

## Effectiveness of the Structured Teaching Program on Knowledge Regarding Reproductive Health among Adolescent Girls of a selected School, Uttarakhand

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### Abstract

**Background:** Adolescent has been defined by world health organization as the period of the life spanning between 10 to 19 years. Adolescent girls are especially vulnerable to reproductive health problem, including early or unplanned pregnancy and infected by sexually transmitted disease like HIV and other serious reproductive health problem.<sup>1</sup> Adolescence represents acceleration in terms of biological, psychosocial and sexual development.<sup>2</sup> The reproductive health and sexual needs of an adolescent are not so openly discussed in Indian scenario due to cultural and traditional norms in society. Reproductive health is affected by a variety of socio cultural and biological factors on the one hand and the quality of the delivery system and its responsiveness to women's needs on the other. A woman based approach to reproductive health is one which responds to the needs of adult women and adolescent girls in a culturally sensitive manner.<sup>4</sup> Inadequate information about sexuality and reproductive health has the potential to create misunderstanding in the youth, due to which they cannot adopt healthy practices and attitudes towards sex and reproductive health.<sup>5</sup> Early intervention can alter pattern of behavior that would have placed adolescent girls at risk in later life. Therefore promoting of good reproductive health among adolescent girls is essential.

**Objectives:** The main objective of the study was to assess the effectiveness of the structured teaching program on knowledge regarding reproductive health among adolescent girls of a selected school, Uttarakhand.

**Materials and Methods:** The present study was conducted in Government Inter College, Doiwala, Uttarakhand. The research design was Pre Experimental, One Group Pre-test and Post-test Research Design. 50 adolescent girls were selected on the basis of inclusion criteria. Purposive sampling technique was used. The selected adolescent girl's knowledge was assessed by using structured knowledge questionnaire. After assessing Pre-test knowledge, the Structure Teaching Program was given. After one week of Structured Teaching post-test was conducted with same questionnaire. The obtained data were analyzed by using Descriptive and Inferential statistics.

**Findings:** The Pre-test finding revealed that among 50 samples, 50% (25) were having Inadequate knowledge, 44% (22) were having Moderate knowledge and 6% (3) were having Adequate knowledge. Whereas, in post-test it revealed maximum sample 94% (47) were having adequate knowledge and 6% (3) were having moderate knowledge.

The finding revealed that the mean

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post-test score (23.24) were significantly higher than that of the mean pre-test score 10.32. The standard deviation of Pre-test was 3.771 and post-test was 2.264. The findings revealed an improved mean of 12.9 with 't' value of 24.458 showing a high statistical significance at  $P < 0.05$  level.

**Conclusion:** All adolescents need support and care during this transition to adulthood, and some need special help. The lives of millions of adolescents worldwide are at risk because they do not have the information, skills and support they need to go through sexual development during adolescence. Reproductive teaching is increasingly recognized today as an important component of health care. The deficit in knowledge area suggests that basic fact regarding reproductive health. Nurses have unique role in educating the girls regarding different aspects of reproductive health. This study also highlighted that nurses should develop skill and knowledge to provide reproductive health among adolescent girls.

**Keywords:** Structured teaching program; Knowledge; Reproductive health; Adolescent girls.

## INTRODUCTION

Adolescent has been defined by world health organization as the period of the life spanning between 10 to 19 years. Today healthy adolescent girls are tomorrow's mothers, who are strength of nation. Most of the adolescent girls tend to be extremely unaware of their own body i.e. physical changes.<sup>3</sup> Reproductive health is affected by a variety of socio cultural and biological factors on the one hand and the quality of the delivery system and its responsiveness to women's needs on the other. A woman based approach to reproductive health is one which responds to the needs of adult women and adolescent girls in a culturally sensitive manner.<sup>4</sup> Adolescent girls are especially vulnerable to reproductive health problem, including early or unplanned pregnancy and infected by sexually transmitted disease like HIV and other serious reproductive health problem. Early intervention can alter pattern of behavior that would have placed adolescent girls at risk in later life. Therefore, the promoting of good reproductive health among adolescent girls is essential.

