



EFFECTIVENESS OF SELF INSTRUCTION MODULE ON KNOWLEDGE REGARDING REPRODUCTIVE TRACT DISEASES AMONG WOMEN

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ABSTRACT

Background: Global interest in improving women's health has mainly been confined to improving family planning and child survival interventions. Though maternal and child health care was included among eight basic components of primary health care, little attention has been given to the reproductive health of non-pregnant women. Interestingly, in developing countries such women are approached mainly for family planning programs, without attention on reproductive tract infections (RTIs) common in these countries. Consequently, majority of upper RTI (PID) leads to serious consequences of developing infertility among unfortunate victims. **Objectives:** The present study aims at effectiveness of self-instructional module regarding reproductive tract disease among women. **Methodology:** This study was pre-experimental study conducted among women. A total of 60 samples were selected by using non-probability purposive sampling technique. **Results:** The data were collected by using structured knowledge questionnaire on knowledge regarding reproductive tract diseases. The mean post test score of knowledge (21.56) is higher than mean pretest score of knowledge (14.28) among women. **Conclusion:** The structured teaching programme was found to be effective in increasing the knowledge on reproductive tract disease. This indicates that self-instructional module is an effective strategy which can be used to increase the knowledge on reproductive tract disease among women.

KEYWORDS: Reproductive tract disease, self-instructional module, Knowledge, Women, Effectiveness.

INTRODUCTION

An appropriately developed and functional reproductive tract is essential for the natural production of offspring. However, abnormal development or disease, either within or external to the reproductive tract, can cause considerable morbidity and mortality. Female reproductive tract is vital for the continuation of the human species, it is crucial to have an improved understanding of how the cells and tissues of this system interact under normal conditions and to define how hormonal and genetic abnormalities cause pathophysiologic derangement of reproduction.^[1]

Like all complex organ systems, the human reproductive system is affected by many diseases. There are four main categories of reproductive diseases in humans. They are: 1) genetic or congenital abnormalities, 2) cancers, 3) infections which are often sexually transmitted diseases, like pelvic inflammatory disease, endometriosis, polycystic ovarian disease and 4) functional problems cause

by environmental factors, physical damage, psychological issues, autoimmune disorders, or other causes. The best known type of functional problems include sexual dysfunction and infertility which are both broad terms relating to many disorders with many causes. Pelvic inflammatory disease (PID) is an important public health problem with serious repercussion on women's health and wellbeing.

Over one million women experience an episode of pelvic inflammatory disease (PID) each year. It is the most common serious complication of STDs; long-term sequelae include ectopic pregnancy, chronic pelvic pain, and tubal infertility. One in five cases of PID occurs among younger women < 19 years of age. Although only about half of female adolescents are sexually active, they have the highest age-specific rates of PID among sexually experienced women. The risk of developing PID for a 15-year-old sexually active girl is estimated to be 10 times that of a 24-year-old woman. The higher

relative risk of PID for younger women has been attributed to their greater biologic vulnerability and their behavioral and cognitive risk factors.^[2-5]

Global interest in improving women's health has mainly been confined to improving family planning and child survival interventions. Though maternal and child health care was included among eight basic components of primary health care, little attention has been given to the reproductive health of non-pregnant women. Interestingly, in developing countries such women are approached mainly for family planning programs, without attention on reproductive tract infections (RTIs) common in these countries. Consequently, majority of upper RTI (PID) leads to serious consequences of developing infertility among unfortunate victims. Women suffer from PID and working to understand and thereby preventing/reducing risk factors influencing PID and so be able to alleviate that suffering is necessary.

WHO is working on additional indicators for global monitoring in reproductive health, including indicators on incidence and prevalence of sexually transmitted diseases, quality of family planning services, access to and quality of maternal health services, prevalence of female genital mutilation and prevalence and nature of obstetric and gynecological morbidities.

RESULTS

Table 1: Frequency and Percentage Distribution of Demographic Characteristics of the sample. (n =60)

S. No.	Characteristics	Category	Frequency	Percentage
1	Age group in years	19-25	8	13.3 %
		26-30	17	28.3 %
		31-35	23	38.4 %
		35-40	12	20.0 %
2	Type of family	Nuclear	25	41.7 %
		Joint	29	48.3 %
		Extended	6	10.0 %
3	Educational status	No formal education	17	28.3 %
		School education	22	36.7 %
		PUC	13	21.7 %
		Degree	8	13.3 %
4	Occupational status	Student	7	11.7 %
		Private employee	19	31.7 %
		Government employee	20	33.3 %
		House wife	14	23.3 %
5	Monthly income of the family (in rupees)	Less than 2000	15	25.0 %
		2000-5000	19	31.7 %
		5000-10000	15	25.0 %
		More than 10000	11	18.3 %
6	Sources of information	Friends	15	25.0 %
		Family	10	16.7 %
		Self	10	16.7 %
		Mass media	25	41.6 %

