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A quasi-experiment study to assess the effectiveness of planned teaching program on menstrual hygiene and its roles in prevention of cervical cancer among the teenage girls in selected areas of Ahmedabad Gujarat

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Abstract

Nurses have an important role in prevention of cervical cancer by spreading awareness regarding menstrual hygiene among teenage girls. The present study conducted to assess the effectiveness of planned teaching programme on menstrual hygiene and its role in prevention of cervical cancer among the teenage girls in selected areas of Ahmedabad. This quantitative study was done on 30 teenage girls in 2020. A quasi experimental research design was used in this study. Inclusion criteria were age group is group 10-16 years, known to English and Gujarat languages, from Ahmedabad, willingness to participate in study. Data were collected using a demographic questionnaire and 27 item structured questionnaire. These questionnaires include 3 subscales as follow: menstruation, menstrual hygiene, cervical cancer. The result shows that the most effectiveness factor of the prevention of cervical cancer is proper maintenance of menstrual hygiene. The pretest mean is 12.63 and the posttest mean is 22.97. Mean percentage of pretest and posttest score is 46.77% and 85.074%. Standard deviation of pre-test and post-test score is 2.84 and 2.10. The present study shows that the posttest study shows that the posttest knowledge score is higher than the pretest knowledge score, which shows the effectiveness of planned teaching programme.

Keywords: Teenage girls, menstruation, menstrual hygiene, cervical cancer

Introduction

Menstruation, periodic flow of blood and cells from the lining of uterus occurring about every month in women. Menstruation occurs at puberty (age between 13 to 15 years). The onset of menstruation called as menarche. Menstruation is the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina ^[1].

Menstrual hygiene is related to the practices of women during menstruation. Menstrual hygiene is an important aspect of every women's life because it has an impact in terms of increased vulnerability to reproductive tract diseases. Menstrual hygiene is defined as sympathetic, emotional and hygienic care given during menstruation ^[2].

A descriptive study to assess the knowledge and practice regarding menstrual hygiene among adolescent girls at government school of Shimla, Himachal Pradesh. Knowledge score evaluated that 29% had adequate knowledge and 71% had poor knowledge. Practice score: 19% poor, 69% fair, 12% good. 100 adolescent girls from 9th to 12th standard mainly they wear using old clothes due to lack of awareness and due to traditional beliefs ^[3].

Cervical cancer is the third most common cancer affecting women worldwide. Cervical cancer is malignant tumor deriving from the cells of the cervix uterine, which is the lower part, the neck of the uterus of female reproductive organ. Cervical cancer develops quiet slowly and begins with a pre-cancerous condition known as dysplasia. Most common causes of cervical cancer are poor menstrual hygiene papilloma virus and family history ^[4].

A cross sectional study was conducted at University college of Medical Sciences, North-West New Delhi, India for the awareness of cervical cancer and willingness to participate in screening program among 373 women the result of the study that half of the population were aware of cervical cancer ^[5].

The studies show that India has one-fifth of world's burden of cervical cancer. On the basis of diagnosis 95.97% causes were confirmed. In India an average of 1.3 lakh new cases were registered every year and approx. 79,118 women die due to cervical cancer. The study is conducted to determine. The common factors that can leads cervical cancer and most effective preventive factors ^[6].

Method

This is quantitative study. The study population consists of teenage girls of selected areas of Ahmedabad in the year 2020. Samples were selected on the basis of inclusion criteria, who were eligible to participate in the study. After explaining the purpose of the study, teenage girls were requested to cooperate. Questionnaires were distributed among participate and ask them to answer. All the questions and return it in the greatest and then health education was provided then in the same way the post test was conducted. Inclusion criteria includes age group 10 to 16 years, who are known to English and Gujarati language from Ahmedabad willingness to participate in the study. The questionnaires include demographic characteristics items include age, educational qualification, financial status, sources of information regarding mensuration, Are you aware about menstruation menstrual hygiene? During menstruation what you are using? Are you aware about cervical cancer? Structured questionnaire includes questions related to menstruation, menstrual hygiene, and cervical cancer. Score given on the basis of three-point scale: 0 to 10 poor, 14 to 20 average, 21 to 27 good. After completing the questionnaires, the data were analyzed.

Result

Table 1: Demographic data

S. No.	Demographic data	Frequency	Percentage
Age of girls (in years)			
1.	A) 10 to 12 years	02	6.67%
	B) 13 to 14 years	16	53.33%
	C) 15 to 16 years	12	40%
Education qualification			
2.	A) Primary	17	56.67%
	B) Secondary	13	43.33%
Financial status			
3.	A) Lower class	02	6.67%
	B) Middle class	28	93.33%
	C) Upper class	00	00
Source of information regarding menstruation			
4.	A) Mother	26	86.66%
	B) Friends	02	6.69%
	C) Siblings	00	00
	D) Teacher	00	00
	E) Mass-media (TV, Newspaper)	02	6.67%
Are you aware about menstrual hygiene?			
5.	A) Yes	24	80%
	B) No	05	16.67%
	C) Not sure	01	3.33%
During menstruation what you are using?			
6.	A) Napkin & clothes	04	13.33%
	B) Sanitary pad	26	86.67%
	C) Menstrual cup	00	00
	D) Other material	00	00
Are you aware about cervical cancer?			
7.	A) Yes	03	10%
	B) No	21	70%
	C) Not sure	06	20%

