

ASSESS THE EFFECTIVENESS OF VIDEO ASSISTED TEACHING REGARDING MENSTRUAL CUP USAGE AMONG ADULTS IN SELECTED RURAL AREA

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Abstract : The present study was conducted to assess the effectiveness of video assisted teaching regarding menstrual cup usage among adults in selected rural area. The objectives of the study were to determine the pretest level of knowledge regarding the menstrual cup usage among adults, determine the posttest level of knowledge regarding the menstrual cup usage among adults, determine the effectiveness of video assisted teaching regarding the menstrual cup usage among adults Find out the association between pretest level of knowledge regarding the menstrual cup usage among adults with the selected demographic variables. A quantitative, pre experimental one group pretest posttest research design was selected. 30 samples were selected by using non probability convenient sampling technique. Data collection through questionnaire and analyzed by descriptive and inferential statistics. *IndexTerms* - Component,formatting,style,styling,insert.

I. INTRODUCTION

Hospital or health care waste is generally named & popular as biomedical waste. The world health organization defines biomedical waste as ,”Waste generation by health care activities & includes blood, used needles, pharmaceuticals, radioactive materials etc.” The biomedical waste is also known as infectious waste or medical waste or health care waste. According to biomedical waste management & handling rules 1998 of India. Biomedical waste means any waste which is generated during the diagnosis, treatment or immunization of human being or animals or in research activities. In simple words biomedical waste is the waste generated by the medical & health institute/agencies.

Biomedical waste management defines waste management as the practices & procedures or the administration of activities that provide for the collection, source separation, storage, transportation, transfer, processing, treatment & disposal of waste . Biomedical waste management is a routine procedure of hospital administration as prescribed by law .Hospital waste , hospital acquired infection , transfusion transmitted diseases, rising incidence of hepatitis B, HIV & Other diseases, create potential threat of infection, contamination & serious health hazards to doctors, nurses, ward boys, support staff, sanitation workers, rag pickers & other health care workers. Who are regularly exposed to biomedical waste as an occupation hazards as well as general public in the surrounding area .

NEED OF THE STUDY.

Menstrual hygiene continues to be a major public health concern, particularly in rural areas where access to sanitary products, health education, and supportive social structures is often limited. Despite the availability of various menstrual hygiene options, many adult women aged 20 to 40 still rely on traditional or unhygienic methods due to lack of awareness, cultural stigma, and economic constraints. Most women in the target age group (20–40 years) are actively managing family, work, and household responsibilities. For them, a reliable and long-lasting menstrual solution like the menstrual cup can be life-changing. However, simply making menstrual cups available is not sufficient. Proper education and demonstration are crucial for adoption and sustained use.

3.1 Population and Sample

In this study the target population consisted of women in vaniyamkulam panchayath and accessible population are the women who were available and willing for the study in vaniyamkulam .The sample of the study includes women in 18-45 age group of vaniyamkulam panchayath .Sample size of the study is 30 women from vaniyamkulam panchayat .

3.2 Data and Sources of Data

The formal permission for data collection is to be obtained from Principal, PK DAS College of Nursing prior to the data collection. The written consent was obtained from the women prior to data collection and the data was collected from 30 samples. A brief self-introduction along with an explanation of the purpose of the study was given to the women. The samples pre-test knowledge assessed by using structured teaching questionnaire. The teaching was given to the selected sample. After a week the knowledge was assessed by using the same structured knowledge questionnaire.

3.3 Theoretical framework

Variables of the study contains dependent and independent variable. The study used pre-specified method for the selection of variables. The study used the Stock returns are as dependent variable. From the share price of the firm the Stock returns are calculated. Rate of a stock salable at stock market is known as stock price.

RESEARCH METHODOLOGY

The research methodology indicates the general pattern to gather valid and reliable for the problem under investigation. Research methodology is a way to systematically solve the research problem. It involves systematic procedure by which the researcher starts from initial identification of research problem to its conclusion. This chapter deals with the description of methodology adopted by the researcher to study and assess the effectiveness of video assisted teaching regarding menstrual cup usage among adults in selected rural area and the steps which are undertaken for collecting and organizing data for investigation. It includes research approach, research design, variables, research settings, population, sample and sampling technique, description of the tool, procedure and technique of the data collection and a plan for statistical analysis.

