A Study to Assess the Effectiveness of Plan Teaching Programme on Knowledge Regarding Lifestyle Change in Prevention of Premenstrual Syndrome in Adolescents Girts in Selected School of Jabalpur City (M.P.)

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Abstract

Menstruation is a normal physiological impact in each girls life. Menstruation is a monthly uterine bleeding for 3-5 days after every 28 days from puberty till menopause. A change in the mood, behavior, appearance of some abnormal vague symptoms is often noticed in second half of the cycle. But if the symptoms are severe enough to disturb life cycle of a women require medical help called premenstrual syndrome (PMS).
Objectives of Study: Assess the knowledge and create awareness of premenstrual syndrome among, adolescent girls. Determine the pretest knowledge of adolescent girls on life style changes in prevention of premenstrual syndrome. Evaluate the effectiveness of planned teaching programme on adolescent girls regarding premenstrual syndrome to find the association between pretest score and selected demographic variables.
Research Design: In this study a pre experimental pretest posttest only research design was used to observe the effectiveness of planned teaching programme among adolescent girls regarding lifestyle changes
Finding Related To Knowledge Score After Administrating Planned Teaching Programme: The finding show that 52(86%) adolescent girls had good knowledge score after administration of planned teaching programme on premenstrual syndrome in school and 8(13%) adolescent girls have average knowledge score. The mean of performance was 22.9 and standard deviation is 2.14.

Keywords: Premenstrual syndrome, adolescent, plan teaching programme

Introduction

Menstruation is a normal physiological impact in each girls life. Menstruation is a monthly uterine bleeding for 3-5 days after every 28 days from puberty till menopause. A change in the mood, behavior, appearance of some abnormal vague symptoms is often noticed in second half of the cycle. But if the symptoms are severe enough to disturb life cycle of a women require medical help called premenstrual syndrome (PMS).

Premenstrual Syndrome (PMS) or premenstrual tension is collection of physical, psychological and emotional symptoms related to a women's menstrual cycle. While most women of child-bearing age (about 80%) have some premenstrual symptoms.

Research Problem

"A study to assess the effectiveness of plan teaching programme on knowledge regarding lifestyle change in prevention of premenstrual syndrome in adolescents girts in selected school of Jabalpur city (M.P.)"

Objectives of Study

- Assess the knowledge and create awareness of premenstrual syndrome among
- Adolescent girls. Determine the pretest knowledge of adolescent girls on life style changes in prevention of premenstrual syndrome.
- Evaluate the effectiveness of planned teaching programme on adolescent girls regarding premenstrual syndrome
- To find the association between pretest score and selected demographic variables.

Research Approach

In view of the nature of the problem and to accomplish objectives of the present study, pre-experimental research approach was consider to be suitable to evaluate the effectiveness of planned teaching programme for adolescent girls regarding life style changes in prevention of premenstrual syndrome in Anjuman Islamia English Medium Higher Secondary School.

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Research Design

In this study a pre experimental pretest posttest only research design was used to observe the effectiveness of planned teaching programme among adolescent girls regarding lifestyle changes

Sampling Technique: Purposive sampling technique was selected for sample selection. The investigator might decide to purposely select the widest possible variety of respondents. In the study, the sample comprised of 60 adolescent girls.

Demographic Description of Sample by Frequency and Percentage: This study the demographic variable show that they are age 45% from the age group of 11-16 years, 35% from the age group of 12-13 year and 20% from the age group of 18-20 year. In terms of class/standard 0% from 6-7" standard, 58.3% from 8-9 standard and 41.66% from 10-12 standard. The nuclear family accounted for 75% and joint family accounted for 25%, In terms of religion 11.67% are Hindu, 46.67% are Muslim and 41.67% are Christian. Findings shows that age at first menstruation started accounted 50% for 10-11 year, 20% for 11-15 year and 0% for 15-19 year. The family income 0% is accounted for the family income 6000, 20% accounted for in between 6000-10,000, 33.33% accounted for 10,000…students are having previous knowledge and 73.33% are not having previous knowledge about the topic. In terms of source of knowledge 13.33% from book, 46.67% from magazines, 8.33% from newspaper, 41.67% from internet finding related to knowledge score before administrating planned teaching programme: The result clearly indicated that 52(86%) had average knowledge regarding premenstrual syndrome in school before administrating planned teaching programme. The mean of the performance 12.83 and standard deviation is 2.001

Finding Related To Knowledge Score After Administrating Planned Teaching Programme: The finding show that 52(86%) adolescent girls had good knowledge score after administration of planned teaching programme on premenstrual syndrome in school and 8(13%) adolescent girls have average knowledge score. The mean of performance was 22.9 and standard deviation is 2.14

Discussion

In this study shows that the maximum number of age group 11-16 year is 45% in terms of class and 58.3% from 8-9 standard,75% accounted for nuclear family,46.67% are Muslims, the age at first menstruation started is maximum 50%,and in terms of family income <20000 46.67%, findings are found that majority of 83.3% are non-vegetarian, many of the students are not having previous knowledge about the premenstrual syndrome i.e 73.33%, and students are having maximum knowledge from internet that is 41.67%. in pretest knowledge 52(86%) are having average knowledge regarding premenstrual syndrome. After administrating planned teaching programme 52(86%) are now having good knowledge of the study reveals that in pretest only 8(13.3%) adolescent girls had poor knowledge, 52(86.7%) had average knowledge and 0(0%) had good knowledge level. From posttest, it was found that 8(13.3%) had good knowledge and not a single person was remained as having poor knowledge.

In the pretest mean knowledge score was 12.83, the posttest mean score 22.95. This indicates the effectiveness of planned teaching programme.

In this study the nursing intervention technique was done by providing planned teaching programme to the adolescent girls.

The intervention was successful because the result of posttest score was 22.9 i.e. More than pretest knowledge 12.83. This means that planned teaching programme was effective in order to increase the knowledge of adolescent girls regarding Premenstrual syndrome in school.

Conclusion

The reason for taking this study was to assess the knowledge and creating awareness about premenstrual syndrome.

The following conclusions were drawn from the findings of the study: It is concluded that the planned teaching programme was effective. The association findings was done to find out the relationship of knowledge with the selected demographic variables by using chi-square test and "p" value were used to calculate the effectiveness of planned teaching programme by comparing pretest and posttest scores.

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