A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AMONG WOMEN REGARDING SEXUALLY TRANSMITTED DISEASES IN SELECTED RURAL AREAS OF LUDHIANA, PUNJAB

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Abstract

Background Health is wealth. To be healthy the individual would be able to lead a socially and economically: productive life. Health can be distorted by various disorders. Among these sexually transmitted diseases is the most common disorder of reproductive system and it also affects on other systems of the body, which brings greatest loss to the family and society. Sexually transmitted infections can be caused by Bacteria (gonorrhea, syphilis, Chlamydia, Parasites(trichomoniasis),Viruses (human papillomavirus, genital herpes, HIV).Sexual activity plays a role in spreading many other infectious agents, although it's possible to be infected without sexual contact. The symptoms of sexually transmitted diseases like discharge (thick or thin, milky white, yellow, or green leakage from the vagina), vaginal itching, Vaginal blisters or blisters in the genital area (the region covered by underwear), Vaginal rash or rash in the genital area ,Burning urination ,Painful urination, Pain during intercourse. Screening is another method to diagnosis the STI. The one STI screening test suggested for everyone ages 13 to 64 is a blood or saliva test for human immunodeficiency virus (HIV), the virus that causes AIDS. The Pap test screens for cervical abnormalities, including inflammation, precancerous changes and cancer, which is often caused by certain strains of human papillomavirus (HPV). We have selected this study to assess and compare the knowledge among women regarding sexually transmitted diseases in control and experimental group.

Materials and Methods:

The investigator adopted convenient sampling technique to select the 60 samples and 21-45 age group women were taken from this study i.e.30 in experimental group and 30 in control group. The present study was conducted at selected rural areas i.e. it was taken from village Bassian, Ludhiana, Punjab and total population were 8165, the village was 6 km away from G.H.G College of nursing, Raikot. It was taken from village Akalgarh, Ludhiana, Punjab and total population were 2000, the village was 9 km away from Raikot.

Results: revealed that highest 20.3 post-test mean knowledge score was found in experimental group whereas 19.8 post-test mean knowledge was found among control group. Hence, it was concluded that the post-test mean knowledge score of experimental group was higher than post-test mean knowledge score of control group.

Conclusion: The following conclusions were drawn based on the findings of the study i.e. pre -test mean knowledge of control group was 15.7 whereas pre- test mean knowledge of experimental group was 14.46. Post test mean knowledge of control group was 19.8 and post -test mean knowledge of experimental group was 20.03. The difference between the post test mean knowledge score of experimental group regarding sexually transmitted diseases among women was found significantly higher than the post -test mean knowledge of control group at $p<0.05$ level of significance. There was statistically no relationship with selected demographic variables on knowledge of women.

Keywords: Knowledge, sexually transmitted diseases, women, rural area.

INTRODUCTION

Sexually transmitted diseases (STDs) are infections that are passed from one person to another through sexual contact. The causes of STDs are bacteria, parasites, yeast, and viruses. There are more than 20 types of STDs, including Chlamydia, Genital herpes, Gonorrhea, HIV/AIDS, HPV, Syphilis, Trichomoniasis. If a pregnant woman has an STD, it can cause serious health problems for the baby. Antibiotics can treat STDs caused by bacteria, yeast, or parasites. The symptoms are discharge (thick or thin, milky white, yellow, or green leakage from the vagina), vaginal itching, Vaginal blisters or blisters in the genital area (the region covered by underwear), Vaginal rash or rash in the genital area ,Burning urination ,Painful urination, Pain during intercourse. Screening is another method to diagnosis the STI. The Pap test screens for cervical abnormalities, including inflammation, precancerous changes and cancer, which is often caused by certain strains of human papilloma virus (HPV). Antibiotics, often in a single dose, can cure many sexually transmitted bacterial and parasitic infections, including gonorrhea, syphilis. Sexually transmitted diseases have many types such as Gonorrhea, Chlamydia , Syphilis, Genital herpes, HIV/AIDS, Human papilloma virus, and Genital warts. But STD concern with mainly two types i.e., Syphilis and Gonorrhea. The human papilloma virus (HPV) that causes genital warts can be transmitted by close skin-to-skin contact. The Recommended treatment for adults and adolescents with primary, secondary, or early latent syphilis is Benzathine penicillin G 2.4 million units administered intramuscularly in a single dose.

