A Pilot Study on Impact of Video Assisted Teaching Programme on Knowledge, Attitude and Practice on Mestrual Hygiene among Adolescent Girls in Selected Area of Bangalore

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Background
Adolescent health is a sign of a healthy country. Adolescent health is thought to play a significant part in the development of a well-structured country. Because of lifestyle changes and a lack of awareness about menarche and menstrual management, today's generation is more likely to have early puberty Home is a place where you have in cultivate good practices to the children's on menstrual hygiene in order to prevent certain complication related to Poor practice on menstruation. Hence the Community Health Nurse has to realize their responsibility in creating the awareness regarding good Menstrual Management.

Objectives
The pilot study aims to evaluate the effectiveness of video assisted teaching programme on Knowledge, attitude and practice among adolescent Girls

Material and Methods
The pre and post design study was conducted among 40 adolescent girls . Structured questionnaires was administered later video assisted Teaching programme was implemented, followed by post test was conducted with same sample. Data gathered was analyzed by using descriptive statistics.

Results
.Data were collected with help of structure knowledge questionnaire and attitude was identified by scale and practiced was observed by checklist. The data reliability was Knowledge 0.8, attitude 0.7 and practice was 0.7 and validity of tool was ensured before proceeding with data collection. In pre test mean score of knowledge was 14.04 where as in post score 15 .05 in regards with attitude the score is 25.65 and post test score is 32.23 and related to Practice pre-test score is 22.05 where as post test score is 21.09 and knowledge and attitude was found statistically significant.

Conclusion
Bring about the behaviour changes among adolescent girls and realize the important of Proper menstrual management to bring about the quality of life among adolescent girls

Key words: Knowledge, Attitude, Practice, Menstrual Management, Adolescent

I. INTRODUCTION

We are all accountable for disseminating the information we have. Precocious puberty is more common in the next generation of girls, according to a study. The pre-test score of adolescent girls in a certain area in terms of knowledge, attitude, and practise emphasises the need for information. Among adolescent girls, the Video Assisted Teaching method is quite successful. Schoolgirls respond well to structured instructional programmes.

STATEMENT OF THE PROBLEM
A pilot study on impact of video assisted teaching programme on knowledge on menstrual hygiene among adolescent girls in selected area of Bangalore

OBJECTIVES OF STUDY
- To assess the Knowledge on Menstrual Hygiene among adolescent girls in selected area of Bangalore
- To assess the attitude on Menstrual Hygiene among adolescent girls in selected area of Bangalore
- To assess the Practice on Menstrual Hygiene among adolescent girls in selected area of Bangalore

- To design and Develop Video Assisted Teaching Program on Menstrual Management
- To implement Video Assisted Teaching Program on Menstrual Management
- To compare the Post test score with Pre Test of adolescent girls regarding Management on Menstrual Hygiene.
- To Evaluate the Association of Pre –Test Knowledge ,Attitude and Practice Score regarding Menstrual Management on adolescent girls with their selected socio Demographic Variables .
- To Evaluate the Association of Post –Test Knowledge ,Attitude and Practice Score regarding Menstrual Management on adolescent girls with their selected socio Demographic Variables
- To prepare and distribute the Handbook for adolescent girls regarding Menstrual Management.

HYPHOTHESIS
H01 –There will no significant difference between the Pre test score & post test score after intervention of Video assisted teaching program among adolescent girls in selected urban area of Bangalore
H1-There will be a significant difference between the pre existing score & post existing test score after intervention of Video assisted teaching program among adolescent girls in selected urban area of Bangalore
H02-There will be no significance association between the Pre-test score & with selected socio demographic variables
H2-There will be a significance association between the Pre –test score & selected socio demographic variables
H03 –There will be no significant association between the post test score & selected socio demographic variables
H3-There will be a significant association between the post test score & selected socio demographic variables.
Research Approach: Quantitative & Qualitative Research approach
Research Design: Pre –Experimental one group Pre-Test and Post –Test design
Population: In this study population consists of Adolescent Girls from selected urban area of Bangalore.
Sampling Technique: Sampling technique used for the present study to select the adolescent girls was a simple random sampling technique by a lottery methods .The investigator conducted a survey in the selected urban area of Bangalore to identify and 40

sample who were in the age group between 12-19 yrs as a sample .
Sample size: 40 Adolescent Girls among these 40 girls are from urban area from Bangalore

INCLUSION CRITERIA
- The adolescent girls who are willing to participate in the study
- The adolescent girls who are able to read and write Kanata and English
- The adolescent girls who are present at the time of data collection

EXCLUSION CRITERIA
- The adolescent girls who are not willing to participate in the study
- The adolescent girls who are not able to read and write Kanata and English
- The girls adolescent who are not presenting at the time of Data collection.

