A study was conducted on Chlamydia trachomatis infection in sexually active teenagers. 243 sexually active teenage girls attending the out-patient clinic were selected. A questionnaire containing information such as age, purpose of visit, level of education, age at first intercourse, numbers of sexual partners, use of contraceptive methods etc was administered and pelvic examination was performed. The prevalence of Chlamydial infection in the studied group was 29%. Adolescent females infected by Chlamydia less frequently admitted to the use of condoms and more often did not use any contraceptives at all (Fillip Eet al, 2008). 3

Research problem:
“An exploratory study to assess the knowledge regarding sexually transmitted diseases and its prevention among women in a selected hospital, Ludhiana, Punjab.”

OBJECTIVES
1. To determine the level of knowledge of regarding sexually transmitted diseases and its prevention among women.
2. To ascertain the relationship of knowledge among women regarding sexually transmitted diseases and its prevention with selected variables such as age, education, occupation, religion, type of family, type of residence, family income per month in rupees, source of information.
3. To identify the deficits area in knowledge regarding sexually transmitted diseases and its prevention and prepare pamphlet on sexually transmitted diseases and its prevention among

Assumption:
The women do have some knowledge regarding sexually transmitted diseases and its prevention.

METHODOLOGY
The methodology is most important part of the research as it is the framework for conducting a study. It indicates the general pattern for organizing the procedures together valid and reliable data for an investigator. This chapter deals with the methodology adopted for “An exploratory study to assess the knowledge regarding sexually transmitted diseases and its prevention among women in a selected hospital, Ludhiana, Punjab.”

Research approach & Research design
For present study, quantitative research approach and Non-experimental exploratory research design was considered appropriate for assessing the knowledge of women regarding sexually transmitted diseases and its prevention.

Research setting
The present study was conducted in the Gynaecology OPD in Christian Medical College & Hospital Ludhiana, Punjab.
Medical College & Hospital, Ludhiana, Punjab.

Target population
According to Denise PF & Cheryl BT, 2012” “Target population is the aggregate of cases about which the researcher would like to make generalization”. The present study population to whom the findings would be generalized consisted of women in Christian Medical College & Hospital, Ludhiana, Punjab.

- Sample & Sampling technique
For the present study the investigator selected a sample of 200 women using a Non probability, Purposive sampling technique. Subjects were taken from Gynaecological OPD in Christian Medical College and Hospital, Ludhiana, Punjab. Verbal consent was taken from the subjects and they were explained about the study and its purpose.

- Inclusion and Exclusion criteria

  i) Inclusion Criteria:
  Women who were attending Gynaecology OPD
  Both married & unmarried women of age group 18 -50 years
  Women who were willing to participate in the study.

  ii) Exclusion Criteria:
  Womanless than 18 years and more than 50 years were not included in the study.

Selection and development of tool
Based on objective of the study the tool was developed in order to generate data.

On the basis of review of literature, experts, opinion & suggestions of the research panel, a structured knowledge questionnaire was constructed to assess the knowledge of women regarding sexually transmitted diseases and its prevention.

Description of tool
The final tool consisted of two parts:-

Part I- Demographic data/ Sample characteristics
This part consist of 8 items like age, education, occupation, religion, type of family, type of residence, family income per month (in rupees) and source of information.

Part II- Structured Knowledge Questionnaire

<table>
<thead>
<tr>
<th>Good</th>
<th>21%</th>
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<tbody>
<tr>
<td>Average</td>
<td>34-65%</td>
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<tr>
<td>Below Average</td>
<td>&lt;11</td>
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Validity of the tool
The content validity of tool was confirmed by the experts opinion regarding the relevance of items. The tool was given to the experts from the area of Child health (pediatric) nursing, Obstetric &Gynaecological nursing, Community health nursing, Medical surgical nursing, Mental health (psychiatric) nursing, CMC and Hospital, Ludhiana, Punjab. According to their valuable suggestions modifications were made in the structured questionnaire on sexually transmitted diseases and its prevention and grammatical mistake were corrected. Some items were deleted and added, final tool consisted of 32 items.

Reliability of tool
Reliability of the structured knowledge questionnaire was computed by the split- half method using Karl Pearson’s Coefficient of correlation and spearman Brown Prophecy formula. The reliability of the knowledge questionnaire was 0.74. Hence the tool was found to be reliable.

Major findings

Finding related to sample characteristics
Majority of women were in the age group of 33-39 years, 41% were females, 28.5% of women education was Matric=10+2, 58% of women were house wives occupation. 44.5% women were from the Sikh religion, 62.5% were from Nuclear family, 54% women were from rural, 38% income group of Rs 10,001-20,000 and 35% had the information from health professional.

Finding related to knowledge of women regarding Sexually transmitted diseases and its prevention
Majority of women had average knowledge 87%, had good knowledge 8%, had below average knowledge 5.0% regarding STD & its prevention . The mean knowledge score was the highest in the area of Prevention for STD (3.47%) followed by transmission of STD (3.3%), Sign/ symptoms (2.25%), Incidence (2.24%) and diagnosis of STD (1.63%) and Introduction(1.7) followed by complication of STD(1.5).