MATERIAL AND METHODS

This study carried out on women who were in age group of 21-45 years from selected rural areas i.e. village Bassian and Akalgarh. The investigator adopted convenient sampling technique to select the 60 samples and 21-45 age group women were taken from this study i.e.30 in experimental group and 30 in control group.

Research Approach:-Research approach of the study was Quantitative/ Experimental approach.

Research Design: - The research design used in the present study was Quasi experimental research design and it was shown as follow:-

Experimental group- O1x O2

Control Group- O1   O2

KEY:

O1 -Pre test

X- Structured teaching programme

O2 – Post test

The independent variables i.e. Age of women (in year), education, occupation, religion, type of

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family, marital status, methods of contraceptives, monthly family income, source of information.

The dependent variable was knowledge among women (21-45years) regarding sexually transmitted diseases.

Research Setting: -The present study was conducted at selected rural areas i.e. it was taken from village Bassian, Ludhiana, Punjab. It was taken from village Akalgarh, Ludhiana, Punjab and total population were 2000, the village was 9 km away from Raikot.

Target population: -The target population of the study was women in the age group of 21-45 years.

Sample and sampling technique: -Women who were in age group 21-45 years of selected rural areas i.e. village Bassian and Akalgarh, Ludhiana were the constituted sample. The investigator adopted convenient sampling technique to select the 60 samples and 21-45 age group women were taken from this study i.e.30 in experimental group and 30 in control group.

Inclusion and Exclusion Criteria:

Residing in selected rural areas i.e. bassian and akalgarh

Women who can Read, Write and understand Punjabi or English.

Exclusion criteria:

Women who were not available at the time of data collection.

The women who were not willing to participate in the study.

Selection and Development of Tool:

Section A: -Socio -demographic variables.

Section B: -Self structured knowledge questionnaire.

Section C: -Structured teaching programme.

Data Collection Procedure

Permission: A formal permission was obtained from the Sarpanch of rural areas after discussing the purpose and objectives of the study with them. Women's were also explained the purpose of the study and confidentially was assured to them. Verbal consent was taken from all the women's for their participation in the study.

Procedure: The procedure of data collection was carried out in the Ist week of March, 2019 before starting data collection procedure the investigator taken to two groups- experimental and control group. The total sample consist of 60 subjects, 30 in experimental and 30 in control group, convenient sampling technique was used for selection of samples. Experimental group

was taken from Akalgarh kalan, Ludhiana and control group was taken from Bassian, Ludhiana. Pre-test was taken from control and experimental group thereafter structured teaching was given to experimental group with the help of lesson plan and audio visual aids. The investigator spent 45 minutes to complete the teaching. After 7th day post-test was taken from both groups.

Statistical Analysis

Data was analyzed using SPSS

RESULT

The highest 15.7 pre-test mean knowledge score was found in control group whereas 14.46 pre-test mean knowledge was found among experimental group. Hence, it was concluded that the pre-test mean knowledge score of control group was slightly higher than pre-test mean knowledge score of experimental group. The highest 20.3 post-test mean knowledge score was found in experimental group whereas 19.8 post-test mean knowledge was found among control group. Hence, it was concluded that the post-test mean knowledge score of experimental group was higher than post-test mean knowledge score of control group.

This table also depicts that the pre-test mean knowledge of control and experimental group 15.7 and 14.46 was observed significant by calculating 't' test. Whereas between the groups the difference of post-test mean knowledge score of control and experimental group 19.8 and 20.03 was observed non-significant at $p < 0.05$ level by calculating 't' test. Hence, research hypothesis (H1) was accepted. Thus it was concluded that administration of structured teaching programme among women of experimental group had good relationship with increasing the knowledge regarding STDs.

