

Awareness through Planned Teaching Program on Selected Reproductive Health Behavior, Reproductive Illness, and Utilization of Reproductive Health Care Services among Adolescent Girls: A Review Based on Available Literatures

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Abstract- India has realized and emphasized sexual and reproductive health rights while sexual and reproduction is the main concern in the country due to the restrictions, cultural, taboos, and beliefs. Delivering sexual and reproductive health care within the concept of public health policy, health of reproductive has been identified mainly, whereas, sexual health has remained largely given insufficient attention. The government health sector does not add the health of services of sexual and education of sexuality is not given in educational institutes like schools and colleges in way of comprehensive. This poor attention is because ill health of sexual is not fatal, does not end in debility, death or place the over burden on the public sector. This perception further stems from the fact that there are hardly any research studies or surveys of evidence-based that measure the cost of sexual ill-health, there is no link of sexual ill-health with other kind of diseases

Methods: A search strategy done from Pub-Med and Google scholar

Results: The findings of these research studies supply evidence for nurses to focus more on teenage population and emphasis on their reproductive health promotion initiatives.

Keywords- Reproductive health, Adolescent girls, Behavioural outcomes, planned teaching program

I. INTRODUCTION

In India awareness regarding reproductive health due to ignorance and illiteracy. There are weird social taboos, customs and shyness and many traditional practices make people to maintain secretive about the reproductive health and thus the problems spread far and wide. Adolescents constitute about 1/5 of total population and India needs to do and realise that rights of sexual are

emphasis reproductive health rights. Rights of sexual activities are neglected and ignored heavily as hazards of moral although sexual and reproduction is the main concern in the country due to the cultural restrictions, beliefs and taboos. The reproductive health often mistaken includes sexual health only still there are two different spectrums of health and need to be identified differently together yet. Though with strengthening the medical and clinical potentiality, there is a

required to begin and strengthen the health of the public. Addressing the range of adolescent health and developmental strategies needs to have an effective, appropriate, acceptable and accessible service package in schools and communities.

Aim: Sexual and reproductive health is an essential part of overall health and well-being. The appropriate reproductive awareness to make right decisions about their reproductive health issues and this can helps each adolescent to preventing reproductive and sexual sufferings of their daily life. **Objectives:** To determine the awareness of reproductive health practices and utilization of reproductive health services among adolescent girls population.

II. METHODOLOGY

- An electronic search of articles published in various journals
- Search was only restricted to English language.
- The database search was done from Pub-Med and Google scholar.

Type of Study

Experimental, Community based cross-sectional, comparative, and descriptive studies.

Type of Participants

Adolescent girls included 13 to 15 years

Setting of the Study

Urban and Rural community areas, urban health centres, Schools

Outcome

Create awareness and adequate utilization of reproductive health services among adolescent girls

Limitations

- Only 14 research studies are included
- Search about only selected aspects of reproductive health
- Was limited only school going adolescent girls

III. RESULTS

The available literature refined to get 14 research studies among this four research studies revealed that the majority of respondents were having inadequate knowledge and poor practice about reproductive health. Another three more studies showed that poor utilization of available adolescent reproductive health services nearby their areas and remaining seven studies shown that reproductive health issues and imparting planned teaching program on reproductive health in repeated intervals of school adolescents to improve their behaviours in reproductive health aspects.

Table 1: Literature Search

Studies	Country	Samples	Research type	Main findings
1. The non-experimental descriptive survey study conducted to find out incidents of reproductive tract infection among adolescents.	Guwahati, Assamz	110	Non-experimental descriptive survey study	The ending of the study results were 50% girls had enough knowledge and 47% of regarding balanced knowledge, 3% had poor knowledge about over all reproductive health, 55% of samples had purities in the private part of vagina followed by 83% samples had pain in the lower abdomen. The final observation of the study reveals that incident of reproductive tract infection among adolescents

				was more due to lack of reproductive health knowledge.	3.Prevalence of reproductive tract infections and the predictive value of girls' symptom-based reporting:	Rural areas of western Kenya	510	Cross sectional survey	The study revealed that 515 girls willingly accept the self-swab, 510 girls answered to the symptoms based questions, 24% of girls revealed that more than one symptoms, 11% girls had vaginal discharge, 9% girls got pain, 4% girls had itching, 28% girls had RTIs. Incident rate of infection based on the age in that 18% girls suffered bacterial vaginosis subsequently Candida albicans, 50% girls were asymptomatic, 75% girls got bacterial vaginosis lastly most of the school girls were suffering RTIs in rural Kenya and need public effort to recognize the problem and treat the infection.
2.Study was to investigate knowledge regarding reproductive health and illness & voluntarily approaching medical services for the remedy of reproductive tract Infections among adolescent girls	Bhavnagar ,Gujarat	532	Community based cross sectional study	The finds of the study were 36.65% girls had symptoms of one or more reproductive tract infections, 41.53% girls had complained about vaginal discharge. Hardly 12.83% girls tried for the medical services of their Reproductive tract infections. End of the study summated that suffering from RTI among adolescent girls was high 36.65% at the same time approaching medical services to get the treatment was poor 12.83% among girls. Most of the Socio demographic factors had influenced to get reproductive tract infection.	4.The retrospective study was carried out to estimate the menstrual,	Mumbai ,ESI hospital	382	Retrospective study	The study results found that 29.58%.26.39%, 16.49%, 24.34%, 1.57% of girls had dysmenorrho

