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Research Article

Effectiveness of Planned Teaching Program (PTP) on knowledge regarding prevention of Sexually Transmitted Diseases (STD's) among Adolescent students in selected High Schools, Aizawl, Mizoram

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Abstract

Objectives: The purpose of this study is to assess the knowledge regarding prevention of Sexually Transmitted Diseases (STD's) among Adolescent students in selected high schools, Aizawl, Mizoram.

Methods: Evaluative research approach was used in which one group pre-test post-test design was used as a research design. As for the study 100 Adolescent high school students were selected using simple random sampling technique in a selected high school, Aizawl, Mizoram.

Results: The study assessed STD knowledge across different demographics using Chi-square tests, categorizing knowledge into Inadequate (0–7), Average (8–11), and Adequate (>11). A significant association was found between age and knowledge levels ($p = 0.0356$), with older students (17–18 years) showing the highest adequate knowledge, suggesting age and maturity contribute to awareness. However, no significant difference was observed between Class IX and Class X ($p = 0.8482$), indicating grade level alone does not influence knowledge. However, family structure showed significant effect ($p = 0.0023$) on the knowledge. Prior knowledge did not significantly impact post-intervention results ($p = 0.2165$), highlighting the effectiveness of structured education over informal sources. Additionally, the source of STD information (e.g., teachers, family, peer group, mass media) showed significant impact on knowledge levels ($p = 0.0093$), implying source from the teacher was dominant. Overall, age, types of family and sources of information was the factor significantly linked to knowledge.

Conclusion: The study concluded after administering Planned Teaching Program (PTP), there is improvement in knowledge among the Adolescent high school students regarding prevention of Sexually Transmitted Diseases (STD's). Hence, it is statistically interpreted that Planned Teaching Program (PTP) was effective for the improvement of knowledge regarding prevention of Sexually Transmitted Diseases (STD's) among Adolescent high school students.

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KEYWORDS: Effectiveness, planned teaching program (PTP), knowledge, sexually transmitted diseases (STD's), adolescent.

1. INTRODUCTION

Sexually Transmitted Diseases (STDs), also called Sexually Transmitted Infections (STIs), are a major global public health concern, affecting millions annually through sexual contact and leading to both physical and psychological harm. The rise in global travel, changing sexual behaviours, and inadequate prevention awareness contribute to the persistent spread of STDs, especially in low- and middle-income countries with limited healthcare access. STDs are caused by bacteria, viruses, and parasites, and while some are curable, others like HIV/AIDS and Herpes are lifelong conditions with serious consequences. The World Health Organization (WHO) estimates over a million STDs are acquired daily, with long-term effects including infertility, chronic pain, and death. Globally, over 500 million people are infected with herpes simplex virus (HSV), and more than 300 million have human papilloma-virus (HPV), while Chlamydia trachomatis affects 131 million people. High-income countries are also seeing increased STD rates, partly due to unprotected sex and shifting sexual norms. Despite advances in treating certain infections like syphilis and gonorrhoea, others like HIV and HPV continue to pose serious threats. Effective prevention must involve safe sex, vaccination, regular screening, and accessible care. Addressing broader social issues like education and healthcare access is vital to empowering individuals to prevent and manage STD's. ²

STATEMENT OF THE PROBLEM

To assess the effectiveness of Planned Teaching Program (PTP) on knowledge regarding prevention of Sexually Transmitted Diseases (STD's) among Adolescent students in selected High School, Aizawl, Mizoram.

2. OBJECTIVES

1. To assess the pre-test knowledge level regarding prevention of Sexually Transmitted Diseases (STD's) among Adolescent students in selected high school, Aizawl, Mizoram.
2. To assess the post-test knowledge level regarding prevention of Sexually Transmitted Diseases (STD's) among Adolescent students in selected high school, Aizawl, Mizoram.
3. To evaluate the effectiveness of Planned Teaching Program (PTP) on knowledge regarding prevention of Sexually Transmitted Diseases (STD's) among Adolescent students in selected high school, Aizawl, Mizoram.
4. To find out the association between the pre-test level of knowledge regarding prevention of Sexually Transmitted

Diseases (STD's) with selected demographic variables.