Table 3 and figure 4: revealed that in control group maximum 23(76%) women had good knowledge regarding sexually transmitted disease as followed by 7(23%) had average level of knowledge and no one had excellent and poor level of knowledge regarding STDs. Whereas in experimental group maximum 18(60%) women had good level of knowledge as followed by 12(40%) had average level of knowledge and none of them had poor and excellent level of knowledge regarding STDs. Thus, it was concluded that in both control and experimental group, maximum women had good level of knowledge regarding sexually transmitted diseases.

Table 4 and figure 5 revealed that highest 20.3 post-test mean knowledge score was found in experimental group whereas 19.8 post-test mean knowledge was found among control group. Hence, it was concluded that the post-test mean knowledge score of experimental group was higher than post-test mean knowledge score of control group.

Table 5 and figure 6: depicted that in control group maximum 28(93%) women had good knowledge regarding STDs as followed by 2(6.67%) had excellent level knowledge and no one had average and poor level of knowledge regarding STDs. Whereas in experimental group maximum 29(96%) women had good level of knowledge regarding STDs as followed by 1(3.3%) had excellent and none of them had average and poor level of knowledge.

Thus, it was concluded that administration of structure teaching programme regarding STDs had good relationship with the knowledge of women in an experimental group.

Table 6 and figure 7 :indicates that the pre-test and post –test mean knowledge score of control group within the group was 15.7, 19.8 respectively. The difference between pre-test and post-test mean knowledge score of control group was statistically found highly significant at the level of p<0.001 level by calculating 't' test. Where as in experimental group the pre-test and post-test mean knowledge score was 14.46, 20.03 respectively. Which was also found statistically highly significant at the level of p<0.001 by calculating 't' test.

This table also depicts that between the groups the difference between the pre-test mean knowledge of control and experimental group 15.7 and 14.46 was observed significant by calculating 't' test. Whereas between the groups the difference of post-test mean knowledge score of control and experimental group 19.8 and 20.03 was observed non-significant at p<0.05 level by calculating 't' test.

Hence, Research hypothesis (H1) was accepted. Thus it was concluded that administration of structured teaching programme among women of experimental group had good relationship with increasing the knowledge regarding STDs.

Objective 3.To compare the pre-test and post-test knowledge score among women regarding sexually transmitted diseases in control and experimental group.

Research Hypothesis (H1):The post-test mean knowledge score of women in experimental group regarding sexually transmitted diseases will be significantly higher than the post-test mean knowledge score in control group as measured by self-structured knowledge questionnaire at p<0.05 level of significance

Table 6 and figure 7: indicates that the pre-test and post –test mean knowledge score of control group within the group was 15.7, 19.8 respectively. The difference between pre-test and post-test mean knowledge score of control group was statistically found highly significant at the level of p<0.001 level by calculating 't' test. Where as in experimental group the pre-test and post-test mean knowledge score was 14.46, 20.03 respectively. Which was also found statistically highly significant at the level of p<0.001 by calculating 't' test.

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Hence, Research hypothesis (H1) was accepted. Thus it was concluded that administration of structured teaching programme among women of experimental group had good relationship with increasing the knowledge regarding STDs.

CONCLUSION

In control group maximum 28(93%) women had good knowledge regarding STDs as followed by 2(6.67%) had excellent level knowledge and no one had average and poor level of knowledge regarding STDs. Whereas in experimental group maximum 29(96%) women had good level of knowledge regarding STDs as followed by 1(3.3%) had excellent and none of them had average

and poor level of knowledge. Thus, it was concluded that administration of structure teaching programme regarding STDs had good relationship with the knowledge of women in an experimental group.

