

## Effectiveness of health education plan on knowledge regarding prevention of reproductive tract infection among women in-rural community in southern Rajasthan.

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### ABSTRACT

Reproductive tract infections (RTIs) among women have become a widespread growing health issue worldwide. Reproductive tract infections are a group of diseases that threaten women's health, which occur due to invasion of any part of upper or lower reproductive tract by bacteria, viruses, fungi or protozoa causing serious consequences to women. Present study was conducted to assess the effectiveness of health education plan on knowledge regarding prevention of reproductive tract infection among women in a rural community of southern Rajasthan. By using simple random sampling technique, 53 married women of reproductive age group residing in tribal belts of Jhadol, Phalasia was selected for the study. A structured interview schedule was used to collect the responses. Results revealed that in pretest 60.38% had poor knowledge, 35.85% had average knowledge and only 3.77% had good knowledge whereas in post test 85.13% had good knowledge, 18.87% had average knowledge and none of the participants had poor knowledge. So the study concluded that the health education plan was found effective in increasing the knowledge regarding prevention of RTI among women in reproductive age group.

**Key words:** *Assess, Effectiveness, Health education plan, Reproductive tract infection*

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### Introduction

Reproductive tract infections are a main reason for women's morbidity during reproductive period. They carry a high social and economic burden in the community leading to serious health problems not only for the woman, but also for the infant. RTIs can produce ectopic pregnancy, pre-term labor / low birth weight, chronic pelvic inflammatory disease, abortion, still birth, congenital infection to fetus, cervical or genital cancer and other long term consequences such as infertility and toxic shock syndrome.

RTIs may be endogenous, which occur due to overgrowth of organisms normally present in vagina. Infection

also may be iatrogenic, which occur due to introducing unsterilized instruments into reproductive tract during medical procedures and sexually transmitted which occur due to invasion of microorganisms during sexual contact with infected partner.

### **Need for the study**

In India the prevalence of reproductive tract infection is very high due to silent epidemic. The low status of women in parts of India makes women suffer in silence or even feel too ashamed to seek treatment. <sup>5</sup>Poor personal hygiene, using contraceptive intra-uterine device (IUD), poor socio-economic status, diabetes, obesity, pregnancy, extra-marital sexual relations or having multiple partners and non-use of condom are significant contributors to high prevalence of reproductive tract infections especially among rural women. Traditional beliefs can prevent rural women from following preventive measures especially related to sexual complaints and issues and do not to seek treatment for RTIs.

Serious problems such as increasing spread of reproductive tract infections and sexually transmitted infections, rising number of adolescent mothers, maternal and infant morbidity and mortality necessitates for proper and efficient interventions of reproductive health issues and access to reproductive health services. It helps to find solutions to problems which arise due to man's complex nature. Keeping in mind the importance of sociological aspects towards community especially women in rural area investigator had a concern about reproductive health problems so planned to assess their existing knowledge regarding prevention of reproductive tract infections and health education plan as an intervention to improve knowledge.

### **Problem statement**

Effectiveness of health education plan on knowledge regarding prevention of reproductive tract infections among women in a selected rural community in southern Rajasthan

### **Objectives of the study**

1. To assess the level of knowledge regarding prevention of reproductive tract infections among women.
2. To assess the effectiveness of health education plan on knowledge on prevention of reproductive tract infections among women.
3. To find out the association between pre-test knowledge scores and socio-demographic variables.

### **Hypothesis**

H<sub>1</sub> There is a significant difference between the pre and post-test knowledge scores.

H2 There is significant association between pre test knowledge scores and selected socio demographic variables .

## **METHODOLOGY**

### **Research approach**

Evaluative approach.

### **Research design**

Pre-experimental one group pre-test post-test design.

### **Setting of the study**

This study was conducted in rural community Jhadol Phalasia in Udaipur district.

### **Population**

Population consisted of married women in the reproductive age group.

### **Sample and Sample Size**

53 married women in reproductive age group.