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3.2 Data and Sources of Data

For this study data has been collected from 30 women in residing in Vaniyamkulam panchayath.. The data collection period is ranging from 15 days to one month period .

3.3 Theoretical framework

Variables are anything that has quantity and quality that varies in other words, variables are qualities, properties, or characteristics of person, things, or situations that change or vary. Research variables can be defined as qualities, attributes, properties, or characteristics that are observed or measured in natural setting without manipulating and establishing cause-and-effect relationship in descriptive, exploratory, comparative and qualitative research studies. The research variable in the study is knowledge regarding menstrual cup usage. Demographic variables are Age in years Education, Religion, Marital status ,Source of information ,

3.4 Statistical Tools

The findings based on the descriptive and inferential statistical analysis and Paired ‘t’ test for comparison of pretest and post test score .

3.4.1 Descriptive Statistics

Descriptive Statics has been used to find the maximum, minimum, standard deviation, mean and normal distribution of the data of all the variables of the study.

IV. RESULTS AND DISCUSSION

4.1 Results of Descriptive Statics of Study Variables

TABLE 4.1: SECTION A

Distribution of Demographic Variables of Women N=30

SL.NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE (%)
1	AGE		
	a. 20-25years	8	26.6
	b. 26-30years	6	20
	c. 31-35years	6	20
	d. 36-40years	10	33.3
2	EDUCATION		
	a. Graduate	21	70
	b. Post graduate	3	10
	c. None of these	6	20

3	RELIGION a. Hindu b. Christian c. Muslim	22 7 1	73.3 23.3 3.33
4	MARITAL STATUS a. Married b. Unmarried	21 9	70 30
5	SOURCE OF INFORMATION a. Friends and family b. Mass media c. Health staff d. No knowledge	14 7 1 8	46.6 23.3 3.33 26.6

Table 4.2 SECTION B

Table 2: Description about Comparison between the Pre-test and Post-test Knowledge Score

N=30

SL.NO	GROUP	MEAN	SD	't' VALUE	LEVEL OF SIGNIFICANCE
1	Pre test	4.76	2.94	21.762	0.05
2	Post test	17.6	1.35		

*significant at $p \geq 0.05$

Table 2 shows the description about comparison between the pretest and posttest knowledge score. In pretest the mean was (4.76) and standard deviation (2.96). In posttest the mean was (17.6) and standard deviation was (1.35) and the obtained 't' value (21.762). It was significant on 0.005 level at 29 (df)

Table 4.3 SECTION C

Table 3:- To Determine Association between Pretest Knowledge Score with Selected Demographic Variables

N=30

Sl.NO	DEMOGRAPHIC VARIABLES	DEGREE OF FREEDOM	P VALUE ≥ 0.05	CHI SQUARE (X^2)	INFERENCE
1	AGE	9	2.262	6.86	SIGNIFICANT
2	EDUCATION	6	2.447	4.64	SIGNIFICANT
3	RELIGION	6	2.447	2.01	NOT SIGNIFICANT

4	MARITAL STATUS	3	3.182	0.83	NOT SIGNIFICANT
5	SOURCE OF INFORMATION	9	2.262	13.07	SIGNIFICANT

*Significant at $p \geq 0.05$

The above table 3 shows that there is association between pretest knowledge score with age, education, and source of information and not significant with religion and marital status.

The descriptive and inferential statistics were used for the analysis of data. The analysis was carried out on the basis of objectives and hypothesis of the study. The mean posttest knowledge score obtained (17.6) was higher than the mean pretest knowledge score (4.76). Paired 't' test was used to find out the significant difference between the mean pre-test and post-test knowledge score. The calculated 't' value (21.762) was found to be significant at ($t_{29}=0.05$) level. There was association between the pretest knowledge score with demographic variables such as age ($X^2=6.86$, $P \geq 0.05$), education ($X^2=4.64$, $P \geq 0.05$) and source of information ($X^2=13.07$, $P \geq 0.05$). This shows that video assisted teaching program was effective in increasing the knowledge of women of Vaniyamkulam Panchayath regarding menstrual cup usage

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