

## Effectiveness of Planned Teaching Programmed on Knowledge Regarding Vaginitis and its Prevention among Adolescents Girl in Selected College of Rajkot

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### How to cite this article:

Usha Devi, Nagadkiya Sonal. Effectiveness of Planned Teaching Programmed on Knowledge Regarding Vaginitis and Its Prevention Among Adolescents Girl in Selected College of Rajkot. Indian J Trauma Emerg Pediatr. 2023;15(4):113-115.

### ABSTRACT

Vulvovaginitis is a common infection among adolescent and young adult women, characterized clinically by vulvar pruritus, irritation and burning, and vaginal discharge. Approximately three fourths of women experience vulvovaginitis during their lifetime and many of them have experienced their first infection during adolescence. There are different etiologic causes of vulvovaginitis but the most common causes in adolescents are yeast, bacterial vaginosis (BV), and trichomonas, especially in the presence of a higher rate of sexual activity in this population. The interplay of the vaginal pH, the thickness of the vaginal mucosal layer, and the constituency of the micro biomedical that inhabit the vaginal wall impact susceptibility of adolescents to vulvovaginitis. Adolescents with disabilities and pregnant adolescents are at a higher risk for vulvovaginal infection.

The present Pre experimental one group pretest and posttest research design was conducted among adolescents' girls to evaluate the effectiveness of vaginitis and its prevention. The researcher selected 60 samples based on non probity sampling technique. The results shown that the level of knowledge was improved after implementation of planned teaching, which indicates the planned teaching was effective. The researcher concluded that, the teaching aids will be helpful in improving knowledge among adolescents' girls as well as public. The researcher recommended that, the community education programme and personal behavior change education is required to save the adolescents' girls and reduce the morbidity and mortality in India.

**Keywords:** Knowledge; Vaginitis and its prevention; Adolescents' girls.

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**Received on:** 12.04.2024

**Accepted on:** 20.04.2024

### INTRODUCTION

Adolescent girls are either a child or an adult. She lives in a new world of between childhood and adulthood. She is not capable to cope-up with fast occurring physical, hormonal, and emotional changes during this phase. She is not sure of herself which way to go, through this period is called 'awkward 3 age or transitional age. Positive physical and mental health can promote healthy and intelligent attitudes in the young girls who can bloom in to young women.

Nearly half of the population, almost 3 million people is under the age of 25. In other words, one in every five people in the world is an adolescent and 85 of every 100 adolescents live in developing countries. India is the one of the fastest growing populations in the world, with an estimated 105 million girls between 10-19 years old. Worldwide an estimated 250 million years of productive life are lost every year as a result of reproductive health problems. In this vaginitis is a common problem of adolescents. Vaginitis is an inflammation of vagina; the vagina creates an own environment and maintains a balance among the normal bacteria and the hormonal changes in a women's body.

According to WHO, the prevalence of vaginitis is 10-25%. Vaginitis affects at least one-third of all women during their life time 10% vaginitis is seen among adolescents in worldwide. In India the prevalence of vaginitis is 21.32%. In Tamil Nadu the prevalence of vaginitis ranged from 4-62%.

Adolescent girls suffer on account of lack of adequate and correct information about sexual and reproductive health. They do not feel comfortable to seek health care because of the lack of confidentiality and privacy regarding reproductive health. A sizeable population of adolescent girls has incorrect knowledge and information about infections of the reproductive tract. Strong efforts are needed to improve the awareness to mass media and health education would improve adolescent girls' awareness of reproductive health.

In India the research work on prevalence and awareness on vaginitis among adolescents is done very minimal. Against this background, the investigator felt the need to determine the level of knowledge regarding vaginitis and its prevention among adolescent girls provide them education with the help of a planned teaching programmed.

## OBJECTIVES

To assess the level of knowledge regarding vaginitis and its prevention among adolescent girls.

To evaluate the effectiveness of planned teaching programme by comparing the mean pre-test and post-test level of knowledge score among adolescent girls.

To find the association between the mean post-test level of knowledge score among adolescent girls in the selected college of nursing, Rajkot.

