"ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING PREMENSTRUAL SYNDROME AMONG B.BSC NURSING STUDENTS IN SELECTED NURSING COLLEGE AT SELECTED CITY."

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Abstract

OBJECTIVES OF THE STUDY:

TO ASSESS THE PRE-TEST KNOWLEDGE REGARDING PRE MENSTRUAL SYNDROME AMONG BSC NURSING STUDENTS IN SELECTED NURSING COLLEGE AT SELECTED CITY.

ASSESS EFFECTIVENESS STRUCTURED TEACHING PROGRAME ON KNOWLEDGE REGARDING PRE-MENSTRUAL SYNDROME AMONG BSC NURSING STUDENTS IN SELECTED NURSING COLLEGE.

TO ASSESS ASSOCIATION OF PRE-TEST KNOWLEDGE SCORE WITH SELECTED DEMOGRAPHIC VARIABLES ON KNOWLEDGE REGARDING PRE MENSTURAL-SYNDROME AMONG BSC NURSING STUDENTS

RESEARCH METHODOLOGY:

RESEARCH APPROACH: A quantitative research approach.

RESEARCH DESIGN: Descriptive research design. POPULATION: all the students who are pursuing nursing degree. SAMPLE:

SAMPLE SIZE: 80 Students.SAMPLING CRITERIA:

Inclusion criteria:

> Nursing Students who are pursuing BSC NursingExclusion criteria:

- Nursing students who are not willing to participate in the study.
- Nursing students who are not present during the time of datacollection
  > Nursing student who pursing GNM & M.Sc nursing.FINDINGS :

The findings based on the descriptive, comparative and inferential statistical analysis are presented under the following sections.Description of the demographic variable among students of B.Sc. Nursing with Premenstrual syndrome knowledge.With regard to the demographic variables of B.Sc Nursing27.8% of the B.Sc. Nursing students had age 18-19 years. 64.6% of them had age 20-21 years, 5.1% of them had age 22-23 years and 2.5% of them had age 23-24 years. 39.2% of them were males and 60.8% of them were females. 2.5% of them were first semester students, 51.9% of them were in second semester and 45.6% of them were in third semester.82.3% of them were Hindu, 3.8% of them were Muslim, 10.1% of them were Christian and 3.8% of them had some other religion.17.7% of their parents had education below 10th, 50.6% of them were 12th pass, 27.8% of them were graduated and 3.8% of them had some other education.

CONCLUSION:

The main conclusion drawn in this present study was majority of Students of B.Sc Nursing had moderate, inadequate level of knowledge. After structured Teaching Programme regarding Premenstrual syndrome the level of knowledge was increased significantly.

INTRODUCTION :

Premenstrual Syndrome (PMS) is one of the most common disorders among women of reproductive age that has negative effects on women performance and emotion. As there are several factors that influence the prevalence of PMS, the present study was done to investigate the worldwide prevalence of PMS using meta-analysis method. Premenstrual disorders consist of psychiatric or somatic symptoms that develop within the luteal phase of the menstrual cycle, affect the patient's normal daily functioning, and resolve shortly after menstruation. The onset of the luteal phase is after ovulation and terminates at the beginning of menstruation. Despite many controversies, authorities in the fields of psychiatry and gynaecology have developed distinct diagnoses for premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD). One of these authorities, the American College of Onset trichinas and Gynaecologists (ACOG), made a significant contribution towards understanding PMS. The ACOG includes psychiatric and physical symptoms in defining PMS. The American Psychiatry Association (APA) focuses mainly on psychiatric symptoms as criteria for diagnosis of PMDD. These symptoms predominate between menarche and menopause. The consequences of the disease can be severe in some individuals; higher rates of work absences or academic absences, higher medical expenses, andlower health-related quality of life are often observed in women with premenstrual syndrome.[1]

Today, research on women's health has greatly improved . PMS is a common health problem in women in reproductive age and defined as a collection of emotional symptoms, with or without physical symptoms, related to a woman's menstruation cycle . PMS is occur during the luteal phase of menses, however, it disappear with menstrual flow. The prevalence of PMS has been reported in 20 to 32 % of premenopausal and 30-40% of the reproductive female population . There are several different symptoms have been associated with PMS . The symptoms are cyclic and recurrent. The symptoms can change in extent and strength during different cycles .Different etiologies have been suggested for the PMS. The abnormal function of hypothalamic-pituitary- adrenal axis (HPA), which leads to defect in adrenal hormone secretion, nutritional defects and environmental factors are the main factors for PMS . The endocrine systems is one of the theories for explaining the physiopathological mechanism of PMS . PMS affects women's quality of life, economic and social performance.

