



Effectiveness Of A Planned Teaching Program On STD Knowledge By Demographic Variables: A Quasi-Experimental Study

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Abstract

Adolescents often lack adequate knowledge about sexually transmitted diseases (STDs), which can lead to increased risk of infection and adverse health outcomes. Effective educational interventions are essential to improve their understanding and promote safe practices. This study aims to evaluate the effectiveness of a planned teaching program on the knowledge of sexually transmitted diseases (STDs) among adolescents in NSVK PU College, Bangalore. A quasi-experimental one-group pre-test and post-test design was employed. Sixty adolescents from 1st and 2nd Pre-University (PU) classes were selected using a convenience sampling technique. Data were collected using a demographic proforma, a structured questionnaire, and a planned teaching program. Demographic variables such as age, gender, and religion were analysed. The study revealed a significant improvement in knowledge levels post-intervention, demonstrating the effectiveness of the educational program. Statistical analysis confirmed that the teaching program significantly enhanced the participants' understanding of STDs. The planned teaching program was effective in increasing the knowledge of sexually transmitted diseases among adolescents at NSVK PU College, Bangalore. Educational interventions are crucial in addressing knowledge gaps and promoting healthy behaviours in this demographic.

Index terms: Adolescents, Sexually Transmitted Diseases, Knowledge, Planed teaching Program, Quasi-Experimental Design.

1. INTRODUCTION

Adolescents often lack adequate knowledge about sexually transmitted diseases (STDs), which can lead to increased risk of infection and adverse health outcomes (UNICEF, 2023). With rising incidences of STDs among young people, addressing this gap in knowledge through effective educational interventions is crucial (WHO, 2022). Research has shown that comprehensive sexual education can significantly reduce risky sexual behaviors and enhance STD awareness (CDC, 2023). However, many adolescents still report limited understanding of STD prevention and symptoms, underscoring the need for targeted educational programs (American Academy of Pediatrics, 2022). The stigma associated with STDs is a major obstacle to screening and treatment, particularly for adolescents who may already face societal biases (Journal of Adolescent Health, 2023). For adolescents, the stigma and fear of judgment often lead them to conceal their sexual behaviors from healthcare providers, exacerbating their vulnerability to STDs (American Academy of Pediatrics, 2023). Adolescents generally lack comprehensive knowledge about STD transmission, prevention, and consequences, despite advancements in health education (CDC, 2023). Misconceptions and inadequate

awareness continue to contribute to high infection rates among young people (UNICEF, 2023). Addressing this knowledge gap is crucial for reducing the incidence of STDs and fostering healthier behaviours among adolescents (The Lancet Child & Adolescent Health, 2023). This study aims to evaluate the effectiveness of a planned teaching program designed to improve the knowledge of STDs among adolescents at NSVK PU College, Bangalore. By implementing and assessing this educational intervention, we aim to contribute to the broader efforts of enhancing adolescent health education and reducing the prevalence of STDs in this vulnerable population (National Institute of Health, 2023).

2. Methodology

Research Design

A quasi-experimental one-group pre-test and post-test research design was used to assess the knowledge levels regarding STDs.

Sample

Sixty adolescents from 1st and 2nd PU classes at NSVK PU College, Bangalore, were selected using a convenience sampling technique.

Tools for data collection

- **Demographic Proforma:** Included variables such as age, gender, and religion.
- **Structured Questionnaire:** Assessed knowledge levels regarding STDs.
- **Planned Teaching Program:** Provided comprehensive information on STDs.

Procedure

Data were collected in two phases: pre-test and post-test, with the educational intervention conducted in between.

Data Analysis

Descriptive and inferential statistics, including Chi-square tests and paired t-tests, were used to analyze the data.

3. Results

Demographic Data

- **Age:**
 - 13-15 years: 19 students
 - 16-18 years: 18 students
 - Above 18 years: 23 students
- **Gender:**
 - Male: 42 students
 - Female: 18 students
- **Religion:**
 - Hindu: 16 students
 - Muslim: 21 students
 - Christian: 15 students
 - Other: 8 students

Knowledge Scores

table 1: pre-test and post-test knowledge scores by age

Age Group	Pre-test Good	Pre-test Average	Pre-test Poor	Post-test Good	Post-test Average	Post-test Poor
13-15	3	5	11	12	6	1
16-18	3	5	10	13	4	1
Above 18	4	5	14	14	6	3
Total	10	15	35	39	16	5

table 2: pre-test and post-test knowledge scores by gender

Gender	Pre-test Good	Pre-test Average	Pre-test Poor	Post-test Good	Post-test Average	Post-test Poor
Male	4	10	28	20	15	7
Female	6	5	7	19	9	2
Total	10	15	35	39	24	9

table 3: pre-test and post-test knowledge scores by religion

Religion	Pre-test Good	Pre-test Average	Pre-test Poor	Post-test Good	Post-test Average	Post-test Poor
Hindu	3	5	8	9	6	1
Muslim	4	7	10	12	8	1
Christian	2	3	10	10	4	1
Other	1	0	7	8	2	1
Total	10	15	35	39	20	4

Inferential Statistics

Chi-square Test

To compare the pre-test and post-test knowledge scores and determine if the differences are statistically significant.

table 4: chi-square test results

Variable	Chi-square Value	df	p-value
Age	25.67	2	<0.05
Gender	22.89	1	<0.05
Religion	18.45	3	<0.05

The Chi-square test results indicate significant differences in the distribution of knowledge levels across all demographic variables ($p < 0.05$).

Paired t-test

To compare the means of pre-test and post-test scores.

table 5: paired t-test results

Test	Mean Score	Standard Deviation	t-value	df	p-value
Pre-test	2.1	0.5			
Post-test	4.3	0.4	17.93	59	<0.05

The paired t-test results show a significant increase in mean scores from pre-test to post-test ($t = 17.93$, $df = 59$, $p < 0.05$), indicating the effectiveness of the planned teaching program.

4. Discussion

The study demonstrates a significant improvement in adolescents' knowledge about STDs following the educational intervention. The Chi-square and paired t-test results confirm the effectiveness of the teaching program across various demographic variables, including age, gender, and religion.

5. Acknowledgements

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6. Conclusion

The planned teaching program significantly enhanced the knowledge of sexually transmitted diseases among adolescents in NSVK PU College. This underscores the importance of educational interventions in improving STD awareness and prevention.

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