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Effectiveness of pictorial instructional module on knowledge regarding teenage pregnancy among adolescent girls

Kala Barathi S*, Ananthi S
Department of Obstetrics and Gynecological Nursing, Saveetha College of Nursing, SIMATS, Thandalam, Chennai, Tamil Nadu, India

Abstract
Adolescence is a transitional stage of physical and mental human development that occurs between childhood and adulthood. This transition involves biological (i.e. pubertal), social and psychological changes, though the biological or physiological ones are the easiest to measure objectively. A teenager, or teen, is a young person whose age is between thirteen and nineteen (13-19 yrs). They are called teenagers because their age number ends in "teen". Teenage pregnancy is pregnancy in a female under the age of 20 yrs. A pregnancy can take place as early as two weeks before menarche. In healthy, well-nourished girls, menarche normally take place around the ages 12 or 13. Whether the onset of biological fertility will result in a teenage pregnancy depends on a number of personal and societal factors. A quasi experimental research design was conducted among 60 adolescent girls. Convenient sampling technique was used to select samples. A semi structured questionnaire was used to collect demographic data. A structured knowledge questionnaire was administered to samples for pretest. Pictorial Instructional module was given to samples. After an hour, the knowledge was reassessed using the same structured questionnaire. The collected data was analysed and interpreted. The results revealed that the 48(80%) were belongs to inadequate knowledge, 10(17%) were belongs to moderate knowledge and 2(3%) were belongs to adequate knowledge in pretest and 1(2%) were belongs to inadequate knowledge, 9(15%) were belongs to moderate knowledge and 50(83%) were belongs to adequate knowledge in post test and concluded that there was a significant improvement of knowledge after pictorial instructional module. Thus, the pictorial instructional module was effective and easy methods to improve knowledge among adolescent girls regarding teenage pregnancy.

Keywords: pictorial instructional module, teenage pregnancy, adolescent girls

Introduction
Adolescents young between the age of 13-19 years are often thought of as healthy group. It is the transition stage between the childhood and adolescent. The impact of modernization and technological ascertainment reflex in daily life. The lack of knowledge regarding the sexual life mainly leads to teenage pregnancy. [1]. While poverty and lack of awareness are the deciding factors in early marriage and teenage pregnancies in rural area, it is the early sexualization of children that seems to be playing havoc with the health of teenage girls in urban areas. "Dating has become common and teenagers are having pre-marital sex. Love affairs at school and teenage elopements are also increasing. The impact of media, especially television, is affecting the child's mind. The access to Internet is another factor. [2]. Adolescents challenges is that teenage pregnancy, the major problem needed to be actively managed by term for the rest of their life. Pregnancy in every young women is generally considered to be a high risk event, because teenage girls are physically and psychologically immature for reproduction.[3] Several medical complications like pre term birth, poor maternal weight gain, pregnancy-induced hypertension, anemia, and sexually transmitted diseases are strongly associated with teenage pregnancy [4]. Teenage pregnancy is a fairly common occurrence in India, due to many factors such as early marriage, girls reaching puberty at younger ages and high specific fertility rate in the adolescent age group. In India teenage pregnancy varies from 8 to 14%. The pregnant teenager may not be quite fit to bear the burden of pregnancy and labor at a tender age, the obstetric outcome of teenage pregnancy is influenced by many socio-medical factors, maternal and prenatal morbidity mortality in teenagers [5]. the purpose of the study [1]. To assess the pretest knowledge regarding teenage pregnancy among adolescent girls in selected rural area [2]. To evaluate the effectiveness of pictorial instructional module on the knowledge regarding teenage pregnancy among adolescent girls in selected rural area [3]. To determine the association between pretest level of knowledge of adolescent girls regarding teenage pregnancy with their selected socio-demographic variables.

Methods and materials
Quasi experimental study with simple random sampling technique was used to conduct the study in rural area at olakkur. 60 samples were selected by simple random sampling technique. The criteria for sample selection are adolescent girls who are willing to participate in the study, girls who are present during data collection and girls who are able to communicate in Tamil and English. The exclusion criteria are adolescent girls who are absent during data collection. The data collection period done with prior permission and ethical clearance obtained. The purpose of the study was explained to the samples. A demographic data collected consist of age, educational status, birth order, place of residence, religion, Type of family, educational status of father, educational status of mother, occupational status of father, occupational status of mother, family

income and source of information. The study investigator explained to the adolescent girls about the studies objectives and requirements of consent to participate in the study. The investigator then provided instructions for answering the questionnaire and then guided the adolescent girls. Understanding of each question was checked by asking girls to repeat the meaning. During the answering of questionnaire, the investigator helped the girls through out and helped to simplify the purpose of each question, clarifying doubt and checking for completeness of filling up the questionnaire. Chi square test was used to test the association between categorial variables $p<0.0001$ was taken as statistically significant.

