



Efficacy of Educational Module Regarding Puberty among Girls in Selected school at Bareilly

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Introduction

Menstruation is a normal part of every woman's life, but it is rarely brought up in conversation. Many women aren't familiar enough with it. They are often influenced by their families and communities to believe in irrational beliefs. Many women don't know why they menstruate or what happens to their bodies during that time.

Pre-menarcheal education was lacking, which resulted in unsatisfactory menstrual periods and subpar menstrual hygiene practises. The pre-menarcheal instruction had a lack of support from the health sector, advertising, and formal education. When it comes to first menstruation and the difference between those who knew about menstruation prior to menarche and those who didn't, recent research has shown a clear divide. Researchers in India gathered data on menarcheal blood loss, dysmenorrhoea, and menarcheal age from 305 females. Those who had learned about it before menarche thought it was a normal part of their bodies, while those who hadn't were "appalled" and "horrified" by it. The rate at which people were gaining knowledge was high. dysmenorrhoea and early puberty are reduced. More information should be made available prior to menarche, according to all of the discussion topics. Adolescent girls in rural areas often face greater restrictions and other traditional features. Additionally, in the urban sector, girls from low-income families report poor hygiene practises as well as more traditional constraints and beliefs.

The lack of information about menstruation prior to adolescence's first menstruation has been found to cause a variety of reactions, including fear, shame, and nervousness. Researchers also discovered a serious deficiency in menstrual hygiene education and the provision of facilities for the disposal of menstrual waste in their studies. Despite the fact that sex education begins in the 9th grade, the majority of our girls begin their menstrual cycle at the age of 10. That's why researchers believe the teaching will help girls become more aware of pubertal changes and menarche. As a result, she chose this research topic.

Methodology

The study used a pre-experimental one-group pre-test-post-test design as its research methodology. In Bareilly, at the Government Higher Secondary School, the study took place. One hundred people were enrolled in the study. According to the modified Pender's Health promotion model, this study's conceptual framework was based on Children learn about puberty in general system theory. For evaluating the participants' knowledge, a pre-designed questionnaire was created. Evaluations were conducted on a new educational module. Go For this study, we used a variety of methods to gather information, including handing out knowledge questionnaires to participants and answering any questions they had. A total of ten samples were taken each day to compile the data. 60 minutes of video-aided instruction were given after the questionnaire was completed. 30 days after the test, a follow-up evaluation was conducted.

Results

According to the pre-test, 92% of students did not have adequate knowledge, while 8% had moderately adequate knowledge. More than 82 percent had adequate knowledge and 18 percent had moderately adequate knowledge in the post-test. With a 0.001-level difference, the mean post-test knowledge score was higher than the mean pre-test knowledge score. This showed that the students' knowledge of puberty had improved as a result of the video-assisted teaching programme. Prior knowledge level and demographic variables such as education and mother's education were found to be linked. The level of post-test knowledge was correlated with the demographic variable education.

Conclusion

A new study finds that students who participated in a educational module programme saw gains in their knowledge that could be statistically demonstrated. The people who took part in the survey were grateful for the information they received on puberty. As a result of this feedback, a future researcher will use the questionnaire as an assessment tool for puberty-related knowledge. Students, faculty, and administrators all enjoyed and admired the video's message and subject matter.

The schoolgirls preferred educational module teaching to other methods because it was more appealing to them. Girls who attend menarche should brush up on their knowledge of puberty. Girls' knowledge and physical and mental health will benefit from a series of lessons on the same topic.

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