



**ORIGINAL RESEARCH PAPER**

**Nursing**

**EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON KNOWLEDGE REGARDING CHANGES DURING PUBERTY AMONG A ADOLESCENTS GIRLS HIGHER SECONDARY SCHOOL INDORE.**

**KEY WORDS:** Puberty, adolescents girls, planned teaching program (PTP), pretest post-test, knowledge.

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**ABSTRACT**

Puberty in girls usually begins between the ages of 8 and 13 and lasts for several years. It is the time where your body develops and matures. Puberty prepares your body so one day you will be able to have a baby. The main aim of the study is to evaluate knowledge regarding changes during puberty among a adolescents girls. The researcher undertake quantitative approach where pretest- pos test research design was taken. A total of 30 adolescents girls were selected who was studying at Girls Higher Secondary School Nanda Nagar, Indore The study result reveled that adolescent girls knowledge were increased after implement of planed teaching program. The analysis also selected data, the volume found to be 7.26 level of significance.

**BACKGROUND OF THE STUDY**

Puberty is an important & critical period of life when children begin to mature biologically, psychologically, socially & cognitively. Unfamiliarity of adolescent with puberty can lead to physical psychological & emotional problems. The aim of the present study was to evaluate the effect of a puberty health education course on 11-16 year old girls knowledge, attitude, & behavior. On average, puberty typically begins between 8 and 13 in females and 9 and 14 in males. Puberty is associated with emotional and hormonal changes, as well as physical changes such as breast development in females (thelarche), pubic hair development (pubarche), genital changes in males, voice changes, an increase in height, and the onset of menstruation (menarche). Thus the investigator decided to conduct to study to improve knowledge adolescent girls.

**Need Of Study**

Puberty is a sensitive critical stage of human life. As numerous healthy habits and behaviors are created during adolescence, correct health education during puberty is essential to maintain and improve an individual's physical, emotional, and mental health. The present study aimed to determine the impact of educational intervention based on the predictors of the Health Belief Model (HBM) on female nine to ten grade student s' health behaviors in Indore India.

**Problem Statement**

A study to assess the effectiveness of planned teaching program on knowledge regarding changes during puberty among adolescents girls in selected senior secondary school of Indore.

**Objectives OfThe Study**

- To assess the knowledge regarding changes in puberty among adolescents girls.
- To develop & administer planned teaching program regarding changes in puberty among adolescents girls.
- To assess the knowledge after administration of PTP regarding changes in puberty among adolescents girls.
- To evaluate the effectiveness of PTP by comparing the pre test & post test knowledge scores regarding changes in puberty among adolescents girls.
- To associate the pre test knowledge score of adolescents girls with selected socio- demographic data.

**HYPOTHESIS**

- H1- These will be significant difference between pretest knowledge score on changes in puberty with post test knowledge score among adolescents girls.
- H0- These will be no significant difference between pretest knowledge score on changes in puberty with post test knowledge score among adolescents girls.
- H2- There will be significant association between pretest knowledge score with their demographic variables.

- H0 There will be no significant association between pretest knowledge score with their demographic variables.

**METHDOLOGY**

The researcher undertaken quantitative research approach were pre- experimental study design was adopted. The study includes 30 adolescent girls who were studying at Girls Higher secondary school , Nandanagar, Indore .These samples a set of quantitative to which include demographic information as well as knowledge regarding puberty. The structured questionnaire consists 18 items regarding puberty.

**RESULT, INTERPRETATION**

The study showed that out of 30 sample, 11 (36.6%) Of sample were under knowledge age group of 13-14, followed 10 (33.3%) were in age group of 15-16, & 9 (30.0%) were in age group of 11-12. Out of 30 sample 23 (76.6%) sample were under previous information about puberty & 7(23.3%) sample were under no previous information about puberty. & out of 30 sample occupation of mothers 13(43.3%) mother's housewife, 10(33.3%) mothers labor, & 7(23.3%) mothers worker.

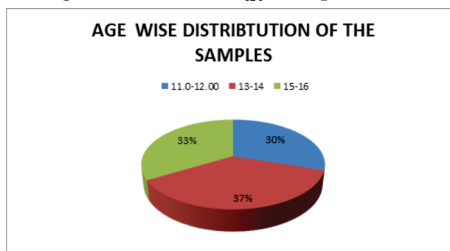
**Pre-test Score**

During pre test knowledge score of Average 7-12=22(73.3%), Good 13-18=7 (23.3%), Poor 0-6=1 (3.3%).

**Post-test Score**

After administration of planned teaching program post test score Good 13-18=26 (86.6%), Average 7-12=14 (13.3%), Poor 0-6= 0 (0%)

After administration at day seven the average (Mean ± Standard Deviation) score to judge the knowledge (10.43±2.53points) among nursing students found to be significantly greater and improved as compared to average score of knowledge (14.50±1.74 points) at baseline stage. However, the T value found to be (t value =7.26) which show the plan teaching program was effective in imparting knowledge regarding puberty. It was observed that the demographic variable found to be insignificant with the pre test knowledge score ,hence, H<sub>0</sub>s accepted.



## CONCLUSION

Adolescent problems are common to every country. But the way we tackle such problems from becoming more complicated is more important. An adolescent child is able to fall in a wrong path due to many misconceptions. And it's the duty of the parents, teachers & elders to correct them & provide them with a healthy life. Youth is the best asset of our nation & by making use of that wonderful power.

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