The sample distribution shows 38.4% were in the age group between of 31-35 years, 48.3% were nuclear family, 36.7% were completed school education, 33.3%

Public information through communication can be achieved only through educational intervention. So, the investigator, found that health education is important in providing knowledge to the public. In this study investigator decided to provide health education through self-instruction module. Hence, the present study was carried out with an aim to determine the effectiveness of self-instruction module on knowledge regarding reproductive tract diseases among women.^[6-8]

MATERIALS AND METHODS

This study was pre-experimental study conducted among women those who were aged between 26-35 years. A total of 60 samples were selected by using non-probability purposive sampling technique. The data were collected by using structured knowledge questionnaire regarding reproductive tract diseases. Before conducting the study, the researcher introduces himself and explained purpose of the study. A Pre-test was conducted by using structured questionnaire to assess the knowledge regarding reproductive tract disease. The self-instructional module was administrated regarding reproductive tract disease for 60 minutes to the women. A period of 10 -15 minutes was given to clarify doubts. Post-test was conducted after 5 days by using same questionnaire on reproductive tract disease.

were Govt. employee, 25 % of them were having monthly income of between 5000-10000, 41.6% were obtained information from the mass media.

Table 2: Frequency and Percentage distribution of pre-test and post-test level of knowledge regarding reproductive tract disease among women n= 60.

Knowledge level	Pre-test		Post-test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Inadequate	15	25 %	0	0%
Moderate	40	66.7%	38	63.3 %
Adequate	5	8.3%	22	36.7 %

In pretest out of 60 samples 15(25%) had inadequate level of knowledge, 40 (66.7%) had moderate level of knowledge and 5 (8.3%) had adequate level of knowledge on reproductive tract disease before administration of self-instructional module.

In posttest out of 60 samples 22 (36.7%) had adequate level of knowledge and 38 (66.3%) had moderate level

of knowledge and 0 (0%) had inadequate level of knowledge regarding reproductive tract disease.

It shows that self-instructional module was effective to improve the knowledge the regarding reproductive tract disease.

Table 3: Effectiveness of self-instructional module on knowledge regarding reproductive tract disease among women. n= 60

Knowledge test	Mean	Standard deviation (S.D.)	Mean Difference	SD _D	SE _D	Paired 't' value
Pre-test	14.28	3.12	7.28	1.98	0.36	19.48
Post test	21.56	2.16				

The mean pretest knowledge score was 14.28 with SD 3.12 and the mean posttest knowledge score was 21.56 with SD 2.16 regarding reproductive disease. The paired 't' test value was 19.48 was greater than the table value 1.671 which was statistically significant at $P < 0.05$. It can be inferred that the self-instructional module regarding reproductive tract disease among women was effective in improving the knowledge which was statistically significant at $P < 0.05$.

DISCUSSION

The study was aimed to assess the effectiveness of self-instructional module on reproductive tract diseases among women. The self-instructional module was found to be effective educational intervention method to render health teaching to the group of individuals.

This was supported by study conducted by **Kabiru A .et al**, descriptive cross-sectional survey of women attending the gynecological clinics using a pre-tested questionnaire to assess the understandings and care seeking behavior with regards to reproductive tract diseases among women of reproductive age in Lagos, Nigeria. with the aim of improving awareness on the subject. Even though most of the respondents have heard of and sought treatment when symptomatic, they demonstrated poor overall understanding of the subject. Structured teaching program was conducted and post test was given and improvement was seen knowledge regarding reproductive tract diseases.

Various studies have shown the effectiveness of intervention in increasing the knowledge of reproductive health.

In another study by **Lema VM et al** the mean knowledge score regarding sexual health among adults were significantly ($p < 0.001$) increased in post-test comparatively from the pretest mean score. These findings were supported by **Kirby D et al** reported that research studies strongly indicate that these educative programs were far more likely to have a positive impact in imparting knowledge. In general, the patterns of findings for all the studies were similar in both developing and developed countries. They were effective with both low and middle-income youth, in both rural and urban areas, with girls and boys, with different age groups, and in school, clinic, and community settings.^[9,10,11,12]

CONCLUSION

The result of the study reveals that there was inadequate knowledge regarding reproductive tract disease among women. The self-instructional module was found to be effective in increasing the knowledge regarding reproductive tract disease among women.

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ETHICAL CLEARANCE

Before conducting the study, ethical clearance was obtained from institutional review board and university ethical committee.

SOURCE OF FINDING

The present study on was self-funded study.

CONFLICT OF INTEREST

The author declares that there is no conflict of interests regarding the publication of this paper.

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