



## EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING MENSTRUAL DISCOMFORT

### Nursing

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### ABSTRACT

This research study was taken assess the effectiveness of planned teaching program on knowledge regarding menstrual discomfort among B.sc. nursing 1st year students in selected college of nursing in Indore city. The target population consist of nursing student, sample size are 60 nursing students, and non-probability purposive sampling technique was used. Demographic variables are used. The overall mean of pre-test knowledge scores on menstrual discomfort was found to be 13.23 and the overall mean of post-test knowledge score on menstrual discomfort was found to be 16.22 and enhancement in the mean percentage knowledge score was found to be significant at 5% level for all the aspect under study. There was no significant association of pre-test knowledge scores and any selected socio-demographic variables.

### KEYWORDS

Effectiveness Planned teaching programmer regarding menstrual discomfort Nursing students

#### INTRODUCTION

Adolescence is the period of transition from childhood to adulthood. WHO defined adolescence as the age group of 10-19 years, approximately one fifth of the world's population is in the age group of 10-19 years. In girls, adolescence is recognized as a turbulent period which signifies the transition from girlhood to womanhood. The onset of menstruation is one of the most important features of adolescence in girls. Menstruation is the cyclical shedding of the inner lining of the uterus, the endometrium, under the control of hormones of the hypothalamopituitary axis. The first menstruation (menarche) occurs between 11 and 15 years with a mean age of 13 years.

Adolescents girls below 19 years of age comprise one quarter of India's rapidly growing One of the major physiological changes that take place in adolescent girls is the onset of menarche, which is often associated with problems of irregular menstruation, Excessive bleeding and dysmenorrhea of these, dysmenorrhea is one of the common problems experienced by many adolescent girls.

Menstruation is a physiological phenomenon that begins in females in adolescent age. Poor menstrual hygiene can result in significant reproductive disorders. However, improving the knowledge about menstruation even before menarche can improve menstrual hygiene. Pain associated with menstruation is called dysmenorrhea. More than half of women who menstruate have some pain for 1 to 2 days each month. Usually, the pain is mild. But for some women, the pain is so severe that it keeps them from doing their normal activities for several days a month.

Menstrual pain was reported by 84.1% of women, with 43.1% reporting that pain occurred during every period, and 41% reporting that pain occurred during some periods.

#### Objectives Of The Study

- (1) To assess the pretest knowledge score regarding menstrual discomfort among B.Sc. nursing 1<sup>st</sup> year students.
- (2) To assess the effectiveness of planned teaching program on knowledge regarding menstrual discomfort.
- (3) To find out the association between pretest knowledge score with selected demographic variables.

#### Hypothesis-

At the level of significance  $P=0.005$

**H01:** There will be no significant difference between pre-test and post-test knowledge score regarding menstrual discomfort among B.Sc. nursing 1<sup>st</sup> year students.

**H02:** There will be significant increase in the level of knowledge after implementation of planned teaching program regarding menstrual discomfort among B.Sc. nursing 1<sup>st</sup> year students.

**H03:** There will be a significant association between pre and post-test knowledge score of students in experimental group of menstrual discomfort among B.Sc. nursing 1<sup>st</sup> year students.

#### Methodology

An evaluative approach was used and research design is pre-experimental one group pre-test post-test was adopted for this study. The target population consist of nursing student studying in B.SC Nursing. The samples size comprised of 60 nursing students taken by non-probability purposive sampling technique. Demographic variables was used.

#### RESULTS

The overall mean of pre-test knowledge scores on menstrual discomfort was found to be 13.23 and the overall mean of post-test knowledge score on menstrual discomfort was found to be 16.22 and enhancement in the mean percentage knowledge score was found to be significant at 5% level for all the aspect under study. There was no significant association of pre-test knowledge scores and any selected socio-demographic variables.

**Table : 02 distribution of sample according to demographic variables**

S.NO	Demographic variables	Frequency	Percentage
1	<b>Age in years</b>		
	(a) 15-18 years	24	40%
	(b) 19-21 years	33	55%
	(c) 22-25 years	3	5%
	(d) 26-29 years	0	0%
2	<b>Religion</b>		
	(a) Hindu	58	96.6%
	(b) Muslim	1	1.7%
	(c) Christian	1	1.7%
	(d) Others	0	0%
3	<b>Family income (per month)</b>		
	(a) Below 5000	14	23.3%
	(b) 5001-10000	7	11.7%
	(c) 10000-20000	19	31.7%
	(d) Above 20000	20	33.3%
4	<b>Dietary pattern</b>		
	(a) Vegetarian	52	86.6%
	(b) Non-vegetarian	7	11.7%
	(c) Eggetarian	1	11.7%
5	<b>Any previous knowledge regarding menstrual discomfort</b>		
	(a) Yes	44	73.3%
	(b) No	16	26.7%

#### CONCLUSION

Thus the study was effective that after completion of the examination (pre-interventional and post-interventional) overall finding showed that there is knowledge deficit among nursing students and it was concluded that, planned teaching programme was successful in achieving significant improvement in nursing students knowledge regarding menstrual discomfort. Furthermore, planned teaching

programme menstrual discomfort among nursing students may consider as an effective tool when there is a need in lacking.

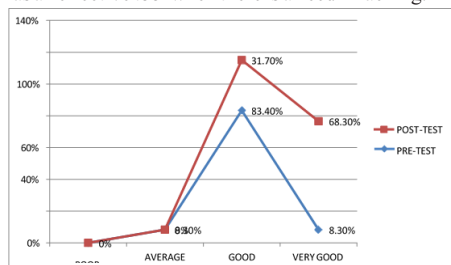


Figure 1. 3line diagram showing comparison of pre-test & post-test knowledge scores regarding menstrual discomfort.

**Limitation**

1. The study is limited to knowledge of the nursing students at selected college of nursing.
2. The study is conducted in limited time period.

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