

**A STUDY TO ASSESS THE EFFECTIVENESS OF SELF CARE
PACKAGE ON KNOWLEDGE AND PRACTICE REGARDING
REPRODUCTIVE HEALTH AMONG FINAL YEAR FEMALE
STUDENTS OF A.V.K DEGREE COLLEGE AT HASSAN**

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ABSTRACT

Background: Adolescents are highly vulnerable group. Adolescents are not well informed about their health, sexuality or physical well being. Knowledge is incomplete and confusing regarding the issues of health and sexuality. The religious and traditional beliefs in the Indian setting create a barrier in communication of sexual issues between parents and children's. Thus present study was carried out an

Experimental study was conducted to assess the effectiveness of self care package on knowledge and practice regarding reproductive health among the final year girls. **Objectives:** were to assess the level of knowledge and practice regarding reproductive health in study group, to evaluate the effectiveness of self care package by comparing the pre test and post test level of knowledge and practice regarding reproductive health in the study group, to correlate the knowledge and practice of reproductive health in the study group. **Materials and Methods:** The research approach was quantitative and research design pre - experimental design with one group pre-test & post test design. The study was conducted 50 samples selected by purposive sampling technique. Pre-test was done by questionnaire and observational checklist and the post test was done after 7days. Descriptive and inferential statistics were used in data analysis. **Results:** Overall pre-test mean knowledge score 14.88 and SD-4.61 and the pre-test mean practice score 5.52 and SD-1.55. "t" value of the knowledge score was 45.11 and practice 6.7. The total effectiveness of self care package in

reproductive health on knowledge was 48.11% and practice was 43.9%. Correlation coefficient obtained 0.8. It states that the level of knowledge significantly positively correlated with the practice. There is no significant association between socio demographic variables. The knowledge and practice of adolescents regarding reproductive health was inadequate in pre-test and whereas the knowledge and practice was improved during the post-test. Self instruction module was effective in improving the knowledge and practice of adolescents regarding reproductive health. **Conclusion:** The present study proved that self care package was effective among the final year female students to increase knowledge and practice about the reproductive health.

KEYWORDS: Knowledge, practice, reproductive health, girls.

INTRODUCTION

Adolescents are important resources of any country. They have successfully passed the adversaries of early childhood and are on their way to adulthood. On this way they may face troubles due to lack of right kind of information regarding their own physical and sexual development. Inadequate knowledge of reproductive health produces one of the reasons for the maternal mortality. The maternal death occurs due to so many problems specially sepsis 16%, anemia 19%, obstructed labour 10%, abortion 9%, toxemia 8%, hemorrhage 29%, others 9%, the practice of early marriage, rape and sexual abuse in work place and schools results in unwanted pregnancies from the above review and own observation the investigator felt the need of the reproductive health awareness among the female students and prepared the self care package about the awareness on reproductive health for the selected populations. Meet the reproductive needs of the final year female students the investigator selected in this study.

OBJECTIVES

- To assess the level of knowledge and practice regarding reproductive health before and after intervention.
- To evaluate the effectiveness of self care package by comparing the pre-test and post-test level of knowledge and practice regarding reproductive health in the study group
- To correlate the knowledge with practice of reproductive health in the study group
- To associate the pre- test level of knowledge with selected socio demographic variables
- To associate the post -test level of practice with selected socio demographic variables

Research Approach: The research approach adapted for this study was evaluative approach

Research design: Pre-experimental design

Sample Size: Sample size was 50 final year female students

Sampling Technique: Non probability convenient sampling technique

Sample Criteria: inclusion criteria

- Students those who are studying in the A.V.K college degree college
- Students those understand English
- Final year female students of A.V.K College.

Exclusion criteria

- Those who are not available at the time of study
- Students who are not co-operative the tool were divided into two part A and B

Tools: The tool were divided into two part A and B

Part A: Socio demographic variables consist of 9 item age, religion, residence, and family income, parents' occupation, patients' education and source of information.

