

“A STUDY TO EVALUATE THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING MODULE ON KNOWLEDGEREGARDING THE IMPORTANCE OF YOGA IN DEALINGWITH MENSTRUAL ALIMENTS AMONG TEEN AGE GIRLS AT SELECTED COLLEGES, KANPUR, UP.”

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ABSTRACT

Menstrual health education is crucial during adolescence, as it not only empowers young girls with the knowledge to manage their menstrual health effectively but also fosters a positive attitude towards their bodies and menstrual cycles. Incorporating video-assisted teaching modules can offer an interactive and visually stimulating platform to deliver educational content. A study to evaluate the effectiveness of VATM on knowledge regarding the importance of menstrual ailments among teenage girls at selected colleges Kanpur, Uttar Pradesh. 60 samples were collected by using non-probability convenience sampling technique through structured knowledge questionnaire the data collected and analyzed by descriptive and inferential statistics. The result of the study showed the post-test mean (17.78) was high when compared to the pre-test mean (13.75) score of knowledge. The obtained "t" value (10.35) was greater than table value & df59 which was $p > 0.05$ level of significance, which show that there are significant differences between pre-test and post-test level of knowledge hence the formulated research hypothesis H_1 was accepted and H_0 was rejected. The test revealed that there was no significant association of knowledge with selected demographic variables such as age, religion, family monthly income, type of family, source of information and type of food and there were significant association with educational qualification, previous knowledge, age of menarche and family history. The study concluded that video assisted teaching module was effective and improves knowledge regarding the importance of yoga in dealing with menstrual ailments among teenage girls at selected colleges, Kanpur, Uttar Pradesh.

INTRODUCTION

Menstrual ailments among teenage girls can significantly impact their physical and emotional well-being, often leading to discomfort, disruption of daily activities, and psychological distress. Yoga has emerged as a promising holistic approach to alleviate menstrual discomfort and promote overall health and well-being. Recognizing the importance of educating teenage girls about the potential benefits of yoga in managing menstrual ailments, this research aims to evaluate the effectiveness of a video-assisted teaching module in enhancing their knowledge regarding the significance of yoga in dealing with menstrual issues.¹

Keywords:

Evaluate, Effectiveness, Video Assisted Teaching Module (VATM), Menstrual Ailments, Age of Menarche, Importance of Yoga, Teenage Girls.

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Menstrual health education is crucial during adolescence, as it not only empowers young girls with the knowledge to manage their menstrual health effectively but also fosters a positive attitude towards their bodies and menstrual cycles. However, traditional methods of education may not always be engaging or accessible to all adolescents. Incorporating video-assisted teaching modules can offer an interactive and visually stimulating platform to deliver educational content, potentially enhancing comprehension and retention among teenage girls.²

Yoga has a great potency to yield physical and mental health, which is essential for women. However, women should not forget its spiritual depth. The ancestral dynasty of women in yoga proves that besides physical health, they also strived for spiritual health to enrich their lives. Their endeavor did not make them turn their backs on their worldly and family responsibilities. This balance has to be struck by women of today, when the modern way of life makes them forget their womanhood. Yoga is recognized as a form of mind-body medicine that integrates an individual's physical, mental and spiritual components to improve aspects of health, particularly stress related illnesses.

NEED FOR THE STUDY

1. Addressing Knowledge Gaps: There is a lack of comprehensive education and awareness regarding menstrual health management among teenage girls, particularly concerning the potential benefits of yoga in dealing with menstrual ailments. This study aims to fill this knowledge gap by evaluating the effectiveness of a video assisted teaching module specifically designed to enhance understanding of the role of yoga in menstrual health.

2. Empowering Adolescent Girls: Menstrual ailments can significantly impact the physical and emotional well-being of adolescent girls, affecting their daily lives and overall quality of life. By empowering teenage girls with accurate information and practical skills to manage menstrual health issues, this study seeks to improve their confidence, autonomy, and ability to make informed decisions about their health.

3. Holistic Approach to Menstrual Health: Traditional approaches to menstrual health education often focus solely on hygiene practices and biological aspects of menstruation, neglecting the broader context of menstrual health and its connection to physical and mental well-being. By promoting yoga as a holistic approach to menstrual health management, this study aims to foster a more comprehensive understanding of menstrual health among teenage girls.