reproductive illness and nutritional problems				ea, premenstrual syndrome, heavy menstrual bleeding irregular bleeding, and amenorrhea subsequently. Further reproductive health problems like white discharge, itching in private parts, pain in lower abdomen, back pain, urinary tract infection, and lump in abdominal part 26.7%, 8.11%, 18.06%, 12.3%, and 7.32%.Anemia and underweight were noticed 57.84%, 21.98%.The current study had summarized that most of the girls had reproductive health morbidities and nutritional problems.					positive behavioural outcomes regarding sexual and reproductive health. End of the study recommended that to active involvement of government to reshape the existing policies regarding sexual health, health care personnel's need to be updating their skills through in-service training.
5.A survey to investigate the behavioural outcomes, correlation of knowledge and practice of young girls	West java Indonesia	376	Descriptive survey	The data's revealed that majority of the respondents had poor behavioural outcomes before the action plan proceeded thereafter respondents gained	6.Cross-sectional single interview study carried out Secondary Education high schools	Maharashtra	300	Cross sectional study	Hereby the results of the study those girls had poor knowledge when compare to boys and 10 th STD had more information about sexual health than 8 th and 9 th standard students. All around the majority of the students had insufficient knowledge related to sexual and reproductive health.

7.Assessment of knowledge of tribal adolescent girls regarding reproductive health	Meghalaya	100	Cross section al study	The outcome of the study concluded that 92% of girls had knowledge regarding body changes, 89% had back pain during menstruation and 86% had body ache, 47% girl had urinary tract infection, 33% white discharge only 36% girls were knew about HIV/AIDS, 22% girls knew that infected mother to child, hardly 16% transmission through contaminated needles and syringes. The study finally highlighted that majority of the girls had inadequate knowledge regarding reproductive health problems and make them accessible of appropriate information would bring better behavioural outcomes.	teaching program of reproductive health				prior to teaching program, impact of structured teaching program. Most of the adolescent girl's pre-test mean knowledge score was poor when compared to post-test knowledge score. The above study calculated data's proved that planned teaching program was effective and it enhanced the girl's previous knowledge regarding reproductive health.
8.Quasi experimental study of effectiveness of planned	Pune city	60	Experimental study	The study aims were included to assess the reproductive health knowledge	9.Experimental study to impact of health education regarding teenage girl's reproductive health matters	Udupi Karnataka	791	Experimental study	The girl's levels of existing level knowledge were assessed through questionnaire followed by talk of reproductive health. All round the level of knowledge after the talk of reproductive health 14.4 to 68% improved .This research was exhibited that this kind of education regarding reproductive health

				among adolescents would bring beneficial of expected change in their level of knowledge.	sex education, impact of teaching program				knowledge. 95.38% girls gained knowledge regarding sex education after the planned teaching programme and very few girls' got 4.61% average knowledge. After the planned teaching program executed visibly gained knowledge regarding sex education among girls reproductive health
10. The experimental study was to make out the existing level of information, opinion, and impact of usefulness of reproductive health education intervention program.	Karnataka	656	Experimental study	The study conclusion revealed that greatly improved the 95% of knowledge regarding menstrual hygiene, ovulation, and fertilization, 97.4% improved information about contraception followed by considerably increased transmission and prevention of HIV/AIDS. This kind of studies encourages the girls to gain knowledge regarding reproductive health and make them to avoid by themselves contract in to the reproductive health issues.					
					12. The cross sectional study was carried out among 10 urban health centres to identify the utilization of adolescents reproductive health care services	Ahmadabad	99	Cross sectional study	The outcome of the results were 58.3% teenagers got the knowledge gap, privacy, confidentiality, accessible, equitability, 42.6% had competency of health care providers regarding adolescent health care services, 45.6% had facility of health care services at urban centres regarding adolescent care. End of the research explored that the services need to be improve, competency required to
11.The pre-experimental study was carried to assess level of understanding of	Uttar-Pradesh	65	Experimental study	Most of the girls 61.53% had average knowledge, 21.53% girls had moderate knowledge, and 16.92% girls had poor					

				possess by health care providers, privacy of adolescents must be make sure and the utilization of adolescents friendly health care services used by girls but the service available for boys too.					poor among the adolescents girls of Dang
13. A study among teenage girl's usage of services about adolescent 's friendly health Services and its related contributi ng factors.	Nepal	380	A commu nity based analytic al cross-section al study	The results of the study found that 48.7% nearly half of them were not using adolescent friendly health services clinic due to various socio demographic factors like age of mother, educational status, educational status of mother, strongly associated with utilization of adolescent friendly health clinics and also ethnicity, lack of awareness regarding service, convenient time and days for the service. The usage of the adolescent friendly services had found to be	14. Evaluation study was carried out to investigate the services providing adolescent s friendly health services at governme nt hospital of Uttar Pradesh.	Uttar- Pradesh	2 heal th care facili ties	Evaluati on study	The study revealed that 21.7% clients were reported about physical environment of the weighting time was good,56.5% clients said reading material availability and 43.4% said that material was interesting to read,100% doctor's behaved friendly manner, most of the clients' said confidentialit y maintained,78.0% clients said the services being provided satisfactorily, 65.0% of clients suggested to their friends about the AFHS and most of the clients were self-motivated to approach the hospital for the service.

IV. CONCLUSION

The above study concludes that the imperative requirement to understand the purpose of

education regarding reproductive health among adolescent girls. They can be benefited the information about anatomy physiology of female and male reproductive system, puberty, concept of reproductive health, harmful traditional practices in reproductive health, maternal mortality and morbidity ,menstrual ,hygiene, preparation of motherhood, contraception, sexually transmitted disease and reproductive tract infections, and utilization of reproductive health services .This kind of studies helps in educating each adolescent girls about reproductive health and its importance and creates awareness of safe reproductive health practices , preventing reproductive health issues, and appropriate utilization of reproductive health care service.

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