



A Study To Evaluate The Effectiveness Of Video Assisted Teaching Program On Knowledge Regarding Menstrual Hygiene Among Adolescent Girls In Dayananda Sagar Pre- University College Of Bengaluru.

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ABSTRACT

Background

Menstruation is a unique phenomenon in every adolescent girls' life, hence menstrual hygiene is very important to prevent any reproductive tract infections and also to reduce the school drop outs and absentee. Every month 1.8 billion people across the world menstruate. Millions of these girls and women are unable to manage their menstrual cycle in a dignified and healthy way.

Statement of the problem

A study to evaluate the effectiveness of video assisted teaching program on knowledge regarding menstrual hygiene among adolescent girls in a Dayananda Sagar pre- university college of Bengaluru.

Methods

An evaluative approach with pre-experimental one group pre-test post-test design was adopted in order to evaluate effectiveness of video assisted teaching programme regarding menstrual hygiene among adolescent girls. Simple random sampling was used to select the sample for the study. Data collected from the sample were analyzed by descriptive and inferential statistics. The final sample size was 50.

Significant findings of the study

- *Most of the sample (58%) had good knowledge regarding menstrual hygiene in the Pre-test. But in the post-test majority of the adolescent girls (88%) had acquired very good knowledge, 10% had acquired moderate knowledge and 2% had inadequate knowledge*
- *There was no significant difference between the pre-test and post-test knowledge scores ($t(49) = 1.67, P < 0.05$).*

- *There was no significant association between knowledge scores and selected demographic variables.*

Conclusion

The findings of the study show that the video assisted teaching programme was effective in all the areas in improving the knowledge of adolescent girls.

Key words

Menstrual hygiene; Adolescent girls : video assisted teaching

INTRODUCTION

Menstruation is a natural biological process experienced by all adolescent girls and women every month, starting between 11 and 14 years age and continue till menopause at about age 51. Every day, more than 800 million women and girls between the ages of 15 and 49 are menstruating, yet it is the most neglected health issue, resulting in adverse health outcomes. Ability to manage menstrual hygiene is fundamental to well-being of women, and it constitutes the essential component of basic hygiene, sanitation and reproductive health services.

WHO has defined Adolescence as the period between 10 - 19 years of life. India has one of the fastest growing youth populations in the world, with an estimated 190 million adolescence girls below 19 years of age comprise one quarter of India's rapidly growing population. The onset of adolescence is usually associated with commencement of puberty and the appearance of secondary sex characteristics. It is also a formative stage in terms of sexual and reproductive maturity, which influences one's reproductive health and wellbeing throughout the life. During the whole period of adolescence, Menarche is the most important event in the life of an adolescent girls.

Menstruation is a unique phenomenon in the female. It is the shedding of the endometrium lining of the uterus that contain blood, part of tissue and nutrient, which occur normally in every woman menstrual cycle is control by hormones like progesterone, oestrogen, luteinizing hormones. Hormones makes the egg mature and ready for fertilization, this hormone also makes the endometrium lining thick and spongy if in case the egg get fertilized but when the egg does not get fertilized the endometrium lining of the uterus breaks down and bleed out through vagina.

The onset of menstruation is one of the most important change the occur among the girl during the adolescent. The menstrual occur at the age of 12- 15 year. Which is also known as menarche [first menstrual period] menstrual cycle is the scientific term for the physiological changes that can occur in fertile women for the purpose of sexual reproduction and fertilization. Menstruation is monthly uterine bleeding for 3-5 days after 28 days from puberty till menopause. Adolescent girl is considered as vulnerable group since menstruation is still regarded as unclean, dirty in India. The reaction to menstruation depends upon awareness and knowledge about it.

Government of India has taken initiative to promote menstrual hygiene in India which includes- The Right of Children to Free and Compulsory Education Act; Menstrual hygiene scheme launched by Ministry of Health and Family Welfare, SABLA program of Ministry of Women and Child Development, The Right of Children to Free and Compulsory Education Act.

Video assisted teaching increases the motivation of students and hence enhances the learning experience, develops potential for deeper learning of the subject and enhances team working and communication skills, it is a source of evidence relating to skill for interviews and also provide opportunities for staff development.

Objectives of the study were

1. To determine the pre-test level of knowledge regarding menstrual hygiene among adolescent girls in Dayananda Sagar Pre- university College, Bengaluru.
2. To determine the post -test level of knowledge regarding menstrual hygiene among adolescent girls in Dayananda Sagar Pre- university College, Bengaluru.
3. To evaluate the effectiveness of video assisted teaching on menstrual hygiene among adolescent girls in Dayananda Sagar Pre-University College, Bengaluru.
4. To find out the association between pre-test knowledge score and selected demographic variables.

METHODOLOGY

RESEARCH APPROACH

In order to achieve the objectives of the study an evaluative approach was found to be appropriate and selected for the study

RESEARCH DESIGN

Research design adopted for the present study was pre-experimental one group pre-test post-test design.

