

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION AND MANAGEMENT OF LEUCORRHOEA AMONG WOMEN IN REPRODUCTIVE AGE GROUP

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ABSTRACT

A pre-experimental study was conducted to assess the effectiveness of structured teaching programme on knowledge regarding prevention and management of leucorrhoea among women in reproductive age group of selected industrial factory at Kollam district. The objectives of the study were to assess the mean pretest and posttest knowledge score of women in reproductive age group, to find out the effectiveness of structured teaching programme and to find out the association between mean pretest knowledge score among women in reproductive age group regarding prevention and management of leucorrhoea with selected socio-demographic variables. One group pretest-posttest only design was selected for the study. 60 reproductive age group women were selected by disproportionate stratified random sampling technique. The conceptual frame work was based on Imogen E King's Goal Attainment theory (1989). The tool used was structured knowledge questionnaire and socio demographic proforma. Pretest was assessed and structured teaching programme was given. Posttest was conducted after 7 days. The data were tabulated and analyzed by using descriptive and inferential statistics. The mean posttest knowledge score 25.85 with SD 2.48 was significantly higher than the mean pretest score 6.23 with SD 1.88 with a mean difference of 19.62. The calculated 't' value 64.23 was significant at $p < 0.01$ level with degree of freedom 59. Hence the study revealed that structured teaching programme on prevention and management of leucorrhoea was effective in improving the knowledge of reproductive age group women. There were no association between pretest with selected socio demographic variables.

Keywords: *Effectiveness; structured teaching programme; knowledge; leucorrhoea; women in reproductive age group; industrial factory.*

INTRODUCTION

The World Health Organization (WHO) defined health as a "state of complete physical, mental and social well-being and not merely an absence of

disease or infirmity".¹ Health of the women is the basis for the better health of the family as well as of the nation.² Women's health during the reproductive or fertile years (between the ages of 15 and 49 years)

is relevant not only to women themselves, but also has an impact on the health and development of the next generation.³ Reproductive health problems constitute the leading cause of ill health in women of reproductive age group worldwide especially in developing countries. Ignoring these preventable and treatable conditions can lead to distressful situations among many women. An initial symptom of most reproductive tract diseases is abnormal vaginal discharge (Leucorrhoea), it may be physiological or pathological.² Leucorrhoea is defined as an excessive normal vaginal discharge.⁴ It is a natural defence mechanism that the vagina uses to maintain its chemical balance as well as preserve the flexibility of vaginal tissue.² Normally, the secretion is just enough to lubricate vagina. Normal vaginal discharge does not wet undergarments or create any type of vaginal symptoms. But when the vaginal secretion increases more than normal it causes excoriation & soreness of vulva.² It is a white vaginal discharge and is associated with foul smell, it is embarrassing to the women to get into social gatherings and even in personal affairs. If it is not treated in the initial stages, it may become chronic.⁵ This condition could be more serious or aggravating if the person is weak, infected, and unhygienic and has had a history of abortion, stress or tumours in the uterus. Medication is absolutely needed in such cases; and not taking any treatment or medication can be harmful.⁶

Symptomatic vaginal discharge in the women of reproductive age group is responsible for 5-10

million outpatient department visits per year throughout the world. The prevalence of vaginal discharge in India is estimated to be 30%.⁷ This means almost every minute of every year, there is maternal death 99% which occur in developing countries majority 80% deaths are preventable. Likewise three fourth of women are affected with reproductive tract vaginal Infections, and pelvic inflammatory disease⁴.

BACKGROUND OF THE PROBLEM

Reproductive tract infection is a major public health problem among women of reproductive age in third world countries. About 80% of women in the age group 15-45 years attending the Gynaecology outpatient department are suffering from infection of vagina with common presenting complaints such as vaginal discharge, foul smell and itch⁸.

One such neglected health problem is leucorrhoea. The most commonly reported among the women with reproductive tract infections is abnormal vaginal discharge. More than 30 % of girls suffer from leucorrhoea and feel discomfort and pain. It may be mild to severe and varies from person to person⁹.