Part B: The multiple choice questions used in this study was prepared by the research to measure the knowledge regarding the reproductive health. The multiple choice question contains 40 items. Each item has four responses. The respondent has to choose the answer among the four choices. Each correct response scored as one mark. The item no 1 to 23 related to the anatomy and physiology of reproduction ,item no 24-28 related to the menstrual hygiene, item no 29-34 related to the contraception and item no 35-40 related to the sexuality transmitted diseases and reproductive tract infections'. The observational check list contains 15 statements to assess the practice. The item no 2,4,9,10,11,12,13,15 at are positive statements yes mark can be scored as 1 score for each item. The remaining items are negative statements and no can be scored as 1.

Presentation of data: The analysed data has been organized and presented in the following sections:

Section 1: Description of selected socio demographic variables of the final year female students

Section 2: Analysis and interpretation of pre-test and post-test score of knowledge and practice on reproductive health

Section 3: Analysis and interpretation knowledge and practice on reproductive health with the selected socio demographic variables.

Analysis & interpretation

Section-I: Finds related to demographic variables

Based on the age, 76 % were distributed in the 18-19years, 20% were distributed in the 19-20 years 4% were distributed in the 21 years and above

Based on the religion, 78% were Hindu, 6% were in Muslims and 86% were Christian.

Based on the area of residence, 52% were distributed in the Urban, 48% were distributed in the rural.

Based on the Income per month, 50% were distributed > Rs 5000, 46% were distributed Rs5000-10000, 4% were distributed in < Rs 10000.

Based on the parents occupational status, 0% were distributed in medical, 10% were distributed in paramedical 90% are non medical and paramedical.

Based on the source of information 20% were got from the parents, 20% were from the friends, 10% were got the information health professionals 50% of them got information from the mass media.

Section-2:

1. Assess the pre -test level of knowledge and practice regarding reproductive health in study group

The pre-test the 38.7% related to the anatomy and physiology of reproductive system, 33.46% of the menstrual hygiene, 36% of the contraception and 35.3% of the prevention of the STD and 37.2% of overall Knowledge and 34.3% of practice on reproductive health care.

2. Assess the post test level of knowledge and practice regarding reproductive health in study group

The post-test the 86.52% related to the anatomy and physiology of reproductive system, 86.6% of the menstrual hygiene, 88.5% of the contraception and 85.5% of the prevention of the STD and 85.37% of overall Knowledge and 78.4% of practice on reproductive health care.

3. Evaluate the effectiveness of self care package by comparing the pre test and post test level of knowledge and practice regarding reproductive health in the study group

The paired t test was applied to analysis the pre tests and post tests score of Knowledge on reproductive health care. Over all practice mean of the pre-test score 5.52, SD 1.88. After the intervention the post test Score was 11.73, SD 1.55 The 't' value was 6.7. ($P < 0.001$) shows that there is significant increase in the practice after self care package. Effectiveness in practice was 43.9%. The percentage mean difference was 43.9%. Over all knowledge mean of the pretext score was 14.88, SD 4.61. After the intervention the post test Score was 34.15, SD 2.6. The 't' value was 45.41. ($P < 0.001$) shows that there is significant increase in the knowledge after self care package. Effectiveness in practice was 48.11%. The total effectiveness of self care package on reproductive health knowledge was 43.63% and practice was 38%.

4. Correlate the knowledge and practice of reproductive health in the study group

The Karl Pearson's correlation coefficient obtained was $r = 0.803$. $P < 0.001$. It states the level of knowledge significantly positively correlated with the practice in the reproductive health. Increased level of knowledge will increases the practice in reproductive health care.

Section -3

5. Associate the post test level of knowledge and practice with the selected socio demographic variable

The association between the mean difference image of nursing and socio demographic variable

- The chi square test used to associate the level of knowledge and selected socio demographic variables such as age, religion, residence area, family income per month, parents educational status, parents occupation and source of information about reproductive health.
- The chi-square value fishers exact probability shows that there is no significance association between age, religion, residence area, family income per month, parents educational status, parents occupation and level of knowledge with socio demographic variable. ($P > 0.05$)
- The source of information shows the significant association the level of knowledge. Those who got information through the mass media have adequate knowledge in the post test than others.

CONCLUSION AND RECOMMENDATION

The Findings of the study recommended the further interventional approaches regarding the reproductive health various levels of health care services. Self learning and Mass education regarding the reproductive health creates awareness, prevents teen pregnancy and minimizes sexually transmitted diseases and reproductive tract infections. The present study proved that self care package was effective among the female students to increase Knowledge and practice about the reproductive health.

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