

“Knowledge and Self Reported Practices Regarding Prevention of Urinary Tract Infection among Adolescents Girls in Selected College of Mangaluru””

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Abstract

BACKGROUND OF THE STUDY: Urinary tract infection is the major public health problem in terms of morbidity and financial cost and in cures the highest total health care cost among urological disease. The urinary tract infection is an infection in any part of the urinary system. One of the most common bacterial infections amongst in adolescents and prevalence of infection depends largely on age and gender. Female are most at the risk of urinary tract infection. **OBJECTIVE:** To assess knowledge and self-reported practices regarding prevention of urinary tract infection. **METHOD AND MATERIAL:** A quantitative research approach with non- experimental descriptive study was adopted in this study. The Stratified random sampling technique was used to select the subject for the study. Data collected from 100 subjects were analyzed by descriptive and inferential statistics using SPSS version 22.

RESULT: Among the selected subjects 44% of subjects have good knowledge regarding prevention of UTI and 58% of the subjects had a favourable practice regarding prevention of urinary tract infection.

CONCLUSION: This study indicates that majority subjects have a good knowledge and less number of subjects have a poor knowledge regarding prevention of urinary tract infection and also majority of the subjects have a favourable practice and no one has unfavourable practice regarding prevention of UTI.

Keywords: Knowledge, Practice, Adolescent girls, Urinary Tract Infection, Prevention

INTRODUCTION

Urinary tract infection is the one of the major problem in developing countries. It is very common in females especially in the adolescent girls. Mainly because of changes in the hormones and it is also associated with poor intake of water, infrequent voiding, poor menstrual hygiene and anatomical defect.^[1] Urinary tract infection is a unique infection that can happen any way along the urinary tract. The urinary tract includes the: bladder, kidney, ureter, and urethra. Urinary tract infections are caused by the presence of bacteria in the urine, although fungi and viruses could be involve.^[2] Adolescent is an extremely enthusiastic, energetic, joyous and fun-loving period. But the beauty of this phase is marked by emotions, myths, insecurities, apprehensions, misbelieves etc. which are the direct result of lack of information and knowledge. This is the crucial period in the adolescent life because alteration in the physical and physiological function take place in the body. In this stage of their life adolescent should take care them self in various aspects like personal hygiene, nutrition, exercise and periodic health check-up.^[3] Urinary tract infection is well known entity among female and female children, occurring in more than in male. Significantly this health problem is contributing to the overall morbidity of female in all ages of their life. The commonest presenting complaints in Urinary Tract Infection in adolescent girls is dysuria and coupled with an initial reaction of fear /apprehension at menarche in majority of girls there would be a general false believes of causes of and its prevention.^[4] Some studies found that 32.3% had recurrent urinary tract infection, 19.5% sample have adequate knowledge about urinary tract infection, 42% have moderate knowledge and 35.5% have poor knowledge.^[5] Study conducted among adolescent girls found that they attend the gynecology OPD. Among these adolescent girls, 9% of them have urinary tract infection and out of these 9 %, 20% of nursing students are having urinary tract infection and high prevalence of urinary tract infection in 17-20 year of age.^[5] Urinary tract infections is a common diseases affecting all age group from new born to old age. Uncomplicated urinary tract infection is more prevalent among adolescent girls. The main symptoms of urinary tract infection are fever, dysuria, urgency and supra pubic pressure or discomfort and flank pain and chills.^[6] The main causes of urinary tract infection is infrequent bladder emptying (72%), inadequate water intake (40%), poor menstrual hygiene (32%), poor perineal washing (32%), vaginal discharge (28%), poor nutrition (12%) and pregnancy (20%).^[6] Urinary Tract Infection is very common among adolescent girls, which causes discomfort and drop out from school.^[1] Good mental and physical health is essential in adult hood, then only we could able to prevent the morbidity in latent life by means affect millions of people each years the fact attached to urinary tract infection is the tendency to develop an infection again and again.^[2]

OBJECTIVES

- To assess the knowledge among adolescent girls regarding prevention of urinary tract infection.
- To assess the self- reported practice of adolescent girls regarding prevention of urinary tract infection.
- To find the association between knowledge and self-reported practice score regarding prevention of urinary tract infection among adolescent girls with selected demographic variables.

METHODOLOGY

Study setting

The Study was conducted in constituent colleges of Yenepoya (Deemed to be university) at Deralakatte, Mangaluru.

Study population

In this study, population comprised of the adolescent girls who fulfils inclusion criteria.

Research Design

A non- experimental descriptive design was used in this study

Sample

The Study was conducted among the adolescent girls in constituent colleges of Yenepoya (Deemed to be University) Deralakatte, Mangaluru.

Sample size

100 adolescent girls in constituent college of Yenepoya (Deemed to be University) Deralakatte, Mangaluru.

Sampling technique

Stratified random sampling technique was used in this study.

