

# EVALUATE THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE REGARDING MENSTRUAL HYGIENE AMONG THE ADLOSCENTS IN SELECTED RESIDENTIAL COLLEGE, ODISHA

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## Abstract

*Menstruation is a normal physiological process of females at their reproductive age. Menstruation and menstrual hygiene practice still clouded by taboo and sociocultural restrictions resulting the adolescent girls remaining ignorant of the scientific society. This study undertaken with the objective to assess the level of knowledge, to evaluate the effectiveness of self Instructional module and to find out the association among the pre-test level of knowledge with socio-demographic variables. One group Pre-Test Post-Test Design and purposive sampling techniques was adopted to draw 30 no of sample. Self Structured questionnaires used for collection of data. Result show that in Pre-Test majority of the adolescent 18 (60%) having Inadequate, 12 (40%) were average where as none of them were having adequate knowledge. After administration of S.I.M post-Test Data revealed that 23 (76.75%) having adequate, 07 (23.3%) having average and none of them having inadequate knowledge. The S.I.M found to be highly effective for raising the knowledge level of adolescents.*

**Key Words:-** Assess, Self Instructional Module, Menstrual Hygiene, Adolescents

## Introduction:

Menstruation is a normal physiological process of females at their reproductive age. Menstruation and menstrual hygiene practice still clouded by taboo and socio-cultural restrictions resulting the adolescent girls remaining ignorant of the scientific society. Menstrual hygiene is a vital aspect of adolescent health. Health Education regarding menstrual hygiene has been recommended by Health organization like UNICEF, WHO Menstrual hygiene management should be an imperative part of health care. The menstrual hygiene practice still clouded by taboos resulting in adolescents girls remaining ignorant of the scientific society.

## Material and Method:

one group Pre-Test Post-Test Research design was used for this study. Purposive Sampling techniques used to draw 30 number of sample. Self Structured questionnaires consist up two, Part A containing Socio- demography variable like Gender, Age, religion, Education, Occupation of mother, family monthly income, types of family, onset of menarche and Part-B coning the questionnaires related to assessment of knowledge regarding menstrual hygiene used for data collection. After obtaining approval from IEC, prior permission from authorities Pilot and Main study carried out at Maheswari +2 College , Sundargarh and Gurukul +2 College, Sundargarh Pre-test was done followed by administration of S.I.M and Post-Test was conducted. Roy's Adaption model was used for the conceptual frame work. Extensive

review of literature done for findings of previous study result and difficulties. Present study conducted at Maheswari +2 College , Sundargarh. Data were analyzed using descriptive and inferential statics.

**Result:-**

1. Socio-Demographic data revealed that 25(83.4%) were female, 11 (36.65) were at the age of 16, 16 ( 53.335) were belongs to Hindu, 11 ( 36.33%) were reading in +2 first year, 18(60%) participant’s mother were house wife, 15 (505) participant’s family having monthly income in-between 10001-15000, 18 (60%) weew living in nuclear family and 25 (83.335) were have onset of menarche.
2. 18 (60%) found to be having inadequate and 12(40%) having average whereas none of them found with adequate knowledge regarding menstrual hygiene in the Pre-Test assessment.

Sl no	Level of Knowledge	Pre-Test	
		F	%
1	Inadequate	18	60
2	Average	12	40
3	Adequate	00	00

**Table -1** showing frequency and percentage wise distribution of level of knowledge

3. For evaluation of effectiveness of S.I.M t-Test was done on Pre-Test and Post-Test knowledge score. The calculated t-value found to be **5.83** where as the table value is **2.045** at significant level of **0.05**. Hence S.I.M was found to be effective.



**Figure-1** showing the comparison of Pre-Test Post-Test level of knowledge regarding menstrual hygiene.

4. None of the Socio-demography variables found to be sigificant with the level of knowledge regarding the menstrual hygiene.

**Discussion:-**

Present Study revealed that adolescents having the inadequate level of knowledge regarding menstrual hygiene. Administration of Self Instructional Module found to be effective in raising the level of knowledge. Based on the findings of this study a similar study can be conducted on large population to generalize the findings, other various methods can be used to raise the level of knowledge and descriptive study can be conducted in community setting for the mass raising of awareness.

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