TOOLS:
Section A: It consists of the Demographic Profile of participants under the study
Section B: It consists of the self administered Knowledge questionnaire to assess the Knowledge on Menstrual Management among adolescent Girls
Section C: It consists of Rensis 7 Point Likert Attitude Scale to assess the Attitude regarding Menstrual Hygiene
Section D: It consists of self administered Practice check list to assess the Practice Regarding Menstrual Hygiene

STATISTICAL TECHNIQUE
The required permission were taken from the higher authorities of those selected area were taken before conducting the pilot study and main study .Then samples were selected as per inclusion criteria .The analysis of the data was done on the basis of Objectives of the study The data was analyzed as following:
- The demographic data of the samples was analyzed with the help of frequency and percentage.
- The pre –Test and Post –Test Knowledge, Attitudes and Practices scores were analyzed with the help of Frequency and percentage and Mean and standard deviation.
- The effectiveness of Video Assisted Teaching programme on Management of Menstrual Hygiene will be analyzed by using descriptive and inferential statistical methods. Independent Paired

test by measuring the significant difference between pre-test and post-test scores.

- The correlation between Knowledge, Attitude and Practice was analyzed by using Pearson's Correlation Test.

- The Association between Knowledge, Attitude and Practice with the selected Socio demographic variables was analyzed by using Chi-squar

II. RESULTS

SECTION I: Deals with analysis of demographic data of the Adolescent Girls from selected urban areas of Bangalore in terms of frequency and percentage

Sl No	Variable	Adolescents	
		Frequency	Percentage
1	**Age in years**		
	12-13	3	7.5
	14-15	4	10.0
	16-17	10	25.0
	18-19	23	57.5
2	**Education**		
	8th standard	3	7.5
	9th standard	1	2.5
	10th standard	6	15.0
	College going	30	75.0
3	**Religion**		
	Hindu	27	67.5
	Muslim	2	5.0
	Christian	11	27.5
4	**Area of living**		
	Urban	23	57.5
	Semi urban	17	42.5
5	**Maternal Education**		
	Illiterate	5	12.5
	Literate	12	30.0
	Secondary education	16	40.0
	Diploma/Degree and above	7	17.5
6	**Father's education**		
	Illiterate	4	10.0
	Literate	16	40.0
	Secondary education	16	40.0
	Diploma/Degree and above	4	10.0
7	**Working status of father**		
	Agriculture	12	30.0
	Government employee	6	15.0
	Daily labour	7	17.5
	Private employee	10	25.0
	Business	5	12.5
8	**Working status of mother**		
	Agriculture	4	10.0
	Government employee	1	2.5
	Daily labour	3	7.5
	Private employee	7	17.5
	Homemaker	24	60.0
	Business	1	2.5

9	**Family income**		
	Less than RS.10,000	1	2.5
	Rs.10,000 -Rs.20,000	17	42.5
	Rs.20,000 -Rs.30,000	16	40.0
	More than Rs.30,000	6	15.0
10	**Type of family**		
	Joint	5	12.5
	Nuclear	31	77.5
	Extended	4	10.0
11	**Number of Elder sister(s) at your family**		
	1	26	65.0
	2	11	27.5
	3 and above	3	7.5
12	**Any previous sources of information?**		
	Yes	25	62.5
	No	15	37.5
13	**Sources of Knowledge**		
	Mass media	13	32.5
	Peer group	2	5.0
	From mother	16	40.0
	From siblings	2	5.0
	others (Religious Books ,Relatives)	7	17.5
14	**Age at Menarche**		
	11-12 years	12	30.0
	13-14years	20	50.0
	14- 15 years	4	10.0
	15-16 years	4	10.0

Table no. 1 depicts distribution of various demographic variables of the study subjects in frequency and percentage of age, Education ,Religion ,Area of living ,Maternal Education, Father Education ,Working status of the Father ,Working status of the Mother ,Family income Types of family ,Number of Elder sisters at your family ,Previous Knowledge ,sources of information and age at menarche .

INTERPRETATION
❖ The above table shows that majority of the subjects in group were aged 17-19 years (57.5%) and (25%) aged between 16 -17 years and 10% were aged grouped between 14-15 years and few of them were belongs to 12-13 years 7.5 %

❖ In terms of education majority of them 75% were in 2nd PUC ,15 % were 10th Std .,6% were belongs to 9th std and few of them were from 8th Std .

❖ In regards to religion it shows majority of the subjects in group were Hindu (67.5%) , 5 % were belongs to Muslim community and 27.5 % were belongs to Christian

❖ In terms of Area of living majority of them were from urban 57.5% and 42.5 % were belongs to semi –urban

❖ In regards to Maternal Education majority of them had secondary Education 40% 30 % were literate and 17.5 % were diploma and Degree holder and few of them were illiterate 12.5/%

❖ In regards to Father's Education literate and secondary education had equal status 40% and 17.5% had Diploma and Degree and very few of them were illiterate.

