



# “A Study To Assess The Effectiveness Of Structured Teaching Program On Knowledge And Attitude Regarding Adolescent Gynecology Among Adolescent Girls Studying In Selected Colleges Of Ukatarsadia University (Utu) Bardoli.”

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## ABSTRACT

**Introduction:** Adolescence is a period of significant physiological changes, including the onset of menstruation, which can bring challenges such as dysmenorrhea and polycystic ovary syndrome (PCOS). These conditions are prevalent among adolescent girls and significantly impact their physical, mental, and social well-being. The information obtained so far revealed the gap in the knowledge and attitude of adolescent girls regarding adolescent gynecology, considering that knowledge and attitude is important for the management of adolescent gynecology, the researcher has decided to conduct this study.

**Aim of the study:** The aim of the present study was to assess the effectiveness of a structured teaching program on the knowledge and attitude of adolescent girls regarding adolescent gynaecology.

**Material and Methods:** In this study, a quantitative research approach with a one-group pre-test and post-test research design was adopted. A non-probability convenient sampling technique was used for the selection of samples. A total of 206 samples were assigned through simple random sampling from selected colleges of Uka Tarsadia University, based on the fulfilment of inclusion criteria. A structured knowledge questionnaire and a 5-point Likert scale were used to collect the data.

**Result:** The study result showed that the pre-test score of knowledge was 162(78.6%) and the pre-test score of attitude was 132(64.1%) After the administration of a structured teaching program regarding adolescent gynecology mean post-test score of knowledge was 118 (16%) and post-test mean score of attitude was

147(71.8%) . Which has proven the effectiveness of structured teaching program on knowledge and attitude regarding adolescent gynecology. The correlation between post-test knowledge and post-test attitude was  $r = 0.19$ , with a significance level of 0.006, also indicating a statistically significant positive correlation.

**Conclusion:** The result of the study findings related to effectiveness of a structured teaching program on knowledge and attitude regarding adolescent gynaecology has a significant improvement.

**Keywords:-**

PCOD, Adolescent, STP, College, Knowledge, Attitude

**INTRODUCTION:-**

Adolescence is the period of transition between childhood and adulthood. Adolescence is narrowly equated with puberty and the cycle of physical changes culminating in reproductive maturity. Dysmenorrhea is the most common problem in adolescent gynaecology and it reaches approximately 20-90% of adolescents and young adult female. Dysmenorrhea in adolescent girls is usually primary and is associated with normal ovulatory cycles and with no pelvic pathology. It has also been reported by a senior obstetrician that probably 5 - 10% of girls in their late teens suffer from severe spasmodic dysmenorrhea interrupting their educational and social life.

An increasing number of women in the reproductive age are suffering from a hormonal disorder called Polycystic Ovarian Syndrome (PCOS). An estimated one in five (20%) Indian women suffer from PCOS. As per the results of a large scale survey conducted across India in 2020, about 16 percent of women respondents between the ages of 20 and 29 years suffered from polycystic ovary syndrome.

Lakshmi Seshadri, conducted the study which reviews the prevalence of the disease across the world may vary from 2.2% to 26%, in china the rate was 2% to 7.5% and in Srilanka 6.3%. The recent studies conducted in India has reported that the disease prevalence in India was 9.13% to 22.5% (10.7% by androgen excess society criteria).

The information obtained so far reveals the gap in the knowledge and attitude on adolescent gynaecology, the challenges faced by girls, the impact on health and environment, hesitation in discussing the topic openly and lack of knowledge about adolescent gynaecology among the adolescent girls. Considering the knowledge is important for management and prevention of adolescent gynaecology. That's why I selected this study to be done.

**MATERIAL AND METHODS:-**

In the study, a quantitative research approach with a one-group pre-test and post-test research design was adopted. A non-probability convenient sampling technique was used for selecting the samples. The study samples were assigned through simple random sampling, and data were collected using a self-reporting technique. Written consent was obtained from all participants prior to data collection. The tool consisted of three components: socio-demographic variables, a structured knowledge questionnaire with 40 items, and a 5-point Likert scale for assessing attitudes with 20 items. These tools were validated by seven experts to ensure content validity. The reliability of the knowledge questionnaire was  $r = 0.72$ , and the reliability of the 5-point attitude rating scale was  $r = 0.75$ , indicating statistically reliable tools (values above 0.7). The sample

size consisted of 206 participants from the Bhulabhai Vanmalibhai Patel Institute of Management & Computer Application, Maliba Pharmacy College, and Bhulabhai Vanmalibhai Patel Institute of Commerce. Data were collected between 9/04/2024 and 20/04/2024. The collected data were analyzed using descriptive and inferential statistics.

