



“EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING VAGINITIS AND ITS PREVENTION AMONG ADOLESCENT GIRLS IN SELECTED HIGH SCHOOLS, AT TIRUPATI.”

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ABSTRACT:

OBJECTIVES:-

- ❖ To assess the pre-test knowledge regarding vaginitis and its prevention among adolescent girls in selected high schools.
- ❖ To evaluate the effectiveness of the structured teaching programme (STP) on vaginitis and its prevention in terms of gain in knowledge score using a structured knowledge questionnaire.
- ❖ To determine the association between the pre and post test knowledge scores with their selected demographic variables of adolescent girls.

MATERIALS AND METHODS:

A pre-experimental single group pre-test and post-test design was adopted for the study. 70 adolescent girls aged 13-18 years were selected by convenient sampling technique. A structured questionnaire was used to collect the data on knowledge regarding vaginitis and its prevention. On day one Pre-test knowledge was assessed by administering questionnaire and structured teaching was given in two groups 35 each of same day. Post test knowledge was assessed after 7 days of pre test collected data were analysed.

RESULTS:

The results revealed that in the pre test majority 50(71.4%) had inadequate knowledge where as in the post test 42(60%) had adequate knowledge regarding vaginitis and its prevention with mean 24.56 and standard deviation 3.39. The gained knowledge t-value 30.184 was significant at 0.05 level of signification

CONCLUSION :-

The data proved that the knowledge of adolescent girls had been markedly increased after structured teaching programme. Irrespective of demographic variables the adolescent girls improved their knowledge after receiving structured teaching programme. Hence direct education could bring about improvement in the knowledge and change in manner so as to foster a desired behaviour.

KEY WORDS: knowledge, vaginitis. **INTRODUCTION:**

Adolescents are parents of tomorrow. Adolescent girl neither child nor an adult. She lives in a new world between childhood and adulthood. She is not capable to cope- up with fast occurring physical, hormonal, and emotional changes during this phase. She is not sure of herself which way to go, though this period is called 'awkward age or transitional age. Positive physical and mental health can promote healthy and intelligent attitude in the young girls who can bloom in to young women. Nearly half of the population, almost 3 million people are under the age of 25. In other words, one in every five people in the world is an adolescent and 85 of every 100 adolescents live in developing countries. India is the one of the fastest growing populations in the world, with an estimated 105 million girls between 10-19 years old.

NEED FOR THE STUDY:

In the fast moving world, often with fragmentation of countries and cultures, and restless society, the adolescents have to face problems related to socio- cultural conditions. More than 21.4% of the total population in India are adolescents CDC, (1993) The most common causes of Vulvo -vaginal infections are: Gardinerella vaginitis candida albicans and Trichomonas Vaginalis.

An estimated 75percent of women will experience at-least one episode of vulvo- vaginal candidiasis in their lifetime and 40-45% will experience two or more episodes.

STATEMENT OF THE PROBLEM:

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING VAGINITIS AND ITS PREVENTION AMONG ADOLESCENT GIRLS IN SELECTED HIGH SCHOOLS, AT TIRUPATI.

OBJECTIVES OF THE STUDY:

- To assess the level of knowledge among of adolescent girls regarding vaginitis and its prevention before the structured teaching programme as measured by a structured knowledge questionnaire.
- To compare the pre- test and post- test knowledge scores among adolescent girls regarding vaginitis and its prevention.
- To determine the association between the pre and post test knowledge scores and their selected demographic variables of adolescent girls.

OPERATIONAL DEFINITIONS:

- **1. Effectiveness:** The study, it refers to the extent to which the structured teaching programme develop desired results as measured by a knowledge questionnaire regarding the prevention of vaginitis and expressed in terms of gain in knowledge score.
- **2. Structured teaching programme:** The study, it refers to a systematically organized teaching plan to provide information to the higher secondary school girls regarding the prevention of vaginitis with the help of AV aids like flashcards.
- **3. knowledge on vaginitis:** it refers to the information possessed by the women before and after STP as measured through interview schedule.
- **4. Prevention:** The study, it refers to various aspects of such as maintaining hygienic practices, avoiding irritating soaps, vaginal sprays and douches, changing the tampons and sanitary napkins frequently, and wearing loose cotton under garments.
- **5. Adolescent girls:** In this study, it refers to girls who are studying higher secondary girls, the students in selected higher secondary classes and their age between (13-18years).

