prevalence of urinary tract infection among students residing in the hostel includes the use of western toilets, unhygienic mass toilets, improper menstrual hygiene and toileting habits.

The symptoms of a urinary tract infection can include a burning feeling during passing urine, a frequent or intense urge to pass urine, even though little comes out when you do cloudy, dark, bloody, or strange-smelling pee, feeling tired or shaky, fever or chills (a sign that the infection may have reached your kidneys), pain or pressure in your back or lower abdomen. Complications of urinary tract infection arises from untreated and poorly managed cases of urinary tract infection are at high risk of evolving into potentially life-threatening inflammatory conditions (pelvic inflammatory disease) of kidney (such as pyelonephritis) ultimately leading to permanent destruction and scarring of renal system.

Early identification of the disease by proper diagnostic measures and management will help to prevent the complications of urinary tract infection. Proper preventive measures like maintenance of good hygienic measures during menstruation, intake of more amount of water etc., also will help to reduce the incidence of urinary tract infection.

MATERIAL AND METHOD

Pre-Experimental Design was found to be effective. The target population included 60 adolescent girls in Government Girls Senior Secondary School. A Quantitative Research Approach was used to extract sample. A structured teaching programme and questionnaire were used for data collection. Descriptive and inferential statistics were used for data analysis and tables, diagrams and graphs were used for data presentation.

RESULT:

A) There was significant difference of pre-test and post-test knowledge regarding urinary tract infection and its prevention.

PRE-TEST KNOWLEDGE SCORE							
Descriptive Statistic	Mean	SD	Median Score	Maximum	Minimum	Range	Mean %
Pre-Test Knowledge	11.67	2.26	11	16	8	8	38.90

POST-TEST KNOWLEDGE SCORE							
Descriptive Statistic	Mean	SD	Median Score	Maximum	Minimum	Range	Mean %
Post-Test Knowledge	25.07	2.90	26	29	17	12	83.60

COMPARISON OF PRE-TEST AND POST-TEST KNOWLEDGE SCORE								
Knowledge	Mean	SD	Mean %	Range	Mean Diff.	Paired T Test	P value	Table Value at 0.05
Pre-Test Knowledge	11.67	+2.26	38.90	8-16	13.40	62.18 *Sig	<0.001	2.00
Post-Test Knowledge	25.07	+2.90	83.60	17-29				

B) There was significant association of post-test knowledge score with their socio-demographic variables.

ASSOCIATION OF POST-TEST KNOWLEDGE SCORES WITH THEIR SOCIO-DEMOGRAPHIC VARIABLES							
Socio-demographic Variables	Good knowledge	Average knowledge	Chi Test	P Value	df	Table Value	Result

Age in Year	≤ 16 Years	18	1	0.517	0.772	2	5.991	Not Significant
	17-18 Years	31	2					
	≥ 18 Years	7	1					
Area	Urban area	25	-	12.857	0.002	2	5.991	Significant
	Rural area	11	4					
	Semi-urban	20	-					
Religion	Hindu	54	4	0.148	0.929	2	5.991	Not Significant
	Muslim	1	-					
	Christian	-	-					
	Sikh	1	-					
	Others	-	-					
Edu. of Mother	No formal education	9	1	4.554	0.336	4	9.488	Not Significant
	Primary	9	-					
	Secondary	17	3					
	Higher secondary	19	-					
	Graduate and above	2	-					
Edu. of Father	No formal education	-	-	2.277	0.517	3	7.815	Not Significant
	Primary	4	1					
	Secondary	22	2					
	Higher secondary	23	1					
	Graduate and above	7	-					
Income	< 20000	47	4	0.756	0.860	3	7.815	Not Significant
	20001-30000	5	-					
	30001-40000	1	-					
	40001 and above	3	-					
Family type	Nuclear	37	4	1.986	0.159	1	3.841	Not Significant
	Joint	19	-					
	Extended	-	-					
	Single parent	-	-					
Source of Information	Mass media	11	-	10.00	0.007	2	5.991	Significant
	Family and relatives	31	-					

	Health Personnel	-	-	0.073	0.788	1	3.841	Not Significant
	No information	14	4					
Previous Experience	Yes	1	-	0.073	0.788	1	3.841	Not Significant
	No	55	4					

DISCUSSION

This finding supported with the finding of the study conducted S. Arundathi, M. Radhika, K. Padma (2016) conducted study on 30 adolescent girls at college of Nellore to evaluate the effectiveness of self-instructional module on knowledge regarding prevention of urinary tract infection among adolescent girls. The result finding showed that knowledge level after administration of self-instructional module pretest shows that with regard to prevention of urinary tract infections among 30 adolescent girls in pre-test 26(86.6%) had inadequate knowledge 4(13.4%) had moderately adequate knowledge and post- test 6(20%) had inadequate knowledge 22(73.3%) had moderately adequate knowledge and 2(6.7%) had adequate knowledge. This study showed that self-instructional module is effective in enhancing the knowledge among adolescent girls.

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