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A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING THE ILL EFFECT OF CONSUMPTION OF HORMONAL PILLS USED TO DELAY MENSTRUAL CYCLE AMONG WOMEN AT RURAL COMMUNITY, KANPUR, UP

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ABSTRACT

A woman using hormonal pills to delay menstrual cycle without proper knowledge may experience various health problems. Hormonal pills are commonly used to postpone menstruation for personal, social, and cultural reasons. This study was conducted to assess the effectiveness of a structured teaching programme on knowledge regarding the ill effects of consumption of hormonal pills used to delay menstrual cycle among women in a selected rural community, Kanpur, Uttar Pradesh. The objectives of the study were to assess pre-test knowledge, evaluate the effectiveness of the teaching programme, and find the association between knowledge scores and selected demographic variables. A quantitative research approach with a quasi-experimental one group pre-test and post-test design was used. A total of 60 women aged 18–45 years were selected using non-probability purposive sampling technique. Data was collected using a self-structured knowledge questionnaire. The findings revealed that the pre-test knowledge of women was inadequate to moderate, whereas post-test knowledge showed significant improvement after the structured teaching programme. The mean post-test score (20.76) was higher than the pre-test score (11.65), indicating the effectiveness of the intervention. The obtained "t" test value 19.17 was greater than t-value (2.00) & df 59 which was $p<0.05$ level which shows significance differences between pre-test and post-test level of knowledge hence the formulated research Hypothesis H1 was accepted. The test revealed that there was no significant association of knowledge level with selected demographic variables, were found no significant at <0.05 level of significance. The study concluded that the structured teaching programme was effective in improving knowledge regarding the ill effects of hormonal pills used to delay menstrual cycle. Hence, health education programmes are essential to promote awareness and prevent misuse of hormonal pills among women.

Keywords: *Menstrual cycle, Women, Hormonal pills, Ill effect, Structured Teaching Programme.*

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INTRODUCTION

Menstruation is the observable result of cyclic physiological uterine bleeding caused by the shedding of the endometrium, which occurs due to the complex hormonal interactions primarily involving the hypothalamus-pituitary-ovarian axis. For menstruation to take place, the axis needs to be actively synchronized, the endometrium must adequately respond to ovarian hormones (estrogen and progesterone), and the outflow tract must be unobstructed [1].

Menstruation is more formally referred to as menses or catamenia, and is commonly known as a monthly period. It is not considered a disorder, but rather a normal and essential aspect of a healthy mature woman's life. While it can sometimes be bothersome and inconvenient, it is a typical physiological process for all normal. The onset of menstruation is termed "menarche," Menarche marks the beginning of sexual

maturation in young females, indicating that their bodies are now capable of sustaining a pregnancy, It serves as one of the indicators of growing up. Menstruation takes place at regular intervals during the childbearing years, except during times of pregnancy and breastfeeding. The age at which menstruation begins (between 9 and 16 years) can vary among individuals, but appears to be influenced by genetics ethnic background, and diet. The conclusion of the menopause, which typically occurs between the ages of 45 and 60 [2].

During their menstrual cycle, girls are prohibited from participating in prayers and are not permitted to visit temples or attend religious events. Consequently, many girls choose to delay their menstruation for a brief period. Various hormonal treatments are utilized to delay menstruation. Contraceptives methods are authorized to regulate the timing of menstruation periods [3].

Progesterone is a natural hormone (c-21 steroid) primarily generated by the corpus lutein cells found in the corpus luteum. It is also released in smaller quantities by the adrenal cortex. Progesterone induces secretory modifications in an endometrium that has been primed with estrogen. Natural progesterone is quickly metabolized and deactivated when taken orally, so they should be administer via parenteral routes. Over the past few decades, several compounds have been developed that exhibit progesterone-like properties and can be taken in tablet form. These compounds are referred to as progestational agents, gestagens, progestogens, or progestins [4].

