Study to Assess the Effectiveness of Planned Teaching Programe on Knowledge Regarding Reproductive Health among B.Sc. Nursing I[st] Year Students of Baba Educational Society, Institute of Paramedical, College of Nursing, Lucknow, Uttar Pradesh

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ABSTRACT

Reproductive health plays a key role in a woman's life. According to United Nations Population Fund, good sexual and reproductive health is a state of complete physical, mental and social well-being in all matters relating to the reproductive system. In pre- test majority (63.33%) of B. SC 1st year student had average knowledge, whereas in the post-test (46.66 %) of student had good knowledge. The mean percentage of post -test knowledge score was higher (19.33%) when compared with mean percentage of pre-test knowledge score (11.33%) Post-test mean score (19.33%) greater than previous test mean (11.33)% difference is (8%) hence, the research hypothesis H1 is accepted and it was inferred that the mean difference between pre-test and post-test knowledge score was statistically significant. The computed 't' value (t=29) was higher than the table value (t29=2.05) at 0.05 level of significance. Hence the research hypothesis H1 is accepted and it was inferred that the mean difference between pre- and post-test knowledge score was statistically significant. Chi square test reveal that there is no significant association between pre-test knowledge and demographic variables of BSc Nursing 1st year students.

KEYWORDS: Knowledge, planned teaching program, Effectiveness, Reproductive Health

INTRODUCTION

According to W.H.O. – Reproductive health is a state of complete physical mental and social well-being and not merely the absence of disease or infirmity.

In all matters releasing to the reproductive system and its functions and processes. Reproductive health Implies that people are able to have a satisfying and safe sex life and that they have a capability reproduce and the freedom to decide if, when and how often to do so. Around 25% of maternal death could be averted if all women wishing to avoid pregnancy could use modern method of contraception.

Reproductive health addresses the reproductive process functions and system in the least stage of life. The world puberty is derived from the latin word "puberties" which means "age of manhood". This is overlapping period between the closing year childhood and the beginning year of adolescence. This stage is includes menstrual, emotional, social and physical maturity and it is a stressful period. The girl experiences several problem during adolescence and menarche is one among them.

A woman's reproductive system is a delicate and complex system in the body. It is important to take steps to protect it from infections and injury, and prevent problems—including some long-term health problems. Taking care of yourself and making healthy choices can help protect you and your loved ones. Protecting your reproductive system also means having control of your health, if and when, you become pregnant.

Poor reproductive health is due to lack of knowledge, lack of access and lack of availability of services. In rural areas knowledge regarding menstrual hygiene practice sand sexually transmitted diseases are very poor. Regular health education regarding menstruation, menstrual hygiene, family planning methods, reproductive tract infections to women of there. productive age group improves the maternal and child health. Reproductive health depends on economic status, education, employment and the living conditions. So, the empowerment of women through education is very important for a good sexual and reproductive health.

The **National Population Policy** 2000 identifies adolescents as an undeserved group for which health, specifically reproductive and sexual health interventions are to be designed. The National Curriculum Framework 2005 for School Education explicitly highlights the need for integrating age appropriate adolescent reproductive and sexual health, including HIV/AIDS messages into the school curriculum. This frame work is translated into the National Adolescence Education programmed, which proposes 100 percent coverage of all secondary and higher secondary schools with HIV/AIDS prevention and adolescent reproductive and sexual health (ARSH) messages.

NEED FOR THE STUDY
In line with the 1994 international conference on population and development, reproductive health care is defined as the constellation of methods, techniques and services that contribute to reproductive health and well-being by preventing and solving reproductive health and well-being by preventing and solving reproductive health problems.

In the world's population about 19% are in the age group of 10 to 19 years. In another study it was estimated that 25% of the Indian population lies in the age group of 15 to 25accounting for 138 million persons. He also noted that adolescent girls between the age of 10 – 19 years comprise about 22% of the female population in India. The goal of achieving health for all which, India is committed to, would certainly not be feasible without priority to the vulnerable group in which the future of any society depends upon the character of competence of its youth.

