

A Study to Evaluate the Effectiveness of Structured Teaching Programme Regarding Sex Education among Adolescent Girls in Hilton Matriculation Higher Secondary School, Chrompet, Chennai-44

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Abstract: Adolescence is a period of preparation for undertaking greater responsibilities including healthy responsible parenthood in future. Adolescence form prospective human resource for the society. Objectives: To assess the knowledge level of sex education among adolescent girls before the structured teaching programme, to assess the knowledge level of sex education among adolescent girls after the structured teaching programme, to assess the effectiveness of structured teaching programme regarding sex education among the adolescent girls, to find out the association between knowledge of adolescent girls with their demographic variables. Methodology: Pre experimental one group pre test post test design was used. Sample size of 60 were selected by simple random technique. The data were analyzed by using descriptive and inferential statistics. Results : In pre test, a majority of 34(56.6%) had inadequate knowledge, 25(41.6%) had moderately adequate knowledge, and 1(1.6%) had adequate knowledge. In post test majority of them 30(50%) had adequate knowledge, 26(43%) had moderately adequate knowledge, 4(7%) had inadequate knowledge.

Key words: Adolescence, effectiveness, knowledge, sex education, structured teaching programme.

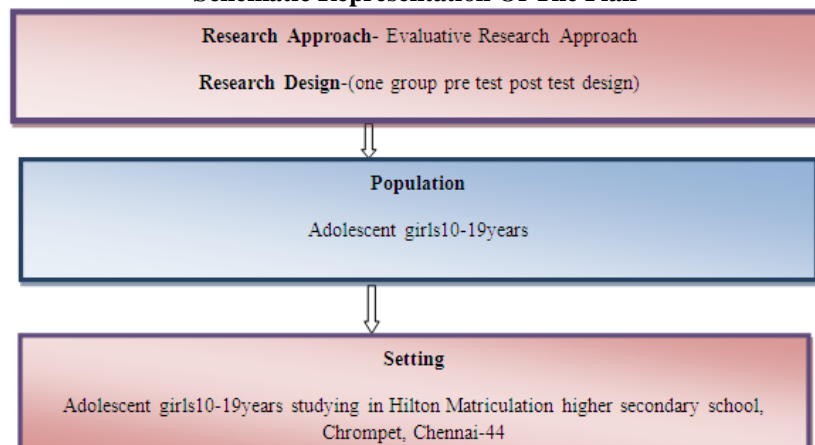
I. Introduction

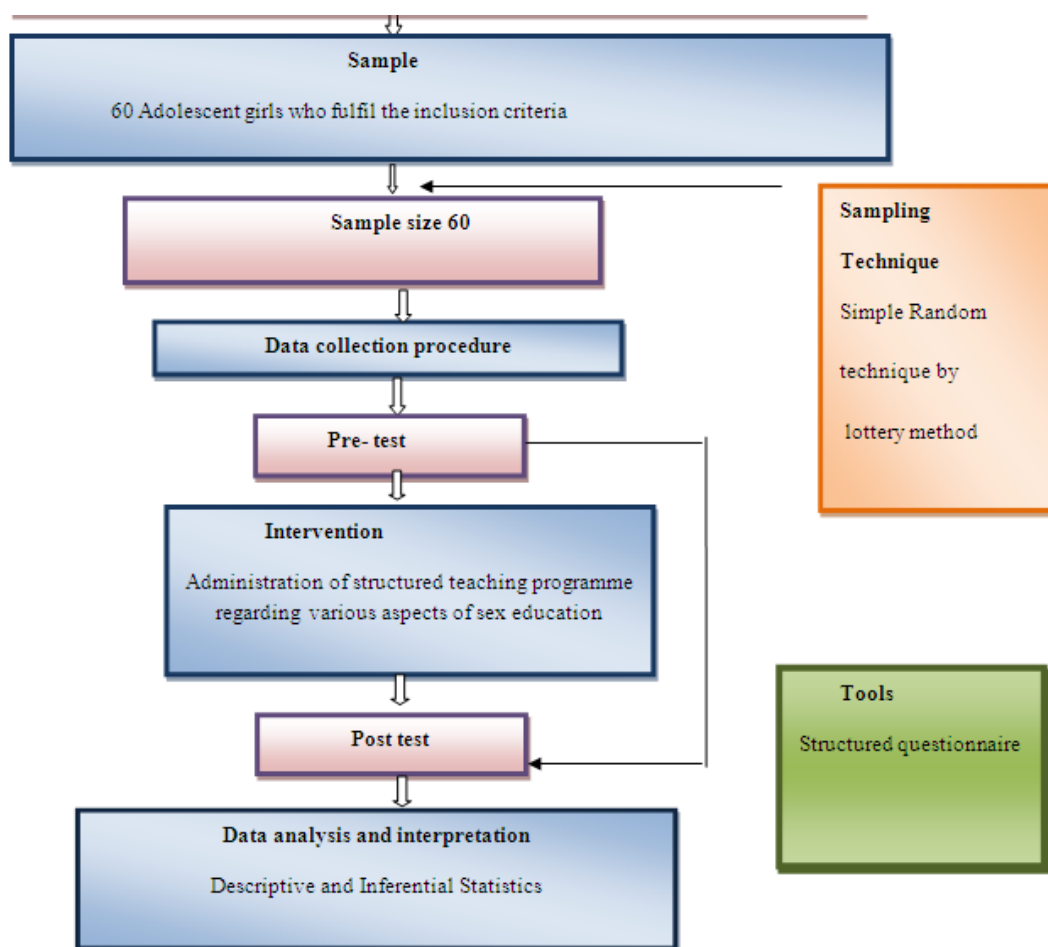
Sexual health, is an integration of physical, emotional, intellectual and social aspects of sexuality in a way that positively enriches and promotes personality communication and love. The healthy experiences, attitude behaviour of these youth are intimately linked with their social, educational and economic aspiration and options have a strong impact on the future of Indian society. Adolescence entering the health care system needs professional who can focus on normal development, asses strength and give assurance of positive progress by focusing on “Normality” instead of diseases recognizing changes that occurs during the Adolescence period will definitely give a positive attitude. Nurses are in position to help Adolescence to resolve one basic issue coming to turns with once body.