Findings related to relation of knowledge of women with selected variables

- The mean knowledge score higher in the age group of more than 26-32 years (16.20) followed by (16.19) in the age group of 18-25 and (16.05) in age group of 33-39 years and the least mean score in the age group of >40 years 15.33. no significant relation was found between knowledge and age of women.
- The mean knowledge score was higher (16.35) among education of women primary-middle, followed by Matric-10+2 (16.19) and followed by (15.69) graduate women followed by Post graduation (15.58) followed by illiterate (14.56) women had no significantly knowledge regarding STD and its prevention.
- The mean knowledge score was higher (16.07) among house wives followed by (15.75) working women and there is Non significant relation between knowledge and occupation of women. The house wives had no significantly higher knowledge regarding STD and its prevention as compared to working women.
- The mean knowledge score is higher among those women whose religion Christian (17.94) followed by Hindu (15.91) followed by (15.79) Sikh and least mean knowledge score in those women whose religion is Muslim (15.39). no significant relation was found between knowledge and religion of women.
- The mean knowledge score was higher among those women whose type of family joint.(16.03) and least mean knowledge score was in those women whose were Nuclear (15.88). no significant relation was found between knowledge and type of family of women.
- The mean knowledge score was higher (16.17) among those women whose were residing in Urban followed by (15.73) those residence in Rural. No significant relation was found between knowledge and type of residence of women.
- The mean knowledge score was higher (15.98) among those women having monthly family income is more than Rs<10,000 followed by those women having monthly family income is Rs=30,000 (15.94), followed by (15.88) Rs 10,001-20,000 and the least mean knowledge score was in those women having monthly family income Rs20,001-30,000 (15.63) . There is no significant relation between knowledge and family income per month.
- The mean knowledge score was higher among those women having source of information is Mass media/Magazines/Book/Internet(16.86) followed by Health professional(15.86), Any other specify(15.56) and least mean knowledge score was among those women having source of information is family/friends. no significant relation was found between knowledge and source of information.

Findings related to deficits in knowledge of women
Highest deficits was in item no28 (75%) followed by item no 18 (72%) followed by item no 6 (67%) followed by item no 13,25 (66%) followed by item no 63% followed by item no 15 (59%) followed by 12, 54% followed by item no 23, 4, 32 (53%) followed by item no 1, 27, (51%) followed by item no 26 (49%) followed by item no 31 (46%) followed by item no 21 (45%) followed by item no 8 (44%) followed by item no 7 (41%) followed by item no 2 (39%) followed by item no 30 (39%) followed by item no 24, 17 (36%) followed by item no 16, 3, 9, 29, 11 (33%).

Hence, it was concluded the highest deficits was in item no 28(75%), 18( 72%), 14(70%), item no 6(67%), 13, 25 (66%) and least
knowledge were in item no 3, item no 9, 11, 16 and item no 29 (33%).

**SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

This chapter gives brief account of the present study including conclusion drawn from the findings, limitations and implications of the study and recommendations for further research.

**Summary**

The main aspect of this study was to assess the knowledge regarding sexually transmitted diseases and its prevention among women and to find out the relationship of knowledge with selected variable e.g. age, education, occupation, religion, type of family, type of residence, family income per month and source of information. The present study was conducted to assess the knowledge of women regarding sexually transmitted diseases and its prevention in a selected Hospital, Ludhiana, Punjab. Descriptive research approach and research design was used in the study using purposive sampling technique and sample size was 200. Data was collected by structured knowledge questionnaire. Conceptual framework of the present study was based on Fitts and Posner—Modified Three phase theory.

The tool was prepared and pretested for validity and reliability. The reliability was 0.74. Pilot study was conducted on 20 women to check feasibility and practicability of the study. Final study was carried out on 200 women. Descriptive and inferential statistics were employed to analyze the data, pie diagram and bar graphs were used to depict the findings.

**CONCLUSION**

Present study revealed that majority (87%) of women had average knowledge had good knowledge 8.0 %, had below average knowledge and 5.0% had below average regarding sexually transmitted diseases and its prevention. Maximum knowledge was in the area of prevention for sexually transmitted diseases and its prevention. In demographic characteristics, age, education, occupation, religion, type of family, type of residence and family income per month (in rupees) were found to be No significantly related to knowledge of women regarding sexually transmitted diseases and its prevention.

**Recommendation**

Based on the findings, the following recommendations were made on future research.

- The study could be replicated on a larger sample to validate and generalize its findings.
- Similar study can be conducted in a different setting like hospital and different target population like staff nurses.
- A comparative study can be conducted to assess the knowledge of women regarding sexually transmitted diseases and its prevention in rural and urban community health setting.

**Implications**

The findings of this study are important for the nurses in different fields i.e. Nursing education, clinical practice, nursing research, nursing administration and nursing research. In all the areas, the role of nurse is to improve knowledge of women regarding current practices related to sexually transmitted diseases and its prevention. Mass awareness is very essential regarding sexually transmitted diseases and its prevention. Nurse act as an educator, organizer, leader, counselor and motivator.

In the view of the results obtained from the study, several implications are made which are discussed in four areas.

1. **Nursing Education**
2. **Clinical Practice**
3. **Nursing Administration/ Service**
4. **Nursing Research**

**Nursing Education**

It is important to mention the implication of the present study for the education system. Education is the key for development of excellent nursing practice. The findings of the investigation may provide help to the women, teachers to arrange special classes regarding safe sex practices. The obstetrical & midwifery nursing curriculum for all the women, teachers to arrange special classes regarding safe sex nursing practice.

The obstetrical & midwifery nursing curriculum for all the women, teachers to arrange special classes regarding safe sex practices in clinical areas.

**REFERENCES**

4. Info please; “Sexually Transmitted Disease”, 2008