



ORIGINAL RESEARCH PAPER

Gynecology

A STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE ON KNOWLEDGE REGARDING MANAGEMENT OF DYSMENORRHOEA AMONG ADOLESCENT GIRLS IN SELECTED COLLEGE AT GUWAHATI, ASSAM.

KEY WORDS: Dysmenorrhoea, Adolescent Girls, Knowledge, Self Instructional Module

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Introduction : Dysmenorrhoea is a painful menstruation which is characterized by pain occurs shortly before the onset or during menstrual flow persisting for one to several days during the menstruation. Because of this problem many young adolescent girls are absent from school and disturbed in their daily activities. Dysmenorrhoea is a common problem among adolescent girls.

Materials and Methods: Pre-experimental one group pre-test post-test design was conducted to assess the effectiveness of self instructional module on knowledge regarding management of dysmenorrhoea among adolescent girls in selected college at Guwahati, Assam. Non-probability Simple Random Sampling Technique was used to select 60 adolescent girls belonging to the age group 15-19 years who were studying in class XI and XII. A structured questionnaire with multiple choices was used for data collection and data analysis was performed by using descriptive and inferential statistics.

Result: The finding revealed that majority of adolescent girls, 42(70%) were in age group of 17-19 years. 38(63.4%) adolescent girls studied in class XII and 22(36.6%) studied in class XI, 83.4% were Hindu. 55(91.6%) adolescent girls were from Nuclear family. Maximum number of adolescent girls' mothers i.e. 30(50%) had passed Secondary level. (50%) had their monthly family income between 10,000 - 15,000. 86.6% had attained their menarche on or before 12 years. 80% had their duration of menses for a period of 5-6 days. 83.3% menstrual cycle were 28-30 days, 70% had regular menstruation and 30% had irregular menstruation. Out of 60 adolescent girls 55(91.6%) adolescent girls had dysmenorrhoea. From the adolescent girls who had dysmenorrhoea 20% went for medical advice and the rest 80% do not seek for medical advice. All the adolescent girls did not take self medication. 50% used other measures like sleeping in prone position to relieve the pain, 40% used hot water bag, 6.6% used hot drinks to ease the pain and 3.4% of the adolescent girls preferred massage for relieving the pain.

Table 2: t- test, Mean and standard deviation showing effectiveness of Self Instructional Module regarding management of dysmenorrhoea.

n=60							
Group	Mean	MD	SD	T-value	P- value	Df	Inference
Pre-test scores	18.3	5.2	1.68	30.3	2.009	59	S
Post- test scores	23.5		0.98				

S= Significant at p<0.05

The results showed that the mean post-test knowledge score (23.5) was significantly higher than of the mean pre-test knowledge score (18.3) as evidenced by t=30.3 (p<0.05), and found to be significant at 0.05 level of significance, which indicated that Self Instructional Module was effective. Hence, the research hypothesis (H₁) was retained. It also revealed that there was no significant association between the pre-test knowledge score regarding dysmenorrhoea among adolescent girls and the selected demographic variables. Hence, the research hypothesis (H₂) was rejected.

Conclusion: On the basis of the findings the researcher concluded that Self instructional Module on knowledge regarding management of dysmenorrhoea was effective among the adolescent girls.

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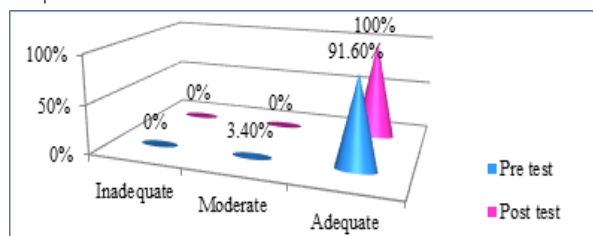


Figure 1: Cone diagram showing frequency and percentage distribution of comparison between pre-test knowledge score and post-test knowledge score of adolescent girls regarding management of dysmenorrhoea