TPM Vol. 32, No. S5, 2025
ISSN: 1972-6325
https://www.tpmap.org/

Open Access

EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND EFFECTIVENESS OF STRESS MANAGEMENT AMONG ADOLESCENTS GIRLS

GOMATHI.P[1], GAYATHRI.G[2], GOWTHAMI.M[3], E. PRASANNA KUMAR*[4], DURGA.K[5]

[1,2,3,4,5]ARULMIGU MEENAKSHSHI COLLEGE OF NURSING, MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH, TAMIL NADU, INDIA

Abstract

Adolescence is a critical phase of life characterized by significant physical, emotional, and psychological changes. Adolescent girls, in particular, face unique challenges, including societal expectations, peer pressure, and academic demands, which can lead to increased stress levels. According to the (WHO), adolescence is a critical period for the development of mental health disorders, including anxiety and depression.This knowledge gap can exacerbate stress-related problems, making it essential to develop and implement effective stress management program tailored to their needs.

Keywords : Knowledge, Stress, Adolescent girls.

INTRODUCTION

The role of structured teaching programme structured teaching program have been shown to be effective in improving knowledge and skills in stress management among adolescent girls. These program provide a systematic and organized approach to teaching stress management techniques and strategies, enabling adolescent girls to develop the skills and confidence needed to manage stress. This study aims to empower adolescent girls in urban areas by providing them with the knowledge and skills necessary to manage stress effectively.

This study assessed the existing level of knowledge about stress management among adolescent girls in the selected community area to develop and implement a structured teaching program on stress management for adolescent girls.

METHODOLOGY

SETTING: The physical location and condition in which data collection takes place in this study , The study will be conducted for adolescent girls in pallavarmedu at kanchipuram at kanchipuram.

POPULATION: Population is an aggregate of totality of all subjects that possess a set of specification . The target population of the present study will be adolescent girls in pallavarmedu at kanchipuram who fulfills the inclusion criteria. Accessible population, adolescent girls in pallavarmedu at kanchipuram.

VARIABLES:

INDEPENDENT VARIABLE: The independent variable of present study was refers to the structured teaching programme on knowledge regarding stress and its management.

DEPENDENT VARIABLE: The dependent variable of the present study was regarding stress and its management among adolescent girls in pallavarmedu at kanchipuram.

SAMPLE

The sample is a group of people who have been selected from a larger population to provide data to researcher. The sample comprised of 50 adolescent girls in pallavarmedu at kanchipuram.

SAMPLING TECHNIQUE

Sampling technique is the process of selecting the study sample for the research. For this study the research will adopts, Non Probability Convenient Sampling Technique.

CRITERIA FOR SELECTION OF SAMPLE

Inclusive criteria:

1.Age of 13 to 18 adolescent girls.
2.Available at the time of data collection.
3. Willing to participate in the study.
4.Able to understand Tamil and English

Exclusive criteria:
1. Who are not able to willing during the time of data collection.
2. During the time of on leave and Sick.
3.Exposed to similar study before.

SELECTION OF INSTRUMENTS AND TOOLS:
Section- A- Demographic variables.
Section- B- Structured Knowledge questionnaire
Section- C- Questionnaire of practice.

DESCRIPTION OF THE TOOL
SECTION-A:
DEMOGRAPHIC DATA
It is deal with demographic variables such as age of the student ,year of the study, gender, type of family, residence, occupation of the father, family monthly income in rupees and source of information.

SECTION -B:
STRUCTURED KNOWLEDGE QUESTIONNAIRE :
The questions were selected and four options were given below each questions. The structured questionnaire consisted of knowledge 20 multiple choice questions, practice 10 multiple choice questions and each questions had four options which included correct answers. The participants were free to choose any one option for each questions. The score was calculated by dividing the total number of obtained score by the total number of maximum score and expressed in percentage. Based on the scores the knowledge was graded.

DATA COLLECTION PROCESS:
The prior permission was obtain from the head of the community area incharge. The adolescent girls is arranged for the data collection procedure. After obtaining a consent from the study samples, the samples was selected by using non probability convenient sampling technique. The researchers will collect the demographic data of the sample pre test and post test and administer the structure knowledge questionnaire on level of knowledge regarding stress management and administered the questionnaire on attitude. The samples was informed that the annyomity was maintained. The collected data was data analysed by using descriptive and inferential statistics.

