

Effectiveness of Video Assessted Teaching on Pubertal Changes among Pre-Adolescent Girls

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Abstract: A quasi-experimental study was conducted on effectiveness of video assisted teaching on pubertal changes among pre-adolescent girls in a selected school, Nellore, Andhra Pradesh. 100 pre-adolescent girls were selected by using simple random sampling method. Structured knowledge questionnaire was used to collect the data. Majority (58%) of pre-adolescent girls were having average knowledge, 41% had below average knowledge and remaining 1% had above average knowledge in pre-test on pubertal changes. Majority (60%) of pre-adolescent girls had reported above average knowledge while only 40% of them had average knowledge and none of them had below average knowledge on pubertal changes in post-test. The calculated paired 't' test value for overall knowledge was found to be 28.60 which indicates that there was a difference in pre-test and post-test knowledge scores. There was statistically significant association between the pretest knowledge scores and demographic variables of pre-adolescent girls like age, education, type of family and previous knowledge. Pre-adolescence is the period of human development just preceding adolescence, specially the period between 9 years to 12 years. Girls begin their pre-adolescent growth spurt at about 10 years of age. Adolescence is a dynamic period of development including cognitive, psychosocial and physical, puberty is the biological process in which a child becomes an adult. During this period of maturation, they may experience intense feelings of despair, anxiety, depression, impatience, hopelessness, emotional turmoil, conflicts, risk taken behavior etc. Some adolescents may have difficulty in coping with the changes that occur. So, it is important to provide prior information about the pubertal changes which will make puberty easier for them.