



“Effectiveness Of Structured Teaching Programme On The Knowledge Regarding Vaginitis And Its Prevention Among Girls Residing In Samaya Girls Hostel, The Assam Royal Global University,”

¹T.Linda Mawi, ²Sneha Rai Prasad

¹Assistant Professor, ²B.Sc Nursing Student

¹ Royal School of Nursing, The Assam Royal Global University, Guwahati, India

² Royal School of Nursing, The Assam Royal Global University, Guwahati, India

Abstract:

Background: Vaginitis or vulvovaginitis is an inflammation of vagina. It is the most common gynecologic problem which is characterized by- vaginal discharge, vulvar itching or irritation, infection, lack of estrogen and external irritant. Vaginitis can be prevented by maintaining various ways of hygienic measures.

Aim: the aim of the study is to assess the effectiveness of Structured teaching programme on the knowledge regarding Vaginitis And Its Prevention Among Girls Residing In Samaya Girls Hostel, The Assam Royal Global University. It also aims to find out the association between knowledge score and some selected demographic data.

Methods: An evaluative research approach was adopted in which a pre-experimental one group pre-test post-test with 150 samples by using convenient sampling technique . The knowledge of the students were assessed by using a self-administered structured questionnaire.

Results: The study results revealed that majority of the students that is (51.33%) students fall under the age group 20-22 years, (33.33%) students studies in Science stream, (30.67%) students are in 4th semester, (98.67%) students has no family history of Vaginitis and (55.33%) students have knowledge on Vaginitis. Study findings also revealed that mean post-test knowledge score (11.81) was significantly higher than the mean pre-test knowledge score (8.92) as evidenced by $t = -14.85$ and table value of $t_{149} = 1.96$ ($p < 0.00001$), which showed that there was effectiveness of structured teaching programme regarding Vaginitis and its prevention. It also revealed that there was no significant association between pre-test knowledge score with selected demographic variables.

Conclusion: On the basis of the findings, the researcher concluded that there was an effectiveness of structured teaching programme regarding Vaginitis and its prevention among girls residing in Samaya Girls hostel of The Assam Royal Global University.

Keywords: Knowledge, Structured teaching programme, Vaginitis, Effectiveness, Girls.

I. INTRODUCTION

Reproductive tract infections(RTIs) generally seen as a silent epidemic, is one of the major public health problems causing a considerable proportion of gynecological morbidity and maternal mortality in the developing countries.

Vaginitis can be prevented by maintaining various ways of hygienic measures, avoid vaginal douching, vaginal sprays, strong soaps, changing the sanitary napkins, tampons frequently, wearing loose cotton undergarments, abstinence from sexual contact, the use of hormonal contraceptives, decrease the intake of sweets and alcohol. Advances in understanding of pathophysiology of certain cause of vaginitis have allowed improved diagnosis and treatment of these patients. There are different types of vaginitis. It includes candida cause vaginosis, herpes vaginosis, bacterial specific vaginosis, trochomoniasis and etc., Nurses can help adolescent girls to resolve basic health related to problems like vaginitis. They can help understand them to understand the etiology, clinical features and preventive measures of vaginitis, which adolescent can practice for their well-being.

Adolescent girls suffer on account of lack of adequate and correct information about sexual and reproductive health. They do not feel comfortable to seek healthcare because of the lack of confidentiality and privacy regarding reproductive health.

MATERIAL AND METHOD

Sampling technique: Convenience sampling technique

Research approach- Evaluative research approach

Research Design- Pre-experimental(One group pre-test and post-test) design

Setting: Samaya Girls Hostel, The Assam Royal Global University, Guwahati, Assam

Population: Girl students residing in Samaya Girls Hostel, The Assam Royal Global University

Sample size: 150(using Cochran formula)

Variables

Demographic variable: Age, stream, semester, family history, knowledge on Vaginitis and its prevention

Independent : Structured teaching programme

Dependent: knowledge of the girl students regarding Vaginitis and its prevention

DATA ANALYSIS:

Descriptive statistic: Frequencies, percentage, mean standard deviation

Inferential statistic: paired t-test and chi-square.

TOOL

These tools consist of two section.

Tool : Structured self- administered questionnaire. It comprises of 2 sections

Section A: Demographic data: This section consist of 5 items on demographic data like Age, Stream, semester, family history of Vaginitis and previous source of information.

Section B : Knowledge questionnaire on Vaginitis and its prevention

This section consists of 16 questions to assess the knowledge of the students regarding Vaginitis and its prevention. This questionnaire has 2 alternative responses, the correct answer was given a score 'one' and the wrong answer was given a score of 'zero'. The total score was 16. The total score of each subject was calculated and converted to percentage and interpreted. Further categorization was done based on $M \pm SD$ as:

- 1) Adequate knowledge
- 2) Moderately adequate knowledge
- 3) Inadequate knowledge

RESULTS

The study results shows that Maximum of the students 77(51.33%) students fall under the age group 20-22 years, 50(33.33%) students studies in Science stream, 46(30.67%) students are in 4th semester, 148(98.67%) students has no family history of Vaginitis and 83(55.33%) students have knowledge on Vaginitis

Table :1 Mean, standard deviation, frequency and percentage distribution of students according to their grading of pre-test knowledge score. **n=150**

