



“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING TEENAGE PREGNANCY AMONG ADOLESCENT GIRLS OF SELECTED PCR GOVERNMENT JUNIOR COLLEGE AT CHITTOOR”.

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ABSTRACT:

OBJECTIVES:

- ❖ To assess the knowledge regarding teenage pregnancy among adolescent girls by pre test score
- ❖ To evaluate effectiveness of structured teaching programme and knowledge regarding teenage pregnancy among adolescent girls by using post test score
- ❖ To compare the mean pre test and post test knowledge score regarding teenage pregnancy among adolescent girls
- ❖ To find out the association between pre test and post test knowledge score regarding teenage pregnancy and impact on health among adolescent girls with selected demographic variables.

METHODOLOGY

This study was conducted among 60 adolescent students in a quantitative ,pre experimental one group pre test and post test design using purposive sampling technique. knowledge and effectiveness of teenage pregnancy among adolescent girls assessed using pre test and conducted health education, demographic variables and self-structured scale were analyzed with descriptive statistics (percentage, mean, standard deviation) and correlated knowledge and effectiveness with demographic variables by inferential statistics (paired with pre test and chi-square). After giving health education, post test was conducted using the same scale.

RESULTS

In this study out of 60 adolescent, pre test level of knowledge on teenage pregnancy among 60 samples, (60.00) percentage population were having inadequate knowledge and (3.30) percentage were having moderate knowledge and (3.30) percentage were having adequate knowledge. Post test level knowledge on teenage pregnancy among 60 samples,(5.00) percentage population were having inadequate knowledge (13.30)percentage were having moderate knowledge and (81.70) percentage were having adequate knowledge .There is a statistical association of pretest level of knowledge with selected demographic variables such as student education and father occupation was highly significance at $p \leq 0.003$. There is a statistician association of post test level of knowledge with selected demographic variables such as student education mother education was highly significance $p \leq 0.001$, mother occupation monthly income and type of family was significant at $p \leq 0.05$.

CONCLUSION

In our study, a total of 60 samples aged between 13-19 years of adolescent girls participated. Among the participants, 60% of the population had inadequate knowledge, 36.70% had moderate knowledge, and 3.30% had adequate knowledge regarding teenage pregnancy. Most of the participants had adequate and moderate pre-test and post-test knowledge regarding teenage pregnancy, indicating the need to educate adolescent girls in rural areas. Community programs should be conducted to improve the knowledge of adolescent girls regarding teenage pregnancy.

KEYWORDS: Assess,knowledge,Teenage pregnancy,Teenage, Effectiveness,Structured teaching programme,Health education.

INTRODUCTION

Teenage pregnancy is a pregnancy in human females under the age of 20. It is a complex issue and a serious problem worldwide. It is a health and social problem. The increase in teenage pregnancy is due to inadequate sexual education available for adolescents, peer pressure, drugs, and reaching legal adulthood which varies across the world. 49% of girls in least developed countries marry before they turn 18 years. 10-40% of young unmarried and married women had an unintended pregnancy before 20 years ago.

Adolescents experiencing an unplanned pregnancy also deserve to unplanned complications going into a pregnancy is a really challenging time for women because it's forever changing both mentally and physically, however adolescent Pregnancy occurs in all societies but the level.

Teenage pregnancy and childbearing vary from country to country teenage pregnancy is one that occurs from puberty to 18 years of age is also known as adolescent pregnancy. Approximately 90% of teenage pregnancies developing in the world are the girls who are married at teenage. Pregnancy is on the rise emerging as a serious problem today all over the world and more in the developing countries like India as early marriage and early Pregnancy are accepted cultural norms of our society. Pregnancy in every woman is generally considered to be a high-risk event.

The incidence of low birth weight, the neonatal death rate is almost three times higher, low birth weight and pre-maturity raise the probability of a number of adverse conditions, including infant death. Teenage pregnancy is associated with higher rates of morbidity and mortality for both the mother and infant. Teenage Mothers are at greater risk of socioeconomic disadvantage throughout their lives Poor birth outcomes, including poverty, unmarried status, usually terminates a girl's educational career, school interruption, teenage mothers are at greater risk of intellectual and academic achievement, threatening her future economic opportunities, persistent poverty, drug abuse psycho social problems, etc.