**Research Design:** Pre experimental Research design, one group pre-test and post research design was adopted for this study.

**Research Study Setting:** The study was conducted in selected Nursing colleges at, Rajkot Gujarat.

**Population:** Adolescent Girls

**Sample:** The sample of the study comprised the Adolescent Girls at selected college of Rajkot.

**Sample Size:** The sample size of the study comprised of 60 Adolescent Girls.

**Sampling Technique:** Non-probability sampling technique was used to select the sample for the study.

## RESULTS

Regarding the demographic variables most of the adolescent girls 51 (85%) were aged between 18 to 20 years, Regarding religion 59 (98.3%) were Hindu religion, Regarding residency 30 (50%) were village locality, Educational Status among adolescents are 30 (50%) were B.Sc nursing 1st year, Regarding Type of Family 30 (50%) were Joint Family, Regarding Menarche age among adolescent 25 (41.7%) were 12-13 menarche age, Regarding duration of menstruation majority of them 43 (71.7%) were 3 to 5 days duration of menstruation, Regarding history of Vaginitis majority of them 49 (81.7%) were no

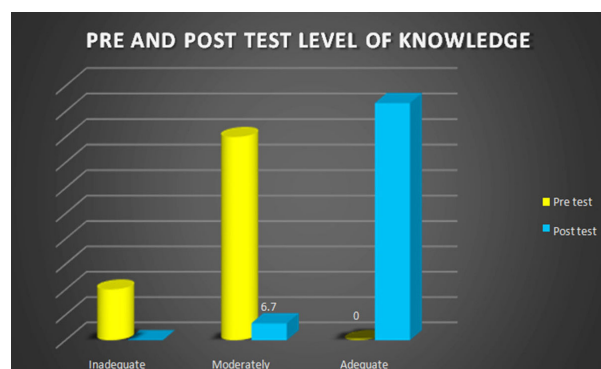


Fig. 1: Pre and Post test level of knowledge regarding Vaginitis and its prevention among adolescent girls.

history of Vaginitis, 24 (40%) of them were got health information through mass media about Vaginitis and its prevention.

The findings reveal that out of 60 samples in pre-test the highest percentage of 80% of them had moderate knowledge, 20% of them had inadequate knowledge and in post-test majority 93.3% of them were had adequate & 6.7% of them had moderate level of knowledge regarding Vaginitis and its prevention among adolescent girls.

The mean and standard deviation value of pre-test was  $1.80 \pm 0.403$  and in post-test was  $2.93 \pm 0.252$ . The mean difference is -1.13. The paired 't' value 17.449 is significant at the p value 0.000.

\*\*highly significant

The demographic variable education ( $\chi^2=0.300$ ,  $p=0.861$ ) had shown statistically significant association with level of knowledge regarding Vaginitis and its prevention among adolescent girls at  $p < 0.005$  level.

**Table 1:** Paired 't' test comparison of pre and post-test scores regarding Vaginitis and its prevention among adolescent girls

Variable	Pre-test	Post-test	Mean difference	SD difference	't' value	p-value
	Mean±SD	Mean±SD				
Knowledge	$1.80 \pm 0.403$	$2.93 \pm 0.252$	-1.13	0.503	17.449 df=59	0.000**

## CONCLUSION

Vaginitis is a common medical problem for the adolescent girls that can be associated with significant morbidity and complication to know its prevention among adolescent girls, so they are have on knowledge than it will be improve the health status. The main conclusion of this present study is that most of the adolescent girls had inadequate and moderately adequate level of knowledge in pre-test and they improved to moderately adequate and adequate level of knowledge in post-test. This shows the imperative need to understand the purpose the planned teaching program regarding improving the knowledge about effects of Vaginitis and its prevention among adolescent girls and it will improve the level of knowledge.

Based on the findings of the study, the following conclusions were obtained.

The study shows that 15% of the subjects are belong to the age group 17-18 years, 85% of subjects are belong to the age group 18 - 20 years.

In this study around 98.3% of the subjects were Hindu and 1.7% of the subjects were Muslim.

In this study around 50% of the subjects were nuclear family, 50% of the subjects were joint family.

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