In India, though there are not many studies on women's reproductive morbidity in terms of gynecological diseases, the available data indicate high prevalence in comparison to other developing and its neighbouring countries. Almost 39 percent of currently married women in India report at least one reproductive health problem related to vaginal discharge, urination or intercourse. Large proportion of women does not visit health facilities unless the disease becomes serious. Reproductive health problems are looked down upon as a source of shame, blame, or embarrassment, and tend to be hidden in a so called culture of silence.<sup>6</sup>

## Statement of the Problem:

A study to assess the effectiveness of the structured teaching program on knowledge regarding reproductive health among adolescent girls of a selected school, Uttarakhand.

## Objectives:

- ❖ To assess the Pre-test level of knowledge regarding reproductive health among adolescent girls of a selected school.
- ❖ To assess the post-test level of knowledge regarding reproductive health among adolescent girls of a selected school.
- ❖ To assess the effectiveness of Structured Teaching Program on Reproductive health among adolescent girls.

## METHODOLOGY

The present study was conducted in Government Inter College, Doiwala, Uttarakhand. The research design was Pre Experimental, One Group Pre-test and Post-test Research Design. 50 adolescent girls were selected on the basis of inclusion criteria. Purposive sampling technique was used. The selected adolescent girls' knowledge was assessed by using structured Knowledge questionnaire. After assessing Pre-test knowledge, the Structure Teaching Program was given. After one week of Structured Teaching post-test was conducted with same questionnaire. The obtained data were analyzed by using Descriptive and Inferential statistics.

## RESULT

The finding revealed that 50% (25) samples were belonging to 13-14 years of age and 50% (25) were belonging to 15-17 years of age. 68% (34) of the samples were studying in 9th standard and 32%

(16) of the samples were in 11th standard. 56% (28) of the samples were Hindus, 42% (21) of the samples were Muslim and 2% (1) of the samples was Sikh.

### Analysis of Pre-test and post-test knowledge level of samples.

**Table 1:** Frequency and Percentage distribution of Pre-test and post-test knowledge level of samples.

*n*=50

S. No	Category	Pre-test		Post-test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1.	Adequate knowledge (>70%)	03	06%	47	94%
2.	Moderate knowledge (40-70%)	22	44%	03	06%
3.	Inadequate knowledge (<70%)	25	50%	-	-

The Pre-test finding revealed that among 50 samples, 50% (25) were having Inadequate knowledge, 44% (22) were having Moderate knowledge and 6% (3) were having Adequate

knowledge. Whereas, in post-test it revealed maximum sample 94% (47) were having adequate knowledge and 6% (3) were having moderate knowledge.

**Table 2:** Analysis of effectiveness of structured teaching program

*n*=50

	Mean	Median	Standard Deviation	Mean Differences	't' test	Table Value
Pre-test	10.32	10.5	3.771	12.9	24.458	2.02 *
Post-test	23.24	28	2.264			

*df* =49 \* significant

The finding revealed that the mean post-test score (23.24) were significantly higher than that of the mean Pre-test score 10.32. The standard deviation of Pre-test was 3.771 and post-test was 2.264. The findings revealed an improved mean of 12.9 with 't' value of **24.458** showing a high statistical significance at **P <0.05 level**.

## RECOMMENDATIONS

On the basis of the findings of the study the following recommendation were made.

- Similar study can be done with large sample size.
- It can be done in the urban areas.
- A study can be done to assess the knowledge among women of reproductive age related to reproductive health.
- A comparative study can be carried out between the knowledge level of adolescent girls of urban and rural area.

## DISCUSSION

The study was conducted by Supriya Sushant Chakre at Pune had revealed that the planned teaching was highly effective in enhancing the knowledge of girls regarding reproductive health.<sup>2</sup> Similarly the present study findings also revealed an improved mean of 12.9 with 't' value of **24.458** showing a high statistical significance at **P <0.05 level**.

## CONCLUSION

All adolescents need support and care during this transition to adulthood, and some need special help. The lives of millions of adolescents worldwide are at risk because they do not have the information, skills and support they need to go through sexual development during adolescence. Reproductive teaching is increasingly recognized today as an important component of health care. The deficit in

knowledge area suggests that basic fact regarding reproductive health. Nurses have unique role in educating the girls regarding different aspects of reproductive health. This study also highlighted that nurses should develop skill and knowledge to provide reproductive health among adolescent girls.

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