

# A descriptive study to assess the knowledge on early puberty among mothers of girl children at pooncheri village, Kanchipuram District, Tamil Nadu, India

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## ABSTRACT

*A Descriptive study to assess the Knowledge of mothers on Earlypuberty of girls in a selected village at Kanchipuram District, Tamil Nadu, India.*

*The objectives were to assess the knowledge of mothers on early puberty of girls in a selected village at Kanchipuram district, Tamil Nadu and to find out the association between the level of knowledge with demographic variables. The convenience sampling was used to select 30 mothers of girl children. The data collection tools were validated and reliability was established. The data were collected by self-administered questionnaire. The collected data was Tabulated and Analyzed. Descriptive and Inferential statistical methods were used. The study shows that 70% of the mothers had poor knowledge, 30% of the mothers had moderate knowledge and none of the mothers had adequate knowledge regarding early puberty of girls. There was no significant association between the knowledge and the selected demographic variables.*

**Keywords:** Knowledge, Earlypuberty ,Girls

## Introduction

Puberty is the process of physical changes through which a child's body matures into an adult body capable of sexual reproduction. It is initiated by hormonal signals from the brain to the gonads and ovaries of the girl In India, while the average age of starting menstruation has dropped by a few months to a year over the past two decades, other early signs of maturation like breast development are happening more than a year earlier, largely because of environmental triggers like pesticides, plastics and shampoos found in meat, milk ,pesticides and their by products such as DDE[a breakdown product of DDT] and PCB's[polychlorinated biphenyls] work like oestrogen and cause maturity in girls as young as eight.

### Materials and methods

Qualitative approach with descriptive research design was sued and the study was conducted at Pooncheri village at Kanchipuram District, Tamil Nadu. 30 mothers who have girl children less than eight years of age at Pooncheri village were selected as sample by convenience sampling method. Data on early puberty was collected from the mothers by using self administered questionnaire.

### Analysis of data

Data was analyzed using Descriptive and Inferential statistics.Data were analyzed using computer software MS Excel,The sample's characteristics were reported as percentages. The association was reported by using chisquare.

## Results

Among 30 mothers 43.5% were between the age group 31-40yrs , 33% mother had received secondary education ,70% of mothers were daily workers and 70% Of them had poor knowledge on early puberty whereas 30% had moderate knowledge. And there was no association between the knowledge with selected demographic variables

Table 1: Distribution of knowledge on early puberty among mothers of girl children.

Grade	Frequency	Percentage
Adequate knowledge	0	-
Moderate Knowledge	9	30%
Poor Knowledge	21	70%
TOTAL	30	100%

### **Discussion**

As our study state that mothers in village had poor knowledge on early puberty which is alarming. So researchers were given health talk to the mothers regarding early puberty

### **Conclusion**

The study revealed that the awareness on early puberty and its prevention to be created among rural population

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