HYPOTHESIS

H1: The mean post-test knowledge score of Adolescent high school students is significantly higher than the mean pre-test knowledge scores regarding prevention of Sexually Transmitted Diseases (STD's).

METHODS

Evaluatory research approach was used in which one group pre-test post-test design was used as a research design. 100 Adolescent high school students were selected using simple random sampling technique.

3. RESULTS

The data is analyzed by Karl Pearson's Correlation Coefficient formula (Split-Half method formula).

Table 1: Frequency and percentage distribution of demographic variables (n=100)

Demographic Variables	Frequency (f)	Percentage (%)
Age in years		
13-14	29	29
15-16	62	62
17-18	9	9
Education		
Class IX	59	59
Class X	41	41
Types of Family		
Nuclear	43	43
Joint	46	46
Extended	6	6
Single	5	5
Any previous knowledge of Sexually Transmitted Diseases (STD's)		
Yes	52	52
No	48	48
If yes, specify the source of information regarding Sexually Transmitted Diseases (STD's)		
Teacher	24	46.2
Family	16	30.8
Peer Group	1	1.9
Mass Media	11	21.2

The data in Table 1 reveals that the majority (62%) of adolescent high school students were in the age group of 15–16 years, 59% were in Class IX, 46% came from joint families, 52% had previous knowledge of Sexually Transmitted Diseases (STDs), and 46.2% had received prior knowledge from teachers.

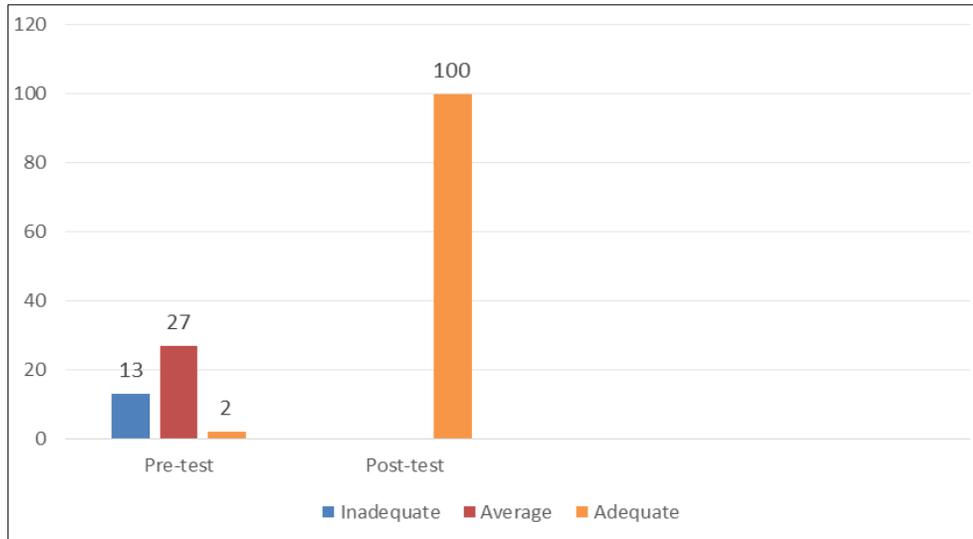


Fig 1: Knowledge score regarding prevention of Sexually Transmitted Diseases (STD's) among Adolescent students in pre-test and post-test.

Data on figure 1 shows that in pre-test, majority i.e 60 (60%) of participants had adequate knowledge, 27 (27%) had average knowledge and 13 (13%) had inadequate knowledge whereas in

post-test, all the participants i.e 100 (100%) had adequate knowledge regarding prevention of Sexually Transmitted Diseases (STD's).

