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## **“Effectiveness of structured teaching programme on knowledge regarding vaginitis and its prevention among adolescent girls in selected high school at Bangalore”**

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### **ABSTRACT**

*Adolescence is a critical stage of growth and development characterized by physical, psychological, and social changes. During this phase, adolescent girls are particularly vulnerable to various health issues, including reproductive health problems like vaginitis. Vaginitis, an inflammation of the vagina, can result from infections, hormonal changes, or irritations and, if left untreated, can lead to serious complications affecting reproductive health. Lack of proper knowledge and awareness regarding the causes, symptoms, prevention, and management of vaginitis often contributes to its prevalence among adolescent girls. Inadequate menstrual hygiene practices, poor personal hygiene, and limited access to healthcare information exacerbate the issue. Therefore, providing comprehensive health education through structured teaching programs is essential in enhancing the knowledge of adolescent girls regarding vaginitis and its prevention. A structured teaching program serves as an organized and systematic approach to deliver health education, aiming to improve awareness and promote healthy practices among adolescents. By equipping them with accurate information and preventive measures, these programs can significantly reduce the incidence of vaginitis and promote overall reproductive health. This study aims to evaluate the effectiveness of a structured teaching program on improving knowledge regarding vaginitis and its prevention among adolescent girls. The findings of this study may provide valuable insights for healthcare professionals, educators, and policymakers in designing and implementing health education initiatives to safeguard the reproductive health of adolescent girls.*

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### **INTRODUCTION**

#### **OBJECTIVES**

- To assess the pre-test level of knowledge of adolescent girls regarding vaginitis
- To assess the post-test knowledge score of adolescent girls regarding vaginitis after administration of structured teaching programme on vaginitis
- To compare the pre- test and post- test knowledge scores among adolescent girls regarding vaginitis and its prevention.

- To determine the association between the pre-test level of knowledge score with selected demographic variables

## MATERIALS AND METHODS

One group pre-test post-test design was adopted for this study. The setting selected was the secondary school of Vidyakirana public school 60 adolescent girls using purposive sampling technique were selected for the study. A pre-test was administered using a of structured teaching program on knowledge regarding vaginitis and its prevention The post-test was conducted after one day, using the same instrument to identify the changes in knowledge. The collected data were analyzed using descriptive and inferential statistic

## RESULTS AND DISCUSSION

The mean percentage of Inadequate pretest level of knowledge before administering structured teaching program was 31.06, SD was 0.31 and mean percentage of Moderate pre test level of knowledge mean percentage was 54.6, SD was 1.05. The mean percentage of Moderate post test level of knowledge was 77.7, SD was 1.31 and in adequate post test level of knowledge mean percentage was 93.3, SD was 1.05.

| Over all knowledge score | Mean | SD    | Paired t- value | DF | Significant test, table value |
|--------------------------|------|-------|-----------------|----|-------------------------------|
| Pre test                 | 19.2 | 2.531 | 11.24           | 59 | 2.02                          |
| Post test                | 26.5 | 2.05  |                 |    |                               |

The above table revealed that pre test mean level of pre test knowledge was lower than post test mean level of knowledge ( $19.2 < 26.5$ ). The data further debited that the obtained 't' value is 18.62 which was greater than the table value ( $t_{59, 0.05} = 2.02$  at 0.05 level. The increase in post level knowledge shown the effectiveness of structured teaching programme.

## CONCLUSION

Findings of the study score shows that there was significant to gain the knowledge among adolescent girls after administration of structured teaching programme on knowledge regarding vaginitis and its prevention. From this it can be concluded that structured teaching programme was an effective intervention

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