



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MENORRHAGIA AMONG ADOLESCENT GIRLS OF SELECTED SCHOOLS IN VADODARA DISTRICT.

Radiodiagnosis

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ABSTRACT

BACKGROUND OF THE STUDY: As a nurse personnel we believe that understanding a women before, during the menstrual period is an important factor in the assessment of her need. As a first step toward education of women on different aspects of menorrhagia symptoms and problems, one should have the insight of what problems exactly then and what do they do to prevent them. Hence the researcher felt the need to assess the knowledge and attitude of menorrhagia among selected group of adolescent girls.

AIMS AND OBJECTIVES To assess the existing level of knowledge regarding menorrhagia in adolescent girls. To assess the effectiveness of planned teaching program on knowledge regarding menorrhagia in adolescent girls. To determine the association of pre test knowledge score regarding menorrhagia with selected demographical variables.

MATERIAL AND METHODS The selection of design depends upon the purpose of the study, research approach and variable to be studied. One group pre-test, post-test research design, which belongs to pre-experimental design, was selected to assess the effectiveness of planned teaching programme on knowledge regarding menorrhagia among adolescent girls of selected schools in Vadodara district. The evaluation was done through post-test on the 8th day.

RESULTS The collected data was tabulated and analyzed by using descriptive and inferential statistics. In the pretest mean score was 17.58 and post test mean score 25.28. The post test level of knowledge mean score is significantly greater than the pre test knowledge mean score. The 't' value 7.4555 is more than tabulated value at 0.05 level of significance.

CONCLUSION According to the calculation of both pre test and post test score study reveals that there was improvement in knowledge of adolescent girls after administrating the planned teaching programme menorrhagia. Hence it indicates that the planned teaching programme was effective.

KEYWORDS

Menorrhagia , Adolescent Girl , Menstrual Period

INTRODUCTION

Adolescence is a transitional stage of physical & psychological development that generally occurs during the period from puberty to legal adulthood.² Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and later.³ The most important period in the life span of women is the reproductive period which extends from menarche to menopause.⁴ Menarche is a hallmark eventing the life of most adolescent girls. It marks the transition from childhood to puberty. Although mechanisms triggering puberty and menarche remain uncertain, they are dependent on genetics, nutrition, body weight and maturation of the hypothalamic pituitary – ovarian axis. The complete maturation of the axis may take up to 2 years. During this time, it is common for adolescents to present with complaints of menstrual irregularities. A normal menstrual cycle is taken to be 28 days long and recurs regularly. Menstruation is a woman's monthly bleeding, when you menstruate, your body sheds, the lining of the uterus (womb). Menstruation blood flows from uterus through the small opening in the cervix and passes out of the body through the vagina.

OBJECTIVES OF THE STUDY

To assess the existing level of knowledge regarding menorrhagia in adolescent girl.

To assess the effectiveness of planned teaching program on knowledge regarding menorrhagia in adolescent girls.

To determine the association of pre test knowledge score regarding menorrhagia with selected demographical variables.

RESEARCH HYPOTHESIS:-

- **H₁:-** There is a significant difference between the pretest and posttest knowledge level regarding menorrhagia, among adolescent girls at the level of $p < 0.05$.
- **H₂:-** There is a significant association between the pretest knowledge level and selected demographical variables of the adolescent girls at the level of $p < 0.05$.

VARIABLES :-

Variables are qualities and quantities, properties, or characteristics of people things or situation that change

DEPENDENT VARIABLE: In this study it refers to the knowledge of the adolescent girls regarding menorrhagia.

INDEPENDENT VARIABLE: In this study it refers to the Planned teaching programme regarding menorrhagia.

SETTING OF THE STUDY

The present study setting was in the Shri Narayana Vidyalaya , Vadodara, Gujarat.

Target population: Adolescent girls aged between 15 to 18 year who are studying in Shri Narayana Vidyalaya, Vadodara.

Sample and sample size Sample refers to subset of a population that is selected to participate in a particular study, the Sample size was 60 adolescent girls aged between 15 to 18 year who were selected from high secondary school of Shri Narayana Vidyalaya, Vadodara.

Sampling technique Sampling defines the process of selecting a group of people or other elements with which to conduct a study. Non probability purposive sampling technique was used for this study

ORAGNIZATION OF FINDINGS: SECTION I: Frequency & percentage distribution of socio-demographic variables.

SECTION II: Analyze of pre-test knowledge regarding Menorrhagia.

SECTION III: Effectiveness of planned teaching programme on knowledge regarding menorrhagia.

SECTION IV: Association between pre-test knowledge scores with selected demographic variables.