VARIABLES:

INDEPENDENT VARIABLE:

The variable that is believed to cause or influence the dependent variable. In this study video assisted teaching programme was the independent variable

DEPENDENT VARIABLE:

In this study was the knowledge about menstrual hygiene

DEMOGRAPHIC VARIABLE:

Age, religion, education level of students, education level of parents, age of first menstruation, regularity of menstruation, previous knowledge regarding menstruation

RESEARCH SETTING

The physical location and condition in which data collection takes place in a study .The study was conducted in Dayananda Sagar Pre-University college, Bengaluru.

POPULATION

In this study population consists of adolescent girls studying in Dayananda Sagar Pre- University College, Bengaluru

SAMPLE

The 50 adolescent girls who are aged between 15-18 years were selected for this study.

SAMPLING TECHNIQUE

The sampling technique used for the study was simple random sampling.

SAMPLING CRITERIA**INCLUSION CRITERIA**

1. Adolescent girls studying in Dayananda Sagar Pre-University College
2. 1.Adolescent girls studying in English medium
3. Adolescent girls in the age group of 15-18 years

EXCLUSION CRITERIA

1. Adolescent girls who were not willing to participate in the teaching programme

DATA COLLECTION INSTRUMENT

Demographic proforma and structured knowledge questionnaire were used to collect data from adolescent girls. Intervention was given in the form of video assisted teaching programme on menstrual hygiene.

DEVELOPMENT OF THE TOOL

The present study aimed to evaluate the effect of video assisted teaching programme on menstrual hygiene. So structured knowledge questionnaire was developed as the tool to collect data.

PREPARATION OF BLUEPRINT

A blueprint was prepared with objectives keeping in mind. It depicted the distribution of items according to knowledge, comprehension and applications. The domains were introduction to menstrual hygiene, anatomy and physiology menstrual cycle, menstrual disorders prevention of reproductive tract infections, and menstrual hygiene management.

PLAN FOR DATA ANALYSIS

- Demographic profile containing sample characteristics would be analyzed using frequency and percentage
- Knowledge score would be analyzed by computing frequency, percentage, mean, median, mean percentage and standard deviation
- The mean pre-test and post-test score difference would be compared by paired 't' test to find the effectiveness of video assisted teaching program
- Chi-square test would be used for finding association knowledge

RESULTS

SECTION 1: DEMOGRAPHIC DATA

Table 1: Frequency and percentage distribution of participants on selected demographic data

N = 50

Sl. No.	Demographic Data	Frequency(f)	Percentage (%)
1. Age in years			
a.	15-16	28	56
b.	17-18	22	44
2. Religion			
a.	Hindu	30	60
b.	Christian	20	40
c.	Muslim	0	
3. Educational level of students			
a.	1 st PUC	22	44
b.	2 nd PUC	28	56
4. Educational status of mother			
a.	No formal schooling	3	6
b.	Primary school	7	14
c.	High school	11	22
d.	Pre university college	18	36
e.	Diploma	4	8
f.	Graduate	6	12
g.	Post graduate	1	2
5. Educational status of father			
a.	No formal schooling	03	6
b.	Primary school	07	14
c.	High school	13	26
d.	Pre university college	17	34
e.	Diploma	02	04
f.	Graduate	08	16
g.	Post graduate	00	00
6. Age of first menstruation in year			
a.	<12	10	20
b.	12-14	37	74
c.	>15	03	6

7. Regularity of menstruation			
a.	Yes	43	86
b.	No	07	14
c.	If yes then specify	0	0
8. Previous knowledge of menstruation			
a.	Yes	40	80
b.	No	10	20
c.	If yes then specify	0	0

* More than one response

Section II: Distribution of subjects according to the level of knowledge scores regarding menstrual hygiene among adolescent girls.

Table 2: Frequency and percentage distribution of Pre-test knowledge score of subjects.

Level of knowledge	Frequency(f)	Percentage(%) Knowledge score
Inadequate level of knowledge (<50)	4	8
Moderate level of knowledge(51-75)	29	58
Adequate level of knowledge(>75)	17	34

Table 3: Frequency and percentage distribution of Post-test knowledge score of subjects.

Level of knowledge	Frequency (f)	Percentage (%) knowledge score
Inadequate level of knowledge (<50)	1	2
Moderate level of knowledge (51-75)	5	10
Adequate level of knowledge (>75)	44	88

Table 4: Mean, median, mean percentage and standard deviation of pre-test and post-test knowledge scores

N=50

Knowledge scores	Mean	Median	Mean %	SD
Pre-test	16.84	3.021	33.68%	2.171
Post-test	21.72	3.38	43.44%	2.439

Table 5.1: Association between pre-test knowledge score and selected demographic variables.