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1.1 NEED FOR STUDY:

As PMS and PMDD are one of the most common menstrual disorders experienced by girls in their reproductive lives, a better understanding of the prevalence, symptoms, knowledge on management and prevention, coping strategies, dietary choices as well as physical activity patterns can enhance their quality of life. This study is also needed to highlight the gaps in the literature to facilitate future studiesin our Country.

1.2 POPULATION AND SAMPLE :

The term of population refers to aggregate or totality of all the objects, subjects or members that confirms to set specification. The accessible population is the population of subjects available for particular study. The target population is the total group of subjects about whom the investigator is interested and to whom theresult could be reasonable be generalized.

- ➢ THE TARGET POPULATION : Selected for this study was All students studying in B.Sc Nursing at MMRI, Kamalnayan Bajaj Nursing College , Aurangabad , Maharashtra .
- ➢ THE ACCESSIABLE POPULATON : Selected for this study includes All B.Sc Nursing students studying in 3rd year at MMRI, Kamalnayan Bajaj Nursing College Aurangabad , Maharashtra .

1.2 DATA AND SOURCE OF DATA :

he main study was conducted after approval of principal of the_____and   Formal permission was obtained from the principal_____College of Nursing.The main study was conducted in_____on the date of_____and 80 nursing students were selected.The researcher first introduced the Nursing students and maintained good rapport with them. The purpose of study was explained to the students and oral consented was obtained. Assurance was given that the result will be kept confidently. 80 students were selected by using purposive sampling technique and questionnaire was given to the sample who fulfil the inclusive criteria for the data collection regarding the premenstrual syndrome, after some time questionnaires were collected and analysis was done.

1.3 RESEARCH METHODOLOGY :

RESEARCH APPROACH : In this study quantitative evaluative research approach will be used to assess the effectiveness of planned teaching programme on level of knowledge regarding Pre mestrual Syndrome amongB.Sc. Nursing students.

- ➢ Determine the objective of the study.
- ➢ Develops a means of meaning of the attainment those objectives.
- ➢ Collecting data.
- ➢ Interpret data in term of objectives.

Based on the statement of the study and the objectives, an evaluative was considered an appropriate research approach for the present study.

RESEARCH DESIGN: In this study Pre-experimental one group pretest and posttest design without control group will be used in this study for the pretest study to assess the effectiveness of planned teaching programme of Pre mestrual Syndrome on level of knowledge among students of B.Sc. Nursing Students .

SETTINGS OF THE STUDY : Settings are the more specific place where data collection occurs. The investigator conducted the study in selected colleges of Chh. Sambhajinagar.

POPULATION: The term of population refers to aggregate or totality of all the objects, subjects or members that confirms to set specification.
The accessible population is the population of subjects available for particular study. The target population is the total group of subjects
about whom the investigator is interested and to whom the result could be reasonable be generalized.

➢ THE TARGET POPULATION: -It comprises of all the students who are pursuing nursing degree.

➢ THE ACCESSIBLE POPULATION: -It comprises nursing students at selected college of Chh. Sambhajinagar.

SAMPLE : Sample consists of a subset of population selected to participate in a research study.The sample consist of 80 students of B.Sc Nursing students who fulfill the criteria of the study.

SAMPLING TECHNIQUE: -Sampling technique is a process of selecting the portion of the population". Non- probability convenient sampling technique was used in this study.

SAMPLE SIZE : Sample size includes 80 nursing students who filled the study criteria.

CRITERIA FOR SAMPLE SELECTON :

Inclusion criteria

➢ Students who are studying in B. Sc nursing 2nd and 3rd semester .
➢ Students who are willing to participate in the study.
    ➢   Students who are present during the data collection period.Exclusion criteria

- ➢ The study is delimited to selected B.Sc Nursing in Aurangabad .
- ➢ The study is delimited to the Students of B.Sc. Nursing 2nd and 3rdsemester .

METHODS OF DEVELOPING TOOL: The instrument selected in research should be as far as possible be the vehicle that would best obtain data for drawing conclusion . The investigator developed the tool after an extensive review of literature and expert‟s opinion.

The structured multiple choice questionnaire was developed to assess the level of knowledge regarding Premenstural syndrome .

DISCRIPTION OF THE TOOL:

Consists of twoSections I :

Section A

It contains data related to demographic variables of Students of B.Sc Nursing such as Gender,Religion,Type of family,Area of living,Source of Information about PMS.

Section B

It consists of structured multiple choice knowledge questionnaire to assess the level of knowledge regarding Pre Menstural Syndrome .among Students of B.Sc Nursing students, which includes 25 multiple choice questions to assess knowledge regarding anatomy and physiology of uterus, introduction, incidence, risk factors, cause, signs and symptoms, diagnosis, management, prevention, complication of PMS.