HYPOTHESES:

H₁: The adolescent girls will have low knowledge on vaginitis and its prevention.

H₂: There is a significant difference between the pre-test and post-test knowledge scores among adolescent girls regarding vaginitis and its prevention.

H₃: There is a significant association between pre test and post-test level of knowledge scores of adolescent girls and selected socio- demographic variables.

ASSUMPTION:

The study assumes that:

- Higher secondary school students will have some knowledge regarding vaginitis and its prevention.

METHODOLOGY:

RESEARCH APPROACH

An evaluatory approach was adopted by the investigator to find the effectiveness of structured teaching programme on vaginitis and its prevention.

RESEARCH DESIGN:

The investigator adopted one group pre-experimental and post-experimental design for this study.

Group	Pre-test Knowledge on vaginitis	Treatment or STP on vaginitis and its prevention.	Post-test Knowledge on vaginitis.
selected sample of adolescent girls	O ₁	X	O ₂

O₁ :- Pre assessment level of knowledge on vaginitis and its prevention X :- Treatment STP on vaginitis and its prevention.

O₂ :- Post assessment level of knowledge on vaginitis and its prevention **SETTING OF THE STUDY:**

The study was conducted in SRI VENKATESWARA UNNATHA PATASHALA (TTD), near Mahathi auditorium Tirupati.

SAMPLE:

9th and 10th class adolescent girls students of SRI VENKATESWARA UNNATHA PATASHALA at Tirupati.

SAMPLE SIZE:

The sample for the present study consisted of N = 70 adolescents, who met the inclusion criteria, studying 9th and 10th classes.

SAMPLING TECHNIQUE:

The investigator adopted non probability convenient sampling technique to select the sample for this study.

CRITERIA FOR SAMPLE SELECTION:

The sample was selected based on the following inclusion and exclusion criteria. **Inclusion criteria:**

- 9, 10th girl students in the age group of 13-18 years.
- Who were willing to participate in the study.

- Who were available during the period of data collection. **EXCLUSION CRITERIA:**

- ❖ Who were already exposed to infection or awareness programme on vaginitis and its prevention.

DEVELOPMENT AND DESCRIPTION OF THE TOOL:

The investigator prepared a structured questionnaire after reviewing literature on vaginitis and its prevention and considering the experts opinion from the obstetrics and gynaecological (medical and nursing) field.

The tool consists of two parts.

Part I: Questions on demographic data.

Part II: Section 'A' consists of 17 knowledge questions on vaginitis. And section 'B' Consists of 14 statements on prevention of vaginitis.

Each right option scores '1' and wrong option scores 'zero'. **RESULTS:**

Results of demographic variables revealed that majority 36(51.40%) were in the age group of 14 years, 52(78.60%) were Hindus, 35(50%) were 10th class, 54(77.10%) were from nuclear family, 37(52.90%) had family income per month in Rs.. 10000- 20000, 53(75.70%) attained menarche in the age of 12-13 years, 39(55.70%) fathers had secondary education, 32(47.10%) of mothers were home makers, 30(42.90%) fathers were farmers, 33(47.10%) got the information from printed material and 63(90.00%) had no previous history of vaginitis.

TABLE.1 Distributions of pre test knowledge scores on vaginitis and its prevention among adolescent girls.

Pre-Knowledge regarding Vaginitis among adolescent girls	Frequency	percentage	Mean	Standard Deviation
Inadequate	50	71.40	13.71	3.40
Moderate	18	25.70		
Adequate	2	2.90		
Total	70	100.0		

The pre test knowledge scores of 70 adolescent girls revealed that 50(71.40%) had inadequate knowledge , 18(25.70%) had moderate and only 2(2.90%) had adequate knowledge on vaginitis and its prevention with mean 13.71 and standard deviation 3.40.