Girls are particularly vulnerable because, not only they are more likely to be coerced invariability for unprotected sex than boys, but also they are more susceptible biologically to sexually transmitted diseases. More over inequality between sexes makes girls more vulnerable to violence and sexual abuse. Thus in order to lead healthy, responsible, fulfilling lives and to be protected from reproductive health problems, young girls need to be knowledgeable about themselves and the people related to. Therefore, it is essential to impart sound information about the physical, psychological and social changes that take place during adolescence Adolescent pregnancies, early marriages, in adequate knowledge on sexual behavior and reproductive health are featured as some of the causes leading to maternal ill health and death. Consistent with the economic and social changes in the country, girls in India are increasingly marrying late with a subsequent increase in the age at first child birth. This has made the risk of premarital sex higher than ever before. Among the several options available in India, creating awareness among adolescent sappers to be an important prerequisite.

OBJECTIVES
➢ To assess the knowledge regarding reproductive health among B.sc nursing1st year students.

➢ To assess the effectiveness of planned teaching program on reproductive health in terms of gain knowledge in post-test.

➢ To determine the association between pre-test knowledge score and selected demographic variables of B.sc nursing 1st year students Baba college of nursing2021

Hypothesis
➢ **H1** there will be significant differences between pre-test and post-test knowledge regarding reproductive health among B.Sc. nursing 1st year student 2021.

➢ **H01** there will be no significant differences between pre-test and post-test knowledge regarding reproductive health in among

B.Sc.Nursing1ˢᵗyear student2021

➢ **H2** there will be significant associate on between the pre-test knowledge score ofstudent with their selected demographic variables.

➢ **H02** there will be no significant association between the pre-test knowledge score ofstudent.

OPERATIONAL DEFINITION

➢ **Assess** – organized systematic and continuous forces of collecting data from B.sc (N) 1ˢᵗ year student regarding knowledge of reproductive health among girl.

➢ **Knowledge**– It is the ability of girls to understand and answer the questions regarding the reproductive health

➢ **Effectiveness** – It is referred to significant improvement in knowledge and practice regarding reproductive health among adolescent girl which was measured through questionnaire.

➢ **Reproductive health**- It is state of complete physical mental and social well-being and not merely the absence are infirmity or disease. In all matters relating to their productive system and to its function and process.

➢ **Planned teaching programmed** - In the present study reproductive health is the health of girl's related to the knowledge on anatomy and physiology of reproductive system, menstrual hygiene, and pregnancy and family planning methods.

➢ **B. Sc Nursing**- It is a bachelor of science in nursing which is four year program aim to prepare student work effective as a member of health team in which B.sc (N) 1st year Pursuing B.sc degree from baba nursing college which currently joining this institute.

ASSUMPTION

The study is assumes that:

➢ B.sc nursing1st year student may not have adequate knowledge regarding reproductive health.

➢ Level of knowledge regarding reproductive health among girls will differ according to demographical variables.

➢ Plan each in grogram will improve knowledge regarding reproductive health of B.sc nursing1ˢᵗ year student.

➢ Knowledge regarding reproductive health among BSC nursing1st year student reduces the chance of sexually transmitted disease and prevents complication ofpregnancy.

RESEARCH APPROACH

Research approach is specifies the basic process of conductive research, research approach explains about what data to collect and how to analyze.

POPULATION

This study population comprise of B.Sc. Nursing student from Baba educational society, Institute of Paramedical, College of Nursing, Lucknow, Uttar Pradesh.

Target Population – In this study the target population is Bsc.1ˢᵗ year students ofBaba nursing college of Paramedical, College of Nursing, Lucknow UttarPradesh.

Accessible population- In this study the accessible population is BSc. 1ˢᵗ year 30 students of Baba nursing college who attended at the time of data collection.

SOURCE OF DATA COLLECTION

B.Sc. nursing I year at Baba Educational Society, Institute of Paramedical, College of Nursing, Lucknow, Uttar Pradesh.

RESEARCH DESIGN

Pre-experimental one group pre-test post-test design.

