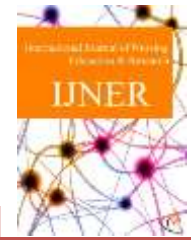




## INTERNATIONAL JOURNAL OF NURSING EDUCATION & RESEARCH



Journal homepage: [www.mcmed.us/journal/ijner](http://www.mcmed.us/journal/ijner)

### A STUDY TO ASSESS THE IMPACT OF TEEN EMPOWERMENT ON REPRODUCTIVE WELLNESS AMONG LATE ADOLESCENT GIRLS IN SRI RANGAPOOPATHI COLLEGE OF NURSING IN ALAMPOONDI

**Malathi G\***

Associate Professor, Department of Medical Surgical Nursing, Sri Rangapoopathi College of Nursing, Villupuram District, Tamil Nadu, India.

#### Article Info

Received 23/12/2023

Revised 26/12/2023

Accepted 02/01/2024

**Key word:-** Impact of teen empowerment, reproductive wellness, late adolescents girls

#### ABSTRACT

Empowerment in menstrual health and hygiene is indirectly supported by gender equality, national development, high literacy rate, and Sustainable Developmental Goals accomplishment. Teen age having fruitful knowledge regarding menstrual hygiene and safe menstrual health practices are essential for productive life. So teen girls are empowered by promotion of healthy reproductive life and maintain good menstrual hygiene and practices. Awareness about this scientific phenomenon and hygienic health practices empowers them and maintains good reproductive health. Therefore, increased knowledge about menstruation from school and college period may upgrade safe practices. Reproductive illness can lead to short and long term health consequences in their life such as marital, conception, pregnancy, and child birth and also in their general health well being as well as their family and community.

#### AIM:

Impact of teen empowerment on reproductive wellness among late adolescent.

#### INTRODUCTION

Every creation in the world is wonderfully created by our almighty. In human having many stages in life process and they are having many changes in their life time. In these life cycle young age is a pleasantest thought forever. It links between childhood and adulthood. During adolescent periods there is a rapid physical growth and development takes place. It brings many changes such as physical, emotional and behavioral. Physical maturation brings increase in height and secondary sexual characteristics such as curvature in hip, increase breast size, hair growth in axilla and genitalia in females.

Corresponding Author

**Malathi G**

**E-mail: malathiganapathi16@gmail.com**

In these menstruation is the periodic event of every female. Menstruation is the periodic event of every female. Menstruation occurs in every month due to hormonal influences. Hormones such as progesterone and Luteinizing plays a vital role in menstrual cycle.

Empowerment in menstrual health and hygiene is indirectly supported by gender equality, national development, high literacy rate, and Sustainable Developmental Goals accomplishment. Teen age having fruitful knowledge regarding menstrual hygiene and safe menstrual health practices are essential for productive life. So teen girls are empowered by promotion of healthy reproductive life and maintain good menstrual hygiene and practices. Awareness about this scientific phenomenon and hygienic health practices empowers them and maintains good reproductive health. Proper use of biodegradable, natural pads maintains health of women as well as our earth. Therefore, increased knowledge about menstruation from school and college period may upgrade safe practices.



**OBJECTIVES:**

- To assess the pre-test level of knowledge regarding teen empowerment intervention on reproductive wellness among late adolescent girls in the experimental group.
- To evaluate the impact of teen empowerment intervention on reproductive wellness among late adolescent girls in experimental group.
- To find association between Post-test level of knowledge regarding teen empowerment on reproductive wellness among late adolescent girls with selected demographic variables.

**Research Hypothesis:**

**H1:** There will be a significant difference between pre-test and post-test level of knowledge and practice score regarding teen empowerment on reproductive wellness among late adolescent girls.

**H2:** There will be a significant association between post-test level of knowledge and practice regarding teen empowerment on reproductive wellness with their selected demographic variables among late adolescent girls. wellness and they can guide their peer group and relatives.

