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"A study to evaluate the effectiveness of planned teaching program on knowledge regarding reproductive health among adolescent girls of selected government PU College, Hubballi"

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Abstract

Background of the study: The research study undertaken was "A study to evaluate the effectiveness of Planned Teaching Program on knowledge regarding reproductive health among adolescent girls of selected Government PU College, Hubballi".

Objectives
1. To assess the knowledge regarding Reproductive Health among adolescent girls.
2. To evaluate the effectiveness of Planned Teaching Program on knowledge regarding Reproductive Health among adolescent girls.
3. To find out an association between Pre-test knowledge scores with their selected socio-demographic variables.

Methods: A quantitative approach using pre-experimental one group pretest-posttest design. 50 samples were selected using non probability simple random sampling technique. Planned Teaching was given to the adolescent girls and structured knowledge questionnaire were used to collect the data.

Results: shows that level of knowledge of Adolescent on reproductive health in Pre-test and Posttest. Majority of the subjects 36 (72%) had average knowledge, 9 (18%) had good knowledge and 5 (10%) poor knowledge in Pre-test. Where as in Post-test, majority of the subjects 46 (92%) had good knowledge, 04 (08%) had average knowledge and none of them had poor knowledge.

Keywords: Reproductive health, knowledge, adolescent girls, planned teaching programme

Introduction

Life is filled with joy and sorrow, success and failure, health and sickness, wealth and poverty. It is hard to find a person who has not experienced these. It is also rarely seen, any family which does not have any problem. There is also no scientific evidence to prove that a problem arises only after a certain age. In fact, problems arise at any stage of life [1]. Adolescents are a demographic force. More than 22% of India's population is in the adolescent age group of 10-19 years; 12% are in the 10-14 year age group and 10% in the 15-19 year age group [3]. Adolescents quickly realize and oppose partial treatment by their parents and teachers. This may lead to psychological problems in them like depression, anxiety etc. Many Parents fail to understand their growing children's inhibitions regarding sex related matters. Reserved and withdrawn attitude of the parents makes matters worse for these youngsters. Ignorance pertaining to natural phenomena of life like masturbation and menstruation has lead to many complicated problems [1].

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Hypotheses

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H₁: The mean post-test knowledge scores of adolescent girls regarding reproductive health will be significantly higher than the mean pre-test knowledge scores at 0.05 level of Significance. **H₂**: There will be a statistical association between pre-test knowledge scores regarding Reproductive health and selected socio demographic variables at 0.05 level of significance.

Materials and Methods

A quantitative research approach was adopted to determine the effectiveness of planned teaching programme on knowledge regarding reproductive health among adolescent girls. One group pretest post-test design was adopted. 50 samples were selected by non-probability purposive sampling technique. The tool for data collection was structured knowledge questionnaires with demographic Performa, consisted of 52 multiple choice questions for assessing the knowledge regarding reproductive health among adolescent girls in Government PU College Hubballi. The adolescent girls of PU second year were selected according to the inclusion and exclusion criteria. After conducting the pre-test, the researcher gave the intervention through planned teaching programme. On 8th day post-test was conducted and the study findings were assessed by using the same tool.

Results

Demographic data was analyzed using frequency and percentage, mean, median, mode percentage and standard deviation was used to determine the knowledge score.

The 't' value was computed to show the effectiveness of planned teaching programme and chi-square test was done to determine the association between the pretest knowledge of adolescent girls with selected demographic variables.

Table 1: Mean, Median, Mode, Standard Deviation and Range of knowledge scores of subjects regarding reproductive health.

n=50

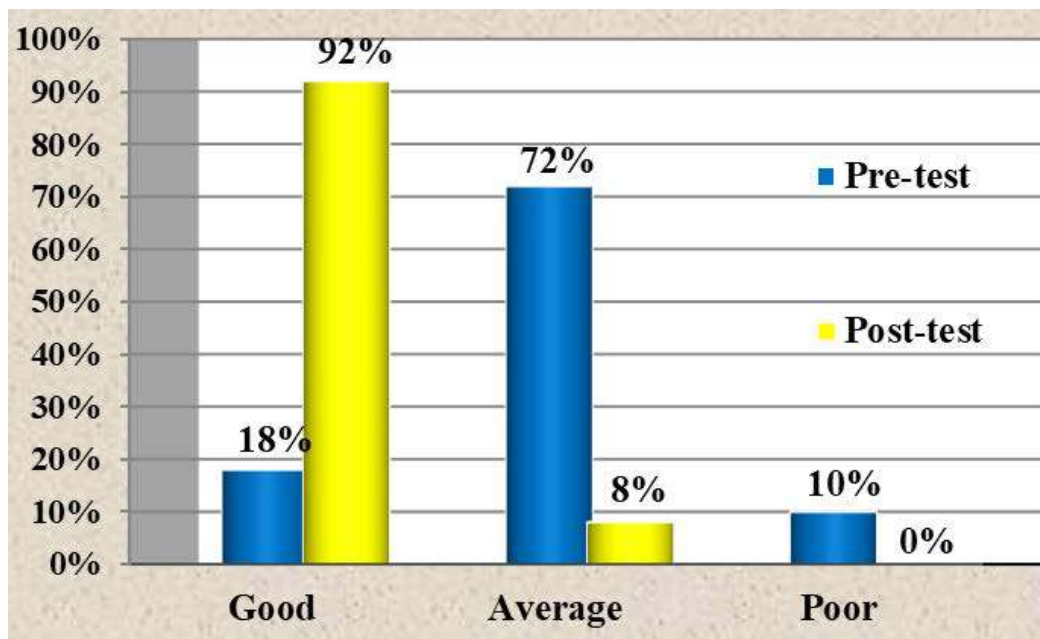| Aspects of analysis	Mean	Median	Mode	Standard deviation	Range
Pre-test	17.44	17	16.12	3.28	15
Post-test	42.08	42	41.84	6.40	24
Difference	24.64	25	25.72	3.12	9

