

# Effect of Information Booklet on Knowledge of Teenage Pregnancy among Teenage Girls in Selected Government Schools of Kamrup (M), Assam

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**Abstract:** *Background of the study:* Teenage Pregnancy is a matter of public concern. Teenage pregnancy creates a negative impact and place the mother and baby at risk physically and mentally, which in turns make the society undeveloped. More commonly poverty, school dropout's, practice of early marriage and inadequate knowledge on sex education leads to violation of human rights of an adolescent after resulting an abrupt end of childhood. Awareness on this aspect and relevant issues and the preventive strategies may influence the effectiveness of these methods. Thus, the present study was aims to evaluate the Effect of Information Booklet on Knowledge of Teenage Pregnancy among Teenage Girls in Selected Government Schools of Kamrup (M), Assam. *Methodology:* A quantitative evaluative approach and pre-experimental one-group pre-test and post-test design was adopted. Sample size was 90 and selected by using stratified random sampling technique. Data were collected through structured self-administered questionnaire. An information booklet was prepared and distributed among the students on the same day of pre-test. Seven days later post-test was conducted by using same questionnaire on knowledge regarding teenage pregnancy. *Result:* Data analysis was performed using SPSS. During pre-test mean value was 7.68 which has increased to 16.14 in post-test after administration of information booklet. The mean difference is 8.46. The calculated 't' value 25.83 at df 89 which is highly significant at  $p < 0.001$ . Among the variables, educational status of the students ( $\chi^2 = 17.36$ ,  $df = 4$ ) was found to be significantly associated with the knowledge of students on teenage pregnancy. *Conclusion:* On the basis of study findings, administration of information booklet on teenage pregnancy appears to be effective as it significantly increases the knowledge of teenage girls on teenage pregnancy.

**Keywords:** Teenage girl, Teenage pregnancy, Knowledge, Information Booklet

## 1. Introduction

School is defined as an educational institution where groups of pupils pursue defined studies at defined levels, receive instructions from one or more teachers, and frequently interact with other officers and employee. School children are the vital segment or future generation and asset of their families and nation. So these group needs continuous help, guidance and care. And the school system provides an exclusive opportunity for influencing knowledge, attitudes and practices of children for present and future (K.K Gulani).<sup>[1]</sup>

Teenage is a period of life between 13-19 years is a complex and very important stage in life that is characterized by the physical, psychological and social development of an individual. A teenage girl from onset of puberty to age 19 years is able to become pregnant following menarche is called as teenage pregnancy, regardless of whether they are married or are legally an adult. Early marriage is a concern in the developing countries. Another issue in these countries is the increasing trend of premarital sex. In India, it has been estimated that about 20-25% of unmarried teenagers engage in sexual activities. (Kamini Rao).<sup>[2]</sup> Poverty, high cost of education, lack of parental care and lack of income support for children may lead girls to be forced by circumstance to

exchange sex for money and goods.<sup>[3]</sup> The pregnant teenager unable to bear the burden of pregnancy and labor at a young age, the obstetric outcomes of teenage pregnancy are also hazardous.<sup>[4]</sup> In the developing world, about 2.5 million females under the age of 16 and 16 million females 15 to 19 year old have children each year and around 3.9 million have abortions (WHO).<sup>[5]</sup>

Teenage Pregnancy 15-19 years contribute to 19% of total fertility in India, which has the highest maternal mortality rates.<sup>[6]</sup> Complications occurring during pregnancy and delivery are the death causing factor for 15-19 year old globally. Additionally, 3 million teenage girls undergo unsafe abortion which may lead to other reproductive health problems or even death.<sup>[7]</sup> The incidence of low birth weight, premature delivery and neonatal morbidities like perinatal asphyxia, jaundice and respiratory distress syndrome, higher fetal and neonatal mortality concluded that teenage pregnancy leads to vulnerable obstetric pregnancy outcome (kumar Ashokh).<sup>[8]</sup> Operative delivery, perinatal mortality, hypertensive disease in pregnancy, placental abnormalities and anemia were most prevalent in case of adolescent pregnancies (Qazi G).<sup>[9]</sup>