Table 2: Effectiveness of planned teaching program (PTP) on knowledge of adolescent high school students regarding prevention of Sexually Transmitted Diseases (STD's). (n=100)

Knowledge	Score Range	Mean	Standard Deviation (S.D)	Mean Difference	t-value	d.f	p- value	Inference
Pre-test	2-18	12.9	3.684	4.71	14.176	99	1.000	Significant
Post-test	13-20	17.61	1.496					

*p<0.05 level of significance

Table 3: Association between pre-test knowledge and demographic variables. (n=100)

Demographic variables	Knowledge Score			Chi- square	d.f	P- value	Inference
	Inadequate (0-7)	Moderate (8-11)	Adequate (>11)				
Age in years							
13-14	2	6	21	8.0058	4	0.0356	Significant
15-16	11	20	31				
17-18	0	1	8				
Education Status							
Class IX	7	17	35	0.3290	2	0.8482	Not Significant
Class X	6	10	25				
Types of family							
Nuclear	4	13	26	9.2574	6	0.0023	Significant
Joint	7	11	28				
Extended	2	3	1				
Single	0	0	5				
Any previous knowledge of Sexually Transmitted Diseases (STD's)							
Yes	5	16	31	1.5273	2	0.2165	Not Significant
No	8	11	29				
If yes, specify the source of information regarding Sexually Transmitted Diseases (STD's):							
Teacher	1	7	16	6.7646	6	0.0093	Significant
Family	3	5	8				
Peer Group	0	1	0				
Mass Media	0	3	8				

*p<0.05 level of significance

Data on table no. 2 depicts the effectiveness of planned teaching program (PTP) on knowledge of adolescent high school students regarding prevention of Sexually Transmitted

Diseases (STD's). Finding shows that in post-test mean knowledge score was 17.61±1.496 was higher than pre-test mean knowledge score 12.9±3.684 with mean difference of

4.71. The mean difference between pre-test and post-test knowledge score was tested using paired 't' test with obtained $t=14.176$ at $df=99$ was statistically significant at 0.05 level of significance.

Findings revealed that there was significant difference in pre-test and post-test knowledge between score depicts that Planned Teaching Program (PTP) was effective in increasing the knowledge of Adolescent high school students regarding prevention Of Sexually Transmitted Diseases (STD's). Hence the null hypothesis H_{01} is rejected and research hypothesis H_1 is accepted.

The data presented on table no. 3 shows that there is a significant association between the pre- test knowledge score with age in years, types of family and source of information regarding Sexually Transmitted Diseases (STD's). Whereas education status and any previous knowledge of Sexually Transmitted Diseases (STD's) was statistically not significant at $p<0.05$ level of significance.

4. CONCLUSION

The study was conducted to assess the effectiveness of Planned Teaching Program (PTP) on knowledge regarding prevention of Sexually Transmitted Diseases (STD's) among Adolescent students in selected high school, Aizawl, Mizoram. From the findings of the present study, it can be concluded that most of the Adolescent high school students had adequate knowledge regarding prevention of Sexually Transmitted Diseases (STD's) and the Planned Teaching Program (PTP) was found to be effective in increasing knowledge because in the post-test it was found that their knowledge had increased drastically.

RECOMMENDATION

Recommendations for further study based on the findings of the study, the following recommendations could be made-

1. Evaluate the effectiveness of video-assisted teaching on knowledge and attitudes regarding STD's prevention and management among college students in urban areas.
2. Assess the impact of self-instructional modules on STD's awareness and safe practices among young adults in rural communities.
3. Study the effectiveness of Planned Teaching Programs (PTP) on STD's prevention knowledge and behaviour change among newly married couples attending premarital counselling sessions.
4. A comparative study between urban and rural area regarding knowledge on prevention of Sexually Transmitted Diseases (STD's) among Adolescent high school students.
5. A similar study can be conducted on a large scale of Adolescent high school students on knowledge regarding prevention of Sexually Transmitted Diseases (STD's).

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