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An experimental study to assess the effectiveness of video assisted teaching on knowledge regarding menstrual hygiene among adolescent girls in selected schools of Pune

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Abstract

Introduction: Menstruation is a natural biological process that all adolescent girls and women go through once a month, beginning between the ages of 11 and 14 and lasting until menopause, which typically occurs at the age of 51. Menstruation is a major part of life for millions of young girls and women worldwide. Girls do not consistently have access to education on puberty and menstrual health. In India, 71% of girls report having no knowledge of menstruation before their first period. In this study we used quantitative research approach. An exploratory pre-test post-test design was selected as the investigation's study methodology. The non-probability purposive sampling technique was used. The sample consist of 200 among people in selected schools of Pune who had fulfilled the inclusion criteria of the study in order to assess the knowledge regarding menstrual hygiene. The reliability of tool was done on 20 participants the value was 0.8 and tool found reliable.

Result: The study mentioned above reveals that majority 77% of samples were having good knowledge, 18.5% having average knowledge and 4.5% poor knowledge. Mean score was 10.63 along with 2.46 SD.

Conclusion: It was concluded that as a result, this topic needs to be included in the courses on community health nursing and medical surgical nursing. Health care practitioners should place more emphasis on health education to raise awareness of menstrual hygiene in the population.

Keywords: Assess, effectiveness, menstrual hygiene, video assisted teaching, adolescent girls

Introduction

Menstruation is a natural biological process that all adolescent girls and women go through once a month, beginning between the ages of 11 and 14 and lasting until menopause, which typically occurs at the age of 51. Menstruation is a major part of life for millions of young girls and women worldwide. Girls do not consistently have access to education on puberty and menstrual health. In India, 71% of girls report having no knowledge of menstruation before their first period. Girls often turn to their mothers for information and support, but 70% of mothers consider menstruation "dirty," further perpetuating menstruation affects more than 800 million women and girls between the ages of 15 and 49 every day, but it is the health issue that is most commonly ignored, leading to negative health effects. According to a menstrual hygiene management guidelines published by Ministry of Drinking Water and Sanitation – Government of India, "About 113 million adolescent girls are particularly vulnerable at the onset of menarche in India". The taboo surrounding this issue also prevents girls and women to articulate their needs and problems regarding menstrual health management. Equipping adolescent girls with adequate information on menstrual hygiene and its management helps in enhancing self-esteem and positively impacts their performance. Maintaining good hygiene during menstruation is of pivotal importance, especially in terms of increased vulnerability of reproductive tract infections. Therefore, it is imperative to recognize the importance of menstrual health and hygiene in women health.

Need of the Study

Menstruation is the first significant milestone in the reproductive history of women's life. Menstrual health is affected by the economic, social, cultural and educational environmental, in which girls are born, grow to womanhood, marry and repeat the process in starting their own families. In recent times reproductive tract infection have been increasingly recognized as a major health problem affecting women world over. Reproductive tract infection preferentially affects women over men, because women are more severe biological and social consequences. The aim of the study was to evaluate the effectiveness of video assisted teaching programme on knowledge and practice regarding menstrual health among adolescent girls in selected school.

Poor menstrual hygiene management practices such as inadequate protection, insufficient washing facilities may increase susceptibility to infection and may put girls at risk of being stigmatized. During menstruation, women are more vulnerable to the risk of infection (Including sexually transmitted infection). Use of unhygienic materials to absorb menstrual blood can also cause vaginal infections and long-term effects on reproductive health.

Aim of the Study

To study the effectiveness of video assisted teaching on knowledge regarding menstrual hygiene among adolescent girls in selected schools of Pune."

Methodology

In this study we used quantitative research approach. An exploratory pre-test post-test design was selected as the investigation's study methodology. The non-probability purposive sampling technique was used. The sample consist of 200 among people in selected schools of Pune who had fulfilled the inclusion criteria of the study in order to assess the knowledge regarding menstrual hygiene. The reliability of tool was done on 20 participants the value was 0.8 and tool found reliable.