Knowledge level	Frequency (f)	Percentage %	Mean	Standard Deviation
Adequate knowledge(>10)	33	22	8.92	2.016
Moderate knowledge (6-10)	106	70.67		
Inadequate knowledge (<6)	11	7.33		

Table:2 Mean, standard deviation, frequency and percentage distribution of students according to their grading of post-test knowledge score.

n=150

Knowledge level	Frequency (f)	Percentage %	Mean	Standard Deviation(SD)
Adequate Knowledge (>13)	14	9.33 %	11.81	1.23
Moderate Knowledge(10-13)	136	90.67 %		
Inadequate Knowledge (<10)	0	0		

Table :3 Comparison between pre-test score and post-test score by paired T-Test. n=150

Knowledge	Mean	Mean difference	Standard deviation	t-value	df	p-value	Inferences
Pre-test	8.92	2.89	2.01	-14.85	149	0.00001	S*
Post-test	11.81		1.23				

S*= Significant at $p < 0.00001$, $t_{149} = 1.96$

Table:4 Chi-square values computed between pre-test knowledge score regarding Vaginitis and its prevention and selected demographic variables n=150

Variables	Pre-test Knowledge score			Total	Chi square	df	Table value	Remarks
	Adequate	Inadequate	Moderate					
1. Age								
a) 17-19	6	1	9	16	7.62	6	12.59	NS
b) 20-22	19	7	51	77				
c) 23-25	8	2	41	51				
d) Above 25	0	1	5	6				
2. Stream								
a) Arts	7	3	28	38	11.36	12	21.03	NS
b) Commerce	2	0	3	5				
c) Management	5	0	7	12				
d) Medical allied science	6	3	15	24				
e) Nursing	5	1	11	17				
f) Pharmacy	2	0	2	4				
g) Science	6	4	40	50				
Semester								
1 st	2	1	15	18	16.95	12	21.03	NS
2 nd	8	3	30	41				
3 rd	2	2	2	6				
4 th	10	2	34	46				
5 th	0	1	6	7				
6 th	6	2	14	22				
8 th	5	0	5	10				
Family history of Vaginitis								
Yes	33	11	104	148	0.84	2	5.99	NS
No	0	0	2	2				
Knowledge on Vaginitis								
Yes	11	6	50	67	2.42	2	5.99	NS
No	22	5	56	83				

NS= Not significant at $P < 0.05$

DISCUSSION

The present study was conducted to assess the effectiveness of structured teaching programme on the knowledge regarding Vaginitis And Its Prevention Among Girls Residing In Samaya Girls Hostel, The Assam Royal Global University. The data was collected on 23 august 2023. Pre-experimental(One group pre-test and post-test) design with convenient sampling technique was under taken to select the sample on the basis of inclusion and exclusion criteria.

The study findings are supported by similar studies conducted by Zurawska Dorota, Iwona Ostaszewska-Puchalska(2017). They conducted a study on Assessment of Occurrence Frequency and the level of Students' knowledge of Vaginitis among 200 female students of Lomza State University of Applied Sciences in Lomza, Poland. The studied women were in 19-50 age range. Diagnostic survey was used as a method and a self-structured questionnaire was used as a tool for the research. Results show that among various etiological factors of vaginitis, the students were most acquainted with a yeast infection(66.0%) and the most often mentioned factors fostering its occurrence included: insufficient hygiene level(56.0%) and sexual intercourse(55.5%). They concluded that the female students' knowledge of vaginitis was poor and many from the surveyed woman visited gynecologists irregularly and some of them had never done that. There is a necessity of more extensive education on the issues connected with vaginitis for women in various age groups, beginning from the school period.

CONCLUSION

The conclusion drawn from the findings of the study that the maximum students were having moderately adequate knowledge regarding Vaginitis and its prevention. Study revealed that there is effectiveness of structured teaching programme on knowledge on Vaginitis and its prevention among girls. Also there is no significant association between pre-test knowledge score with selected demographic variables.

REFERENCE

1. Hinkle .L Janice, Cheever. H Kerry, Suddharth's and Brunner .Textbook of Medical Surgical Nursing.13th edition Volume 2. Wolters Kluwer(India) Pvt Ltd, New Delhi, page no-1648-1652
2. Vati .Dr Jogendra, Kaur Prabhjot, Kaur Lakhwinder. Adult Medical Surgical Nursing(including geriatric nursing). Volume-2. Lotus Publishers, page no- 156- 159.
3. S. Swarna, Dr. C. Usha kiran, C. Bhargavi. Effectiveness of structured teaching programme on knowledge regarding Vaginitis and its prevention among adolescent girls in Selected high schools at Tirupati. International Journal of creative research thoughts (IJCRT).2021; 9(11): 232-232.
4. ZURAWSKA, Dorota; OSTASZEWSKA- PUCHALSKA, Iwona. Assessment of Occurrence Frequency and the level of Student's knowledge of Vaginitis. Polish Journal of Applied sciences.2017: p.136-141. Available at : <https://pjas.ansl.edu.pl/index.php/pjas/article/view/34>.
5. Ms J. Jennifer Shalini. Effectiveness of Planned Teaching programme on Knowledge of Vaginitis and its prevention among Adolescence International Journal of Scientific Research.2015; 4(7).
Doi: 10.36106/ijsr