NEED OF THE STUDY

The current research is necessary because the practice of using hormonal medication of postpone menstruation has become more prevalent among women, frequently without appropriate medical guidance, which heightens the risk of negative consequences. Numerous women process insufficient awareness of the potential short term and long term adverse effects of these hormonal medications, resulting in their irrational and unsupervised use. Concurrently, there is a marked rise in menstrual health issue, such as irregular cycle and hormonal disorders highlighting the need to investigate contributing factors like the use of hormonal pills. Timely recognition and comprehension of the detrimental effects linked to these medications can aid in preventing significant health issues, including hormonal imbalance and thromboembolism. Additionally, the result of the research will support nurses and other health care providers in offering suitable device and direction of safe menstrual management approaches. The study will also encourage the sensible and recommended use of hormonal treatment and provide important insight for nursing and medical research, thus aiding the development of effective educational and preventing measures [5].

Women frequently take hormonal pills to postpone their menstrual cycle for social, cultural, religious, or personal reasons. Nevertheless, a lot of women take these medications without fully understanding their negative effects or seeking medical advice. Serious health issues may result from ignorance of the short-term and long-term negative effects of hormonal pills [6].

Hormonal imbalance, irregular menstrual cycles, nausea, headaches, breast tenderness, weight gain, mood swings, and exhaustion can all result from improper and frequent use of hormonal pills. Menstrual disorders, problems with fertility, and other reproductive health issues can also be made more likely by prolonged or unmonitored consumption. Many women think hormonal pills are totally safe and can be used often without any negative effects, despite these risks [7].

PROBLEM STATEMENT

A study to assess the effectiveness of structured teaching programme on knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle among women at rural community, Kanpur, UP.

OBJECTIVES OF THE STUDY

- To assess the pre-test knowledge regarding the ill effect of consumption of hormonal pills used to delay the menstrual cycle among women.
- To evaluate the effectiveness of structured teaching programme regarding the ill effect of consumption of hormonal pills used to delay the menstrual cycle among women.
- To find out the association between pre-test knowledge score regarding the ill effect of consumption of hormonal pills used to delay the menstrual cycle among women with their selected demographic variables.

HYPOTHESIS

H01 - There is no significant difference between pre-test and post-test knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle among women at selected rural community, Kanpur, UP.

H1- There is a significance difference between pre-test and post-test knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle among women at selected rural community, Kanpur, UP.

H02- There is no significant association between the pre-test knowledge scores and selected socio-demographic variables.

H2- There is a significant association between the pre-test knowledge scores and selected socio-demographic variables.

METHOD AND METERIALS

Research Approach: The research approach used for the present study was Quantitative evaluative research approach.

Research Design: The research design used in this study was Quasi- experimental, one group pre-test post-test research design.

Variables

Independent Variables: In the present study independent variable was a structured teaching programme on knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle among women [18-15]-.

Dependent Variables: In the present study, dependent variable was level of knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle among women.

Demographic Variables: Age in years, Education, Religion, Occupation, Family Income, Source of Information.

Population: The population of present study consist women (18-45 years age) in rural community Kanpur, Uttar Pradesh.

Target Population: The population of present study consist of 60 women (18-45years) rural community, Kanpur, Uttar Pradesh

Accessible Population: Accessible population of present study was 60 women (18-45 years) rural community, Kanpur, Uttar Pradesh.

Research Setting: The study was conducted in at selected rural community Kanpur.

Sample: In this study, the sample used for this study was reproductive age group women in selected rural community, Kanpur, Uttar Pradesh.

Size: The sample size in the present study was 60 women (18-45years).

Sample Technique: This study, Non-Probability Purposive Sampling Technique was used.

Sampling Criteria

Inclusion Criteria:

- Women (18-45year) who were available at the time of data collection.
- Women (18-45years) who were able to understand Hindi.
- Women (18-45years) who were willing to participate.

Exclusive Criteria

- Women (18-45years) who were not available at the time of data collection.
- Women (18-45years) who had taken knowledge about the ill effect of consumption of hormonal pills used to delay menstrual cycle.
- Women (18-45years) who knew about the ill effect of consumption of hormonal pills used to delay menstrual cycle.

