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Effectiveness of Planned Teaching Programme on Knowledge Regarding Developmental Changes among Adolescent

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ABSTRACT:

Adolescence is a transitional phase from childhood to adulthood, when a young person enters a new world that challenges him to the developmental changes taking place within him/her. This study concluded that adolescent have less knowledge about their developmental changes. The intervention method was found to be effective in increasing the knowledge of young people. The result of the study shows that the information was added after the young people received information about the developmental changes taking place in the planned teaching programme. The general system theory was used as conceptual framework. The pretest score was 8.20 and the posttest score after planned instruction was 23.5, indicating a significant difference after teaching. In addition, the study suggests that this research should be conducted on a large scale. With the help of this research, the knowledge and attitude towards developmental changes of young people can be assessed. Finally, the proposed educational program is effective in increasing the knowledge of youngsters.

Keywords: Adolescent, developmental changes, knowledge, planned teaching programme

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1. Introduction

Adolescence is a new birth for the higher and more completely human traits are now born' as said by G. Stanley. Hall. The word adolescence is derived from Latin verb "adolescere", which means to grow into maturity. The sudden growth that takes place in early adolescence creates feelings of confusion for adolescents. Development is a process of functional and physiological maturation of individual. Adolescence is a period of transition from childhood to maturity with rapid increase in physical, intellectual & emotional growth. Remarkable changes in puberty occur by gaining 50% of adult weight and 25% of adult height.

Being a health Care professional, our role is to enhance, motivate and create awareness regarding the developmental changes taking place in during the adolescent period. So, Adolescent Health is very important concept which needs to be analyzed. The Nurses are the first who encounter the youths in practice settings, which includes schools or college health clinics, PHC, CHC. To grow and develop in good health, adolescents needs information, including age-appropriate comprehensive sexuality education; opportunities to develop life skills; health services that are acceptable, equitable, appropriate and effective; and safe and supportive environments. The current research study is putting efforts to give adolescent regarding information about developmental changes taking place in them. So the investigators had conducted a study to evaluate the effectiveness of planned teaching programme on knowledge regarding developmental changes among adolescent in selected schools of Navi-Mumbai. Objectives of the study are: To assess the knowledge regarding developmental changes among adolescent before the planned teaching programme, to assess the knowledge regarding developmental changes among adolescent after the planned teaching programme, to evaluate the effectiveness of planned teaching programme on knowledge regarding developmental changes among adolescent and to determine the association between levels of knowledge regarding developmental changes with selected demographic variables among adolescents.

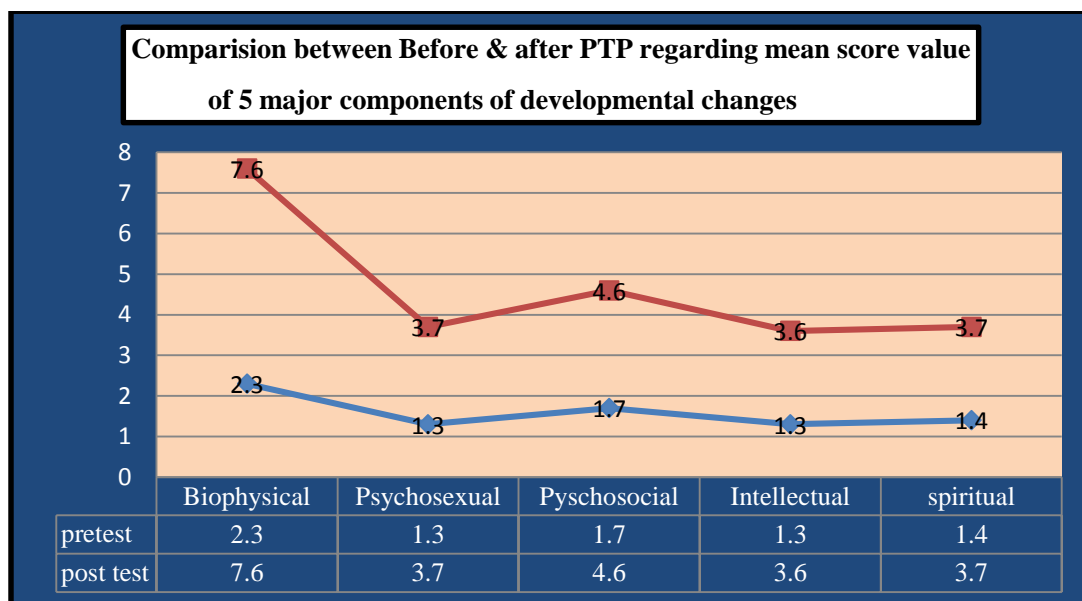
The general system theory was used as conceptual framework, that consists of pathway of input, throughput and output. In the present study, research methodology was based on quantitative approach with pre-experimental one group pre-test, post-test research design which indicates pre-test of the subjects, intervention and conducting post-test on the same subject. This design interrelates with input, throughput and output process of general system theory.

