

Effectiveness of Information Booklet on Knowledge of Father about his Contribution Related to Menarche of the Daughter in Selected Rural Area

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Abstract

Aim: The main aim of the present study was “Effectiveness of Information Booklet on knowledge of father about his contribution related to menarche of the daughter in selected rural area.”

Background: The age of menarche or first menstruation is an important maturity indicator for assessment of development status of pubertal female. Puberty is a very important development stage for females. It involves a complex process of biological, morphological, and psychological changes that transform the body from that of child to adult. In female puberty is a slow process. During this time, female experiences their first menstrual bleeding known as menarche.

Materials and Methods: A quantitative approach with pre experimental one group pre-test post-test design was used for the study. A total of 100 father were selected as sample for study using purposive sampling technique. Inform consent was taken from father. Pre-test was conducted using structured knowledge questionnaire and on the same day Information Booklet was also administered. After 7 days, post-test was conducted to assess the gained in knowledge using the same structured knowledge questionnaire to assess post-test knowledge of father. Data were analyzed with the help of frequency, mean and standard deviation. Chi-square was used to determine the association between knowledge of father regarding menarche of the daughter with selected demographic variables.

Results: Study Findings revealed that majority of the father that is 87% were having one biological daughter in the family, 10% of father were having two biological daughter in the family, and 3% were having three biological daughter in the family. Majority of the father that is 94% were do not know when girls start their first menstruation and remaining 6% of father were know when girls start their first menstruation. About 99% represented that from wife they know about menstrual cycle and 1% of father were receive information from mass media about menstrual cycle. About 100% father show interest that they wanted to know about menstrual cycle and there was a significant association between the occupation were found significant at (<0.05) level of significance.

Conclusion: There was significant difference in the pre-test and post-test knowledge score of father, which indicated Information Booklet was effective in improving knowledge of father on his contribution related of the daughter. The administration of Information Booklet acts as guiding key for father to improve knowledge and aware themes self about daughter menstruation.

Keywords: Daughter, father, information booklet, menarche, rural area

Date of Submission: 20-01-2022

Date of Revision: 10-02-2022

Date of Acceptance: 15-02-2022

Access this article online

Website: <http://innovationalpublishers.com/Journal/ijnh>

ISSN No: 2454-4906

DOI: 10.31690/ijnh.2022.v08i01.001

INTRODUCTION

“A girl's first true love is her father”

-Marisol Santiago

School life is the first experience of living outside the home which mold the school children to prepare themselves to lead a life, according to their growth and development and changing needs of the society.^[1] Puberty is a period of rapid physical and

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personality growth. A girl has entered puberty when she begins to menstruate (Menarche). Puberty for girls is the period for her sexual maturity.^[2]

The world Health Organization defines adolescents as young people between the ages of 10–19 years. Adolescent population constitutes about 16% of world's total population.^[3] Adolescence is a transition period from childhood to adult life.^[4] Adolescence is an important and sensitive phase of life many physical, mental, and social developments take place during this phase.^[4]

According to UNICEF, Puberty is defined as the sequence of events by which the individual is transformed into a young adult by a series of biological changes. As growing numbers of girls reach puberty, even before they are ten. Adolescence begins with the onset of puberty.^[5]

Menstruation is generally considered as unclean leading to isolation of the menstruating girls and restrictions imposed on them in the family. These practices have reinforced negative attitude toward menstruation in girls. The center for social research in 1990 have reported restrictions in daily activities not being allowed to take bath, change cloths, comb hair, enter holy places apart from there dietary restrictions (taboo on consumption of food like rice, curd milk, lassie, onion sugarcane, etc.).^[6]

There is very little awareness about menstruation among girls when they first experience it. Social prohibitions and negative attitude of elders in discussing the related issues openly has blocked the access of adolescent girls to right kind of information especially in rural, urban, and tribal community.^[6]

Adolescent girls constitute vulnerable group particularly in India where female child is neglected one. Menstruation is still regarded as something unclean (or) dirty in Indian society. The reaction to menstruation depends upon awareness and knowledge about subject.^[7]

In first period more importance must be given to starting of Menstruation in women life. To highlight the menstrual hygiene awareness among girls 28th may is observed as menstrual hygiene day, which aims to break taboos and raise awareness about the importance of good menstrual hygiene management for women and adolescent girls worldwide. The average age of menarche is about 13.7 in India, 12.5 years in United States, 12.7 in Canada, and 12.9 in the UK.^[8]

Research methodology

Objectives of the study

The objectives are as follows:

1. To assess pre-test knowledge of fathers regarding menarche of the daughter in selected rural area.
2. To evaluate effectiveness of information booklet on knowledge regarding menarche of the daughter in selected rural area.
3. To find out association between knowledge of father regarding menarche of the daughter with selected demographic variables.

