

“A study to assess the knowledge through Structured Teaching Program regarding Pre-Menstrual Syndrome among Adolescent girls at Acharya Polytechnic College, Bengaluru”.



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4th Year B. Sc. Nursing (2020-24) Research Project Submitted to

Smt. Nagarathamma College of Nursing

Under the Guidance of Mrs. Nagammal Assistant Professor

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**THIS IS TO CERTIFY THAT THIS PROJECT WORK HAS BEEN SUCCESSFULLY
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**4 th YEAR B.Sc Nursing SUBMITTED AS A PARTIAL FULFILMENT OF
REQUIREMENTS FOR THE BACHELOR OF SCIENCE IN NURSING FROM
RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, BENGALURU**

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DECLARATION BY CANDIDATE

We hereby declare that this project entitled “A Study to assess the knowledge through structured teaching program on pre-menstrual syndrome among adolescent girls at selected acharya polytechnic, Bengaluru” is research done by Ms.Suneetha.D, Ms.Swarnashree patak, Mr.Ajmal.M, Mr.Ridhin vinodh, as a partial fulfilment of the requirement for the degree of Bachelor of science in nursing under the guidance of Mrs.Nagammal , M.Sc. (N)

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Place: Bengaluru

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CERTIFICATE BY THE GUIDE

This is to testify that the project entitled “A Study to assess the knowledge through structured teaching program regarding Pre-menstrual syndrome among adolescent girls at Acharya Polytechnic College in Bengaluru”, is research done by Ms. Suneetha.D, Ms. Swarnashree Patak, Mr. Ajmal.M, Mr. Rhidhin Vinodh, as a partial fulfillment of the requirement for the degree of Bachelor of Science in Nursing under the guidance of Mrs. Nagammal, Assistant Professor, Mrs. Nagarathamma College of Nursing.

Date: Signature of the Guide

Place: Bengaluru

ACKNOWLEDGMENT

s" OH, give thanks to the Lord, for He is good! For his mercy endures forever. The LORD is forme among those who help us."

There are several hands and hearts behind this work without which this final shape cannot be achieved for which wewould like to express my gratitude.

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Date:

Place: Bangaluru

ABSTRACT

A Study to assess the knowledge through structured teaching program among adolescent girls at Acharya polytechnic Bengaluru”.

BACKGROUND

Premenstrual Syndrome (PMS) is a common condition among adolescent girls, characterized by various physical, emotional, and behavioural symptoms occurring before menstruation

Despite its prevalence, awareness and understanding of PMS remain limited, particularly among adolescent girls

A lack of knowledge can lead to misconceptions and inadequate management of the symptoms, affecting the overall well-being and academic performance of these girls

Objectives of study

- To assess the pre and post level of knowledge regarding Pre-menstrual syndrome among adolescent girls.
- To evaluate the effectiveness of structured teaching program in improving the level of knowledge regarding pre-menstrual syndrome.
- To find out the association between pre-test level of knowledge with selected demographical variables.

Methodology

Quantitative approach was used to collect data from 50 samples selected by using purposive sampling technique through non-probability sampling approach consisting 3 sections:

Section A: Demographic variables consisting of 6 items.

Section B: Assessing the knowledge level of Pre-menstrual syndrome consisting of 20 items.

Section C: Association between pre-test level of knowledge with selected demographic variables.

Results:

The majority of respondent 90% had inadequate knowledge on Pre-menstrual syndrome during Pre test

After providing Structured teaching program, 92% of the respondents had Adequate knowledge on Premenstrual syndrome.

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