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## “THE EFFECT OF VIDEO ASSISTED TEACHING PROGRAM ON KNOWLEDGE REGARDING PUBERTY AMONG GIRLS”

**Author: Annaladasu Sowjanya**, PhD scholar, Malwanchal University

**Dr. Payal Sharma**, Research Supervisor, Malwanchal University

### ABSTRACT

Puberty may be the biological time frame involving the child as well as their adult seen as a physical body changes that lead to sex maturity. In these times adolescence experiences a growth spurt develops, create secondary sex features and attain the reproductive system maturity. The moment associated with puberty beginning and its progress tend to be varied between people and therefore are influenced mostly by genetics. The study made use of one group pretest and posttest design. Convenient sampling method was used to select 150 samples. Video assisted teaching program was administered to the samples and the effectiveness of video assisted teaching program was evaluated. A well formulated questionnaire was made which comprised of selected variables. The knowledge questionnaire was used to assess the level of knowledge on puberty among samples. For analysis inferential and descriptive statistical methods were used. It was evident from the study finding that the knowledge was improved after video assisted teaching program. Result: (122) 81.33% had inadequate knowledge and (28) 18.67% had moderately adequate knowledge in the pre-test. 74.67% had adequate knowledge and 25.33% had moderately adequate knowledge in post-test. The mean post-test knowledge score was significantly higher than the mean pre-test knowledge score at 0.001 levels. This indicated that the video assisted teaching program has helped the samples to improve their knowledge on puberty. Conclusion: The present study finding shows that the samples who were attending the video assisted teaching program have shown improvement in the level of knowledge which was proved statistically. The respondents expressed their gratitude for the knowledge they gathered regarding puberty. This feedback led the future researcher to use the questionnaire as a guide for assessing knowledge on puberty. The Headmistress and teachers were appreciated the topic and video compact disc. Video assisted teaching method was very

much encouraging among the school girls rather than other methods. It is necessary to learn about puberty for the girls who attend menarche. Series of teaching on the same aspect of all school girls will be improve their knowledge as well as improve their physical and mental health.

## INTRODUCTION

In women sex maturation begins to thelarche, the appearance of breast buds that happens from around 9 years to 11years is the first signof the ovarian function. It's followed by development with pubic hair. In the course of thelarche, the growth spurt or height increases. The very first menstruation commences around twelve months after the height increases. That usually happens involving the age groups of nine andfourteen years; the average age group is actually 12.4years. Major hormonal events encircling menarche entail the secretion regarding follicle stimulating hormone from the pituitary gland. FSH energizes the ovaries to begin follicular readiness also to produce the extra estrogen. Continuing growth of the secondary sexual characteristics commences around the age 11 to 13. Through the entire process of puberty girls may experience a myriad of physical and emotional changes, modifications in system image as well as interpersonal connections generally accompany these kinds of changes. Menarche is the time of combined emotions. Emotional changes might occur using the bodily adjustments just similar to girls tend to be nervous and also frightened, pleased as well as embarrassed. However, changes in body picture are common and also taken care of in different ways after puberty.

## NEED FOR THE STUDY

Puberty can be a challenging moment for many girls. In manycommunities menarche is definitely an indicator of a girl's developing sexuality. Teenage is a period of extreme anxiety and stress. Menarche sure brings about tremendous psychological as well as interpersonal reaction in them. Menstruation continues to be considered to be something notclean and also filthy in Indian society. The response towards menstruation depends upon attention as well as knowledge about the topic. Although menstruation can be a natural process, it's really linked with a number of myths practices which sometimes result in adverse outcomes. Improved information about menstruation right from the child years might escalate safe procedures and may help in abating as well as enduring of an incredible number of ladies.

Several studies advised that menstrual wellness directions should contain useful chats on what girls take care of by themselves throughout periods, so that you can sustain proper monthly period and also cleanliness methods. These kinds of instructions would be best begun prior to menarche. In our curriculum sex education starts from the 9th standard but our girls are attaining menarche from 10years that is 5<sup>th</sup> standard. Hence the investigator thought that the teaching will improve the knowledge and awareness among girls regarding pubertal changes and menarche. So she selected this study.

