

A Comparative Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Use of Sanitary Napkin among urban and Rural Adolescent Girls in Selected School of Bhilai (C.G)

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Abstract: Adolescence is the period of life between childhood and adulthood, when people experience rapid physical, cognitive, and psycho-social growth. It's usually associated with the teenage years, but can begin earlier or end later. The United Nations defines adolescents as people between the ages of 10 and 19. Adolescents are likely to face a range of reproductive health and social challenges. For instance, initiation of sexual activity while they lack adequate knowledge and skills for protection places adolescents at a higher risk of unwanted pregnancy, unsafe abortion and sexually transmitted infections including HIV/AIDS. Adolescence is a transformative phase marked by rapid growth, making menstrual hygiene critical for adolescent girls' health. This study examines the effectiveness of a structured teaching program on sanitary napkin use among urban and rural adolescent girls in Bhilai, C.G. Using a pre-experimental design, 60 participants were assessed through questionnaires before and after the intervention. Findings reveal significant improvement in knowledge post-intervention, underscoring the importance of educational programs in enhancing menstrual hygiene management and reducing health risks. The Role of community health nurses in school health is significant. It comprises imparting knowledge to the school girls about the importance of sanitary napkin. When the school girl is educated, she propagates the information to her family members, friends and to the society. It promotes the dignity of the girls and women in the society. Thus, the community health nurse plays a major role to empower the school girls with adequate knowledge on sanitary napkin during menstruation, which enhances self esteem and academic performance. Therefore, it helps them to develop themselves comprehensively and that promote their quality of life. **Material and Method:** Totally 60 adolescents were selected from the school of Bhilai (C.G.) after obtaining informed consent. Data were collected using 40 questionnaires. **Result:** The structured teaching programme was highly effective in improving the knowledge of adolescent school girls regarding use of sanitary napkin in urban and rural area as 't' value 8.62(urban) and 3.14(rural) was greater than the table value (2.05) at 0.05 level significance respectively. on comparing the knowledge score regarding use of sanitary napkin among adolescent school girls in urban and rural, it was found that there was no significant difference in the pre- and post-test knowledge score among the subject in urban and rural adolescent school girls as the calculated 't' value 0.96(urban) and 0.45(rural) was less than table value (2.05) at 0.05 level of significance respectively.

Keywords: Sanitary napkin, structured teaching program, adolescent girls, menstrual hygiene, urban-rural disparity

1. Introduction

Sanitary napkins are a crucial aspect of menstrual hygienic management, as they provide a hygienic and safe way to manage menstrual flow. However, in many settings, girls and women face barriers in accessing and using sanitary napkins due to factors such as: Limited availability and affordability, cultural beliefs and taboos, Lack of education and awareness. Sanitary napkins are a widely used absorbent product for managing menstrual flow. However there is a significant disparity in the knowledge and use of sanitary napkins between urban and rural adolescent girls. 71% of urban adolescent girls use sanitary napkins, whereas only 31% of rural adolescent girls use them (source: National Family Health Survey -5, 2019 -20) 45% of rural adolescent girls rely on unhygienic practices, such as using cloth or ash to manage their menstrual flow (sources: UNICEF, 2019) 62% of urban adolescent girls have access to sanitary napkins at home, compared to only 21% of rural adolescent girls (source: NFHS-5, 2019-20) According to the report by UNICEF

(2023) there are 243 million adolescence comprising 20% of total population in India, which clearly shows that India has got more young people. It includes 10% of school girls aged between 12 to 14 years and majority of them lives, in rural areas. They do not know to take care of themselves in hygienic way during the time of menstruation which adversely affects their health.

2. Objectives

- 1) To assess the knowledge regarding use of sanitary napkin among urban and rural adolescents' girls in selected school of Bhilai, C.G.
- 2) To evaluate the effectiveness of structured teaching programme on knowledge regarding use of sanitary napkin among urban and rural adolescents girls in selected school of Bhilai, C.G.
- 3) To compare the knowledge among urban and rural adolescents girls in selected school of Bhilai, C.G.

