

A STUDY TO EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING SELECTED ASPECTS OF REPRODUCTIVE HEALTH AMONG ADOLESCENT GIRLS IN A SELECTED PRE-UNIVERSITY COLLEGE OF MOODBIDRI

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ABSTRACT

Sexually Transmitted Infections (STI's), including HIV (Human Immunodeficiency Virus) mainly affects sexually active young people. Young adults aged 15–20 years, account for 32% of AIDS (Acquired Immunodeficiency Syndrome) cases reported in India and the number of young women living with HIV/AIDS is twice that of young men. The aim of the study was to evaluate the effectiveness of planned teaching programme among adolescent girls' on knowledge regarding selected aspects of reproductive health in a selected pre-university college of Moodbidri.¹

“Sexually transmitted diseases are known as an epidemic of youth”. Therefore the younger generation need to be educated and kept informed about various aspects of reproductive health, so that they are able to protect themselves and their society. One way of helping the young generation is by providing knowledge on various aspects of reproductive health through different modes of learning materials.

Key words: Reproductive health; Adolescent girls.

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INTRODUCTION

"You must learn day by day, year by year, to broaden your horizon. The more things you love, the more you are interested in, the more you enjoy, the more you are indignant about, the more you have left when anything happens".

Ethel Barrymore

Nearly half of all people are under 20 years of age. Over a billion are young people between the ages of 15 and 19, the parents of the next generation. Adolescence is a period of transition from childhood to adulthood. One fifth of the world's population is represented by them.¹ Adolescence in girls has been recognized as a special period in their life cycle that requires specific and special attention. Their decisions about education, sexual relationships, marriage, and childbirth will have an enormous impact on their lives and, in turn, on their communities and nations.²

As the largest generation of young people enters adulthood, education and information can affect when they marry, how many children they will have, and the well-being of their future families and the nations in which they live. For young women, the right to exercise greater control over their sexual and reproductive lives, and be free of coercion, discrimination and violence, is the key to a better future.³

According to the WHO, Reproductive health is defined as a state of complete physical, mental and social well-being, and not merely the absence of reproductive disease or infirmity. Reproductive health deals with the reproductive processes, functions and system at all stages of life.⁴

Reproductive health is relatively a new concept that includes teenage pregnancy, sexually transmitted diseases (STDs), HIV and AIDS, freedom from risk of sexual diseases, right to regulate one's own fertility and full knowledge of contraceptive choices.⁵

Need for the study

"Education is a progressive discovery of our own ignorance"

Will Durant

Education regarding reproductive health can actually help the adolescent girls to clear misconceptions about sex and sexuality. Proper guidance can not only clear in developing a healthy attitude towards sex, but also help to develop a more health conscious and responsible youth.⁶

According to World Health Organization data, half of all HIV infections worldwide occur below 20 years of age. In industrialized countries 2 of every 3 STDs afflict people under 20 years old, and this proportion is even higher in developing countries. Over 10% of all births each year occur to women 15-19 years old, according to the Population Reference Bureau. The risk of maternal mortality is 2 to 4 times higher for pregnant adolescents than for pregnant women over age 20. Infant mortality is typically 30% higher for infants born to women 15-19 years old than for those born to women 20 or older.⁷

The investigator during the literature review on various research problems found that knowledge of reproductive health was lacking among adolescent girls. The findings of this review gave an insight to educate pre-university girls regarding selected aspects of reproductive health. Hence the researcher felt the need to conduct a study among adolescent girls of the local Pre-university colleges of Moodbidri.

Assumptions

The study assumes that:

1. planned teaching programme is an accepted method of guiding and improving the knowledge of the adolescent girls.
2. improvement in knowledge will enable the adolescent girls to build up healthy attitudes towards reproductive health

Hypotheses

The hypotheses will be tested at 0.05 level of significance:

- H₁: The mean post-test knowledge score on selected aspects of reproductive health of adolescent girls will be significantly higher than their mean pre-test knowledge score.
- H₂: There will be significant association between the pre-test knowledge scores of adolescent girls and selected demographic variables.

