

## DESIGNING OF FLIPBOOK ON HYGIENE DURING MENSTRUATION AND ITS EVALUATION BY EXPERTS

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**Abstract:** The present study was planned to design flipbook on hygiene during menstruation and its evaluation by experts. As per the objective, gathered subject matter information and flipbook was developed by investigator herself with the help of computer. The flipbook was given to ten experts for evaluation, who were gynecologist, extension educationist and nutritionist. The developed flipbook was evaluated using five point continuum of excellent, very good, good, fair and poor with scores 5, 4, 3, 2 and 1 respectively. Results revealed that the mean scores of the flipbook ranged between 4.24 to 4.35 out of maximum score 5, which indicate that flipbook was judged very good for all the criteria.

**Keywords:** Flipbook, Hygiene and Menstruation.

### INTRODUCTION

"Women only are the guardian angels of female health". Girls begin to have a growth spurt around the age of 10-13 years. The female typically begins breast development in her 10th year, experiences considerable genital growth in her 11th year and begins to menstruate from her 12<sup>th</sup> year. This growth process continues for approximately 3 years during which all secondary sexual characteristics emerge. Sexual development due to the influence of hormones is the major change in adolescence. Menstruation is the first significant milestone in the reproductive history of a woman's life. It is a phenomenon unique to the females, and menarche is an important land mark in the process of growth and maturation. However the women and girls are lacking in right knowledge. They need to be educated about the facts of menstruation and its physiological implications. Also they should be educated about the significance of menstruation and development of secondary sexual characteristics, selection of a sanitary menstrual absorbent its proper disposal, problems related to menstruation and impact of poor menstrual hygiene on reproductive health. This can be achieved through educational programmes, health personnel and educate through flip chart, flash cards etc. Therefore, the present study was planned to designing of flipbook on hygiene during menstruation and its evaluation by experts.

## RESEARCH METHODOLOGY

For developing flip book on “Hygiene during Menstruation” in- depth literature was reviewed and detailed content was gathered. After gathering subject matter information, the investigator selected key messages. Initially a story board was developed on selected aspects and checked by the experts. Script describing the pictures was written on the back side of the previous flip to make it easier to explain the illustrations thereafter flips were bound together to make a complete flipbook. The flipbook was given to ten experts for evaluation, who were gynecologist, extension educationist and nutritionist. For this, a tool was prepared covering six criteria i.e. clarity of visuals, subject matter, colour combination, organization and continuity, appropriateness of size and over all presentation. The developed flipbook was evaluated using five point continuum of excellent, very good, good, fair and poor with scores 5, 4, 3, 2 and 1 respectively.

## RESULT AND DISCUSSION

- **Designing of flipbook:**

1. Gathering subject matter information
2. Deciding key messages of hygiene during menstruation
3. Preparation of flipbook

As per the objective, a flipbook on “Hygiene during Menstruation” was developed by investigator herself with the help of computer.

- **Evaluation of flipbook by panel of experts:**

For evaluation, the developed educational flipbook was given to a panel of ten experts i.e. 5 Extension educationists, 3 gynecologists and 2 nutritionist. Experts evaluated it on a five point rating scale i.e. “Excellent” to “Poor”.

### Overall evaluation of flipbook

Data presented in Table 1 reveal that the mean scores of the flipbook ranged between 4.24 to 4.35 out of maximum score 5, which indicate that flipbook was judged very good for all the criteria.

**Table 1: Overall evaluation of flipbook by experts (n=10)**

| S.No. | Criteria                    | Mean scores |
|-------|-----------------------------|-------------|
| 1     | Clarity of Visuals          | 4.29        |
| 2     | Subject matter              | 4.3         |
| 3     | Organization and Continuity | 4.24        |

|   |                         |      |
|---|-------------------------|------|
| 4 | Color combination       | 4.35 |
| 5 | Appropriateness of Size | 4.29 |
| 6 | Over all presentation   | 4.30 |

The results are in line with findings of Jain (2017) who in a study on development and field testing of flipbook on 'vegetable in diet' for rural women concluded that the flipbook was rated as good to excellent by the experts for different aspects like clarity of visuals, subject matter, organization and continuity, colour combination, appropriateness of size and over all presentation.

