



▼ FACULTY ABSTRACTS

F - 07 : EFFECTIVENESS OF ICT BASED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING PUBERTAL HEALTH AMONG GIRLS OF PRE PUBERTAL AGE GROUP OF 9- 14 YEARS IN SELECTED SCHOOLS AT PUDUCHERRY.

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Introduction: Pre adolescences is the period of human development just proceeding adolescence, specifically the period between approximate age of 9 and 12 years. .Girls attain reproductive maturity about 4 years after the first physical changes of puberty appear. It is a period of development of secondary sexual characteristics. The young girls are not improved psychologically to have the basic knowledge about the pubertal health.

Background: In India more than 80% of the girls in cities are reaching puberty around age 11. This study indicates the need of education on pubertal changes. In present modern days, there are major changes in the lifestyle. The young girls attained menarche between the age group of 9-14 years without having adequate knowledge and attitude regarding pubertal health.

Objectives: To assess the level of knowledge and attitude on pubertal health among girls of pre pubertal age of 9-14 years, To evaluate the effectiveness of ICT based teaching on pubertal health among girls of pre pubertal age of 9-14 years, To find out the association between pretest level of knowledge and attitude with selected demographic variables.

Methodology: Quasi experimental design was adopted for the study. 60 girls between the age group of 9-14 years were selected based on inclusion criteria from Government Higher Secondary school at Murungapakkam, Puducherry . Simple random sampling technique was adopted.. Pre test was conducted by using structured questionnaire to assess the knowledge and attitude then ICT based teaching was given .post test was conducted after a week.

Result : Among 60 samples ,During post test 50(83.3%) had moderately adequate knowledge 50(83.4%)girls had positive attitude towards pubertal health. The was t value was 5.7912 which was found to be statistically significant at $p < 0.0001$. it indicates the ICT based teaching was effective in improving knowledge and attitude on pubertal health.

Conclusion: The main conclusion of the present study shows that the majority of girls had moderately adequate knowledge and had positive attitude towards pubertal health. It reveals that the information communication technology based teaching was effective to improve the knowledge and attitude level of school children.