

عنوان مقاله:

Effect of Jigsaw Technique on the Education of Menstrual Self-care Behaviour to Female Adolescents

محل انتشار:

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خلاصه مقاله:

Background: It is essential to keep the reproductive organs and surrounding areas hygienic during menstruation to prevent health issues. Inadequate menstrual self-care knowledge, poor attitudes, and behavior among female adolescents can lead to increased morbidity and other complications among them, such as reproductive tract infections. Aim: This study aimed to investigate the effect of the jigsaw technique on menstrual self-care knowledge, attitude, and behavior among adolescents. Method: This quasi-experimental research was performed on 100 female students who were divided into control (n=50) and intervention (n=50) groups (jigsaw intervention) in Al-Musaddadiyah boarding school in Garut, in 2016. The jigsaw technique was performed by dividing the students into small groups of 5-6 where students worked together using interdependent and responsible independent methods to receive education on menstrual self-care. The required data were collected using a questionnaire about knowledge, attitude, and behavior and they were analyzed using independent and paired t-test. A p-value of less than 0.05 was considered statistically significant. Results: Based on the results, mean difference of the intervention group before and after the intervention regarding the level of knowledge, attitude, and behavior were -7.08 (P=0.001), -11.54 (P=0.001), and -16.62 (P=0.001), respectively. While the mean difference of the control group, before and after the intervention regarding the level of knowledge, attitude, and behavior were -0.240 (P=0.06), -0.180 (P=0.37), -3.4 (p=0.21), respectively. Implications for Practice: The jigsaw method could be effective in increasing menstrual self-care knowledge, attitude, and behavior among female adolescents.

کلمات کلیدی:

Adolescents, Educational, Jigsaw technique, Menstrual Self-care

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