N=50

SL.NO	DEMOGRAPHIC VARIABLES	Pre-test	Post-test	Chi-square value	P<value
		(f)	(%)		
1.	Age in years				
	a)15-16	28	56	0.0358	P>0.05 df=1, NS
	b)17-18	22	44		
2.	Religion				
	a)Hindu	30	60	0	P>0.05 df = 1 ,NS
	b)Muslim	20	40		
	c)Christian	0	0		
	d)Others	0	0		
3.	Education level of the student				
	a)1 st PUC	21	42	2.92	P>0.05 df = 1, NS
	b)2 nd PUC	29	58		
4.	Educational status of Father:				
	a)Non-formal schooling	3	6	6.742	P>0.05 df = 6 ,NS
	b)Primary school	7	14		
	c)High school	11	22		
	d)PUC	18	36		
	e)Diploma	4	8		
	f)Graduate	6	12		
	g)Pg and above	1	2		

Table 5.2: Association between frequency and percentage distribution of adolescent between age group of 15-18 years

N=50

SL.NO	DEMOGRAPHIC VARIABLES	(f)	(%)	Chi-square value	p<value
5.	Educational status of Mother:				
	a)Non formal schooling	3	6	4.252 df = 6 ,NS	p>0.05
	b)Primary school	7	14		
	c) High school	13	26		
	d) PUC	17	34		
	e)Diploma	2	4		
	f)Graduate	8	16		
	g)Pg and above	0	0		
6.	Age of First menstruation in year				
	a)<12	10	20	2.952 df = 2 ,NS	P>0.05
	b)12-14	37	74		
	c)>15	3	6		
7. Regularity of menstruation					
7.	a)Yes	4	86	0.1645 df = 1 , NS	P>0.05
	b)No	7	14		
	c)any other specify	0	0		
8.	Previous Knowledge of menstruation				
	a)Yes	40	80	1.388 df = 1 , NS	P>0.05
	b)No	10	20		
If yes, specify	0	0			

Table 6: Mean, mean deviation (MD), standard deviation (SD), paired' test between pre-test and post-test knowledge scores of adolescent girls.

N=50

Knowledge score	Mean	Standard Deviation	Mean Percentage	't' Value	Remark
Pre-test	16.84	3.0201	33.68%	0.248	*Non-significant
Post-test	21.72	3.38	43.44%		

t(49) 2.021, * Non-significant, $p < 0.05$

DISCUSSION

SECTION I: DEMOGRAPHIC DATA

The findings of the study demonstrated that Majority of the sample (56%) belonged to age group 15-16 years. Most of the sample (60%) were Hindus. Majority of the samples (56%) were from 2nd PUC. Most of them (34%) had pre- University College. Most of them (36%) had pre-University College Majority (74%) of sample had their first menstruation in the age of 12-14 years. Majority of the sample (86%) has regularity of menstruation. Majority of sample (80%) had previous knowledge regarding menstruation.

SECTION II: DISTRIBUTION OF SUBJECTS ACCORDING TO THE LEVEL OF KNOWLEDGE SCORES

The findings of the study revealed that in the pre-test majority of the adolescent girls (58%) had moderate level of knowledge and 34% had adequate level of knowledge regarding menstrual hygiene and in the post-test majority (88%) of the samples had adequate knowledge level and 10% adolescent girls had moderate level of knowledge regarding menstrual hygiene.

SECTION III: EVALUATION OF EFFECTIVENESS OF VIDEO ASSISTED TEACHING IN TERMS OF GAIN IN KNOWLEDGE SCORE

The findings of the study reveals that there was a significant difference between the mean pre-test and mean post-test knowledge scores. The pre-test mean percentage (33.68%) knowledge scores regarding menstrual hygiene were found to be less than post- test mean percentage (43.44%) knowledge scores.

SECTION IV: ASSOCIATION BETWEEN PRE-TEST KNOWLEDGE SCORES AND SELECTED DEMOGRAPHIC VARIABLES

The findings of the study shows that there was no significant association between the pre-test knowledge score and selected demographic variables ($p < 0.05$) This result of the study is supported by the findings of the study conducted by KAMANTH.V which proved that there was no association between re-test knowledge scores and selected demographic variables.⁸³

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NURSING IMPLICATIONS

- As the nurse play a vital role in creating awareness about the importance of menstrual hygiene among the adolescent girls of the community. The awareness should begin from the base level of society such as school and colleges which involves the adolescents
- Nursing teachers should emphasise the importance of health education and method of imparting education in an effective way during student. Student should get opportunity to give health education in an training period appropriate way during their clinical practice.
- The Nurse administrators serve as resource persons for other nurses, students, clients and relatives and provide adequate support in terms of manpower, money and material for disseminating health information. Periodical educational sessions by health personnel should be conducted to the public at large.
- There is a great scope for nurses to conduct research in this area to find out the effectiveness of various strategies to educate the adolescent girls, their parents and the public at large. Research should be done on the preparation of innovative methods of teaching.

RECOMMENDATIONS

1. A similar study can be replicated on a larger sample with a control group.
2. A self-instructional module can be developed based on learning needs of the adolescent girls.
3. A comparative study can be undertaken to find out the difference in knowledge among urban and rural pre-university adolescent girls on menstrual hygiene.

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