The prevention of teenage Pregnancy by sexual education in schools colleges improving access to contraception availability of Services for young women education of different teenage pregnancy prevention programs.

NEED FOR THE STUDY

Globally the adolescent birth rate 10-14 years in 2022 was estimated at 1.5 per 1000 women with higher rates sub-Saharan Africa 4.6%, America and Caribbean 2.4%. In 2021 an estimated percent of adolescent girls given birth before age 18. Globally maternal conditions are among the top causes of disability adjusted life and death among the girls aged 15-19. In India where early marriages are more common seen in teenage pregnancy.

Out of 6028 pregnant in Andhra Pradesh in 2022 pregnant women delivered during this period 686 that is 11.3% age of women were less than 19-20 years. 609(88.7%) had delivery at term and remaining 77(11.2%) women has preterm delivery most of the vaginal deliveries(6.501%) including instrumental delivery, cesarean section was 35.5% in the present study 24.1% babies were LBW and 3.4%

are IUGR babies. Adolescent pregnancy is still regarded as important custom 30% parents and parents-in-law are negative consequences of child marriages.

Child Marriages {Andhra Pradesh}

Data collected from 13 districts across AP suggests that the prevalence of child marriages differs substantially across districts while seven districts have a higher prevalence of child marriages amongst girls aged 15-19 years than the state average 16.6% six districts fall below this average. The top 3 districts with the highest prevalence of the child marriages in the 15-19 age group are Prakasam 19.8%, whereas the lowest prevalence is found in YSR Kadapa 11.3%, Srikakulam 17.5%, Vijayanagaram 19.3%, Vishakapatnam 11.6%, East Godavari 16.7%, Krishna 20.3%, Guntur 17.3%, West Godavari 15.4%, Nellore 18.2%, Kurnool 18.2%, Anantapur 16.4%, Chittoor 17.7%.

PROBLEM STATEMENT

“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING TEENAGE PREGNANCY AMONG TEENAGE GIRLS OF SELECTED GOVERNMENT COLLEGE AT CHITTOOR.”

OBJECTIVES OF THE STUDY

- To assess the knowledge regarding teenage pregnancy among teenage girls by pre-test score.
- To evaluate the effectiveness of structured teaching programme on knowledge regarding teenage pregnancy among teenage girls by using post score.
- To compare the mean pre-test and post-test knowledge score regarding teenage pregnancy among teenage girls.
- To find out the association between mean pre-test and post-test knowledge scores regarding teenage pregnancy among teenage girls with selected demographic variables.

ASSUMPTIONS

- Students have inadequate knowledge regarding teenage pregnancy.
- Pamphlets, posters, leaflets will enhance the knowledge regarding teenage pregnancy among teenage girls.

OPERATIONAL DEFINITIONS

- **ASSESS**: Assess refers to determine the knowledge of teenage pregnancy.
- **KNOWLEDGE**: Knowledge refers to accurate answers to knowledge questions about teenage pregnancy.
- **TEENAGE PREGNANCY**: Teenage pregnancy refers to under 18 years girls attaining pregnancy.
- **TEENAGE**: Teenage girls refer to, on the basis of WHO, a person between 13 to 18 years old girls.
- **EFFECTIVENESS**: Effectivity is the capability of producing desired results when something is deemed effective.

- **STRUCTURED TEACHING PROGRAMME:** It is a system of organizing the classroom environment and matching educational practices to the ways the students learn based on current research.
- **HEALTH EDUCATION:** It is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes.

LIMITATIONS OF THE STUDY

The study is limited to girls who are studying at P.C.R government college at chittoor and sample size is 60.

METHODOLOGY:

RESEARCH APPROACH

Research approach indicates the basic procedure for conducting research. Research involves systematic controlled, empirical, and critical investigations of natural phenomena guided by theory and hypotheses about the relation among such phenomena. This is a quantitative study involving assessing the knowledge of teenage pregnancy among adolescent girls.

RESEARCH DESIGN

Research design is a blueprint for conducting the study that has maximum control over factors that could interfere with the validity of findings. A quasi-experimental design is a type of quantitative research conducted to understand the knowledge among teenage pregnancy among adolescent girls.

VARIABLES

Dependent variables: It includes knowledge regarding teenage pregnancy among adolescent girls.

Independent variables: It includes demographic data like Age, Gender, Religion, Area of living, Income, Type of family.