Methodology used was quantitative approach. The pre experimental one group pre-test post-test research design was chosen for the study. The population were adolescent groups (both girls and boys consist of 100 samples) and belonging to age group between 13-16 years, from selected schools of Navi Mumbai. The non-probability convenient sampling technique was used. A self-structured knowledge questionnaire was developed to assess the knowledge regarding developmental changes among adolescents The reliability was done using test-retest method, Calculated by using Cronbachs Alpha co-efficient, the 'r' value was 0.752. The ethical consideration was done by ethical approval from the institutional ethical committee. Formal permission was taken from school principals. Informed consent from parent of each student was taken.

2. Results

Majority 51% of the adolescent were male. Majority of 40% adolescent were under the age group of 13-14 years. It was found 28% of adolescents father were higher secondary education qualified & 32% of adolescent mother were higher secondary qualified. The study

findings show that 46% of adolescent occupational status of father was doing service & 83% of adolescents mother were housewife. It was found that majority 78% of adolescent belonged to Hindu religion & 40% of adolescents monthly income was near about 32,050. About 73% of adolescent had one sibling & 62% of adolescents are from first birth order. Major findings of the study reveals that the effectiveness of planned teaching programme on knowledge regarding developmental changes among adolescent group, in before knowledge, 53% of adolescent had average knowledge, 21% had good knowledge, regarding developmental changes whereas in after knowledge was 80% adolescent had very good knowledge and 20% had excellent knowledge regarding developmental changes among adolescent. The findings of the study show that the mean value of before knowledge score was 8.20 and after knowledge score was 23.52. The standard deviation score before knowledge found was 3.315 as compared with after knowledge score was 1.058. the mean value of before knowledge score is 8.20 and after knowledge score is 23.52 and the calculated 't' value is 44.760 which is more than the table value 2.76 and calculated 'p' value is 0.00 which is less than 'p' value (0.05), so we reject H_{01} and accept H_1 . This indicates that there was statistically significant increase in after knowledge score, so planned teaching programme on developmental changes among adolescent group was effective. The calculated 'p' value is 0.018 which is less than 'p' value (0.05), related to educational status of father and calculated 'p' value of birth order was 0.044 which is less than 'p' value (0.05), among two selected demographic variable. But, it was found in remaining demographic value shows there was no significant association.



The above Figure reveals the mean knowledge score values of components of developmental changes indicating comparison between before and after planned teaching programme.

3. Discussion

The finding of the study reveals that majority 51% of the adolescent were male. Majority of 40% adolescent were from under the age group of 13-14 years. It was found 28% of adolescents father were higher secondary education qualified and 32% of adolescent mother were higher secondary qualified. The study findings show that 46% of adolescent occupational status of father was doing service and 83% of adolescents mother were housewife. It was found that majority 78% of adolescent belonged to Hindu religion and 40%

of adolescents monthly income was near about 32,050. About 73% of adolescent had one sibling and 62% of adolescents are from first birth order.

A study was conducted by Mr. Hanuman Bishnoi, et al, among 50 adolescent girls who are between the age group of 10-19 years from selected schools of Nehru to assess the knowledge and issues, regarding physiological and psychological changes during puberty among adolescent girls. The data was collected by semi structured questionnaire and liker scale. Descriptive exploratory research design was used. The study reveals that majority of samples were belonging to age group of 16-17 years, 60% of them were having age of menarche 13-14years, and 40% of them had nuclear family type. Majority 94% were belonging from Hindu religion. 60% of them had NO elder sister, 34% had one elder sister, and 36% had 2 elder sisters.

The findings of the study reveals that the effectiveness of planned teaching programme on knowledge regarding developmental changes among adolescent group, in pre-test, 53% of adolescent had average knowledge, 21% had good knowledge, 22% had poor knowledge and 4% having very good knowledge regarding developmental changes whereas in post-test, 80% Adolescent had very good knowledge and 20% had excellent knowledge regarding developmental changes among adolescent.

Anil Raj A. conducted a research study on Effectiveness of planned teaching programme on knowledge regarding pubertal changes among adolescent boys in selected high school of Udupi district. Objectives of the study were to assess the knowledge regarding pubertal changes among adolescent boys, by using a structured knowledge questionnaire and evaluate the effectiveness of planned teaching programme. Pre experimental one group pre-test and post-test design was used among adolescents in selected high school of Udupi district. The study participants 100 were assessed through a questionnaire and selected by purposive sampling. The study concluded that planned teaching was found to be effective in improving the knowledge regarding pubertal changes among adolescent boys and it would be beneficial to manage the physical and psychological problem related to puberty.⁴¹

The findings of the study reveals that the pretest and posttest knowledge scores planned teaching programme regarding developmental changes among adolescent. The findings of the study show that the mean value of pre-test knowledge score is 8.20 and posttest knowledge score is 23.52. Hence there is significant increase in the post test knowledge score so planned teaching programme on developmental changes among adolescent group was effective. The paired' test was used to evaluate the effectiveness of the study findings. The calculated' value was 44.760 which is more than the table value at 0.05 level of significance was 2.76. This suggests that there is statistically significant increase in posttest knowledge score so planned teaching was effective.