SCORING PROCEDURE

Section II

Each correct answer carried out „one‟ mark and wrong answer carried out „zero‟ mark. The total maximum score was „25‟ and minimum score was „0‟. The scores are categorized as following

LEVEL OF KNOWLEDGE SCORE

1. Inadequate knowledge -0-13

2. Moderately adequate -14-20

3. Adequately knowledge - 21=25

VALIDITY OF TOOL: Nursing experts were from obstetrical gynecological nursing and medical experts were from gynecologist. Based on their suggestion, all modification was carried

out accordingly on the clarity of the sentence and the relevance of the content.

RELIABILITY OF TOOL: The reliability of the tools was tested by test-retest method. The result was 0.83, which indicate an acceptable reliability of the tools.

PILOT STUDY: Pilot study was conducted on 08 Students of B.Sc Nursing 2nd semester students in order to test the present study tools for its validity, clarity, applicability, and it was found to be feasible.

DATA GATHERING PROCESS : Prior to data collection permission was obtained from principal, MMRI, Kamalnayan Bajaj Nursing College Aurangabad . In this study 80 Students of B.Sc

Nursing were involved. Before giving structured multiple choice questionnaire, the purpose of the study was explained to the Students of B.Sc Nursing with self- introduction. Pretest questionnaire were given to the sample and they took 15-20 minutes for answering it. After that Planned Teaching Programme on Pre Menstrual Syndrome was given for 45 minutes through LCD. The same questionnaire was provided to the samples and were asked them to answer, they took 10-15 minutes to complete the questionnaire.

PLAN FOR DATA ANALYSIS: The demographic variables were analyzed by using descriptive measures (frequency and percentage). The effectiveness of Planned Teaching Programme on level of knowledge among Students of B.Sc Nursing was analyzed by using paired test. The association between level of knowledge and the selected demographic variables were assessed by chi-squaretest.

SUMMARY:

RESULTS AND DISCUSSION :

OBJECTIVES

1. TO ASSESS THE PRE-TEST KNOWLEDGE REGARDING PRE-MENSTRUALSYNDROME AMONG BSC NURSING STUDENTS IN SELECTED NURSINGCOLLEGE AT SELECTED CITY.

2. TO ASSESS EFFECTIVENESS STRUCTURED TEACHING PROGRAME ONKNOWLEDGE REGARDING PRE-MENSTRUAL SYNDROME AMONG BSCNURSING STUDENTS IN SELECTED NURSING COLLEGE.

3. TO ASSESS ASSOCIATION OF PRE-TEST KNOWLEDGE SCORE WITHSELECTED DEMOGRAPHIC VARIABLES ON KNOWLEDGE REGARDING PREMENSTURAL-SYNDROME AMONG BSC NURSING STUDENTS

MAJOR FINDINGS :

Regarding the knowledge, most of them had inadequate knowledge in pretest and most of them had moderate knowledge in post-test.

In pretest, 73.4% of the B.Sc. nursing students had average knowledge (score 9-17) and 26.6% of them had good knowledge (score 18-26). In posttest, 34.2% of the B.Sc. nursing students had average knowledge (score 9-17) and 65.8% of them had good knowledge (score 18-26). This indicates that the knowledge among the B.Sc. nursing students regarding pre-menstrual syndrome improved remarkably after structured teaching program.

Researcher applied Paired t-test for the effectiveness structured teaching program on knowledge regarding pre-menstrual syndrome among B.Sc. nursing students in selected nursing college. Average knowledge score among B.Sc. nursing students in pretest was 15.9 which increased to 18.9 in posttest. The T-value for this test was 5.7 with 78 degrees of freedom. The corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the knowledge among the B.Sc. nursing students regarding pre-menstrual syndrome improved significantly after structured teaching program. Structured teaching program is significantly effective in improving the knowledge among the B.Sc. nursing students regarding pre-menstrual syndrome.

With regard to the association between the knowledge with their selected demographic variables in the present study findings revealed that there was a significant association between the knowledge among Students of B.Sc Nursing Part and their religion and source of information about premenstrual syndrome .

Demographic variables	Frequency	%
Age: 18-19 years	22	27.8%
20-21 years	52	64.6%
22-23 years	04	5.1%
23-24 years	02	2.5%

Gender:Male Female	31 49	39.2% 60.8%
Studying year: 1st semester 2nd semester 3rd semester	3 41 36	2.5% 51.9% 45.6%
Religions:Hindu Muslim	66 03	82.3% 3.8%

ChristianOthers	08	10.1%
	03	3.8%
Education of parents: Below 10th std	14	17.7%
12th pass GraduatedOthers	40	50.6%
	22	27.8%
	04	3.8%

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