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**Kavita Rana**
Guide, Doctorate in Obstetrics and Gynecological Nursing, Stephen's College of Nursing, Jammu and Kashmir, India

**Khushboo Rani**
M.sc Nursing Final Year, Stephen's College of Nursing, Jammu and Kashmir, India

**Haseebul Haq Dar**
Junior Radiographer, Al Sabah Hospital, Kuwait

**Corresponding Author:**
**Khushboo Rani**
M.sc Nursing Final Year, Stephen's College of Nursing, Jammu and Kashmir, India

# A pre-experimental study to assess the effectiveness of structured teaching programme on knowledge regarding early marriage and early pregnancy among adolescent girls of Stephens International School Miran Sahib Jammu

**Kavita Rana, Khushboo Rani and Haseebul Haq Dar**

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**Abstract**
The study utilized a pre-experimental one-group pre-test post-test design by identifying 60 adolescent girls from classes 9th 10th 11th and 12th using the purposive sampling method. A questionnaire based on the self-structured knowledge questionnaire format was used to obtain the student's pre-test level of knowledge which was followed by a 40-45- minute of structured teaching program.
The distribution of demographic variables of adolescent girls regarding early marriage and early pregnancy who were participated in the study showed that the majority of the adolescent girls 15-16 years (80%), were in education status the majority of 10th standard (55%) regarding the education status of father the majority of higher secondary (22%), were in education status of mother the majority of higher secondary (100%), regarding the religion the majority of Hindu (100%), were in type of family the majority of joint (68%), regarding the type of residence the majority of urban (55%) regarding the source of information family, relatives, and family (70%).
Distribution of knowledge score of adolescent girls regarding early marriage and early pregnancy among adolescent girls Jammu shows that the mean post-test knowledge Maximum, 60 (100%) of adolescent girls were having adequate knowledge, 0 (0%) of adolescent girls were having Moderate knowledge, 0 (0%) of adolescent girls were having inadequate knowledge. Was greater than mean pre-test level of knowledge score regarding early marriage and early pregnancy among adolescent girls of selected school Jammu. Maximum, 58 (97%) of adolescent girls were having Inadequate knowledge, 2 (3%) of adolescent girls were having Moderate knowledge, 0 (0%) of adolescent girls were having adequate knowledge.
The study overall finding showed that the structured teaching program significantly improved adolescent girls knowledge level regarding early marriage and early pregnancy.

**Keywords:** Early marriage, early pregnancy, adolescent girls, knowledge

## Introduction
Early marriage is characterized as unions consummated before turning 18 or early marriage is defined as a relationship or marriage between two people while one or both of them are under the age of eighteen. One of the key social institutions that forges a solid link between two families is marriage. The socially acceptable means of starting a family is through marriage. The age of a woman at marriage affects her mental and physical well-being. A global problem is early marriage. There are thought to be more than 24 million child brides in India. The National Family Health Survey estimates that India accounts for 40% of the 60 million child marriages that occur worldwide. India has the 14th highest rate of child marriage in the world [1].
The United Nations Population Fund (UNFPA) projects that over 140 million girls will be forced into child marriage between 2011 and 2020. 14.2 million girls will marry too young each year, or 39,000 every day, if the current rate of child marriages continues. Moreover, 50 million of the 140 million females who are set to get married before turning 18 will be younger than 15. In South Asia, over half of girls get married before turning 18. India leads the world in the number of child marriages, with 47% of all marriages having a child bride

due to the country's large population [2].
The World Health Organization (2017) states that maternal factors can be to blame for a number of teenage cases. Twenty-one percent of women in rural Karnataka start having children at a young age. Women continue to marry at a high rate: 42% of women in the 20-24 age range married before the legal minimum age of 18 years, while 15% of men in the 25-29 age range married before the minimum marriageable age of 21. Karnataka has a higher percentage of teenage pregnancies (17%) than the national average (16%) among women between the ages of 10 and 19 [3].

**Statement of the study**
A pre -experimental study to assess the effectiveness of structured teaching programme on knowledge regarding early marriage and early pregnancy among adolescent girls Stephens international school Miran sahib Jammu.

