



## THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PHYSICAL CHANGES DURING PUBERTY AMONG SCHOOL GIRLS AT SELECTED SCHOOL OF INDORE M.P.

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### Abstract

In this pre experimental design, sample consisted of 20 school girls, selected by Non probability Purposive sampling technique. Self structure questionnaire tools was used for assessing the knowledge of school girls. Pre test was conducted by using the same structured questionnaire and after 15 days post test was conducted using the same structured questionnaire for assessing the effectiveness of planned teaching programme. Mean percentage of the knowledge score of post test 21.03 was higher than pre test 23.05 The 't' value for total pre test and post test was 15.09. The data was analyzed in terms of descriptive and inferential statistics.

Adolescence is one of the most fascinating and complex transitions in the life span. Its breathtaking pace of growth and change is second only to that of infancy. Biological processes drive many aspects of this growth and development, with the onset of puberty marking the passage from childhood to adolescence. Puberty is a transitional period between childhood and adulthood, during which a growth spurt occurs, secondary sexual characteristics appear, fertility is achieved, and profound psychological changes take place.

Although the sequence of pubertal changes is relatively predictable, their timing is extremely variable. The normal range of onset is ages 8 to 14 in females and ages 9 to 15 in males, with girls generally experiencing physiological growth characteristic of the onset of puberty two years before boys. Pubertal maturation is controlled largely by complex interactions among the brain, the pituitary gland, and the gonads, which in turn interact with environment (i.e., the social, cultural, and ambient environment). A relatively new area of research related to puberty is that of brain development. Evidence now suggests that brain growth continues into adolescence, including the proliferation of the support cells, which nourish the neurons, and myelination, which permits faster neural processing. These changes in the brain are likely to stimulate cognitive growth and development, including the capacity for abstract reasoning.

## **OBJECTIVES**

1. To assess the Pre test knowledge score of school girls regarding physical changes during puberty
2. To assess the Post test knowledge score of school girls regarding physical changes during puberty
3. To assess the effectiveness of Planned teaching programme regarding physical changes during puberty among school girls.

## **METHODS AND MATERIAL**

An extensive review of literature was undertaken. The conceptual framework based on modified Ray's adaptation Model. An experimental research approach was used to assess the knowledge regarding physical changes during puberty. A pre experimental research design was considered appropriate for the study "to assess the effectiveness of Planned teaching programme regarding physical changes during puberty. One group pre test and post test design was used. In order to measure the content validity of the tool, the questionnaire schedule was given to the 10 experts from the field of Obstetrics and Gynaecological Nursing and community health Nursing. The experts were chosen on the basis of their clinical expertise, experience, qualification and interest in the problem area. The tool was found reliability of tool was calculated with split half method and found 0.91 for knowledge which is statically reliable for the present study.

## **RESULT**

The data for study was calculated in the month of November collection was analyzed by using descriptive & inferential statistics. The analysis depicted that majority of school girls by school girls (83.3%) belonged to the age group of 10-13 years Regarding the Educational status of school girls, majority of respondent i.e. (70%) had their 8 class Majority of the respondent (66.6%) were Hindu, , Majority respondent monthly family income (66.6%) Regarding the Nutritional status of school girls, majority of the respondent (76.66%) were non vegetarian, Pre test Knowledge score Maximum Number of school girls i.e. 79% of the school

girls had average knowledge, 1% of school girls had good knowledge, and only (20%) had poor knowledge regarding physical changes during puberty

Post test score that majority 93% of the school girls had good knowledge, 8% of school girls had average knowledge, and no one have poor knowledge regarding physical changes during puberty

The effectiveness of planned teaching programme for school girls regarding Physiological changes during puberty; there is significant difference between pre and post knowledge score. **t test value  $|t|=18.09$** . Tabulated value of t test 5% level of significance & 5 degree of freedom. **Tabulated t value  $t=2.015$**  t calculated > t tabulated. H<sub>2</sub> is accepted that means planned teaching programme is effective.

## **CONCLUSION**

The planned teaching programmed was found to be an effective for school girls that increasing the knowledge regarding Physical changes during puberty.

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