

**A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED
TEACHING PROGRAMME (PTP) ON KNOWLEDGE REGARDING
REPRODUCTIVE HEALTH AMONG ADOLESCENT GIRLS IN
SELECTED SCHOOL OF SANGLI MIRAJ KUPWAD AREA**

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ABSTRACT

Adolescence is a very fundamental stage in life where emotional, physical and biological transformation takes place in preparation for future development of a girl. Throughout this period many young girls struggle to cope with the changes in their day to day life. This changes call for physical, emotional & social skills in order to deal with challenges that the changes bring along. One key development during adolescent years is the development of the reproductive system. This study focused on the knowledge regarding reproductive health in the selected school of sangli miraj kupwad area to manage and handle the changes of this stage in day to day life and especially in regards to reproductive health. It is evident that when reproductive health of an adolescent is not well managed, the future could present multiple

challenges that could hinder the realization of the potential of the Individual girl **Objectives:**

(1) to assess knowledge regarding reproductive health among adolescent girls. (2) To evaluate the effectiveness of planned teaching program. (3) To find out the association between pre-test knowledge score & demographic variables.

KEYWORDS: Assess, Knowledge, Planned teaching.

INTRODUCTION

The word adolescence is derived from Latin word "Adolescere" meaning to grow up. WHO defines "Adolescence" as the time period between 10 and 19 years of life characterized by

critical physical and psychological changes leading to adulthood? Adolescence is the transition period from childhood to adulthood and is widely recognized as a time of great opportunity. It is also considered as a period with vulnerabilities, in terms of both biological (Physical and Psychological) and environmental (national and international politics along with influence of family, community, neighbors, peers and schools) aspects. Adolescents are an important resource of any country. According to the WHO expert committee, adolescence is defined as the period between 10-19yrs, the 2nd decade of life. Adolescents comprise 20% of the world's total population. out of 1.2 billion adolescents worldwide, about 85% live in developing countries. In India there are 190 million adolescents comprising 21% of India's total population In India there are 190 million adolescents comprising 21% of India's total population. Adolescent pregnancies constitute 10-15% of total pregnancies in India. This is largely attributed to early marriage.

Adolescent is a period of transition between childhood and adulthood. It is a time of biologic, intellectual, psychosocial and economic changes. The girls who enter the adolescent period have rapid physical and psychological changes. During this period girls develop breast, hair under arms and private parts, oily skin and body odors. At this stage of adolescent majority of girls attain menarche. Menarche is first menstruation of the girls which occurs every month periodically menstruation is phenomenon unique to females. Although every women has an individual cycle of menstruation, it varies in length and the average cycle is taken to be 28 days long and recurs from puberty to menopause except pregnancy and other reproductive disorders. It occurs at the age of 12 to 13 years. Hygiene related practice of women during menstruation is of considerable importance as it has a health impact in terms of increased vulnerability to reproductive tract infection.

OBJECTIVES

- 1) To assess knowledge regarding reproductive health among adolescent girls
- 2) To evaluate the effectiveness of planned teaching program.
- 3) To find out the association between pre-test knowledge score & demographic variables.

MATERIALS AND METHODS

Research Design:- The research design adapted for the present study is quasi experimental, one group pre-test & posttest design.

Setting of Study: The study was conducted in 2 different schools in sanglimirajkupwad area.

Population of The Study: The population of present study comprised of adolescent girls.

Sample Size – 70.

Sampling Technique – Simple convenient sampling technique.

RESULTS AND DISCUSSION

Table 1: Frequency and distribution of age and education.

| Variables | Frequency | Percentage % |
|-----------------|-----------|--------------|
| 1) Age In Years | | |
| 12-13 years | 03 | 4.29% |
| 14-16 years | 67 | 95.71% |
| 2) Education | | |
| 8th | 03 | 4.29% |
| 9th | 31 | 44.29% |
| 10th | 36 | 51.43% |

Table -1

The finding of above table shows that demographic reproductive health among adolescent girls in selected school is:

01. Most of the adolescent girls belong to age group of to14-16 yrs of age (95.71%), (4.29. %) of Adolescent girls belongs to 12-13 yrs of the average age.
02. There were 3 adolescent girls from standard 8th, 31girls from STD 9th&36girls from STD 10th.

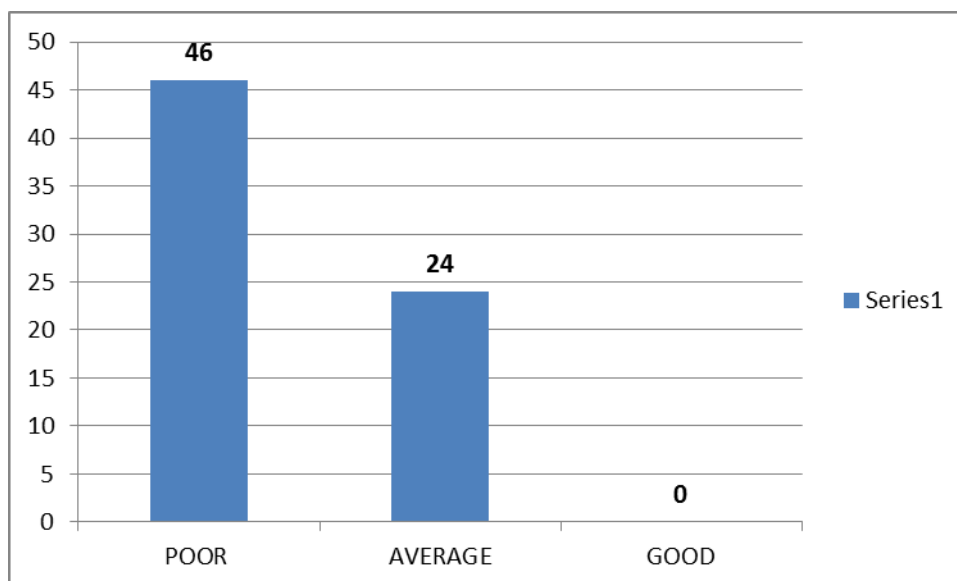
Table -2 (A)

Analysis of data related to knowledge scores of adolescent girls before & after administration of planned teaching programme regarding reproductive health in selected school is computed by comparison for pre & post score as per category of scored marks.

