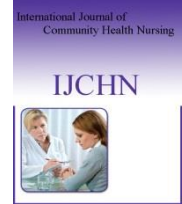




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KNOWLEDGE REGARDING REPRODUCTIVE HEALTH AMONG ADOLESCENT GIRLS

Soni P S *

Professor, Department of Community Health Nursing, KIMS College of Nursing, Trivandrum, Kerala, India.

Corresponding Author
Soni P S

Email: -library.con@kerf.in

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ABSTRACT

Background

Adolescence is more vulnerable group and it is a time characterised by rapid change and development, as it is transition between childhood and young adulthood. Reproductive health problems are priority problem for adolescents. Menstrual dysfunctions occur in about half of the adolescent females in India. Adolescence is a crucial stage of life and one that is challenging for most girls because of its physical and psychological change. Many surveys and research studies show that adolescent girls are more risk for getting reproductive health problems. They are vulnerable to get problems in menstruation, sexually transmitted diseases and other health issues such as anaemia, malnutrition. Objectives: The objectives of this study to assess the knowledge regarding reproductive health among adolescent girls, to find the association between the level of knowledge on reproductive health and selected socio demographic variables (age, religion, family income, education of father, education of mother, occupation of father, occupation of mother, previous knowledge) and to creating awareness on reproductive health and its importance by providing an information booklet. Methods: A descriptive approach design was used in this study. The sample consist of 30 adolescent girls residing in Chanthavila area under Puthethoppu CHC. The samples were selected by non-probability purposive sampling method. Knowledge was assessed by administering a structured knowledge questionnaire prepared by the investigators. The collected data was analysed using descriptive and inferential statistics. Result showed that 0% of samples had excellent knowledge ,40 % had good knowledge and 60% had average knowledge and remaining 0% had poor knowledge. There is no significant association between knowledge and selected socio demographic variables such as age, religion, education of father, education of mother, occupation of father occupation of mother, family income, previous knowledge. Conclusion: The findings of the study showed that the knowledge on reproductive health among adolescent girls was not satisfactory. The information booklet helped them to learn more about reproductive health and its importance.

Key Words: Reproductive health, Adolescent girls, knowledge.

INTRODUCTION

Adolescence is the period of transition from late childhood to independent adulthood that is the span of ten years marked with sexual growth. Adolescents have unique reproductive and sexual health needs. Teen sex, sexually transmitted infections, birth control, sexual education, and teen pregnancy are a few of the clinical and social issues covered here for young adults and their providers.¹

Adolescent is a vital stage of growth and

development. It is a period of transmission from childhood to adulthood and is marked by rapid, physical, physiological, and psychological changes. This period result in sexual, psychological, and behavioural maturation. According to the WHO, "Reproductive and sexual ill-health accounts for 20% of the global burden of ill-health for women". Hospital based retrospective studies in India shows that primary amenorrhea, menstrual disorders, leucorrhoea, and genital infections are most



frequent complaints of adolescents. Menstrual hygiene is another important issue that every girl and woman has to deal with in her life. There is lack of information on the process of menstruation, the physical and psychological changes associated with puberty and proper requirements for managing menstruation. The world's adolescent population -1200 million persons, 10-19 years of age, or about 19% of the total population-faces a series of serious challenges not only affecting their growth and development but also their livelihood as adults. Yet adolescents remain a largely neglected, difficult-to-measure, and hard-to-reach population, in which the needs of adolescent girls in particular are often ignored. The Indian institute for research in reproductive health survey showed that over 72% girls reported reproductive health problem.⁴ Reproductive health helps in wellbeing by preventing and solving reproductive health problem. Lack of proper knowledge on menstrual hygiene, sexual health and on puberty act as an important factor to the significant contribution of reproductive health to global burden of disease and disability. It is being clear that reproductive health care and menstrual hygiene, sexual health and knowledge regarding puberty changes are closely linked with each other.

STATEMENT OF THE PROBLEM

A Study to assess the knowledge regarding Reproductive health, among Adolescent girls residing in a selected community, Trivandrum.

OBJECTIVES

- Assess the knowledge regarding reproductive health among adolescent girls in a selected community
- Find the association between knowledge regarding reproductive health and selected socio-demographic variables
- Prepare an information booklet on measures to promote reproductive health among adolescent girls.

HYPOTHESIS

H0: There is no significant association between the knowledge regarding reproductive health and selected socio-demographic variables such as age, religion, educational status of the parents, occupation of parents, family income.