**Table 1: Comparison of Pre-test and Post-test level of knowledge score (n=60)**

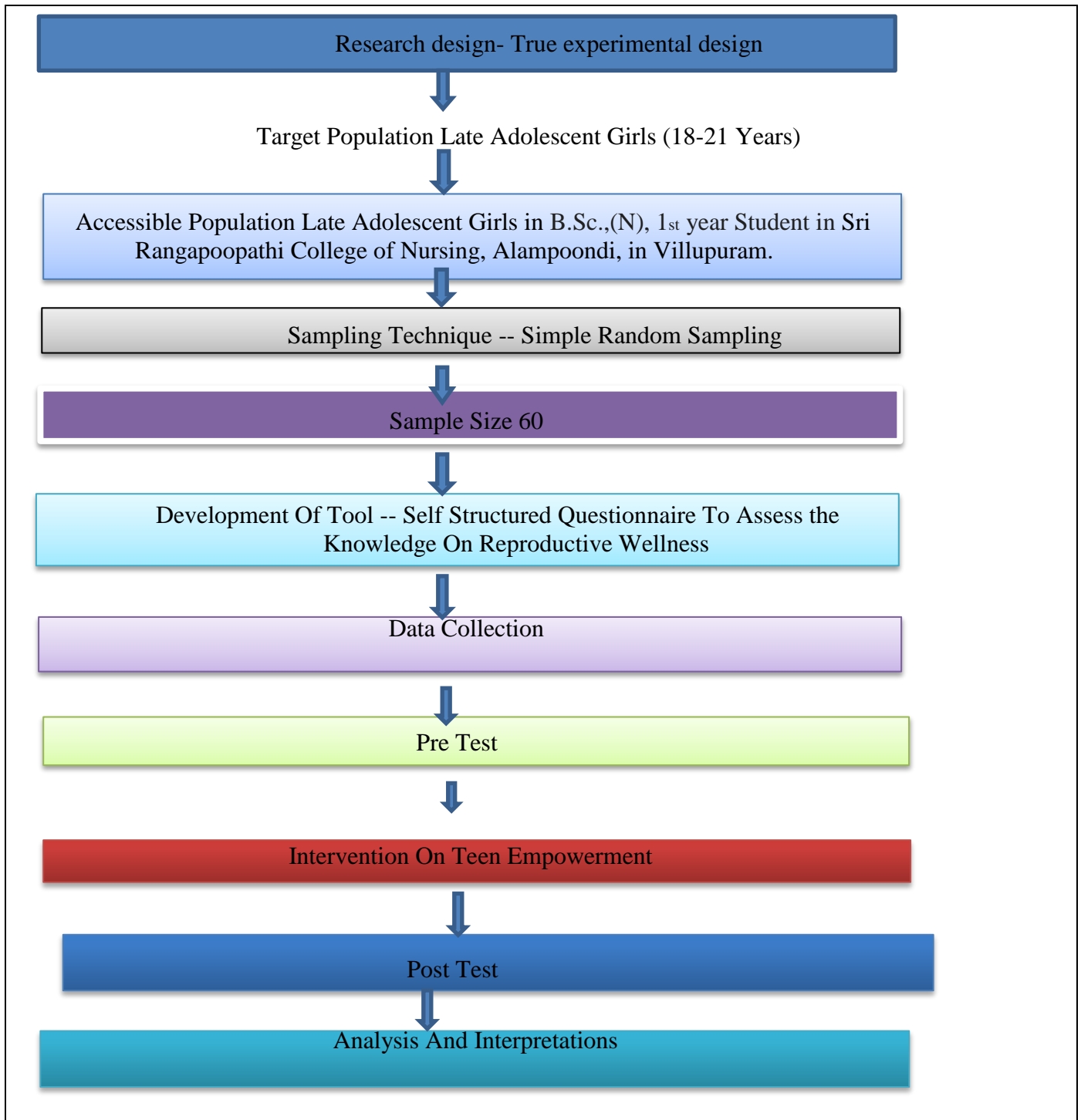
Level of Knowledge	Pre test		Post test	
	f	%	f	%
Inadequate Knowledge	11	18.33%	0	0.00%
Moderate Knowledge	49	81.67%	14	23.33%
Adequate Knowledg	0	0.00%	46	76.66%
Total	60	100%	60	100%