## RESULT:-

**Table No. 1: Frequency and percentage distribution of adolescent girls according to socio demographic variables. (n=206)**

Demographic Characteristic	Frequency	Percentage
<b>Age in years</b>		
1. 18 Year	36	17.5%
2. 19 Year	79	38.3%
3. 20 Year	68	33%
4. 21 Year	23	11.2%
<b>Family income in rupees</b>		
1. Less than 50,000	31	15%
2. 50,001-1,50000	50	24.3%
3. 1,50001-2,00000	53	25.7%
4. 2,00001 above	70	35%
<b>Group(subject)/ stream of the study</b>		
1. Arts	37	18%
2. Science	94	45.6%
3. Commerce	75	36.4%
<b>Religion</b>		
1. Hindu	135	65.5%
2. Muslim	35	17%
3. Christian	36	17.5%
4. Other	0	0%
<b>Type of Family</b>		
1. Nuclear	156	75.7%
2. Joint	50	24.3%
<b>Area of residence</b>		
1. Urban	179	86.9%
2. Rural	27	13.1%

The results regarding the socio-demographic data of the adolescent girls (N = 206) indicated that 38.3% were 19 years old, 35% had an annual family income exceeding 2,00,001 rupees, 45.6% were from the Science stream, 65.5% were Hindu, 75.7% belonged to nuclear families, and 86.9% resided in urban areas.

**Table 2: Level of Knowledge regarding adolescent gynecology before and after structured teaching program among adolescent girls.**

Level of Knowledge	Pre-test Knowledge		Post-test Knowledge	
	Frequency	Percent	Frequency	Percent
Poor	162	78.6%	33	57.3%
Average	39	18.9%	118	16%
Good	5	2.4%	55	26.7%

The above table depicted that, during the pre-test, the majority of participants 162 (78.6%) had poor knowledge. In the post-test, 118 (16%) adolescent girls had average knowledge. This indicated an increase in knowledge after the administration of the structured teaching program on adolescent gynecology.

**Table 2: Level of Attitude in pre-test and post-test Knowledge regarding adolescent gynecology among adolescent girls**

Level of Attitude	Pre-test Attitude		Post-test Attitude	
	Frequency	Percent	Frequency	Percent
Negative Attitude (<60%)	43	20.9%	12	5.8%
Neutral Attitude (60-79%)	132	64.1%	147	71.8%
Positive Attitude (>80%)	31	15%	47	22.8%

The above table depicted that, during the pre-test, the majority of adolescent girls (132 or 64.1%) had a neutral attitude regarding adolescent gynecology. In the post-test, 147 (71.8%) of the adolescent girls still had a neutral attitude. This indicated that there was no significant change in attitude after the administration of the structured teaching program on adolescent gynecology, as attitudes require time to evolve.

**Table 4: Significant comparison between pre-test and post-test mean knowledge and attitude regarding adolescent gynaecology among adolescent girls.**

Comparison of Knowledge & Attitude	Group	Mean Score	Mean Enhancement	df	SD	Tabulated value	Calculated value	Sig.
Knowledge	Pre-test	15.20	9.89	205	6.48	1.960	21.92	0.000 Significant
	Post-test	25.10						
Attitude	Pre-test	61.41	6.83	205	14.25	1.960	6.885	0.000 Significant
	Post-test	68.25						

The table compares the pre-test and post-test scores for knowledge and attitude. For knowledge, the pre-test mean score was 15.20, which increased to 25.10 after the structured teaching program, showing a significant improvement ( $p = 0.000$ ). For attitude, the pre-test mean score was 61.41, rising to 68.25 post-test, also

indicating a significant change ( $p = 0.000$ ). These results demonstrate that the structured teaching program significantly enhanced both the knowledge and attitude of the participants.

**Table 5: Correlation between Knowledge and Attitude regarding adolescent gynecology among adolescent girls**

Correlation	Post-test				
	mean	SD	r- value	Sig.	Types of correlation
Knowledge	61.41	13.23	0.19	0.006 Sig.	Positive
Attitude	68.25	9.63			

The above table shows that the mean post-test knowledge score was 61.41 with a standard deviation of 13.23, while the mean post-test attitude score was 68.25 with a standard deviation of 9.63. The correlation between post-test knowledge and post-test attitude was  $r = 0.19$ , with a significance level of 0.006, indicating a statistically significant positive correlation.

