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A Study To Assess The Effectiveness Of Structured Teaching Programme On Menstrual Hygiene Among Adolescent Girls In A Selected PU College At Mangalore

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ABSTRACT

Menstrual hygiene is a vital aspect of adolescent health and well-being. Despite being a natural physiological process, menstruation is still surrounded by cultural taboos and misconceptions that hinder proper hygienic practices among adolescent girls. This pre-experimental study was undertaken to assess the effectiveness of a structured teaching programme on menstrual hygiene among adolescent girls in a selected PU College at Mangalore...

Keywords: Menstrual hygiene, adolescent girls, structured teaching, knowledge, reproductive health

INTRODUCTION

Adolescence is a crucial developmental stage marked by rapid physical, psychological, and emotional changes...

OBJECTIVES

1. To determine the pre-test knowledge scores of adolescent girls regarding menstrual hygiene.
2. To evaluate the effectiveness...

MATERIALS AND METHODS

Research Design: Pre-experimental one-group pre-test post-test design...
Data Analysis: Descriptive statistics...

RESULTS

Demographic Findings: 60% were aged 17–18 years; 66.7% were in 2nd PUC...
Statistical Analysis: Mean pre-test score 9.7 ± 3.31 ; mean post-test score 14.96 ± 5.30 .

DISCUSSION

The study demonstrated a significant improvement in the knowledge of adolescent girls following the structured teaching programme...

CONCLUSION

Structured teaching programmes effectively improve menstrual hygiene knowledge and promote better health practices among adolescent girls...

LIMITATIONS

1. Conducted in one college; results cannot be generalized.
2. Small sample size (n=30).
3. Post-test conducted immediately...

RECOMMENDATIONS

1. Conduct similar studies in rural areas.
2. Organize large-scale awareness campaigns...
3. Include long-term follow-up studies.

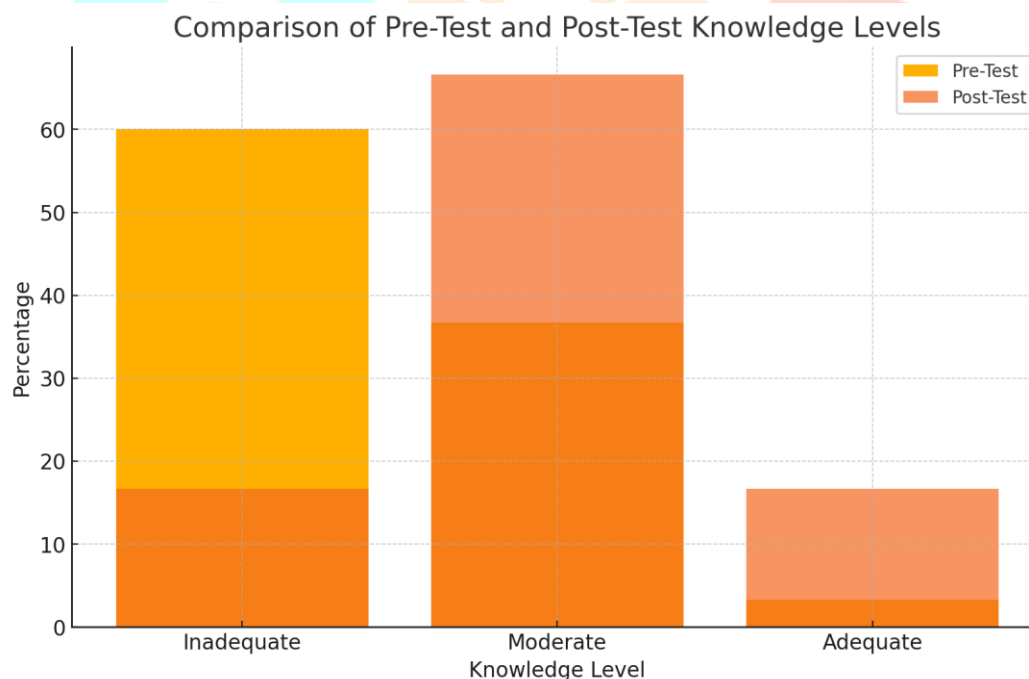


Figure 1: Comparison of pre-test and post-test knowledge levels among adolescent girls.

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