

A Study to Determine the Effectiveness of Child to Child Approach on Menstrual Hygiene among School Age Children in Selected Schools at Manamadurai, Tamil Nadu

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Abstract: *Children are like cement whatever falls on them make an impression, The Nurse can help young children to understand the normal physical and psychosexual changes taking place during puberty, menstrual hygienic practices, so that they may learn to see it as a positive change. A study to determine the effectiveness of child to child Approach on menstrual hygiene among school age children in selected schools at Manamadurai, Tamil Nadu". This study was conducted in CSI High school at Manamadurai. A quantitative approach was used for this study and a pre-experimental research design was applied. The population selected for this study was school children; the age group was 12-14 years. The study sample was selected by using a convenience sampling technique consists of 60 samples were 30 older (14-15years) and 30 younger (12-13 years) children, who full fill the inclusion criteria. The knowledge was measured by 30 self structured questionnaires. The findings of the study, the child-to-child approach was effective. (key words: child to child approach, menstrual hygiene).*

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1. Introduction

School children in girls are a turbulent period which includes stressful events like menarche considered as a landmark of puberty. One might expect that menarche will be positively received by young women; however negative responses such as fear, shame, anxiety and depression are more common. The manner in which a girl learns about menstruation and its associated changes may have an impact on her response to the event of menarche.

The child to child approach was developed for the International year of the child 1979 by a group of health and education professionals. The goal is to improve health and reduce mortality by engendering positive health practices among children. Child to child approach is to gain the information from the researcher to the older children by planned teaching program and dissemination of information from older children to younger children.

2. Research Methodology

Quantitative approach was adopted in this study. The purpose of this approach is to determine the effectiveness of child to child approach on menstrual hygiene among school children. Pre experimental one group pretest and post test design was used in this study to determine the effectiveness of intervention on menstrual hygiene among school children. The setting of the study is the selected school at Manamadurai.

For the study purpose the researcher has selected 60 students who had attained menarche VII to X standard. The target population of the study was the school children the age group of 12-15 yrs.

3. Results

Among the older children 1 (3.3%) had adequate

knowledge, 28 (93.3%) had moderately adequate knowledge and remaining 1 (3.3%) had inadequate knowledge of menstrual hygiene in the pretest. It increased by 20 (66.7%) older children had adequate knowledge and 10 (33.3%) of them were reported to have moderately adequate knowledge of menstrual hygiene in the post test. Among the younger children 8 (26.7%) had moderately adequate knowledge, 22 (73.3%) had inadequate knowledge of menstrual hygiene in the pretest. It increased of 1 (3.3%) had adequate knowledge and 29 (96.7%) of them were reported to have moderately adequate knowledge of menstrual hygiene in the post test. comparison between the pre test post test level of knowledge on menstrual hygiene of older children as the research hypotheses were stated. H_1 the post test knowledge score of older children on menstrual who had the planned teaching program will be significantly higher than their pre test knowledge score. The older children the mean post test knowledge score 29.1667 is higher than the mean pretest knowledge score is 22.667. The obtained t value 11.722 is statistically significant at 0.05 levels. It indicates that the mean difference 7 is a true difference. So the researcher rejected null hypothesis and the above findings support the research hypothesis. The comparison between the pre test post test levels of knowledge on menstrual hygiene of younger children as the research hypotheses were stated. H_2 the post test knowledge score of younger children on who had the information through the child to child approach on menstrual hygiene will be significantly higher than their pre test knowledge score. Younger children the mean post test knowledge score 25.3000 is higher than the mean pretest knowledge score is 15.7333. The obtained t value 16.095 is statistically significant at 0.05 levels.

It indicates that the mean difference 10 is a true difference. So the researcher's rejected the null hypothesis and the above findings support the research hypothesis. The effectiveness of the planned teaching program on

menstrual hygiene was (CV=1.93%) lower than the child to child approach of a post test knowledge score of younger children (CV=11.18%). The test of significance is $t=5.847$ statistically highly significant at 0.01 Level. It indicates both planned teaching and child to child approach are effective.

4. Discussion

The aim of the study was to determine the knowledge of menstrual hygiene among school children by using child to child approach. The 60 samples (30 older and 30 younger children) were selected by using a convenience sampling technique based on inclusion criteria. The samples were interviewed separately by means structured questionnaire to collect the information after getting validity from experts and a pilot study. The responses were coded verified and finally processed by using the most commonly used packages. The investigator modified Imogene kings open system frame and goal attainment theory for this study using the three interacting system personal interpersonal and social. The main idea of this study is to establish the child to child approach was very effective in disseminating information, making individuals most responsible and effective members in health care.

5. Conclusion

Child-to child approach is a new and cost-effective way to deliver early learning opportunities for those who cannot afford formal school children. Child-to-Child approach is the important element in the health teaching programs. The approach thus undoubtedly influences the curriculum and practice of health education to some degree. Child-to-Child approach can allow children to participate effectively in age appropriate learning activities that will turn, improve their cognitive, linguistic, emotional and social development. The various studies also prove that Child-to-Child approach is being very effective in increasing knowledge among children.

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