VARIABLES IN THE STUDY

A variable is selected or controlled by the researcher to determine its relationship to theobserved outcome of the research.

Independent variable: The planned teaching programme knowledge regardingreproductive health.

Dependent variable: knowledge of students regarding reproductive health.

Demographic variable: It includes age, educational status, family income, religion, source of information, knowledge on reproductive health problems, marital status and place of residence

SETTING OF THE STUDY

The physical condition and location in which data collection takes place in a study. The present study will be conducted in Baba Educational Society, Institute of Paramedical, College of Nursing, Lucknow, Uttar Pradesh, Lucknow the researcher had adopted to conduct and availability of sample in addition to the cooperation extended by the principal.

SAMPLE

The study samples were B.Sc. Nursing I year at Baba Educational Society, Institute of Paramedical, College of Nursing, Lucknow, UttarPradesh.

SAMPLE SIZE

The sample size is 30

CRITERIA FOR SAMPLE SELECTION

Inclusive Criteria: This includes -

➢ Nursing student in B.sc Nursing 1st year of baba college of nursing

➢ Nursing students who are willing to participate

➢ Nursing students who are available during the period of data collection

Exclusive Criteria: This includes -

➢ Students who already know about the topic.

➢ Students who are not willing to participate.

➢ Students who are not present during the study.

➢ Nursing Students.

SAMPLING TECHNIQUE

In this study non-probity convenient sampling technique used

RESULTS

A total of 30 students were selected from B.Sc. nursing I year at Baba Educational Society, Institute of Paramedical, College of Nursing, Lucknow, Uttar Pradesh.

SECTION I- Frequency and percentage distribution of reproductive Health Based On Demographic Variables.

S.N.	Demographic Variables	NO.		Frequency	Percentage %
1	AGE	1	18	20	66.66
		2	19	7	23.33
		3	20	2	10
		4	21& above	1	1.33
2	Religion	1	Hindu	30	100
		2	Mushlim	0	0
		3	Sikh	0	0
		4	Christian	0	0
3	Familiy income per month	1	Up to 5,000	3	10
		2	5000 to 10,000	7	23.33
		3	5000 to 10,000	7	23.33
		4	More than 15,000	10	33.34
		5	Others	3	10
4	Education status of mother	1	No formal education	5	17
		2	Primary school	5	16.66
		3	High school/Secondary school	10	33.33
			Graduate / Others	10	33.33
5	Age of menarche	1	Less than 10 yrs	16	13.33
		2	11 to 12 yrs	6	20
		3	13 to 14 yrs	17	56.66
		4	Above 15 yrs	3	10
6	Frequency of menstrual cyce	1	Less than 21 days	1	3.33
		2	21 to 28 days	25	83.33
		3	More than 28 days	4	13.33
7	Duration of menstrual cycle	1	Less than 3 days	3	10
		2	4 to 5 days	21	70
		3	More than 5 days	6	20
8	Source of information of reproductive health	1	Elder in family	19	63
		2	Friends	6	20
		3	Teachers	2	6.66
		4	Telivision/Internet	1	3.33
		5	None	2	6.66

The table 1.1 shows that higher (66.66%) of students of B.sc nursing 1st year belongsto 18 years of age followed by (23.336) of the students of B.sc nursing 1st year in the age group of 19 years. However 10% and 1.33% of the students of B.sc nursing 1st year belongs to 20 years and 21 & above years of age group respectively, higher (100%) of students of B.sc nursing1st year and belongs to Hindu religion. higher of family income per month (33.34%) is more than 15000 and (23.33%) is 5000 to 10000 and (23.333%) is 10000 to 15000 and (10%) is upto 5000 family income per month. education status of mother, (33.33%) are having high school/secondary school, (33.33%) are graduated, 16.66%) have primary school education and (16.66%) have no formal education, the age of menarche (56.66%) have, 13 to 14 years age of menarche and (20%) have 11 to 12 years age of menarche and (13.33) less than 10 years age of menarche and (10%) have above 15 years age of menarche, the frequency of menstrual cycle about, (83.33%) have 21 to 28 days and (13.33%) have more than 28days and (3.33) have less than 21 days, the duration of menstrual cycle about (70%) have 4to 5 days and (20%) have more than 5 days and (10%) have less than 3 days, source of information of reproductive health about (63%) from elder in family and (20%) from friends and (6.66%) from teachers and (6.66%) from none and (3.33%) from television/ internet.

