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Impact of Video Assisted Teaching Programme on Knowledge Regarding Menstrual Hygiene among Adolescent Girls in Selected Urban Area of Bangalore

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Abstract: ***The word adolescent is derived from Latin word adolescence which means to grow into maturity. Adolescence is a period of transition from childhood to adulthood. WHO has defined adolescence as the age group 10-19 year? These are formative years when maximum amount of physical, psychological, developmental and behavioural changes take place. In India adolescent girls accounts for a little more than one- fifth of the population. The onset on menstruation is one of the most important changes occurring among the girls during the adolescent years. Adolescent girls having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to infections and it Consequences. With the Primary objectives to assess the Impact of Video Assisted teaching Programme on Knowledge on Menstrual Management among adolescent girls. A quasi-experimental pre-test and post-test design and the setting were urban area of Bangalore. The samples of this study comprised of 40 adolescent girls. Purposive sampling technique was used. Pre-test was conducted on first day followed by structured teaching programme for about 30 minutes. Post-test was done on the seventh day. Data were collected with help of structure knowledge questionnaire. The data reliability was 0.8 and validity of tool was ensured before proceeding with data collection. The Result In the pre-test 04% adolescent girls had inadequate knowledge, 55 % had averagModerately adequate knowledge and 35 .5 % had adequate knowledge. However, in the post-test 47% adequate Knowledge and very few had inadequate knowledge and none had poor knowledge. Structured teaching programme was found to be effective in the improving knowledge level of menstrual hygiene management among adolescent girls at p<0.05 level of significance for 59 degree of freedom since paired "t Test showed for -3.4491 which is greater than the table value, at p<0.05 level of significance for 59 degrees of freedom. Significant association was obtained between pre test levels of Knowledge Thus, the above results revels that there is increased knowledge level of adolescent girls about menstrual hygiene management.***

Keywords: Structured Teaching Programme; Knowledge; Adolescent girls; Knowledge on Menstrual Hygiene Management

1. Introduction

The word adolescent is derived from Latin word adolescence which means to grow into maturity. Adolescence is a period of transition from childhood to adulthood. WHO has defined adolescence as the age group 10-19 year? These are formative years when maximum amount of physical, psychological, developmental and behavioural changes take place. In India adolescent girls accounts for a little more than one- fifth of the population. The onset on menstruation is one of the most important changes occurring among the girls during the adolescent years. Adolescent girls having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to infections and it Consequences. With the Primary objectives to assess the Impact of Video Assisted teaching Programme on Knowledge on Menstrual Management among adolescent girls

Research Approach

The research approach used for the study is DESCRIPTIVE SURVEY APPROACH in nature. The Purpose of the descriptive study is to observe, describe and explore aspects of a situation. The researcher planned to assess the knowledge among the samples. The Research design is the Plan, structure and strategy of investigations of answering the research questions. This Study is designed in the Form of Quasi experimental one group pre-test post-test Design with the objective of Describing Researcher planned to describe the knowledge assessment of the samples.

Study Setting

Setting of the study refers the study where the study is conducted, it depends on the topic and the Researcher's choice here, the setting is selected urban area of Bangalore. Population is a group whose members possess specific attributes that a researcher is ready to study the adolescent girls age group between 12-19 yrs as a sample

Data Collection

Data collection is the process of gathering and measuring information on variables of interest, in an established systematic fashion that enables one to answer stated research questions, test hypotheses, and evaluate outcomes. Based on the objective of the study, A Knowledge Questionnaire is prepared to assess the knowledge of the samples about the subject. A Pre-test and the Post-test was conducted with this Knowledge Questionnaire.