Going to the old saying – prevention is better than cure. Traditions promoting early marriage and early pregnancy need to be challenged. The media, education, Government

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and the other health care services can play an important role in challenging the attitudes and customs that underpin early pregnancy. Preserving the health of the women has been given high priority in the Reproductive and Child Health Program. The most effective way to reduce rates of teenage pregnancy and birth is through a combination of education and preventive care. Access to either, despite recent improvements, remains a challenge for many.<sup>[10]</sup>

### 1.1 Objectives

- 1) To assess the pre-test knowledge of teenage pregnancy among Teenage girls in selected Government schools.
- 2) To assess the post-test knowledge of teenage pregnancy among teenage girls.
- 3) To evaluate the effect of information booklet on knowledge of teenage pregnancy among Teenage girls.
- 4) To find out the association between pretest knowledge of teenage pregnancy among teenage girls in selected Government schools with selected demographic variables such as age, religion, educational status of the student, educational status of the mother, educational status of the father, family type, marital status of parent, mother occupation, father occupation, source of information, family history of teenage pregnancy, have you attend any session on sex education.

## 2. Literature Survey

The literature reviews are organized under the following headings:

- 1) Literature related to knowledge on teenage pregnancy
- 2) Literature related to effectiveness of using Information Booklet

## 3. Methodology/ Approach

Research methodology includes the strategies to be used to collect and analyse the data to accomplish the research and indicates the general pattern for organizing the procedure of gathering valid and reliable data for an investigation.

### 3.1 Research Approach

Evaluative research approach was used for the present study to evaluate the effect of Information Booklet on knowledge of Teenage Pregnancy among Teenage girls.

### 3.2 Research Design

The research design adopted for this study is pre-experimental-one group pre-test and post-test design.

### 3.3 Setting of the Study

The present study was conducted in Selected Government schools of Kamrup (M), Guwahati, Assam.

### 3.4 Population

The study population included teenage girls of class VIII, IX and X of the two selected government schools of Kamrup

(M). The study population comprised of 184 teenage girls of class VIII, IX and X.

### 3.5 Sample size

The present study consists of 90 samples who have fulfilled the inclusion criteria.

### 3.6 Sampling Technique

In the present study, the two government schools were selected using lottery method and the samples were selected by using stratified proportionate random sampling. The samples were selected from each class by using systematic random sampling by computing the  $K^{\text{th}}$  number for each class registers as the sampling frame.

### 3.7 Sampling Criteria

#### Inclusion criteria

- Students who were present at the time of data collection.
- Only Assamese medium government high schools.

#### Exclusion criteria

- Students who were ill and not willing to participate.

### 3.8 Variables

The present study consists of demographic, dependent and independent variables.

- Demographic variables: Characteristics and attributes of the study subjects: age, religion, educational status of the student, educational status of the mother, educational status of the father, family type, marital status of parent, mother occupation, father occupation, source of information, family history of teenage pregnancy and have you attend any session on sex education.
- Dependent variable: Knowledge of the teenage girls on teenage pregnancy.
- Independent variable: Information booklet regarding teenage pregnancy.

### 3.9 Description of the tool

Section A: Demographic proforma.

Section B: It consist of 20 multiple choice knowledge questionnaire regarding teenage pregnancy. All items carries one correct answer.

### 3.10 Description of the information booklet

Information booklet was prepared, focusing on simplicity of the language as per students level of understanding. The information booklet was developed under the following headings:

- Introduction and definition of teenage pregnancy
- Risk factors of teenage pregnancy.
- Effects of teenage pregnancy.
- Prevention of teenage pregnancy.

## 4. Results

The analysis and interpretation of the data gathered was done under five sections:

### Section I: Frequency and percentage distribution of teenage girls according to selected demographic variables.

Demographic data revealed that majority of teenage girls i.e. 72.2% belongs to the 13 to 15 years of age group, in terms of religion majority i.e. 64.4% were Hindu, majority i.e. 38.9% were from class VIII, majorities i.e. 37.8% mother were illiterate, majorities father i.e. 30% were matriculation pass, in terms of family type majority i.e. 71.1% belongs to nuclear family, majority i.e. 73.3% parents were married, majorities i.e. 32.2% mother were house wife, majorities i.e. 58.9% father were business man, majority i.e. 41.1% students gets information from television, according to family history of teenage pregnancy majority i.e. 70% has no family history of teenage pregnancy and majority i.e. 88.9% have attended session on sex education.