❖ In terms occupation of the father majority of them were agriculture 30% and 25% were private employee, 17.5% were Government employee and 12.5 % were doing business.

❖ In regards to Maternal occupation majority of them were Home maker 60% and 17.5 5 were self employee.7.5 % were daily labor and 2.5 5 were Govt Employee .

❖   In terms of Income majority of them (42.5 %) were between 10.000 to 20000 .(40%) were the income of 20.000 to 30,000 and very few of them having the income of less than 10,000(2.5 %)

❖   In terms of family majority of them were belongs to Nuclear family (77.5 %) and 12.5 % were belongs to Joint family and 10 % were belongs to Extended family .

❖   In regards to Elders sister in their family 65% were having 1 elder sister ,275% were having 2 elder sister and very few 7.5 % were having more than 3 elder sister in their family .

❖   In regards to prior Knowledge regarding Menstruation (62.5v%) majority of the subjects in group have previous Knowledge regarding Menstruation and few of them 37.5 % did not have previous knowledge regarding Menstruation

❖   In terms of source of Knowledge majority of were 40% having information from Mother ,32% were got information from mass media 17.5 % were got information from other sources like religious Books ,Relatives and very few of them got information from 5% peer group and siblings .

❖   In regards to age at menarche majority of them attainment menarche at the age of 13-14 yrs 50% and 30 % were attainment menarche at the age between 11-12 years and few of them attainment menarche at the age of 15-16 yrs

Table:2 Comparison of Knowledge, Attitude and Practice on menstrual hygiene among adolescent girls

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Knowledge on menstrual hygiene	40	7	16	14.05	2.353
Attitude on menstrual hygiene	40	17	41	25.65	5.097
Practice on menstrual hygiene	40	13	26	22.05	2.987

The above table shows the Minimum, Maximum, Mean and Standard Deviation of Pre –Test Knowledge on Menstrual Hygiene among adolescent girls .Pre test Minimum score 7 and Maximum Score 16, Mean 14.05 and Standard Deviation 2.353 So it shows that majority of the adolescent girls has inadequate Knowledge on Menstruation

Maximum, Mean and Standard Deviation on Attitude on Menstrual management on adolescent girls, The Minimum score is about 17and maxim mum score is 41 and the Standard Deviation 5.097 Maximum, Mean and Standard Deviation on Practice regarding on menstrual management on adolescent girls, The Minimum score is13 and maximum score is 26 and standard deviation is 2.987
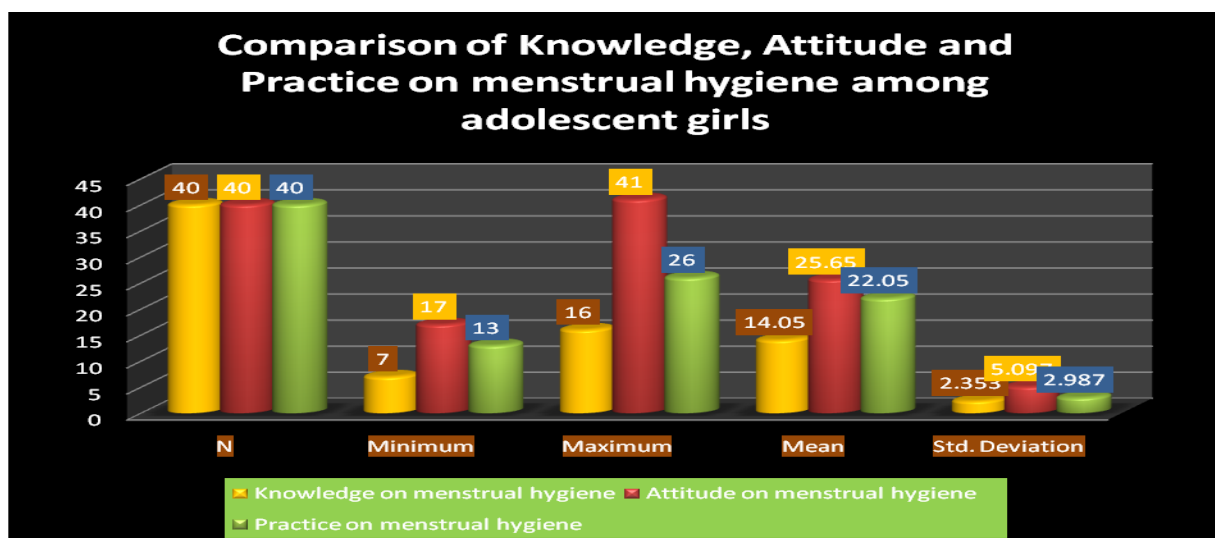

