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## Effectiveness of Structured Information Booklet on Knowledge Regarding Rashtriya Kishor Swasthya Karyakram among Adolescent Girl at Selected School, Villupuram District

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### Abstract

**Aims :** To assess the level of knowledge and effectiveness of structured information booklet on knowledge regarding Rashtriya Kishor Swasthya Karyakram among adolescent girl. **Objective: (i)** To assess the pre and post test level of knowledge regarding Rashtriya Kishor Swasthya Karyakram among adolescent girls. **(ii)** To find the effectiveness of structured information booklet on knowledge regarding Rashtriya Kishor Swasthya Karyakram among Adolescent girl. **(iii)** To find association between the pre-test level of knowledge regarding Rashtriya Kishor Swasthya Karyakram among adolescent girl with their selected demographic variables. **Methodology:** A Pre - experimental one group pre-test and post -test research design was adopted for this study. 50 samples were selected by using convenient sampling technique. The pre and post test level of knowledge assessed through Self structured questionnaires regarding Rashtriya Kishor swasthya Karyakram. **Results:** The finding of the study shows that there is a significant difference between pre and post-test levels of knowledge with a t value of 45.73 hence the study concluded that the structured informational booklet knowledge regarding Rashtriya Kishor swasthya karyakram among adolescent girls. **Conclusion:** The study concluded that Rashtriya Kishor swasthya Karyakram programme effective in improving knowledge among adolescent girls.

**Keywords:** Rashtriya Kishor swasthya Karyakram, adolescent girls.

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## 1. INTRODUCTION

In order to ensure holistic development of adolescent population the ministry of health and family welfare launched Rastriya Kishor Swarthy Karaka (RKSK) on 7th January 2014 to reach out to 253 million adolescents -male and female rural and urban married and unmarried in and out of school adolescents with special focus on marginalized and undeserved groups. The programmed expands the scope of adolescent health programming in India from being limited to sexual and reproductive health, it now includes in its ambit nutrition, injuries and violence (including gender-based violence), non-communicable diseases, mental health and substance misuse. The strength of the programme is its health promotion approach. It is a paradigm shift from the existing clinic-based services to promotion and prevention and reaching adolescents in their own environment, such as in schools' families and communities' key drivers of the programme are community-based interventions like, out reach by counsellors: facility-based counseling: social and behaviour change communication: and strengthening of Adolescent Friendly Health Clinics across levels of care.

The programme aims to ensure universal coverage of health information and

services for all adolescents in and out of school, married or unmarried, and vulnerable groups. Envisaged as a paradigm shift to address adolescent health beyond sexual and reproductive health, RKSK spans six domains: nutrition, sexual and reproductive health, mental health, injuries and violence including gender-based violence, substance misuse and non-communicable diseases (NCDs). This policy brief presents evidence on adolescent health from 2015 16 on the six RKSK priority areas, providing a baseline profile for the programmed Uttar Pradesh.

The RKSK defines an adolescent as a person within 10-19 years of age, in urban and rural areas, which includes both girls and boys, married and unmarried, poor and affluent, whether they are in school or out of school. This broad definition helps to address the multitude problems of adolescents across various groups and categories. The programme is committed in promotion of adolescent health mission across India and would address to the health needs of 243 million adolescents constituting 21 percent of the total population in the country.

The Ministry of Health and Family Welfare has launched a new adolescent health programmed-Rastriya Kishor Swarthy Karyekar. The programme envisages strengthening of the health

system for effective communication, capacity building and monitoring and evaluation. Further, RKSK underscores the need for several constituencies to converge effectively and harness their collective strength to respond to adolescent health and development needs. The different stakeholders, working on issues related to adolescent health and development, have a lot to gain by building on each other's work both in terms of achieving programmed objectives as well as in the improved indicators for adolescent health and development.