## STATEMENT OF THE PROBLEM

A study to assess the effectiveness of video assisted teaching program on knowledge regarding puberty among girls in selected school.

## OBJECTIVES OF THE STUDY:

- ❖ To assess the pre-test level of knowledge regarding puberty among girls.
- ❖ To assess the post-test level of knowledge regarding puberty among girls.
- ❖ To evaluate the effectiveness of the teaching program on knowledge regarding puberty among girls.
- ❖ To find out the association between pre-test level of knowledge score and with their selected demographic variables.

## HYPOTHESES:

H1: The post-test level of knowledge score for girls who are exposed to video assisted teaching program will be significantly higher than the pretest level of knowledge.

H2: There will be a significant association between pre-test level of knowledge on puberty and selected variables such as age, education, mother's education, mother's occupation, type of family, religion, birth order, source of information and place of living.

## ASSUMPTION

- ❖ School girls at the age of 10-13years will not have adequate knowledge regarding puberty.
- ❖ Video assisted teaching programme may improve the knowledge regarding puberty on school girls.

## LIMITATIONS:

- ❖ The study was limited to 6 weeks.
- ❖ The study was limited to 150 samples.

## REVIEW OF LITERATURE

### REVIEW OF LITERATURE IS PRESENTED UNDER THE FOLLOWING HEADINGS:

- Knowledge related to pubertal changes
- Knowledge, attitude and practice regarding menstruation
- Age at menarche
- Knowledge regarding menstrual hygiene

- Emotional changes regarding puberty
- Studies related to effectiveness of structured teaching program on puberty, menstruation and menstrual hygiene.

## RESEARCH METHODOLOGY

### RESEARCH APPROACH

The research approach used for this study was a quantitative approach. The investigator compares the pre-test and post-test knowledge regarding puberty among girls who are studying 6<sup>th</sup> and 7<sup>th</sup> standard.

### RESEARCH DESIGN

One group pre-test post-test design was used.

Pre-test	Intervention	Post-test
O1	X	O2

**O1** - Pre-test knowledge regarding puberty.

**X** - Video assisted teaching program on puberty.

**O2** - Post-test knowledge regarding puberty.

### SETTING OF THE STUDY

The study was conducted among girls at Girl's Higher Secondary School.

### POPULATION

The population of the study was girls who are studying in 6<sup>th</sup> and 7<sup>th</sup> standard. The Target population of the study was girls who are not attained menarche.

## SAMPLING

### Sample size:

The sample comprised of 150 girls studying in 6<sup>th</sup> and 7<sup>th</sup> standard who are not attained menarche.

### CRITERIA FOR SAMPLE SELECTION

#### Inclusion criteria:

- Girls who are not attained menarche.
- Girls those who are in 6<sup>th</sup> and 7<sup>th</sup> standard.
- Those who are willing to participate in the study.
- Those who can understand and read Tamil.
- Girls those who are having normal growth and development.

#### Exclusion criteria:

- Those who are not interested to participate in the study.
- Girls who are absent to school during data collection.
- Girls who already attained menarche.

### SAMPLING TECHNIQUE

The sample was selected adopting a convenient sampling technique.

### Result:

**Distribution samples according to their demographic variables.**

**n = 150**

Demographic variables		Frequency	Percentage %
Age	10 years	17	11
	11 years	83	55
	12 years	45	30
	13 years	5	3
Education	6 <sup>th</sup> std	92	61
	7 <sup>th</sup> std	58	39
Mother's Education	Illiterate Primary	29	19
	Secondary	52	35
	Higher Secondary	27	18
	Degree	41	27
		1	1

Mother's Occupation	House wife	84	56
	Employed	5	7
	Self – Employed	39	26
	Others	20	13
Type of Family	Joint family	47	31
	Nuclear family	100	67
	Extended family	3	2
Religion	Hindu	137	92
	Christian	5	3
	Muslim	2	1
	Others	6	4
Birth order	I	48	32
	II	62	42
	III	29	19
	IV	11	7
Source of information	Family	99	66
	Friends	18	12
	Peer Group	17	11
	All	16	11
Place of living	Urban	66	44
	Rural	84	56

#### Distribution of samples according to knowledge score

Categories	Adequate Knowledge	Moderatelyadequate knowledge	Inadequate knowledge
Pre test	-	18.67%	81.33%
Post test	74.67%	25.33%	-

Based on the score obtained, the samples were arbitrarily divided into 3 categories, adequate, moderately adequate and inadequate.