Results and Discussion

Section A: Sample characteristics

Among 60 samples 5(8%) adolescent girls belongs 13 years, 30(50%) were 14years.and also 25(42%) belongs to15 years. Regarding educational status the table shows that majority of the adolescent girls 33(55%) were 9th, 25(42%) were 10th, 2(3%) were 8th std. regarding birth order the table represents majority of the adolescent girls 25(42%) belongs to 2nd child, 20(33%) were 1st child, 15(25%) were 3rd child. Regarding place of residence majority of the adolescent girls 35(58%) were urban area and 25(42%) were rural area. Regarding religion 45(75%) were Hindu, 8(13%) were Muslim, 7(12%) were Christian. Regarding type of family 43(72%) were nuclear family, 17(28%) were joint family. Regarding educational status of father 13(22%) were illiterate, 24(40%) were primary, 20(33%) were Higher secondary and 3(5%) were Graduate. Regarding educational status of the mother 28(47%) were illiterate, 26(43%) were primary, 6(10%) were secondary. Regarding occupational status of father 10(17%) were private, 12(20%) were business, 38(63%) were daily wages. Regarding occupational status of mother 12(20%) were private, 10(17%) were daily wages and 38(63) were housewife. Regarding family income 12(20%) were <5000, 28(47%) were 5000- 10000 and 20(33%) were above 10000. Regarding source of information 34(57%) were Tv, Radio and 12(20%) were Family members and 14(23%) were peer groups.

Section B: Level of knowledge regarding teenage pregnancy among adolescent girls in the pretest and post test The pretest level of knowledge of teenage pregnancy among adolescent girls at olakkur, 2(3%) were belongs to adequate knowledge, 10(17%) were belongs to moderate adequate knowledge and 48(80%) were belongs to inadequate knowledge. The post test level of knowledge of teenage pregnancy among adolescent girls at olakkur, 50(83%) were belongs to adequate knowledge, 9(15%) were belongs to moderate adequate knowledge and 1(2%) were belongs to inadequate knowledge. In present study was supposed by Shing-Hwa Juan conducted to assess the adolescent pregnancy, this study used repeated cross-sectional data. This study found a drop in live births in adolescent mothers between 2000 to 2011. The prevalence of live births to adolescent mothers was inversely proportional to socio-economic status [6].

Table 1: Frequency and percentage distribution of level of knowledge regarding teenage pregnancy among adolescent girls in the pretest and post test

Level of knowledge	Pretest		Posttest	
	Frequency	Percentage	Frequency	Percentage
Adequate knowledge	2	3%	50	83%
Moderate adequate knowledge	10	17%	9	15%
Inadequate knowledge	48	80%	1	2%

Section C: Effectiveness of pictorial instructional module regarding teenage pregnancy among adolescent girls

The present study depicts that the pretest mean score was 8.25 and standard deviation score was 3.442. Post test mean score was 17.35 and standard deviation score was 3.69. The table shows that there was a significant increase in knowledge level from pretest compared to posttest. The statistical t-test shows a highly significant differences t value is 13.9688 existing between the pretest and posttest on the overall mean knowledge scores. There is s significant association between the pre test score of adolescent girls regarding teenage pregnancy and selected demographic variables such as age, educational status, birth order, place of residence, religion, type of family, educational status of father, educational status of mother, occupational status of father, occupational status of mother, family income and source of information. In present study was supported by Shubha Devi Sapkota (2017) effectiveness of structured teaching programme on knowledge and attitude regarding the teenage pregnancy among adolescent girls. 60 samples were selected. The result revealed that the pretest knowledge and attitude mean percentage was 45.5%, 66.4% and in post test it was 78.3%, 86.0% and the mean differences was 32.9%, 19.6% and SD was 12.3%, 7.3% in the pretest and 8.5%, 6.1% in the post test respectively which establish the effectiveness of structured teaching programme regarding teenage pregnancy on the knowledge and attitude of the respondents, accepting hypotheses [7].

Table 2: Effectiveness of pictorial instructional module on knowledge regarding teenage pregnancy among adolescent girls.

S.NO	Knowledge aspect	Mean	Standard deviation	Df	Standard error of difference	Paired 't' test
1	Pre test	8.25	3.442	118	0.651	t=13.9688 p<0.001 S***
2	Post test	17.35	3.69	118		

***p<0.01, S- Significant, N.S- Non significant

Conclusion

This study highlights that nearly one fifth of pregnancies occur in teenage women, who have significantly higher rates of complications. This may cause retardation of growth and development and also deprive them of their childhood and education with resultant deterioration of the overall health of the nation. Adolescent pregnancy is the significant problem in the world. A lot of efforts is being put in to

reduce adolescent pregnancies through the pictorial module and further research should be conducted to clarify their role in reducing adolescent pregnancy [8].

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