SECTION II- Analysis of pre-test& post-test knowledge regarding reproductive health among B.sc Nursing 1st year students

Level of Knowledge	Range of score	Pre Test		Post Test	
		Frequency	Percentage	Frequency	Percentage
Inadequate	0 - 10	11	36.66	1	3.33
Moderate	10_20	19	63.33	15	50
Adequate	10_30	0	0	14	47
Total		30	100	30	100

Assessment of level of knowledge of student of B.sc Nursing 1st year

Table no-1.2 shows that in pre-test majority 63.33% of respondents have moderate and 36.67% have inadequate knowledge where as 0% have adequate knowledge aboutreproductive health, where as in post-test 50% have moderate knowledge and 46.66% have adequate knowledge and 3.33% have inadequate knowledge about reproductive health.

	Total Score	Max. Obtained	Mean Differenc	Mean Deviation	S.D.
Pre Test	30	20	11.33	5.100	3.645
Post Test	30	26	19.33	5.277	4.301

Data in table 1.3: Table shows that pre-test mean was 11.3 and post-test mean 19.33,. Mean post-test knowledge score19.33 was higher than the mean pre-test knowledge score 11.3. The computed t value (t29=5.396) was higher than the table value 5.396at 0.05 level of significance. Hence the research hypothesis H1 accepted and it was inferred that the mean difference between pre and post-test knowledge score was statically significant.

SESSION –III – Hypotheses I To assess the effectiveness of structured teachingprogrammed knowledge regarding reproductive health.

MeanScore	Pre-test	Post-test
	11.33	19.33

Data in Table N0.- 1.4 Show the mean score of pre -test mean 11.33 & post- test mean19.33.

SESSION –IV Hypothesis II Association between pre-test and post-testknowledge score with their selected demographic variables.

	Select Demographic Variables	Category	Inadequate	Moderate	Adequate	D.F.	Table value	Obtained value	Significance
1	AGE IN YEAR								
		18	6	14	0				
		19	4	3	0				
		20	1	1	0	6	12.59	1.643	NS
		21 and above	0	1	0				
			11	19	0				
2	RELIGION								
		Hindu	11	19	0				
		Christian	0	0	0				
		Mushlim	0	0	0	6	12.59	0	NS
		Sikh	0	0	0				
			11	19	0				
3	Family Income per month	Up to 5000	1	2	0				
		5000 to 10000	3	4	0				
		10000 to 15000	2	5	0	8	15.51	0.422	NS
		More than 15000	4	6	0				
		Other	1	2	0				
			11	19	0				
4	Education status of mother	No formal	1	4	0				
		Primary School	4	1	0				
		High School	3	7	0	8	15.51	5.019	NS
		Graduate	3	7	0				
		Other	0	0	0				
			11	19	0				

5	AGE of menarche	Less than 10 year	2	2	0				
		11-12 year	2	4	0				
		13-14 year	6	11	0	6	12.59	0.361	NS
		above 15 year	1	2	0				
			11	19	0				
6	Frequency of Menstrual cycle	Less than 21 days	1	0	0				
		21-28 days	10	15	0	4	9.49	4.158	NS
		than 28 days	0	4	0				
			11	19	0				
7	Duration of Menstrual cycle	Less than 3 days	6	13	0				
		4-5 days	4	2	0				
		10000 to 15000	1	1	0	4	15.51	2.838	NS
		More than 5 days	0	1	0				
		Other	1	1	0				
			12	18	0				
8	Source of Information of reproduction health	Elder in famnily	6	13	0				
		Friends	4	2	0				
		Teachers	1	1	0	4	9.49	3.852	NS
		Telivision/Ibternet	0	1	0				
		None	1	1	0				
			12	18	0				

The table no 1.5 shows that there is no significant association between pre-test knowledge and selected socio demographic variables of students such as age, religion, family income per month, education status of mother, age of menarche, frequency of menstrual cycle, duration of menstrual cycle source of information of reproductive health.