**Table 2: Comparison of domain wise mean pre-test knowledge score. (n = 60)**

S.NO	Domains	Group		
		Experiment		
		MEAN	SD	
1	Age	18-19 Age	9.56	2.24
		19-20 Age	7	2.068
		20-21 Age	0	0
2	Education	Govt school	9.35	4.38
		Private school	10	2.09
		Aided school	8.6	2.04
3	Religion	Hindu	9.11	2.22
		Muslim	0	0
		Christian	8.14	1.81
4	Mothers education	Illiterate	9.8	2.74
		Elementary school	9.42	2.05
		Higher secondary and graduate	9.11	2.17
5	Fathers education	Illiterate	9.37	2.45
		Elementary school	9.29	1.90
		Higher secondary and graduate	9.35	1.61
6	Type of family	Nuclear family	27.25	1.76
		Joint family	9.12	2.14
		Extended family	0	0
7	Living area	Rural	9.5	2.31
		Urban	9	1.87
		Semi urban	8.5	1.80
8	Previous knowledge about reproductive health	Yes	9.45	2.02
		No	9.85	22.71
9	If yes mentioned	Parents	9.52	2.24
		Neighbours	8	0
		School teachers	9	2
10	Economic status	<Rs.10,000	32.6	2.63



	Rs.10.000-20.000	7.8	2.068
	>Rs.30.000	8.3	2.1



**Figure 1: Schematic Representation of Research Methodology.**

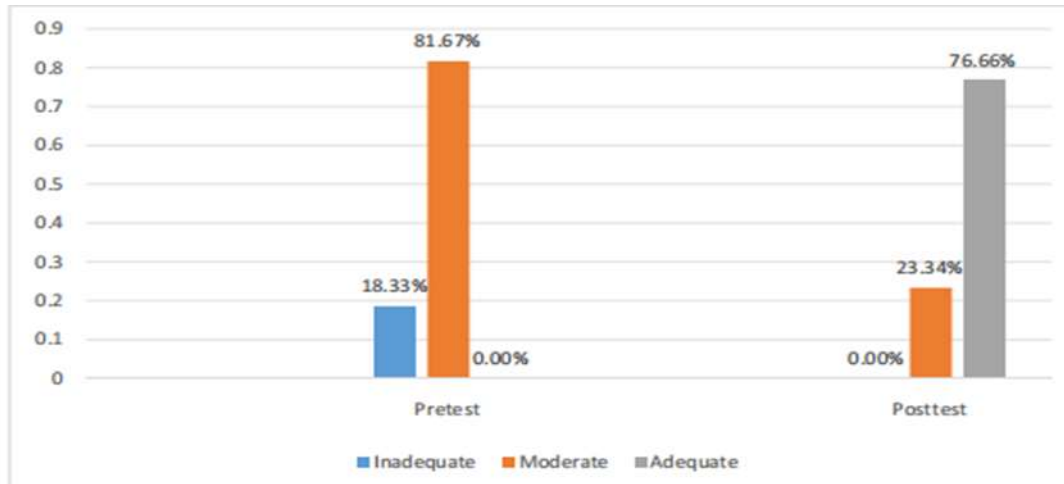


Figure 2: compares the level of knowledge score between pre test and post test score (n=60)

### RESULTS AND DISCUSSION:

In this the above table shows that in the experimental group, in pre test, 18.33% of them are having inadequate level of knowledge score and 81.67 % of them having moderate level of knowledge score and none of them are having adequate scores. In post test, none of them have an inadequate level of knowledge score, 23.34% of them have moderate level of knowledge score, and 76.66% of them have adequate level of knowledge score. Statistically there is a significant difference between pre-test and post-test score. In this the above table shows that the comparison of overall pre-test mean knowledge score before administration of teen empowerment intervention.

### CONCLUSION:

The result of this present study promulgate that teen empowerment programme on reproductive wellness among late adolescent girls, B.Sc.,(N), Students in Sri Rangapoopathi College of Nursing, Alampooni. It gives a

great insight to community health nurse and motivates her to arrange health awareness campaign and thereby helps to reduce the morbidity and mortality of late adolescent girls due to reproductive tract infections and associated illness by improving knowledge and practice regarding menstrual hygiene management measures.