Table 1: Reveals that the pre-test mean knowledge score was 17.44, median 17, mode 16.12, standard deviation 3.28, and range 15. Where as in the post-test, mean knowledge score was 42.08, median 42, mode 41.84, standard deviation 6.40 and range 24. The overall difference in mean knowledge score was 24.64, median 25, mode 25.72, standard deviation 3.12 and range was 9.

Table 2: Frequency and percentage distribution of knowledge scores of subjects regarding reproductive health.

n=50

Level of knowledge	Pre-test		Post-test	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Good (21 and above)	9	18	46	92
Average (14 to 20)	36	72	04	08
Poor (below 14)	05	10	--	--

Table No. 2 shows that level of knowledge of Adolescent on reproductive health in Pre-test and Posttest. Majority of the subjects 36(72%) had average knowledge, 9(18%) had good knowledge and 5(10%) poor knowledge in Pre-test. Where as in Post-test, majority of the subjects 46(92%) had good knowledge, 04(08%) had average knowledge and none of them had poor knowledge.
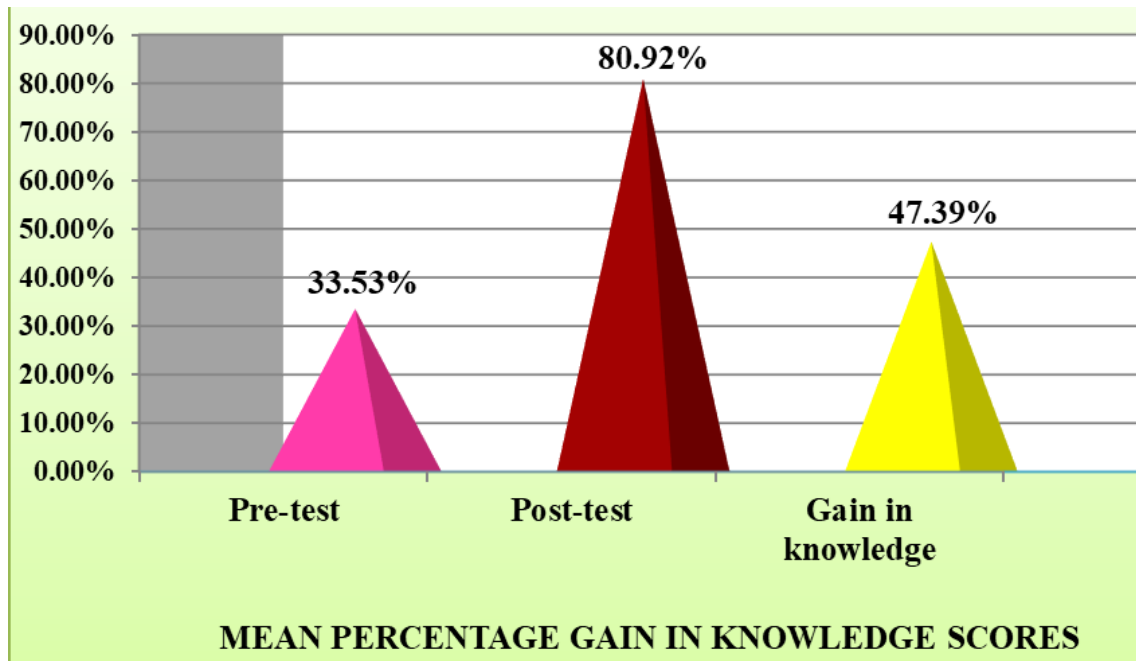

Graph 1: The cylindrical graph represents the distribution of the subjects according to their level of knowledge scores.

Table 3: Pre-test and Posttest mean percentage of knowledge scores of subjects regarding reproductive health.

n=50

Items	Total Score	Mean % of knowledge Scores of Subjects		
		Pre-test	Post-test	Gain in knowledge
Structured knowledge Questionnaire	2600	33.53%	80.92%	47.39%

Graph 2: The pyramid graph represents the mean percentage gain in knowledge of the subjects according to their level of knowledge scores

Findings related to association between pre-test knowledge scores of subjects and selected socio demographic variables

The association was complicated by chi square test. It was inferred that the present study showed no significant association between knowledge and demographic variables like age, religion, educational status and occupation with knowledge (calculated value greater than tabulated value at 0.05 level of significance). Hence the research hypothesis is rejected and null hypothesis is accepted. So there was no significant association between demographic variables and knowledge at 0.05 level of significance.

Conclusion

The present study was conducted to evaluate the effectiveness of planned teaching programme on knowledge regarding reproductive health among adolescent girls. In order to achieve the objectives of the study, one group pretest posttest design was adopted. The subjects were selected by purposive sampling technique. 50 samples were taken. The 't' test was found to be 21.98* at 0.05 level of significance. The findings of the study have been discussed in relation to the objectives and other similar studies. Hence the null hypothesis was rejected and the research hypothesis was accepted.

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