



Original Research Article

A Pre-Experimental Study to Assess the Effectiveness of Planned Teaching Program on Knowledge Regarding Menstrual Hygiene with Giving Booklet Among Adolescent Girls (13-16years) in Selected Govt. Girls Sr. Sec. School of Kaithal, Haryana.

Article History:

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Abstract: **Background** and aim: The important public health issue among adolescents are menstrual hygiene. In various study noted the high prevalence regarding menstrual hygiene among adolescent girls due to lack of knowledge about menstrual hygiene. In order to plan was successful to improving knowledge program among adolescent's girls related to menstrual hygiene at the school level. The aim was to assess the effectiveness of planned teaching program on knowledge regarding menstrual hygiene among adolescent girls at govt. sr. sec. school level Kaithal, Haryana. **Materials and Methods:** A pre-experimental study was included 40 girls and the research was qualitative approach used to find out. Samples were collected by means of random sampling technique. Data were collected with the help of planned knowledge questionnaire. Data analyzed by descriptive (mean, median, mode and standard deviation) and inferential technique (t-test). **Results:** In pre-test the majority of the samples 23 (57.50%) were having average level of knowledge regarding menstrual hygiene followed by samples who had good level of knowledge was 16 (40.00 %) and only 1(2.50%) sample were having poor level of knowledge. In post- test the majority of the samples 30 (75.00%) were having good level of knowledge regarding menstrual hygiene followed by Samples who had average level of knowledge was 10 (25.00 %) and None of the samples were having poor level of knowledge. The association between pre-test and post-test scores on menstrual hygiene among adolescent girls and there is paired' test value is -1.6861. The value is extremely significant at 0.05 level of significance. **Conclusion:** The study shown that planned teaching program had a significant effect improving the knowledge among adolescent girls regarding menstrual hygiene.

Keywords: Pre-experimental, planned teaching program, knowledge, menstrual hygiene, adolescent, girls.

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INTRODUCTION

Adolescence in girls has been recognized as a turbulent period which signifies the transition from girlhood to womanhood and considered as a landmark of female puberty. This transitional period is marked with the onset of "MENARCHE" which is generally accepted by young girls, as a sign of maturity. Girls may start their menstrual period as early as 9 years of age and as late as 16 years old. The average age a girl begins menstruating is 12. Since it is too early for the girls they would not have prepared physically and mentally for the menstruation. When the girls attain menarche, they feel shy to even disclose to their mothers. There will be few chances to maintain hygiene during menstruation since the matter is not discussed in the nuclear families. Even though girl's information through media it cannot be applied practically unless it is explained. [4] Menstruation is generally considered as unclean leading to isolation of the menstruating girls and restrictions imposed on them in the family. These practices have reinforced negative attitude toward menstruation in girls. The Centre for social research in 1990 has reported restrictions in daily activities not being allowed to take bath, change clothes, comb hair, enter holy places. apart from their dietary restrictions (taboo on consumption of food like rice, curd milk, lassi, onion sugarcane, etc.) [5] Adolescent girls constitute vulnerable group particularly in India where female child is neglected one. Menstruation is still regarded as something unclean (or) dirty in Indian society. The reaction to menstruation depends upon awareness & knowledge about the subject. [6] The social stigma attached to menstruation causes many girls and women to carry out dangerous hygiene practices. Lacking a platform to share menstrual hygiene problems, girls and women often suffer from discomfort and infection, avoiding urination during menstruation and using any kind of cloth available old (or) unwashed as an absorbent. These kinds of practices can lead to problems like infection, boils and itching but still girls are not visiting medical practitioners. [7]

OBJECTIVES:

- To assess the knowledge of high school

adolescent girls regarding menstrual hygiene.

- To evaluate the effectiveness of planned teaching program on knowledge of menstrual hygiene among high school adolescent girls.
- To determine the knowledge of adolescent girls regarding menstrual hygiene with their demographic variables.

HYPOTHESIS:

- H1: The mean post- test knowledge level score will be significantly higher than the mean pre- test knowledge level.
- H2: There will be significant association between the pre- test knowledge scores with its selected socio-demographic variables regarding menstrual hygiene.

ASSUMPTION:

- Adolescent girls may have some knowledge regarding menstrual hygiene.

DELIMITATION:

- This study is de-limited to 13-16years Adolescent girls who are studying 10th and 12th standards.
- This study is de-limited to 80% Adolescent girls who are studying 8th and 9th standards.

REVIEW OF LITERATURE:

- Literature related to menstruation Attitude.
- Literature related to menstrual hygiene knowledge.
- Literature related to menstrual hygiene awareness.

METHODOLOGY:

- Research approach: Qualitative approach
- Research design: Pre experimental one group pre-test post-test design will be adopted for this study.
- Variables:
- Independent variables: Planned teaching programme.
- Dependent variables: Knowledge of adolescent girls regarding menstruation hygiene.