II. Methodology

Evaluate research approach and a pre experimental (one group pre test post test) design was used. Simple random technique by lottery method was used to select the sample for the study. The total sample consist of 60 adolescent girls studying in Hilton Matriculation Higher Secondary school.

Schematic Representation Of The Plan





Data Collection Procedure

After completion of the pilot study. Written permission was obtained from the Hilton Matriculation Higher Secondary school for conducting the research study. The feasibility of conducting the research study was ensured. Data collection was started from 23-07-2014 to 31-07-2014. The investigator had established good relationship with the adolescent girls who had participated in the study at Hilton Matriculation Higher Secondary school. The investigator had taken informed consent from the adolescent girls to participate in this study. The information pertaining to demographic data was collected. A structured teaching programme was used to obtain knowledge regarding Sex education. The structured teaching programme on Sex education is the form of teaching programme was administered soon after the pre test to the 60 adolescent girls. All 60 adolescent girls took an active participation in the teaching programme. The post test was done after 7 days, after the administration of the structured teaching programme to the adolescent girls .

Plan For Data Analysis

The data were analyzed by using descriptive and inferential statistics.

III. Results

Table-1The pre test level of sex education among adolescent girls.

PRE TEST KNOWLEDGE	NO	%
Inadequate(50and below)	34	56.6
Moderately adequate (51-75%)	25	41.6
Adequate (76-100%)	1	1.6

TABLE 1 reveals the pre test level of sex education among adolescent. A majority of 34(56.6%) had inadequate knowledge, 25(41.6%) had moderately adequate knowledge, and 1(1.6%) had adequate knowledge.

