



## A Study to Assess the Effectiveness of Information Booklet on Knowledge Regarding Prevention of Teenage Pregnancy among the Parents of Adolescent

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### ABSTRACT

**BACKGROUND:** -According to the world health organization (WHO), teenage is the age between 13 to 19 years. Teenage pregnancy is an unintended pregnancy during 13 to 19 year of age. Adolescent pregnancy is socially stigmatized. Teenage pregnancy is serious problem because it can causes social and health consequence. This study was conducted to evaluate the knowledge of parents on the prevention of teenage pregnancy **MATERIAL AND METHOD:** - The study was conducted in selected urban and rural area of Wardha district. Interventional evaluative approach and experimental one group pre test post test research design were used in this study. 60 samples were taken for a study 30 from urban and 30 from rural area. Structured questionnaire and knowledge booklet were used to collect the data. **RESULT:-** Mean knowledge score in pre-test was  $6.90 \pm 2.82$  and in post test it was  $11.66 \pm 2.98$  and mean percentage of knowledge score in pre test was 31% and in post test it was 58%. The calculated 't' value i.e. 11.20 are much higher than the tabulated value at 5% level of significance for overall knowledge score of parents of adolescents which is statistically acceptable level of significance. Hence it is statistically interpreted that that information booklet on overall knowledge regarding prevention of teenage pregnancy among parents of adolescents was effective. **CONCLUSION** It is statistically interpreted that the information booklet on overall knowledge regarding prevention of teenage pregnancy among parents of adolescents was effective. The finding of the study indicate a beneficial role of information booklet

**KEY WORDS:** - Information Booklet, Teenage pregnancy, Knowledge, Parents, Adolescent

### INTRODUCTION-

Teenage pregnancy is a worldwide dispersed social issue and has significant consequences for Maternal and child health, especially in developed countries.

In India, teenage pregnancy is a major public-health problem, although the national policy of the Government of India advocates the minimum legal age of marriage for girls to be 18 years. Data of the National Family Health Survey (NFHS)-3 revealed that 16% of women between the age of 15-19 years, have already started childbearing. This proportion is the highest in the state of Jharkhand (28%), followed by West Bengal (25%) and Bihar (25%), all located in eastern India. A substantial proportion of young married girls are already malnourished. Nearly 47% of adolescent women have body mass index of less than 18.5, 11.4% are stunted, and half of them have anaemia<sup>1</sup>.

Teenage pregnancies represent a high-risk category in reproductive terms because of the double burden of reproduction and growth. Pregnancy complication and childbirth complications are the leading cause of mortality among girls aged 15-19 in developing countries<sup>2</sup>.

According to the world health organization (WHO) teenage is the age between 13 to 19 years. Teenage pregnancy is also known as adolescent pregnancy. It can occur before the first menstrual period. Teenage pregnancy is an unintended pregnancy during 13 to 19 year age. Teenager become pregnant because of they participate in sexually activity more frequently and early age and they don't use contraception, adolescent pregnancy is socially stigmatized. Teenage pregnancy is serious problem because of it can causes social and health consequence.

Adolescence may be defined as a transition from childhood to adulthood, a period when physical, functional, and psychosocial changes take place. Consequently, pregnancy during teenage can adversely affect the health as the female adolescent concerned has yet to reach its full potential for growth. Additionally, study reports show that adolescent pregnancies also impact on social development and the national economy.

In India, Teenage pregnancy is almost double in rural areas, 9.2%, as compared to urban area, 5%. Here's where the problem lies – these pregnancies not only make adolescent girls extremely vulnerable, both physically and mentally but also place them and their babies at risk. Such pregnancies are associated with an increased risk of miscarriages, abortion and other adverse outcomes.

## HYPOTHESIS:

H1:- There is a statistically significant difference between pre test and post test Knowledge scores of parents of adolescent on teenage pregnancy.

H2:-There is a statistically significant association between parent's knowledge scores with their selected demographic variables.

## MATERIALS AND METHODS OF THE STUDY:

In order to accomplish the main objective of assessing the effectiveness of an information booklet on knowledge of parents regarding prevention of teenage pregnancy, one group pre-test post-test design which is pre experimental research design was adopted. Setting of the study in rural area & urban area of Wardha district Population for study All parents of adolescent residing in a selected Rural area and urban area in Wardha district. Sample for the study is parents of adolescent. The sample consists of 60 parents of adolescent. Sampling technique was Non –probability convenience sampling. The test was administered to the parents using structured knowledge questionnaire. After pre-test researcher administered the information booklet to the parents. After seven days of intervention, the investigator administered the post-test to assess the knowledge of parents using same structured questionnaire. The collected data were analysed using descriptive and inferential statistics.

## RESULT:

Mean knowledge score in pre-test was  $6.90 \pm 2.82$  and in post test it was  $11.66 \pm 2.98$  and means percentage of knowledge score in pre test was 31% and in post-test it was 58.33%

**Table 1: Assessment with level of knowledge**

n=60

Level of knowledge	Score Range	Level of Knowledge Score	
		Pre Test	Post Test
Poor	0-20%	11(18.33%)	0(0%)
Average	21-40%	41(68.33%)	8(13.33%)
Good	41-60%	8(13.33%)	23(38.33%)
Very Good	61-80%	0(0%)	26(43.33%)
Excellent	81-100%	0(0%)	3(5%)
Minimum score		2	5
Maximum score		11	17
Mean knowledge score		$6.20 \pm 1.96$	$11.66 \pm 2.98$
Mean % Knowledge Score		$31 \pm 9.82$	$58.33 \pm 14.94$

**Table 2: Significance of difference between knowledge score pre test and post test score of parents of adolescents**

n=60

Overall	Mean	SD	Mean Difference	t-value	p-value
Pre Test	6.20	1.96	$5.46 \pm 3.77$	11.20	0.0001 S, p<0.05
Post Test	11.66	2.98			

Above table shows the comparison of pre-test and post test knowledge scores of parents of adolescents regarding prevention of teenage pregnancy. The calculated 't' value i.e. 11.20 are much higher than the tabulated value at 5% level of significance for overall knowledge score of parents of adolescents which is statistically acceptable level of significance. Hence it is statistically interpreted that the Information Booklet on overall knowledge regarding prevention of teenage pregnancy among parents of adolescents was effective. Thus the  $H_1$  is accepted.

The association of knowledge score with their demographic variables shows that there was no significant difference in knowledge score with respect to age, gender, education, religion, occupation etc and there is significant difference with respect to residence, type of family and income

## DISCUSSION –

This study shows that parents have average knowledge in pre test and having good knowledge in post test. Mean knowledge score in pre-test was  $6.90 \pm 2.82$  and in post test it was  $11.66 \pm 2.98$ .

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## RECOMMENDATIONS

On the basis of the findings of the study, it is recommended that the following studies can be conducted.

1. A similar study may be conducted on a larger population for generalization of findings.
2. Studies may be conducted to evaluate the effectiveness of information booklet versus other method of giving knowledge on prevention of teenage pregnancy.
3. A study may be conducted to assess the existing knowledge and practice of care takers including parents of adolescent girls.
4. A information booklet may be used in the hospitals, so that the entire nurses can participate in improving the knowledge regarding prevention of teenage pregnancy.

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## CONCLUSION:

It was concluded that information booklet on prevention of teenage pregnancy was found effective. Hence based on the above cited findings, it was concluded undoubtedly that such type of information booklet helped the parents to improve their knowledge on prevention of teenage pregnancy

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