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Research article

A study to assess the effectiveness of planned teaching programme on adolescent health among the students in selected school of Pune city

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Abstract

Introduction: Adolescence, the second decade of life, a period in which an individual undergoes major physical and psychological changes. Alongside, there are enormous changes to person's social interaction and relationships. It is a phase in an individual's life rather than a fix time period, a phase in which an individual is no longer a child but is not yet an adult. Adolescence has also been described as "demographically dense": a period in life during which a large percentage of people experience a large percentage of key life-course events. **Aim and objective:** A study to assess the effectiveness of planned teaching programme on adolescent health among the students in selected school of pune city. **Method:** The research design used was one-group pre-test post-test pre-experiment design; Non probability purposive sampling technique was used. The sample was selected from the English medium School of Pune city. The samples consist of 59 students from 6th standard and 41 students from 7th standard school children from the respective English medium school of Pune City. A structural questionnaire was prepared to assess the knowledge regarding adolescent health. **Results:** The main finding of the study shows that there was increase in the knowledge of the pre-adolescent girls after planned teaching programme. As there was significant difference between in the knowledge score after planned teaching programme, as calculated Z value (24.88) was greater than 1.96 at 0.05 level of significant. **Conclusion:** The study shows that the planned teaching programme was effective in increasing the knowledge of the pre-adolescent girls regarding adolescent health.

Keywords: Effectiveness Planned teaching programme, adolescent, Health and girls.

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1.Introduction

Adolescence, the second decade of life, a period in which an individual undergoes major physical and psychological changes. Alongside, there are enormous changes to person's social interaction and relationships. It is a phase in an individual's life rather than a fix time period, a phase in which an individual is no longer a child but is not yet an adult [1]. At the time it is the

period of risk; appear when health problems which have serious immediate consequences can and to occur (such as too-early and unwanted pregnancies); a period when problem behaviors which could have serious adverse effects on health in the future (such as tobacco smoking, alcohol consumption) are initiated [2]. The present study aims to developing and evaluating the effectiveness of planned teaching on adolescent health among student in

selected school and also aimed at creating awareness among pre-adolescent girls about adolescent health.

Objectives:

The objectives of the study were,

1. To assess the knowledge of students (pre-adolescent girls, age 10-13 years) before planned teaching programme on adolescent health.
2. To assess the knowledge of students (pre-adolescent girls, age 10-13 years) after planned teaching programme on adolescent health.
3. To compare the knowledge score before and after the planned teaching programme on adolescent health.
4. To associate the finding with the selected demographic variables.

2. Methods

The research design used was one- group pre-test post-test pre-experimental design; Non probability purposive sampling technique was used. The sample was selected from the English medium school of Pune city. The samples consist of 59 students from 6th standard and 41 students from the 7th standard school children from the respective English medium school of Pune city. A structured questionnaire was prepared to assess the knowledge regarding adolescent health.

The content validity was determined by the experts from Community Health Nursing, Paediatric Nursing and Obstetrics & Gynaecology Nursing. The reliability of the tool was done by test-retest method and was found to be 0.98 by using Karl Pearson's correlation coefficient formula. Pilot study was conducted on 10 samples from 7th standard of Dnyanankur English Medium School and junior college, Pune to fulfil the criteria. Questionnaire was prepared for the data collection. And it was found feasible to conduct as no major problem faced.

For the main study the formal permission was obtained by writing an application to the school principal of Saraswati Vidyalaya English primary School, Pune. The actual study was conducted on 100 sample of Saraswati Vidyalaya English primary School. Data collection was done from 19th November 2016 to 26th November 2016.

3. Results and discussion:

The main finding of the study shows that there was increase in the knowledge of the students after planned teaching programme. The mean score in pre-test was 5.37 and which has increased to 15 in post –test. Probability of increase in knowledge is positive. As S.D increase from pre-test to post-test, i.e. S.D was 2.64 in pre-test to 2.75 in post-test.

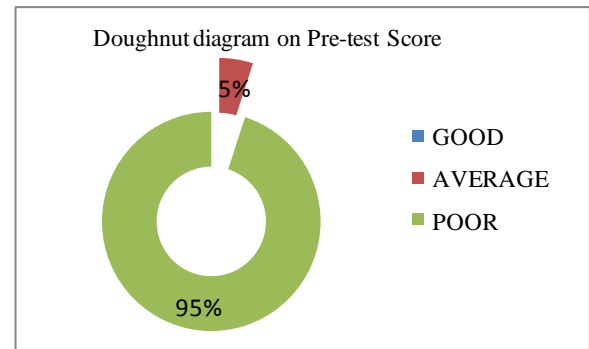


Figure No 1: Doughnut diagram of pre-test score

The number of students who got good score that is 0, the number of student who got average score that is 5 and the number of student who got poor score that is 95. So the table shows the maximum number of students have poor knowledge.

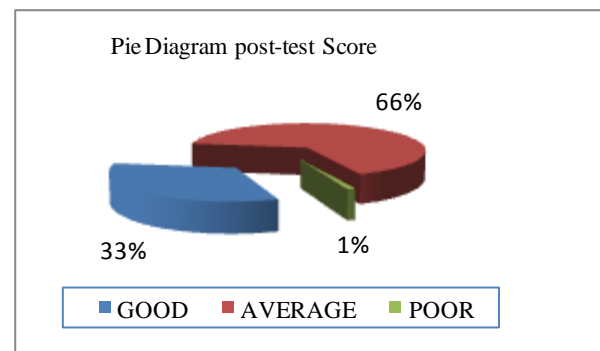


Figure no 2: Pie diagram on post-test

This figure shows that the number of students who got good score is 33%, the number of student who got average is 66% and the number of student who got poor scorer is 1%. So this table shows that the maximum number of participants graded as gain average knowledge score.

Table shows mean, S.D. and Z test value:-

	Mean	S.D.	Calculated Z value	Table value
Pre-test	5.37	2.64	24.88	1.96
Post – test	15	2.75		

As calculated Z value (24.88) was greater than 1.96 at 0.05 level of significant. Hence, the finding of the study shows that planned teaching programme was effective. The demographic data age, attained menarche, age of menarche and type of family, their Chi-square value are greater than Table value. So there is significant association between these demographic data and knowledge.

Recommendations were made based on the finding of the present study. Researcher recommended that a

similar study can be replicated in different setting, different standard of school student and large sample size. This would provide invaluable evidence in the area of practice [3-8].

Conclusion:

The main finding of the study shows that there was increase in the knowledge of the pre-adolescent girls after planned teaching programme. As there was significant difference between in the knowledge score after planned teaching programme as calculated Z value was greater than table value. The study shows that the planned teaching programme was effective in increasing the knowledge of the pre-adolescent girls regarding adolescent health.

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