

A Pre Experimental Study to Assess the Effectiveness of Health Education on Knowledge Regarding Menstrual Hygiene among Adolescent Girls in Government Padma Girls Higher Secondary Vidyalaya Gwalior (M.P)

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ABSTRACT

Adolescence in girls signifies the transition from girlhood to womanhood. Adolescent girls constitute about 1/5th total female population in the world. The word adolescence is derived from Latin word adolescent meaning to grow up into maturity. The adolescent is transitional stage of development that generally occurs during the puberty to legal adulthood. There are formative years when maximum amounts of physical, psychological and behavioral take place during this phase. The World health organization (WHO) define as individuals in the 10-19 years age. Adolescence is sensitive phase of life , it is an important. The word puberty is derived from the Latin word puberties which means age of manhood. Puberty is process of change, that takes place as the girl grows up and become physically matured and capable of having children. As a result of hormonal influence many changes take place in human beings during adolescence. This stage includes menstrual, emotional, social, and physical maturity and its stressful period. Adolescence, the traditional period between childhood and adulthood start with puberty. The menarche is one of the later stage of puberty in adolescence girls. Menstruation can be a first indication of puberty. Adolescence regards as a unique phase of human development. Menarche is an important landmarking process of growth and maturation among adolescence. Attaining menarche is a very important mile stone in any adolescent girl's life, as it more or less marks the transition of a girl in to a woman. Adolescence is rapid change to women hood. The menstrual period is a natural phenomenon that occur throughout the reproductive years of every woman most female experience some degree of pain and discomfort in their menstruation period, which could have important impact. The start of menstruation is one of the most important changes that occur for girls during the adolescence year. Menstruation is the unique to all of women's life in reproductive age group. It is a sign of normal female body. This is not unhealthy or unhygienic. Though its natural and physiological process for healthy girls and adult women as ever it has been surrounded by secrecy and myths in many societies. Menstruation.

Needs of the Study:

Today's adolescents (24%) are tomorrows adults who are the strength of the nation . mostly adolescent tend to be extremely unaware of their own body their physical well being and psychological change. Adolescence girl lack knowledge regarding menstrual hygiene. Adolescence is a time of rapid change including risk for unwanted pregnancy and sexually transmitted infections. Education may improve understanding and attitude toward menstruation among adolescents by increasing their awareness of risk and enabling them to protect themselves.

Menstruation is a normal physiological process that is managed differently according to various social and cultural understanding. The girls should be educated about significance of menstruation and development of secondary sexual characteristic

,selection of sanitary menstrual absorbent and its proper disposal.so that she does develop psychological upset and received education would indirectly wipe away the old wrong ideas and make her feel free to discuss menstrual matters without any inhibition.

Girls may start their menstrual periods as early as 10 year of age as late as 16 year old.the average age a girl begins menstruating is 12. Since it is too early for the girls they would not have prepared physically and mentally for the menstruation. There will be few chance to maintain hygiene during menstruation since the matter is not discussed is not nuclear families. When the girls attain menarche they feel shy to even disclose to their mothers. Family member impose various restriction on adolescent girl during menstruation regarding daily activities like taking cold drinks , play, exercises , worshipping etc. a large number of the girls dispose their pads unhygienically that is

Objectives of the Study

- To assess the level of knowledge regarding menstrual hygiene among adolescent girls.
- To evaluate the effectiveness of health education on knowledge regarding menstrual on adolescent girls.

METHODOLOGY

The methodology of research indicates the general pattern of organizing the procedure for gathering valid data for the purpose of investigation. (polit and hungler,2003)

Methodology is the most important in research as it the framework for conducting a study . this part of research proposal usually consist of objects procedure and data analyse.

The phase of the study was formulated of the problem selected “ pre experimental study to assess the effectiveness of health education on knowledge regarding menstrual hygiene among adolescent girls at Government Padma Girls Higher Secondary Vidyalaya Gwalior

RESEARCH DESIGN AND METHODOLOGY

Research design is the plan layout of organizing a scientific investigation. It is concerned with an overall framework for conducting study.

A pre experimental research design was considered appropriate for the present study to assess the effectiveness of health education on knowledge regarding menstrual hygiene among adolescent girls. The pre experimental one group pre and post design was chosen.

Group	Pre-test	Intervention/Treatment	Post-test
High School adolescent girls	O ₁	X	O ₂

Fig.- Schematic representation of research design

O₁- pre test on knowledge regarding menstrual hygiene.

X – intervention -health education regarding menstrual hygiene among adolescent school girls

O₂- post test on knowledge regarding menstrual hygiene.

DISCUSSION

This chapter deals with the discussion which was based on the objectives, findings obtained from the data analysis and its relation to the subjects of the study, the conceptual framework and with the revealed literature.

The aim of the study was to assess the effectiveness of health education on knowledge regarding menstrual hygiene among adolescent girls at GOVERNMENT PADMA GIRLS HIGHER SECONDARY VIDYALAYA GWALIOR (M.P). The study findings are discussed based on the following objectives.

