

## **Effectiveness of Pre-menarcheal education regarding puberty among girls in selected school at Kanpur.**

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### **Introduction**

Menstruation is a natural part of every woman's life, but it is rarely discussed. Many women are unfamiliar with it. They are frequently influenced to believe in irrational beliefs by their families and communities.

Many women have no idea why they menstruate or what their bodies go through during that time.

There was a lack of pre-menarcheal education, which resulted in unsatisfactory menstrual periods and poor menstrual hygiene practises. Pre-menarcheal education was not supported by the health care system, advertising, or formal education. Recent research has revealed a clear divide when it comes to pre-menstrual education. When it comes to first menstruation and the difference between those who knew about menstruation prior to menarche and those who didn't, there's a big difference. Researchers in India collected data on 305 females' menstrual blood loss, dysmenorrhoea, and menarcheal age. Those who knew about it before menarche assumed it was a normal part of their bodies, while those who didn't were "appalled" and "horrified." People were gaining knowledge at a rapid pace. Early puberty and dysmenorrhoea are reduced. According to all of the discussion topics, more information should be made available prior to menarche. Adolescent girls in rural areas frequently face more restrictions and other traditional characteristics. In addition, girls from low-income families report poor hygiene practises as well as more traditional constraints and beliefs in the urban sector.

Prior to adolescence's first menstruation, a lack of information about menstruation has been found to cause a variety of reactions, including fear, shame, and nervousness. In their studies, the researchers also discovered a serious deficiency in menstrual hygiene education and the provision of menstrual waste disposal facilities. Despite the fact that sex education begins in the ninth grade, the majority of our girls start menstruating at the age of ten. As a result, researchers believe education will make girls more aware of pubertal changes and menarche. As a result, she decided on this study topic.

### **Methodology**

The study's research methodology was a pre-experimental one-group pre-test-post-test design. The study was conducted at the Government Higher Secondary School in Kanpur. The study included one hundred participants. The conceptual framework of this study was based on the children's learning about puberty in general system theory, according to the modified Pender's health promotion model. A pre-designed questionnaire was created to

assess the participants' knowledge. An evaluation of a new educational module was carried out. We used a variety of methods to collect information for this study, including handing out knowledge questionnaires to participants and answering any questions they had. Each day, ten samples were collected to compile the data. Following the completion of the questionnaire, 60 minutes of video-assisted instruction were provided. A follow-up evaluation was performed thirty days after the test.

### Results

According to the pre-test, 92% of students lacked adequate knowledge, while 8% had moderately adequate knowledge. In the post-test, more than 82 percent had adequate knowledge, and 18 percent had moderately adequate knowledge. The mean post-test knowledge score was higher than the mean pre-test knowledge score by 0.001 level. This demonstrated that the video-assisted teaching programme had improved the students' understanding of puberty. Prior knowledge level was discovered to be related to demographic variables such as education and maternal education. The post-test knowledge level was related to the demographic variable, education.

### Conclusion

According to a new study, students who participated in a teaching programme saw statistically significant gains in their knowledge. People who took part in the survey were grateful for the puberty information they received. A future researcher will use the questionnaire as an assessment tool for puberty-related knowledge as a result of this feedback. Students, teachers, and administrators all liked and respected the video's message and subject matter.

Because it was more appealing to them, the schoolgirls preferred the teaching programme over other methods. Girls who attend menarche should brush up on their puberty knowledge. A series of lessons on the same topic will benefit the girls' knowledge as well as their physical and mental health.

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