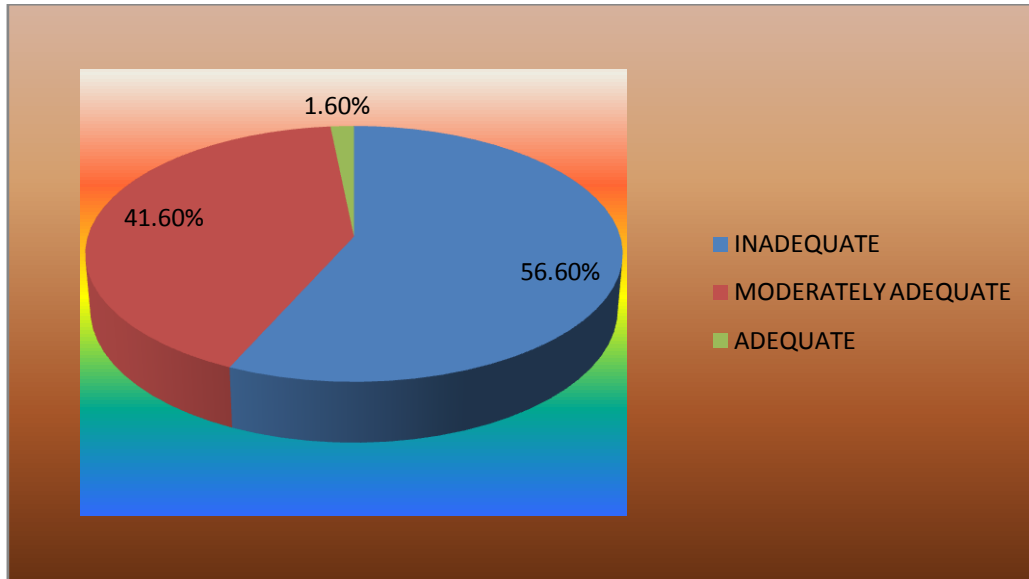


FIG:1 The Pre Test Level Of Sex Education Among Adolescent Girls

Table-2: The Post test level of sex education among the adolescent girls.

POST TEST KNOWLEDGE	NO	%
Inadequate(50and below)	4	7
Moderately adequate (51-75%)	26	43
Adequate (76-100%)	30	50

TABLE 2 reveals the post test level of sex education among adolescent girls. Majority of them 30(50%) had adequate knowledge, 26(43%) had moderately adequate knowledge, 4(7%) had inadequate knowledge.

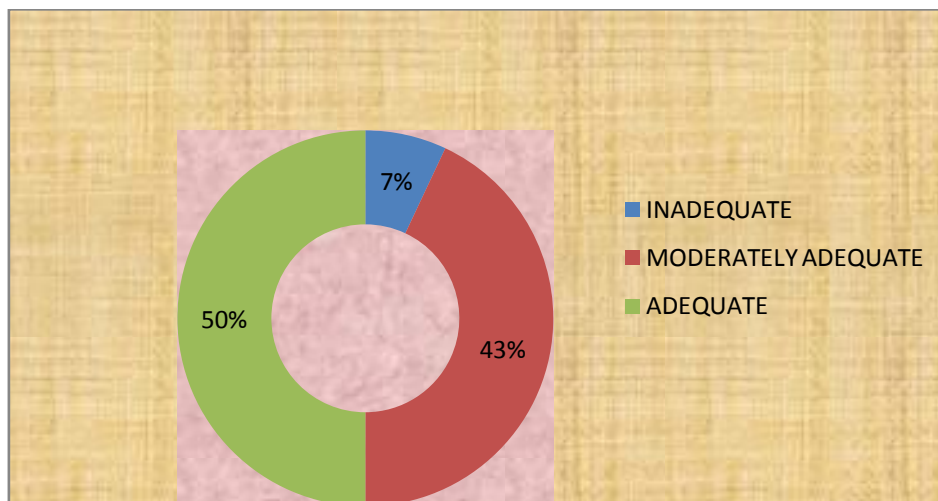


FIG:2 The Post Test Level Of Sex Education Among Adolescent Girls

Table:3 The effectiveness of structured teaching programme regarding sex education among the adolescent girls

S.no	Knowledge	PRE TEST						POST TEST					
		Inadequate (50 and below)		Moderately adequate (51-75%)		Adequate (76-100%)		Inadequate (50 and below)		Moderately adequate (51-75%)		Adequate (76-100%)	
		N	%	N	%	N	%	N	%	N	%	N	%
1	Over all knowledge on sex education among adolescent girls	34	56.6	25	41.6	1	1.6	4	7	26	43	30	50

TABLE 3 reveals the pre test and post test level of sex education among adolescent girls. A majority of 34(56.6%) had inadequate knowledge, 25(41.6%) had moderately adequate knowledge, and 1(1.6%) had adequate knowledge in pre test. 4(7%) had inadequate knowledge, 26(43%) had moderately adequate knowledge, and majority of them 30(50%) had adequate knowledge in post test.

