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A Study to Assess the Effectiveness of Knowledge Regarding Video Assisted Teaching Programme on Menstrual Cup Utilization among Adolescents Girls Studying at 1 St Year Bsc(N) Sri Krishna Institute of Nursing Education and Research, Salem

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Abstract

Background: A menstrual cup is a small flexible, reusable device inserted into the vagina during menstrual blood. It is usually made from medical grade silicone rubber, or thermoplastic elastomer and is shaped like a bell with a small stem at the bottom for removal.

Menstrual cup are also promoted as more practice and eco-friendly than pad and tampons. Given that the menstrual cup is reusable, its use gently decreases the amount of waste generated from menstrual cycles as there is no daily waste generated from menstrual cycles as there is no daily waste and the amount of discarded packaging decreases as well.

Objectives:

- To prepare and administered video assisted teaching programme regarding menstrual cup at adolescents girls.
- To assess the post-test knowledge regarding menstrual cup among the adolescents girls studying in selected.
- To find out the association between pre-test knowledge score with selected demographic variables.
- To assess the pre-test and pos-test level of knowledge regarding the safe use of menstrual cup among adolescent girls.
- To evaluate the effectiveness of video assisted teaching programme on knowledge regarding use of menstrual cup during menstruation among adolescence girls.
- To determine the association between posttest level of video assisted teaching programme on knowledge regarding over the usage of menstrual cup utilization among adolescence girls and their selected demographic variables.

Methodology: An evaluation approach a pre experimental study (one group pre-test and post-test design) was adopted for the study. purposive sampling methods used to select sample in the study.

A checklist method to assess the effectiveness of knowledge among adolescents girls with menstrual cup utilization at 1st year B.sc(N) students in Sri Krishna institute of nursing education and research, Salem.

Results-- An evaluation approach a pre experimental study (one group pre-test and post-test design) was adopted for the study. purposive sampling methods used to select sample in the study. A checklist method to assess the effectiveness of knowledge among adolescents girls with menstrual cup utilization at 1st year B.sc(N) students in Sri Krishna institute of nursing education and research, Salem.

Conclusion-- The study finding proved that the video assisted teaching programme administered by the researcher was effective to increase the knowledge regarding menstrual cup. through the project we have gain knowledge about menstrual cup more over the study made the subject to be acquired with adequate knowledge about menstrual cup utilization

Keywords-- Video assisted teaching programme, Menstrual cup, Adolescent girls

I. INTRODUCTION

Menstrual cup is a Menstrual hygiene device which is inserted into the vagina during menstruation. Its purpose is to collect menstrual fluid (Blood from the uterine lining mixed with other fluids). Menstrual cups are usually made of flexible medical grade silicone, latex, or a thermoplastic isomer. They are shaped like a bell with a stem or a ring. The stem is used for insertion and removal. The bell - shaped cup seals against the vaginal wall just below the cervix. Every 412 hours (depending on the amount of flow) the cup is removed, Emptied, rinsed and reinserted.

After each period, the cup requires cleaning. Unlike tampons and pads, cups collect menstrual fluid rather than absorbing it. One cup may be reusable for up to 10 years this make their long – term cost lower than that of disposable tampons or pads, though the initial cost is higher.

II. STATEMENT OF THE PROBLEM

A study to assess the effectiveness of knowledge regarding video assisted teaching programme on Menstrual cup utilization among adolescent's girls studying at 1st year BSc (N) Sri Krishna institute of nursing education and research, Salem.

III. OBJECTIVES

- To prepare and administered video assisted teaching programme regarding menstrual cup at adolescents girls.
- To assess the post-test knowledge regarding menstrual cup among the adolescents girls studying in selected.
- To find out the association between pre-test knowledge score with selected demographic variables.
- To assess the pre-test and pos-test level of knowledge regarding the safe use of menstrual cup among adolescent girls.
- To evaluate the effectiveness of video assisted teaching programme on knowledge regarding use of menstrual cup during menstruation among adolescence girls.
- To determine the association between posttest level of video assisted teaching programme on knowledge regarding over the usage of menstrual cup utilization among adolescence girls and their selected demographic variables.

