

Reproductive Health – A Key Concern Among Tribal Adolescent Girls in South India – A Study

¹Mrs Christy Antony, ²Dr. Neema Gnandev

¹Research Scholar, Gandigram Rural Institute, Gandhigram, Dindigal

²Asst professor, Gandigram Rural Institute, Gandhigram, Dindigal

Abstract - Adolescents are group of apparently healthy individuals. The healthy status of an adolescent determines the health status in his or her adulthood. Many serious diseases in adulthood have their roots in adolescent period. So, it is important to maintain healthy habits in day-to-day life. Among adolescents, girls are particularly vulnerable, not only because they are more likely to be coerced invariably for unprotected sex than boys. But also, they are more susceptible biologically to sexually transmitted diseases including HIV infections. The present study was conducted among the tribal adolescent girls to provide awareness regarding reproductive health to prevent reproductive health problems.

A Quantitative research approach was used for the study. The study included 100 tribal adolescent girls residing in model residential school, Chalakudy. One group and pre-test post –test design was adopted, and non-probability purposive sampling technique was used to select the samples. Structured teaching program regarding reproductive health was administered and knowledge level of the students before and after the program was evaluated to assess the retention of knowledge. Data collected using structured questionnaire and analysed using descriptive and inferential statistics. The findings of the study revealed that structured teaching program was effective. They can utilise this knowledge and adopt healthy practices for prevention and control of reproductive health problems in future.

Index Terms - Reproductive health, Tribal Adolescent girls.

INTRODUCTION

Adolescents are group of apparently healthy individuals. The health status of an adolescent determines the health status in his or her adulthood. Many serious diseases in adulthood have their roots in adolescent period. So it is important to maintain healthy habits in day to day life. Among adolescents,

girls are particularly vulnerable, because they are more susceptible to sexually transmitted diseases including HIV infections. The present study was conducted among the school going tribal adolescent girls to provide awareness regarding reproductive health to prevent reproductive health problems.

Eight percentages (8%) of the total population in the country is formed of tribal but still they are discriminated and neglected in our society. Despite being a vulnerable population, tribal females lack adequate attention and basic access to health care facilities and lack of information regarding reproductive health which may lead to various health problems like reproductive tract infections.

NEED FOR THE STUDY

According to 2011 census, total tribal population of Kerala 4, 26, 204. This constitutes only 12.75% of the total population of the state. 1/4th of it include tribal adolescent girls. The major problems faced by tribal adolescent girls are lack of education opportunities, gender inequality, sexual exploitation and violence against women and reproductive health issues. Adolescent girls health issues are crucial in determining the health of further population. Studies revealed that the prevalence of reproductive tract infections was more than 3 times higher among tribal girls because of unsafe menstrual practices. Therefore the researcher felt a significant need in providing education regarding menstrual hygiene practices. The present study was conducted among the school going tribal adolescent girls residing in model residential school, Nayarangadi. As it has been identified as necessity to provide awareness regarding menstrual hygiene practices among those tribal adolescent girls to prevent reproductive health problems.

STATEMENT OF PROBLEM

To assess the effectiveness of structured teaching programme regarding reproductive health among tribal adolescent girls residing in model residential school at selected districts in Kerala state .

OBJECTIVES

1. To assess the knowledge of tribal adolescent girls regarding reproductive health.
2. To determine the effectiveness of structured teaching programme on knowledge regarding reproductive health.
3. To find the association between the pre-test knowledge of reproductive health among tribal adolescent girls with selected demographic variables.

HYPOTHESIS

H1 -There is significant difference between the pre-test and post-test knowledge score of tribal adolescent girls regarding reproductive health.

H2- There is significant association between pre-test knowledge score of tribal adolescent girls regarding reproductive health with their selected demographic variable.

RESEARCH APPROACH

Quantitative evaluative approach was adapted for the study in order to determine the effectiveness of structured teaching program on reproductive health among tribal adolescent girls.

RESEARCH DESIGN

The research design selected for the present study was quasi experimental one group pre testpost test design.

VARIABLE UNDER STUDY

Independent variable: In this study the independent variable was the structured teaching program on reproductive health.

Dependent variable: knowledge of tribal adolescent girls regarding reproductive health.

SETTING OF THE STUDY

This study was conducted at Model Residential School at Thrissur district.

POPULATION

The population chosen for the study comprises of tribal adolescent girls within the age group of 13-19 years.

SAMPLE

Study consist of 100 tribal adolescent girls between 13-19 years studying in Model Residential School at Thrissur district ,who met the inclusion criteria

SAMPLING TECHNIQUE

In the present study purposive sampling technique was used to obtain the required sampling subject.