TABLES & FIGURES

PRE-TEST MEAN KNOWLEDGE SCORE AMONG WOMEN REGARDING SEXUALLY TRANSMITTED DISEASES IN CONTROL AND EXPERIMENTAL GROUP
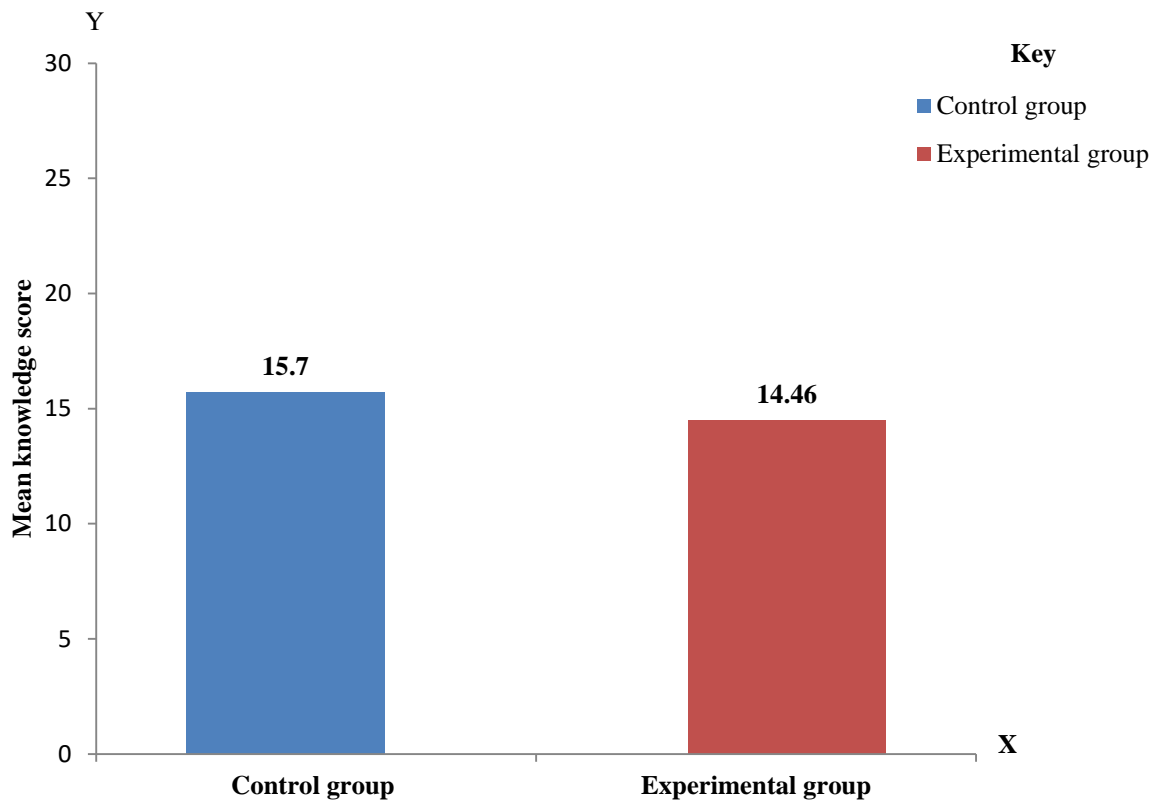
N=60

KNOWLEDGE SCORE

Group	N	Mean	SD
Control	30	15.7	1.83
Experimental	30	14.46	2.09

Maximum score=30

Minimum score=0

Table 2 and figure 3. Revealed that highest 15.7 pre-test mean knowledge score was found in control group whereas 14.46 pre-test mean knowledge was found among experimental group.

