

A Study to Assess the Effectiveness of a Self-Instructional Module on Knowledge Regarding Reproductive Health among Adolescent Girls in Selected P U Colleges in Bangalore

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Abstract: *Reproductive health is a crucial part of general health and a central feature of adolescent development. A pre-experimental study was conducted to assess the knowledge regarding reproductive health among adolescent girls in selected P U colleges. The study was non probability convenient sampling and sample size was 60 adolescent girls. There was a statistically significant association of knowledge of score with age, type of family, previous exposure to information regarding reproductive health.*

Keywords: self-instructional module, reproductive health, knowledge, adolescent girls, effectiveness

1. Introduction

Reproductive health is an important area of concern in adolescent health and intimately connected with the issues like RCH, population control and HIV/AIDS prevention. Reproductive health means that individuals can manage their own sexuality and have unrestricted access to the full range of reproductive health care options. The WHO defines adolescence is a period of life between age 10-19. As the adolescent girls steps into the reproductive age, many parents do not adequately explain to them, the various changes which occur in the body contour that indicate puberty and about how to take care of themselves.

2. Method

A study was non probability convenient sampling based on inclusive criteria and design chosen for the study is pre-experimental one group pretest posttest research design. The study was conducted on 60 adolescent girls studying in selected P U college at Bangalore.

3. Results

The findings show that in pretest out of 60 adolescent girls 21(35.0%) had moderate knowledge followed by 39 (65.0%) of the subject had inadequate knowledge on reproductive health. In posttest among 60 adolescence girls 26 (43.33%) of the subjects had moderate knowledge followed by 44(73.33%) of the subjects had average knowledge on reproductive health. There was statistically significant difference between the pretest posttest knowledge score of adolescent girls on reproductive health at $P < 0.01$ level. There was a statistically significant association of knowledge of score with age, type of family, previous exposure to information regarding reproductive health. ($\chi^2 = 8.3^*, 5.5^*$ and 5.2^* respectively) at $P < 0.01$ level.

4. Conclusion

Based on the findings, it was concluded that self-instructional module was effective in improving the knowledge of adolescent girls on reproductive health.

5. Future Scope

Comparative study can be conducted to assess the knowledge on reproductive health among adolescent girls studying and women.

References

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