➤ Inclusion criteria

- adolescent girls between 13-19 years belongs to tribal community
- students who are willing to participate in study
- students who are able to read and write

➤ Exclusion criteria

- Students not achieved menarche
- Students who are absent on the day of data collection

TOOL / INSTRUMENT

SECTION A : Structured questionnaire to assess the demographic variables

SECTION B : Structured questionnaire to assess the knowledge regarding reproductive health.

DESCRIPTION OF THE TOOL

Section 1:The socio demographic data consist of age, educational status, religion, parental information, educational status of parents, poverty line, source of information regarding menstrual hygiene ,place of stay , area of living and caste .

Section 2:This section was used to assess the effectiveness of structured teaching program among tribal adolescent girls. The findings were graded correspondingly. The maximum score was 25 and the minimum score was 1.

The score were arbitrarily categorized as follows;

Reference range	Score
Very good	21-25
Good	16-20
Average	11-15
Poor	6-10

VALIDITY AND RELIABILITY OF TOOL

To determine the validity of tool, the prepared questionnaire along with the problem statement, objectives, brief methodology and content of structural teaching program given to the 5 experts. The experts were requested to give their opinions to appropriateness, relevancy of items in tools. Necessary modifications were done in the tool on the basis of suggestions

Reliability of the structured questionnaire was done by test-retest method which was (r=0.7) indicating tool was reliable.

DATA COLLECTION PROCEDURE

A formal written permission was obtained from the Principal of St. James College of Nursing, in Chalakudy. The investigator selected the sample by purposive sampling technique. The purpose of the study was explained to the samples. Questionnaire was used to assess the level of knowledge among the students regarding reproductive health. The data was collected from 100 adolescents of age 13-19 years, who achieved menarche. The techniques of teaching included lecture, discussion with use of audio-visual aids, demonstration. Descriptive and inferential statistics were used to analyse the data.

RESULTS

SECTION 1: Description of socio demographic variables of samples.

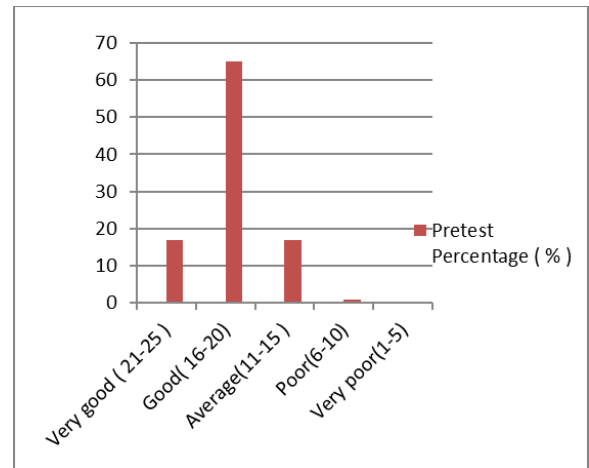
- Findings of socio demographic variables showed that among 100 samples majority of samples were belong to middle adolescence and minority belongs to late adolescence period.
- 40 [40%] of sample studied in the 11th standard and 31[31%] and 29[29] were studied in 9th and 10th standard respectively.
- Among 100 samples majority (90%) of the sample belongs to Hindu religion and only 10[10%] belongs to Christian.
- Majority of the sample 92 (92%) belongs to BPL and 8 (8%) belongs to APL.
- 77 (77%) samples shared that their source of information about reproductive health are their mothers. And for 1 (1%) of the samples, the source of information is their grandmothers.

- Most of the samples 42 (42%) belongs to Thrissur district and the rest of them i.e,35 (35%), 10(10%) and 6(6%) belongs to Ernakulam, Idukki and Coimbatour respectively.
- Most of the samples 95(95%) belongs to rural area and only 5(5%) belongs to urban area. Among 100 samples, 12(12%) of samples belongs to ervallal community and 10(10%) belongs to erular, kaadar and malaivedan.

TABLE 1-PRE-TEST KNOWLEDGE OF TRIBAL ADOLASCENT GIRLS REGARDING REPRODUCTIVE HEALTH

Level of knowledge	Pretest	
	Frequency (n)	Percentage (%)
Very good (21-25)	17	17
Good(16-20)	65	65
Average(11-15)	17	17
Poor(6-10)	1	1
Very poor(1-5)	0	0

Table 4.11 showed that in pretest most sample 65 (65%) have good level of knowledge score, followed by 17 (17 %) samples were having average level of knowledge and only 1 (1%) have poor knowledge score.

