A study to assess the effectiveness of planned health teaching on knowledge about changes during puberty among adolescents (boys and girls) residing in selected area of Pune city.

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PROBLEM STATEMENT

‘A study to assess the effectiveness of planned health teaching on knowledge about changes during puberty among adolescents (boys and girls) residing in selected area of Pune city.’

OBJECTIVES

1. To assess the pre-test knowledge regarding changes in puberty among adolescents in selected area of Pune city.
2. To assess the post-test knowledge regarding changes in puberty among adolescents in selected area of Pune city.
3. To compare pre-test and post-test knowledge regarding changes in puberty among adolescents in selected area of Pune city.
4. To find association between pre-test and post-test knowledge with selected demographic variable of adolescent in selected area of Pune city.

METHODOLOGY

Research approach
Quasi-experimental single group pre-test post-test approach is used for the study.

Research design
Quantitative experimental one group pre-test post-test group design was used for the study.

Setting of the study
This study was conducted in selected community in the district to ensure the availability of required samples.

Sample
The sample for the present study was comprised of 50 adolescent girls and boys from 7th, 8th, and 9th standard residing in selected area.

Sampling technique
Probability random sampling technique was used in the study to collect subjects.

DEVELOPMENT AND DESCRIPTION OF TOOL

The tools for the study are
1. Section I: Demographic data
2. Section II: Questionnaire

Pilot study
The pilot study was conducted on subjects. Tool was given to adolescent girls and boys. The data was analyzed using descriptive and inferential statistics.

Validity
Tool of the study was validated from 10 experts from Sinhgad college of Nursing. After the primary validation of the tool from the experts mentioned above and then validation was finalized by senior expert from faculty.

Ethical consideration
Prior to data collection
1. Formal permission was obtained from authorities of selected hospitals
2. Informed consent was taken from samples before study

Demographic Description of sample by frequency and percentages
Frequency and percentage of demographic data has maximum sample 50 adolescent from selected area of pune city. They were chosen according to pertaining criteria and availability.
Finding shows that, Majority of samples were falling in the age group range 15-16 years that is 20 (40%)
Tool used for data collection consist of: Questionnaire to assess the knowledge of the sample regarding changes in puberty among adolescent.
A planned health teaching on changes in puberty among adolescent.

Finding related to knowledge score of adolescent and planned health teaching on changes in puberty among adolescents.

Majority that is 29 (58%) sample had poor knowledge and 21 (42%) had average knowledge about the changes in puberty among adolescent. Majority of samples knowledge score was increased after the introduction of planned health teaching which shows that the planned health teaching on changes in puberty among adolescent was effective as teaching strategy to improve the knowledge.

Majority of sample were having lack of knowledge on change in puberty but after receiving planned health teaching the post test score increased. The sample had higher mean knowledge score in post test than in pre test. Hence null hypothesis was rejected and accept the research hypothesis.

Finding related to relation between pre-test score and post-test score
Depend upon the demographic location the group belongs to low socioeconomically status. Hence the education gained by adolescent is inadequate.

Though there were qualifications variations in the samples there have been marked significance difference between the knowledge on pre-test and post-test score.

Association between selected demographic variables
Analysis of data to find the association between selected demographic variables such as age, sex, educational status and religion.

Since these groups are significantly different the claim get is justified. Even though the samples were literate up to 8th and 9th standard the knowledge level among the whole group was extremely low.

Since these groups are significantly different the claim get in justified, there was no mark difference in knowledge among male and female.

Since these groups are significantly different the claim get in justified, there is marked difference in knowledge level among all the age groups.

Since these groups are significantly different the claim get in justified, the selected demographic sample belong to Muslim religion have less knowledge related to changes in puberty.

FINDINGS OF THE STUDY

The major findings of the study are summarized follows

1. Majority of 46% of the subjects belongs to 30-40 years, 31.33% of subjects belong to 20-30 years, 18% of subjects belong to 40-50 years and 4.66% of the subjects belong to 50-60 years.

2. Majority of 72.66% of subjects belong to males, 27.33% of subjects belong to females.

3. Majority of 75.33% of subjects belong to married, 22% of subjects belong to unmarried, and 2.66% of subjects belong to divorce.

4. Majority of 60% of subjects belong to joint family and 40% of subjects belong to nuclear family.

5. Majority of 38.66% of subjects belong to backache, 31.33% of subjects belong to any other, 16% of subjects belong to hypertension and 14% of subjects belong to joint pain.

6. Majority of 61.33% of subjects belong to secondary, 26.66% of subjects belong to higher secondary, 8% of subjects belong to graduate and 4% of subjects belong primary.

7. Majority of 65.33% of subjects belong to 1-5 years, 22.66% of subjects belong to 6-10 years, 11.33% of subjects belong to <1 years and 0.66% of subjects belong to 11-15 years.

8. Majority of subjects belong to 53.33% of subjects belong to 5000-10000,
31.33% of subjects belong to 10000-15000, 12.66% of subjects belong to 2000-5000 and 2.66% of subjects belong to >15000.
9. Majority of 60% of subjects belong to self employed, 26.66% of subjects belong to private, 12% of subjects belong to unemployed and 1.33% of subjects belong to government.
10. Majority of 72% of subjects belong to temporary, 18% of subjects belong to permanent, and 10% of subjects belong to bonded.
Majority of 78.6% of subjects belong to moderate, 18.6% of subjects belong to mild, and 2.6% of subjects belong to severe occupational stress level.
Demographic variable educational qualification is found to be significantly associated when compared with occupational stress level.

CONCLUSION

After the details analysis, and based on the findings of this study the following conclusion can be drawn:
Adolescent do not have adequate knowledge about changes in puberty which leads to many problems during their reproductive life.
They require knowledge about the changes in puberty.
It shows that significant increase in the knowledge after the administration of planned health teaching.
Thus it was conclude that the planned health teaching on changes in puberty was effective.

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