

**“A STUDY TO DETERMINE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING PREVENTION OF URINARY TRACT INFECTION AMONG ADOLESCENT GIRLS OF SELECTED SCHOOLS OF KAKIRA DISTRICT. CHAMBA H.P.”**

**Mrs. Kanta Rani**

P.h.D. Scholar, Himalayan University, Ittanagar, Arunachal Pradesh

**Corresponding email:** :- kumarajay99261@gmail.com

**Abstract:** A study to determine the effectiveness of Planned Teaching Programme on knowledge regarding preventing of Urinary Tract Infection among adolescent girls of selected school of Kakira District Chamba Himachal Pradesh. The aim of the study are to assess the knowledge of adolescent girls regarding Urinary Tract Infection, to find out association between knowledge of adolescent girls with demographic variables, to find out the effectiveness of Planned teaching Programme regarding Urinary Tract Infection. The per – experimental research design & non – probability convenient sampling technique was used to select 30 sample of adolescents within the age group of 14 – 19 years & above girls from selected school of Kakira District Chamba Himachal Pradesh. The results of the present study shows that majority of subjects 73.3% had no previous knowledge about Urinary Tract Infection and only 26.6% of subjects had knowledge regarding Urinary Tract Infection. No significant association was found between level of knowledge with the demographic variables except residence, educational status and sources of knowledge.

**Keywords:** Effectiveness Planned teaching Programme, knowledge, Urinary Tract Infection, Adolescent girls.

### Introduction

The World Health Organization (WHO) defines adolescence is the period of life between 10 years to 19 years of the age. In United States, adolescence is generally considered to being somewhere between ages 12 years end at the 19 years. True adolescence is characterized by rapid Physical, Biological and Hormonal changes resulting into Physiological, Psychological, Behavioural and Sexual maturation between the ages of 1 – 19 years in an individual.

Adolescence is also a stage when young people extend relationship beyond their parents and family. It is a time of intense influence of peers, and the outside world in the society. Adolescence have lots of problems, anxiety, stress, lack of confidence, lead to depression, anger, violence and other mental health problems etc. Much unhealthy behaviour that start during adolescence, such as consuming a poor diet smoking, substance use as violence can lead to immediate health problem, long term disorder or poor health later life.

Main health issues include early pregnancy and childbirth, HIV, other infectious diseases like diarrhoea, UTI, mental health violence, alcohol and drugs, injuries, malnutrition and obesity, tobacco use etc. Urinary Tract Infection is a common health problem in adolescence. UTI is an infection in any part of Urinary System –kidney, ureters bladders and

Urethra. Most infection involves the lower Urinary Tract – the bladder and the Urethra. Women are at greater risk of developing a Urinary Tract Infection then men. UTI is caused by bacterial infection. The bacteria responsible for UTI are staphylococcus, pseudomonas and Klebsiella pneumonia. The symptoms of Urinary Tract Infection are the burning feeling when you urinate, frequent or intense urge of urinate even through little comes out. When you do, pain and pressure in your back or lower abdomen, cloudy, dark, strange smelling urine, restlessness, fever or chills. The most common cause of painful urinate is a Urinary Tract Infection. Burning micturation is an uncomfortable condition.

### Statement of the Problem

The effectiveness of Planned Teaching Programme on knowledge regarding Prevention of Urinary Tract Infection among adolescent girls of selected schools of Kakira District Chamba HP

### Aim

The main aim of the study to assess the knowledge of adolescent's girls regarding Urinary Tract Infection.

### Objectives

To assess the knowledge of adolescent girls regarding Urinary Tract Infection.

To find out the association between knowledge score of adolescent girls with selected demographic variables.

To find out the effectiveness of Planned Teaching Programme regarding Urinary Tract Infection.

**Research Methodology**

The Pre – experimental research design was used to do study on 30 adolescent samples within the age group of 14 – 19 years or above 19 years studying in selected school of Kakira District Chamba Himachal Pradesh and samples were selected by non – probability convenient sampling technique who fulfilled the inclusion criteria from selected school of Kakira District Chamba Himachal Pradesh. Data was collected by Samples Demographic Performa and Structured Knowledge Questionnaire tool on awareness regarding UTI among adolescent girls. The tool consists of 21 questions regarding general information of UTI. Each question had four options and the respondents were instructed to tick the one right answer from given options for each question. To check the knowledge score correct answer was scored one & each wrong answer was scored as zero. Maximum score 21 and minimum score is 0. So the scoring system indicates 0 – 7 score = Poor, 8 – 14 score = Average, 15 – 21 score = Good level of awareness.