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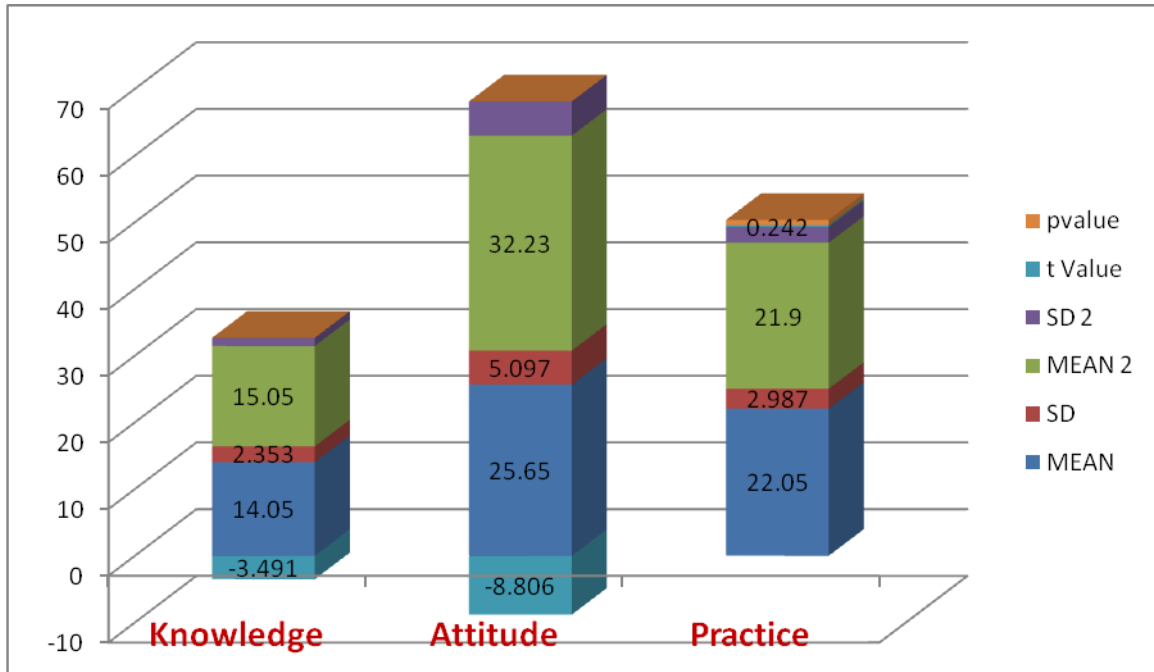| Variable	Pre test		Post test		t value	p value
	Mean	SD	Mean	SD		
Knowledge	14.05	2.353	15.05	1.218	-3.491	**.001**
Attitude	25.65	5.097	32.23	5.132	-8.806	**<.001**
Practice	22.05	2.987	21.90	2.351	.242	.810

Table reveals that comparison Mean Pre test score of Knowledge shows that computed paired t value -3.491 was statistically significantly at P < 0.05 level, , hence null hypothesis (H0) is rejected and the research hypothesis (H1) was accepted The mean Pre-test score of Attitude regarding Menstrual management of adolescent girls t value is -8.806 was statistically significantly at P<0.05 level hence null hypothesis (H0) is rejected and the research hypothesis (H1) was accepted The mean Pre-test score of Practice shows that computed t paired value.242 was not statistically significant at P .810 so this shows that Knowledge and attitude are significant at P<0.05 level and Practice is not significant at P<0.05 Comparing with Pre test there was an improvement in the post test Knowledge ,attitude and Practice is shows that the Effectiveness of Video Assisted Teaching Programme .

III.   DISCUSSION
- Before puberty, every female has to learn about menstruation. Various menstrual health awareness programmes
- There should be good hygiene.

- Every mother should be informed and have enough understanding of the menstrual cycle.
- Awareness needs to be spread to dispel misconceptions about the menstrual cycle and to avoid practises of forced restriction when menstruating.
- Awareness campaigns must be held by college administration. in relation to menstrual hygiene.
- Inform the girls about the benefits of using a vaginal wash to from the illnesses.

IV.   SUMMARY & CONCLUSION
To begin with, it is critical to educate girls from an early age. Because of a lack of education, these taboos continue to exist. Not only among girls, but among all people, awareness needs to be raised. Sanitary items are not cheap. Especially in rural and slum regions, low-cost sanitary pads can be created and distributed locally. 1.5 core teenage girls will receive low-cost sanitary pads as part of the National Rural Health Mission. This programme is still in its early stages of implementation and will require more resources. Menstruation must also be educated among guys. They must be sensitive to

these concerns and assist in dispelling the myths. For them, it's crucial.

The social work profession is committed to the value of early intervention, prevention, and health promotion. It has a history of interdisciplinary collaboration. This can be done by educating people about menstrual hygiene, offering counselling, and teaching females about the importance of menstrual cleanliness before and during puberty.

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