

A Pre-Experimental Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Importance of Menstrual Cup in Maintaining Menstrual Hygiene Among Adolescent Girls in J.R. Dani, Girls, Higher Secondary School at Raipur (C.G.)

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Abstract: Background of the Study: In 1987, another latex rubber menstrual cup, the keeper, was manufactured in the United States. This proved to be the first commercially viable menstrual cup and it is still available today. The first silicone menstrual cup was the UK-manufactured moon cup in 2001. Most menstrual cups are now manufactured from medical grade silicone because of its durability and hypoallergenic properties, though there are also brands made of type thermoplastic elastomeric menstrual cups are becoming more popular worldwide, with many different brands, shapes, and sizes on the market. Most are reusable, though there is at least one brand of disposable menstrual cups currently manufactured. **Objectives:** 1. To assess the pre-test score on knowledge regarding importance of menstrual cup in maintaining menstrual hygiene among adolescent girls' school at Raipur (C.G.) 2. To assess the post-test score on knowledge regarding importance of menstrual cup in maintaining menstrual hygiene among adolescent girls' school at Raipur (C.G.) 3. To determine the effectiveness of structured teaching programme on knowledge regarding importance of menstrual cup in maintaining menstrual hygiene among adolescent girls' school at Raipur (C.G.) 4. To find out the association between pre-test knowledge regarding importance of menstrual cup in maintaining menstrual hygiene with their socio-demographic variables. **Setting and Design:** The research design used for the study was pre-experimental design, one group pre-test, post test design was used for the study. **Material and Methods:** A non-probability purposive sampling was used to select 60 adolescent girls school at Raipur (C.G.), for main study. The data collected was analyzed using descriptive and inferential statistics. **Hypothesis:** H₁-There will be significant difference between pre-test and post-test knowledge score after administration of structured teaching programme knowledge regarding importance of menstrual cup in maintaining menstrual hygiene among adolescent girls' school at Raipur (C.G.). H₂-There will be significant association between pre-test knowledge score

regarding importance of menstrual cup in maintaining menstrual hygiene among adolescent girls' school at Raipur (C.G.).

Keywords: menstrual cup, menstrual hygiene.

1. Introduction

Menstrual cup the small, flexible cup is made of silicone or latex rubber. Instead of absorbing your flow, like a tampon or pad, it catches and collects it just before your period begins, tightly fold the menstrual cup and insert it like a tampon without an applicator. Used correctly, you shouldn't feel it. It's similar to putting a diaphragm or birth control ring in place. Cup will spring open you may need to rotate it first and rest against the walls of vagina. It forms a seal to prevent leaks. The blood then simply drips into the cup.

Mamta Parihar (2019), Menstrual cup be an alternative solution for menstrual hygiene management the study prevented that most of the health care professionals were not aware about the alternative solutions for as they are the pillars of health care services in all sectors, they are expected to be acquainted with new technique in the field of human health, however out of 492 participants 43 percent of health care professionals had heard about menstrual cup device whereas 57 percent had not heard about any other alternative of menstrual hygiene management.

2. Material and Methods

An evaluative research approach and research design used for the study was pre-experimental design, one group pre-test, post test design was used for the study. Samples were selected with the following predetermined set criteria's. Inclusion

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Table 1

S.No.	Socio-demographic variables	Chi-square value	DF	Critical value	Significance
1	Age	8.7	3	7.82	P>0.05 S
2	Place of living	8.48	3	7.82	P>0.05 S
3	Source of previous knowledge	8.2	3	7.82	P>0.05 S

criteria adolescents' girls who were available during the time of data collection adolescents girls who were not willing to participate in the study. Adolescents' girls who were not available during the time of data collection were excluded. Individual who gave informed consent were included. After reviewing the research and non- research material, and seeking the opinion of experts, a preliminary list of 40 questions were prepared. The tool consists of two parts. The validation of tool was done by ten experts. The reliability of the tool was established by Karl Pearson coefficient of correlation. A non-probability purposive sampling was used to select 60 adolescents' girls who were school at Raipur, (C.G), for main study. The data collected was analyzed using descriptive and inferential statistics.