IV. MATERIALS AND METHODS:

The research design used in this study is a Quantitative research approach. In this study, pre-experimental one group pre and post -test research design was used. The study was conducted in Sri Krishna Institute Of Nursing Education And Research Salem. Population included in this study comprised of adolescent girls at 1st year BSc.(N) students at selected college in Sri Krishna Institute Of Nursing Education And Research, Salem. The target population of this study is adolescent girls at 1st year BSc(N) students at selected college in Sri Krishna Institute Of Nursing Education And Research, Salem. Sample size consists of 30 adolescent girls at 1st year BSc(N) at selected college in Sri Krishna Institute Of Nursing Education And Research, Salem. In this study the investigator was used purposive sampling techniques.

Formal approval was obtained from a selected private college Sri Krishna Institute Of Nursing Education And Research Salem. First investigators introduced herself to adolescent girls at BSc.(N) 1st year students and explained the purpose of the study and got consent from adolescent girls at BSc.(N) 1st year students in Sri Krishna Institute Of Nursing Education And Research, Salem. Demographic variables were collected. Pretest assessment of level of knowledge regarding video assisted teaching programme on menstrual cup utilization among adolescent girls studying at 1st year BSc(N) in Sri Krishna Institute Of Nursing Education And Research, Salem were assessed. The intervention strategy was implemented on the next day for 30 minutes using video assisted teaching programme which was prepared by the researcher after consulting with the specialist in obstetrical and gynaecological nursing. The adolescent girls at BSc.(N) 1st year with interest and they were alert and enthusiastic. After intervention, 2 days of interval, post test was conducted on the same adolescent girls at BSc.(N) 1st year using the same questionnaire and evaluated the effectiveness of video assisted teaching programmes on adolescent girls at BSc.(N) 1st year students Sri Krishna Institute Of Nursing Education And Research Salem. The data was analyzed using descriptive statistics (distribution, mean, standard deviation) and inferential statistics (paired t test, and chi-square value test)

V. DESCRIPTION OF RESEARCH TOOL TECHNIQUE

The tool was developed and standardized from extensive review of literature, internet research and discussion with experts. The tool consist of two sections

Section: 1 - Demographic Variables among adolescent girls at BSc.(N) 1st year students

Section: 2 - Assessment of the level of knowledge regarding video assisted teaching programme on menstrual cup utilization among adolescent girls studying at 1st year BSc(N) in Sri Krishna Institute Of Nursing Education And Research, Salem

Section – 1

Part-A: Demographic variables

It deals with the demographic variables of the subject that includes adolescent girls at BSc.(N) 1st year students' age, religion, occupation, education, type of family, area of residence, family history, gestational age of the baby and birth weight of the baby.

Section – 2

Assessment of the Level of knowledge regarding video assisted teaching programme on menstrual cup utilization among adolescent girls studying at 1st year

BSc(N) in Sri Krishna Institute Of Nursing Education And Research, Salem. It consists of multiple choice questions which were prepared to assess the knowledge among adolescent girls at BSc(N) 1st year students.

The questions were related to knowledge aspects of menstrual health, menstruation and usage of menstrual cup. It contains 20 multiple choice questions. The scores given for adolescent girls are as follows: The correct answer is 1 mark and the wrong answer is 0 mark.

Scoring and Interpretation

Level of knowledge

- 1 Inadequate knowledge 1-10
- 2 Moderately adequate knowledge 11-20
- 3 Adequate knowledge 21-30

VI. VALIDITY

Validity refers to the extent to which a research instrument measures what it is intended to measure. A valid tool accurately assesses the concept under study and provides meaningful and appropriate results. Validity ensures the accuracy and credibility of the data collected.

Procedure For Data Collection:

Formal approval was obtained from selected college at Sri Krishna Institute Of Nursing Education And Research, Salem. First investigator introduced herself to the adolescent girls at BSc(N) 1st year students and explained the purpose of the study and got consent from adolescent girls at

BSc(N) 1st year students. Demographic variables were collected. Pretest assessment of level of knowledge regarding video assisted teaching programme on menstrual cup utilization among adolescent girls studying at 1st year BSc(N) were assessed.