4. Potential Benefits of Yoga: Yoga has been increasingly recognized for its potential therapeutic benefits in alleviating menstrual discomfort, reducing stress, and promoting overall well-being. However, the effectiveness of yoga-based interventions in addressing menstrual health issues among teenage girls has not been extensively studied. This research seeks to explore and evaluate the potential benefits of integrating yoga into menstrual health education programs for adolescent girls.⁷

5. Promoting Menstrual Health Equity: Access to accurate information and resources for managing menstrual health should be accessible to all adolescent girls, regardless of their socioeconomic background or cultural context. By evaluating the effectiveness of a video-assisted teaching module, this study aims to contribute to the development of inclusive and culturally sensitive menstrual health education initiatives that promote equity and empowerment among teenage girls worldwide.

6. Encouraging Healthy Lifestyle Habits: Introducing yoga to teenage girls can instill lifelong healthy habits. As a form of physical activity, yoga encourages body awareness, promotes physical fitness, and supports mental health, which are all beneficial during adolescence and beyond.

7. Cultural and Accessibility Factors: Yoga is increasingly recognized and practiced worldwide. It is accessible, requires minimal equipment, and can be adapted to suit individual needs, making it an appealing option for teenage girls across different socioeconomic backgrounds.

In summary, there is a clear need for this study to address the knowledge gaps, empower adolescent girls, promote a holistic approach to menstrual health, explore the potential benefits of yoga, promote menstrual health equity, and inform evidence-based practices in menstrual health education and practice. Hence the investigator felt need to conduct the present study.

PROBLEM STATEMENT:

"A Study to Evaluate the Effectiveness of Video Assisted Teaching Module on Knowledge Regarding the Importance of Yoga in Dealing with Menstrual Aliments Among the Teenage Girls at Selected Colleges Kanpur, UP".

OBJECTIVES OF THE STUDY:

-To assess the pre test knowledge on importance of yoga in dealing with menstrual ailments among teen age girls.

-To evaluate the effectiveness of video assisted teaching module on importance of yoga in dealing with menstrual ailments among teen age girls.

-To find out the association between pre-test knowledge score on importance of yoga in dealing

with menstrual ailments among teen age girls with their selected socio-demographic variables.

HYPOTHESIS-(hypothesis will be tested at 0.05 level of significance)

- **Ho1**-there is no significant difference between pre-test & post-test score after (VATM) regarding the importance of yoga in dealing with menstrual ailments.
- **Ho2**-there is no significant association between pre-test knowledge score of teen age girls regarding importance of yoga in dealing with menstrual ailments with their selected socio-demographic variables.
- **H1** - there is significant difference between pre-test & post-test knowledge score after (VATM) regarding importance of yoga in dealing with menstrual ailments.
- **H2**- there is significant association between pre-test knowledge score of teen age girls regarding the importance of yoga in dealing with menstrual ailments with their selected demographic variables.

METHOD AND MATERIAL:

RESEARCH APPROACH-The research approach used for present study was quantitative evaluative research approach.

RESEARCH DESIGN- The research design used for present study was Quasi-experimental, One group pre-test post-test research design.

VARIABLES-

Independent variable: The independent variable was video-assisted teaching module on knowledge regarding importance of yoga in dealing with menstrual ailments.

Dependent variable: The dependent variable was the knowledge regarding Importance of yoga with menstrual ailment among Teenage girls.

Demographic variable: In this study, demographic variables were age, religion, Educational status, family Monthly income, types of family, dietary pattern, age of menarche, family history of Menstrual ailments and previous knowledge regarding Importance of yoga with Menstrual ailment among Teenage girls.

POPULATION-

The population for the present study consisted of teenage girls in Kanpur, UP.

TARGET POPULATION-

The target population for the present study consists of Teenage Girls in selected Colleges Kanpur U.P.

ACCESSIBLE POPULATION-

The accessible population of the present study was Teenage Girls studying in selected Colleges Maharana Pratap & B.P.M.G Inter Colleges in Kanpur, UP.

SAMPLE-

The samples used for this study was Teenage Girls who met the inclusion criteria.

Who fulfils the inclusion and exclusion criteria that are accessible as subject of the study.