Data Collection tool

The investigator used demographic proforma, structured knowledge questionnaire on prevention of urinary tract infection and rating scale on self-reported practices.

ETHICAL CLEARANCE:

An ethical clearance was obtained for the study from the ethical committee of the Yenepoya (Deemed to be University), Mangaluru .Informed consent was taken from participants before the study and informed about the purpose of the study.

RESULT:

Distribution of subject according to their level of knowledge

In the present study it was found that , 44% of subjects have good knowledge and followed by 10% of subjects have very good knowledge, 29% subjects were have average knowledge and 17% of subjects were have poor knowledge. The mean percentage of overall level of knowledge was 64.7%.

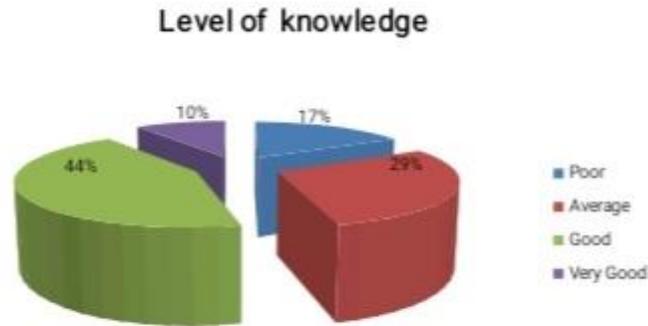


Figure 1: Pie diagram showing the percentage distribution of subjects according to their level of knowledge distribution of subjects according to their level of self-reported practice.

Findings of the study revealed that majority (58%) of the subjects had a favorable practices ,followed by 42% of subjects had neutral practice and no one had unfavorable practice regarding prevention UTI, the mean percentage of overall level of self-reported practice was 73.68%.

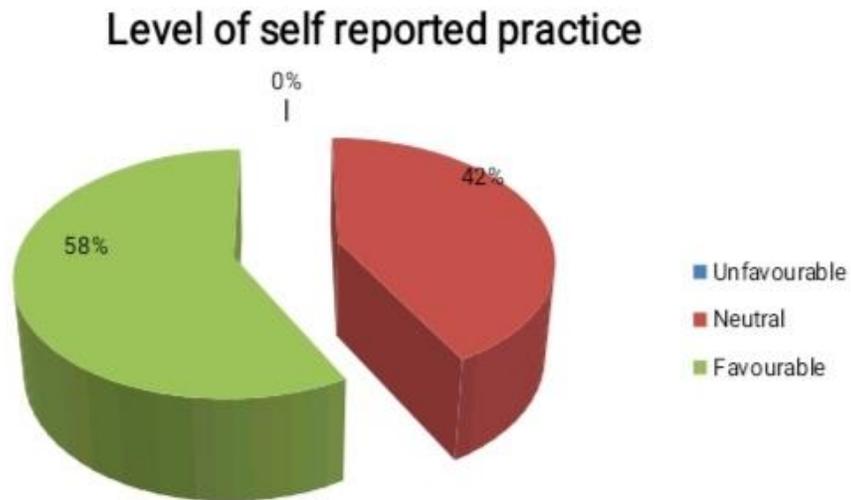


Figure 2: Pie diagram showing the percentage distribution of subject according to their level of self-reported practice

Table 2: Mean, median, mean percentage, standard deviation of knowledge score

n=100

Max. possible score	Min. score obtained	Max. score obtained	Mean	Median	Mean %	Standard deviation
20	1	17	10.320	11.00	60.70%	4.211

Table 2: Mean , Median ,Mean percentage and Standard deviation of self reported practice score. n =100

Max. Possible Score	Min. score obtained	Max. score obtained	Mean	Median	Mean %	Standard deviation
57	20	57	40.0	42.0	70.17%	8.999

Finding of the study revealed that there is a significant association between knowledge scores and demographic variables, age $\chi^2 = .002$, course of the study $\chi^2 = .000$ and income $\chi^2 = .024$ and Hence the research hypothesis is accepted for the same variables and rejected for others. Finding of the study revealed that there is significant association between self reported practices and demographic variables, age $\chi^2 = .018$ and course of the study $\chi^2 = .000$, no significant association with other demographic variables. Hence the research hypothesis is accepted for the same variables and rejected.

CONCLUSION: This study indicate that majority have a good knowledge regarding UTI but 17 % subjects have a poor knowledge regarding UTI and majority of subject have a favourable practice regarding prevention of urinary tract infection .Further, there is a need to increase awareness about knowledge regarding UTI and importance of favorable practice to prevent the UTI.

Recommendations

Urinary tract infection is a trivialized matter by the society which requires great concern and attention. Knowledge and good perineal hygiene practices among adolescent girls may help to reduce the incidence, or at least the severity of the condition by seeking early treatment, thereby improving the quality of life.

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Conflicts of interest: There are no conflicts of interest

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