**Results & Discussion**

Sample characteristics: maximum percentage of adolescent girls was in the age group of 16- 17 years i.e. 83.33%. About 90% subjects were residing in rural areas. 100% subjects were Hindu, 46.6% subjects belong to nuclear family. Among them 56.6% subjects had family monthly income between 5000 – 10000 and 80% subjects had secondary education. Majority of subjects 73.3% had no previous knowledge about Urinary Tract Infection only 26.6% of subjects had previous knowledge regarding UTI 36.66% subjects had previous knowledge from Health Workers.

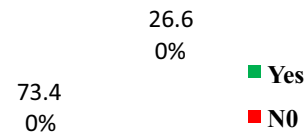
**Table 1: Percentage distribution of previous knowledge on Urinary Tract Infection**

Characteristics	Category	Respondent	Percentage
Previous knowledge of Urinary Tract Infection	Yes	08	26.60%
	No	22	73.40%

Table depicts that 26.60% adolescent girls having previous knowledge on Urinary Tract Infection and 73.40% of adolescent girls were not having previous knowledge on Urinary Tract Infection.

**Figure 1**

**Previous knowledge on Urinary Tract Infection**

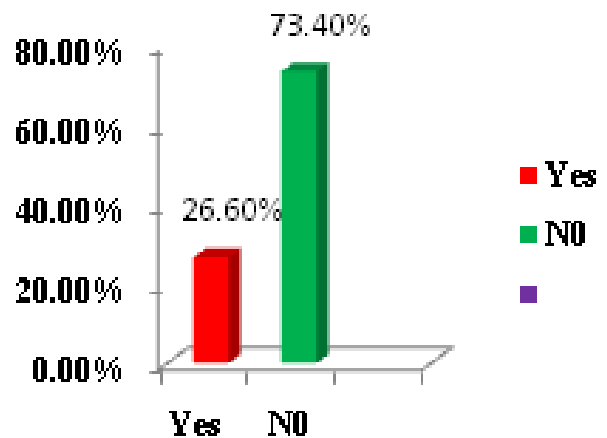


**Table: 2 Percentage distribution of Knowledge Score of adolescent girls regarding Urinary Tract Infection in Post Test**

Characteristics	Category	Respondents	Percentage %
Knowledge Score of adolescent girls regarding Urinary Tract Infection in Post Test	Good	30	100%
	Average	0	0%
	Poor	0	0%

**Figure 2**

**Previous knowledge on Urinary Tract Infection**



**Major Findings**

- Maximum percentage of adolescent girls was in the age group of 16 – 17 years i.e. 83.33%.
- About 90% subjects were residing in Rural Area.
- 100% were Hindu.
- 46.6% subjects belong to 100% subjects were Hindu.
- 46.6% subjects belong to Nuclear Family.

- Among them 56.6% subjects had Family monthly Income between 5000 – 10000.
- 80% subject's parents had Secondary Education.
- Majority of subjects 73.3% had previous knowledge about Urinary Tract Infection and only 26.6% of subjects had previous knowledge regarding Urinary Tract Infection.
- 36.66% subjects had previous knowledge from Health Workers.

### Conclusion

On the basis of total mean score, the findings revealed that knowledge regarding Urinary Tract Infection was good and the findings also revealed that highest mean percentage 18.6% of knowledge regarding Urinary Tract Infection. There was also significant association between knowledge of adolescent regarding Urinary Tract Infection with previous knowledge and source of information.

### Limitations

The study sample was small which restricts the generalization of the study.

### Recommendations

1. The study can be replicated to a large sample and thereby can be generalized for large population.
2. A study can be conducted attitude of adolescent girls regarding Urinary Tract Infection.
3. A comparative study can be conducted to assess the knowledge regarding Urinary Tract Infection among Govt. and Private school adolescent girls.

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