TABLE.2 Distribution of Post test scores on the knowledge of the vaginitis and its prevention among adolescent girls in selected higher secondary schools at Tirupati.

Post-knowledge regarding Vaginitis among adolescent Girls	Frequency	Percentage	Mean	Standard deviation
Inadequate	0	0.00	24.56	3.39
Moderate	28	40.00		
Adequate	42	60.00		
Total	70	100.0		

Post test knowledge scores of 70 adolescent girls revealed that 42(60%) had adequate knowledge, and 28(40%) had moderate knowledge and no one showed inadequate knowledge on vaginitis and its prevention with mean 24.56 and S.D 3.39.

In comparison of pre and post test knowledge scores of adolescent girls on vaginitis and its prevention showed that the obtained 't' value 30.184 significant at 0.05 level shows that the teaching was effective in improving the knowledge.

Chi square test was computed to test the association between the pre test and post test knowledge of the subjects and selected demographic variables. Study showed that there was association between pre test knowledge and demographic variables as age at menarche and mothers educational status at 0.05 significance where as fathers occupation at 0.01 level of significance. In post test there was significant with standard of study and age at menarche at 0.05 level where as with fathers education at 0.01 level of significant.

CONCLUSION:

The overall knowledge score mean was 9.52 ± 3.15 , with a mean percent of 34(48.60%) revealing that the overall knowledge of the higher secondary school girls regarding vaginitis and its prevention is average. The pre-test mean was 13.71 with that of SD ± 3.40 and post- test mean was 24.56 with that of SD ± 3.39 . The pre-test knowledge level of all the adolescent was average 71.40%, 2.90% inadequate and 2% adequate and post test knowledge level 40% average, 2% adequate and 50% inadequate knowledge. The mean post test knowledge score (24.56) was greater than the mean pre-test level of knowledge score (13.71). The obtained t-value (30.184) was statistically highly significant at 0.05 levels.

The mean difference between pre test scores and post test scores of 8.1 was significant at 5% level as the (* $p < 0.05$ %).

IMPLICATIONS FOR NURSE PRACTICE:

The present study would help the nurses to develop an understanding of knowledge among higher secondary school girls regarding vaginitis and its prevention. Findings of the study revealed that most of the higher secondary school girls are having only average knowledge regarding vaginitis and its prevention. After teaching program, the post test has shown that most of the adolescents are having adequate knowledge regarding vaginitis and its prevention. The nurses especially, have an influential role in imparting knowledge regarding vaginitis and its prevention. The working in various settings such as hospital settings, community areas and many other vaginitis so that they can utilize the opportunity to spread awareness about to prevent vaginitis.

IMPLICATIONS FOR NURSING ADMINISTRATION:

The nurse administrators should see that the aspect of health promotion while providing nursing care. Nursing administration should implement outreach programmes to make the people aware about the life style modification especially close supervision in order to prevent and treat vaginitis among adolescent girls. They should make the society aware about the prevailing health. Nursing administrators can also plan various in-service training programmes to make awareness among the staff.

IMPLICATIONS FOR NURSING RESEARCH:

This study helps the nurse researchers to understand the level of knowledge of adolescent girls on vaginitis. Nurse researchers can conduct more and more researches on preventive aspects in vaginitis cases.. Comparative studies can be conducted to assess the knowledge of adolescent girls in urban and rural areas and also can develop self instructional module based on the learning needs of the mothers. Nursing research can be used to find out newer methods for a prevention of vaginitis among higher secondary school girls.

RECOMMENDATIONS:

Based on the findings of the study the following recommendations are put forward for the further research:

- Similar study can be undertaken on a larger sample to generalize the findings.
- A comparative study can be done between girls in urban and rural areas.
- A self instructional module can be developed based on the learning needs of the mothers.
- A study can be conducted to assess the hygienic practices of girls regarding vaginitis among higher secondary school children.
- A study can be conducted to assess the sexual practices of girls regarding vaginitis among higher secondary school girls.

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