FREQUENCY AND PERCENTAGE DISTRIBUTION OF PRE-TEST MEAN KNOWLEDGE SCORE AMONG WOMEN REGARDING SEXUALLY TRANSMITTED DISEASES IN CONTROL AND EXPERIMENTAL GROUP
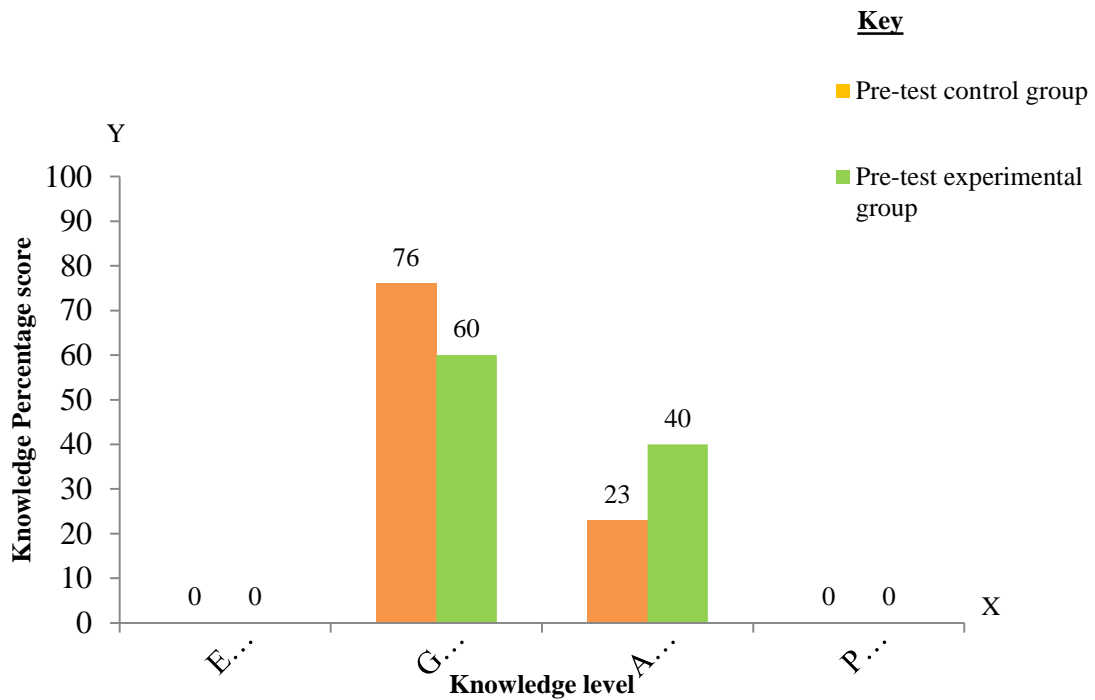
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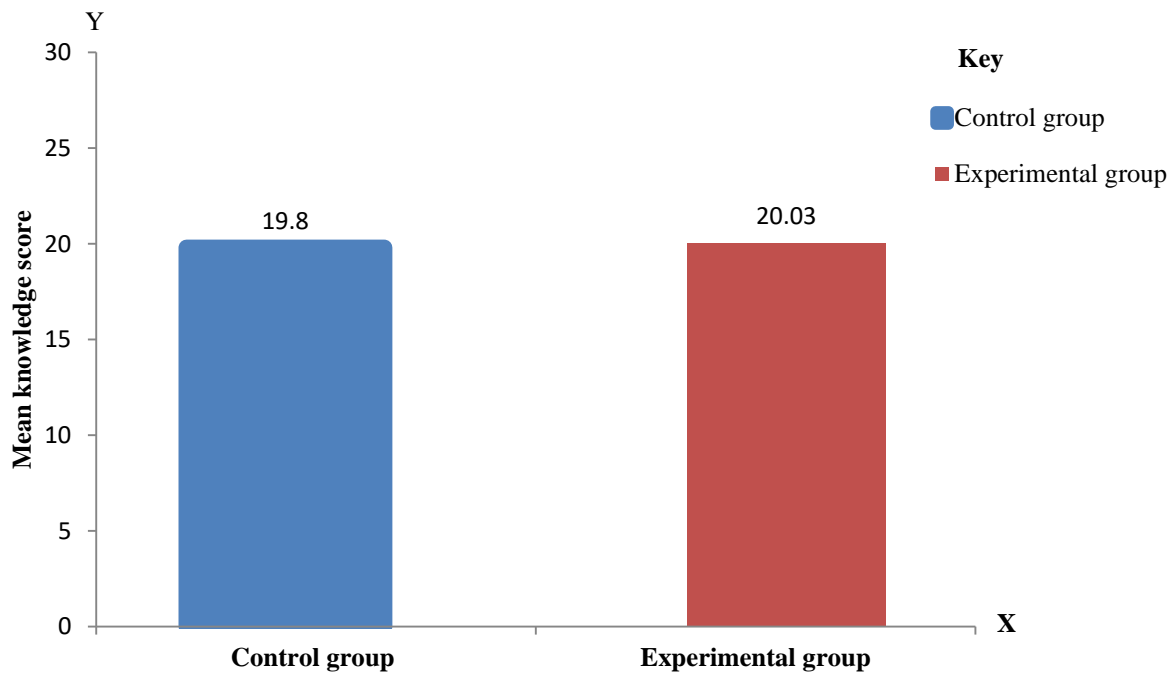| | | | KNOWLEDGE SCORE | | | |
| | | | Control group (n=30) | | Experimental group (n=30) | |
Level of knowledge	Score	%	n	%	n	%
Excellent	≥22	≥73%	0	0	0	0
Good	15-21	50-70	23	76	18	60
Average	8-14	26-46	7	23	12	40
Poor	≤7	≤23	0	0	0	0

