

A Study to Assess the Effectiveness of Structured Education on Prevention of Human Papillomavirus Infection among Adolescent Girls in a Selected School at Pune City

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Abstract

Objective: “A study to assess the effectiveness of structured education on prevention of human papillomavirus infection among adolescent girls in a selected school at Pune city”

Methods: A non-experimental descriptive design and quantitative approach was carried on 64 adolescent girls in a selected school at Pune city

Results: In this study, it revealed that with regard to the pre-test knowledge assessment the mean percentage scores was 61.75 with mean and 24.6 ± 2.94. Area wise mean percentage of knowledge scores was 70.27% in the area of “General concept regarding reproductive organs” With the mean of 7.73 ± 0.61. In the area of “knowledge regarding cervical cancer” the mean percentage was 54.75 with mean 8.76 ± 2.67 and in the area of “knowledge regarding HPV prevention” the mean percentage was 63.15 with mean 8.21 ± 2.57. The analysis of the study revealed a highly significant difference in the post test knowledge scores and the mean gain 93.65%.

Conclusion: Considering above findings the study showed that structured education was effective in improving knowledge of adolescent girls on prevention of human papillomavirus infection.

Keywords: Effectiveness, structured education, human papillomavirus infection, adolescent girls.

Introduction

Cancer is one of the second leading cause of death in all the countries especially the developing one after the cardiovascular diseases. Talking about the European and American Countries almost every fifth death is due to cancer.¹ As per World Health Organization, approximately 50 million mortality rate counts with cancer annually. With the increase in the life span of human beings in the demography of India, more than 5 lakh newly emerged cases of cancer occur every year.²

Indian cancer society stated in their report about the point prevalence of cancer which is crossing over 1.5 million. In India, access to screening is limited due to lack of wakefulness of women on HPV vaccination in preventing cervical cancer. One of the major reason of increase is cervical cancer which can be usually treated

by hysterectomy but if it evades beyond the uterus, then continuous chemotherapy is the way forward.³

But situation is not so easy, as even despite chemotherapy more than 33% of women who already got treated showed relapse will relapse and increased mortality graph within 5 years after taking the treatment.⁴

Human papillomavirus is commonest causes of the sexually transmitted infections. Therefore Cervical cancer is considered and leading the board with second most leading cancer among women. Situation is even worse in case of sexually active women where more than 50% of them are exposed to at least one HPV type. This infections peaks at within 5–10 years of the first sexual experience and the highest rates seen between the ages of 20–24 years.⁵

Adolescent period is considered as one of the crucial phase of human development. They will be the parents of near future. The health of adolescents develops based on already existing family norms and conditions, school environment, existing community, and recreational activities. They need to be educated about these crucial subjects to create an awareness among. Otherwise If their needs are not addressed properly it will landed up in the troublesome conditions.⁶

Objective of the study:

- To assess the knowledge regarding prevention of Human Papilloma Virus among adolescent girls
- To assess the effectiveness of structured education on prevention of Human Papilloma Virus among adolescent girls

Methodology

The design of the study is a quantitative one group pretest and posttest design. A total of 50 participants were selected for the study to find out the effectiveness of structured education program on knowledge about prevention of Human Papilloma Virus among adolescent girls in Pune city. The data of this study were collected by self structured questionnaire using the convenient sampling method. The questionnaire had two sections, namely to gather information regarding demographic variables and knowledge on organ donation.

Analysis and interpretation:

Percentage distribution of demographic variables of adolescent girls:

Percentage distribution of adolescent girls according to their age group incompleted years shows the highest percentage 70% of the respondents were inbetween the age 12-14 years and 30% of respondents were in 15-17 years. Percentage distribution of adolescent girls in relation to the course of study shows that 60% were studying 9th standard and 40% were studying 10th standard. Percentage distribution of adolescent girls in relation to the course of study shows the majority were from 44% Muslim, 38% were from Hindu and remaining 18% were from Christian religion.

Comparison of the pretest and posttest knowledge score about prevention of Human Papilloma Virus of

adolescent girls:

56% of adolescent girls were having inadequate knowledge, 38% of adolescent girls were having moderately adequate knowledge and 6% of adolescent girls were having adequate knowledge about prevention of Human Papilloma Virus. 4% of adolescent girls were having inadequate knowledge, 62% were having moderately adequate knowledge and 34% were having adequate knowledge about prevention of Human Papilloma Virus. After the analysis of data, the mean pretest knowledge score was found to be 6.06 and after giving structured education program, the mean posttest knowledge score was found to be 9.64.

Discussion

56% of adolescent girls were having inadequate knowledge, 38% of adolescent girls were having moderately adequate knowledge and 6% of adolescent girls were having adequate knowledge about prevention of Human Papilloma Virus. Similar study Arunachalam D et al 2019, data was collected from adolescent girls in the age group of 13-18 years among selected school students. The results found that majority of adolescent girls having inadequate knowledge (56.7%). There are 36.7% of adolescent girls having moderately adequate knowledge and only 6.6% of adolescent girls are having adequate knowledge on HPV.⁷ On the basis of above studies it is found that knowledge level of adolescent girls need to improve. So this data reveal that, the mean pretest knowledge score was found to be 6.06 and after giving structured education program, the mean posttest knowledge score was found to be 9.64. It had been observed that there is an increase in the knowledge score of participants after the administration of structured education program.

Conclusion

It concluded that the administration of structured education program was found to be very effective in improving knowledge of adolescent girl about prevention of Human Papilloma Virus. The knowledge regarding prevention of Human Papilloma Virus was improved by education, as it is found that the posttest score is higher than pretest score. This study suggested that awareness is cost effective in improving the knowledge on Human Papilloma Virus and can be implemented in daily living

to have a healthy life of adolescent girls.

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Ethical Clearance: Institutional Research committee

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