**Objectives of the study**
- To assess the pre-test knowledge score regarding early marriage and early pregnancy among adolescent girls.
- To assess the post-test knowledge score regarding early marriage and early pregnancy among adolescent girls.
- To assess the effectiveness of structured teaching programme by comparing pre-test and post-test knowledge score regarding early marriage and early pregnancy among adolescent girls.
- To determine the association of pre-test knowledge score with selected demographic variables (Age in years, education of adolescent girls, education status of father, education status of mother, religion, type of family, type of residence and source of information)

**Materials and Methods**
**Research Approach**
A quantitative research approach was adopted in this study.

**Research Design**
A pre-experimental design was used in this study.

**Setting of the Study**
The study was conducted in Stephens international school Miran sahib Jammu, the reason for selecting Stephens International School Miran Sahib Jammu was availability of participants.

**Population**
The population of the study was adolescent girls.

**Sample**
The adolescent girls, who fulfils the inclusion criteria who were residing at the Stephens international school Miran sahib Jammu.

**Sample Size**
The sample size was 60 adolescent girls of Stephens International School Miran Sahib Jammu

**Sampling Technique**
Purposive sampling technique was used for the present study

**Methods of data collection**
Tool used in the study was divided into two parts:

**Part-A:** Socio- Demographic Variables In this study demographic variables. which includes Age, education of adolescent girls, education status of mother, education status of father, religion, type of family, type of residence and source of information.

**Part-B:** The Self -Structured knowledge questionnaire consists of 30 questions which is used to assess the knowledge regarding early marriage and early pregnancy among adolescent girls Stephens college of nursing Jammu.

**Validity**
The content of the instrument was validated by nursing and medical experts from the field of obstetrics and gynaecology. To ensure content validity of the tool, self-structured questionnaire on assess the level of knowledge regarding early marriage and early pregnancy among adolescent girls were submitted to 15 experts. out of these 5 validated contents of the tool were received from their experts with their valuable
suggestions were taken into consideration and necessary modification were incorporated in the final preparation of the self-structured questionnaire and 10 self- structured tools was validated from the faculty of obstetrical and gynaecological department of Stephens college of nursing Miran sahib Jammu. The tool was modified based on the suggestion given by the experts.

**Reliability**
The split-half method was used to measure reliability and reliability found for knowledge "self-structured questionnaire" values of r=0.75817. This demonstrated the tool's dependability.

**Results and Discussion**
**Data Analysis and interpretation**
To assess the effectiveness of structured teaching programme by comparing pre-test and post-test level of knowledge score regarding early marriage and early pregnancy among adolescent girls according to their socio demographic variables. According to the age**,** 48 (80%) of subjects were in age group of 15- 16 years, 11 (18%) were in the age group of 17-18 years, 1 (2%) were in the age group of 19-20 years and 0 (0%) was found above 20 years of age. Education of adolescent girls, 33 (55%) of subjects were in $10^{th}$ standard, 21 (35%) of subjects were in $11^{th}$ standard, 6 (10%) of subjects were in $12^{th}$ standard. Educational status of father, 44 (73%) of subjects were having Graduate and above, 13 (22%) of subjects were having Higher secondary, 2 (3%) of subjects were having Primary school education, 1 (2%) of subjects were having No formal education. Educational status of mother, 60 (100%) of subjects were having Higher secondary education, 0 (0%) of subjects were having Graduate and above, 0 (0%) of subjects were having Primary school education, 0 (0%) of subjects were having No formal education. distribution of Religion, 60 (100%) subjects were Hindu and 0 (0%)subjects were Sikh, 0 (0%) subjects were Muslim, 0 (0%) subjects were Christian, 0 (0%) subjects were from other religion. Type of Family, 41 (68%) of subjects were in Nuclear family, 19 (32%) of subjects were in joint family, 0 (0%) were in extended family. Type of residence, 33 (55%) of subjects were from urban area, 27 (45%) of subjects were from rural area, 0 (0%) were from

semi-urban area source of information, 42 (70%) of subject's source of information was from family / Relative / Friends, 18 (30%) of subject's source of information was from newspapers /journals /books, 0 (0%) of subject's source of information was from Radio/television / internet / mass media, 0 (0%) of subjects' source of information was from health personnel.