Pre Test

Table 2: Persentation of Knowledge Score (n=70).

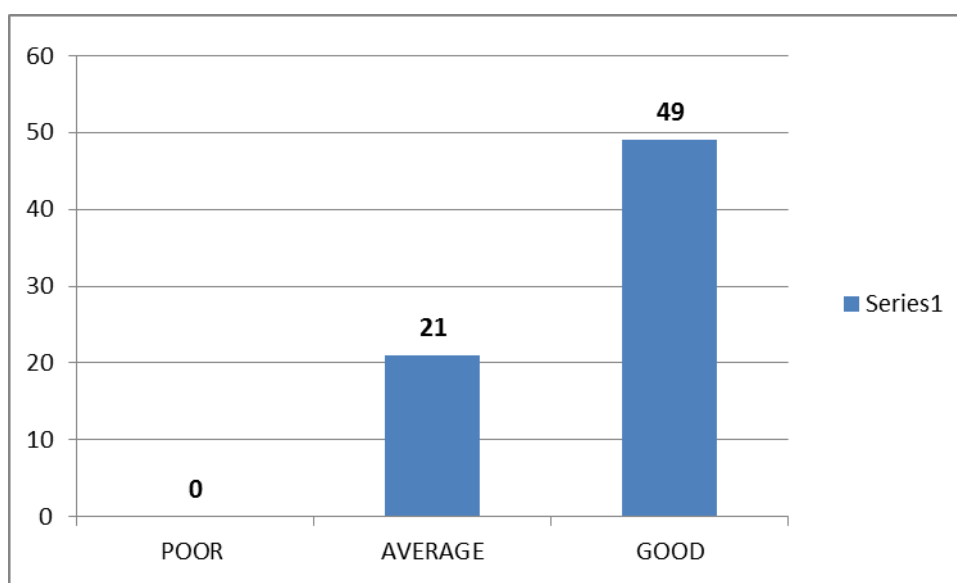
| Score category | Pretest Frequency | Percentage |
|----------------|-------------------|------------|
| Poor (0-8) | 46 | 65% |
| Average (9-16) | 24 | 35% |
| Good (17-25) | 00 | 00% |



Post Test

Table 2 A: Persentation of Knowledge Score (n=70).

| Score Category | Post Test Frequency | Percentage |
|----------------|---------------------|------------|
| Poor (0-8) | 00 | 00% |
| Average (9-16) | 21 | 30% |
| Good (17-25) | 49 | 70% |

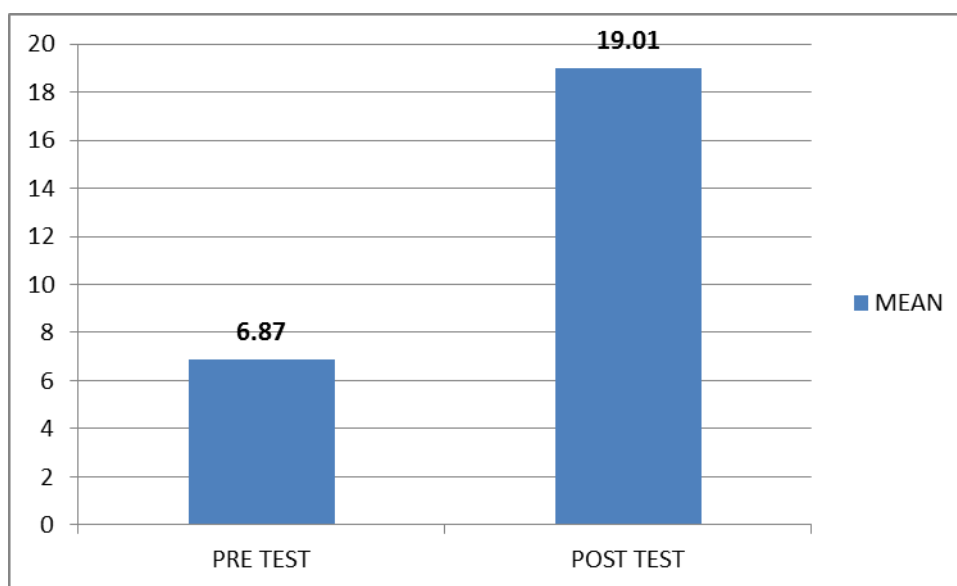


Graph 1: Pretest scores shows 65% is poor, 35 % is average & 00% is good knowledge score whereas after conducting planned teaching program on knowledge regarding reproductive health among adolescent girls in selected school, is increased into poor-00 %,average-30% and good -70%.

The study findings revealed that the **Mean post-test knowledge score (19.01)** was significantly higher than the **Mean pre-test knowledge score (6.87)**, with value $P < 0.000$ showing effectiveness of the structured teaching programme in improving the knowledge regarding reproductive health among adolescent girls.

Table 3: Data Analysis of Final Study.

| | Mean | s. d. | t value | P value |
|-------------|-------|-------|---------|---------|
| Pre -test | 6.87 | 4.364 | -15.729 | 0.000 |
| Post - test | 19.01 | 4.2 | | |



The above diagram shows there is significant increase in the mean post score & the knowledge of the adolescent girls.

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