

# Female Adolescents Knowledge Regarding Reproductive Health

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## Abstract

**Background:** Adolescence as the period of human growth and development that occurs after childhood from 10 to 19 years of age. The physical and psychological wellbeing is vital for knowledge of this group considering their health..

**Method:** The study was conducted among girls aged 16–20 years in female secondary school in AL–Hilla city. Collected about 141 samples so we collected these samples to educate and increase of awareness of reproductive health. We use a developed and well-constructed questionnaire, the data collected by the methods of self-administered technique. We used accurate details to know the percentage of adolescent girls on the concept of reproductive health and discuss the concept of puberty with their parents, teachers, sisters or brothers as well as knowledge of diseases related to the reproductive system.

**Result:** Sixty-eight percent have low knowledge about the concept of reproductive health. This means that they are risky factors to have reproductive diseases such as UTI or STD for the lack of awareness of how to take care and maintain of themselves and all of that because their lack of education and knowledge about the reproductive health and this constitutes a negative impact on the concept of reproductive health.

**Keyword:** Knowledge, Reproductive health, adolescent, Female

## Introduction

Adolescence is a period of life during which individuals reach sexual maturity .is the period of transition from childhood to adulthood and it is often characterized by biological and psychosocial changes as well as sexual experimentation<sup>1</sup>. Globally, adolescents constitute about one billion of the world's population, with 75% living in developing nations.<sup>4</sup> With the rapid expansion of mobile phone ownership in low- and middle-income countries (LMICs) over the past decade, the field of mobile health (mHealth) has emerged as a novel and potentially cost-effective way to increase access to health information and improve health know-ledge as well as health outcomes<sup>5</sup> According to national data, receipt of contraceptive, sexually transmitted disease and/or gynecological services from a provider differs by age, gender, insurance coverage, sexual experience, and number of partners.is imperative to begin identifying

the social, psychological and logistical barriers that prevent Diseases.<sup>6</sup> In Kenya, the site of this study, the 2008 census reported that about 33% of the population lived in urban areas and about 72% of the Kenya urban population lived in slum areas with poor access to clean water and sanitation. The period of transition from childhood to adulthood is called adolescent and it is often characterized by physical and psychosocial changes as well as sexual experimentation. About a billion of world's population of adolescent age grouped constitutes this group. The physical and psychological wellbeing is vital for knowledge of this group considering their health. An earlier study shows the lack of knowledge Leeds to negative results considering pregnancies, abortion and its complication and sexually transmitted infection. The concept of reproductive health gained currency in the 1980s as a symbol of a fresh perspective on women's rights and family planning. The premise of this perspective is the principle that every woman has

a right to reproductive health, that is, to regulate her fertility safety and effectively to understand of disease, disability, or death associated with her sexuality and reproduction and to bear and rear healthy children.

Adolescent must a knowledge certain facts regarding their health such as the concept of contraception, safe sexual practices, healthy pregnancy and postpartum behaviors and preventive care is important to keep women healthy and leading productive lives .Adolescents have to keep in mind certain facts considering the use of condom, use of contraception, decision to keep a pregnancy, use of safe abortions. Services are some of choices and reproductive health decisions adolescent make. Ignorance of health literacy has been increasingly recognized as an important area of focus for women's reproductive health. Knowing about reproductive health services is essential to enable them make informed choices. The type of choices made by these young adults could either impact positively or negatively on their lives, their families and the society at large. According to the 2014 Chana demographic and health survey (GDHS) about 14% of the female aged 15:19 years had begun child bearing .Of these 14% about 11% have had a life births and 3% were pregnant at the time of survey (8).In sub-Saharan Africa, where a fourth of all adolescent are reported to have sexual experience, education of sexual and reproductive health are generally reported to be low. This study aims to assess the female Adolescents's knowledge regarding productive health

## Methods

**Design of the study:** Descriptive design survey study was conducted through September 2019 to the end of Jan 2019.

**Study setting:** Female Secondary School in Al- Hilla City  
Samples of the Study: Female Secondary School in Al- Hilla City, total student were (200 students) for all stages, researchers sent to (300 students) the accepted papers were (141) participants which estimated about (30% from total students)

**Instrument of the Study:** Data were collected through using construction questionnaire after did some adjustment on questionnaire like reducing the scale from five to three scale, and delete some points from demographical data ) (“Increasing the number of scale categories did not necessarily improve performance”. The questionnaire divided into two sections, first one: demographical data (gander, age, educational qualification, monthly income).The second one consists from items. all these had Cronbach's alpha coefficients (CC $\alpha$ ) 0.73

**Data Collection:** With using a developed and well-constructed questionnaire, the data collected by the method of self-administered technique. In addition, the researchers met all the principals to clarify the points which were not clear.

