

A QUASI-EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO- ASSISTED TRAINING PROGRAMME ON KNOWLEDGE AND PRACTICES REGARDING PROPER USES AND DISPOSAL OF SANITARY PADS AMONG ADOLESCENT GIRLS STUDYING IN SECONDARY SCHOOL OF LUCKNOW DISTRICT, U.P.

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ABSTRACT

Introduction: Adolescence is a crucial transitional phase of physical and mental development spanning from childhood to adulthood. For adolescent girls, this period is marked by the onset of menarche, a significant physiological milestone. Menstruation is a natural process, yet it is often shrouded in taboos, myths, and socio-cultural restrictions in many parts of the world, particularly in developing countries. **Objectives:** 1. To Evaluate The Effectiveness Of Video-Assisted Training Programme On Knowledge And Practices Regarding Proper Uses And Disposal Of Sanitary Pads Among Adolescent Girls. 2. To determine the association of pretest knowledge scores regarding Proper Uses and Disposal of Sanitary Pads among Adolescent Girls with their selected demographic variables. **Material and methods:** A quantitative research approach with a Quasi-experimental One group pre-test–post-test design was adopted. The study was conducted among 60 adolescent's girls and selected through a non-probability purposive sampling technique. Data were collected using a structured knowledge questionnaire and structured practice checklist. After the pre-test, the Video-Assisted Training Programme was administered to the adolescent's girls. A post-test was conducted after seven days using the same tools. Data were analyzed using descriptive and inferential statistics, including frequency, percentage, mean, standard deviation, Chi-square test, and Karl Pearson's correlation coefficient. **Result:** The findings revealed that the mean level of pretest knowledge scores prior to providing video-assisted training programme was 8.15 which increased to 15.27 after providing video-assisted training programme to adolescent girls studying in secondary school in Lucknow, district and the mean difference was 7.12. On application of

statistical test, t value was 7.9536 with p value as 0.0001 (which is highly significant at $p < 0.05$) and also that mean level of practice prior to providing video-assisted training programme was 16.58 which increased to 20.18 after providing video-assisted training programme to adolescent girls studying in secondary school in Lucknow, district and the mean difference was 3.60. On application of statistical test, t value was 3.9044 with p value as 0.0002 (which is highly significant at $p < 0.05$). **Conclusion:** The study concluded that the adolescent girls had inadequate knowledge and improper practices before the intervention. The video-assisted training programme significantly improved their knowledge and practices regarding menstrual hygiene and sanitary pad disposal. Therefore, it was found to be an effective educational strategy.

Keywords: Evaluate, Effectiveness, Video Assisted Training Programme, Disposal of Sanitary Pads & Adolescent Girls.

INTRODUCTION:

Adolescence is a crucial transitional phase of physical and mental development spanning from childhood to adulthood. For adolescent girls, this period is marked by the onset of menarche, a significant physiological milestone. Menstruation is a natural process, yet it is often shrouded in taboos, myths, and socio-cultural restrictions in many parts of the world, particularly in developing countries.

While the use of sanitary pads has increased significantly due to government initiatives and increased commercial availability, the knowledge regarding their safe usage and hygienic disposal remains alarmingly low. Improper use of sanitary pads—such as using a single pad for prolonged durations—can lead to severe reproductive tract infections (RTIs), urinary tract infections (UTIs), and toxic shock syndrome. Furthermore, the improper disposal of used sanitary pads, which contain plastic and superabsorbent polymers, poses a severe environmental hazard. They are often flushed down toilets causing blockages, thrown in the open leading to bacterial breeding, or burned in open air, releasing toxic dioxins.

Health education plays a pivotal role in bridging this knowledge gap. Traditional lecture methods often fail to maintain the attention of adolescents. Therefore, multimedia approaches, such as Video-Assisted Training Programmes (VATP), have emerged as highly effective, engaging, and standardized methods of disseminating critical health information, ensuring better retention and practical application among students.

NEED FOR THE STUDY:

Despite the integration of health education in school curricula, menstrual hygiene management (MHM) often lacks practical, actionable guidance on the disposal aspect. Research indicates that while girls are transitioning to commercial sanitary napkins, they lack awareness of the environmental and health consequences of poor disposal practices.

In urban and semi-urban settings, improper disposal strains municipal waste management systems and exposes sanitation workers to bio-hazardous waste. There is an urgent need to educate adolescent girls not just on personal hygiene, but on responsible environmental citizenship. A video-assisted teaching method is highly needed because visual learning can clearly demonstrate hygienic practices and proper disposal techniques (like wrapping and categorizing waste) without the awkwardness or cultural hesitation that sometimes accompanies verbal lectures on menstruation. This study is needed to empower young girls with comprehensive knowledge that safeguards both their personal reproductive health and the environment.

STATEMENT OF THE PROBLEM

A Quasi-Experimental Study to Evaluate the Effectiveness of Video-Assisted Training Programme on Knowledge and Practices Regarding Proper Uses and Disposal of Sanitary Pads among Adolescent Girls Studying in Secondary School of Lucknow District, U.P.