NEED AND SIGNIFICANCE OF THE PROBLEM

Reproductive tract infections are one among the major causes of morbidity in women. As per recent census the total female population of India in the year 2010 is 586,469,174. Out of which 48.9% are in reproductive age group. Hence there is a growing

recognition that morbidity related to reproductive tract disease is the important health issue among women in India¹⁰.

Leucorrhoea is one of the commonest complaints among women of reproductive age group. About 529,828 women are diagnosed with cervical cancer every year globally and the annual incidence of pelvic inflammatory disease is 10-13 per 1000 women of reproductive age group. The estimation of prevalence of leucorrhoea is helpful in early detection and treatment of these diseases¹¹.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of structured teaching programme on knowledge regarding prevention and management of leucorrhoea among women in reproductive age group of selected industrial factory at Kollam district.

OBJECTIVES

1. To assess the mean pre-test and post-test knowledge score regarding prevention and management of leucorrhoea among women in reproductive age group.
2. To find out the effectiveness of structured teaching programme on knowledge regarding prevention and management of leucorrhoea among women in reproductive age group.
3. To find out the association between pre-test knowledge score and selected socio-demographic variables.

HYPOTHESES

H1: There is a significant difference in mean posttest knowledge score regarding prevention and management of leucorrhoea after structured teaching programme.

H2: There is a significant association between pre-test knowledge score regarding prevention and management of leucorrhoea and selected socio demographic variables.

ASSUMPTIONS

- Women may have some knowledge regarding prevention and management of leucorrhoea.
- Structured teaching programme may help to increase the knowledge of women in reproductive age group regarding leucorrhoea.

DEMOGRAPHIC VARIABLES

The socio demographic variables in this study were age, gender, religion, weight, height, body mass index, class of study, area of Residence, type of Family, monthly family income, education of father, education of mother, occupation of father, occupation of mother, number of siblings, birth order, numbers of members in the family, peer group relationship, main source of information regarding the family life education and dietary pattern.

Variables

Demographic variables

In this study, the demographic variables were age, religion, type of family, area of residence, educational status, dietary pattern, area of work, type of work, monthly family income, marital status, age at marriage, number of children, history of abortion, no. of daily bath, age at menarche, use of contraceptive practices, menstrual pattern, flow during menstruation, type of material used during menstruation, intervals of change of napkin per day during menstruation, main type of exercise, exercise pattern, main source of information regarding leucorrhoea.

Dependent variable

Knowledge regarding prevention and management of leucorrhoea among women in reproductive age group.

Independent variable

Structured teaching programme on prevention and management of leucorrhoea.

METHODOLOGY

Research approach

Quantitative research approach

Research Design

Pre experimental one group pretest-posttest only design.

Population

Target population

Women in the reproductive age group.

Accessible population

Women in the reproductive age group of 18-49 years working in St.Mary's Cashew factory at Kollam district.

Sample size: 60

Sampling Technique: Disproportionate stratified random sampling technique.

Setting: In a selected industrial factory at Kollam district.

Tools and Techniques

Tool 1: Socio demographic proforma.

Technique: Self-administered structured questionnaire.

Tool 2 : The structured knowledge regarding prevention and management of leucorrhoea.

Technique: Self-administered structured knowledge questionnaire.

Development of Tool

The sources for the tool construction were:

- Review of literature (Text books, journals, and website).

- Personal consultation with guide, research coordinator, subject experts and experts and experts from Gynecologist.
- Discussion with colleagues.

Validation of Tool

In order to infer the content validity of the tools, the prepared tool along with the problem statement, objectives, hypotheses and operational definitions were submitted to 9 experts.

Reliability of Tool

The reliability was then estimated by split half method. The 'r' value was calculated and has been found to be 0.744. This indicates that the tool was highly significant.

Conceptual framework: Imogene King's Goal Attainment Theory.

Inclusion criteria:

Women those who were:-

- In the reproductive age group of 18 – 49 years.
- Available at the time of data collection.
- Willing to participate.
- Able to understand Malayalam.

Exclusion criteria:

Women those who were:-

- Attended previous educational programme on leucorrhoea.
- Underwent the treatment of leucorrhoea.
- Having history of pathological conditions and hysterectomy.