3. Results and Discussion

Section A: Distribution of respondents according to socio-demographic variables using frequency and percentage

The findings regarding age depicts that, maximum 78.33% belong to age group 16-17 years of age, minimum 21.67% belong to age group 14-15 years of age, and 0% belong to age 18-19 years & >20 years. The findings regarding religion that maximum 100% were Hindu, and 0% Muslim, Christian, Sikh. As per education qualification It depicts that maximum 55% were high or higher secondary, 23.33% were illiterate, 11.67% graduate, and minimum 10% were post graduate. With respect of type of family. It depicts that maximum 61.67% were belong to joint family, 35% were belong to nuclear family, minimum 3.33% were belong to matrifocal family and 0% border family. The findings regarding monthly income of parents of family indicates that maximum 40% were Rs 5000-10000, 30% were 15001-20000, 21.67% were 10001-15000, and minimum 8.33% were >20001 Rs. with respect of place of living depicts that maximum 55% were belong to urban, 36.67% were belong to rural, 6.67% were belong to slum and minimum 1.67% were belong to semi-slum. Distribution of subjects according to occupation of father It depicts that maximum 36.67% were farmer, 28.33% were business men 25% were private employee and minimum 10% were government employee. Distribution of subjects according to occupation of mother that maximum 68.33% were house wife, 18.33% were farmer, 6.67% were government employee and minimum 6.67% were private employee. In relation to Source of previous knowledge on menstrual cup & menstrual hygiene It depicts that maximum 35% were television, 26.33% were internet, 23.33% were seminar/workshop and minimum 15% were newspaper. In relation to Previous knowledge regarding of menstruation It depicts that maximum 71.67% were parents, 15% were teachers, 10% were peer group and minimum 3.33% were siblings.

Section B: Analysis to assess the pre-test and post-test knowledge score regarding Importance of Menstrual cup in

maintaining Menstrual Hygiene among Adolescent girls School at Raipur (C.G.)

Reveals that in pre-test, 38 (63.33%) had average knowledge, 20 (33.33%) had poor knowledge and only 2 (3.33%) had good knowledge regarding importance of menstrual cup in maintaining menstrual hygiene.

Whereas in post-test 42 (70%) had good knowledge and 18 (30%) had average knowledge regarding importance of menstrual cup in maintaining menstrual hygiene.

- Analysis of overall pre-test and post-test knowledge gain score.

The findings of the study reveals that pre- test and post-test. post- test mean knowledge score 23.03 (76.77%) is greater than overall pre-test knowledge score 13.9 (46.33%) and after structured teaching programme adolescent girls 30.44% of the knowledge gain. Mean difference is 9.13 score the difference between pre-test and pos-test knowledge score is large and it is statistically significant.

Section C: Effectiveness of structured teaching programme on knowledge regarding importance of menstrual cup in maintaining menstrual hygiene among adolescent girls school at Raipur (C.G.)

The difference between pre-test and post-test knowledge scores. The pre-test mean score was 13.9, post-test mean score was 23.03, pre-test standard deviation was 3.72 and post-test standard deviation was 4.15, standard error was 0.50. the calculated "t" test value was 11.40 which is greater than table value 3.46 for 59 degrees of freedom at 0.001 significant level i.e., "t" calculated is greater than t- table value and it was significant ($p < 0.001$). Hence the hypothesis H1 there will be significant difference between the mean of pre-test, post- test knowledge score because of in paired "t" test calculated value greater than table value so, research hypothesis H1 is accepted.

Section D: Association between pre-test on knowledge score regarding importance of menstrual cup in maintaining menstrual hygiene with their socio-demographic variables

Table 1 revealed that there was significant association of pre-test knowledge score with socio-demographic variables. i.e., chi-square test demographic variable age and place of living and Source of previous knowledge of menstrual cup & menstrual hygiene as the chi-square value 8.7, 8.45, 8.2 were greater than table value 7.82 at 0.05 level significance respectively. Hence hypothesis H2 was accepted regards to variables. in regards to variables i.e., age, place of living, Source of previous knowledge of menstrual cup & menstrual.

4. Conclusion

This paper presented an experimental study to assess the effectiveness of structured teaching programme on knowledge regarding importance of menstrual cup in maintaining menstrual hygiene among adolescent girls.

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