Maximum score=30

Minimum score=0

FREQUENCY AND PERCENTAGE DISTRIBUTION OF PRE-TEST KNOWLEDGE SCORE AMONG WOMEN REGARDING SEXUALLY TRANSMITTED DISEASES IN CONTROL AND EXPERIMENTAL GROUP.
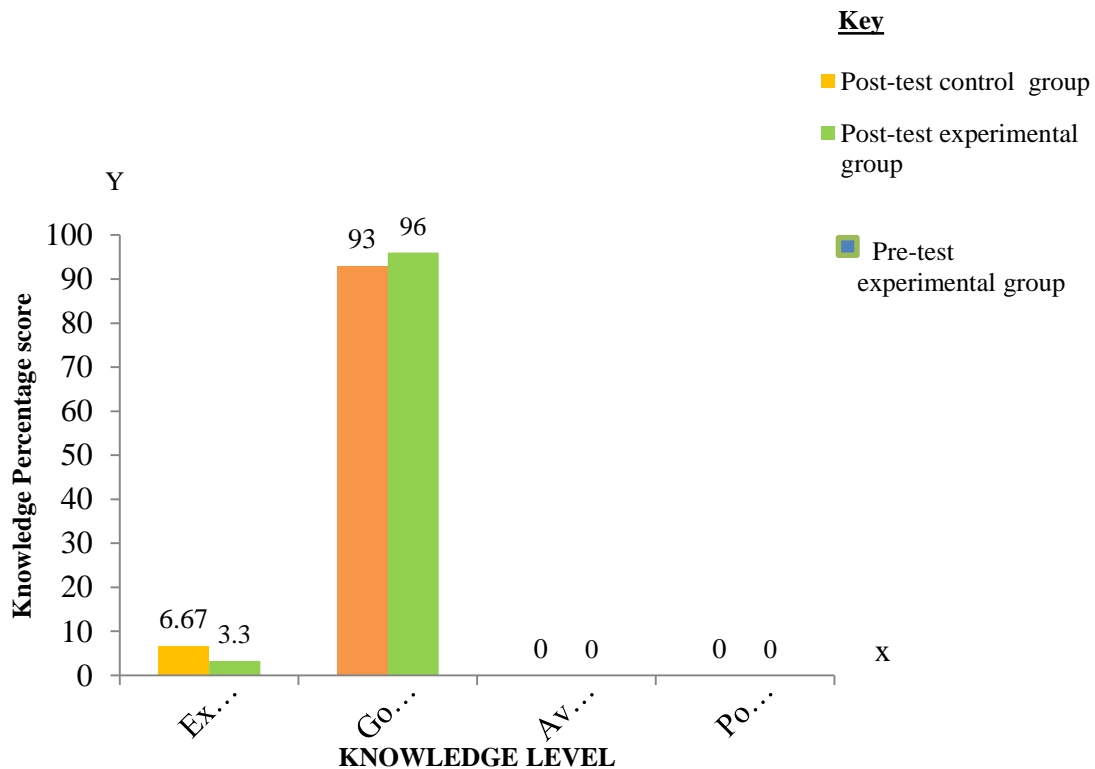

POST-TEST MEAN KNOWLEDGE SCORE AMONG WOMEN REGARDING SEXUALLY TRANSMITTED DISEASES IN CONTROL AND EXPERIMENTAL GROUP.

