



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING MANAGEMENT OF PREMENSTRUAL SYNDROME AMONG ADOLESCENT GIRLS

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ABSTRACT

A study was conducted to reveal the effect of structured teaching program on the knowledge regarding the management of Premenstrual Syndrome among adolescent girls. Samples of 30 Adolescence Girls in Tirunelveli district were selected. In pretest mean value were 8.41 with standard deviation 4.86. In posttest the mean value was 17.81 with standard deviation 4.18. The mean difference score was 9.37. The paired' test score was 5.86 which is significant at $p < 0.05$ level. From the results of the study. Hence, the structured teaching programme was effective on knowledge regarding management of premenstrual syndrome among adolescent girls.

KEY WORDS: Adolescence girls, Premenstrual syndrome, structured teaching.

INTRODUCTION

Adolescence is a transitional stage of physical and mental human development occurring between puberty and adulthood. It is characterized by beginning and ending teenage stage. Adolescence is a person between the age group of 13 and 19. Puberty is a period of rapid growth and psychological changes. Adolescent is a stage is very important in the life of the girl, because of physical, sexual, psychological changes takes place. The major landmark of puberty for females is Menarche, the onset of Menstruation which occurs the age of 12-13. There can be emotional and physical discomfort problems with puberty.

Premenstrual syndrome to physical and emotional symptoms occur about 5 to 11 days before a woman starts her monthly menstrual cycle. The symptoms usually stops when the menstruation begins. premenstrual syndrome is a set of physical, behavior and emotional symptoms. The common physical symptoms are, abdominal fullness, bloating of abdomen and headache. The common psychological symptoms are confusion difficulty in concentration, tension, anxiety, irritability, aggressive behavior and

mood swings. premenstrual symptoms can be relieved by leading a healthy lifestyle, reduction of caffeine, sugar, increase of fibre diet and adequate rest and sleep.

Premenstrual syndrome refers to physical and emotional symptoms that occur in the one to two weeks before a Women's period. Some symptoms may be worsened by a high salt diet, alcohol or caffeine. Premenstrual syndrome has a wide variety of signs and symptoms including mood swings, tender breasts, fatigue, irritability and depression. It is estimated that as many as 3 of every 4 menstruating women have experienced some form of premenstrual syndrome.

In India, the premenstrual syndrome is the second (60.5%) most prevalent syndrome among the adolescent girls. Psychiatric symptoms are predominant in adolescent girls suffering from premenstrual syndrome.

According to the **epidemiology of premenstrual syndrome**, globally women with premenstrual syndrome usually present with both physical and mood symptoms. According to International **Psychiatric article**, premenstrual syndrome can be defined as constellation of



psychological and physical symptoms. A cross sectional study was conducted to determine the prevalence of premenstrual syndrome among female students in Zahedan University. The results revealed that, out of 300 female students, 68.2% reported severe premenstrual syndrome, 20.4% reported moderated Premenstrual syndrome and 12.6% showed mild premenstrual syndrome.

According to Chinese University of Hong Kong, a structured education programme among adolescents regarding premenstrual syndrome was given. The results proved that structured education programme was an effective source of reduction in Premenstrual syndrome.

STATEMENT OF THE PROBLEM

A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Regarding Management Of Premenstrual Syndrome Among Adolescent Girls Studying In Selected High School At Tirunelveli District.

OBJECTIVES OF THE STUDY

- To assess the pre test level of knowledge regarding management of premenstrual syndrome among adolescent girls .
- To assess the post test level of knowledge regarding management of premenstrual syndrome among adolescent girls .
- To evaluate the effectiveness of structured teaching programme on knowledge regarding management of premenstrual syndrome among adolescent girls
- To find out the association between the pre test knowledge regarding management of pre menstrual syndrome among adolescent girls with this selected socio demographic variables.

HYPOTHESIS

H₁ – There will be a significant difference in pretest and post test level of knowledge regarding management of premenstrual syndrome among adolescent girls.

H₂ – There will be a significant association between the pre test level of knowledge regarding management of premenstrual syndrome among adolescent girls with their selected socio demographic variables.

OPERATIONAL DEFINITION

Assess

In this study it refers the measurement of knowledge among adolescent girls regarding premenstrual syndrome and its management.

Effectiveness

In this study, it refers to assess the effectiveness of structured teaching programme in manipulate the knowledge among premenstrual syndrome among adolescent girls.

Structured Teaching Programme

In this study it refers to organized teaching and learning process for the study samples among adolescent girls regarding premenstrual syndrome and its management

Knowledge

In this study it refers to awareness of premenstrual syndrome and its management among adolescent girl

Premenstrual syndrome

In this study premenstrual syndrome refers to physical and psychological symptoms before the onset of menstruation.