SETTING OF THE STUDY

The study was conducted at PCR Government Junior College, Chittoor. The study was done among the adolescent girls at PCR College students at Chittoor. After taking permission from the college authorities and class teachers, we explained the purpose of the study, and their consent was obtained. The purpose of the study and the nature of information which has to be furnished by the subject were explained to participants.

POPULATION

The population in the study includes all teenage girls 13-19 years studying in PCR Government Junior College, Chittoor.

SAMPLE

The sample size is 60 students studying in PCR Government Junior College, Chittoor.

SAMPLE TECHNIQUE

Non-probability purposive sampling technique was used. The participants were selected based on inclusion criteria.

CRITERIA FOR SAMPLING SELECTION

Inclusion criteria:

- Students between the age group of 13-19 years in PCR Government Junior College, Chittoor.
- The students who are willing to participate in the study.

Exclusive criteria:

- The students below 13 years of age.
- Those who are absent during data collection.
- Those who are not willing to participate in the study.

SELECTION OF THE TOOL

A self-structured questionnaire prepared by the researcher under the guidance of experts in English and Obstetrics and Gynecological department. Tools for data collection:

A questionnaire is drafted for the purpose, and the relevant data will be conducted from the sample knowledge questionnaire regarding teenage pregnancy.

Section A: socio-demographic variables-10

Section B: knowledge-25

SCORING

Scoring key prepared for

Section-I: By scoring the demographic variables.

Section-II: Consists of a self-structured checklist to assess the knowledge regarding teenage pregnancy among adolescent girls. A total of 25 self-structured questions each carries '1' mark, and the total score is '25'. The scores are categorized as follows:

- Adequate knowledge: >75%
- Moderate knowledge: 51-75%
- Inadequate knowledge: <50%

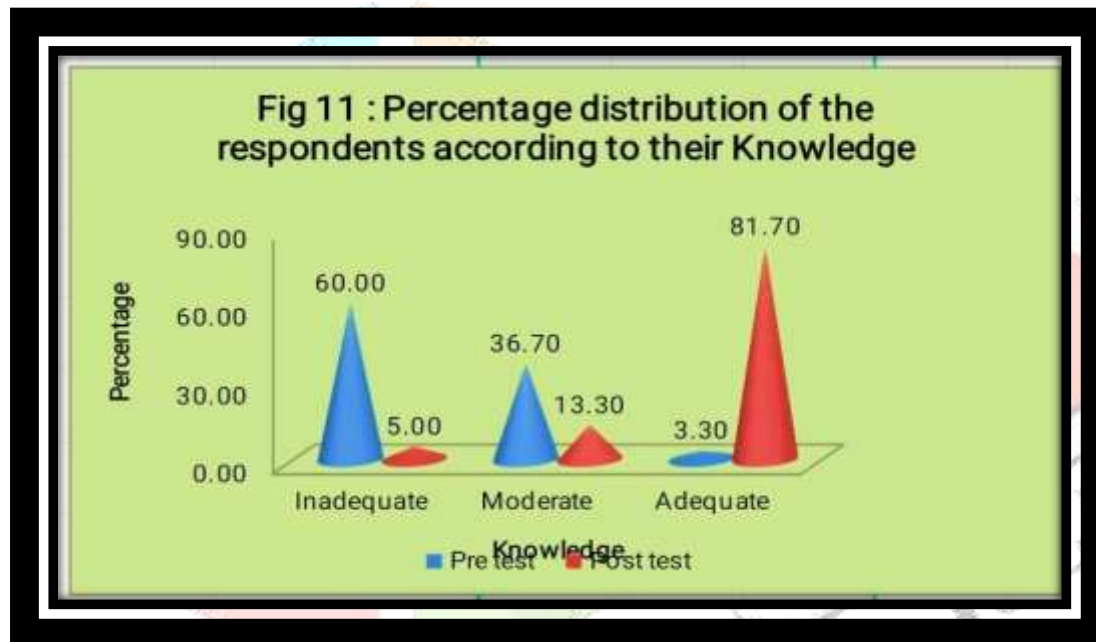
The scores are categorized as follows:

- Positive score: >50%
- Negative score: <50%

OBJECTIVE-1

To assess the knowledge regarding teenage pregnancy among adolescent girls by pre-test score.