Section I: Description of demographic profile

Majority 39.5% of subject belongs to 11 to 13 years, 33% were from 13 to 16 years, 27.5% were from 17 to 19 years of age group. Majority 63.5% of the subject belongs to rural

area and 36.5% of the subjects belongs to urban area. Majority 40% of subjects belongs to 6th to 7th standard, 35% of the subjects belongs to 10th to 11th standard and 25% of the subjects belongs to 8th to 9th standard. Majority 32.3% of subjects had the age of menarche 10 to 11 years, 24.5% of subjects had age of menarche in 12 to 13 years, 22% of subjects had age of menarche in 14 and above and 21% of the subjects had age of menarche in before 10 years. Majority 77.5% of subjects have previous knowledge of menstrual hygiene and 22.5% have no previous knowledge of menstrual hygiene in adolescent's girls.

Section II: Finding related to knowledge regarding menstrual hygiene among adolescent girls from selected schools of Pune before administration video assisted teaching n=200

Table 1: Majority 51% of samples were having good knowledge, 37% having average knowledge and 12% poor knowledge. Mean score was 8.91 along with 3.24 SD.

Level of knowledge	F	%	Mean	SD
Poor	24	12	8.91	3.24
Average (5-9)	74	37		
Good (10-14)	102	51		

Percentage wise distribution according to source of information

Section III Finding related to knowledge regarding menstrual hygiene among adolescent girls from selected schools of Pune after administration video assisted teaching n=200

Table 2: Majority 77% of samples were having good knowledge, 18.5% having average knowledge and 4.5% poor knowledge. Mean score was 10.63 along with 2.46 SD.

Level of knowledge	F	%	Mean	SD
Poor	9	4.5	10.63	2.46
Average (5-9)	37	18.5		
Good (10-14)	154	77		

Section IV: finding related to effectiveness of video assisted teaching on knowledge regarding menstrual hygiene among adolescent girls in selected schools of Pune

Table 3: Mean score of pretest i 8.91 with sd of 3.24 which is less than post-test mean 10.63 with 2.46 SD and calculated value of paired t test was 5.926 with p value 0.00001. so p value 0.00001 is less than 0.05 level of significant which means null hypothesis rejected and there is effect of structure teaching programme.

Effectiveness of knowledge	Mean	SD	T Value	P Value	Remark
Pre-test	8.91	3.24	5.926	<.00001	Effectiveness is found significant
Post-test	10.63	2.46			

Discussion

The study is discussed with a similar descriptive study done by Tanvi Nitin Deshpande on Menstrual hygiene among adolescent girls – A study from urban slum area. The present study is done on 200 samples. A previous Study was done by Tanvi Nitin Deshpande Data were collected using pre-tested proforma during the period of 1st June to 31th August 2017. Among the 100 adolescent girls, 72% were between 15 and 19 years. A maximum of 47% were having high school education. About 47% mothers were illiterate; 27% girls had menarche at 14 years and 82% had regular cycles. About 76% had no knowledge of menses before menarche.

The source of information was mother in 84%. Only 16% girls commented that bleeding initiated in uterus. About 60% girls used sanitary pad and the rest used cloth pieces. About 22% used water and no soap for hand washing. Multiple restrictions were practiced. Result showed that this study was conducted among 100 adolescent girls from urban slum area of Karad. Age-wise distribution showed that a maximum 72% of girls belonged to late adolescent group of 15–19 years and 28% belonged to early adolescent group of 10–14 years. Concluded that menstrual hygiene was unsatisfactory among adolescent girls. Therefore, girls should be educated about the facts of menstruation and

proper hygienic practices.

Conclusion

Regarding menstrual hygiene, the above study shows no any significant association with demographic variables. Although most adolescent girl had a good understanding of menstrual hygiene, the rural population lacked accurate knowledge of the menstrual hygiene. As a result, this topic needs to be included in the courses on community health nursing and medical surgical nursing. Health care practitioners should place more emphasis on health education to raise awareness of menstrual hygiene in the population.

Recommendation

1. The study may be carried out to assess the efficiency of organized instruction or any other approach.
2. The study may be carried out to in community areas.
3. A study on the relationships between several demographic factors that were significant on a bigger sample can be conducted.
4. To strengthen the conclusions, a comparable study might be repeated in a different environment
5. A research might be conducted to gauge public awareness of the menstrual hygiene.

Conflict of Interest: The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

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