**Table 1:** Frequency and percentage distribution of socio demographic variables N=60

| S. No. | Socio-Demographic variables | F | % |
|---|---|---|---|
| 1 | **Age (in years)** | | |
| | 15-16 | 48 | 80% |
| | 17-18 | 11 | 18% |
| | 19-20 | 1 | 2% |
| | Above 20 | 0 | 0% |
| 2. | **Education of adolescent girls** | | |
| | 10th standard | 33 | 55% |
| | 11th standard | 21 | 35% |
| | 12th standard | 6 | 10% |
| 3 | **Educational status of father** | | |
| | No formal education | 1 | 2% |
| | Primary school | 2 | 3% |
| | Higher secondary | 13 | 22% |
| | Graduate and above | 44 | 73% |
| 4 | **Educational status of mother** | | |
| | No formal education | 0 | 0% |
| | Primary school | 0 | 0% |
| | Higher secondary | 60 | 100% |
| | Graduate and above | 0 | 0% |
| 5 | **Religion** | | |
| | Hindu | 60 | 100% |
| | Sikh | 0 | 0% |
| | Muslim | 0 | 0% |
| | Christian | 0 | 0% |
| | Others | 0 | 0% |
| 6 | **Type of Family** | | |
| | Nuclear | 19 | 32% |
| | Joint | 41 | 68% |
| | Extended | 0 | 0% |
| 7 | **Type of residence** | | |
| | Urban | 33 | 55% |
| | Rural | 27 | 45% |
| | semi-urban | 0 | 0% |
| 8 | **Source of information** | | |
| | family / Relative / Friends | 42 | 70% |
| | newspapers / journals /books | 18 | 30% |
| | Radio / television / internet / mass media | 0 | 0% |
| | health personnel | 0 | 0% |

The frequency and percentage of pre-test level of knowledge score regarding early marriage and early pregnancy among adolescent girls of selected school Jammu. Maximum, 58 (97%) of adolescent girls were having Inadequate knowledge, 2 (3%) of adolescent girls were having Moderate knowledge, 0 (0%) of adolescent girls were having adequate knowledge adolescent girls were having adequate knowledge.