OBJECTIVES OF THE STUDY

1. To Evaluate The Effectiveness Of Video-Assisted Training Programme On Knowledge And Practices Regarding Proper Uses And Disposal Of Sanitary Pads Among Adolescent Girls.
2. To determine the association of pretest knowledge scores regarding Proper Uses and Disposal of Sanitary Pads among Adolescent Girls with their selected demographic variables.

RESEARCH METHODOLOGY

Research Approach:

A quantitative approach was adopted to determine the research study.

Research Design:

Quasi-experimental one group pretest post test design was used for the study.

Setting of the Study:

The setting of the study was Rastriya Udyog Ashram Inter College, Matiyari, Lucknow.

Population:

The population for this present study includes all adolescents' girls senior secondary schools studying in Rastriya Udyog Ashram Inter College, Matiyari, Lucknow.

Sample Size:

The sample size of the present study was 60 adolescents' girls in senior secondary schools at Lucknow, U.P.

Sampling Technique:

Non probability purposive sampling technique was adopted for this study.

Inclusion criteria:

- Girls who were willing to participate in the study.
- Girls who were present in the school at the time of data collection.

Exclusion criteria:

- Girls who were willing to participate in the study.
- Girls who were not present at the time of data collection.

Variables of the Study:

I. INDEPENDENT VARIABLE

Video-Assisted Training Programme regarding Proper Uses and Disposal of Sanitary Pads.

II. DEPENDENT VARIABLE

Knowledge and practices Regarding Proper Uses and Disposal of Sanitary Pads among Adolescent Girls.

III. DEMOGRAPHICAL VARIABLES: Age in years, Class, Religion, Area of Residence, Type of family, Number of female siblings, Educational Qualification of Mother, Occupation of mother & Family Income.

Description of the Tool:

The tools used for the study consisted of three sections:

Part A- Demographic variable- Age in years, Class, Religion, Area of Residence, Type of family, Number of female siblings, Educational Qualification of Mother, Occupation of mother & Family Income.

Part B –Structured knowledge questionnaire to assess the Knowledge Regarding Proper Uses and Disposal of Sanitary Pads among Adolescent Girls.

Part C - Structured Practice Checklist to assess the practices Regarding Proper Uses and Disposal of Sanitary Pads among Adolescent Girls.

RESULTS

Frequency & percentage distribution of pre-test and post-test knowledge scores:

The Results of the study revealed that most of the girls have either poor knowledge (48.33%) or average knowledge (46.67%) and only 5% have good knowledge levels before providing them with video-assisted training programme. However, post providing these girls with video-assisted training programme there was significant increase in knowledge levels where 75% girls have good knowledge levels.

Comparison of pre-test and post-test knowledge scores:

On comparison of pre and post-test knowledge scores, results revealed that the mean level of knowledge prior to providing video-assisted training programme was 8.15 which increased to 15.27 after providing video-assisted training programme to adolescent girls studying in secondary school in Lucknow district. Also, mean difference was 7.12. On application of statistical test, t value was 7.9536 with p value as 0.0001 (which is highly significant at $p < 0.05$). Thus, we can say that video-assisted training programme helped in increasing knowledge regarding proper uses and disposal of sanitary pads among adolescent girls studying in Rastriya Udyog Ashram Inter College, Matiyari, Lucknow.

Frequency & percentage distribution of pre-test and post-test practice scores:

Results revealed that most of the girls have either poor or moderate practice scores (70% combined) and only 30% have good practice scores before providing them with video-assisted training programme. However, post

providing these girls with video-assisted training programme there was significant increase in practice scores where 60% girls have good practice scores.

Comparison of pre-test and post-test practice scores:

On comparison of pre and post-test practice scores, results revealed that mean level of practice prior to providing video-assisted training programme was 16.58 which increased to 20.18 after providing video-assisted training programme to adolescent girls studying in secondary school in Lucknow district. Also, mean difference was 3.60. On application of statistical test, t value was 3.9044 with p value as 0.0002 (which is highly significant at $p < 0.05$). Thus, we can say that video-assisted training programme helped in improving practice regarding proper uses and disposal of sanitary pads among adolescent girls studying in Rastriya Udyog Ashram Inter College, Matiyari, Lucknow.

RECOMMENDATIONS FOR FUTURE RESEARCH:

Based on the findings of the present study, the following recommendations are made:

- A comparative study can be conducted to assess the Effectiveness of Video-Assisted Training Programme on Knowledge and Practices Regarding Proper Uses and Disposal of Sanitary Pads among other settings as well.
- The study can be more intensified and include other benefits of video assisted training programme in improving the knowledge and practice Regarding Proper Uses and Disposal of Sanitary Pads.

CONCLUSION:

The study concluded that the adolescent girls had inadequate knowledge and improper practices before the intervention. The video-assisted training programme significantly improved their knowledge and practices regarding menstrual hygiene and sanitary pad disposal. Therefore, it was found to be an effective educational strategy.

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CONFLICTS OF INTEREST: There are no conflicts of Interest.

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