

# EVALUATE THE EFFECTIVENESS OF STP ON MENSTRUAL HYGIENE AMONG THE ADOLESCENT GIRLS

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## Abstract :

A study was conducted to evaluate the effectiveness of STP on menstrual hygiene among the adolescent girls studying in a Government higher secondary school at Kurubarapalli. A evaluative research approach and one group pre test ,post test , design were used 30 sample of 7-10 standard girls . were selected from government higher secondary school at kurubarapalli by using non probability convenient sampling technique . The mean pre test knowledge score was 61.15% which was increased to 98.17% in mean post test knowledge score among self help group members the mean pre test practice score was 39.5% which was increased to 68% in mean post test practice score among self help group members .

**Key Words:** STP-Structured Teaching Programme, adolescence Girls, menstrual Hygiene.

## INTRODUCTION:

The word hygiene is derived from Hygeia the goddess of health. She is represented as a beautiful women holding in her hand a bowl from which a serpent is drinking . In greekmythologies , the serpent testifies the art of healing which symbol is retained even today. Hygiene is defined as “the science of health and embraces all factors which contribute to healthfull living”.

Hygiene related practices of women during menstruation are of considerable importance as it has a health impact in terms of increased vulnerability to infection. Menstruation is generally consider unclean leading to isolation of the menstruating girls and restrictions imposed on them in the family. These practices have reinforced negative attitude toward menstruation in girls.The Center for Social Research in 1990 have reported restrictions in daily activities such as, not being allowed to take bath, change clothes, comb hair and enter holy places. There is very little awareness about menstruation among girls when they first experience it.

## NEED FOR THE STUDY:

Interestingly, only 16 respondents out of the total of 686 students had received information at school. It was observed that of the girls who were aware of menstruation prior to getting their period, most had got the information from their friends and mothers; only 2% and 1% of respondents had received information from their teachers/ school and books respectively. Around 89% of women used cloth as an absorbent; 53 % of them used the same cloth for two months. Around 14% of women said they suffered from urinary tract infections .While both the print and visual media are full of sanitary pad advertisements, rural communities still struggle for information on the menstrual cycle. Out of all the respondents, 41% were not aware about menstrual prior to getting their periods.

## OBJECTIVES:

- 1) To assess the knowledge about the menstrual hygiene among girls.
- 2) To evaluate the effectiveness of STP on menstrual hygiene among adolescence girls.
- 3) To find out the association of selected demographic variable with the mean difference in knowledge score regarding menstrual hygiene among adolescence girls.

## HYPHOTHESIS

1. There will be a significant association between knowledge score of menstrual hygiene among adolescents girls with their selected demographic variables.
2. The mean post test knowledge score is higher than the mean pre test knowledge score on menstrual hygiene among adolescent girls.

## METHODOLOGY

**Research Approach:** An evaluative approach with one group pretest post test design was adopted.

**Population & setting:** Adolescence girls, Government higher secondary school, Gurubarapalli, Krishnagiri District.

**Sample and Sampling techniques:** 30 adolescence girls was selected using non probality convenient sampling techniques.

## CRITERIA FOR SELECTION

### Inclusion criteria:

1. Adolescents girls between 7<sup>th</sup>, 8th, 9th, 10th standard.
2. Adolescents girls can read and write in Tamil.
3. Adolescents girls who were willing to participate in the study.

### Exclusion criteria:

1. The adolescents girls who were not willing to participate in the study.
2. The adolescents girls who could not understand English and Tamil.

## RESEARCH TOOL

1. Section-A: Demographic variables
2. Section-B: structured questionnaire related to knowledge

## SCORE INTERPRETATION:

The maximum score sample would get on knowledge would be 0 and 20

### Knowledge:

The structured self-administrated multiple choice question consists of 20 items in this correct answer.

0-32% - Inadequate knowledge

33-64%- Moderate adequate knowledge

65-100%- Adequate knowledge

## RELIABILITY OF THE TOOL:

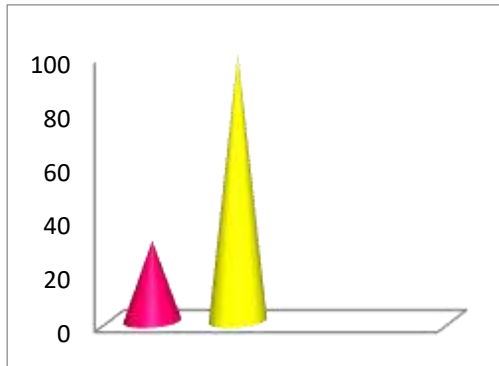
The reliability of the tool was assessed by split half method and 'r' value was 0.96.

## FINDING OF THE STUDY

- Majority of the samples 12(40%) age group was 14 years.
- Most of the mothers 13(43.3%) educational status was primary school, and only 4 (13.3%) completed their degree.
- Majority of the sample 14(46.67%) getting information through Newspaper and only 3(10%) getting information from teachers.

There is no significant association between the level of knowledge regarding menstrual hygienic among the adolescence girls with selected demographic variations such as age, standard, religion, mother education, father education, father occupation, income, birth order, number of children, sources of information, method of disposal, were null hypothesis accepted.

In the pretest, only 5(16.7%) had inadequate knowledge and 20(66.6%) had adequate knowledge. Whereas, in the post test, 30(100%) had adequate knowledge.



### CONCLUSION:

This study concludes that STP is effective in increasing the knowledge of adolescence girls regarding menstrual hygiene.

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