SUMMARY, IMPLICATION AND RECOMMENDATION

This chapter gives a brief account of the present study which was conducted to assess the effectiveness of health education on knowledge regarding menstrual hygiene among school adolescent girls, including the conclusion drawn for the nursing practice, nursing education, administration and nursing research.

Summary of the Study

A study to assess the effectiveness of health education on knowledge Regarding Menstrual hygiene among school adolescent girls at Govt. Padma Girls higher secondary Vidhyalya Gwalior.

Objectives of the Study

1. To assess the level of knowledge regarding menstrual hygiene among adolescent girls
2. To evaluate the effectiveness of health education on knowledge regarding menstrual hygiene among adolescent girls.
3. To associate the selected demographic variables with the level of knowledge regarding menstrual hygiene among school adolescent girls.

A quantitative approach of pre-experimental one group pre and post-test design was used for this study. A total of 60 school girls aged between 12 and 17 years and those who fulfilled the inclusive criteria were selected by using purposive sampling technique at government Padma girls higher secondary Vidyalaya Gwalior (m.p) The structured multiple-choice question were used for this study. Data were collected, organized and analyzed in terms of both descriptive and inferential statistics.

CONCLUSION

The study finding proved that the health education administered by the researcher was effective to increase the knowledge regarding menstrual hygiene among school adolescent girls

Nursing Implications

The findings of the study has implication in different field of nursing that is nursing practice, nursing education, nursing administration and nursing research.

Nursing Practice

This study findings implies that the educational programs can be conducted by the nursing personal both in the hospitals and in the community area, which will help to prevent the effects of unhygienic sanitary napkin and maintain hygienic practices among school girls.

Nursing Education

The investigator had drawn the following implication for nursing education Nursing educator can encourage the student's nurses to organize health education programme to among school girls.

- ❖ Health education should be imparted based on evidenced based practice in all nursing curriculum.
- ❖ The faculty members in nursing education can motivate the students to arrange health programme for parents regarding importance of sanitary napkin and its techniques in systematic manner to make them to practice it.
- ❖ Nursing curriculum should prepare nurses to motivate the school teachers to improve the student's knowledge regarding menstrual hygiene.

Nursing Administration

- ❖ Nurse administrators should motivate the subordinates to participate in various programs and improve their knowledge and skill with regard to menstrual hygiene.
- ❖ Nurse administrators can organize seminars on prevention of infection and importance of sanitary napkin among schoolgirls.
- ❖ Nurse administrators can motivate the nurses to organize health camps and quiz program to the school girls at least twice in a year, to motivate the school girls regarding menstrual hygiene.
- ❖ Nurse administrators can create awareness among school girls regarding the consequences of unhygienic sanitary napkin practices.
- ❖ Nurse administrators can encourage the nurses to conduct the health awareness programs and regular health visit to the school girls to insist regarding menstrual hygiene and its advantages.

Nursing Research

- ❖ Extensive research can be conducted to find out the health problems that occurs due to unhygienic sanitary practice during menstruation and can be incorporated in the nursing education.
- ❖ The impact of menstrual hygiene should be subjected to research and findings can be communicated and utilized in the hygiene and practice.
- ❖ The impact of sanitary napkin practice on infection among school girls mainly RTI and UTI can be studied to improve the quality of life among schoolgirls.

MAJOR FINDINGS OF THE STUDY

Demographic Variables

Frequency and percentage distribution of socio demographic variables among school adolescent girls

- The distribution of 25(41.66%) participant were in age group of 12-13 years and 16(26.66%) of them were in the age group of 13-14years and 19(31.66%) of them were in the age group.
- Each 30(50%) belongs to Hindu, 10(16.66%) belongs to Christian and only, 15(25%) belongs to Muslim, 5(8.33%) belongs to others.
- Type of family revealed that most of the 38(63.33%) were in Nuclear family, 22(36.66%) were in joint family .
- with regard to the age at menarche 18(30%),32(53.33%) and 10(16.66%) participants were aged between 11-12year ,13-14year and 15-16 years respectively.
- Regarding the length of menstrual cycle in 24 days were 4(6.66%),26 days 15(25%),28 days 21(35%), and 30days were 20(33.33%).
- Regarding the number of sanitary pads below 3 per day were 36(60%), 3-5 pads were 14(23.33%) above 5 were 10(16.66%).
- Regarding the food pattern36(60%) vegetarian, 24(40%).

Recommendations

Based on the research findings the recommendations are as follows:

1. A similar study can be conducted to assess the knowledge among school girls regarding menstrual hygiene.
2. A study can be conducted among different age group of schoolgirls
3. A comparative study can be conducted among the pre and post test knowledge score regarding menstrual hygiene among school adolescent girls.
4. Similar study can be conducted with large sample to generate the findings.

Limitation

There was difficulty to gather all the students in a single class room because of different time table, with the teacher cooperation, the researcher could make it possible.

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