### **Sampling technique:**

Simple random sampling technique by using lottery method.

### **Inclusion Criteria**

Women who were

- Living in the rural community phalasia.
- Willing to participate in the study.
- Married and in the reproductive age group
- Present at the time of data collection.

### **Exclusion criteria**

Women who were

- Not willing to participate in the study.
- Not present at the time of data collection.

### **Data Collection Procedure**

Written Permission was obtained from ethical committee of RNT Medical College, Udaipur. Permission was obtained from the Sarpanch of the rural community of Jhadol Phalasia. Purpose of the study was explained to the subjects. Consent was taken from each respondent who were included in the study. Confidentiality and anonymity of the respondents was maintained.

## **Plan for data analysis:**

Data was analyzed by using descriptive and inferential statistics.

- A master data sheet was prepared with responses given by respondents.
- Distribution of samples according to selected socio demographic variables was analysed using frequency and mean percentage.
- To describe the knowledge of women regarding prevention of reproductive tract infection mean, median, mode, and standard deviation and mean percentage was used.
- Paired 't' test was used to find out the effectiveness of health education plan by comparing pre and post-test knowledge scores of the respondents.
- ANNOVA was used to find out the association between the mean pre-test knowledge scores with socio demographic variables.

## **Description of the Tool:**

The tool consisted of two sections:

### **Section A:**

Consisted of selected socio-demographic variables such as age in years, educational status, types of family, age at marriage, monthly family income, occupation, menstrual pattern, type of contraceptive used.

### **Section B:**

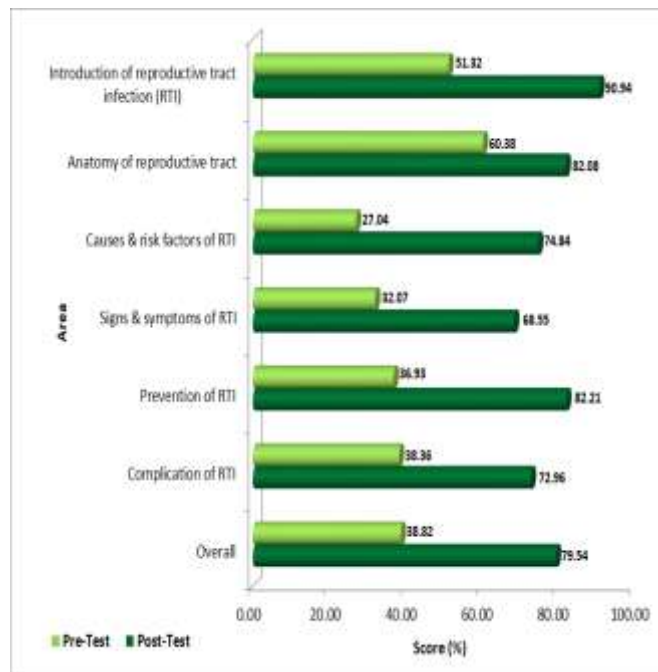
Consisted of structured interview schedule on prevention of reproductive tract infections with 26 items. The selected aspects were

- Introduction of reproductive tract infection (RTI)
- Anatomy of reproductive tract
- Causes & risk factors of RTI
- Signs & symptoms of RTI
- Prevention of RTI
- Complications of RTI

**RESULTS:**

The demographic characteristics of the respondents revealed that:

- Majority of respondents (39.63%) were in the age group of 25-31 years.
- 33.96% of participants had primary education.
- Majority of the respondents (50.94%) were from joint family.
- 35.85% of women got married at the age of 20-21 years.
- 35.85% of respondents were having monthly family income of Rs.10,001-15,000.
- Majority of the respondents (49.06%) were house-wives.
- 86.79% of respondents had regular menstrual pattern.
- Majority of the respondents (52.83%) used other types of contraceptives.