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- 4) To find out the association between pre- test knowledge score regarding use of sanitary napkin among urban adolescents school girls with their selected socio demographic variables in selected school of Bhilai, C.G.
- 5) To find out the association between pre- test knowledge score regarding use of sanitary napkin among rural adolescents school girls with their selected socio-demographic variables in selected school of Bhilai, C.G.

3. Material and Method

A research study was conducted using pre – experimental research design. Sample in the study were urban and rural adolescent girls fulfilling the inclusion criteria at the selected settings. Data was collected using self-structured questionnaire to assess socio-demographic variables, self -structured questionnaire to assess knowledge regarding sanitary napkin.

4. Results and Discussion

a) Analysis to assess the knowledge regarding use of sanitary napkin among urban and rural adolescent school girls Bhilai, C.G.

Overall analysis of pre- test and post- test knowledge score regarding use of sanitary napkin among urban and rural adolescents school girls in Bhilai, C.G.

Overall analysis of pre- test and post- test knowledge score regarding use of sanitary napkin among urban adolescent school girls in pre- test 8 (26.6%) had good knowledge score, 19(63.3%) had average knowledge score, 3(10%) had poor knowledge score. Whereas in post -test majority of them 20(66.6%) had good knowledge score, 10 (33.3%) had average knowledge score. Among rural adolescent school girls in pre- test 6(20%) had good knowledge score, 16(53.3%) had average knowledge score, 8(26.6%) had poor knowledge score. Whereas in post -test majority of them 24(80%) had good knowledge score, 6(20%), had average knowledge score.

b) Paired t - test to evaluate effectiveness of structured teaching programme regarding use of sanitary napkin among urban and rural adolescent school girls in Bhilai, C.G.

Table 1

Urban adolescent school girls	N	Mean	Mean%	SD	CV	DF	Paired ‘t’ value	Inference
Pre -test	30	30.3	86.7	3.3	34.9	29	8.62	significant
Post -test	30	39.0	92.8	2.2	10.6			

Table 2

Rural adolescent school girls	N	Mean	Mean%	SD	CV	DF	Paired ‘t’ value	Inference
Pre-test	30	29.4	81.6	3.3	11.2	29	3.14	Significant
Post-test	30	39.5	94.0	5.3	13.4			

The above tables depict that there was significant increase in the post- test knowledge score of adolescent school girls in urban and rural school area as the calculated ‘t’ value 8.62(urban) and 3.14(rural) was greater than the table value (2.05) at 0.05 level significance respectively. This reveals that structured teaching programme was highly effective in improving the knowledge of adolescent school girls regarding use of sanitary napkin in urban and rural areas.

napkin among rural adolescent girls with their selected socio- demographic variables i.e., residence, educational status of mothers , any information received regarding sanitary napkin, as the chi- square values, 90.46, 14.5, 7.560 were greater than table values 5.9, 12.59, 5.99 at 0.05 level of significance respectively.

- c) Analysis to find out the association between pre- test knowledge score regarding use of sanitary napkin among urban adolescent school girls with their selected socio demographic variables Shows that there was significant association between knowledge score regarding use of sanitary napkin among urban adolescent girls with their selected socio- demographic variables i.e., type of family , residence, educational status of fathers, any information received regarding sanitary napkin, sources of information regarding use of sanitary napkin as the chi-square values , 31.60, 35.21, 98.61, 32.5, 23.69 were greater than table values 9.49, 5.99, 15.51, 5.99, 12.59 at 0.05 level of significance respectively.
- d) Association between pre- test knowledge score regarding use of sanitary napkin among rural adolescent school girls with their selected socio demographic variables reveals that there was significant association between pre- test knowledge score regarding use of sanitary

5. Recommendations

Based on the following recommendations have been made for further study-

- 1) A similar study can be conducted to assess the knowledge regarding use of sanitary napkin among urban and rural adolescent school girls.
- 2) A study can be conducted among different age group of school girls.
- 3) A study can be conducted to find out the knowledge of mothers and teachers regarding sanitary napkin practice.
- 4) Similar study can be conducted with large sample to generate the findings.
- 5) A similar study can be conducted with experimental and control group.

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