RKSK, which aims to ensure that all adolescent in India is able to realize their full potential by during informed and responsible decisions related to their health and well-being and by accessing the services and support they need to do so, broadened the focus beyond sexual and reproductive health (SRH) to include non-communicable diseases, nutrition, mental health, substance misuse and injuries and violence. It employs clinic- and community- based service provision models and demand generation activities implementation of RKSK which is currently underway, with a special focus on 213 districts across the country.

### STATEMENT OF THE PROBLEM

"A study to assess the effectiveness of

structured information booklet on knowledge regarding Rashtriya Kishor Swasthya Karyakram among adolescent girl at selected school, Villupuram district.

### OBJECTIVES:

- To assess the pre and post level of knowledge regarding Rashtriya Kishor swasthya karyakram among adolescent girls.
- To find the effectiveness of structured informational booklet on knowledge regarding Rashtriya Kishor swasthya karyakram among adolescent girls.
- To find association between the pre test level of knowledge regarding Rashtriya Kishor swasthya karyakram among adolescent girls with their selected demographic variables.

### HYPOTHESIS

H<sub>1</sub> - There is a significant difference between the pre and post-test levels of knowledge regarding Rashtriya Kishor swasthya Karyakram.

H<sub>2</sub> - There is a significant association between post-test level of knowledge regarding Rashtriya Kishor swasthya karyakram among adolescent girls with their selected demographic variables.

### METHODOLOGY

A Pre - experimental one group pre-test and post -test research design was adopted for this study. 50 samples were selected by using convenient sampling technique. The pre and post test level of knowledge

assessed through Self structured questionnaires regarding Rashtriya Kishore swasthya karyakram.

**Table 4.2:** Frequency and percentage distribution of pre-test and post-test level of knowledge regarding Rashtriya Kishore Swasthya Karyakram among adolescent girls.

**RESULTS**

S.No	Level of knowledge	N=50			
		Pre test		Post test	
		Pre test	Percentage	Post test	Percentage
1	Inadequate knowledge	48	96%	0	0%
2	Moderate knowledge	2	4%	13	26%
3	Adequate knowledge	0	0%	37	74%

**Table :4.2** Shows that in pre test among 50 samples 48(96%) had inadequate Knowledge 2(4%) has moderate knowledge and none of them in adequate knowledge. In post test 37(74%) had adequate knowledge 13(26%) had moderate knowledge and none of them had inadequate Knowledge.

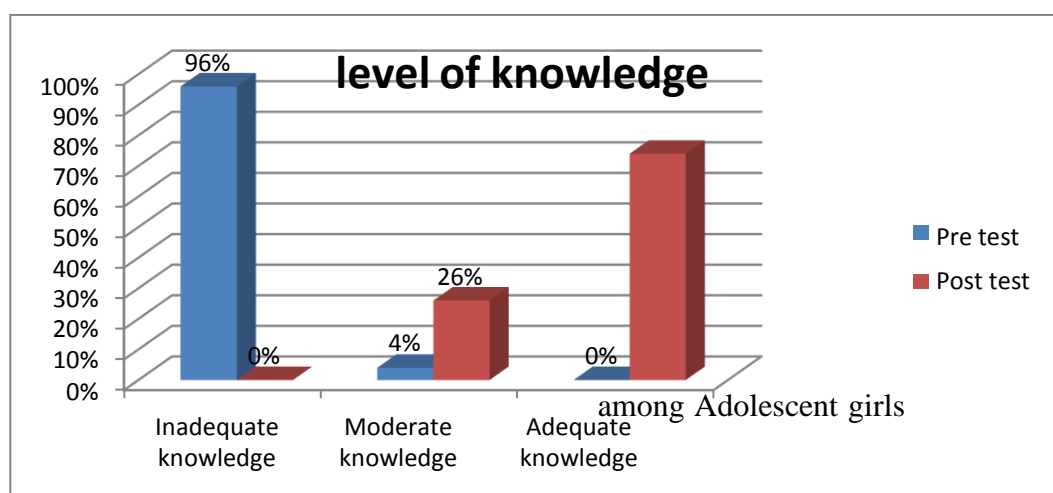


Figure 4.2.1 percentage distribution Pre & Post test level of knowledge among adolescent girl