Method of Data Collection

Self-structured questionnaire was used to assess the level of knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle among women at rural community, Kanpur, UP.

Development and Description of Tools Used In the Study

A tool was developed in Kukradev in Kanpur as well as to assess the knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle among women.

Tool consists of 2 parts:

Section A- Demographic variables

Section B- Self-structured knowledge questionnaire related to the ill effect of consumption of hormonal pills used to delay menstrual cycle among women at rural community, Kanpur, UP.

RESULT AND FINDINGS

SECTION-A: Frequency and percentage wise description of socio-demographic variables of women in rural community.

The major findings of the study were as follows:-

1. Majority 19 (31.67%) women were between the age group of (18-25years)
2. Majority 43 (71.66%) women belong to Hindu religion.
3. Majority 24 (40%) women belong to High school.
4. Majority 45 (75%) women belong to house wife.
5. Majority (26) 43.33% women belongs to >5000.
6. Majority 35 (58.33%) women belong to nuclear family.
7. Majority 40(66.67%) women have previous knowledge.
8. Majority 56 (93.33%) women have No chronic illness.
9. Majority 33(55%) women were PHC healthcare facility

SECTION-B

Distribution of women (18-45years) according to the pre-test and post-test level of knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle.

Table 01: Frequency and Percentage Distribution of Pre-test and Post-test Levels of Knowledge Regarding the Ill Effects of Consuming Hormonal Pills Used to Delay the Menstrual Cycle Among Women in a Rural Community, Kanpur, Uttar Pradesh (n = 60).

S. No.	Level of knowledge	Pre-test		Post-test	
		Frequency	%	Frequency	%
1	Inadequate Knowledge	39	65%	00	00.00%
2	Moderate Knowledge	21	35%	28	46.66%
3	Adequate knowledge	00	00%	32	53.37%
	Total	**60**	**100%**	**60**	**100%**

(n=60)

SECTION- C

Comparison of pre-test and post-test level of knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle

Table 02: Comparison of Pre-test and Post-test Mean Knowledge Scores, Mean Difference, Mean Percentage, and Standard Deviation Regarding the Ill Effects of Consuming Hormonal Pills Used to Delay the Menstrual Cycle Among Women in a Rural Community, Kanpur, Uttar Pradesh (n = 60).

S.NO	Knowledge of level	Mean	Mean difference	Mean percentage	SD
1	Pre-test	11.65	9.11	19.41%	3.07
2	Post-test	20.76		34.60%	2.69

(n=60)

Section-D

Evaluate the effectiveness of structured teaching programme on knowledge regarding the ill effect of consumption of pills used to delay menstrual cycle among women in rural community, Kanpur, up. Frequency, Mean, Mean difference, Standard Deviation Paired-t test of structured questionnaire.

Table 03: Evaluation of the Effectiveness of a Structured Teaching Programme on Knowledge Regarding the Ill Effects of Consuming Hormonal Pills Used to Delay the Menstrual Cycle Among Women in a Rural Community, Kanpur, Uttar Pradesh, Using the Paired *t*-Test (n = 60).

S.NO.	Level of knowledge	Mean	Mean Difference	SD	Paired-t test	Table Value
1.	Pre-test	11.65	9.11	3.07	19.17	2.00
2.	Post-test	20.76		2.69		

SECTION-E

Association between the levels of pre-test knowledge scores with the selected demographic variables of women.

The result shows that the association of demographic variables with the pre-test of knowledge by using chi-square test relevant there were significant association with age group, any chronic illness but there was no significance association with. religion, education status, occupation, family income, type of family, previous knowledge, source of information, source of health care facilities. Here Null hypothesis (Ho_2) was rejected and positive hypothesis (H_2) was accepted.

CONCLUSION

On the basis of findings of the study, it was concluded that after the structured teaching programme on knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle among women the concept regarding knowledge regarding the ill effect of consumption of hormonal pills used to delay menstrual cycle was cleared to the women which was indicated by significant increase in post-test mean knowledge scores.

FINDING

Nil

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Not Declared

AUTHOR CONTRIBUTION

All authors are contributed equally.

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