

National Consortium for PhD in Nursing

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Title:

“Evaluate the Effectiveness of a Structured Teaching Programme on Adolescent Reproductive Sexual health [ARSH] among Adolescents”.

Introduction: Teaching on reproductive sexual health [ARSH] is vital for ensuring sexual and reproductive health and well-being of adolescents. The present study was designed to determine the effectiveness of a structured teaching programme on knowledge, attitude and self-efficacy regarding reproductive sexual health among adolescents studying in rural schools of Ernakulam, Kerala State.

Objectives:

To develop a Structured teaching programme on Reproductive Sexual Health for the ascents.

- To assess the knowledge, attitude, and self-efficacy of adolescents regarding Reproductive Sexual Health before and after teaching both in the Experimental and Control group.
- To find out the effectiveness of a Structured teaching programme on Reproductive Sexual Health among adolescents.

- To find out the relationship between the knowledge, attitude, and self-efficacy scores of adolescents.
- To find out the association between the pretest knowledge, attitude, and self-efficacy scores and selected socio-demographic variables of the adolescents.

Methods:

Study adopted the experimental research design. A sample of 596 school going adolescents (aged 12-15 years) were selected using multistage random sampling. Data was collected using self-reported questionnaires. A structured teaching programme regarding different aspects of reproductive sexual health was imparted to adolescents in five sessions. After one week, and three months, a post-test was done to assess the impact of teaching. The study was carried out over a period of 9 months.

Results :

The results found in this study observed that a large percentage of these high school students had poor knowledge, attitude, and self-efficacy regarding reproductive sexual health matters which they should be aware of at a certain stage of their growth cycle. The data also revealed that there existed a gap in knowledge, attitude, and self-efficacy and it should be of concern to parents, teachers and health personnel. Comparison between experimental and control groups in different periods after the intervention also showed that the difference was statistically significant for knowledge, attitude, and self-efficacy. On correlating the knowledge with attitude on reproductive sexual health, a significant correlation was seen ($r=.228$, $p< 0.001$). However, a statistical non-significance was seen in correlating self-efficacy with knowledge ($r=0.050$, $p=0.224$) and attitude ($r=0.065$, $p=0.116$).

Conclusion:

Based on these findings, it can be concluded that a lacuna exists in the awareness of adolescents in all aspects of reproductive sexual health. Therefore, it is recommended to implement teaching about reproductive sexual health in middle school students to improve their reproductive sexual health knowledge, attitude, and self-efficacy.