



Effectiveness of information booklet to enhance attitude regarding physical problems of menstruation among females at selected area of Indore city

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Abstract

Adolescence is a distinct and dynamic phase of development in the life of an individual. Menstruation is a natural physiological process experienced by the majority of females during their reproductive years. The aim of the present study is to the effectiveness of information booklet to enhance attitude regarding physical problems of menstruation among females at selected area of Indore city. The study compromises 30 adolescent girls residing in the selected areas of Indore city. The samples were distributed in two groups 15 girls in experimental group and other 15 girls in the control group. The result showed that in the experimental group most of the adolescent girls 42% were having low attitude in pre-test. However, after imparting the structured teaching programme, the low attitude score decreased to 10% in the post test in the experimental group where as in control group 30% samples had low attitude. Thus, study shows that the interventional strategy found to be effective in improving attitude among the females.

Keywords: Females, informational booklet, physical problem, menstruation

Introduction

Background of the study

Need of the study

Problem statement: A quasi-experimental study to assess the effectiveness of information booklet to enhance attitude regarding physical problems of menstruation among females at selected area of Indore city.

Objectives of the Study

- To assess the existing level of attitude score on physical problems of menstruation among females in experimental groups.
- To assess the existing level of attitude score on physical problems of menstruation among females in control groups.
- To assess the effectiveness of information booklet to enhance attitude regarding physical problems of menstruation among females in experimental group.
- To compare the post attitude score regarding physical problems of menstruation among females both in experimental and control group.
- To Find out the Association between the pre-attitude score on physical problems of Menstruation Among females With Selected Demographic Variables of both experimental and control group.

Hypothesis

- **RH01:** There will be no significant increase in the level

of attitude of the females regarding physical problems of menstruation after structured teaching program me in experimental group.

- **RH1:** There will be significant increase in the level of attitude of the females regarding physical problems of menstruation after structured teaching program me in experimental group.
- **RH02:** There will be no significant association between selected demographic variables with post attitude score in the females regarding physical problems of menstruation in the experiment group and control group.
- **RH2:** There will be significant association between selected demographic variables with post attitude score in the females regarding physical problems of menstruation in the experiment group and control group.

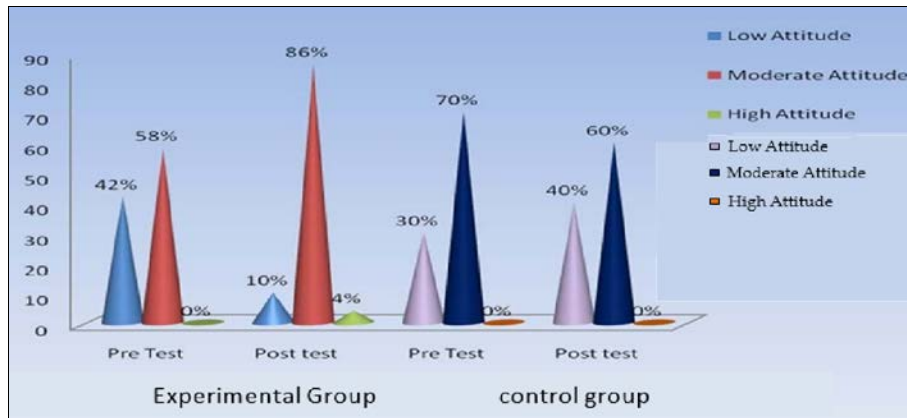
Methodology

The researcher adopted quantitative evaluative approach where quasi- experimental research design was chosen. A total of 30 samples were selected in which 15 each were divided in experimental and control group. The investigator prepared demographic variable along with a 5-point Likert scale with 10 items. In order to assess the attitude among the females.

Result

The investigator estimated that among 30 samples, most of the samples, reveals that in the experimental group most of the adolescent girls 42% were having low attitude in pretest.

However, after imparting the structured teaching program me, the low attitude score decreased to 10% in the post test. Relatively in the control group, 30% had found to have moderate level of attitude.



Interpretation and Conclusion

After the interventional strategy it was identified that pre mean and SD is 09.13±2.16 and post mean And SD is 12.5±3.1 in the experimental group. Further, t-value of experimental group found to be 8.64, and in control group the value found to 3.65, which shows there is an effectiveness in providing informational booklet to improve the attitude regarding physical problems of menstruation among females. Further, the hypothesis, RH1: There will be significant increase in the level of attitude of the females regarding physical problems of menstruation after structured teaching program me in experimental group, is being accepted.

Additionally, the demographic variable found to be insignificant with the pre attitude score of experimental and control group, thus H0₂, is being accepted.

Conflict of Interest

Not available

Financial Support

Not available

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How to Cite This Article

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