



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.

Need for the Study: Today, there are many young people between the ages of 10 to 24 years than any other time in human history. According to a UNICEF report (2014), 1.2 billion adolescents (10-19 years old) today make up 18 % of the world's population. More than half of all adolescents live in Asia. India is home to more adolescents around 243 million than any other country.

The lives of adolescent girls are characterized by limited education, lack of knowledge pertaining to pubertal changes. They face psychological problems

like stress and anxiety related to pubertal changes. They also lack access to affordable confidential health services. Today's parents who are heavily burdened with income generating activity, find little or no time to talk to their children. Some parents hesitate to transfer health information to their children due to either embarrassment or ignorance or their commitments. They do not understand the challenges and pain their children have in this process and put the responsibility on the shoulders of teachers who may ignore it as well. In such situation, these



adolescents will approach the siblings and mass media. This will lead to wrong or incomplete information. Creating awareness among these pre-adolescent girls is important.

Statement of the problem: “A study to assess the effectiveness of video assisted teaching on knowledge of pubertal changes among pre-adolescent girls in a selected school, Nellore, Andhra Pradesh”.

Objectives of the study

- ❖ To develop and validate video assisted teaching on pubertal changes among Preadolescent girls.
- ❖ To assess the knowledge of pre-adolescent girls before and after video assisted teaching on pubertal changes.
- ❖ To find out the effectiveness of video assisted teaching on pubertal changes among pre-adolescent girls in terms of gain in post-test knowledge scores.
- ❖ To find out association between the pre-test knowledge scores of pre-adolescent girls on pubertal changes with their selected demographic variables.

Hypotheses

H₁: There will be significant difference between the pre and post test knowledge scores on pubertal changes among pre-adolescent girls at 0.05 level of significance.

H₂: There will be significant association between the pre and post test knowledge scores on pubertal changes among pre-adolescent girls with selected demographic variables at 0.05 level of significance.

Materials and methods

Research Design: Quasi experimental one group pre-test, post-test design.

Setting: The study was conducted in Narayana School, Nellore.

Population : Pre adolescent girls in the age group of 10-12years.

Sample Size: 100 pre-adolescent girls.

Sampling Technique: Simple random sampling techniques by lottery method.

Criteria for sample selection

Inclusion Criteria:

- Pre adolescent girls of Narayana School, Nellore.
- The age group of 10 -12 years and studying 5th, 6th and 7th class.
- Those who are willing to participate and be available during the period of study.

Exclusion Criteria:

- Who are more than 12 years.
- Those who are not willing to participate in the study.

DESCRIPTION OF TOOL

Section-A : Demographic data of the sample: It comprised of pre-adolescent girl's age, religion, educational status, education of mother, occupation of the mother, previous knowledge on pubertal changes and source of information.

Section-B: Structured knowledge questionnaire: It consisted of 32 multiple choice questions to assess the knowledge of pre-adolescent girls on pubertal changes.

Data Analysis: Data was analyzed by using descriptive and inferential statistics.

Section-A: Description of demographic variables of pre-adolescent girls

Majority (56%) of pre-adolescent girls were 11 years, 50% were Hindus and 55% belonged to nuclear family. Out of 100 pre-adolescent girls, 55% belonged to class V, 33% of mothers of pre adolescent girls had primary education and 47% of mothers were housewives. Majority (70%) of the pre-adolescent girls did not have any previous knowledge on pubertal changes, 12% of the girls had source of information from teachers.



Section-B: Analysis of pre-test and post-test knowledge scores of pre-adolescent girls.

Frequency and percentage distribution of pre-test & post-test knowledge scores of pre-adolescent girls on pubertal changes n-100

Knowledge scores	Pre – test		Post – test	
	F	%	F	%
Below Average (<33.33%)	41	41	0	0
Average (33.33% - 66.66%)	58	58	40	40
Above Average (>66.66%)	1	1	60	60
Total	100	100	100	100

Section C - Effectiveness of video assisted teaching on pubertal changes.

Paired ‘t’ test to find out the effectiveness of video assessed teaching on pubertal changes n-100

Knowledge scores	Standard Mean	Standard Deviation (SD)	Standard Error (ER)	Paired ‘t’ test		
				Cal. Value	Tab. Value	Inference
Pre-test	13.13	3.79	0.38	28.60	2.66	S*
Post-test	22.91	3.22	0.32			

Section-D: Association between pre-test knowledge scores of pre-adolescent girls with selected demographic variables.

The chi-square analysis carried out to determine the association between knowledge scores with age, education, type of family and previous knowledge (chi-square value = 29.59, 22.24, 10.88, 18.04) was significantly associated at 0.05 level of significance. However, variable like religion was found to be not significant. Hence, the research hypothesis (H_2) was accepted for association of knowledge scores with age, education, type of family and previous knowledge. The research hypothesis (H_2) was rejected for variable such as religion.

Discussion: The mean pre-test score of knowledge of the pre-adolescent girls regarding pubertal changes was 13.13 with a standard deviation of 3.79. It increased to 22.91 with a standard deviation of 3.22 which was a measure of spread of scores within a set

of data. The mean post test knowledge scores were higher than mean pre-test knowledge scores of preadolescent girls on pubertal changes. The calculated ‘t’ value (28.60) of pre-adolescent girls was significantly higher than tabulated value. Hence, research hypothesis (H_1) was accepted. It indicates that the power point assisted teaching was effective in increasing the knowledge of pre-adolescent girls.

Recommendations

- A comparative study can be conducted between pre-adolescent girls of urban and rural area.
- A cross sectional study can be conducted to assess the knowledge and attitude of adolescents regarding adolescence, puberty and sexuality.
- A similar study can be done on teachers to help them deal with changes of preadolescent girls.

Conclusion: The study results showed that there was a significant improvement in the knowledge of pre-adolescent girls on pubertal changes after participation in the PPAT.

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