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A study to assess the effectiveness of slide show on knowledge regarding pubertal changes among pre pubertal girls in selected school of Vadodara

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Abstract

The word Puberty is derived from the Latin word "Pubertal", which means 'occur when the individual becomes sexually mature and is capable of producing off springs. Age of manhood'. It refers to the physical rather than behavioral changes which It is an important period of biological changes in which rapid growth occur. The main aim of the study is assess the effectiveness of slide show on knowledge regarding pubertal changes among pre pubertal girls in selected school of Vadodara. The study involved one group pre-test and post test using pre experimental design, with non-probability purposive sampling technique was used to draw the samples. The size of sample was 100 pre-pubertal girls and selection of the sample was done according to inclusion and exclusion criteria. In the study Knowledge of the mean percentage of the Pre-test was 38.3% and SD was 9.3 whereas, the mean knowledge of post test was 79.8% and SD was 4.7 respectively. Further, the enhancement of mean knowledge found to be 41.6 % from the pre test to post test. The statistical Paired 't' test was found to be 44.26* that reflects significant enhancement of knowledge score from pre test to post test at $P < 0.05$ revealing the effectiveness of slide show on pubertal changes The knowledge of pre-pubertal girls regarding the pubertal changes among the pre-pubertal girls was inadequate before the administration of Slide show. The Slide show was effective in all knowledge aspects in the post test.

Keywords: Assess, effectiveness, slideshow, knowledge, pubertal changes, pre pubertal girls.

Introduction

"What a cunning mixture of sentiment, pity, tenderness, irony surrounds adolescence, what knowing watchfulness! Young birds on their first flight are hardly so hovered around."

-Georges Bernanos

The word Puberty is derived from the Latin word "Pubertal", which means 'age of manhood'. It refers to the physical rather than behavioral changes which occur when the individual becomes sexually mature and is capable of producing off springs. It is an important period of biological changes in which rapid growth occurs. Puberty (say: PYOO-ber-tee) is the name for the time when your body begins to develop and change as you move from kid to adult. It helps to know about the changes that puberty causes before they happen. It's also important to remember that everybody goes through these changes. No matter where you live, whether you're a boy or a girl, whether you like vanilla or double-fudge-chunk ice cream, you will experience them. No two people are exactly alike, but one thing everyone has in common is that we all go through puberty.

Statement of problem

"A study to assess the effectiveness of slide show on knowledge regarding pubertal changes among pre pubertal girls in selected school of Vadodara."

Objective of study

1. To assess the existing knowledge regarding the pubertal changes among pre- pubertal girls.
2. To evaluate the effectiveness of slide show on knowledge regarding pubertal changes among pre pubertal girls.
3. 3. To associate the pre test knowledge level score regarding pubertal changes with their selected demographic variables of pre-pubertal girls.

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Hypothesis

H1: There will be significant difference between pre test and post test knowledge regarding the pubertal changes among the pre- pubertal girls.

H2: There will be a significant association in pre test knowledge level of pre-pubertal girls with their selected demographic variables.

Methodology.

The study involved one group pre-test and post test using pre experimental design, with non-probability purposive sampling technique in which simple random sampling method was used to draw the samples. The size of sample was 100 pre-pubertal girls and selection of the sample was done according to inclusion and exclusion criteria. The pre-pubertal girls completed the self-structured administered questionnaire in the pre test followed by implementation of Slide show on the same day. Post test was conducted 5 days after the slide show using the same self-structured knowledge questionnaire to find out the effectiveness. The results were analyzed by using both descriptive and inferential statistics.

Data analysis and interpretation of results

Presentation of data

The analyzed data were presented under the following sections:

Section A: Description of frequency and percentage distribution of demographic characteristics of pre-pubertal girls.

Section B: Assessment of Pre test knowledge level on knowledge regarding pubertal changes among pre-pubertal girls.

Section C: Overall and Aspect wise Pre test and Post test Knowledge Scores on Pubertal changes among pre pubertal girls.

Section D: Association of the pre test knowledge level score with selected Sociodemographic variables of pre-pubertal girls.