Inclusion Criteria

- The adolescent girls who are willing to participate in the study
- The adolescent girls who are able to read and write Kanata and English

- The adolescent girls who are present at the time of data collection

Exclusion Criteria

- **The adolescent girls who are not willing to participate in the study**
- **The adolescent girls who are not able to read and write Kanata and English**
- **The girls adolescent who are not presenting at the time of Data collection.**

Tools:

- **Section A:** It consists of the Demographic Profile of participants under the study
- **Section B:** It consists of the self administered Knowledge questionnaire **to** assess the Knowledge on Menstrual Management among adolescent Girls

Statistical Technique

The required permission were taken from the higher authorities of those selected area were taken before conducting the pilot study and main study .Then samples were selected as per inclusion criteria .The analysis of the data was done on the basis of Objectives of the study

The data was analyzed as following:

1) The demographic data of the samples was analyzed with the help of frequency and percentage.
2) The pre –Test and Post –Test Knowledge, scores were analyzed with the help of Frequency and percentage and Mean and standard deviation.
3) The effectiveness of Video Assisted Teaching programme on Management of Menstrual Hygiene will be analyzed by using descriptive and inferential statistical methods. Paired' test by measuring the significant difference between pre-test and post-test scores.
4) The Association between Knowledge with the selected Socio demographic variables will be analyzed by using Chi-square

Section I: Deals with analysis of demographic data of the Adolescent Girls from selected urban areas of Bangalore in terms of frequency and percentage

Table no. 1 depicts distribution of various demographic variables of the study subjects in frequency and percentage of age, Education, Religion, Area of living, Maternal Education, Father Education, Working status of the Father, Working status of the Mother, Family income Types of family, Number of Elder sisters at your family, Previous Knowledge, sources of information

S. No	Variable	Adolescents	
		Frequency	Percentage
1	**Age in years**		
	12-13	3	7.5
	14-15	4	10.0
	16-17	10	25.0
	18-19	23	57.5
2	**Education**		
	8th standard	3	7.5
	9th standard	1	2.5
	10th standard	6	15.0
	College going	30	75.0
3	**Religion**		
	Hindu	27	67.5
	Muslim	2	5.0
	Christian	11	27.5
4	**Area of living**		
	Urban	23	57.5
	Semi urban	17	42.5
5	**Maternal Education**		
	Illiterate	5	12.5
	Literate	12	30.0
	Secondary education	16	40.0
	Diploma/Degree and above	7	17.5
6	**Father's education**		
	Illiterate	4	10.0
	Literate	16	40.0
	Secondary education	16	40.0
	Diploma/Degree and above	4	10.0
7	**Working status of father**		
	Agriculture	12	30.0
	Government employee	6	15.0
	Daily labour	7	17.5
	Private employee	10	25.0
	Business	5	12.5
08	**Working status of mother**		
	Agriculture	4	10.0
	Government employee	1	2.5
	Daily labour	3	7.5
	Private employee	7	17.5
	Homemaker	24	60.0
	Business	1	2.5
09	**Family income**		
	Less than RS.10,000	1	2.5
	Rs.10,000 -Rs.20,000	17	42.5
	Rs.20,000 -Rs.30,000	16	40.0
	More than Rs.30,000	6	15.0
10	**Type of family**		
	Joint	5	12.5
	Nuclear	31	77.5
	Extended	4	10.0
11	**Number of Elder sister(s) at your family**		
	1	26	65.0
	2	11	27.5
	3 and above	3	7.5
12	**Any previous sources of information?**		
	Yes	25	62.5
	No	15	37.5
13	**Sources of Knowledge**		
	Mass media	13	32.5
	Peer group	2	5.0
	From mother	16	40.0
	From siblings	2	5.0
	others (Religious Books, Relatives)	7	17.5
14	**Age at Menarche**		
	11-12 years	12	30.0
	13-14years	20	50.0
	14- 15 years	4	10.0
	15-16 years	4	10.0

2. Interpretation

- The above table shows that majority of the subjects in group were aged 17-19 years (57.5%) and (25%) aged between 16 -17 years and 10% were aged grouped

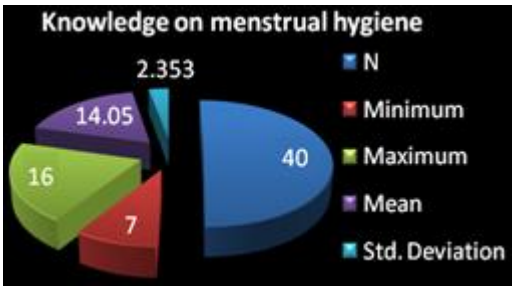
between 14-15 years and few of them were belongs to 12-13 years 7.5 %