**The Statistical Analysis:** The questions all that used in collecting data were checked out for any mistake or error and scrutinized, then it transferred and computerized and coded by their numbers in Microsoft excel 2016. Data of the 250 participant's were entered and analyzed by means of the statistical package for social sciences (SPSS), 24.0, 2016.

**Ethical Consideration:** All participants were informed fully about current study and its aims and then a voluntary verbal consent was obtained from the participants in order to participate in the study. Besides, it has been taken into account the confidentiality of information obtained from students,

The study was approved by the ethical consideration committee in Babylon health department. Participants voluntarily accepted and were warned in detail of the nature of the paper,

## Results

(65.7%) of the female students age group was Early Adolescent aged, (43.6%) were 4<sup>th</sup> class, and (95.0% 0were mother alive and (88.6%) were father alive

**Table (1) shows the total score of nursing student’s knowledge regarding Islamic eating guidelines.**

Sources of information about puberty. I mean the ways in which boys’ and girls’ bodies change during teenage years from many sources?	Frequency	percent
School teacher	24	17.1
Father	7	5.0
Mother	83	89.3
Sister	14	10.0
Friends	6	4.3
Books	3	2.1
Doctors	3	2.1
Total	140	100.0

This table shows sources of information about puberty, **(59.3%) they take it from mothers, (17.1%) from school teacher.**

**Table (2) identify the total scores of female student knowledge about productive health**

Total Knowledge Scores	Frequency	Percent
Low Knowledge	96	68.6
Moderate Knowledge	38	27.1
High Knowledge	6	4.3
Total	140	100.0

### Discussions

This study aims to assess the female **adolescents’** knowledge regarding productive health; according to the results of the study most responses had low level of student’s knowledge.

Adolescents in study conducted by Joseph Maaminu Kyilleh (2018) said generally engaged in risky reproductive health choices that can negatively affect their reproductive health. Adolescents in this part of Ghana have challenges utilizing available reproductive health services because of socio-cultural and health system barriers, that agree with this results of Iraqi female sources of knowledge.

Adolescents’ knowledge and access to reproductive health services is important for their physical and psychosocial wellbeing. It has been found in an earlier study that the lack of knowledge about the consequences

of unprotected premarital sex among adolescent females predisposed them to unwanted pregnancies, unsafe abortion and its complications, and sexually transmitted infections.

Knowledge on reproductive health services is essential to enable them make informed choices. The type of choices made by these young adults could either impact positively or negatively on their lives, their families and the society at large. Adolescent girls face substantial sexual and re- productive health risks, including unintended pregnancy, unsafe abortion, and HIV infection.

The Shujaaz comic book that was familiar to about a third of the young people surveyed was a targeted media approach that seemed to be attractive to urban youth. The comic covered themes that were relevant to young people while at the same time it used slang and language

that young people are comfortable with. Prior research suggests that targeted print media is more effective than more generalized print media where the messages are not specific to a health behavior or to a target population.

### Conclusion

Study concludes that most female **adolescents** had low knowledge regarding productive health, which correlated for student's age, sources of knowledge as weak correlation.

### Recommendations:

Take care of the parents and especially the earliest of them to the class under consideration taking into account the need to explain and communicate the idea of physiological changes in the immersion of the late childhood and adolescent like giving the girls in the first menstrual cycle some recommendation and instructions .On the other hand, we would like to draw the role of the teaching staff , especially the role of guidance in following these aspects, taking into consideration in the terms of educating this group with such changes.

**Financial Disclosure:** There is no financial disclosure.

**Conflict of Interest:** None to declare.

**Ethical Clearance:** All experimental protocols were approved under the Babylon Health directorate and all experiments were carried out in accordance with approved guidelines.

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