A STUDY TO ASSESS THE EFFICIENCY OF PLANNED TEACHING PROGRAMMES ON KNOWLEDGE REGARDING COMPLICATIONS OF TEENAGE PREGNANCY AMONG ADOLESCENT GIRLS IN SELECTED SCHOOLS OF UJJAIN, MADHYA PRADESH

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INTRODUCTION:

Adolescence is a transitional phase of a person's physical and mental development that occurs between childhood and adulthood. This transition includes biological (i.e., puberty), social, and psychological changes, although the biological or physiological are the easiest to measure objectively. . They are called teenagers because their age numbers end in "teen" A teenage pregnancy is a pregnancy in a woman under the age of 20. Pregnancy can occur as early as two weeks before menarche (first period), which signals the possibility of fertility, but usually occurs after menarche. In healthy, well-nourished girls, menarche usually occurs at age 12 or 13.

Teenage mothers and their offspring are a high-risk group both physically and emotionally. Poverty, malnutrition, pregnancy complications, emotional problems such as depression, drug and alcohol use are all risks for the mother. Children are also more at risk for physical, cognitive and emotional problems.

Teenage pregnancy is a natural consequence of unprotected sexual activity; Teenage pregnancy is a social and economic problem due to the consequences of the mother's status: the pregnant teenager is psychologically immature, has no consistent skills or ability to secure a steady income, so she is unable to raise and educate her own child, she faces many health risks and complications during childbirth or affecting the constitution and health of the child.

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According to UNICEF, one in five children worldwide is born to a teenage mother. Worldwide, 13 million girls under the age of 19 are born each year. Approximately 90% of adolescents are born in developing countries. Adolescent pregnancy is an important public health problem in both developed and developing countries because it is a "high-risk" or "at-risk" pregnancy due to its association with various adverse maternal and fetal outcomes, resulting in increased maternal mortality and morbidity and child.

OBJECTIVES:

1. To assess the existing knowledge of adolescent girls on complications of teenage pregnancy before the administration of Planned Teaching Programme.
2. To assess the efficiency of Planned Teaching Programme on knowledge regarding complications of teenage pregnancy among adolescent girls.
3. To associate the pre-test knowledge scores with their selected demographic variables.

RESEARCH HYPOTHESIS:

H_1: The mean post-test knowledge scores will be significantly higher than the mean pre-test knowledge scores at 0.05 level of significant.

H_2: There will be significant association between pre-test knowledge scores with their selected demographic variables at 0.05 level of significant.

MATERIALS AND METHODS:

The research design used in the study was pre- experimental (one group pre test post test) research design. Variables in the study are Independent variable: Planned Teaching Programme on Complications of Teenage Pregnancy among Adolescent Girls. Dependent variable: Knowledge of adolescent girls regarding complications of Teenage Pregnancy. This study was conducted in S.S. Inter school, Ujjain , M.P. In this present study the sample size was 50 adolescent girls in S.S. Inter School, Ujjain, M.P. Non probability convenience sampling technique was used for this study.

RESULTS:

The data collected were grouped and analysed using descriptive and inferential statistics.

The pre test knowledge scores shows that the majority of sample subjects (88%) had inadequate level of knowledge but after Planned Teaching Programme as an intervention,