Management

In this study management refers to measures taken to manage the symptoms of premenstrual syndrome

Adolescent girls

In this study adolescent girls (14 & 15 years) refers to the students studying in High school at Tirunelveli District

DELIMITATIONS

The study is delimited to

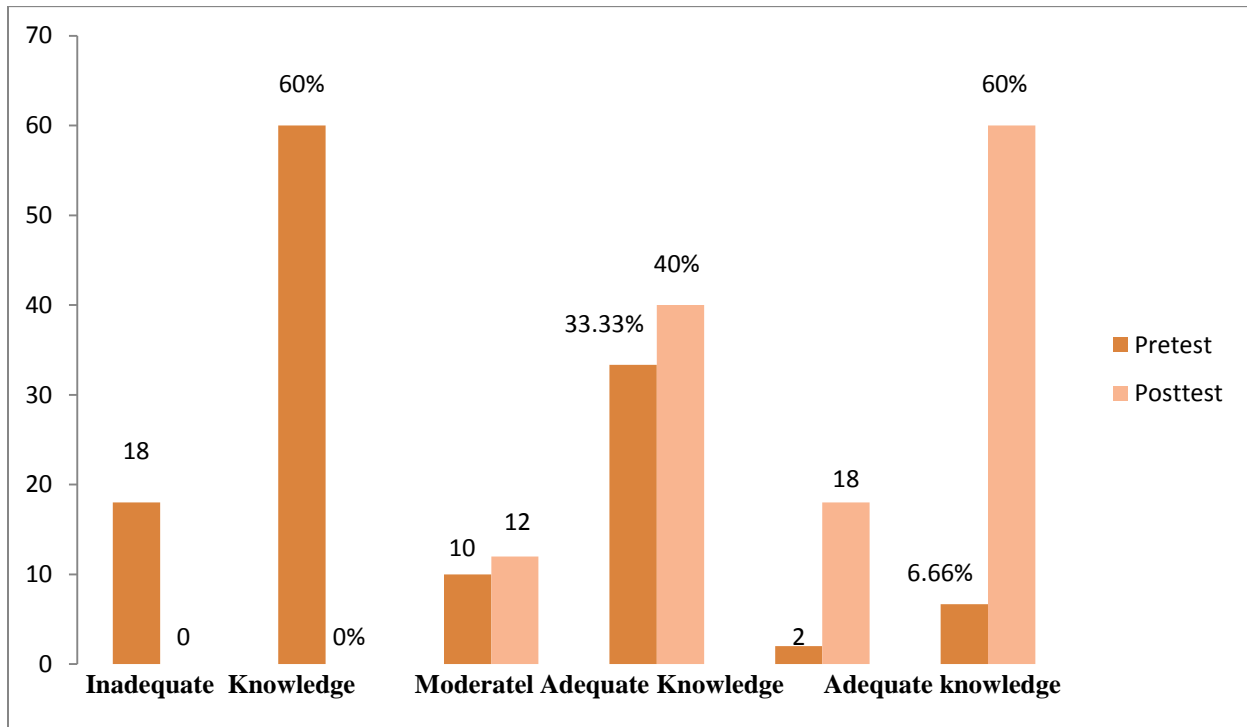
- Adolescent girls who are studying in High school
- Willing to participate
- Sample size 30



ANALYSIS AND INTERPRETATION

n=30

S.No.	Variable	Group	Mean	Standard Deviation	Mean Difference	Paired 't' test	Table Value
1.	Structured Teaching Programme	Pre test	8.41	4.86	9.37	5.86*	2.04
		Post test	17.81	4.18			



FINDINGS OF THE STUDY

- During pretest, the level of knowledge regarding management of premenstrual syndrome among adolescent girls 18(60%) were in inadequate knowledge,10(33.33%) were in moderately adequately knowledge and 2(6.66%) were in adequate knowledge.
- During posttest level of knowledge regarding management of premenstrual syndrome among adolescent girls, none of them were in inadequate knowledge,12(40%) were in moderately adequate knowledge and 18(60%) were in adequate knowledge.
- In pretest mean value were 8.41 with standard deviation 4.86.In post test the mean value were 17.81 with standard deviation 17.81.The mean difference score were 9.37.The paired' test score was 5.86 which was significant at p<

0.05 level. It shows that the structured teaching programme was effective regarding the knowledge of management of premenstrual syndrome among adolescent girls.

- There was no association between the pre test knowledge regarding management of pre menstrual syndrome among adolescent girls with this selected socio demographic variables.

CONCLUSION

The study was done to determine the effectiveness of structured teaching programme on knowledge regarding management of premenstrual syndrome among adolescent girls in selected high school. In pretest mean value were 8.41 with standard deviation 4.86. In posttest the mean value were 17.81 with standard deviation 4.18.



The mean difference score were 9.37. The paired test score was 5.86 which is significant at $p < 0.05$ level. From the results of the study, it was concluded that structured teaching programme was effective on knowledge regarding management of premenstrual syndrome among adolescent girls. The structured teaching programme are easy to follow and cost effective. For overall High school adolescent girls, using PowerPoint presentation regarding premenstrual syndrome and its management was given and pamphlets were issued to adolescent girls.

RECOMMENDATIONS

- ❖ A study can be conducted among Higher secondary girls
- ❖ A comparative study can be conducted for school girls and college girls
- ❖ A study can be conducted for longitudinal basis
- ❖ An experimental study can be conducted for the effectiveness of management of premenstrual syndrome.

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