**Fig.1: Area wise Pre and Post Test knowledge Scores**

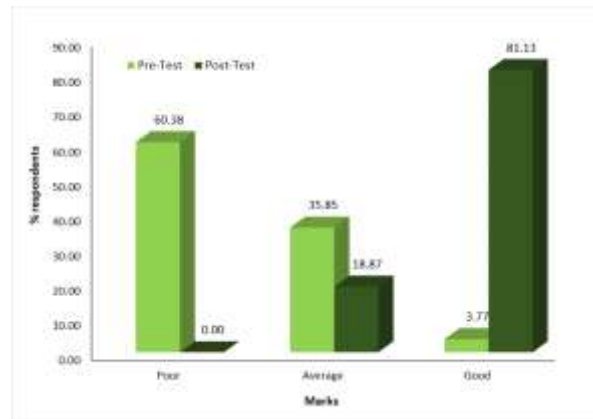


Fig.2: Interpretation of Level of Knowledge

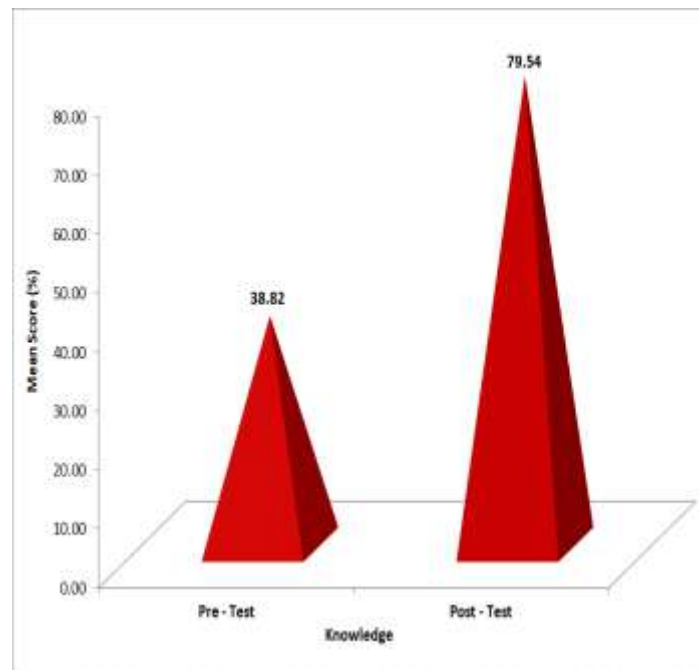


Fig.3: Effectiveness of Health education plan on Knowledge regarding prevention of reproductive tract infections

### Major finding related to Area wise Pre and Post Test knowledge Scores

Area wise pre-test and post test knowledge scores regarding prevention of reproductive tract infection revealed that the highest mean pre-test knowledge scores was 60.38% found in the area of Anatomy of reproductive tract, 51.32% found area of Introduction of reproductive tract infection (RTI), 38.36% in the area of Complication of RTI, 36.93% in the area of Prevention of RTI, 32.07% in the area of Sign and symptoms of

RTI and 27.04% in the area of Causes & risk factors of RTI.

### **Major finding related to Interpretation of Level of Knowledge**

In pre-test 60.38 % participants had poor knowledge, 35.85 % had average knowledge, and only 3.77% of the participants were having good knowledge. In post test results revealed that 81.13 % had good knowledge and 18.87 % had average knowledge and none of the participant had poor knowledge.

### **Findings Related to Effectiveness of Health education plan on Knowledge regarding prevention of reproductive tract infections.**

The comparison of mean pre-test and post-test knowledge scores showed that the mean pre-test knowledge score was 38.82 with SD 15.41 The mean post-test knowledge score was 79.54 with SD 9.57 which shows a significant increase in the knowledge regarding prevention of reproductive tract infection among the participants.

### **RECOMMENDATIONS**

- Study was conducted among 53 women the same study needs to be conducted on a large population.
- A comparative study can be conducted on prevention of RTI among women from rural and urban community.
- A similar study can be conducted by quasi experimental design.

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