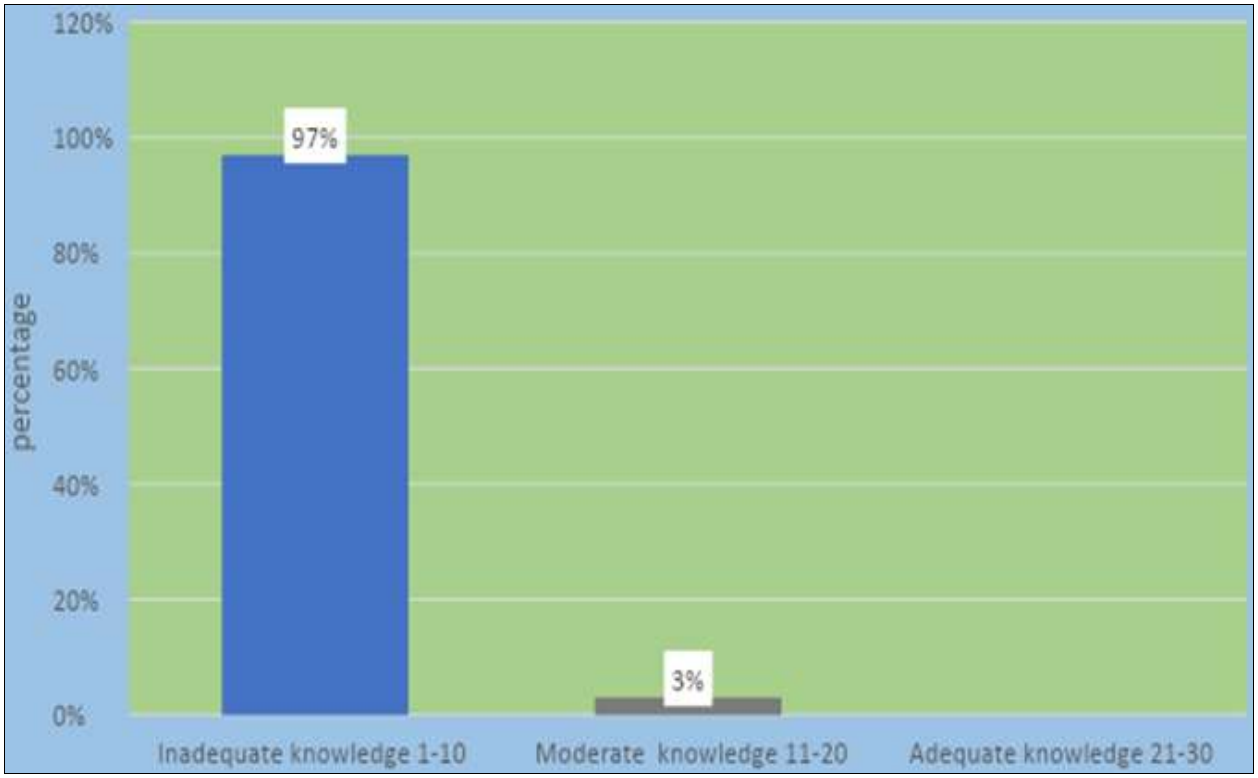
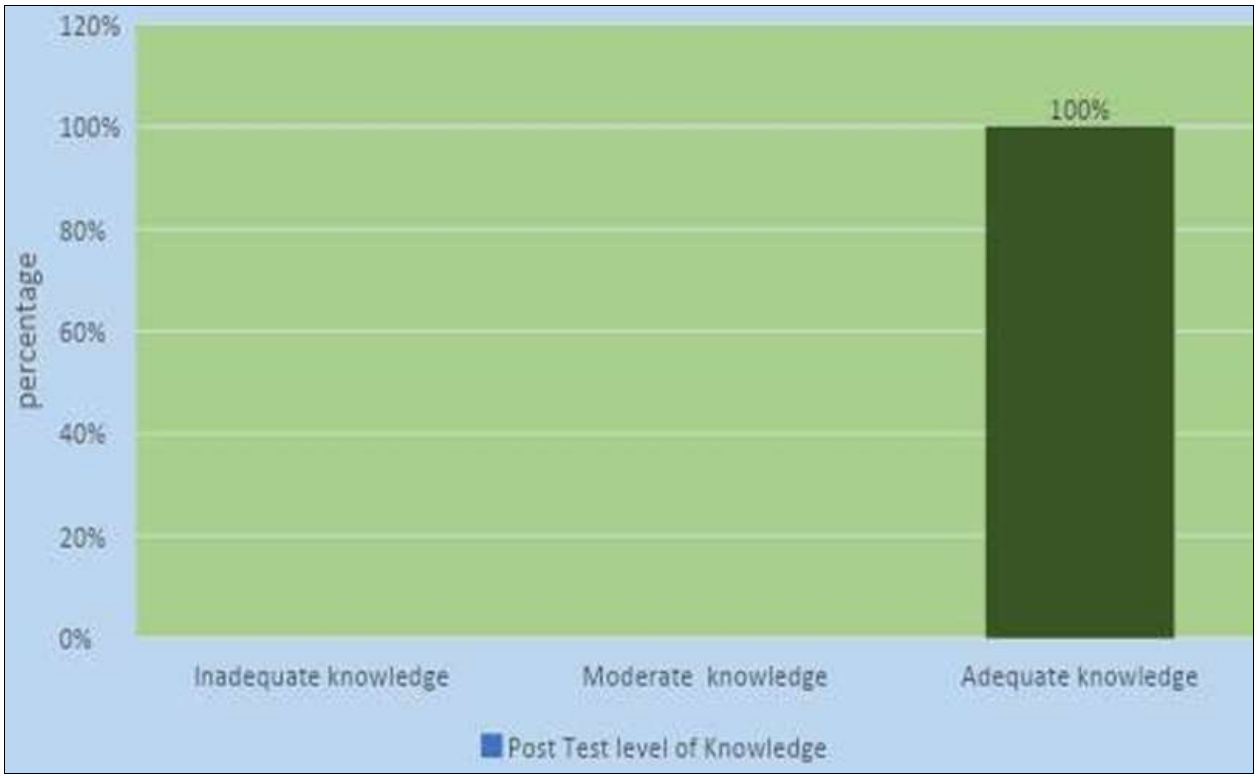