MATERIALS AND METHODS

The study was conducted in rural area. Research design selected for present study was pre experimental one group pre-test post-test design. Study period from January 2, 2020, to January 11, 2020. A total of 100 fathers were selected using purposive sampling technique.

Data collection instrument

Section I: Demographic data of father. (This section consist of ten items include Age, Religion, Education, Occupation, Income, Type of family, Number of biological daughter in the family, Do you know when girls start their first menstruation, if yes, at what age, from whom you came to know about menstrual cycle, and Do you want to know about the menstrual cycle).

Section II: Structured knowledge questionnaires to assess the knowledge regarding father's contribution related menarche of the daughter.

Data collection procedure

The researcher has obtained ethical committee approval. Researcher obtained permission from Gramsevak of the selected rural area. Researcher done survey on January 2, 2020, A total of 143 family survey were done in that 107 families having biological daughter. Researcher first is given self-introduction to fathers. Explanation about study giving to fathers and written consent taken from the fathers. Pre-test knowledge of fathers was assess with the help of structured knowledge questionnaire, after Information Booklet 15–20 min was given post-test was conducted for same group after 7 days with the help of structured knowledge questionnaire.

Statistical analysis

Demographic variables were analyzed in terms of frequency and percentage. Paired *t*-test was used to determine the significance of mean difference between pre-test post-test. Chi-square test is used to determine the association between knowledge of father regarding menarche of the daughter with selected demographic variables.

RESULTS

Table 1 revealed that most of samples from 36 to 40 year age group 55%. Majority of father 97% were Hindu. About 89% of father where having nuclear type of family. Majority of the father that is 87% were having 1 biological daughter in the family. Majority of the father that is 94% were don't know when girls start their first menstruation and remaining 6% of father were know when girls start their first menstruation. About 99% represented that from wife they know about menstrual cycle and 1% of father were receive information from mass media about menstrual cycle. About 100% father show interest that they wanted to know about menstrual cycle.

Table 2 showed that pre-test mean score of knowledge level was 12 which was increased in post-test 18.27. The calculated "*t*" value that is 20.68 at 99 degree of freedom was much higher

than the tabulated value at 5% level of significance that is 1.66. Hence, it was statistically interpreted that there is a significant difference in pre-test-post-test knowledge among fathers.

Table 3 obtained Chi-square value that is 13.1526 of post-test knowledge scores with selected demographic variable that is occupation was found significant at 5% level of significance at $df = 3$.

Table 1: Demographic data of fathers in terms of frequency and percentage. $n=100$

Demographic Variable	Frequency	Percentage
Age (of Father)		
30–35	00	00
36–40	55	55
41–45	43	43
46 and Above	02	02
Religion		
Hindu	97	97
Muslim	03	03
Christian	00	00
Other	00	00
Educational qualification		
Illiterate	00	00
Primary education	57	57
Secondary and higher secondary	40	40
Post graduate and above	03	03
Occupation of father		
Government service	02	02
Private service	11	11
Business	80	80
Any other	07	07
Family income (per month)		
Less than 5000	01	01
5001–10,000	46	46
10,001–15,000	26	26
More than 15,000	27	27
Types of family		
Nuclear	89	89
Joint	11	11
Extended	00	00
Number of biological daughter in the family		
1	87	87
2	10	10
3	03	03
More than 3	00	00
Do you know when girls start their first menstruation		
Yes	06	06
No	94	94
From whom you to know about menstrual cycle		
Wife	99	99
Relative	00	00
Mass media	01	01
Any other source like	00	00
Do you want to know about the menstrual cycle		
Yes	100	100
No	0	0