Adequate knowledge 61 – 100%

Moderately adequate knowledge 36 – 60%

Inadequate knowledge Less than 36%

Table No.2.Shows that 81.33% had inadequate knowledge and 18.67% had moderately adequate knowledge in pre-test and also it shows that 74.67% had adequate knowledge and 25.33% had moderately adequate knowledge in the post test.

The above table reveals that the pre-test level of knowledge of puberty before administration of video assisted teaching. It shows 81.33% of girls are having inadequate knowledge. After administration of video assisted teaching none of them are having inadequate knowledge. They attained adequate to moderate knowledge on puberty.

### Effectiveness of video assisted teaching on improving knowledge regarding puberty.

Categories	Mean	Standard Deviation	Paired 't' test	
			Calculated value	Table value
Pre test	10.14	2.51	44.458**	3.29
Post test	21.71	3.69		

$p < 0.001$  highly significant

\*\* Highly significant

### Associations between pre-test knowledge score and demographic variables

(n=150)

Sl. No	Demographic variables	Level of knowledge				Chi square	
		Inadequate		Moderately adequate		Table value	Calculated value
		f	%	f	%		
1.	Age					7.81	7.742
	a. 10	12	8	5	3		
	b. 11	74	49	9	6		
	c. 12	32	21	13	9		
	d. 13	4	3	1	1		
2.	Educational status					3.84	4.95*
	a. 6 <sup>th</sup> std	80	53	12	8		
	b. 7 <sup>th</sup> std	42	28	16	11		
3.	Mother's education						
	a. illiterate	21	14	8	5		

	b. Primary	42	28	10	7		
	c. Secondary	27	18	0	0		
	d. Higher secondary	32	21	9	6	9.49	12.376*
	e. Degree	0	0	1	1		
4.	Mother's Occupation						
	a. House wife	64	43	20	13		
	b. Employed	6	4	1	1		
	c. Self employed	34	23	5	3	7.81	3.419
	d. Others	18	12	2	1		
5.	Type of family						
	a. Joint family	38	25	9	6		
	b. Nuclear family	82	55	18	12		
	c. Extended family	2	1	1	1	5.99	0.462
6.	Religion						
	a. Hindu	114	76	23	15		
	b. Christian	2	1	3	2		
	c. Muslim	1	1	1	1	7.81	7.254
	d. others	5	3	1	1		
7.	Birth order						
	a. I	40	27	8	5		
	b. II	52	35	10	6		
	c. III	21	14	8	5	7.81	1.911
	d. IV	9	6	2	1		
8	Exposure to media						
	a. TV	82	55	17	11		
	b. Radio	12	8	6	4		
	c. Newspaper	15	10	2	1	7.81	3.229
	d. All	13	9	3	2		
9	Place of living						
	a. Urban	50	33	16	11		
	b. rural	72	48	12	8	3.84	2.413

Significant at 0.05% level



## CONCLUSION

The present study finding shows that the samples who were attending the video assisted teaching program have shown improvement in the level of knowledge which was proved statistically. The respondents expressed their gratitude for the knowledge they gathered regarding puberty. This feedback led the future researcher to use the questionnaire as a guide for assessing knowledge on puberty. The Headmistress and teachers were appreciated the topic and video compact disc. Video assisted teaching method was very much encouraging among the school girls rather than other methods. It is necessary to learn about puberty for the girls who attend menarche. Series of teaching on the same aspect of all school girls will be improve their knowledge as well as improve their physical and mental health.

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