



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING ACNE AMONG ADOLESCENT STUDENTS OF CASET EXPERIMENTAL HIGHER SECONDARY SCHOOL, SRINAGAR, KASHMIR: A PRE-EXPERIMENTAL STUDY.

¹Insha Rasool, ²Syed Shahid Siraj,

^{1,2}Tutor,

^{1,2} Department of Health Sciences,

^{1,2}Islamic University of Science & Technology, Awantipora Kashmir, India.

Abstract: The study was conducted with an aim to improve the knowledge of adolescent students regarding acne, to promote health and to encourage them to establish healthy patterns of behavior that will influence their health and psychological wellbeing.

A pre-experimental one group pre test and post-test design was used for the study in order to evaluate the effectiveness of structured teaching programme on knowledge regarding acne among adolescent students at Caset Experimental Higher Secondary School Srinagar, Kashmir. Simple random sampling technique was used for selection of 60 students from accessible population. The prepared tool (structured knowledge questionnaire) and intervention (structured teaching programme) was validated by a panel of experts. Pre-testing of the tool and Intervention was done to check them for the clarity and feasibility. Pilot study was conducted on adolescent girls other than the study sample to assess the feasibility of the study. The main study was conducted from 14th March to 28th April. Pre-test was done on a group of 30 students on 17-03-2018 and 29-03-2018 by administering structured questionnaire followed by structured teaching programme on the same day and on day 7th post-test was conducted by using same questionnaire. The data collected was analyzed by using descriptive and inferential statistics.

RESULTS

The knowledge level of study subjects regarding acne showed that in pre-test maximum number of the study subjects (66%) had moderate knowledge and 33% of study subjects had inadequate knowledge. None of the study subjects was found to have adequate knowledge regarding acne. Where as in post-test majority of the study subjects (97%) % had adequate knowledge and least number of study subjects (3%) had moderate knowledge regarding acne. None of the study subjects was found to have inadequate knowledge regarding acne. The mean post-test knowledge score (42.033 ± 4.63) of the study subjects regarding acne is significantly higher than that of the mean pre-test knowledge score (21.81 ± 2.06) at 0.05 level of significance. This indicates that structured teaching programme was effective in enhancing the knowledge of adolescent students regarding acne. There was a significant association between pre-test knowledge score and the selected demographic variables like gender, academic qualification, education of parents and source of information. However no significant association was found between pre-test knowledge score of study subjects and the selected demographic variables like, any previous medical care received for acne and total monthly family income.