

A Study to Assess the Effectiveness of Teen Empowerment on Reproductive Wellness Among Late Adolescent Girls in Selected College, Bhilai, Durg, Chhattisgarh

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Abstract: In the present study, true experimental research design is used to achieve the stated objectives. The study was based on the conceptual framework of modified pender's health promotion model (1984). A quantitative research approach is used and pilot study was conducted to confirm the feasibility of the study. For main study simple random sampling technique was used on 60 samples of (30) control group and (30) experimental group at selected college bhilai (Chhattishgarh). The tool used for data collection consist of socio demographic variables and self-structured questionnaire was used to assess the knowledge and practice on reproductive wellness among late adolescent girls in selected college, bhilai, durg, (Chhattishgarh). Data was analyzed using descriptive inferential statistics. The finding of the study revealed that teen empowerment had improved the knowledge and practice regarding reproductive wellness with paired t test, $p < 0.001$. There is statistically significant in knowledge and practice level regarding reproductive wellness shows effectiveness of teen empowerment programme. And the finding of the study association revealed that there was significant association of knowledge regarding type of family with sociodemographic variable that χ^2 value 10.98 was greater than the table value 5.99 level at significance respectively, Hence hypothesis H_3 was accepted related to variable i.e., type of family significant at the level of $P < 0.05$ whereas hypothesis H_3 was rejected regarding sociodemographic variable i.e., age of student, education institute, religion, mother's education, father's education, living area, previous knowledge about reproductive health, if yes mentioned, and economic status, as the chi square value i.e., 0.56, 2.29, 1.53, 3.84, 2.74, 1.09, 0.10, 0.73, 0.47. The level of $P > 0.05$ was non-significant respectively.

Keywords: assess, effectiveness, teen empowerment, reproductive wellness, college, late adolescent girl.

1. Introduction

Every creation in the world is wonderfully created by our almighty. In human having many stages in life process and they are having many changes in their life time. In these lifecycles young age is a pleasantest thought forever. It links between childhood and adulthood. During adolescent periods there is a rapid physical growth and development takes place. It brings many changes such as physical, emotional and behavioral.

Physical maturation brings increase in height and secondary sexual characteristics such as curvature in hip, increase breast size, hair growth in axilla and genitalia in females. In this menstruation is the periodic event of every female. Menstruation occurs in every month due to hormonal influences. Hormones such as progesterone, oestrogen and Luteinizing plays a vital role in menstrual cycle. Empowerment in menstrual health and hygiene is indirectly supported by gender equality, national development, high literacy rate, and Sustainable Developmental Goals accomplishment. Teen age having fruitful knowledge regarding menstrual hygiene and safe menstrual health practices are essential for productive life. So teen girls are empowered by promotion of healthy reproductive life and maintain good menstrual hygiene and practices. Awareness about this scientific phenomenon and hygienic health practices empowers them and maintains good reproductive health. Proper use of biodegradable, natural pads maintain health of women as well as our earth. Therefore, increased knowledge about menstruation from school and college period may upgrade safe practices.

2. Need of the Study

Over all 350 million adolescents comprising about 22% of the population in the South-East Asia Region. Adolescents are not a similar population. They all live in various-circumstances and different needs. In India adolescence constitute 22.8 % in total population, they are one fifth occupied in our country. According to the World Health Organization, to provide basic sanitation, clean water supply, school hygiene and universal primary health education is needed for achieving nearly all the Millennium Development Goals and also in reduction of child mortality, and the promotion of gender equality. Improper sanitation in school has great health risks for girls, especially during menstruation, and further creates an unfriendly school environment for them. These challenges constituted by poor hygiene management will continue to threaten the potentiality of girls.

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3. Objectives

- 1) To assess the pre-test level and post-test knowledge and practice regarding teen empowerment intervention on reproductive wellness among late adolescent girls in the experimental and control group.
- 2) To evaluate the effectiveness of teen empowerment intervention on knowledge and practice regarding reproductive wellness among late adolescent girls in experimental group.
- 3) To find association between post-test level of knowledge and practice regarding teen empowerment on reproductive wellness among late adolescent girls with selected demographic variables.

4. Result

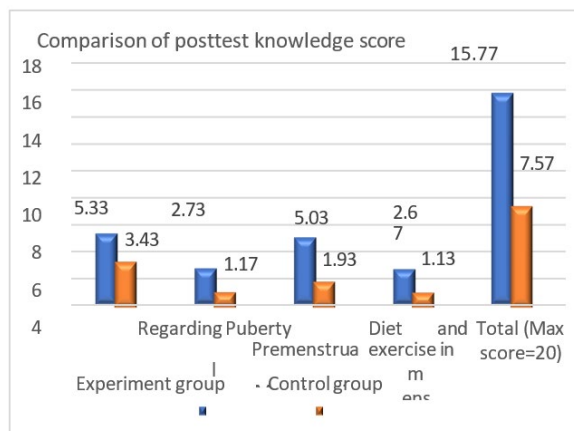


Fig. 1. effectiveness of teen age empowerment depicts that in area of knowledge regarding puberty

The fig. 1. shows effectiveness of teen age empowerment depicts that in area of knowledge regarding puberty mean% 7.14, SD were 2.15 were as in control group mean% 47.57, SD were 1.77 and mean difference were 1.9 with paired ‘t’ test value 3.74 and critical value 3.46 significant at the level of P,0.001 is highly significant.

5. Conclusion

This paper presented a study to assess the effectiveness of teen empowerment on reproductive wellness among late adolescent girls in selected college, Bhilai, Durg, Chhattisgarh

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