

REVIEWER'S REPORT

Manuscript No.: IJAR-52200

Date: 13-06-2025

Title: A quasi experimental study to assess the Knowledge regarding Pre-menstrual Syndrome and its management among early adolescent girls in selected government school in Jalandhar, Punjab, India.

Recommendation:

Accept as it is.....**YES**.....
 Accept after minor revision.....
 Accept after major revision
 Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		√		
Techn. Quality		√		
Clarity		√		
Significance		√		

Reviewer's Name: Dr Aamina

Reviewer's Decision about Paper: **Recommended for Publication.**

Comments (*Use additional pages, if required*)

Reviewer's Comment / Report

The study titled "*A Quasi Experimental Study to Assess the Knowledge Regarding Pre-menstrual Syndrome and its Management Among Early Adolescent Girls in Selected Government School in Jalandhar, Punjab, India*" presents a clear and focused investigation into adolescent health education. It addresses an important issue in the domain of reproductive health, particularly among early adolescent girls, and contributes valuable insight into the role of educational interventions in improving knowledge about Pre-Menstrual Syndrome (PMS).

The abstract concisely summarizes the study's aim, objectives, methodology, key findings, and recommendations. The research objectives are well-structured, encompassing knowledge assessment, educational intervention, and the examination of associations with demographic variables. The quasi-experimental design, paired with a pre-test and post-test format, is appropriate for measuring the impact of a health education program.

The study used a quantitative approach and purposive sampling technique to select 60 participants, which is reasonable for an exploratory study in a single school setting. The methodology is clearly described, including the use of a self-structured tool and verbal consent, which aligns with ethical standards in school-based research involving minors.

International Journal of Advanced Research

Publisher's Name: Jana Publication and Research LLP

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The results demonstrate a significant increase in knowledge scores from pre-test (mean = 7.53 ± 2.581) to post-test (mean = 19.63 ± 1.84), indicating the effectiveness of the intervention. The statistical improvement underscores the relevance and utility of educational tools like PowerPoint presentations and pamphlets in school health education.

The introduction offers a solid background on the prevalence and impact of PMS both globally and within India, supported by multiple cited studies. This contextual foundation enhances the study's relevance and highlights regional disparities in PMS prevalence, reinforcing the need for localized educational interventions.

The recommendations logically extend from the study's findings and are oriented toward broader application and further research, suggesting replication with larger samples, evaluation of attitudes, and exploration of influencing factors in different settings.

Overall, the study is coherent, relevant, and methodologically sound. It effectively addresses an underexplored area of adolescent health and demonstrates the potential of structured educational interventions in enhancing awareness and understanding of premenstrual health issues among school-aged girls.