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A study to assess the effectiveness of structured teaching programme on knowledge regarding effects of teenage pregnancy among adolescent girls at selected college, Mangalagiri, Guntur (Dt), Andhra Pradesh

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Abstract

Objective: To assess the effectiveness of Structured Teaching Programme of knowledge regarding effects of teenage pregnancy among adolescent girls.

Materials and Methods: A pre-experimental research design was adopted and a total of 60 adolescent girls were selected by using non-probability purposive sampling technique. Data were collected by using a pre-tested structured knowledge questionnaire. The data was analysed by descriptive and inferential statistics.

Results: Majority (71.6%) of the adolescent girls had inadequate knowledge in the pre-test regarding effects of teenage pregnancy. In the post test majority (65%) of the adolescent girls had adequate knowledge. A paired 't' test was done and was found significant (14.05*). Association between the pre-test knowledge level of the adolescent girls with their age ($\chi^2 = 4.08^*$), religion ($\chi^2 = 7.59^*$) and place of residence ($\chi^2 = 4.1^*$) was found significant.

Conclusion: The health care professionals can adopt various other teaching strategies to impart knowledge to the adolescent girls regarding effects of teenage pregnancy in a view to reduce the incidence of teenage pregnancy.

Keywords: structured teaching programme, teenage pregnancy, adolescent girls

Introduction

Teenage or adolescence is a period of transition from childhood to adulthood. Adolescence represents a key stage in the development and a critical opportunity for ensuring a successful transition to adulthood ^[1]. The World Health Organization defines adolescents as those people in the age group of 10 and 19 years ^[2]. Adolescence is the period of dreams, career preparation and the design of the future life. A pregnancy appeared in this context is often an accident ^[3].

Pregnancy is one of the among the important events that happen in a woman's life and is accompanied by variable physiological changes, which can be similar to that of a tsunami for the body ^[4]. Pregnancy during adolescence is considered an issue associated with medical, emotional and social outcomes for the mother, child and family ^[5]. Teenage pregnancy is also called adolescent pregnancy ^[6]. Adolescent pregnancy is a pregnancy in girls aged 10-19 years ^[7].

Since many of the adolescent girls are neither physically nor psychologically mature for pregnancy or childbirth, this process makes them more prone to complications resulting in devastating health consequences for them ^[8].

High rate of mortality and morbidity in the adolescent girls has always been directly related to pregnancy and childbirth. Although an adolescent girl is able to give birth and raise her children within the context of an extended family, the risks she and her children run of illness, injury and death are more-greater than those faced by a mature woman in her twenties. The chances of developing anaemia and foetal growth retardation, during pregnancy; premature birth and complications during labour are significantly higher for the adolescent mother ^[9]. Teenage pregnancies are considered a problem because complication from pregnancy and childbirth are the leading cause of death in teenage girls aged between 15 and 19 years. It is estimated that nearly 70,000 female teenagers die each year due pregnancy at an early stage of life ^[10].

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Objectives

1. To assess the existing knowledge of adolescent girls regarding effects of teenage pregnancy.
2. To evaluate the effectiveness of Structured Teaching Programme by comparing the pre-test and post-test knowledge regarding the effects of teenage pregnancy among adolescent girls.
3. To find out the association between pre-test knowledge of adolescent girls regarding effects of teenage pregnancy with their selected demographic variables.

Materials and Methods

Research approach: Quantitative research approach.

Research design: Pre-experimental one group pre-test posttest research design.

Setting of the study: Vijaya Jyothi junior college, Mangalagiri, Guntur district, Andhra Pradesh.

Sample and sampling technique: 60 adolescent girls studying intermediate I year or II year was selected using non-probability purposive sampling technique.

Method of data collection: A structured knowledge questionnaire on effects of teenage pregnancy was used. The tool was organized under the following sections:

Section A: Socio-demographic data

Section B: 30 objective type questions regarding effects of teenage pregnancy.

Validity

The structured knowledge questionnaire for the present study was validated by 7 experts in Obstetrics and Gynecological Nursing.

Reliability

The reliability of the test obtained was 0.88 using test re-test method. Hence the tool was considered highly reliable for proceeding with the study.

Pilot study

Pilot study was conducted on 6 adolescent girls on January 30, 2020.

Data collection: The data were collected in the following phases:

Phase I: In this phase, pre-test was conducted on a total of 60 respondents using a structured knowledge questionnaire regarding effects of teenage pregnancy on February 15, 2020.

Phase II: In this phase, a Structured Teaching Programme regarding effects of teenage pregnancy was conducted to the subjects after the completion of the pre-test. All the questions and queries that the subjects had were clarified.