Section C: Overall and Aspect wise Pre test and Post test Knowledge Scores on Pubertal changes among pre pubertal girls

Table 1: Over all Pretest and Posttest Mean Knowledge on Pubertal changes among pre pubertal girl N=100

Aspects	Max. Score	Respondents Knowledge				Paired 't' Test
		Mean	SD	Mean (%)	SD (%)	
Pre test	20	7.65	1.9	38.3	9.3	44.26*
Post test	20	15.96	0.9	79.8	4.7	
Enhancement	20	8.31	1.9	41.6	9.4	

* Significant at 5% level,

t (0.05, 99df) =1.96

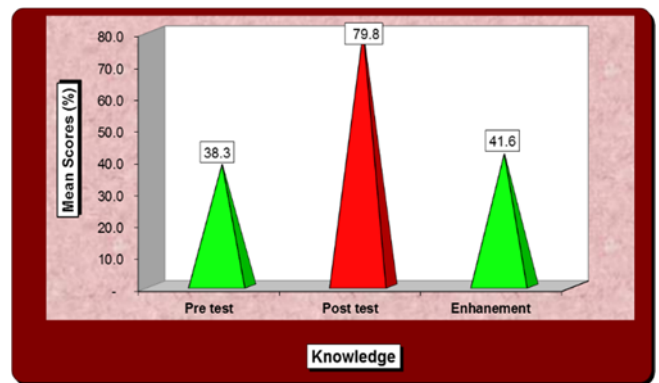


Fig 12: Overall Pre test and Post test Mean Knowledge scores on pubertal changes among pre pubertal girls

Section D: Association between Demographic variables and Pre test Knowledge level on pubertal changes among pre pubertal girls

Table 1

n=100

Demographic Variables	Category	Sample	Knowledge Level				χ^2 Value	P Value
			Inadequate		Moderate			
			N	%	N	%		
Age group (years)	10-11	53	45	84.9	8	15.1	7.33*	P<0.05
	11-12	31	20	64.5	11	35.5		
	12-13	16	15	93.8	1	6.2		
Residence	Urban	51	36	70.6	15	29.4	5.76*	P<0.05
	Rural	49	44	89.8	5	10.2		
Educational status	5th Std	45	35	77.8	10	22.2	2.27*	P>0.05
	6th Std	27	20	74.1	7	25.9		
	7th Std	17	15	88.2	2	11.8		
	8th Std	11	10	90.9	1	9.1		
Number of Female Siblings	No	55	44	80.0	11	20.0	0.11 NS	P>0.05
	One	33	26	78.8	7	21.2		
	Two	12	10	83.3	2	16.7		
Type of family	Nuclear	52	41	78.9	11	21.1	0.18 NS	P>0.05
	Joint	34	28	82.4	6	17.6		
	Extended	14	11	78.6	3	21.4		
Dietary pattern	Vegetarian	76	65	85.5	11	14.5	6.04*	P<0.05
	Mixed	24	15	62.5	9	37.5		
Education of Father	Primary	45	36	80.0	9	20.0	1.20 NS	P>0.05
	Higher secondary	32	24	75.0	8	25.0		
	Graduate	23	20	87.0	3	13.0		

Education of Mother	Primary	77	60	77.9	17	22.1	0.90 NS	$P>0.05$
	Higher secondary	23	20	87.0	3	13.0		
Occupation of Father	Unemployed	9	9	100.0	0	0.0	7.82*	$P<0.05$
	Government	53	37	69.8	16	30.2		
	Private	38	34	79.0	4	21.0		
Occupation of Mother	House wife	53	47	88.7	6	11.3	5.31*	$P<0.05$
	Government	47	33	70.2	14	29.8		
Combined		100	80	80.0	20	20.0		

* Significant at 5% Level,

NS: Non-significant

Discussion

The knowledge of pre-pubertal girls regarding the pubertal changes among the pre-pubertal girls was inadequate before the administration of Slide show. The Slide show was effective in all knowledge aspects in the post test. However, this study reveals that the Slide show on knowledge regarding pubertal changes among pre-pubertal girls was effective. Thus the analysis reveals that there is a significant difference between pre test and post test knowledge score of pre-pubertal girls on pubertal changes. Hence the Research hypothesis (RH₁) is accepted. There was significant association of the knowledge level of mothers regarding the pubertal changes with the age group, residence, educational level, dietary pattern, occupation of father and mother and there were no significant association in knowledge level with selected demographic variables such as number of siblings, Type of the family, education of the father and mother. For these variables research hypothesis (RH₂) is partially accepted.

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