3.3.3. QnM Average number of papers published per teacher in the Journals notified on UGC - CARE list in the UGC website/Scopus/ Web of Science/ PubMed during the last five years

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3.3.3 LIST OF PAPER PUBLISHED PER TEACHER IN THE JOURNALS DURING THE LAST FIVE YEARS

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2	ISSN:2455-3662	Original Research	A study to evaluate the effectiveness of structured teaching program on assertiveness training for social anxiety among adolescent girls, Salem DT.	Prof.Sheelavathi N, Ph.D in Nursing & Asso.Prof. Sivasankari, M.SC Nursing	https://www.eprajournals.com
3	ISSN:2455-3662	Original Research	Post-COVID-19 co-morbidities among under 5 children - a comprehensive systematic review	Prof.Gayathri N S,M.sc Nursing	https://www.eprajournals.com
4	ISSN:2455-3662	Original Research	Effectiveness of vedio assisted teaching on knowledge regarding premenstrual syndrome among women	Asst.Prof. Vasandhaladevi,M.SC Nursing	https://www.eprajournals.com

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EFFECTIVENESS OF VIDEO ASSISTED TEACHING ON KNOWLEDGE REGARDING PREMENSTRUAL SYNDROME AMONG WOMEN

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Abstract

Premenstrual Syndrome (PMS) is the group of symptoms that women may experience up to 14 days before menstruation. The symptoms usually stop soon after the period starts. The study aims to evaluate the effectiveness of video assisted teaching on knowledge regarding premenstrual syndrome among women residing in Pullipalayam, The findings of the study revealed that video assisted teaching had improved the knowledge regarding premenstrual symptoms with paired t test value of 8.97, ($p<0.05$). There is statistical significance in knowledge on premenstrual symptoms that shows the effectiveness of video assisted teaching.

Key words: *Video Assisted teaching, PMS, Women.*

Introduction

"A woman is a creature who has discovered her own nature"-Jean Giraudoux

India has one of the fastest growing youth populations in this world, with an estimated 200 million young adults, in those girls below 24 years of age comprise one quarter of India's rapidly growing population, among that 20 million people are affected with menstrual disorders. An adult is a human being that is of relatively mature age, typically associated with sexual maturity and the attainment of reproductive age. This complex passage from childhood to adulthood and it is particularly stressful for girls. As health care professionals we have to give more importance to this particular period and to bring a healthier adult population.

Menarche is the signal that sexual maturation of the young female has occurred and that the body is capable to support pregnancy. Menstruation occurs periodically throughout the child bearing years, except during pregnancy and lactation. The age of onset of menstruation differ from person to person but seem to be influenced by heredity, racial back ground and nutritional status. The medical and social consequences of premenstrual syndrome and disorders of menstruation influence not only the individual but also her family and society (Manal Ahmad Al-Batanony, 2014).

Menstrual disorders affect not only India but millions of women in the United States and represent an important health burden. The most common menstrual disorders are premenstrual syndrome; these conditions are leading causes of school, college or work absenteeism and substantially have an impact on quality of life. A recent review of menstrual disorders in developing countries revealed that high rates of menstrual morbidity in population-based studies that is around 75% among young adults. (Karout N, Hawai SM, Altuwaijri S, 2018)

Statement of the Problem

A study to evaluate the effectiveness of video assisted teaching on knowledge regarding premenstrual syndrome among woman residing in Pullipalayam, Salem.

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observed 26 – 28 days of cycle, 3 (15%) of women had 23 – 25 days cycle and 2 (10%) of women observed above 28 days cycle.While considering the duration of menstrual flow of women in experimental and control group majority 11 (55%) and 19 (95%) had 3 – 5 days menstrual flow.

The pretest level of knowledge in experimental group showed that (75%) of them had inadequate knowledge and only 25% of them women had adequate knowledge on Premenstrual Syndrome whereas in posttest majority (75%) of them had adequate knowledge and only 22% of them had inadequate knowledge in control group majority (65%) of them had inadequate knowledge and only 20% of them had good knowledge in Premenstrual Syndrome.

It was revealed that the pretest mean score among the experimental group was 33.52 and the posttest mean score was 39.92 showing a mean difference of 19.29. The calculated "t" value for the experimental group was 12.84.The pretest mean score among the control group was 31.39 and the posttest mean score was 35.88 with a mean difference of 13.58. The calculated "t" value for the control group was 8.97.Comparing the experimental group and control group the unpaired "t" value was 8.3 showing that there was a significant increase in knowledge among the experimental group than the control group. It depicts that the video assisted teaching programme was effective in improving the knowledge of women regarding the premenstrual syndrome.

