

A study for Reproductive health awareness Day

*Ms.Kanchan RameshKumbhar
Nursing Tutor, M.SC.Nursing
T.M.V,Gultekdi,Pune-17*

Keywords: Reproductive Health, Knowledge, Awareness, Foeticide, Obstetrics, Gynecology,

Introduction:

Reproductive Health "...is a state of complete, physical, mental and social well-being and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes.¹

Reproductive health awareness day is organized to increase awareness about reproductive health (SRH). Sexual health is a broad area that comprises many challenges which is interrelated with each other problems. Issues and concerns are related to human rights about Reproductive health, Early age marriage, Child birth in early age, Female foeticide, sexually transmitted diseases (HIV/AIDS, STIs, RTIs), Guidance and Counseling about reproductive age group, New technologies in Obstetrics and gynecology.²

Reproductive health is a relatively upcoming concept which is new for everyone which recognizes that especially for a young girls which girls are coming under the adolescents periods and adult age group, reproductive health needs before marriage and also after marriage in child bearing periods and after child bearing periods also very important and necessary to have knowledge regarding reproductive health. The present generation health effect is overcoming in next generation and that are very crucial importance for social economic development. Reproductive health need of young generation especially for young age girls and women includes need for reproductive health care, family planning, HIV/AIDS information, unwanted pregnancy, early marriage, early pregnancy, sexually transmitted diseases (STD's), safe abortion and safe motherhood.

In India, recently arrange programs for school going adolescents have focused on information, education and communication with a limited focus on provision of counseling clinically services on reproductive health. Educational programmes can increase awareness about reproductive health but this awareness may not always translate into appropriate help seeking behavior by adolescents. Half and limited knowledge about reproductive health issues makes young girls affect on their reproductive health, vulnerable diseases including infections HIV/AIDS/STD, substance abuse, sexual violence and exploitation. In this article we briefly focus on various aspects of reproductive health.³

The total fertility rate is 2.2(2015-2016) and has reached replacement level in 18 of its 29 states.⁴

Objectives Of The Reproductive Health Awareness Day:

- 1.To assess the awareness regarding reproductive health among the students.
- 2.To assess the effectiveness of programme on knowledge regarding reproductive health among students.
- 3.To find out the association between pre-test and post-test knowledge scores.

Methodology:

The research approach adopted in this study is evaluative approach and research design is Pre-experimental one group pre-test post-test design. The sample were selected by non probability purposive sampling technique. Sample size was 207 students were taken who have age group between 19 to 25 yrs of age.

In 2006, women aged 15-19 years had heard of an average of four modern contraceptive methods. Some 39% of 15-24 years old women were that condom use reduces HIV risk, and 49% knew that having one uninfected partner also reduces risk. However, just 20% were had comprehensive knowledge of HIV/AIDS, defined as knowing about to HIV- prevention methods, additionally to knowing that a healthy persons can also be HIV Positive and being able to reject two common misconceptions about HIV transmission. Research conducted (Shelke M.S. 2016) study to assess knowledge and create awareness findings indicate that the importance of sociological aspects towards community especially women in rural area is important. The researcher assessed health problems their existing knowledge and practices regarding reproductive health problem and created awareness by giving health education so that through community participation we can adopt measures to prevent and control reproductive tract infections and promote and restore their reproductive health.⁵

The proportion who had comprehensive knowledge was twice as high in urban areas as in rural areas (33% vs. 14%), and 11 times as high among the healthiest young women as among the poorest (45% vs.4%)⁴Majority of adolescents still do not have access to information and education on sexuality, reproduction, and sexual and reproductive health and rights, nor do they have access to preventive and curative service.⁶

The program were organized on the date 12th February 2021 in the Tilak Maharashtra Vidyapeeth Institute Of Nursing Education and Research following approval from the institutional ethics committee and follow the guidelines of institutional programs total 207 students were participated for this program age between 19-25 years of age.

The program subjects were a questionnaire to gauge level of knowledge regarding Reproductive Health including of demographic profile, 10 true or false questions, 20 multiple choice questions, and 5 opinion based questions. Also students were participated in the poster competition on the theme “Youth friendly care It’s your Right”.

Pre-Test And Post- Test were given to students to assess their knowledge level. The program cover the topic on Early age marriage, Child birth in early age, rights about Reproductive health, sexually transmitted diseases (HIV/AIDS, STIs, RTIs), Spacing and gapping in child birth, Child birth in early age, Female foeticide, Guidance and Counseling about reproductive age group, New technologies in Obstetrics and gynecology.

The findings were concluded that in pre-test there was 40% have knowledge regarding awareness of reproductive health, After the program given the post-test the findings shows that students were increased their knowledge level i.e 80% they have knowledge scores. At the end question and answer session was done, students were satisfied about clarify their doubts and Program ends with vote of thanks.

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Maharatta