The results regarding the association between demographic variables of adolescent girls and post-test levels of knowledge and attitude showed that there was no significant association between knowledge and attitude and the selected socio-demographic factors, including age, family income, stream of study, religion, type of family, and area of residency.

## DISCUSSION

The present study was to assess the effectiveness of a structured teaching program on knowledge and attitude regarding adolescent gynecology among adolescent girls studying in selected colleges of UkaTarsadia University (UTU) Bardoli. In this study the age distribution showed that the majority, 38.3% were 19 years old, among the participants came from families earning 35% above 200001 rupees, In terms of academic stream, 45.6% Science, The religious distribution indicates that 65.5% are Hindu, Family type data shows that 75.7% belong to nuclear families finally, 86.9% reside in urban areas. Similar findings were supported by Gopal Hirani and Madhav Hirani, (2020) had conducted an observational study on the prevalence of various gynecological problems in adolescent girls In the study analyzing the age distribution of adolescents 92.5% (370 Cases) belonged to late adolescents Most of the adolescents (48.9%) belong to the age group 19 years. Most of the adolescent girls came from urban areas 70% (280).

Results regarding knowledge depicted that in the pre-test, the majority of 78.6% (165 girls) demonstrated poor knowledge, however, in the post-test, there was a significant improvement: the percentage of participant with 16% (118 girls) had average knowledge. In the pre-test levels of attitude regarding adolescent gynecology 64.1% (132 girls) had a Neutral Attitude After the structured teaching program, the post-test results showed 71.8% (147 girls) had a Neutral Attitude. These findings were supported by Anjali Shukla and Tanima Verma (2020) had conducted a quantitative evaluative approach, the result revealed that the pre-test mean value of knowledge  $13.9 \pm 4.328$  was lesser than the post-test mean

value of  $19.354 \pm 6.3$ . The effectiveness of STP obtained here is a significant difference between pre-test and post-test knowledge regarding Polycystic ovarian syndrome PCOS among nursing students.

Comparison between knowledge and attitude had shown significant increase the mean pre-test knowledge score was 15.20, which increased significantly to 25.10 in the post-test, The paired t-test yielded a t-value of 21.92 Similarly, the mean attitude score improved from 61.41 in the pre-test to 68.25 in the post-test, This signifies that the structured teaching program effectively enhanced the attitude of adolescent girls toward adolescent gynecology. The findings of the study was supported by the Prof. Sheela Williams<sup>1</sup>, Mrs. Lissa J<sup>2</sup> In this study, one group is pre-test and other post-test, pre-experimental design was used select adolescent girls in JSS Women's College Mysuru. The data presented in the mean difference between pre-test and post-test knowledge score is 2.5. To find the significance of gain in knowledge paired 't' test value was computed and the obtained value of 't' : 11.6 was found to be significant at 0.05 level of significance.

The correlation between knowledge and attitude showed that the mean post-test knowledge score was 25.10, with a standard deviation of 5.82, and the mean post-test attitude score was 68.25, with a standard deviation of 9.63. The correlation between post-test knowledge and post-test attitude was  $r = 0.19$ , with a significance level of 0.006, indicating a statistically significant positive correlation. The result regarding the correlation between knowledge and attitude was further supported by a similar study that used a quantitative research approach. In that study, the correlation between the level of knowledge and attitude on PCOS among adolescent girls showed that the calculated correlation "r" value was 0.125, which was lower than the table value of 0.204. Therefore, there was no significant correlation between knowledge and attitude regarding PCOS among adolescent girls.

The association between various demographic variables and the post-test level of knowledge regarding adolescent gynecology among adolescent girls was analysed. The analysis revealed no significant associations for most demographic variables, as all their p-values were greater than 0.05. There was no significant association regarding awareness of dysmenorrhea and PCOS. A similar study was conducted by Ms. Khushboo Brar and Mrs. Tarundeep Kaur to assess the effectiveness of a structured teaching program on the knowledge of polycystic ovarian syndrome among adolescent girls. The study also found no significant association between the level of knowledge and attitude toward demographic variables.

#### **LIMITATION:**

The following limitations of the present study were identified by the researcher.

- The study was limited to selected colleges of Uka Tarsadiya University, Bardoli tehsil, Surat, Gujarat.

#### **CONCLUSION:-**

The structured teaching program significantly improved the knowledge and attitude of adolescent girls regarding adolescent gynecology. Post-test results showed a notable increase in both knowledge and attitude scores, indicating the effectiveness of the program. These findings suggest that structured educational interventions can enhance awareness and positively influence attitudes towards adolescent gynecology among adolescent girls.

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