post-test knowledge scores depicts that majority of sample subjects (82%) had adequate level of knowledge and (18%) had moderate level of knowledge and none of the sample had inadequate level of knowledge.
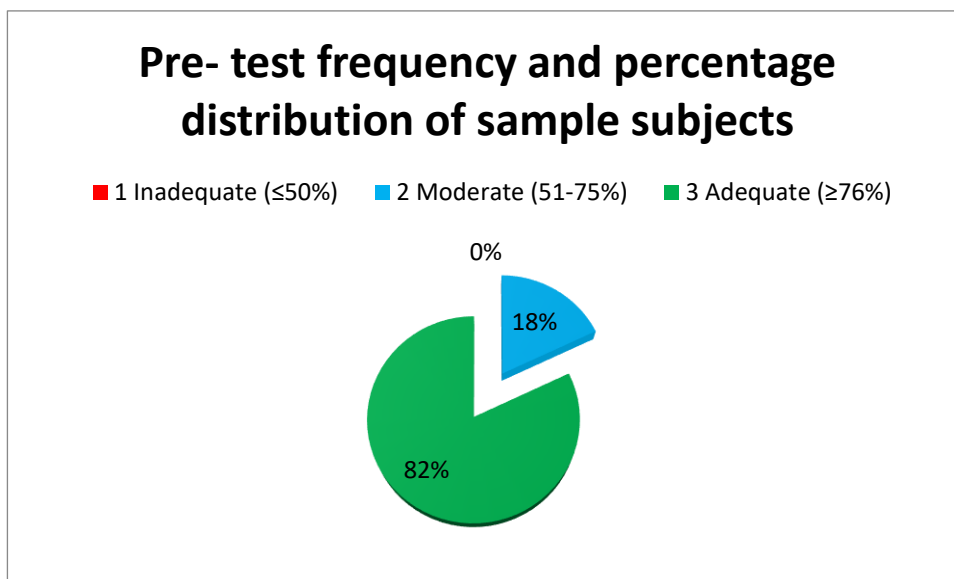

Figure 1: Shows Pre- test frequency and percentage distribution of adolescent girls.

The calculated 't' value was found to be (34.835) which was more than the tabulated value of (1.98) at 0.05 level of significance. This indicates that Planned Teaching Programme was proved to be very effective method of transforming information and also helps to enhance the level of knowledge regarding complications of teenage pregnancy. There was a significant association between the pre-test knowledge scores and other demographic variable like residential area of adolescent girls (χ^2 =6.930).
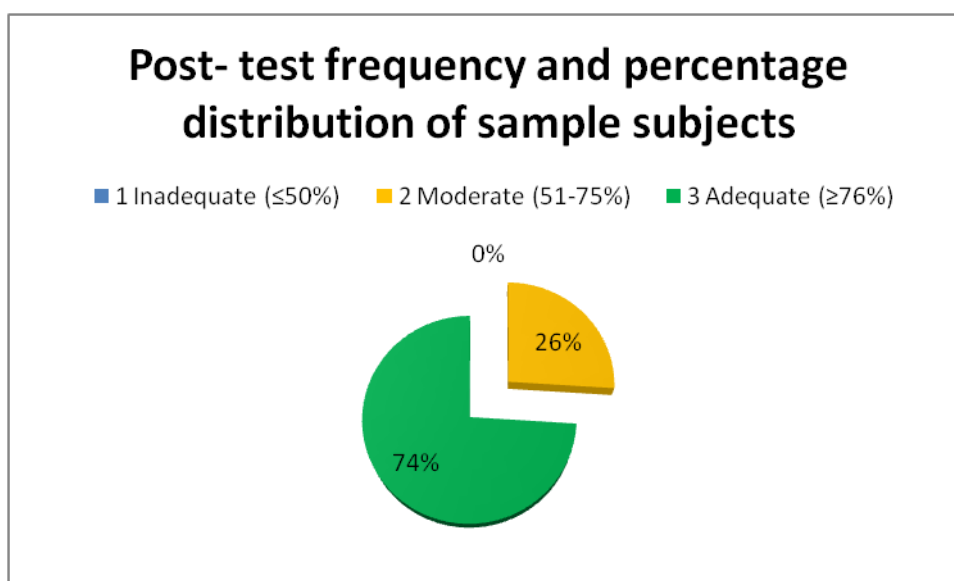

Figure 2: Shows Post- test frequency and percentage distribution of adolescent girls.

CONCLUSION:

This study has clearly brought out the need for a planned teaching programme for adolescent girls regarding complications of teenage pregnancy. The study findings showed the efficiency of Planned Teaching Programme on knowledge regarding complications of teenage pregnancy.

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