- Setting of the study: Govt. Sr Sec. girls' School of Kaithal, Haryana.
- Population: Adolescent girls who are studying in Govt.sr sec. Girls school of Kaithal, Haryana.
- Sample: Adolescent girls who fulfil the inclusion criteria will be consider as a sample.
- Sample size: Sample size consists of 40 adolescent girls studying at govt.sr sec. Girls school of Kaithal, Haryana.
- Sampling Technique: Non random sampling technique had been used for selection of the subject.

Table 1: Frequency and Percentage Distribution of Adolescent girls Pre-test Level of Knowledge on Menstrual Hygiene. (N = 40)

S. No	Level of Knowledge	Frequency (f)	Percentage (%)
1.	Poor (0– 7)	1	2.50%
2.	Average (8 – 14)	23	57.50%
3.	Good (15 – 20)	16	40.00%

The above table reveals that majority of the samples 23 (57.50%) were having average level of knowledge regarding menstrual hygiene followed by Samples who had good level of knowledge was 16 (40.00 %) and only 1(2.50%) sample were having poor level of knowledge.

Table 2: Frequency and Percentage Distribution of Adolescent girls Post-test Level of Knowledge on Menstrual Hygiene.

S. No	Level of Knowledge	Frequency (f)	Percentage (%)
1.	Poor (0– 7)	0	0.00%
2.	Average (8 – 14)	10	25.00%
3.	Good (15 – 20)	30	75.00%

The above table reveals that majority of the samples 30 (75.00%) were having good level of knowledge regarding menstrual hygiene followed by Samples who had average level of knowledge was 10 (25.00 %) and None of the samples were having poor level of knowledge.

Table 3: Association between pre-test and post-test score on Menstrual Hygiene among adolescent girls.

S. No	Parameter	Mean	SD	SEM	't' test
1.	Pre – Test	27.25	11.21	1.7725	-1.6861
2.	Post – Test	30.9	7.86	1.2428	

The above table shows the association of pre-test and post-test scores on menstrual hygiene among adolescent girls.

The paired' test value is -1. 6861.The value is extremely significant at 0.05 level of significance.

Table 4: Level of association between knowledge scores and selected socio demographic variables.

S. No	Demographic Variables	Chi Square	'P' Value	Df	Level of Association
1.	Age	1.38	0.514	2	NS
2.	Qualification	3.48	0.187	2	NS
3.	Educational status of Mother	0.026	0.9869	2	NS
4.	Religion	1.979	0.7395	4	NS
5.	Source of Information	3.272	0.5133	4	NS
6.	Peer group	0.590	0.7446	2	NS
7.	What is your habitat	0.653	0.7216	2	NS

NS = Not Significant. Level of Significance = 0.05

The above table describes the level of association between pre-test level of knowledge and selected demographic variable the null hypothesis can be stated as follows.

NURSING IMPLICATIONS:

The result of this study has implications on nursing

practice, nursing education, nursing administration and nursing research.

Nursing practice:

Several implications can be drawn from the present study for nursing practice. Educational conducted by the nursing personnel both in the hospital and in the community, areas help in preventing effects of poor menstrual hygiene and maintaining menstrual hygiene.

Planned program once developed and evaluated for its effectiveness can be modified to teach others groups of clients. Health information can be important through various methods like lecture, mass media, pamphlets, planned teaching program etc.

Nursing education:

Nursing students should be made aware of the importance of educating the public regarding menstruation and menstrual hygiene. Researcher have to develop their skill in preparing health teaching material according to the community level of understanding. Improved and newer techniques have to be used for motivating public participation in menstrual hygiene.

Nursing administration:

The nurse administrator should take interest in providing on health, maintains of menstrual hygiene including causes complication of poor menstrual hygiene to public/community.

The nurse as an administrator should plan and organize educational programs for nursing personnel and motivating them in conducting menstrual hygiene teaching programs beneficial to the public. Planning and organization of such programs require efficient team work, planning of man power, money, material and methods and minutes to conduct successful educational programs both at the hospital and community level.

Nursing research:

The emphasis on research and clinical studies is needed to improve the quality of nursing care. Researcher need to engage in multi-disciplinary research, so that it will help to improve the knowledge and by applying it many health problems can be solved. They should take initiative to conduct research on the nature and severity of the problems related to adolescent girls with regard to menstruation.

RECOMMENDATIONS:

- A similar study can be done on a large sample to generalize the findings.
- A similar study can be conducted to adolescent girls using same teaching programme.
- A pre-experimental study can be done to find

out the knowledge of adolescent girls regarding menstrual hygiene among school age girls.

CONCLUSION:

This study was conducted on adolescent girls to finding the knowledge regarding menstrual hygiene. The major findings for the study showed that improved the knowledge of adolescent's girls after the planned teaching program.

Acknowledgments NIL

- Declarations
- Ethics

Conflict: ALL FINICAL AND NON FINAICAL CONFLICTS ALSO I HAVE FEEL.

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