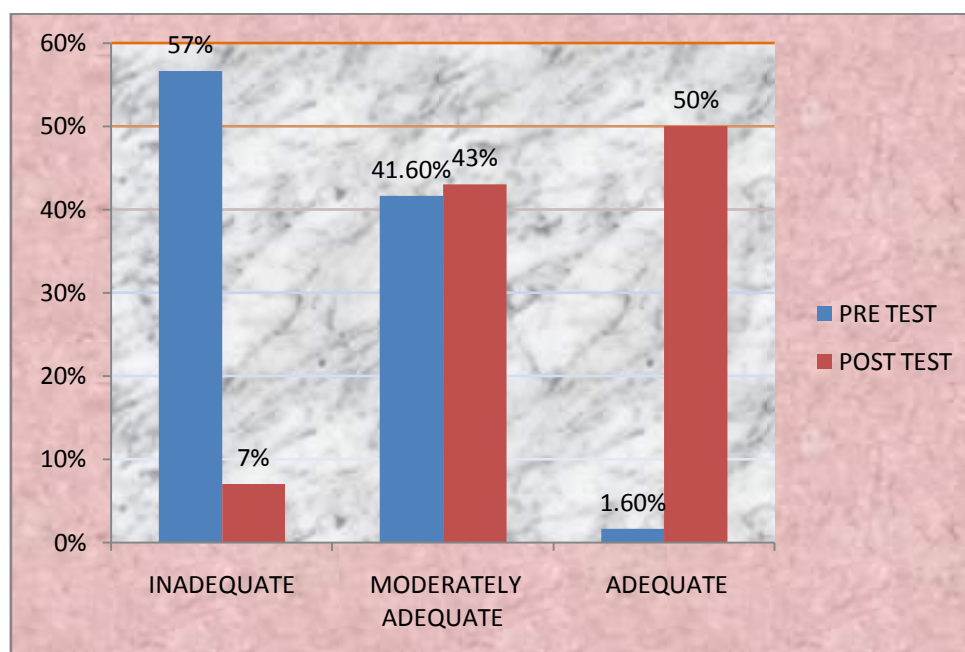


FIG:3 the effectiveness of pre test and post test among the adolescent girls

Table:4 The mean and standard deviation of pre and post test knowledge

Variables	Pre test knowledge		Post test knowledge		Effectiveness		(Paired) 't' value
	MEAN	SD	MEAN	SD	MEAN	SD	
Knowledge	14.9	3.9	22.2	3.6	7.3	5	11.2***

S : Statistically significant *** $p < 0.001$

TABLE 4 reveals the effectiveness of structured teaching programme among the adolescent girls. The mean value is 14.9 before the structured teaching programme and 22.2 after the structured teaching programme. The Standard deviation value is 3.9 before structured teaching programme and 3.6 after structured teaching programme. The difference of mean and Standard deviation is 7.3 and 5 respectively. To test the significance 't' test has been applied. The overall paired 't' test value is 11.2 and it is significant ($p < 0.001$) in effectiveness of structured teaching programme regarding sex education among adolescent girls.

IV. Conclusion

The present study was associated with the effectiveness of structured teaching programme regarding sex education among adolescent girls in Hilton matriculation higher secondary school, at chrompet, Chennai. The investigator analysed the data, there was significant ($p < 0.001$) improvement in post test knowledge score. The knowledge improvement mean score was 22.2 with the 't' value 11.2 which shows the effectiveness of structured teaching programme. So educating the adolescent girls regarding sex education will help to prevent them from sexually transmitted diseases and to maintain towards the healthy sex.

V. Recommendation

1. A similar study can be replicated in a large sample there by finding can be generated.
2. A similar study can be conducted among the college students.
3. A comparative study can be done to the adolescents study in rural and urban areas.
4. A similar study can be undertaken among the adolescents boys and girls.
5. A study can be done to assess the effect of sex education among health care provider.

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