The above data depicts about the demographic data of the sample on the basis of frequency and percentage. on the basis of frequency and percentage distribution of sample on their age the majority of samples are 16 (53.33%) comes under the age group 13 to 14 years and other samples are 12 (40%) comes under the age group 15 to 16 years and remaining are 02 (6.67%) comes under the age group 10 to

12 years. On the basis of frequency and percentage distribution of sample on their educational qualification the majority of samples are 17 (56.67%) having primary education and remaining are 13 (43.33%) having secondary education. On the basis of frequency and percentage distribution of sample of financial status the majority of samples are 28 (93.33%) from middle class and remaining 2 (6.67%) I am from lower class. on the basis of frequency and percentage distribution of samples for source of information regarding menstruation majority of numbers are 26 (86.66%) get the information from their mother and other 2 (6.67%) get information from mass media and remaining 2 (6.67%) get the information from their friends. On the basis of frequency and percentage distribution of sample for awareness regarding menstrual hygiene majority of numbers at 26 (86.67%) are aware and other 5 (16.67%) are not aware about menstrual hygiene and remaining 1(3.33%) not sure about menstrual hygiene. on the basis of frequency and percentage distribution of sample about what they use during menstruation majority of numbers at 26 (86.67%) using sanitary pads and remaining 4 (13.33%) are using napkin and clothes. On the basis of the frequency and percentage distribution of sample for awareness about cervical cancer majority of number 21 (70%) are not aware about cervical cancer and other 6 (20%) are not sure about cervical cancer and remaining 3 (10%) are aware about cervical cancer.

The data related to structured knowledge questionnaire:

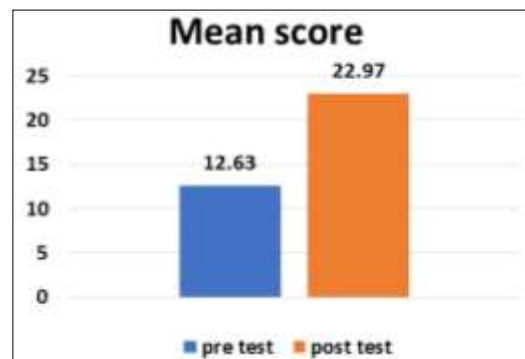


Fig 1: The mean score of pre-test and post-test the mean of Pretest is 12.63 while the posttest mean is 22.97.

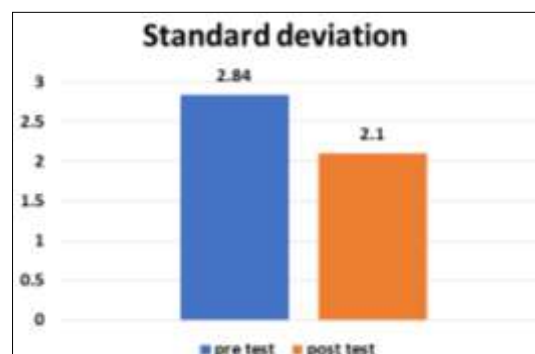


Fig 2: The standard deviation of pretest is 2.84 and posttest standard deviation is 2.10.

The calculated t value of knowledge score is 20.237

Knowledge regarding menstrual hygiene among 10 to 16 years of age in girls which lead to obtained mean difference in all areas of Ahmedabad are found to be statistically

evident for calculated "t" value is seen calculated is greater than tabulated and so investigator can conclude that there is a significant increase in the mean post-test knowledge score compared to the mean pre-test knowledge score after the administration of planned teaching programme which is statistical approved and so the null hypothesis H₀ is rejected and research hypothesis H₁ is accepted. Sample have gained more knowledge on menstrual hygiene and prevention of cervical cancer.

Discussion

The study explored the topic related to midwives/obstetrician's subjective notion on menstrual hygiene and its prevention on cervical cancer. The findings of the study show vast improvement in the practices of using different material during menstruation to maintain menstrual hygiene. As menstrual hygiene plays a salient role in prevention of cervical cancer. The study helps to find the knowledge of teenage girls regarding menstruation, menstrual hygiene and cervical cancer. Finding reveals that the pretest mean score i.e., 12.63 is lower than the score of posttest mean score i.e., 22.97. Thus, study show positive results.

Conclusion

The study intends to assess the effectiveness of planned teaching programme on menstrual hygiene and its role in prevention of cervical cancer among the teenage girls of selected areas of Ahmedabad. the study reveals that the posttest knowledge score is higher than the pretest knowledge score regarding menstrual hygiene and its role in prevention of cervical cancer.

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