

# A Study to Evaluate the Effectiveness of Structured Teaching Programme regarding Prevention of Urinary Tract Infection among Adolescent Girls in Selected Rural Areas of Bengaluru

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**Abstract:** *Urinary tract infection is common among the adolescent girls. A pre-experimental study was conducted to evaluate the effectiveness of STP regarding prevention of urinary tract infection among adolescent girls in selected rural areas of Bangalore. The study was non probability convenient sampling and sample size was 30 adolescent girls. There was a statistically significant association of knowledge of score with age, type of family, prevention of urinary tract infection among adolescent girls.*

**Keywords:** Structured teaching programme, effectiveness, urinary tract infection, adolescent girls, rural area.

## 1. Introduction

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. Adolescence is regarded as a unique phase of human development. Traditionally adolescence is a period of "stress and storms". Urinary tract infection is one of the major problems in developing countries. It is very common in females especially in the adolescent girls. Mainly because of changes in the hormones and it is also associated with poor intake of water, infrequent voiding, poor menstrual hygiene and anatomical defect and may cause permanent renal cortical scarring leading to long term complications.

## 2. Method

A study was non probability convenient sampling based on inclusive criteria and design chosen for the study is pre-experimental one group pretest posttest research design. The study was conducted on 30 adolescent girls in selected rural areas of Bangalore.

## 3. Result

The study findings revealed that the adolescent girls had inadequate knowledge regarding prevention of urinary tract infection during the pre-test assessment. After administering the Structured Teaching Programme (STP), the post-test mean knowledge score increased significantly to 26.37 with a standard deviation of 3.79, and the mean score percentage was 87.9%. The pre-test mean score was 12.53 with a standard deviation of 3.76, indicating considerable improvement in knowledge after the intervention. The calculated paired 't' value was 19.42, which was greater than the table value at 5% level of significance ( $t = 2.045$ ,  $df = 29$ ). This indicates that the Structured Teaching Programme was highly effective in improving the knowledge regarding prevention of urinary tract infection among adolescent girls. The association between pre-test

knowledge scores and selected demographic variables showed that there was no significant association with educational status, religion, and type of family. However, age in years, source of information, and history of urinary tract infection showed significant association with the pre-test knowledge scores at 5% level of significance.

## 4. Future Scope

Comparative studies can be carried out between adolescent girls from different educational backgrounds and age groups.

## 5. Conclusion

Based on the findings it was concluded that structured teaching program was effective in improving the knowledge regarding on prevention of urinary tract infection among the adolescent girls.

## References

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