### Component wise evaluation of flipbook

Component wise evaluation of different aspects of flip book by experts shown in Table 2 indicate that all the aspects of flip book were rated very good by experts in terms of clarity of visuals, subject matter, organization and continuity, colour combination, appropriateness of size and over all presentation. The mean scores ranged between 4 to 4.6 in all the components.

**Table 2: Component wise evaluation of different aspects of flip book by experts**

| S. No | Different aspects of flipbook                          | Clarity of Visuals | Subject Matter | Organization and Continuity | Colour Combination | Appropriateness of Size | Overall Presentation |
|-------|--|--------------------|----------------|-----------------------------|--------------------|-------------------------|----------------------|
| 1.    | Introduction   | 4                  | 4.2            | 4.1                         | 4.4                | 4.3                     | 4.2                  |
| 2.    | Concept of menstruation and menstruation cycle         | 4.7                | 4.3            | 4.3                         | 4.6                | 4.5                     | 4.48                 |
| 3.    | Managing menstruation                                  | 4                  | 4.1            | 4.2                         | 4.1                | 4                       | 4.08                 |
| 4.    | Use of clean cloth                                     | 4                  | 4.2            | 4.1                         | 4.1                | 4.2                     | 4.12                 |
| 5.    | Use of Sanitary pad and napkin                         | 4.2                | 4.3            | 4.4                         | 4.3                | 4.3                     | 4.3                  |
| 6.    | Advantages of sanitary napkin                          | 4.5                | 4.6            | 4.2                         | 4.4                | 4.3                     | 4.4                  |
| 7.    | Availability of vending machine in schools and college | 4.6                | 4.4            | 4.3                         | 4.5                | 4.5                     | 4.46                 |

|     |  |     |     |     |     |     |      |
|-----|--|-----|-----|-----|-----|-----|------|
| 8.  | Hygiene during menstruation                                    | 4.5 | 4.7 | 4.5 | 4.5 | 4.6 | 4.56 |
| 9.  | Disposal of sanitary napkin                                    | 4.1 | 4.1 | 4.1 | 4.5 | 4.2 | 4.2  |
| 10. | Problems during menstruation                                   | 4.1 | 4.3 | 4.3 | 4.2 | 4.2 | 4.22 |
| 11. | Coping with stress and discomfort through using hot water bag  | 4.2 | 4   | 4   | 4.1 | 4.2 | 4.1  |
| 12. | Coping with stress and discomfort through exercise and massage | 4.7 | 4.6 | 4.7 | 4.2 | 4.5 | 4.54 |
| 13. | Nutrition during menstruation                                  | 4.4 | 4.3 | 4.1 | 4.6 | 4.2 | 4.32 |
| 14. | Precautions during menstruation                                | 4   | 4.1 | 4   | 4.4 | 4   | 4.1  |

The component 'hygiene during menstruation' was rated as very good by the experts with highest mean score of 4.56 followed by 'coping with stress and discomfort through exercise and massage (4.54)', 'concept of menstruation and menstruation cycle (4.48)', 'availability of vending machine in schools and college (4.46)', 'advantages of sanitary napkin (4.4)', nutrition during menstruation (4.32) and use of sanitary pad and napkin (4.3). In three components of flipbook i.e. 'introduction', 'disposal of sanitary napkin' and 'problems during menstruation' the mean scores were found to be 4.2 to 4.22 followed by use of clean cloth (4.12), coping with stress and discomfort through using hot water bag and precautions during menstruation (4.1) and managing menstruation (4.08). The results are in conformity with Randhawa and Gujjar (2006) reported that the majority of the judges rated all the instructional materials contained in the media mix package / kit i.e. booklet, model, and photographs and synchronized slides as highly effective. The overall mean scores of different attributes of booklet, model, photographs, slides and audio commentary on fuel conservation technologies were 2.94, 2.92, 2.90, 2.95 and 2.95 respectively out of 3.00. Similarly Sharma

(2009) revealed that the flipbook rated good by experts in terms of clarity of visuals, subject matter, organization and continuity, colour combination, appropriateness of size and overall presentation. The mean score ranged between 2.5 to 3 in all the components.

### **CONCLUSION**

Overall it could be concluded the flipbook was rated as very good by all the experts and flipbook can be utilized by the various government and non government functionaries to generate awareness among rural and tribal women and it can be also used by the welfare organization as a ready reference to aware the rural women about the hygiene during menstruation.

### **REFERENCES**

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