

ABSTRACT

BACKGROUND: Adolescent age belong to threshold between Childhood and Adulthood. They face various Physiological and Psychological changes. Among all changes one of the menstrual changes also occurs. During puberty taboos of menstruation belong to embarrassing perception. Every year approximately 10% of women worldwide are exposed to Genital Infection including UTI and Bacterial Vaginosis. Since Peoples are not much aware regarding Menstrual Hygiene. So, it is very important to spread awareness among them.

METHOD: In this study Quantitative (pre-experimental) approach is used to collect data and to carry out the study. Firstly pre-test was taken and then intervention was given and finally post-test was conducted to assess the effectiveness of structural teaching program. Setting of study was Selected School of Lucknow UP. Sample size who met inclusion criteria was 100 using Convenient Sampling technique. A self-structured knowledge questionnaire and self-structural teaching program was prepared for this study.

RESULT: Total 100 adolescent girls were enrolled. In pre-test about 04% have very good knowledge, 57% have good knowledge, 38% have average knowledge, 1% have poor knowledge with mean pre-test score of 10.28 and standard deviation 2.44. After structural teaching programme, in post-test score 28% have very good knowledge, 70% have good knowledge, 02% have average knowledge. The mean post test score was 13.14 with standard deviation of 2.015. The t value for effectiveness of structural teaching programme was 7.65, which shows that STP was effective. Using chi square, association was found between knowledge of pre-test score and demographic variables and was found non-significant with all variables.

CONCLUSION: The aim of the study was to assess the effectiveness of Structured Teaching Program on knowledge regarding menstrual hygiene among adolescent girls. The study finding proved that the structured teaching programme administered by the researcher was effective to increase the knowledge regarding menstrual hygiene among adolescent girls. Hence the study was found to be effective.