There was no significant association was found between the post-test knowledge score of premenstrual syndrome among experimental group and control group with their demographic variables such as age of woman, age at menarche, education status, type of family, occupation, source of information, duration of cycle, duration of menstrual flow, history of previous experience of premenstrual syndrome. Hence concluded the level of knowledge had improved.

Conclusion

The result of the study showed that Video assisted teaching was an intervention in reducing premenstrual syndrome. This study provides awareness about premenstrual syndrome among women and helps to use remedial measures to prevent premenstrual syndrome.

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Objectives of the study

- To assess the level of knowledge regarding Premenstrual Syndrome among women in experimental and control group before and after video assisted teaching.
- To evaluate the effectiveness of video assisted teaching on knowledge regarding Premenstrual syndrome among both the groups.
- To find out the association between the post-test knowledge score of premenstrual syndrome among experimental and control group and their selected socio demographic variables.

Hypotheses

H_1 There is a significant increase in level of knowledge regarding premenstrual syndrome among women in experimental group than control group.

H_2 There is a significant effectiveness of video assisted teaching on knowledge regarding premenstrual syndrome among women in both the groups.

H_3 There is a significant association between post-test knowledge score of premenstrual syndrome among women in control and experimental group and their selected socio demographic variables.

Research Methodology

The research proposal was approved by institutional ethical committee before the conduction of the study.After obtaining formal permission from village panchayat, the study was conducted at Pullipalayam. The Quantitative approach with Quasi-experimental non randomized control group design was used to conduct the study. Convenient samp technique was used to select 20 samples f experimental group and 20 samples f control group based on the criteria for sam selection. The data was collected us demographic variables and Premenstr syndrome assessment scale for both the gro video assisted teaching was given to t experimental group. Post test was conduct after 2 weeks.

Results and discussion

The data was analyzed based on t objective of the study by using descriptive a inferential statistics.

Demographic profile of the participa from age point of view was found distribut with minor differences in few categories i experimental group majority 12(60%) women were in the age of 25 – 30 years and i Control group majority 10 (50%) were in th age group of 31 -35 year.With regard to Age a menarche in experimental group majority 1 (70%) of women were in the age group of 13–1 years, In control group 17 (85%) of women wer in the age group of 13 – 15 years.According t their educational status in experimental grou and control group refers 12 (60 %).Distributio of experimental and control group sample according to their type of family 13 (65%) an 10 (50%) of women live in nuclea family.Distribution of experimental and contro group samples according to their occupatio reveals that 14 (70%) and 6 (30%) of wome were housewives in each group.With respect to source of information in experimental and control group 6 (30%) and 10 (50%) had their mother as a source of information.While considering the frequency of observing premenstrual syndrome in experimental group 14 (70%) of women observed above 28 days cycle, 4 (20%) observed 26 – 28 days cycle and 2 (10%) of women having 23 – 25 days cycle whereas in Control group 15(75%) of women

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Assessment of knowledge regarding menstrual cup among reproductive women in a selected colleges at Salem Dt, Tamilnadu.

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Principal, Sri Shanmugha College of Nursing for Women, Salem.

Abstract

Background: The menstrual cup is a recently developed alternative to sanitary napkins. Hence, in this present study, the knowledge of menstrual cups among reproductive women in the colleges were assessed.

Methods: Survey design was used for this study. Samples were collected through non probability convenient sampling technique between the age group age group of17 to above 35years.Therelevantdatawerecollected by using Google form through virtual mode after getting the consent from participants. Totally 512 samples were responded .The data were analyzed using descriptive an inferential statistics.

Results: Out of 512 participants the present study results showed that 80% had inadequate knowledge, 12% of the study participants reported that they have moderate knowledge about the menstrual cup, and only 8%had adequate knowledge about the menstrual cup. The educational level of the participants was mostly in the students (75.5%) or others staff members (24.5%). 63 % of the participants know that menstrual cup is made up of silicone, 20 % said plastic , 17% said not aware ,it is made up of all the materials mentioned above. Interestingly, 80 % of the study participants reported that they were using sanitary pads, only12 % of the study participants reported using menstrual cups.

Conclusion: This study concluded that many of the participants were unaware about menstrual cup and they

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