### Section II: Assessment of pre-test knowledge of teenage girls regarding teenage pregnancy.

Majority of the teenage girls i.e. 64 (71.1 %) has moderate knowledge, 14 (15.6 %) has inadequate knowledge and 12 (13.3 %) has adequate pre-test level of knowledge regarding teenage pregnancy.

### Section III: Assessment of post-test knowledge of the students regarding teenage pregnancy.

Majority of the teenage girls i.e. 68 (75.6 %) has moderate knowledge, 13 (14.4 %) has inadequate knowledge and 9 (10 %) has adequate post-test level of knowledge regarding teenage pregnancy.

### Section IV: Assessment of Effect of Information Booklet on knowledge of teenage girls regarding teenage pregnancy.

**Table 1.1:** Frequency and percentage distribution of pre-test and post-test knowledge level of teenage girls.

Category	Pre test aggregate knowledge		Post test knowledge as per pre-test categorization	
	n	percentage	n	Percentage
Adequate (11-14)	12	13.3	88	97.8
Moderate (6-10)	64	71.1	2	2.2
Inadequate (2-5)	14	15.6	0	0
Total	90	100.0	90	100.0

The data represented in table 1.1 shows the result of increasing post-test knowledge compared to pre-test which shows the effectiveness of information booklet on teenage girls.

Table 1.2: Mean and standard deviation to determine the effect of information booklet by paired 't' test

n=90

Knowledge score	Mean	Standard deviation	Mean Difference	t value	df	p value	Remark
Pre-test	7.68	2.43	8.47	25.83	89	<.001**	“S”
Post-test	16.14	2.15					

**\*\*S Highly significant at p<0.001**

The table 1.2 indicates that mean post-test score 16.14 (SD=2.15) was higher than the mean pre-test knowledge score 7.68 (SD=2.43) and that the difference between the pre-test and the post test score was 8.47. The paired t test was performed and the calculated 't' value 25.83 at df 89, which is highly significant at 0.001 level of significance (p<0.001). Thus, the research concluded that the information booklet was significantly effective in increasing the knowledge on teenage pregnancy among the respondents.

### Section V: Assessment of association between pre-test knowledge of teenage pregnancy among teenage girls in selected Government schools with selected demographic variables.

On assessing association between pre-test knowledge with selected demographic variables, the chi square value for pre-test knowledge on educational status of the student was calculated as 17.36 at df=4 which was higher than the tabulated value (9.49) at 0.05 level of significance and the p value 0.001 which was statistically significant. There was no significant association pretest knowledge of teenage pregnancy among teenage girls with selected demographic variables such as age, religion, educational status of the mother, educational status of the father, family type, marital status of parent, mother occupation, father occupation, source of information, family history of teenage pregnancy, have you attend any session on sex education.

## 5. Conclusion

From the study findings, it was concluded that the administration of information booklet was effective in increasing knowledge about teenage pregnancy among teenage girls. Among all the settings school is place of priority for adolescent sex education as it offers substantial opportunities for prevention. Teenage period is the budding phase of life for the growth and development in all aspects and have implications for the entire life. This study result provide a baseline information in creating awareness regarding vital need of concern on sex education. There is need to increase knowledge on preventive strategies of teenage pregnancy including safe sex practice, knowledge on contraception, promoting academic enhancement and developing good health habits.

## 6. Recommendation

- A comparative study can be conducted between government and private school or between urban and rural area school to identify the knowledge on teenage pregnancy among the teenager or teenage girls.
- Since the use of information booklet was found to be effective in imparting knowledge regarding teenage pregnancy among the teenage girls, it can be also helpful in creating awareness among the community people by developing information booklet.
- A study can be also conducted to evaluate the effectiveness of information booklet versus other methods of teaching strategies.
- The same type of study can be conducted on large sample for generalization of the findings.

- A formal educational programme can be conducted in all the schools regarding sex education.

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