- In terms of education majority of them 75%were in 2nd PUC ,15 % were 10th Std .,6% were belongs to 9th std and few of them were from 8th Std .
- In regards to religion it shows majority of the subjects in group were Hindu (67.5%) , 5 % were belongs to Muslim community and 27.5 % were belongs to Christian
- In terms of Area of living majority of them were from urban 57.5% and 42.5 % were belongs to semi –urban
- In regards to Maternal Education majority of them had secondary Education 40% 30 % were literate and 17.5 % were diploma and Degree holder and few of them were illiterate 12.5/%
- In regards to Father's Education literate and secondary education had equal status 40% and 17.5% had Diploma and Degree and very few of them were illiterate.
- In terms occupation of the father majority of them were agriculture 30% and 25% were private employee, 17.5% were Government employee and 12.5 % were doing business.
- In regards to Maternal occupation majority of them were Home maker 60% and 17.5 5 were self employee.7.5 % were daily labor and 2.5 5 were Govt Employee .
- In terms of Income majority of them (42.5 %) were between 10.000 to 20000 .(40%) were the income of 20.000 to 30,000 and very few of them having the income of less than 10,000(2.5 %)
- In terms of family majority of them were belongs to Nuclear family (77.5 %) and 12.5 % were belongs to Joint family and 10 % were belongs to Extended family .
- In regards to Elders sister in their family 65% were having 1 elder sister ,275% were having 2 elder sister and very few 7.5 % were having more than 3 elder sister in their family .
- In regards to prior Knowledge regarding Menstruation (62.5v%) majority of the subjects in group have previous Knowledge regarding Menstruation and few of them 37.5 % did not have previous knowledge regarding Menstruation .
- Interms of source of Knowledge majority of were 40% having information from Mother ,32% were got information from mass media 17.5 % were got information from other sources like religious Books ,Relatives and very few of them got information from 5% peer group and siblings .
- In regards to age at menarche majority of them attainment menarche at the age of 13-14 yrs 50% and 30 % were attainment menarche at the age between 11-12 years and few of them attainment menarche at the age of 15-16 yrs

Objectives 1: To assess the knowledge on menstrual hygiene among adolescent girls in selected area of Bangalore

Table: Knowledge on menstrual hygiene among adolescent girl, **N = 40**

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Knowledge on menstrual hygiene	40	7	16	14.05	2.353



The above Pie charts shows the Minimum, Maximum, Mean and Standard Deviation of Pre –Test Knowledge on Menstrual Hygiene among adolescent girls .Pre test Minimum score 7 and Maximum Score 16, Mean 14.05 and Standard Deviation 2.353

Objectives: To compare the post test score with pre test of adolescent girls regarding management of menstrual hygiene

Table: Comparison of Pre –Test Knowledge with Knowledge Post –Test Knowledge

Variable	Pre test		Post test		t value	p value
	Mean	SD	Mean	SD		
Knowledge	14.05	2.353	15.05	1.218	-3.491	**.001**

The table represents the Mean Pre=Test and Post Test was carried out and it was found significant at P<O.O5 level, hence null hypothesis (H0) is rejected and the research hypothesis (H1) was accepted

Objectives 3: To compare the post test score with pre test of adolescent girls regarding management of menstrual hygiene

