



**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING
PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF URINARY
TRACT INFECTION AMONG ADOLESCENT GIRLS IN SELECTED SCHOOLS
AT KOTA, RAJASTHAN**

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Background of the study:

Good health is a fundamental right of every human being and it is essential to lead a successful life. The preamble to the WHO constitution also affirms that it is one of the fundamental rights of every human being is to enjoy "The highest attainable standard of health. Health is seen as resulting from a lifestyle that is oriented towards wellness. Dissemination of health information is one of the ways of increasing knowledge on health and modification of behavior, which is directed towards promotion of health and prevention of disease.¹ Adolescents are a large and growing segment of the population. Adolescent age group is the transition period from school age to adult life. Lack of adequate knowledge may lead to various genitourinary diseases among girls. Urinary Tract Infection (UTI) is a common disease affecting all age groups from new born to old age. Acute uncomplicated UTI is more prevalent among adolescent girls and is the fourth main reason for out-patient visit among this group. It is estimated that 150 million UTIs occur yearly on a global basis, resulting in more than six billion dollars in direct health care expenditures. The infection in the urinary tract will produce the signs and symptoms like, fever, dysuria, urgency and suprapubic pressure or discomfort, flank pain, chills, etc

Objective:

1. To assess the knowledge regarding prevention of UTI among adolescent girls.
2. To assess the effectiveness of structured teaching programme regarding prevention of UTI among adolescent girls.
3. To find out the association between knowledge regarding prevention of UTI among adolescent girls and selected demographic variables.

Hypothesis:

- H1: There will be a significant difference in between pretest and post test scores of Knowledge among adolescent girls.
- H2: There will be significant association between knowledge of the adolescent girls regarding prevention of UTI and selected demographic variables.

Materials and method:

A quantitative research approach was adopted to determine the effectiveness of structured teaching programme on knowledge regarding prevention of urinary tract infection among adolescent girls. One group pretest post test design was adopted. 60 samples were selected by simple random sampling. The findings of the study have been discussed in relation to the objectives and other similar studies. The tool for data collection was structured knowledge questionnaires with demographic performance, consisted of 20 multiple choice questions for assessing the knowledge regarding prevention of urinary tract infection among adolescent girls in Kanya Mahavidhyala school, Kota, Rajasthan. The adolescent girls aged 15-18 years were selected according to the inclusion and exclusion criteria. After conducting the pre-test, the researcher gave the intervention through structured teaching programme. On the fifth day post test was conducted and the study findings were assessed by using the same tool. The researcher analyzed the data by using descriptive and inferential statistics based on the objectives and hypothesis of study.

Results:

The association was complicated by chi square test. It was inferred that the present study showed no significant association between knowledge and demographic

variables like age, religion, place of residence, educational status and employment with knowledge (calculated value greater than tabulated value at 0.05 level of significance). Hence the research hypothesis is rejected and null hypothesis is accepted. So, there was no significant association between demographic variables and knowledge at 0.05 level of significance.

Conclusion:

The present study was conducted to evaluate the effectiveness of structured teaching programme on knowledge regarding prevention of urinary tract infection among adolescent girls. In order to achieve the objectives of the study, one group pretest post test design was adopted. The subjects were selected by simple random sampling. 60 samples were taken. The t test was found to be 16.32 at 0.05 level of significance. The findings of the study have been discussed in relation to the objectives and other similar studies. Hence the null hypothesis was rejected and the research hypothesis was accepted.

References:

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