**Table 4.3:** Effectiveness of structured information booklet on knowledge regarding Rashtriya

Kishore Swasthya Karyakram among Adolescent girls

N=50

Pretest		Post test		Mean difference	Standard error	T Value
Mean	Standard deviation	Mean	Standard deviation			
10.06	2.54	23.78	3.28	13.72	0.3	45.73** HS

**\*\* Highly Significant at the <0.05**

**Table 4.3:** Shows that pre test mean 10.06 with standard deviation of 2.54 and post test mean 23.78 with standard deviation 3.28 Experimental group pre test and post test mean difference 13.72 and standard error 0.3. The t value is 45.73 is highly significance at  $p < 0.05$  it indicates

that level of knowledge was improved after providing structured information booklet.

**Table :4.4** Associate between the pretest level of knowledge regarding Rashtriya Kishor Swasthya Karyakram among adolescent girls with their selected demographic variables

Demographic variables	Inadequate knowledge	Moderate knowledge	Adequate knowledge	Chi square	P Value
<b>1.Age in year</b>				0.33 DF=4	0.98
a.)13-15 years	0	0	0		
b.)16-17years	41	2	0		
c.)18-19years	7	0	0		
<b>2.Class of studying</b>				1.92 DF=6	0.92
a.)8th std	0	0	0		
b.)10th std	0	0	0		
c.)11th std	24	2	0		
d.)12th std	24	0	0		
<b>3.Mother Education</b>					
a.) No formal education	0	0	0		
b.)Primary higher secondary	5	1	0		

School				2.86 DF=6	0.82
c.)higher Secondary school	43	1	0		
d.)graduate	1	0	0		
<b>4.Father Education</b>				0.58 DF=6	0.99
a.) No formal education	0	0	0		
b.)Primary higher secondary school	5	0	0		
c.)higher Secondary school	37	2	0		
d.)graduate	6	0	0		

\* Significant at the <math>0.05</math>

**Table 4.4** Shows that there is no significant association between level of knowledge among adolescents girls with their selected demographic variables.

#### DISCUSSION

First objective of the study “to assess the pre and post level of knowledge regarding Rashtriya Kishor Swasthya Karyakram among Adolescent girls.”

The findings of the study shows that in pre test among 50 samples 48(96%) had inadequate Knowledge 2(4%) has moderate knowledge and none of them in adequate knowledge. In post test 37(74%) had adequate knowledge 13(26%) had moderate knowledge and none of them had inadequate Knowledge.

Second objective of the study “to find the effectiveness of structured informational booklet on knowledge regarding Rashtriya Kishor Swasthya Karyakram among Adolescent girls.”

The findings of the study shows that the pre test mean score was 10.06 with standard deviation of 2.54 and the post test the mean score was 23.78 with the standard deviation of 3.28 the mean difference of 13.72 with a standard error was 0.3 and the t value is 45.73 is highly significance at  $p < 0.05$ , it indicates that level of knowledge was improved after providing structured informational booklet.

**Hence Hypothesis H1 Accepted.**

Third objective of the study “**to association between the pre test level of knowledge regarding Rashtriya Kishor Swasthya Karyakram among Adolescent girls of with their selected demographic variables.**”

The finding of the study shows that there is no significant association between level of knowledge regarding Rashtriya Kishor Swasthya Karyakram among adolescents girls with their selected demographic variables at  $p < 0.05$ .

**Hence Hypothesis H2 Rejected.**

### **CONCLUSION**

The findings of the study shows the t value is 45.73 is highly significance at  $p < 0.05$ , it indicates that level of knowledge was improved after providing structured informational booklet. Hence the study concluded that Structured Informational Booklet is effective in improving knowledge regarding Rashtriya Kishor Swasthya Karyakram among adolescents girls.

### **RECOMMENDATION:**

- **The study can be conducted in Government Higher Secondary School.**
- The same study can be in large member of samples.
- The study can be conducted in experimental research design

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