H1: There exists a significant association between the knowledge regarding reproductive health and selected socio-demographic variables such as age, religion, educational status of the parents, occupation of parents, family income.

RESEARCH APPROACH

The research approach used in this study is Quantitative.

Research design

The research design adopted for this study is non-

experimental descriptive study design.

Setting of the study

This study was conducted among adolescent girls with the age group of 14-17 years in community area coming under Puthenthoppu CHC, Trivandrum.

Population

- **Target population:** In this study, adolescent girls age group of 14-17 years.
- **Accessible population:** In this study, adolescent girls of age group 14-17 years residing in the area coming under Puthenthoppu CHC.

Sample and Sampling Technique

The sample consists of adolescent girls who meet the inclusion criteria.

Sample size

30 adolescent girls within the age group of 14-17 years residing in the area under puthenthoppu CHC.

Sampling technique

Convenient sampling techniques was used to select the 30 adolescent girls as the sample for the present study from the selected community area, under puthenthoppu CHC.

Criteria for sample selection

Inclusion criteria

- Adolescent girls of age group 14-17 years belonging to community area under Puthenthoppu CHC.
- Adolescent girls who are willing to participate in the study.
- Adolescent girls who are available during the data collection.

Exclusion criteria

- Adolescent girls who are mentally challenged.
- Adolescent girls who cannot read either English or Malayalam.

RESEARCH TOOL

The tool consisted of structured questionnaire to assess the knowledge of adolescent girls regarding reproductive health. The tool was prepared based on the objectives of the study after adequate literature review and validation with experts.

Description of tool

Tool: Structured questionnaires having two sections.

- **Section A:** Questionnaire on socio-demographic variables
It includes 7 questions to identify the socio



demographic variables (Age, religion, educational status of parents, family income, previous health information, occupational status of the parents)

- **Section B:** Structured knowledge questionnaire
It includes 35 items to assess the knowledge regarding reproductive health among adolescent girls.

Scoring

The structured questionnaire was scored based on answer key. Each correct answer was awarded one point and wrong answer was awarded no points. Maximum score is above 30 and minimum score is 10.

KNOWLEDGE	SCORE
Poor	0-9
Average	10-19
Good	20-29
Excellent	>30

DATA ANALYSIS

The data collected was analyzed using descriptive and inferential statistics. Descriptive statistics was done by frequency and percentage distribution. The association between the selected socio-demographic variables such as education, religion, family income, educational status of parent, occupation of parent, previous knowledge was assessed by means of, inferential statistics Chi- square test.

RESULTS

Section 1: Socio economic variables

- About 17% adolescent girls were 14 years, 53% were 15-16 years old, 30% were up to 17 years old.
- About 37 % of adolescent girls have Hindu religion, 53% Muslim and 10% christian.
- About 0% of parents were illiterate, 10% were primary, 73% were high school, 13% were higher secondary, 4% were graduate, 0% were post graduate.
- About 62% of parents were unemployed, 5% were Govt. employee, 23% were business, 7% were farmer and 3% were retired.
- About 50 % of adolescent girls belongs to APL and 50 % of adolescent girls belongs to BPL.
- About 43 % of adolescent girls had previous

knowledge, 57% had no previous knowledge about reproductive health.

Section 2: Knowledge regarding reproductive health among adolescent girls.

About 0% of sample have excellent knowledge, 60% possessed good knowledge, 40% possessed average knowledge and 0% possessed poor knowledge regarding reproductive health.

Section3: Association between knowledge and selected socio demographic variables.

There is no significant association between knowledge level and socio demographic variables such as age, religion, education of father, education of mother, occupation of father, occupation of mother, family income and previous knowledge.

At the end of the study an information booklet was given to the adolescent girls and it includes the importance of reproductive health, menstrual hygiene, sexually transmitted disease, its health hazards and prevention.

CONCLUSION

Reproductive health plays an important role in woman's life. positive attitudes towards reproductive health enhance woman's health and wellness. The present study was suggested that 40 % samples had good knowledge 60% had average knowledge and there was no one with poor or excellent knowledge regarding reproductive health .The study was also suggested that there was no significant association between knowledge and socio demographic variables such as age ,religion, income of family, education of father, education of mother, occupation of father, occupation of mother and previous knowledge .The result are promising for future nursing research .An information booklet was given to the adolescents girls to promote the depth of knowledge about reproductive health.

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Conflict of interest: None declared

Ethical approval: Not required

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