### ACKNOWLEDGEMENT:

I want to express our sincere thanks to the committed BSc (N) III RD YEAR 4 th batch Students whose efforts and input were instrumental in the success of this study. A special shout-out to the participants whose involvement was crucial; without them, this project wouldn't have come to fruition. Our appreciation extends to the authors, editors, and publishers of the articles, journals, and books that were invaluable in shaping the literature discussed in this article. Gratitude also goes out to everyone who, in various ways, aided us in completing this study.

### REFERENCES

1. Annamma Jacob. (2017). A comprehensive text book of midwifery.2nd edition. New Delhi: Jaycee Brothers Medical Publishers (P) Limited.
2. Basavanthappa B. T. (2006). Text book of midwifery and reproductive health Nursing. 1<sup>st</sup> edition. New Delhi: Jaycee Brothers Medical Publishers (P) Limited.
3. Basavanthappa BT. (2007). Nursing Theories.2nd edition.New Delhi:JaypeeBrothers Medical Publishers (P) Limited.
4. Basavanthappa B.T. (2003). Medical and Surgical Nursing. 1st Edition: New Delhi: Jaycee Brothers Medical Publishers (P) Ltd.
5. Bhargava V.L. Text Book of Gynecology. 2nd edition. New Delhi: *Bijoy sree sengupta*; 2009.
6. Bijay lakshmi Dash. (2017). A comprehensive Textbook of Community Health Nursing.1st edition. New Delhi: *Jaycee Brothers*.
7. Black M. Joyce. (2004). Jane Hokansonhaws, *et al.* Medical Surgical Nursing Clinical Management for Positive Outcomes.7th ed: New Delhi: Elsevier India Private Ltd.
8. Burns Nancy. Susan K. Grove. (1993). The practice nursing Research Conduct Critique and Utilization. 1 ed. Philadelphia: W.B. Saunders Company.
9. Clement I. (2012). Basic concept of community health nursing. 2 nd ed. New Delhi: Jaycee Brothers.
10. David Mckay Hart. (2000). Gynaecology Illustrated. 5th ed. London: Churchill livingstone publications.



11. Abajobir AA, Seme A. (2014). Reproductive health knowledge and services utilization among rural adolescents in east Gojjam zone, Ethiopia: a community-based cross sectional study. *BMC health services research*. 14(1), 138.
12. Aburshaid FA, Ahmad SG, Ashmauey AA, Mohammad HG. (2017). Effect of Planned Health Educational Program on Menstrual Knowledge and Practices among Adolescent Saudi Girls. *J Nurs Health Stud*. 2(3), 16.
13. Ademas A, Adane M, Sisay T, Kloos H, Eneyew B, Keleb A, Lingerew M, DersoA, Alemu K. (2020). Does menstrual hygiene management and water, sanitation, and hygiene predict reproductive tract infections among reproductive women in urban areas in Ethiopia?. *PloS one*. 15(8), e0237696.
14. Alsanad SM, Howard RL, Williamson EM. (2016). An assessment of the impact of herb drug combinations used by cancer patients. *BMC complementary and alternative medicine*. 16(1), 393.
15. Baker K, Dutta A, Swain T, Sahoo S, Das BS, Panda B, Nayak A, Bara M, BilungB, Mishra PR, Panigrahi P. Menstrual Hygiene Practices, WASH Access and the Risk of Urogenital Infection in Women from Odisha, India: Supporting Information.
16. Belay S, Kuhlmann AK, Wall LL. (2020). Girls' attendance at school after a menstrual hygiene intervention in northern Ethiopia. *International Journal of Gynecology & Obstetrics*. 149(3), 287-91.
17. Bhusal CK. (2020). Practice of Menstrual Hygiene and Associated Factors among Adolescent School Girls in Dang District, Nepal. *Advances in Preventive Medicine*. 2020.
18. Kumar G, Prasuna JG, Seth G. (2017). Assessment of menstrual hygiene among reproductive age women in South-west Delhi. *Journal of family medicine and primary care*. 6(4), 730.
19. Gandotra N, Pal R, Maheshwari S. (2018). Assessment of knowledge and practices of menstrual hygiene among urban adolescent girls in North India. *Int. J. Reprod. Contracept. Obstet. Gynecol*. 7, 2825-8.
20. Kuhlmann AS, Henry K, Wall LL. (2017). Menstrual hygiene management in resource poor countries. *Obstetrical & gynecological survey*. 72(6), 356.