RESULTS

Table 1 : Frequency and percentage distribution of Adolescent girls based on demographic variables.
(N= 50)

S.NO	DEMOGRAPHIC VARIABLE	FREQUENCY (F)	PERCENTAGE %
1.	Age 11– 14 years 15 – 18years	 24 16	 48% 32%
2.	Religion Christian Hindu Muslim	 7 42 1	 14% 84% 2%
3.	Standard 8th std 9th std 10th std	 14 13 23	 28% 26% 46%
4.	Location		

	Urban Rural Semi -urban	37 9 4	74% 18% 8%
5.	Type of family □ Nuclear □ Joint	29 21	58% 42%
6. 7.	 Family Income □ 20,000-30,000 □ 40,000-50,000 □ Above 1 lakh Have you ever heard about HPV vaccine □ Yes □ No	 26 17 6 16 34	 52% 34% 12% 32% 68%

The demographic data of the adolescent girls revealed the following distribution: According to age, the majority 24 (48%) were between 11–14 years, while 16 (32%) were in the 15–18 years age group. Regarding religion, 42 (84%) of the participants were Hindu, 7 (14%) were Christian, and 1 (2%) was Muslim. In terms of educational level, 14 (28%) were studying in 8th standard, 13 (26%) in 9th standard, and 23 (46%) in 10th standard. As for residential location, most of the participants, 37 (74%), resided in urban areas, followed by 9 (18%) from rural areas, and 4 (8%) from semi-urban areas. Considering the type of family, 29 (58%) belonged to nuclear families, and 21 (42%) belonged to joint families. With respect to family income, 26 (52%) reported a monthly income of ₹20,000– ₹30,000, 17 (34%) had an income between ₹40,000–₹50,000, and 6 (12%) reported a monthly income above ₹1,00,000. Finally, when asked if they had heard about the Human Papillomavirus (HPV) vaccine, 16 (32%) responded "Yes," while the remaining 34 (68%) responded "No."

TABLE:2 Frequency and percentage distribution of level of knowledge regarding Human Papilloma Virus Vaccine among adolescent girls.

S.NO	LEVEL OF KNOWLEDGE	PRE TEST		POST TEST	
		F	%	F	%
1.	Inadequate	17	34%	5	10%
2.	Moderately adequate	27	54%	23	46%

3.	Adequate	6	12%	22	44%

Table 2 depicts the percentage distribution of Adolescent girls according to their level of knowledge. In Pre test 17(34%) were belongs to inadequate, 27(54%) were belongs to moderately adequate and 6 (12%) were belongs to adequate knowledge. In post test 22(44%) were belongs to adequate;23(46%) belongs to moderately adequate 5(10%) were belongs to inadequate knowledge.

TABLE:3 Comparison between pre-test and post-test level of knowledge regarding Human papilloma virus vaccine

Descriptive statistics	Level of knowledge (n=50)			t-value
	Pre-test	Post-test	Difference (post-pre)	
Mean	10.49	13.73	3.24	t=10.110 df=49 Significant
Standard deviation	4.18	3.61	0.57	

*P<0.05 ,significant and **P<0.01& ***P<0.001, Highly significant.

The findings in the above table describes a comparison between the pre-test and posttest knowledge levels regarding the Human Papilloma Virus (HPV) vaccine among 50 participants. The mean pre-test score was 10.49 with a standard deviation of 4.18, indicating a lower and more varied level of knowledge before the intervention. Following the educational program, the post-test mean score increased to 13.73, with a reduced standard deviation of 3.61. This shows an improvement in knowledge and a slight decrease in variability among participants. The mean difference between the pre-test and post-test scores was 3.24. The calculated t-value was 10.110 with degrees of freedom (df) = 49,the critical tvalue at $p < 0.05$ is ±2.009. Since the calculated t-value (10.11) is greater than the critical tvalue (2.009), the result is highly significant. Hence H1 hypothesis is accepted. This suggests that the educational intervention was effective in improving the participants' knowledge regarding the HPV vaccine.

SECTION – D

TABLE:4 Association between level of knowledge regarding HPV Vaccine and selected demographic variables among adolescent girls.

S.NO	DEMOGRAPHIC VARIABLE	LEVEL OF KNOWLEDGE			
		INADEQUATE	MODERATELY ADEQUATE	ADEQUATE	X2 (df)