Intervention: video assisted teaching programme on menstrual cup utilization among adolescent girls studying at 1st year BSc(N) in Sri Krishna Institute Of Nursing Education And Research, Salem

The intervention strategy was implemented on the next day for 30 minutes by video assisted teaching programme which was prepared by the researcher after consulting with the specialist in obstetrical and gynaecology nursing. The adolescent girls at BSc(N) 1st year participated with interest and they were alert and enthusiastic. After intervention, 2 days of interval, post test was conducted on the adolescent girls at BSc(N) 1st year using the same questionnaire and evaluated the effectiveness of video assisted teaching programme on menstrual cup utilization among adolescent girls studying at 1st year BSc(N) in Sri Krishna Institute Of Nursing Education And Research, Salem

VII. Result

Section A: Description of samples according to their demographic variables

FREQUENCY AND PERCENTAGE DISTRIBUTION OF ADOLESCENT GIRLS IN SRI KRISHNA INSTITUTE OF NURSING AND EDUCATION AND RESEARCH SALEM.

TABLE 4.1

SL.NO	DEMOGRAPHIC VARIABLES	FREQUENCY(F)	PERCENTAGE(%)
1	AGE a) 15-17 years b) 18-20 years c) 21-23 years	2 27 1	6.6% 90% 3.4%
2	GENDER a) Male b) Female c) Transgender	0 30 0	0% 100% 0%
3	MARITAL STATUS a) Married b) Unmarried c) Widow	0 30 0	0% 100% 0%
4	EDUCATION a) High school b) Higher secondary c) Degree	0 0 30	0% 0% 100%

5	RELIGION a) Hindu b) Christian c) Muslim	22 7 1	73.4% 23.3% 3.3%
6	TYPE OF FAMILY a) nuclear b) Jointed c) Extended	29 1 0	96.6% 3.4% 0%
7	PLACE OF RESIDENT a) Urban b) Extended c) Slum	14 16 0	46.6% 53.4% 0%
8	OCCUPATION a) Student b) Home maker c) Employed	30 0 0	100% 0% 0%
9	FATHERS OCCUPATION a) Private employee b) Government employee c) Home maker	5 4 21	16.6% 13.4% 70%
10	FAMILYMONTHLY INCOME a) Below 10000 b)11000-20000 c) Above20000	13 6 11	43.4% 20% 36.6%

Table 4.1 shows Frequency and percentage distribution of adolescent girls in sri krishna institute of nursing and education and research salem.

Distribution of Samples according to their age group shows that- 6.6% belongs to 15-17 years, 90% belongs to 18-20 years, 3.4% belongs to 21-23 years. Distribution of Samples according to their gender shows that- 100% belongs to female. Distribution of Samples according to marital status shows that- 100% belongs to unmarried. Distribution of Samples according to Education shows that- 100% belongs to degree. Distribution of Samples according to religion shows that- 73.4% belongs to hindu, 23.3% belongs to christian, 3.3% belongs to muslim. Distribution of Samples according to type of family shows that- 96.6% belongs to nuclear, 3.4% belongs to jointest. Distribution of Samples according to place of resident shows that- 46.6% belongs to urban, 53.4% belongs to rural.

Distribution of Samples according to occupation shows that- 100% belongs to student. Distribution of Samples according to Fathers occupation shows that 16.6% belongs to private employee, 13.4% belongs to govt. employee, 70% belongs to home maker. Distribution of Samples according to family monthly income shows that 43.3% belongs to below 10,000, 20% belongs to 11,000 - 20,000, 36.6% belongs to above 20,000.

Section B:

ASSESS THE LEVEL OF KNOWLEDGE OF ADOLESCENT GIRLS IN SRI KRISHNA INSTITUTE OF NURSING EDUCATION AND RESEARCH SALEM AFTER VIDEO ASSISTED TEACHING PROGRAMME ON USAGE OF MENSTRUAL CUP.

Frequency and percentage distribution of level of knowledge of post-test and pre-test scores among adolescent girls in Sri Krishna Institute of nursing education and research salem regarding usage of menstrual cup.