SL. NO	KNOWLEDGE OF TEENAGE PREGNANCY AMONG ADOLOSCENT GIRLS	PRE-TEST		POST-TEST		PRE-TEST		POST-TEST	
		Frequency	Percentage	frequency	percentage	M	SD	M	SD
1	Inadequate knowledge	36	60.00 %	3	5.00%	11.85	3.359	21.35	3.379
2	Moderate knowledge	22	36.70 %	8	13.00 %				
3	Adequate knowledge	2	3.30%	49	81.70 %				
	TOTAL	60	100.00 %	60	100.00 %				

**TABLE NO-4.10**

The above triangular graph shows the percentage distribution level of knowledge of teenage pregnancy among adolescent girls at PCR Government College, Chittoor, according to the source of information. As per the diagram, the pre-test majority of 60.00% of the participants had inadequate knowledge, 36.70% had moderate knowledge, and 3.30% had adequate knowledge.

OBJECTIVE-2

To evaluate the effectiveness of structured teaching program on knowledge regarding teenage pregnancy among teenage girls by using post-test Score.

TABLE NO-4.11

The percentage distribution level of knowledge of teenage pregnancy among adolescent girls at PCR Government College, Chittoor, according to the source of information. As per the diagram, the post-test majority of 81.70% of the participants had adequate knowledge, 13.30% had moderate knowledge, and 5.00% had inadequate knowledge. This shows that the majority of the participants had inadequate

knowledge even in the digital era. Hence, it is essential to improve their knowledge on teenage pregnancy by conducting awareness programs to prevent teenage pregnancy.

OBJECTIVE-3

To compare the mean pre-test and post-test knowledge score regarding teenage pregnancy among adolescent girls.

TABLE NO-4.11

The mean distribution level of knowledge of teenage pregnancy among adolescent girls at PCR Government College, Chittoor, according to the source of information. As per the diagram, the mean pre-test and post-test majority of 11.85% and 21.35% of the participants had Knowledge.

OBJECTIVE-4

To find out the association between mean pre-test and post-test knowledge scores regarding teenage pregnancy among adolescent girls with selected demographic variables.

TABLE NO-4.12 & 4.13

It clearly states that among 60 samples revealed that student education, father occupation shows highly significant at $p \leq 0.01$ level, and age, mother education, father education, monthly family income show significance at $p \leq 0.05$ level. Religion, type of family, place of residence, heard about teenage pregnancy were not found to have statistically significant association with the level of knowledge. The study revealed that age, student education, mother education show highly significant at $P \leq 0.01$ level, and mother occupation, monthly family income, type of family show significance at $P \leq 0.05$ level. Religion, father education, father occupation, place of residence, heard about teenage pregnancy shows were not found to have statistically significant association with the level of effectiveness.

CONCLUSION

In our study, a total of 60 samples aged between 13-19 years of adolescent girls participated. Among the participants, 60% of the population had inadequate knowledge, 36.70% had moderate knowledge, and 3.30% had adequate knowledge regarding teenage pregnancy. Most of the participants had adequate and moderate pre-test and post-test knowledge regarding teenage pregnancy, indicating the need to educate adolescent girls in rural areas. Community programs should be conducted to improve the knowledge of adolescent girls regarding teenage pregnancy.

IMPLICATIONS OF THE STUDY

The extended and expanded role of nurses emphasizes preventive and promotive aspects of health. Nurses are key persons in the health team who play a major role in health promotion and maintenance. The findings of the study will have several implications for nursing education, nursing administration, and nursing research.

❖ *Nursing education*

❖ *Nursing administration*

❖ *Nursing Research*

NURSING EDUCATION: Conferences, workshops, and seminars can be held for nurses to impart knowledge and positive attitudes towards teenage pregnancy. In-service education can be undertaken to update the knowledge and skills of nurses in various healthcare settings. Nursing curriculum should focus on enabling nursing students to develop skills in identifying risk groups and preventing complications.

NURSING ADMINISTRATION: The present study can help maternal and obstetrical administration strategically plan and meet the health needs of adolescent girls. Administrators in both private and government sectors should take initiative action to update the knowledge of at-risk groups on teenage pregnancy. Administrators can encourage nurses to conduct research on various aspects of teenage pregnancy.

NURSING RESEARCH: The study will be a valuable reference material for further researchers. The results of the study can encourage adolescent girls to adopt a healthy lifestyle.

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