

A Quasi - Experimental Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Teenage Pregnancy and its Prevention among Teenage Girls Studying in Selected Rural Higher Secondary School of Burdwan, West Bengal

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Abstract: ***Background:** Teenage pregnancy is a global problem that occurs in high, middle and low income countries. Around the world, teenage pregnancy is more likely to occur in marginalized communities, commonly driven by poverty and lack of education and employment opportunities. For some adolescents pregnancy and childbirth are planned and wanted. **Objectives:** To assess the knowledge of teenage girls regarding teenage pregnancy and its prevention, to evaluate the effectiveness of PTP on knowledge regarding teenage pregnancy and its prevention among teenage girls. **Material and Method:** A quasi - experimental research design was used. A Simple random sampling technique by envelope method was used to enroll 30 teenage girls. Pretest questionnaire was administered through structured knowledge questionnaire. PTP was administered and post test was done after 7 days. Data obtained were tabulated and analyzed in terms of objectives of the study using descriptive and inferential statistics. **Conclusion:** The findings of the study showed that the mean post test knowledge score 14.83 ± 3.06 was higher than the mean pretest knowledge score 9.2 ± 1.35 . The results showed that PTP was an effective method to increase the knowledge of teenage girls regarding teenage pregnancy and its prevention.*

Keywords: Effectiveness, Teenage Pregnancy, Planned Teaching Programme (PTP), Teenage girls

1. Introduction

Teenage pregnancy is a serious problem today all over the world and more so in the developing countries like India, as early marriages and early pregnancy are the accepted cultural norms of our society. Teenage pregnancy is generally considered as a very high risk event because teenage girls are physically and psychologically immature for reproduction. There are some extrinsic factors such as inadequate prenatal care, illiteracy, poor socio - economic condition which affect the outcome of pregnancy in teenage girls. There is a growing recognition of the need for action to promote adolescent reproductive health.

Globally teenage pregnancy accounts for 16 million in the age group of 15 - 19 years, in which 10% is teenage pregnancy, one-third is abortion, 14% of them miscarry and 52% will bear children. In developing countries accounts for 95% of teenage pregnancies, the highest teen birth rates has been recorded in Mississippi, with of 68.4%, Mexico with 64%, Texas with 63%, the lowest rates are recorded in countries with in northeast 18.7%, Vermont with 20.8% (WHO, 2009).

Objectives of the study were

- 1) To assess the knowledge of teenage girls regarding teenage pregnancy and its prevention,
- 2) To evaluate the effectiveness of PTP on knowledge regarding teenage pregnancy and its prevention among teenage girls

Hypothesis

H1: There will be significant difference between pre - test and post - test scores of knowledge regarding teenage pregnancy and its prevention among teenage girls after planned teaching programmed.

2. Material and Method

A quasi - experimental research design was used. A Simple random sampling technique by envelope method was used to enroll 30 teenage girls. Pretest questionnaire was administered through structured knowledge questionnaire. PTP was administered and post test was done after 7 days. The pilot study was conducted with 6 samples in Burdwan Adarsha Vidyalaya (High School), in Purba Bardhaman, West Bengal. The samples were selected by using envelope method of simple random sampling technique. The main study was conducted among 30 teenage girls studying in Talit Goureswar High School (H. S) in Purba Bardhaman, West Bengal. The collected data was analyzed and interpreted based on descriptive and inferential statistics.

3. Results

The finding of the study showed that the pre - test level of knowledge regarding teenage pregnancy and its prevention, majority of teenage girls 29 (96.67%) had average knowledge and 1 (3.33%) had poor knowledge. After giving PTP, 25 (83.33%) teenage girls had adequate knowledge and 5 (16.67%) teenage girls had average knowledge. The calculate value of t was 10.46 which is greater than the

tabulated value of t^* i. e 2.05. In pre - test the mean value and standard deviation were 9.2 and 1.35 which was lower than the post test mean value (14.83) and standard deviation (3.06). The result revealed that there was a significant difference between pre - test and post - test scores of knowledge regarding teenage pregnancy and its prevention among teenage girls after planned teaching programmed. So the research hypothesis was accepted and PTP was effective.

4. Conclusion

The study findings showed that there was a significant difference in the knowledge scores of the teenage girls after getting PTP. The paired 't' test between pre - test and post test knowledge score showed that there was significant gain in knowledge after getting PTP. The results of this study inferred that PTP was the best teaching and learning strategy as it enhanced the knowledge of teenage girls regarding teenage pregnancy and its prevention. The overall experience of conducting the study was new experience for the investigator in the field of research. The consent encouragement and the direction of guides, co - operation of respondents to participate in the study contributed to the fruitful and successful of the study.

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