Frequency and percentage distribution of socio demographic variables.

Characteristics	Category	Respondents	
		Number	Percent
Age	15	0	0%
	16	24	40%
	17	36	60%
	18	0	0%
Social economic status	1000-30000	0	0%
	30000-50000	5	8.33%
	50000-70000	37	61.67%
	70000-90000	18	30%
Current living pattern	Hostel	0	0%
	With parents	60	100%
	With relatives	0	0%
Medium of schooling	English	0	0%
	Gujarati	60	100%
Religion	Hindu	55	91.67%
	Muslim	5	8.33%
	Christian	0	0%
	Other	0	0%
Type of family	Nuclear	60	100%
	Joint	0	0%
Education level of parents	Illiterate	0	0%
	Higher secondary	14	23.33%
	Under graduation	32	53.34%
	Post graduation	14	23.33%
Total		60	100%

Overall pre-test knowledge scores of adolescent girls regarding menorrhagia.
N=60

Category	Pre-test Knowledge	
	Frequency	Percentage
Poor	0	0
Average	58	96.67
Good	2	3.33
Total	60	100

Comparison of overall pre & post test knowledge scores of menorrhagia.

Variables	Mean	Mean difference	Standard deviation	t-value
Knowledge	Pre-test	17.58	7.7	2.1015
	Post-test	25.28		2.6559

t(59,0.05level)=1.67

According to table 4 , obtained t value for knowledge is (25.507) is greater than the table value of 1.67 at 0.05 level of significance. Hence there is significance difference exists between pre-test & post-test knowledge scores of adolescent girls. Therefore H1 is accepted.
Association between pre-test knowledge scores with selected demographic variables.

H1:- There is a significant difference between the pretest and posttest knowledge level regarding menorrhagia, among adolescent girls at the level of $p < 0.05$.

H2:- There is a significant association between the pretest knowledge level and selected demographical variables of the adolescent girls at the level of $p < 0.05$.

Association between pre-test level of knowledge regarding menorrhagia.

Sr no.	Variables	Scores which falls at median an above	Scores which falls below the median	total	X2	df	Level of significance
1	AGE						
	A	0	0	0	0	1	NS
	B	12	12	24			
	C	18	18	36			
	D	0	0	0			
2	SOCIAL ECONOMIC STATUS						
	A	0	0	0	11.23	2	S
	B	5	0	5	12		
	C	21	16	37			
	D	4	14	18			
	TOTAL	30	30	60			
3	CURRENT LIVING PATTERN						
	A	0	0	0	0	1	NS
	B	30	30	60			
	C	0	0	0			
	TOTAL	30	30	60			
4	MEDIUM OF SCHOOLING						
	A	0	0	0			
	B	30	30	60	0	1	NS
	TOTAL	30	30	60			
5	RELIGION						
	A	28	27	55	0.218	1	NS
	B	2	3	5			
	C	0	0	0			
	D	0	0	0			
	TOTAL	30	30	60			
6	TYPE OF FAMILY						
	A	30	30	60	0	1	NS
	B	0	0	0			
	TOTAL	30	30	60			
7	EDUCATION LEVEL OF PARENTS						
	A	0	0	0	14.28	2	S
	B	12	2	14	56		
	C	16	16	32			
	D	2	12	14			
	TOTAL	30	30	60			

S= Significant at 0.05 level

Shows that obtained chi square value in the variables such as social economic status ($X^2=11.23$), education level of parents($X^2=14.28$) was greater than the table value at 0.05 level of significance hence H_2 was accepted for these variables. The obtained chi square value for the variable age ($X^2=0$), current living pattern ($X^2=0$), religion ($X^2=0.218$), type of family ($X^2=0$) was less than the table value at 0.05 level of significance. Hence, H_2 is rejected for these variables.

CONCLUSION

The present study assessed the knowledge regarding menorrhagia among adolescent girls at Shri Narayana Vidyalaya, Vadodara and found that the majority have average knowledge regarding menorrhagia. After planned teaching programme on menorrhagia there was significant improvement on knowledge of the adolescent girls regarding menorrhagia. The study concluded that the planned teaching programme was effective in improving their knowledge regarding menorrhagia. According to pre-test 96.67% have average knowledge & 3.33% have good knowledge regarding menorrhagia. According to post test 90% have good knowledge & 10% have average knowledge and no one have poor knowledge regarding menorrhagia, which was higher than pre-test knowledge score range. The mean post-test knowledge score also was higher than mean pre-test score. There was significant difference in knowledge scores regarding menorrhagia among adolescent girls at Shri Narayana Vidyalaya, Vadodara, thus H_1 is accepted.

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