Hence it can be interpreted that percentage knowledge score related to demographic variables where only by chance and not true difference and hence research hypothesis was not accepted.

DISCUSSION

The report of a finding is never sufficient to convey significance. The meaning thatthe researcher gives to the results plays a rightful and important role in the report.

The discussion section is devoted to a thoughtful and insightful analysis of the finding leading to a discussion of their clinical and theoretical utility.

➤ This chapter presents the major findings of the study and discusses them in relation to similar

studies conducted by other researcher. The present study has been conducted to evaluate the effectiveness of STP on knowledge regarding reproductive health among BSc nursing 1st year students in Baba College of nursing. In order to achieve the objective pre- experimental design with quantitative approach was adopted. The selection of the sample was done by the non-probability convenient sampling technique.

The sample comprised of 30 students. The data were collected from before and after administration of PTP.

SUMMARY

This chapter discuss the major findings of study and review them in relation to finding from the results of the other related studies

The present study was aimed to evaluate the effectiveness of PTP on knowledge regarding reproductive health among B. SC 1st year students in baba college of nursing, Lucknow

The pre-experimental research design (one group pre-test and post-test) was adopted for the study conducted in baba college of nursing Lucknow with sample size of 30 students of B. SC nursing1st year.

The sample was selected by using non-probability convenient sampling technique based on inclusion criteria. In this study the tools used were section 1 of demographic variables and section 2 planned knowledge questionnaire for level of knowledge.

The structured knowledge consist 30 question to evaluate the level of knowledge among B. SC nursing 1st year students pre-test was conducted for student of B. SC nursing1st year the day before the intervention /PTP Interventions of PTP was given to the B. SC nursing1st year student of Baba college of nursing.

The investigator conducted the post-test test on the 4th day after the intervention (STP) Pre-test and post-test was conducted to identify the level of knowledge among B. SC 1st year students of Baba college of Nursing, Lucknow.

Nursing Implications
Nursing Education-
In-service education is to be provided to the nursing personnel at various levels to make them aware on knowledge of reproductive health and its prevention which will enable them to provide health education to the nurses and society on knowledge of reproductive health and its management. There is a need for nurses to develop health- teaching material for teaching the girls. Health education should be a part of the job description of various categories of nursing personnel.

Nursing curriculum should include more projects on knowledge of reproductive health.

Workshops, seminars and symposium can be organized were girls, school teachers, and staff nurses on identifying the problems leading to knowledge of reproductive health.

Nursing Administration-
The administrator should facilitate the implementation of PTP to make aware B.Sc 1st year students about knowledge of reproductive health and it management. In community nurses ratio should be increased, so that they can provide knowledge about reproductive health and its management and improve the practices regarding reproductive health and management among B. SC 1st year students. Implementing more nursing staffs and provision of knowledge will increase level of prevention and

managements of reproductive health community health nurses should visit the home Practice-
Students of B. SC 1st year knowledge deficit indicates the need for organizing health education session to them regarding knowledge of reproductive health and it's management by the nurse both in hospital and community level So that, this will help in creating awareness among community people about knowledge of reproductive health which in turn can promote the healthy society.

Nursing Research –
Instructional materials can be developed in order to increase the awareness among society peoples on knowledge of reproductive health. The materials can be tested for its effectiveness in facilitating proper practices in managing reproductive health as well as to develop teaching skill among nurses regarding prevention and managements of reproductive health in their Nursing Practice Students of B. SC 1st year knowledge deficit indicates the need for organizing health education session to them regarding knowledge of reproductive health and it's management by the nurse both in hospital and community level Limitations.

Recommendations
1. The finding of the study would reveal the existing knowledge regarding Reproductive Health among B.Sc. nursing I year.

2. Planned teaching program can be used to teach Reproductive Health.

3. The study highlights the need for further studies with a large sample to validate and generalize the finding.

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