		F	%	F	%	F	%	
1.	Age) 9-14 years) 15-18 years	4 3	 8% 2%	19 4	 38% 8%	11 11	22% 22%	X^2=5.863 df=1 P=0.015* Significant
2.	Religion) Christian) Hindu) Muslim	0 5 0	0% 10% 0%	3 19 1	6% 38% 2%	4 18 0	8% 36% 0%	X^2=2.333 df = 2 P= 0.1267 Not significant
3.	Standard) 8th) 9th) 10th	3 0 2	6% 0% 4%	6 3 15	12% 6% 30%	5 10 6	10% 20% 12%	X^2=11.641 df=2 P=0.006* Significant.
4.	Location a)Urban b) Rural c)Semi-Urban	2 1 2	4% 2% 4%	18 5 0	36% 10% 0%	17 3 2	39% 6% 4%	X^2=9.565 df =2 P=0.002* Significant
5.	Family) Nuclear) Joint	2 3	4% 6%	14 9	28% 18%	13 9	26% 18%	X^2=0.754 df =1 P=0.3852 Not-Significant
6.	Income a)20,000-30,000 b)40,000-50,000 c)above 1 lakh	2 3 0	4% 6% 0%	16 5 1	28% 10% 2%	7 9 5	14% 18% 10%	X^2=10.102 df =2 P=0.0015* Significant
7.	Have you ever heard about HPV vaccine a)Yes b) No	0 5	0% 10%	4 19	8% 38%	12 10	24% 20%	X^2= 9.748 df= 1 P=0.0018* Significant

Table 2: Frequency and percentage distribution level of knowledge regarding stress management among adolescent girls

SNO	LEVEL OF KNOWLEDGE	FREQUENCY	PERCENTAGE

1	Inadequate	4	13%
2	Moderate	12	40%
3	Adequate	14	47%

TABLE 3: Frequency and percentage distribution of level of practice regarding stress management

SNO	LEVEL OF	FREQUENCY	PERCENTAGE
1	Inadequate	8	27%
2	Adequate	22	73%

Depicts percentage distribution of adolescent girls according to their level of practice ,(27 %)were belong to inadequate , (73%) were belongs to adequate.

Table 4: Association between level of knowledge regarding stress management and selected demographic variable

S.NO	DEMOGRAPHIC VARIABLES	LEVEL OF KNOWLEDGE						X2	P	DF	SIGNIFICANT
		I		M		A					
		F	%	F	%	F	%				
1	**AGE** a) 13-14 years b) 15-16 years c) 17-19 years	 2 1 1	 6.6% 3.3% 3.3%	 4 6 2	 13.3% 20% 6.6%	 5 5 4	 16.6% 16.6% 13.3%	1.2211	0. 2691	2	NOT S
2	**Location** a)Village b)Town c)City	 1 3 0	 3.3% 10% 0	 6 2 4	 20% 6.6% 13.3%	 5 5 4	 16.6% 16.6% 13.3%	4.9821	0. 256	2	S
3	**Education** a) Middle school(8th 10thgrade b) High school(11th-12th grade)	 4 0	 13.3% 0	 5 7	 16.6% 23.3%	 6 8	 20% 26.6%	4.6192	0.0316	1	S
4	**Family structure** Nuclear family Joint family	 2 2	 6.6% 6.6%	 5 7	 16.6% 23.3%	 8 6	 26.6% 20%	0.6192	0.4313	1	NOT S
5	**Parental education level** a) primary education b) secondary education c) higher education	 0 1 3	 0 3.3% 10%	 4 2 6	 13.3% 6.6% 20%	 5 6 3	 16.6% 20% 10%	5.6447	0.0175	2	S
6	**Parental Occupation** a)Government job b)Private job c)Self employed d)Unemployed	 1 3 1 0	 3.3% 10% 3.3% 0	 3 5 2 2	 10% 16.6% 6.6% 6.6%	 1 6 4 3	 3.3% 20% 13.3% 10%	3.1013	0.0782	3	S
7	**Family Income**										

	a)Less than 10,000 b)10,000 to 20,000 c)20,000 to 30,000 d)More than 30,000	1 2 0 1	3.3% 6.6% 0 3.3%	2 4 5 1	6.6% 13.3% 16.6% 3.3%	5 2 4 3	16.6% 6.6% 13.3% 10%	5.3166	0.0211	3	S
8	**Religion** a)Hindu b)Muslim c)Christian d)Other	 2 1 1 0	 6.6% 3.3% 3.3% 0	 54 2 1	 16.6% 13.3% 6.6% 3.3%	 6 1 5 2	 20% 3.3% 16.6% 6.6%	4.8	0.027	3	S

*P<0.05, significant and **P<0.01 & ***P<0.001, Highly significant. Showed that there was significant associated between Level of Knowledge and level of attitude at p< 0.01 level. Hence research hypothesis H1 was accepted.

DISCUSSION:

Data analysis shows that frequency and percentage distribution of demographic variables among Adolescent girls based on demographic variables. This table consists of Age, Gender, Family, Place of residence, Occupation of father, Monthly income, source of information.

Data analysis shows that percentage distribution of adolescent girls s according to their level of knowledge . 2(2.3%) were belong to adequate and38(62.1%) were belongs to Inadequate .

Frequency and percentage distribution level of Practice among Stress Management.