Delimitations

The study is limited to:

- adolescent girls studying in the selected Pre-university college of Moodbidri.
- adolescent girls between the age group of 15-19 years.

METHODOLOGY

An evaluative approach with Pre-experimental one group pre-test post-test design.

VARIABLES

Independent variable: In this study planned teaching programme was the independent variable.

Dependent variable: The outcome variable of interest in this study was the knowledge about selected aspects of reproductive health.

Demographic variable: Age, religion, education level of students, education level of parents, source of information, occupation status of parents, residential areas and type of family.

The Research setting was in Jain junior Pre -University college, Moodbidri. The population consists of adolescent girls studying in the Pre- University college at Moodbidri. The 60 adolescent girls who are aged between 15-18 years were selected for this study. Simple random sampling was adopted for this study.

Sampling criteria**Inclusion criteria**

1. Adolescent girls studying in selected Pre-University College.
2. Adolescent girls studying in English medium.
3. Adolescent girls in the age group of 15-18 years.
4. Adolescent girls who were willing to participate.

Exclusion criteria

1. Adolescent girls who were not willing to participate in the teaching programme.
2. Adolescent girls in other languages of medium of instructions.

Data collection instrument

Demographic proforma and structured knowledge questionnaire were used to collect data from adolescent girls. Intervention was given in the form of planned teaching programme on selected aspects of reproductive health.

After obtaining the permission from the Principal of Mahaveera Pre University College, the tool was pre-tested on a sample of 5 students.

For reliability, the tool was administered to 5 pre-university college students who fulfilled the sample criteria. The reliability co- efficient of tool was calculated using split half method followed by Spearman's Brown prophecy Formula. Pilot study was conducted at Alva's Pre-University College, Moodbidri among 10 pre-university students after taking consent from them.

Data collection process

The final data collection was done in Jain junior Pre University college, Moodbidri. Formal written permission was obtained from the Principal of the Jain junior pre university college. The data were collected from 60 adolescent girls who were present in the college and met the study criteria.

RESULTS

Master data sheet was prepared and the data were analysed based on the objectives and hypothesis using descriptive and inferential statistics.

Most of the sample (91.7%) had good knowledge regarding selected aspects of reproductive health in the Pre-test. But in the post-test majority of the adolescent girls (53.3%) had acquired very good knowledge and 20.0% had acquired excellent knowledge.

- There was significant difference between the mean pre-test and post-test knowledge scores ($t_{(59)} = 1.67$, $P < 0.05$).
- There was no significant association between pre-test knowledge scores and selected demographic variables.

The findings of the study have implications in various areas of nursing such as practice, education, administration and nursing research.

Nursing practice

Health teaching is a process of assisting adolescent girls to learn and incorporate health related behaviour into everyday life. Nurses have to impose themselves in all the areas of community health practice, so as to help adolescent girls in leading healthy life style by preventing health problems.

Nursing education

In the present era of primary healthcare emphasis is given for developing self-care abilities of individuals. Nursing education should emphasise more on preparing prospective nurses to impart health information and assist the community in developing their self-care potentials. This can be best done by equipping the nursing curriculum with the knowledge regarding dissemination of health information using various methods of education technology.

Nursing administration

The findings of the present study motivate the nurse administrators to initiate and organise in-service education programme for nurses and encourage nurses to participate in such activities. The Nurse

administrators serve as resource persons for other nurses, students, clients and relatives and provide adequate support in terms of manpower, money and material for disseminating health information.

NURSING RESEARCH

Research should be done on the preparation of innovative methods of teaching, better practice of nursing care and development of good and effective teaching materials. "Prevention is better than cure" therefore research can be conducted in community setting for the promotion of health and prevention of disease.

RECOMMENDATIONS

On the basis of findings of the study, it is recommended that:

1. A similar study can be replicated on a larger sample with a control group.
2. A self instructional module can be developed based on learning needs of the adolescent girls.
3. A comparative study can be undertaken to find out the difference in knowledge among urban and rural pre-university adolescent girls on selected aspects of reproductive health.
4. A comparative study can be undertaken to compare the effectiveness of planned teaching programme and self instructional module on selected aspects of reproductive health.

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