DISCUSSION

Kapila (2018), a study conducted on A Study to Develop and Evaluate the Effectiveness of Information Booklet Regarding Prevention and Control of Sexually Transmitted Infections in Terms of Knowledge and Attitude of Adolescents in Selected Private School of Delhi. The study was evaluative with one group pre-test post-test design. The population comprised of adolescents who were studying in 11th class of Mata Nand Kaur Sr. Sec. Public School, Dhansa Village, New Delhi. Quota sampling technique was used to select a sample of 50 adolescents. The tool consisted of a structured questionnaire (knowledge, attitude scale, and opinionnaire on acceptability of Information booklet). The adolescents who participated in the study were given a pretest and Information Booklet administered. Post-test was conducted on 7th day. An opinionnaire on acceptability of the Information Booklet was administered after post-test. Mean post-test knowledge and attitude score of the adolescents were significantly higher than their mean pre-test knowledge and attitude score; a significant positive relationship was found between knowledge and attitude of the adolescents after the administration of Information Booklet; there was significant association between posttest knowledge score with variables such as education of mother, source of information and stream of education; and between post-test attitude score with variables such as source of information and stream of education; and Information Booklet was found to be highly acceptable and useful by the adolescents. Information Booklet was found to be effective and there was a high level of acceptability of the information booklet.^[9] In the present study, researcher thought to give Information Booklet on knowledge of father regarding his contribution related to menarche of the daughter in selected area. A pre-experimental one group pre-test post-test research design was used. A total of 100 father were selected by purposive sampling technique as per the inclusion criteria. Structured knowledge questionnaires were used as an instrument. Pre-test was conducted to assess the knowledge of father regarding his contribution related to menarche of the daughter using structured knowledge questionnaire on day “0.” On the same day, Information Booklet was also administered to a father regarding his contribution related to menarche of the daughter. On 7th day, post-test was conducted to assess the gain in knowledge using the same structured knowledge questionnaire on the same sample. The present study concluded that the father lacked appropriate knowledge regarding his contribution related to menarche of the daughter after giving the Information Booklet all findings suggest that considerable improvement was noticed in father knowledge.

Table 2. Effectiveness of Information Booklet on knowledge of father regarding his contribution related to menarche of the daughter. $n=100$

Knowledge	Maximum score	Mean Score	SD	“t” value	Degree of freedom	S/NS
Pre-test	25	12	2.86	20.68**	99	Highly significant
Post-test	25	18.27	2.39		(1.66)	($P<0.05$)

*Significant, **Not significant ($t_{(99)}=20.68$, table value $t_{(99)}=1.66$, $P<0.05$)

Table 3: Association of post-test knowledge of father regarding his contribution related to menarche of the daughter with their selected demographic variable

S. No.	Variables	χ^2
1.	Age	2.49
2.	Religion	0.46
3.	Education	2.55
4.	Occupation	13.15
5.	Family income	7.02
6.	Types of family	0.29
7.	Number of daughter in the family	1.70
8.	Do you know when girls start their first menstruation	0.74
9.	From whom you come to know about menstrual cycle	0.53
10.	Do you want to know about the menstrual cycle	0.00

The Information Booklet was effective in increasing the knowledge of father regarding his contribution related to menarche of the daughter in selected rural area.^[9]

CONCLUSION

This study concluded that Information Booklet was effective in improving knowledge of father on his contribution related of the daughter. The administration of Information Booklet acts as guiding key for father to improve knowledge and aware themes self about daughter menstruation.

ACKNOWLEDGMENT

It is the matter of great privilege for us to express our sincere thanks to all those. Who helped us through there expert guidance, active co-operation and good will in completion of our study. Above all we express our deep sense of gratitude to the God and those who have contributed to the successful completion of this endeavor.

FUNDING

This research did not receive any specific grand from funding agencies in the public, commercial, or not-for-profit sectors.

CONFLICT OF INTEREST

The authors declared no conflict of interest.

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How to cite this article: Chakor G, Deshpande RA, Gurav A, Naik P, Shinde E, Morane D. Effectiveness of Information Booklet on Knowledge of Father about his Contribution Related to Menarche of the Daughter in Selected Rural Area. *Innov J Nurs Healthc.* 2022;8(1):1-4.