Data collection process

Step 1

For conducting main study, formal written permission was obtained from the Manager of St. Mary's Cashew Factory Puthoor, Kottarakkara, Kollam prior to data collection. The data collection period was from 01-12-2017 to 20-12-2017.

Step 2

The researcher selected reproductive age group women from cashew factory. There were four sections. For research study selected three sections; shelling section, peeling section and packing section respectively. Researcher has chosen different sample fraction and through disproportionate stratified random sampling technique from each section 20 samples were selected respectively by using lottery method. So researcher total 60 samples were selected.

The investigator introduced her with subjects and explained the purpose of the study to them; confidentiality was assured to all subjects.

Step 3

On day 1 to day 3 (01-12-2017 to 04-12-2017) informed consent and socio demographic data collection of 20 women respectively from shelling section, peeling section, packing section.

Step 4

On day 4 to day 6 (05-12-2017 to 07-12-2017) pretest was conducted by using the structured knowledge questionnaire for 20 samples of each section prepared by the researcher and informed the date and venue of structured teaching programme.

Step 5

Researcher provided structured teaching programme on prevention and management of leucorrhoea with specific objectives using audio visual aids, with Malayalam as medium of instruction for a period of one hour on 08-12-2017. Different doubts of samples were clarified by the researcher.

Step 6

Posttest was done by using same tool after 7 days of intervention to estimate the knowledge level of reproductive age group women on 15-12-2017, 16-12-2017, 18-12-2017 from each section respectively. The tool was collected and recorded systematically on each item and was organized in a way that facilitated computer entry.

Step 7

The researcher provided information booklet for all female staffs working in cashew factory on 19-12-17 for ethical reasons.

DATA ANALYSIS

Descriptive: Frequency, percentage distribution, Mean percentage and standard deviation.

Inferential: Paired 't', Chi-square test.

RESULTS

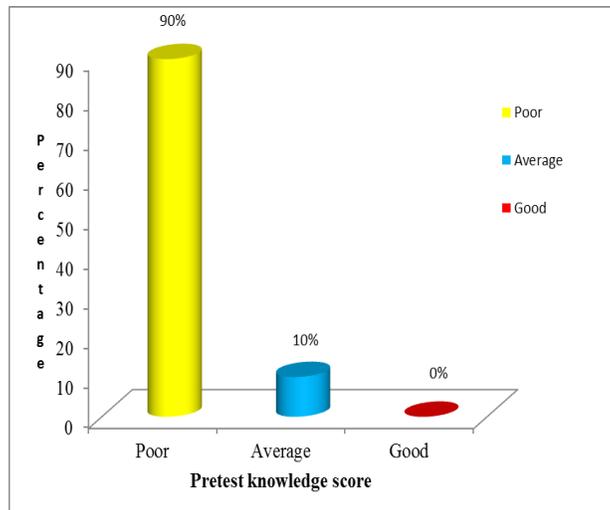
The major findings of the study are presented below.

Section I: Distribution of subjects according to socio demographic variables

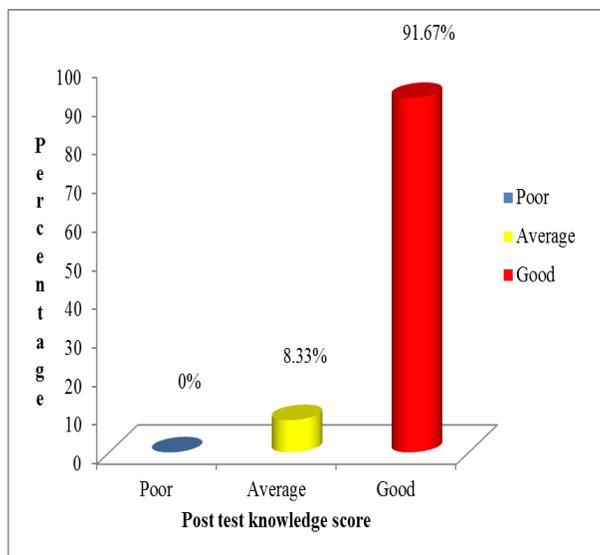
- (48.33%) of samples were in the age group of 34-42 years.
- (85%) of samples were in Hindu.
- (60%) of samples belonged to nuclear family.
- (100%) residing in Panchayath.
- (60%) of samples had up to high school education.
- (78.33%) of samples were non vegetarian.
- (33.33%) of samples were working in shelling / cutting section, peeling section and packing section
- (33.33%) of samples was sedentary, moderate and heavy workers.
- (60%) of samples had \leq Rs 8000 /- family income per month.
- (98.33%) of samples were married.

