



**EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME REGARDING COMPONENTS OF RCH PROGRAMME ON KNOWLEDGE AMONG MARRIED WOMEN –A PRE EXPERIMENTAL STUDY.**

**Mrs. R. Jebin Sherly**

Associate Professor, Meenakshi College of Nursing, MAHER, Chennai, Tamil Nadu, India

**ABSTRACT**

The present study was to assess the effectiveness of structured teaching programme regarding components of Reproductive and child health (RCH) programme on knowledge among married women in Alandur, Chennai. The objective of the study was 1.To assess the pre and post test level of knowledge on the components of reproductive and child health (RCH)programme among married women.2.To determine the effectiveness of structured teaching programme regarding components of (RCH) programme on knowledge among married women.3.To associate the post test level of knowledge on components of (RCH) programme among married women with the selected demographic variables. By using convenient sampling technique, a group of 30 married women was selected for the study. A pre experimental one group pre test and post test design was used. The level of knowledge on components of reproductive and child health (RCH) programme was assessed through structured questionnaire followed by the structured teaching programme given for 30 minutes, the post test was done after 7 days. In pre test overall mean was 12 with S.D 3.7. In the post test overall mean level of knowledge was 18 with S.D 1.73 the paired pre test value is significant at the P<0.05 level. The study findings reveals that there was a significant improvement on the level of knowledge among married women after structured teaching programme highlights that knowledge on components of RCH programme would help them to improve their reproductive health.

**KEYWORDS :**

**INTRODUCTION**

Reproductive health is a crucial part of general health. Pregnancy and child birth are special events in women's lives indeed in the lives of their families. This can be a time of great hope and joyful anticipation. The quality of care is more important than the quantity of pregnancy. The concept of healthy mother and healthy baby is important aspect of maternal and child health (MCH). Maternal mortality is one of the key indicator of the reproductive health care service delivery and utilization.

According to UNFPA(United Nations Population Fund) Reproductive health at any age profoundly affects health later in life. The life cycle approach incorporates the challenges at different times in their lives such as family planning, services to prevent sexually transmitted disease, early diagnosis and treatment of reproductive illnesses. Health and education systems need to be strengthened and availability of essential health supplies such as contraceptives and medicines must be supported.

**Need For Study**

Reproductive and child health programme launched on October 15, 1997, the focus of the programme is to reduce maternal mortality and morbidity with emphasis on rural health care and also to promote adolescent reproductive health. In a developing country like India, poverty, illiteracy and multiple pregnancies take their toll of mothers health and that of the breast feed infant, high prevalence of Anemia and malnutrition among reproductive age group women, particularly during pregnancy and lactation can have irrevocable efforts on the infants health. Under Millennium Development Goal 4, 5 and 6 set goals to reduce child mortality, to improve maternal health and combat HIV/AIDS respectively. Increasing the access and equitability reflects the nurses concerns over the issues of maternal and child health and how it relates distribution of diseases and accessibility of care equally without any discrimination. Government of India has launched several programmes related to maternal and child health from time to time to improve health status and fulfill the unmet need of the MCH care throughout the country.

**Statement Of The Problem**

A pre experimental study to assess the effectiveness of

structured teaching programme regarding components of Reproductive and child health (RCH) programme on knowledge among married women in Alandur, Chennai.

**Objectives**

- To assess the pre and post test level of knowledge on the Components of reproductive and child health (RCH) Programme among married women.
- To determine the effectiveness of structured teaching programme on knowledge regarding components of reproductive and child health (RCH) programme among married women.
- To associate the post test level of knowledge on components of reproductive and child health (RCH) programme among married women with the selected demographic variables.

**Research Design**

A pre experimental one group pretest post test research design

**One Group Pretest And Post Test Design**

PRE TEST	NURING INTERVENTION	POST TEST
O1	X	O2

**Research Approach**

Quantitative approach

**Variables Under Study**

Independent Variable: Structured teaching programme

Dependent Variable: Level of knowledge

**Setting Of The Study**

The study was conducted in the Alandur area of Chennai Corporation.

**Population**

The target population of this study was married woman in the selected community area.

**Sample**

The sample comprised of married woman in the age group of 21-45years in Alandur and who fulfill the inclusion criteria.

**Sampling Technique**

Non-probability convenient sampling technique was selected for this study.

**Sample Size**

A sample size of 30 married women residing in Alandur.

**Criteria For Sample Selection**

**Inclusion Criteria**

- Married woman willing to participate in the study.
- Married woman who can speak and understand Tamil and English.

**Exclusion Criteria**

- Mothers who are not willing to participate.
- Mothers who have already undergone training programme.

**Development And Description Of The Tool:**

**Section A: Demographic Variables**

It deals with demographic variable age, gender, education, socioeconomic status, source of information, marital status, religion, menstrual hygiene habits, No of children, mode of delivery, Knowledge of reproductive health.

**Section B: Structured Knowledge Questionnaire**

Questionnaire based on knowledge aspects on the components of reproductive and child health (RCH) programme includes, Family planning, Antenatal care, Intra natal care, Post natal care, Client approach to health care, Prevention/management of RTI/sexually transmitted disease.