**Fig 1:** Bar diagram showing percentage of pre-test level of knowledge of adolescent girls.

The frequency and percentage of post- test level of knowledge score regarding early marriage and early pregnancy among adolescent girls of selected school Jammu. Maximum, 60 (100%) of adolescent girls were having adequate knowledge, 0 (0%) of adolescent girls were having Moderate knowledge, 0 (0%) of adolescent girls were having inadequate knowledge were having inadequate knowledge.




The mean, median and standard deviation of pre-test level of knowledge score regarding early marriage and early pregnancy among adolescent girls of selected school Jammu. The pre- test level of knowledge score mean was 6.816, median score was 7 and SD was 2.251.

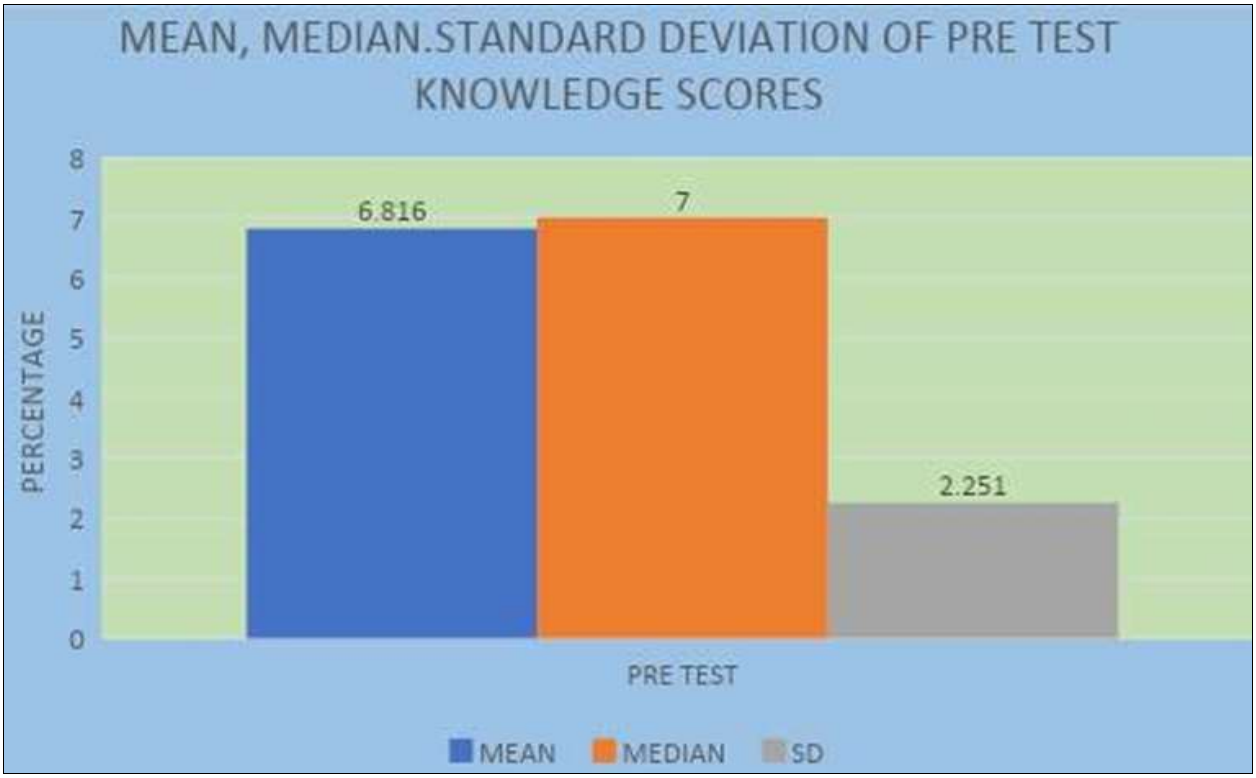



**Fig 2:** Bar diagram showing mean, median and SD of pre-test level of knowledge regarding early marriage and early pregnancy among adolescent girls of selected school Jammu

The mean, median and standard deviation of post-test level of knowledge score regarding early marriage and early pregnancy among adolescent girls of selected school Jammu. The post- test level of knowledge score mean was 29.366, median score was 29 and SD was 0.636.