- (65%) of samples got married at the age of 20-25 years.
- (63.34%) of samples had two children.
- (81.66%) of samples had no history of abortion.
- (91.67%) of samples had taken bath twice daily.
- (76.67%) of samples got menarche at the age of 12 – 15 years.
- (63.33%) of samples were not used contraceptives.
- (85%) of samples had regular pattern.
- (53.33%) of samples had menstrual flow 3 – 4 days.
- (51.67%) of samples had used sanitary napkin during menstruation.
- (45%) of samples changed the napkin in 6 – 8 hours interval.
- (63.33%) of samples had walking as a type of exercise.
- (53.33%) of samples had regular exercise pattern.
- (70%) of samples had experience of leucorrhoea.
- (100%) were not taking any treatment for leucorrhoea and none of the subjects were in taking any treatment for leucorrhoea.
- (43.33%) of samples got information from peer / relatives.

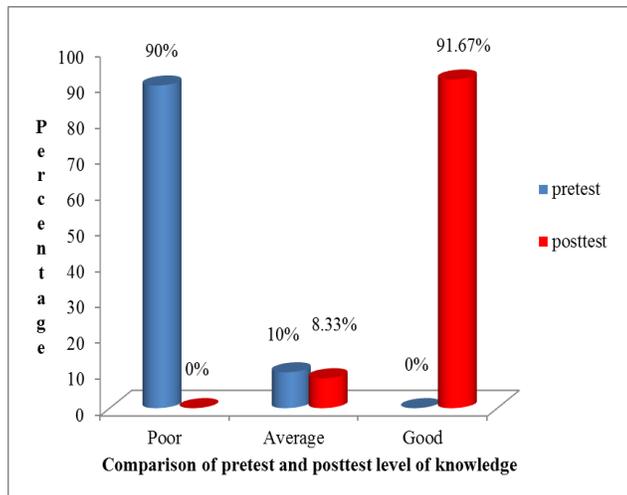
Section II: Assessment of pretest and posttest level of knowledge among women in reproductive age group regarding prevention and management of leucorrhoea.



Assessment of Posttest knowledge score regarding prevention and management of leucorrhoea among women in reproductive age group.



Section III: Comparison of pretest and posttest level of knowledge regarding prevention and management of leucorrhoea among women in reproductive age group.



Section IV: Effectiveness of structured teaching programme among women in reproductive age group regarding prevention and management of leucorrhoea.

The findings in table 4 shows that the mean posttest score 25.85 with SD 2.48 was significantly higher than the mean pretest score 6.23 with SD 1.88 with a mean difference of 19.62. Since the calculated “t” value 64.23 which was greater than the table value (2.66) with degree of freedom 59 at P<0.01 level of significance. Hence we can conclude that the structured teaching programme was very much effective in improving knowledge of women in reproductive age group regarding prevention and management of leucorrhoea.

Test	Mean	SD	Mean difference	“t”	d	p-value
Pretest	6.23	1.8				
Posttest	25.8	2.4				
			19.62	64.23	59	P<0.01
						**

**Highly significant at p<0.01 level

Section V: Association between pretest level of knowledge score regarding prevention and management of leucorrhoea among women in reproductive age group with selected socio demographic variables.

calculated chi square value for age (16.288) was greater than that of the table value (9.49) with degree of freedom 4 at p<0.01 level of significance, the calculated chi square value for educational status of women (26.009) was greater than that of the table value (7.82) with degree of freedom 3 at p<0.001 level of significance.

Hence the null hypothesis (H02) can be rejected and research hypothesis (H2) can be accepted. So it can be concluded that there was a significant association with pretest knowledge score and age and educational status.

CONCLUSION

Findings of the study suggested that structured teaching programme can be used as an effective intervention programme to improve the knowledge level of reproductive age group women. There was

an association between pretest knowledge score and selected socio demographic variables.

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