FREQUENCY AND PERCENTAGE DISTRIBUTION OF POST-TEST MEAN KNOWLEDGE SCORE AMONG WOMEN REGARDING SEXUALLY TRANSMITTED DISEASES IN CONTROL AND EXPERIMENTAL GROUP

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KNOWLEDGE SCORE

N=60

Level of knowledge	Score	%	Control group (n=30)		Experimental group (n=30)	
			N	%	n	%
Excellent	≥22	≥73	2	6.67	1	3.3
Good	15-21	50-70	28	93	29	96
Average	8-14	26-46	0	0	0	0
Poor	≤7	≤23	0	0	0	0

FREQUENCY AND PERCENTAGE DISTRIBUTION OF POST-TEST MEAN KNOWLEDGE SCORE AMONG WOMEN REGARDING SEXUALLY TRANSMITTED DISEASES IN CONTROL AND EXPERIMENTAL GROUP

Key

■ Post-test control group

■ Post-test experimental group

■ Pre-test experimental group

COMPARATIVE MEAN PRE-TEST AND POST-TEST MEAN KNOWLEDGE SCORE AMONG

WOMEN REGARDING SEXUALLY TRANSMITTED DISEASES IN CONTROL AND EXPERIMENTAL GROUP

N=60

| Group | n | KNOWLEDGE SCORE | | | | df | 't' |
| | | Pre-test | | Post-test | | | |
		Mean	SD	Mean	SD		
Control	30	a15.7	1.83	a19.8	1.52	29	8.56**
Experimental	30	b14.46	2.09	b20.03	1.26	29	11.87**
		Df	**'t'**	**df**	**'t'**		
a+b		58	2.42*	58	0.63^{NS}		

Maximum score=30   **Significant at p<0.001 level

Minimum score=0   NS=Non-significant at p<0.05 level

COMPARISON OF PRE-TEST AND POST-TEST MEAN KNOWLEDGE SCORE AMONG WOMEN REGARDING SEXUALLY TRANSMITTED DISEASES
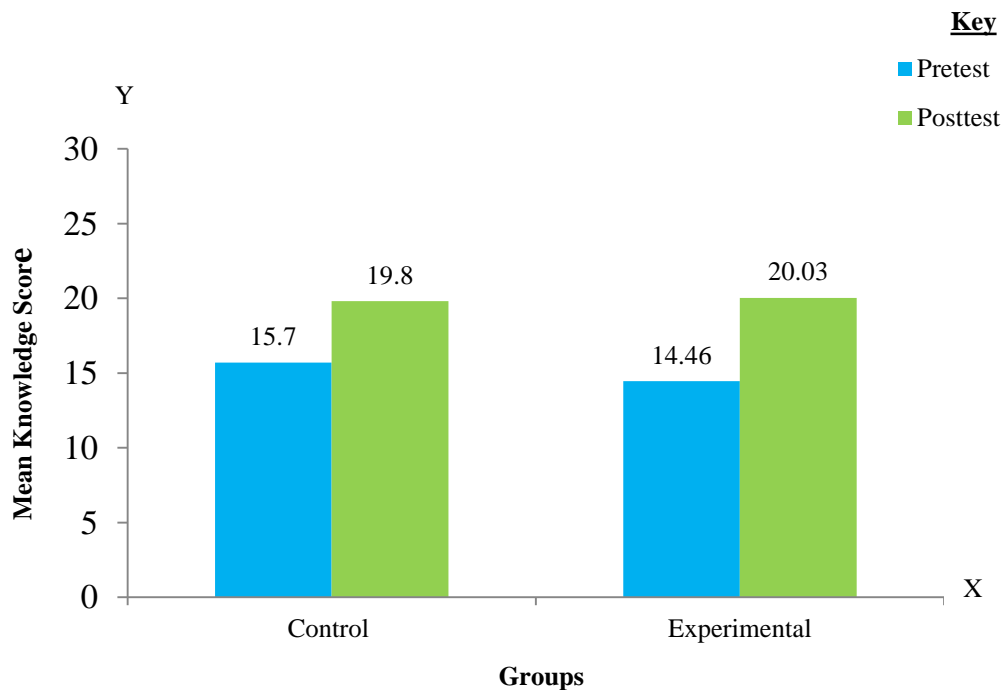
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