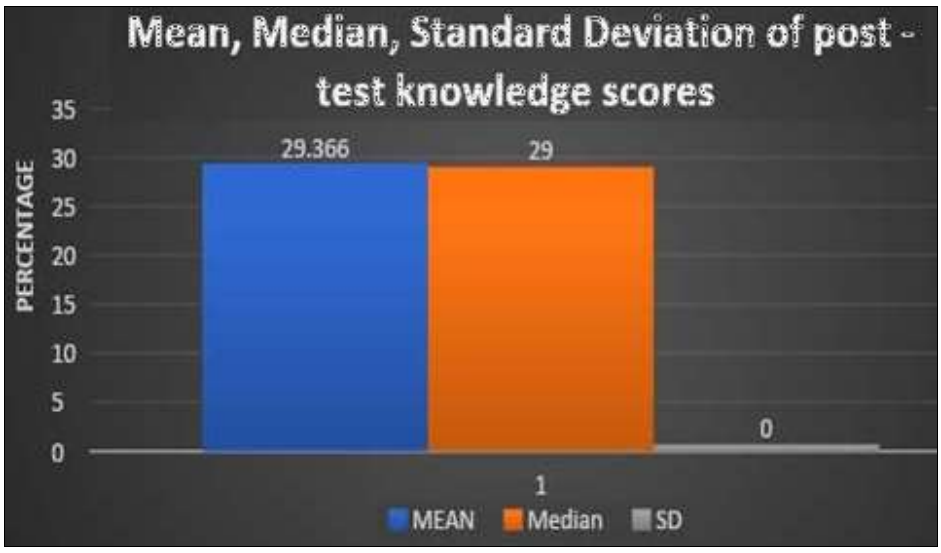



**Fig 3:** Bar diagram showing mean, median and SD of post-test level of knowledge regarding early marriage and early pregnancy among adolescent girls of selected school Jammu

**Comparison of mean pre-test and post -test level of knowledge score regarding early marriage and early pregnancy among adolescent girls of selected school Jammu**

It shows the effectiveness of structured teaching programme on knowledge score regarding early marriage and early pregnancy among adolescent girls of selected school Jammu. The knowledge mean pre-test knowledge score was 6.816 and the mean post- test knowledge score was 29.366 and t value obtained (68.57) was found to be statistically very highly significant at 0.05 level of significance. Thus, it is established that mean post-test knowledge score was greater than mean pre- test knowledge score, which shows the effectiveness of structured teaching programme. Hence research hypothesis $H_1$ is accepted

Hence research hypothesis $H_1$ is accepted.

