

A Study to Assess the Effectiveness of Structured Teaching Programme on Puberty and Menstrual Hygiene among School Girls.

Prof. E. Kannagi,
Phd Scholar
Bharath University,
Chennai, Dept. of CHN,
Narayana College of Nursing,
Nellore, Andhra Pradesh,
India.

Introduction: Children are buds that bloom and blossom to decorate the world of tomorrow. During transition from childhood to adolescent, their health is a significant factor that needs to be nurtured with utmost care. Children especially girls at this age can be prone to numerous physical and psychological health issues which can lead to several disorders. So it is essential to provide proper health education among school children regarding puberty and menstrual hygiene to establish a healthy life. Puberty normally occurs in a series of five stages (Tanner Stages) that typically begin within the ages of eight to thirteen for girls, nine to fourteen for boys. Comparatively for both the sex, girls are most disturbed because of bleeding. Puberty is considered early, if it occurs before the age of eight years, is called precocious and it is considered late if it occurs after the age of thirteen years, is called delayed puberty. So both early and delayed can cause physical as well as mental problems like hormonal changes, disturbance in growth and development, sleep, physical activity etc., Blondel (1999) states that, puberty is derived from the Latin word “pubertas.” It means ‘adulthood,’ a process leading to physical, sexual and psychosocial maturation. Puberty is a well-known fact that pubertal changes and menstruation is a highly emotional experience for every young prepubescent girl. The height and intensity of emotions that the preteen girls experience depends on how well she is informed about puberty and menstruation and type of supportive system around her. During the transitional phase, sex education about reproductive system, puberty and menstruation are one of the essential components of health education. Hence, there lies the major responsibility of the paediatric nurse today in providing awareness about the physiology of reproductive system, puberty and menstrual hygiene in schoolgirls.