Data analysis shows that percentage distribution of adolescent girls according to their level of practice .3(5%) were belong to unfavorable attitude and37(61.6%) were belong to Moderately Positive attitude .

The finding showed that there was significant associated between Level of Knowledge and level of practice at p< 0.01 level. Hence research hypothesis H1 was accepted.

The finding showed that there was significant associated between Level of Knowledge and selected Demographic variables, gender and place of residence at p<0.05 level, Hence research hypothesis H2 was partially accepted.

Therefore the finding of study as considerable implication on nursing practice, nursing education ,nursing administration, nursing research, recommendation.

The Adolescent girls can practice of using stress management in the]community practice this helps them in developing hand on skits nursing education.

Nurse educator can train and encourage the adolescent girls to practice of stress management in community area ,this study can practicing the nurse educator conduct knowledge and practice of stress management.

The nurse administer can take step to conduct training classes regarding stress management. The study help nurse educator to assess knowledge and practice regarding stress management among adolescent girls 30

The finding of the study sever as basis for the community area and the adolescent girls to conduct further studies in different aspects of stress management . The nursing researcher can do various studies to find out the uses of stress management.

This research recommends the following things:

- Studies can be including more number of variable.
- Similar studies can be conducted on large samples so it could be generalized.
- Nurse researcher can conduct experiments study on stress management.

REFERENCES:

1.Bond m (1988) Stress and self awareness : a guide for nurses , Heimenn. Pgno,32

2.Bradeley D. (2000) Hyper ventilation syndrome, Kyle cathie Ltd, publishesrs, pg no.54

3.Chaitow I,.Brookes D Gilbert , (2002) Multidisciplinary approaches to breathing pattern disorders churchill livingstone.pg no.87

4.Copper C.L ,. Cooper R.D ,.Eaker L H (1987) Living with stress Penguin for the stress and stress management pg no. 45

5.Edwards M (2000) Stress management for the adolescent and elderly, a self help manual acorn publlishing, pg no. 199

6.Handling stress (1992) The open university press health and safely handle management in primary sector pg no. 76
7.Palmar and Posen M (1995) Managing stress principles and strategies for health and well being , 2nd edition ,jones and bartett publishers, pg no. 87
8.Lehrar (1997) , Enright S.J anxiety, depression , a practical workbook winslow press, stress management pg no. 345
9.Steinmetz .M (1998) stress management and stress development of the adolescent ; patient, jeveet publisher pg no. 45
10.Dang .R and Gupta. R (1994) AA study to role stress behaviour pattern and gender among teachers, Journal of indian academy of applied psychology 20(2) pg no,183-188
11.Kinmen , G (2001) pressure points ; a review of research on stressors and strains in UK academics , Educational pyschology 21pg no. 474-492
12.Haybord , R (1993) Teacher stress in the primary school an identification and description of certified teachers retrieved from the management , 54(6) pg no. 546-658
13.L A Friedson (2000) An analysis of the occupational stress factor identified by certified teachers.Retrieved professionals performance , Journal of clinical psychology, pg no. 56
14.Robbins .,S.P (2001) Organizational stress and adolescent stress ,job description ,ed New Jersey prentice hall, pg no. 776
15.Saira , D (2005) Ahmad samina malik, job description of stress and stress management of adolesccent , jewertu publishers 3rd edition , pg no. 889
16.Prasad ,. S,N (1990) Mental health of teachers and job description of secondary and primary school student , and relation to their mental health and well being ,menns publisher pg no,765
17. Michein .,N (2007) poor mental health associated with job description among school students , journal of educational studies.pg no. 400
18.Dang .R and Gupta. R (1994) AA study to role stress behaviour pattern and gender among teachers, Journal of indian academy of applied psychology 20(2) pg no,183-188
19.Kinmen , G (2001) pressure points ; a review of research on stressors and strains in UK academics , Educational pyschology 21(4) pg no. 474-492
20.Haybord , R (1993) Teacher stress in the primary school an identification and description of certified teachers retrieved from the management , 54(6) pg no. 546-658
21.L A Friedson (2000) An analysis of the occupational stress factor identified by certified teachers.Retrieved professionals performance , Journal of clinical psychology, pg no.
22.Robbins .,S.P (2001) Organizational stress and adolescent stress ,job description ,ed New Jersey prentice hall, pg no. 776
23.Palmar and Posen M (1995) Managing stress principles and strategies for health and well being , 2nd edition ,jones and bartett publishers,
pg no. 87
24.Lehrar (1997) , Enright S.J anxiety, depression , a practical workbook winslow press, stress management pg no. 345
25. Steinmetz .M (1998) stress management and stress development of the adolescent ; patient, jeveet publisher pg no. 45