**Data Collection Procedure**

The data collection was done in Alandur. The sample were selected by convenient sampling technique. The sample of the study comprised of 30 married women with the age group of 21 to 45 years. Informed consent was obtained from the client. The nature and purpose of the study was explained to them. On first day pre test was conducted followed by structured teaching programme on RCH programme given for 30 minutes by using power point presentation. After seven days post test was conducted to evaluate the effectiveness of structured teaching programme.

**Plan For Data Analysis And Interpretation**

**Descriptive Statistics:**

Frequency and percentage distribution was used to analyze the demographic variable of the married women.

Mean and standard deviation was used to analyze the pre and post test level of knowledge on structured teaching programme on RCH.

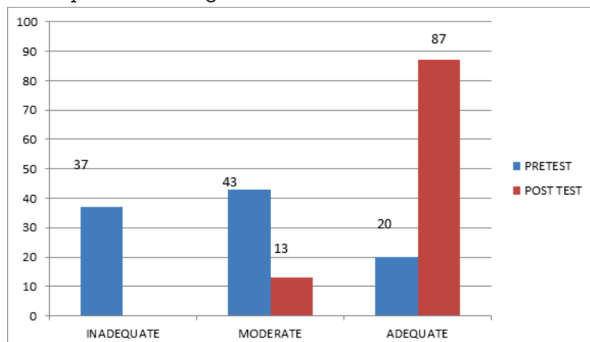
**Inferential Statistics**

- Paired 't' test used to compare level of knowledge before and after structured teaching programme.
- Chi square test was used to associate the post test level of knowledge with demographic variable.

**Major Findings Of The Study**

In the pre test 11(37%) of women had inadequate knowledge, 13(43%) had moderately adequate knowledge, 6(20%) had adequate knowledge.

In the post test 26(87%) of women had adequate knowledge 4(13%) had moderately adequate knowledge, and no one has inadequate knowledge.



**Figure 1:** Frequency And Percentage Distribution Of Pre And

Post Test Level Of Knowledge On Components Of Reproductive And Child Health Programme.

**TABLE 1**

GROUP	Pre test		Post test		Paired t test
	Mean	S.D	Mean	S.D	
Pre Experimental Study	12	3.7	18	1.73	8.0645 P<0.05

S = SIGNIFICANT

TABLE 1 shows that in pre test, mean score was 12 with the standard deviation 3.7 . In the post test mean score was 18 with the SD 1.73. The paired 't' test value is 8.0645 significant at P< 0.05 level.

**DISCUSSION**

**The first objective was to assess the Pre and Post test level of knowledge on components of reproductive and child health (RCH) program among married women.**

In the Pre test level of knowledge, 11 (37%) of married women had Inadequate knowledge, 13(43%) had Moderately adequate knowledge, 6(20%) had Adequate knowledge. In the post test level of knowledge, 26(87%) of married women had Adequate knowledge, 4(13%) of Moderately adequate knowledge.

**The second objective was to determine the effectiveness of structured teaching program on knowledge regarding component of reproductive and child health(RCH)program among married women.**

The data revealed that in pretest the mean score was 12 with the standard deviation of 3.7. In the post test the mean score was 18 with the standard deviation 1.73. The paired 't' test is significant at p<0.05 level.

**The third objective was to associate the Post test level of knowledge on components of Reproductive and Child Health (RCH) program among married women with selected demographic variables.**

The results shows that there is no significant association between the level of knowledge with their demographic variables like age, gender, educational qualification and so on.

**CONCLUSION**

The present study concluded that structured teaching programme is effective in improving the knowledge regarding the components of reproductive and child health(RCH) programme among married women.

**Implication For Nursing Service**

The Nurse must develop teaching program and implement proactive strategies about the reproductive health and child health (RCH). The Nurse must create awareness among married women to improve the reproductive health. The result of the study will help the nurse to enlighten the importance of reproductive health.

**Implication For Nursing Education**

The nursing student should understand the level of knowledge before and after teaching program of RCH programme among married women from the study findings. It helps them to know that reproductive health can drastically improve the health status among married women. Thus the nursing students will develop necessary knowledge and skill in improving the reproductive health of women.

**Implication For Nursing Administration**

The nurse administrator can encourage and organize health education programs to make the public aware of the importance of reproductive health. She can collaborate with the governing bodies in formulating policies to employ

especially qualified nurse in community setup to supervise the health teaching program, and conducting the Reproductive health camps among married women.

### Implication For Nursing Research

Nurse researcher should take initiative to expand services to the entire sector of family. Performing various research activities can enhance the life of women in future on RCH programme will be effective in improving maternal health. Conduct evidence based research in medical settings in order to improve the implementation and management of policy by using a participatory planning approach and strengthening institutions of the project resources .

### Recommendations

Based on the findings of the Study, the investigator proposes the following recommendations.

1. A similar study can be conducted on a large sample for better generalization.
2. A similar study can be carried out in various settings.

### LIMITATION

There was no control group. This study was conducted only for married women. The convenient sampling technique restricts the generalization.

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