

Efficacy of Structured Health Program on Leucorrhoea Amidst Adolescent Girls in Schools of Mumbai

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Abstract: Leucorrhoea is the commonest gynaecological issue often associated with the lack of knowledge and misconceptions. The objective of the study was to evaluate the effectiveness of structured teaching program on knowledge regarding leucorrhoea among adolescent girls among specific schools at Mumbai. Research design used is pre experimental one group pre test and post test design. Sample size was 150 adolescent girls between the age group of 13-16 years and the simple random sampling technique was used. The pretest and post test knowledge of the adolescent girls were assessed using a structured questionnaire. The findings has shown a significant improvement in the knowledge scores $t=13.48$, $p<0.05$, proving the efficacy of Structured Health Program. Demographic variables like age in years , area of living and educational background has shown significant association. The research shows the high efficacy of structured health program on leucorrhoea amidst adolescent girls.

Keywords: Structured Health Program, Knowledge, Leucorrhoea, Adolescent Girls.

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I. INTRODUCTION

Adolescence is a crucial developmental period characterized by rapid physical, psychological, and reproductive changes. Leucorrhoea, commonly referred to as white vaginal discharge, is frequently experienced during adolescence and may be physiological or pathological. Lack of awareness, social taboos, and poor reproductive health education often lead to anxiety, misconceptions, and delayed treatment-seeking behaviour among adolescent girls. Hence, educating adolescents through planned teaching programmes is essential to promote knowledge and prevent complications.

➤ Statement of the Problem

A study to assess the efficacy of planned teaching programme on knowledge regarding leucorrhoea amidst adolescent girls in selected schools, Mumbai.

➤ Objectives

- To assess the knowledge regarding leucorrhoea among adolescent girls through pre-test and post-test.
- To find the association between post-test knowledge scores with demographic variables.

➤ Hypothesis

- H₀: Pre-test and post-test knowledge scores will be same regarding leucorrhoea among adolescent girls.
- H₁: Pre-test knowledge score will be less compared to post-test knowledge scores regarding leucorrhoea among adolescent girls.

➤ Operational Definitions

- Assess: Evaluation of the level of knowledge regarding leucorrhoea.
- Efficacy: The range to which the planned teaching programme improves.
- Planned Teaching Programme: A systematically planned educational intervention on leucorrhoea.
- Knowledge: Information and understanding related to leucorrhoea.
- Adolescent: Girls aged from 13 to 16 years.

➤ Assumptions

- Adolescent girls may have little knowledge regarding leucorrhoea.
- Knowledge levels vary among individuals.
- Planned teaching programme improves knowledge regarding leucorrhoea.

➤ *Delimitations*

- The study was limited to adolescent girls studying in a selected schools.
- Only students present during data collection and willing to participate were included.

➤ *Variables*

- Independent Variable: Structured teaching programme on leucorrhoea
- Dependent Variable: Knowledge regarding leucorrhoea
- Attribute Variables: Age in years, religion, education, dietary pattern, area of living, and previous knowledge

II. RESEARCH METHODOLOGY

Table 1 Effectiveness of Structured Teaching Programme (n = 150)

Tests Performed	Means	Standard Difference	Mean Difference	t test value
Pretest	9.37	4.59	3.6	13.48*
Post-test	12.97	6.10		

*p < 0.05

The calculated t-value (13.48) for a sample of 150 adolescent girls is more than the tabulated t-value at $p < 0.05$ level of significance. This indicates a highly significant difference between pre-test and post-test knowledge scores. Hence, the structured teaching programme was highly effective in improving knowledge regarding leucorrhoea among adolescent girls.

➤ *Association with Demographic Variables*

Significant associations were found are with

- Age in years
- Education
- Area of living

No significant association was found with religion and dietary pattern.

IV. IMPLICATIONS OF THE STUDY➤ *Nursing Education*

- Enhances the role of nurses in health education
- Supports incorporation of reproductive health topics in nursing curricula

➤ *Nursing Research*

- Adds to existing literature on adolescent reproductive health
- Encourages further large-scale and comparative studies

V. LIMITATIONS

- Study confined to three schools
- Study is done only in one region of Mumbai.

VI. RECOMMENDATIONS

Research approach used was quantitative and the research design used was one group pre test post test. Sample size is 150 selected from various schools of Mumbai. Sampling method used is random sampling. Pre test and post test was done using a standardised questionnaire.

III. RESULTS➤ *Demographic Findings*

- 100% of participants were aged 13–16 years
- 46.6% were Muslim, 30% Hindu, 20% Christian
- 100% were studying in high school
- 76.6% followed a non-vegetarian diet
- 100% resided in urban areas
- 100% reported no previous knowledge of leucorrhoea

- Conduct studies with larger samples
- Use comparative and longitudinal designs
- Evaluate other teaching modalities such as self-instructional modules

VII. CONCLUSION

This research proves that planned teaching programme is efficacious in enhancing the knowledge regarding leucorrhoea amid adolescent girls. Early education and awareness can promote healthy practices and prevent reproductive health problems. Regular school-based health education programmes are strongly recommended.

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