Phase III: In this phase, post test was conducted on February 22, 2020 being the 7th day from the conduction of

the Structured Teaching Programme.

Plan for data analysis

Descriptive statistics

- Frequency and percentage was used to analyze the socio-demographic data.
- Mean and standard deviation were used to analyze the knowledge of the adolescent girls

Inferential statistics

- Paired' test was used to evaluate the effectiveness of STP.
- Chi-square was used to analyze the association between the knowledge of adolescent girls with their selected demographic variables.

Results

Table 1: Frequency and percentage distribution of adolescent girls N=60

S. No	Socio-Demographic Variable	F	%
1.	Age		
	a) 15-16years	20	33.3
	b) 17-19years	40	66.6
2.	Education		
	a) Intermediate I year	28	46.6
	b) Intermediate II year	32	53.3
3.	Religion		
	a) Hindu	40	66.6
	b) Muslim	3	5
	c) Christian	17	28.3
	d) Any other, specify	0	0
4.	Place of residence		
	a) Rural	43	71.6
	b) Urban	17	28.3
	c) Slum	0	0
	d) Others	0	0
5.	Family history of TP		
	a) Yes	7	11.6
	b) No	53	88.3
6.	Previous knowledge regarding effects of TP		
	a) Yes	20	33.3
	b) No	40	66.6
7.	If yes, sources of information		
	a) Parents	6	10
	b) Friends	4	6.6
	c) Health personnel	4	6.6
	d) Mass media	6	10

Table 2: Frequency and percentage distribution of Pre-test and posttest knowledge scores of adolescent girls N=60

Knowledge	Pretest		Posttest	
	F	%	F	%
Inadequate	43	71.6	2	3.3
Moderate	17	28.3	19	31.6
Adequate	0	0	39	65

Table 3: Mean, standard deviation and paired' test N=60

Item	Pretest		Posttest		Paired 't' test P=0.05
	M	SD	M	SD	
Knowledge	12.8	3.9	24.2	4.5	14.05*

Table 4: Association between knowledge on effects of teenage pregnancy with socio-demographic variables. N=60

S. No	Socio-Demographic Variable	χ^2 value (p=0.05)
1.	Age	4.08*
2.	Education	0.35 ^{NS}
3.	Religion	7.59*
4.	Place of residence	4.1*
5.	Family history of TP	3.14 ^{NS}
6.	Previous knowledge regarding effects of TP	0.64 ^{NS}
7.	If yes, sources of information	3.48 ^{NS}

NS denotes Non-Significant, * denotes significant

Discussion

The present study was conducted to assess the effectiveness of Structured Teaching Programme on knowledge regarding effects of teenage pregnancy among adolescent girls.

In the present study, majority (71.6%) of the adolescent girls had inadequate knowledge in the pre-test regarding effects of teenage pregnancy. This finding is supported by a study conducted by Jyoti Sharma, Misbah I.S, Sandhya (2019) on effectiveness of Structured Teaching Programme on knowledge regarding complications of teenage pregnancy among adolescent girls in which 97% had inadequate knowledge in the pre-test ^[11].

In the posttest, majority (65%) of the adolescent girls had adequate knowledge. A paired 't' test was done and was found significant (14.05*) at the 0.5% level of significance. This finding is supported by a study conducted by D. Koteswaramma, A Swarna (2016) on effectiveness of Structured Teaching Programme on knowledge on hazards of teenage pregnancy in adolescent girls in which it was found the paired 't' test was found significant (23.37) at 0.05% level of significance ^[12].

In the present study association between the pre-test knowledge level of the adolescent girls with their sociodemographic data were done and found that the age ($\chi^2 = 4.08^*$), religion ($\chi^2 = 7.59^*$) and place of residence ($\chi^2 = 4.1^*$) was found significant at the level of 0.05. This finding was supported by a study conducted by Shubha Devi S in which the age ($\chi^2 = 5.74^*$) of the adolescent girls was found significant at 0.05 level of significance. ^[13] This finding was also supported by a study conducted by Jyoti Sharma, Misbah I.S, Sandhya (2019) on effectiveness of Structured Teaching Programme on knowledge regarding complications of teenage pregnancy among adolescent girls in which the residential area ($\chi^2 = 6.9^*$) was found significant at 0.05 level of significance ^[11].

Conclusion

The study concluded that the adolescent girls did not have adequate knowledge regarding effects of teenage pregnancy before the Structured Teaching Programme and increased after the STP. Therefore, it is the responsibility of the nursing personnel to create awareness on the effects of teenage pregnancy in an attempt to safeguard the health of both the mother and the newborn.

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