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	Mean	SD	Mean	SD		
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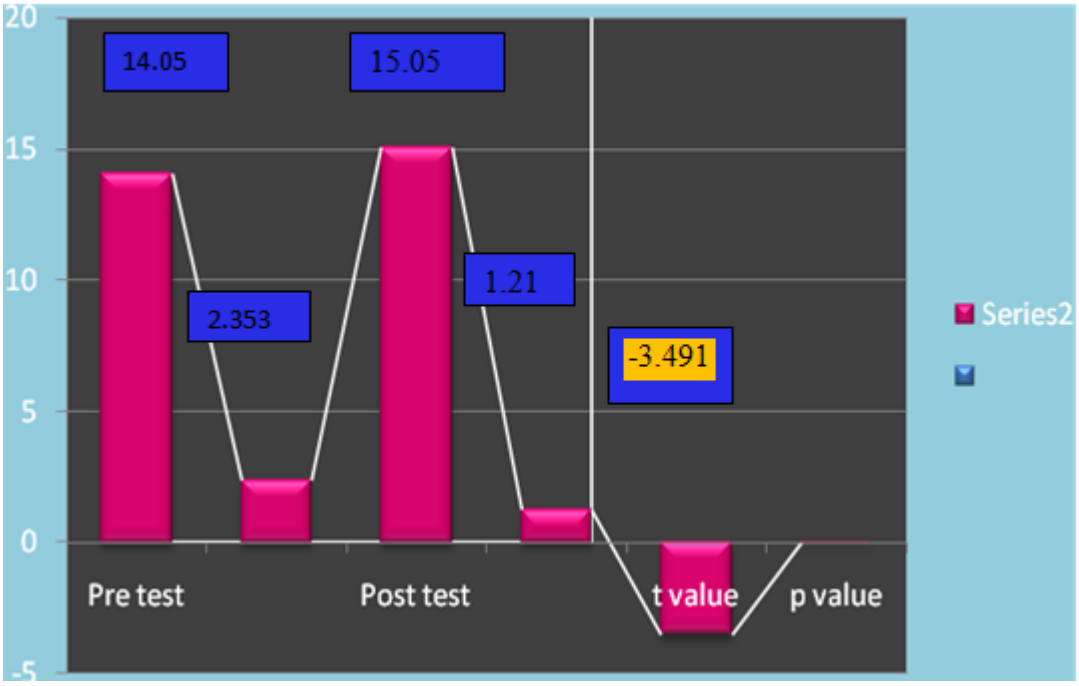
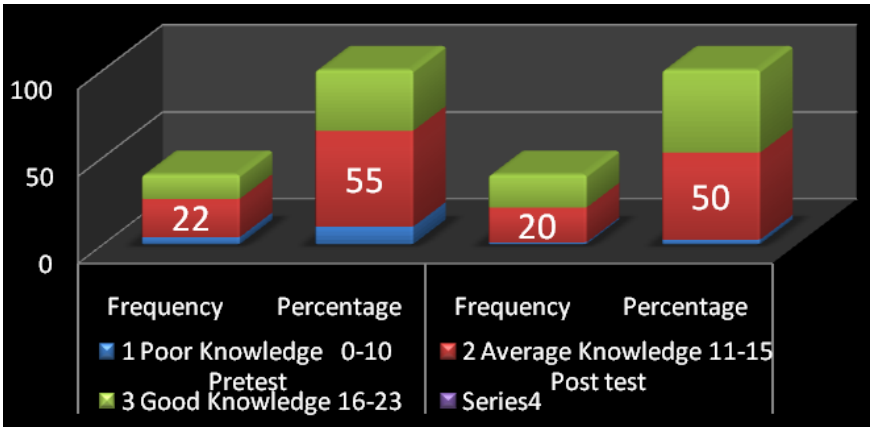


Table 4: Knowledge on menstrual hygiene

Sl No	Knowledge on menstrual hygiene	Pretest		Post test	
		Frequency	Percentage	Frequency	Percentage
1	Poor Knowledge 0-10	4	10.0	1	2.5
2	Average Knowledge 11-15	22	55.0	20	50.0
3	Good Knowledge 16-23	14	35.0	19	47.5



The above graph shows that Association between Post tests with their selected socio-Demographic variables Chi square values for Age at Menarche are greater than table value at respective df. Hence it is concluded that statistically association was found between post test and socio demographic variables

3. Conclusion & Summary

To begin with, it is critical to educate girls from an early age. Because of a lack of education, these taboos continue to exist. Not only among girls, but among all people, awareness needs to be raised. Sanitary items are not cheap. Especially in rural and slum regions, low-cost sanitary pads can be created and distributed locally. 1.5 crore teenage girls will receive low-cost sanitary pads as part of the National Rural Health Mission. This programme is still in its early stages of implementation and will require more resources. Menstruation must also be educated among guys. They must be sensitive to these concerns and assist in dispelling the myths. For them, it's crucial.

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