SAMPLE SIZE-

The sample size for the present study was 60 Teenage Girls at selected colleges in Kanpur UP.

SAMPLING TECHNIQUES-

In this present study non-probability convenience sampling technique was used to select the sample.

INCLUSION CRITERIA-

- Teenage girls in selected colleges Kanpur.
- Teenage girls who were available at the time of Data Collection.
- Teenage girls who were willing to participate.

EXCLUSION CRITERIA-

The teenage girls who were completely ill or complicated with any serious medical condition. Teenage girls who were not available at the time of study.

METHODS OF DATA COLLECTION-

The tool to assess the knowledge regarding The Importance of Yoga in dealing with Menstrual Ailments among Teenage Girls was developed through self-structured questionnaires.

TOOL CONSISTS OF TWO PARTS:

Part-1: Socio demographic variable (10)

Part-2: Self-Structured Knowledge questionnaire (30)

SOCIO DEMOGRAPHIC VARIABLE:In this study, demographic variables were name, age, religion, educational status, dietary pattern, duration of menstrual cycle, age of menarche and previous knowledge regarding Importance of yoga in dealing with menstrual ailment among Teenage girls.

SELF-STRUCTURE

KNOWLEDGE QUESTIONNAIRE: Questionnaire included 30 multiple choice question. It included introduction, definition, and importance of yoga with menstrual ailment and advantage of doing yoga with menstrual ailment.

RESULT AND FINDING

SECTION-A

Frequency and percentage wise distribution of teenage girls according to demographic variables.

1. Majority of the participants 48(80%) belongs to 16-17 years of age group.
2. Majority of the participants 55(91.67%) were Hindu.
3. Majority of the participants 36(60%) belongs to 11th class.
4. Majority of the participants 42(70%) family monthly income is between 10000-15000.
5. Majority of the participants 40(66.67%) belongs to nuclear family.
6. Majority of the participants 40(71.67%) were not having previous knowledge
7. Majority of the participants majority 13(76.48%) were having source of information from book and journals.
8. Majority of the participants 43(71.66%) participants have age of menarche at 13-14 years.
9. Majority of the participants 32(53.33%) participants have vegetarian food habit.
10. Majority of the participants 49(81.67%) participants have no family history of menstrual ailments.

SECTION-B

Frequency and percentage wise distribution of teenage girl according to the pre-test and post-test level of knowledge on importance of yoga in dealing with menstrual ailments.

n=60

S.NO.	Level Of Knowledge		Pre-test		Post-test	
		F	%	F	%	
1	Inadequate knowledge(0-10)	25	45%	0	0.00%	
2	Moderate knowledge(11-20)	33	55%	56	93.33%	
3	Adequate knowledge(21-30)	0	0.00%	04	6.67%	

SECTION-C

COMPARISON OF PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE REGARDING THE IMPORTANCE OF YOGA IN DEALING WITH MENSTRUAL ALIMENTS AMONG TEENAGE GIRLS.

n=60

KNOWLEDGE LEVEL	Mean	Mean percentage	Mean difference	Standard deviation
Pre-test	13.75	22.91%	4.03	3.97
Post-test	17.78	29.63%		2.98

SECTION-D

EFFECTIVENESS OF VIDEO ASSISTED TEACHING MODULE ON KNOWLEDGE REGARDING THE IMPORTANCE OF YOGA IN DEALING WITH MENSTRUAL ALIMENTS AMONG TEEN AGE GIRLS

Knowledge level	Mean	Mean Difference	SD	"t" Value	Table Value
Pre-test	13.75	4.03	3.97	10.35	df=59 T-2.00
Post-test	17.78		2.98		

SECTION-E

ASSOCIATION BETWEEN THE LEVELS OF PRE-TEST KNOWLEDGE SCORE WITH SELECTED DEMOGRAPHIC VARIABLE OF TEENAGE GIRLS.

The result shows the association between pre-test knowledge score with selected socio-demographic variables like educational qualification, previous knowledge, age of menarche and family history shows significant. Here calculated value of chi square was less than table value at 0.05 level of significance, so there was no significance association exists between the variables with their pre-test knowledge score. Hence the null hypothesis H_{02} was accepted and formulated research hypothesis H_2 was rejected.

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