TABLE 4.12

SL.NO	LEVEL OF KNOWLEDGE	RANGE OF MARK	PRE-TEST		POST-TEST	
			(F)	(%)	(F)	(%)
1	Inadequate	1-10	0	0%	0	0%
2	Moderately adequate	11-20	10	33.4%	4	13.6%
3	Adequate	21-30	20	66.6%	26	86.4%

The table shows the frequency and percentage distribution of pre-test and post-test knowledge score regarding usage of menstrual cup among adolescent girls in Sri Krishna Institute of Nursing Education and Research Salem. It shows that none of them had come in inadequate knowledge level in both pre-test and post-test. In pre-test 33.4% (10) had moderately adequate level of knowledge and 66.6% (20) had come in adequate level of knowledge. In post-test 13.6% (4) had moderately adequate level of knowledge and 86.4% (26) had come in adequate level of knowledge.

This shows that the structured teaching programme on utilization of menstrual cup among adolescent girls in Sri Krishna Institute of Nursing Education and Research Salem has more effectiveness.

SECTION C:

ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING PROGRAMME ON USAGE OF MENSTRUAL CUP. PAIRED T TEST VALUE OF PRE-TEST AND POST-TEST KNOWLEDGE SCORES OF ADOLESCENT GIRLS IN SRI KRISHNA INSTITUTE OF NURSING EDUCATION AND RESEARCH SALEM

TABLE 4.13

LEVEL	't' VALUE	Df	TABLE VALUE	'P' VALUE	INFERENCE
Knowledge	5.63	29	2.05	P<0.001	Significant

This table shows that the paired t-value was calculated to analyze the effectiveness between pre and post-test knowledge scores of adolescent girls in Sri Krishna Institute of Nursing Education and Research Salem. The paired t-value 'for' knowledge was greater than when compared with table value 2.05 at 29 degrees of freedom.

The video assisted teaching programme on usage of menstrual cup among adolescent girls in Sri Krishna Institute of Nursing Education and Research Salem.

SECTION D:

ASSESS THE CHI-SQUARE VALUE ASSOCIATED BETWEEN PRE-TEST KNOWLEDGE SCORE OF ADOLESCENT GIRLS IN SRI KRISHNA INSTITUTE OF NURSING EDUCATION AND RESEARCH, SALEM, WITH THEIR SELECTED DEMOGRAPHIC VARIABLES

TABLE 4.15

S.NO	VARIABLES	LEVEL OF KNOWLEDGE				
		Chi-square value	Df	Table value	P value	Inference
1	Age	0.54	2	5.991	>0.05	Non-significant
2	Gender	0	2	3.84	1	Non-significant
3	Marital status	0	2	3.84	1	Non-significant

4	Education	0	2	3.84	1	Non-significant
5	Religion	0.28	2	5.991	>0.05	Non-significant
6	Type of family	0.14	1	3.84	>0.05	Non-significant
7	Residence	0.58	1	3.84	>0.05	Non-significant
8	Occupation	0	2	3.84	1	Non-significant
9	Fathers occupation	3.92	2	5.99	>0.05	Non-significant
10	Income	3.42	2	5.99	>0.05	Non-significant

This table shows that chi-square was calculate to find out the association between knowledge score of adolescent girls in Sri Krishna Institute of nursing education and research salem with their selected demographic variables regarding utilization of menstrual cup.

It revealed that there was no significant association ($P > 0.05$) found between post test knowledge score adolescent girls in Sri Krishna Institute of nursing education and research salem with their demographic variables like age, gender, marital status, education, religion, type of family, residence, occupation fathers occupation, income.

VIII. CONCLUSION

The present study of the effectiveness of knowledge regarding video assisted teaching programme on Menstrual cup utilization among adolescent's girls studying at 1st year BSc (N) Sri Krishna institute of nursing education and research, Salem

The result shows in of pre-test and post-test knowledge score regarding usage of menstrual cup among adolescent girls in sri krishna institute of nursing education and research salem shows that none of them had comes in inadequate knowledge level in both pre-test and post test. In pre test 33.4% (10) has moderately adequate level of knowledge and 66.6% (20) have comes in adequate level of knowledge. In post test 13.6% (4) has moderately adequate level of knowledge and 86.4% (26) has comes in adequate level of knowledge. This shows that the video assisted teaching programme on utilization of menstrual cup among adolescent girls in sri krishna institute of nursing education and research salem has more effective.

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