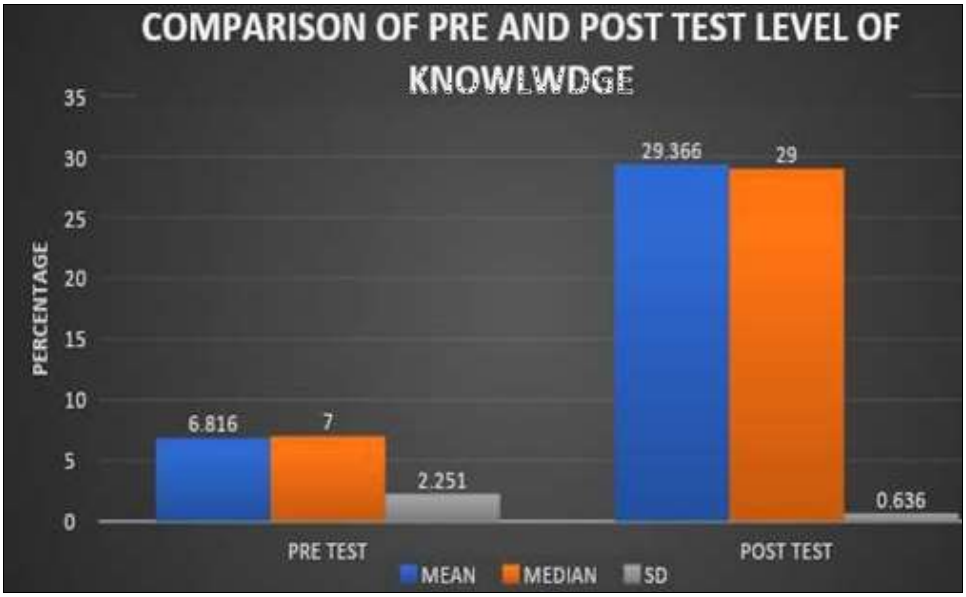



**Fig 4:** Bar diagram showing comparison of pre-test and post-test level of knowledge of adolescent girl

**Table 2:** Association of pre -test level of knowledge score of adolescent girls with their selected socio demographic variables

| S. No. | Socio-demographic variables | level of knowledge | | | $X^2$, df, p-value |
|---|---|---|---|---|---|
| | | Inadequate | Moderate | Adequate | |
| 1. | **Age (in years)** | | | | 6.5966, 2, 0.036* |
| | 15- 16 | 20 | 9 | 0 | |
| | 17-18 | 9 | 17 | 0 | |
| | 19-20 | 3 | 2 | 0 | |
| | Above 20 | 0 | 0 | 0 | |
| 2. | **Education of adolescent girls** | | | | 7.9454, 2, 0.018* |
| | 10th standard | 19 | 8 | 0 | |
| | 11th standard | 7 | 16 | 0 | |
| | 12 th standard | 5 | 5 | 0 | |
| 3. | **Educational status of father** | | | | 0.8163, 3, 0.845NS |
| | No formal education | 1 | 1 | 0 | |
| | Primary school | 1 | 1 | 0 | |
| | Higher secondary | 10 | 4 | 0 | |
| | Graduate and above | 30 | 12 | 0 | |
| 5. | **Educational status of mother** | | | | NA |
| | No formal education | 0 | 0 | 0 | |
| | Primary school | 0 | 0 | 0 | |
| | Higher secondary | 40 | 20 | 0 | |
| | Graduate and above | 0 | 0 | 0 | |
| 5. | **Religion** | | | | NA |
| | Hindu | 50 | 10 | 0 | |
| | Sikh | 0 | 0 | 0 | |
| | Muslim | 0 | 0 | 0 | |
| | Christian | 0 | 0 | 0 | |
| | Others | 0 | 0 | 0 | |
| 6 | **Type of Family** | | | | 2.4647, 1, 0.116NS |
| | Nuclear | 10 | 9 | 0 | |
| | Joint | 30 | 11 | 0 | |
| | Extended | 0 | 0 | 0 | |
| 7 | **Type of residence** | | | | 17.4746, 1, 0.0001* |
| | Urban | 24 | 5 | 0 | |
| | Rural | 9 | 22 | 0 | |
| | Semi-urban | 0 | 0 | 0 | |
| 8 | **Source of information** | | | | 9.6429, 1, 0.001* |
| | Family/Relative /Friends | 20 | 10 | 0 | |
| | Newspapers/journals /books | 12 | 18 | 0 | |
| | Radio / television /internet / mass media | 0 | 0 | 0 | |
| | Health personnel | 0 | 0 | 0 | |

This table shows the computed chi-square of socio-demographic variables and the level of knowledge of adolescent girls. The data revealed that there was significant association of level of knowledge with sociodemographic

variables i.e., age (in years), education of adolescent girls, type of residence and source of information. The data also revealed that there was significant association of level of knowledge with sociodemographic variables i.e., educational status of father and type of family.

## Conclusion

Structured teaching program significantly increases the knowledge regarding early marriage and early pregnancy among adolescent girls

So, in future adolescent girls can prepare an effective structured teaching program to reduce the complications that can occur due to early marriage and early pregnancy.

## Conflict of Interest

Not available

## Financial Support

Not available

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