

EFFECTIVENESS OF PLANNED TEACHING MODULES ON LEVEL OF KNOWLEDGE REGARDING SANITARY NAPKINS AMONG SCHOOL GIRLS

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INTRODUCTION

The ministry of health and family welfare, Government of India, has approved a new scheme for ensuring easy access to sanitary napkins as part of promotion of menstrual hygiene among adolescent girls in the age group of 10 to 19 years in rural areas.

The scheme is aimed at ensuring that adolescent girls in rural areas have adequate knowledge about menstrual hygiene and use of sanitary napkins. Survey showed that 73% of women will feel local skin itching, burning during menstruation. This is caused by the inappropriate use of sanitary napkins

According to gynecologists, use of alternative sanitary care measures such as unsterilized cloths, sand and ash make women susceptible to infections and diseases. The study found that awareness on basic health and feminine hygiene is very low with 75 per cent rural women lacking adequate knowledge on menstrual hygiene and care. On the issue of affordability of quality sanitary care, the survey found that 81 per cent rural women use unsterilized cloths since they are cheaper and 68 per cent said they cannot afford to buy sanitary napkins.

It was reported that Adolescent girls in rural India are unable to attend up to 50 days of schooling in a year due to inadequate menstrual care. The nationwide survey was conducted a sample size of 1,033 rural women and 151 gynaecologists. 97 per cent

gynecologists surveyed that sanitary napkins can prevent reproductive tract infection, while 64 per cent noted that it can act as a precautionary measure to reduce the risk of cervical cancer. In our state especially in rural area family with low socio economic background cannot afford for the disposable sanitary napkins. They use unsterile cloth. It leads to infections in the reproductive tract especially in the vulnerable group with unhygienic practices. . More over the Govt of Tamilnadu concentrates in the female health particularly in young rural girls with the age group of 12-19 years and distributes free sanitary napkins for those groups in all villages in order to promote the menstrual hygiene. It will enhance the reproductive health and decline the reproductive infections and also the water& time consumption by the way of healthy techniques. The investigator has conducted study at selected schools in rural area for the benefits of young adolescence girls by the way of creating awareness about healthy practices of sanitary napkins. Statement of the problems: A study to assess the level of knowledge on sanitary napkins among the girls at selected schools of Maduranthakam Tk, Kancheepuram Dt.

OBJECTIVES OF THE STUDY

1. To assess the level of of knowledge on healthy practices of sanitary napkins
2. To associate the selected demographic variables with healthy practices of sanitary napkins.

ASSUMPTION

The educational modules can influence the girls after intervention.

HYPOTHESES

H₁-There is a significant difference in the level of knowledge between the pre and post intervention.

H₂ - there is a significant association between the selected variables and healthy practices of sanitary napkins among girls.

DELIMITATION OF THE STUDY

1. The study is delimited to the school girls of Madurantakam town.
2. This study is conducted only among girls with the age group of 12 - 14 years
3. The period of study is for six weeks

METHODOLOGY

The conceptual frame work adopted for the study was based on general system model.

RESEARCH DESIGN

Quasi-experimental design.

SETTING

The study was conducted in schools namely, Govt girls higher secondary School located in Madurantakam Town, Kancheepuram district, Tamilnadu .**VARIABLES:** The variables discussed in the present study were
Dependent variable-: Level of knowledge on practices of sanitary napkins. Independent variable –planned teaching modules

DURATION OF STUDY

The period of study is six weeks

POPULATION

The population of the study the girls among the age group of 12-14 studying in the govt

girl's higher secondary schools of Madurantakam Town.

CRITERIA FOR SAMPLE SELECTION

1. All the girls were in the age group of 12 to 14 years in the selected school at Madurantakam, Kancheepuram Dt.
2. Girls, who were able to speak, read and write in English and Tamil.

EXCLUSION CRITERIA

1. Girls above 14 years. B .School children below 12 years. C. School girls who were not willing to participate in this study.

SAMPLE

100 children in the age group of 12 to 14 years studying in the above school and who had satisfied the inclusion criteria.,

SAMPLING TECHNIQUE

Stratified random sampling technique was used for this study.

TOOLS

The structured tool was constructd to assess the level of knowledge on practices of sanitary napkins.

RELIABILITY OF THE TOOL

A reliability analysis was done for the tools and the co efficient was done. The split half method was used to test the reliability of alpha score for part 1= 0.95 and alpha part 2= 0.96 which proved that it was highly reliable.

DATAANALYSIS

The data collected from the respondents were coded and entered in a data sheet. The data entered were thoroughly checked for the correctness of the entries. The data were analyzed using a widely used “statistical package for social sciences“

FINDINGS

Comparison of pre and post test knowledge scores among girls with the age group of 12-14 yrs

Knowledge	Pre intervention		Post intervention		Paired t-test	
	Mean	SD	Mean	SD	Value	Sig.
	.47	2.02	19.82	.50	19.76	P<0.001

The above table reveals that the mean value of knowledge level of sample respondents towards sanitary practice in the pre intervention was .47 with standard deviation of 2.02, and post intervention was 19.82 with standard deviation of .50. The mean value of scores in pre intervention period indicates that the sample respondent have poor knowledge level during pre intervention period and the scores in post intervention mean value shows that there is an improvement in knowledge towards sanitary practice after intervention program.

The paired t-test has been applied to find out whether the intervention program had any effect in improving the knowledge on practice towards sanitary napkins. The hypothesis “There is a significant difference in the level of knowledge between the pre and post intervention” is accepted..

Chi square Values showed that association of student’s knowledge on practice with selected variables. There is a significant association between knowledge level and academic performance of the students (χ^2 15.825) and working status of the mother (χ^2 11.616). Conclusion The study findings showed that

the knowledge level of respondents on healthy practice of sanitary napkins towards promotion of feminine health was improved at significant level.

RECOMMENDATIONS

- Every school should have nursing personnel to maintain the healthy practices.
- Mass awareness program should be conducted in community areas explaining the effect of healthy practices on sanitary napkins to prevent/ reduce the reproductive problems and promote the reproductive health of the young growing girls.
- Conducting in-service education program among school teachers.
- The govt should appoint the qualified nursing personnel in schools to promote the school health.
- The govt should provide financial aid to practice safe sanitary disposable method in every school.
- Govt shall provide sanitary napkins to the girls through an automatic vending machine in all govt school campus.

RECOMMENDATION FOR FURTHER STUDY

- Similar study can be carried out in many schools with large samples.
- A comparative study can be done to assess the knowledge & attitude of the mothers and their children's towards healthy practice on sanitary napkins
- Similar study may be conducted among nursing students and nurses.

NURSING IMPLICATION NURSING PRACTICE

School health education is an integral part of the health services. Nurses can play an important role in health educational programs in helping the school students by teaching those regarding healthy practices on sanitary napkins towards promotion of feminine health.

NURSING ADMINISTRATION

Every primary health centre should be provided with adequate financial aid to provide sanitary napkins.

The school health nurse / public health nurse should periodically visit the school/ community area and should involve in the ongoing health education programme.

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ICN is pleased to announce the launch of a special Florence Nightingale teddy bear in support of the Girl Child Education Fund (GCEF). The GCEF provides for the primary and secondary schooling of orphaned daughters of nurses in developing countries, paying for school fees, uniforms, shoes and books. The GCEF is an initiative of ICN's premier foundation, the Florence Nightingale International Foundation (FNIF).