An interventional study was conducted by Vaishali R. Deshmukh, et al, on knowledge and attitude about growing up changes at urban areas of Pune on September 2014. The aim of the study was to determine knowledge and attitude about growing up changes and determine the effectiveness of health education intervention programme in adolescents aging between 14-15 years in urban areas of Pune. Total 103 samples were selected by convenient sampling technique. Self-structured questionnaire was used to assess the knowledge and attitude among adolescent. The self-structured questionnaire had two sections which consist of knowledge questionnaire related to physical aspects of pubertal changes, reproductive changes, personal hygiene; attitude questionnaire was assessed using SYAI (stepping into youth attitude intervention). The study findings show that there was a poor baseline (pre-test) knowledge and attitude of growing up changes. The pre-test mean knowledge score mean was 9.82 and post -test mean score was 14.11. The pre-test attitude mean score was 109.86 and post-test attitude mean score was 130.59. Hence the study concludes that adolescents had poor

baseline knowledge about growing-up changes in them and after giving proper health education the knowledge and attitude among adolescents was improved.

In the present study the chi-square test was used to find out the association between the demographic variables with the pre-test knowledge score. In age of adolescent 't' value is 33.434 and the calculated value is 0.828 which is more than 0.05 it shows there is no significant association between the ages of adolescent. In gender of adolescent 't' value is 32.040 and the calculated value is 0.723 which is more than 0.05 it shows that there is no significant association between the gender of adolescent. In educational status of adolescents father 't' value is 80.305 and the calculated value 0.018 which is less than 0.05 level of significance, hence there is significant association between the educational status of father. In educational status of adolescents mother 't' value is 68.995 and the calculated value is 0.512 which is more than 0.05, it shows that there is no association between the educational status of mother. In religion of adolescent's 't' value is 24.753 and the calculated value is .642 which is more than 0.05 level of significance, it Shows that there is no significant association. In adolescents monthly family income 't' value is 41.749 and calculated value is .922 which is more than 0.05 so there is no association. In siblings of adolescent 't' value is 34.443 and calculated value is 0.187 which is more than 0.05 level of significance hence there is no significant association. In birth order of adolescent's 't' value is 55.906 and calculated value is .044 which less than 0.05 level of significance, hence there is significant association with the birth order of adolescent.

A similar study was conducted by L. Anushka, Radhika M, Indhira S, among 60 pre-adolescent's girls between the age group of 10-17 years of age from KNR government high school at Nellore District to associate the effectiveness of structured planned teaching programme regarding pubertal changes with their selected socio demographic variable among pre-adolescent girls. Pre experimental research design was used to collect the data. Structured questionnaire was used to collect the data. The study finding shows that in pre-test, 71.6% had inadequate knowledge and 28.4% had moderately adequate knowledge and in posttest, 56.7% had moderately knowledge, 25% had inadequate knowledge and 18.3% had adequate. Hence it shows that the structured teaching programme was effective. The association was found between the effectiveness of structured teaching programme on pubertal changes among pre-adolescents girls and source of health information founded with chi-square test and it was found that there is no significant association with age, dietary habit, birth order of child at the level of $p < 0.05$.⁴²

4. Conclusion

Adolescence is a crucial period of transition from childhood to adulthood, marked by significant developmental changes. A study conducted revealed that many youth lack knowledge about their puberty changes. However, an intervention method was successful in increasing young people's understanding. The study showed a substantial improvement in knowledge from a pretest score of 8.20 to a posttest score of 23.5 after targeted instruction. The research suggests expanding these efforts on a larger scale to assess and improve young people's awareness and attitudes towards developmental changes.

Study implications are nursing practice: Nurses play an important role in assessing the general aspects of the patients like physically, socially, emotionally and intellectually too. It will help the nurses to develop innovative primary health care strategies within the community area and to promote health and prevent the disease. Nurses can incorporate the evidenced based practice to guide the care for adolescents.

Nursing education

The educational intervention and study findings can be the guidelines for nurse educators, to teach their students and give proper health education and do adolescent assessment in the community as well as in clinical area for better adolescent health.

Nursing administrator

As a part of administration, the nurse will play a vital role in educating the client and the student nurse. Adolescent development topic can be used to depute the nurses for arranging various workshops, conferences, and symposium and also in service education can be arranged for nursing staffs for the up gradation of their knowledge.

Nursing research

There are few researches who have done regarding developmental changes among adolescent so that researches can be done in this field and in this study researches contributes to this field. By conducting research studies on the different modalities specially planned teaching programme will benefit to developmental changes among adolescents and the awareness and dietary habits as well as nursing field knowledge and profession.

Limitations of the study:

- The study was accepted ready within duration of time.
- Sample size is limited and not covering entire city.
- Study was limited to those willing to participate in the study.
- Analysis of study will be based purely on basis of responses given by subjects.

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