

**“A STUDY TO EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING
PROGRAMME ON KNOWLEDGE REGARDING MENSTRUAL HYGIENE
AMONG ADOLESCENT GIRLS (14-21) AT SELECTED COLLEGES,
BENGALURU.”**



SMT NAGARATHNAMMA COLLEGE OF NURSING

PROJECT REPORT 2020

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ABSTRACT

“A study to assess the effectiveness of a planned teaching programme regarding menstrual hygiene among adolescent girls age between (14-21) at selected college , Bengaluru.”

Background of the study

Menstruation, also known as period or monthly is the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina. The first period usually begins between 12 to 15 years of age called as menarche. The typical length of time between the first day of one period and the first day of the next is 21 to 45 days in young women, and 21-31 days in adult (an average of 28 days). Bleeding usually lasts around 2 to 7 days. Menstruation is still regarded as something unclean or dirty in Indian society and it is strongly related with misconceptions and cultural restrictions leading to isolation of the menstruating girls and restrictions imposed on them in the family. These practices have reinforced negative attitude towards menstruation in girls.

Objective of the study

- i. To assess the pretest knowledge regarding ‘menstrual hygiene’ amongst college girls of age (18-21).
- ii. To assess the effectiveness of pre-test and post-test knowledge scores of college girls of age 18-21 regarding and menstrual hygiene.
- iii. To find an association between pretest knowledge scores of college students of age 18-21 with their selected demographic variables.

Method

Pre-experimental design with one group pre-test and post-test design and evaluative approach was adopted. Purposive sampling technique was used to select the sample of 46 of college girls age 18-21 for the period of seven days for data collection. Closed ended questionnaire and planned teaching programme were used as a tool to assess the knowledge on menstrual hygiene. The data obtained were analyzed in terms of the objectives and it was calculated and tabulated.

Results

The findings of the study reveals that the overall mean pre-test knowledge score is less (12.21) as compared to overall mean post-test knowledge sores (71.45). Overall pre-test mean percentage is found to be 50.87% with standard deviation of 4.43 and post-test mean percentage is 71.45% with standard deviation of 3.19.

Interpretation and Conclusion:

The study had proved that respondents had inadequate knowledge regarding Menstrual Hygiene. The overall post-test mean knowledge scores and difference of standard deviation shows that there is a significant increase in knowledge regarding Menstrual hygiene after administration of planned teaching programme.

Key words: Menstrual hygiene, planned teaching programme

TABLE OF CONTENT

Chapter Number	Chapter Title	Page Number
1	Introduction	14-17
2	Objectives	18-19
3	Review of literature	20-32
4	Methodology	33-38
5	Result	40-50
6	Discussion	56-59
7	Conclusion	60-63
8	Summary	64-68
9	References	69-71
10	Annexures	72-82