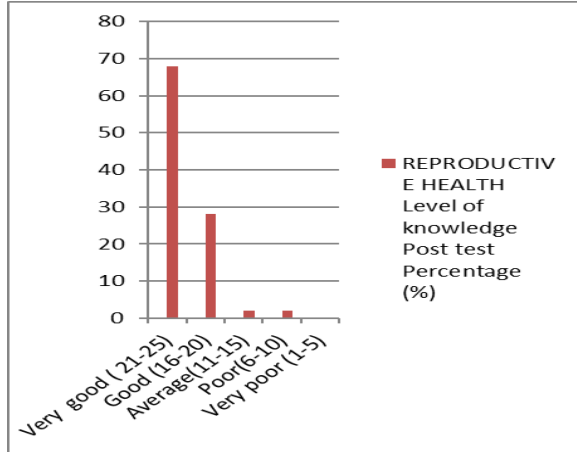


Percentage wise distribution of samples according to pre test level of knowledge .

TABLE 2-POST TEST KNOWLEDGE OF TRIBAL ADOLASCENT GIRLS REGARDING REPRODUCTIVE HEALTH

Level of knowledge	Post test	
	Frequency (n)	Percentage (%)
Very good (21-25)	68	68
Good (16-20)	28	28
Average(11-15)	2	2
Poor(6-10)	2	2
Very poor (1-5)	0	0

Table showed that frequency and percentage distribution of sample according to posttest level of knowledge. It reveals that ,the majority 68(68%) sample had very good knowledge and 28 (28%) sample had good knowledge respectively.



Percentage wise distribution of samples according to the post test knowledge score.

TABLE 3-COMPARISON OF PRE-TEST AND POST TEST KNOWLEDGE SCORE IN TERMS OF KNOWLEDGE LEVEL OF TRIBAL ADOLASCENT GIRLS IN REGARDING REPRODUCTIVE HEALTH

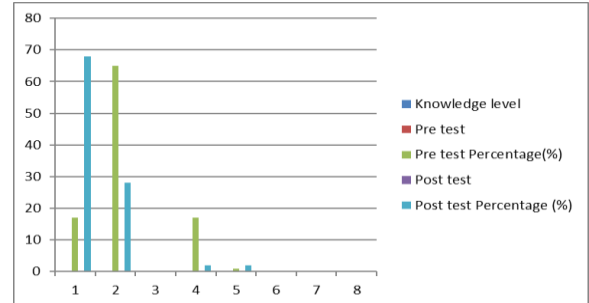
Knowledge level	Pre test		Post test	
	Frequency (n)	Percentage (%)	Frequency (n)	Percentage (%)
Very good (21-25)	17	17	68	68
Good(16-20)	65	65	28	28
Average(11-15)	17	17	2	2
Poor(6-10)	1	1	2	2
Very poor(1-5)	0	0	0	0

FINDINGS RELATED TO ASSOCIATION BETWEEN PRE-TEST OF KNOWLEDGE SCORES OF TRIBAL ADOLASCENT GIRLS WITH AGE

Age	Pre test level of knowledge						Chi square	df	P value
	Very good	Good	average	poor	Very poor	total			
Early adolescence	0	11	8	0	0	19	15.53	6	12.59
Middle adolescence	17	53	8	1	0	79			
Late adolescence	0	1	1	0	0	2			
Total	17	65	17	1	0	100			

Data presented in the table shows that chi square value computed between pre test knowledge and selected socio demographic variable age was not significant 0.05 level. Hence , null hypothesis stated that there is no significant association between pre test knowledge scores of tribal adolescent girl with selected socio demographic variable is accepted .

Table showed that the comparison of pre and post test level of knowledge .In the pretest the level of knowledge only 17 (17 %) samples had very good knowledge and it has increased significantly to 68(68%) samples in the post test, 65 (65%) samples have good knowledge in the pretest, whereas 28(28%)samples had good knowledge in the post test. Followed by 17 (17%) samples had average knowledge in pre-test and only 2(2%) samples had average knowledge in post test.



FINDINGS RELATED TO EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME AMONG TRIBAL ADOLESCENT GIRLS REGARDING REPRODUCTIVE HEALTH

Knowledge score	mean	SD	Mean difference	Paired "t" value	df	Tabled value
Pre test	17.76	2.709	3.49	1.62	99	0.167
Post test	21.23	2.989				

Calculated t value of knowledge of tribal adolescent girls regarding reproductive health (t=1.62) was higher than the tabled value (t 99=0.167) at 0.05 level of significance. This shows that there was significant difference between pre-test and post-test knowledge, and structured teaching program was effective in attaining knowledge regarding reproductive health.

CONCLUSION

The findings of this study suggest that the adolescent girls need the special attention regarding the menstrual hygiene.

NURSING IMPLICATIONS

The study findings have several implications in the field of nursing education, nursing administration, nursing practice and nursing research. Nurses can play vital role in all these areas in order to provide comprehensive care to people in various settings. It can include preventive, promotive and rehabilitative aspects of care.

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