

A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE OF ADOLESCENT GIRLS REGARDING MENSTRUAL HYGIENE TO DEVELOP AN INFORMATION BOOKLET

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Abstract

Menstruations, also known as a period of monthly, regular discharge of blood and mucosal tissue (known as menses) from the inner lining of the uterus through the vagina. The first period usually begins between 12 and 15 yrs. of age, a point in time known in menarche. Adolescent's period is an extremely crucial time; which is the transition period between the childhood and adulthood. The criteria of the selection of setting was done according to the geographical proximity, feasibility of conducting the study and analysis of samples who were the adolescent the in Saheed Bhagat Singh Inter College situated in Surajpur, Malakpur Greater Noida U.P. The adolescents were the subject sample to the study. The research approach used for the present study is a quantitative research approach to assess the knowledge and practice of adolescent's girls regarding menstrual hygiene. With the help of the self-structured and practice check list was used data were analyzed statically by simple proportion out of 100 respondents 34% of the girls were aware of the menstruation prior to attain. The family members the major source of information 66% of adolescent girl were aware poor knowledge, out of 100, 29% girls were having average knowledge and 5% of girls had good knowledge for cleaning purpose 55% of girls had poor level of practice, 41% of girls were average practice and only 4% of girls having good practice regarding maturation.. Thus, in a view to develop information booklet were found effective in proving education to adolescents.

Keywords: *Menstruation, Adolescent girl, Menstrual hygiene, Sanitary pad.*

INTRODUCTION

Adolescent's period is an extremely crucial time; which is the transition period between childhood and adulthood. It is the age that can shape the future of an India. The most striking change in adolescent girls is the onset of menstrual cycle. A normal menstrual cycle usually occurs every 28 days from the first day of period. Menstrual hygiene refers to the personal hygiene practice during menstruation. It is most important practice during menstruation. Menstrual hygiene is a problem for adolescent girls in developing countries particularly when they are attending menstruation. Knowledge & practice regarding menstrual hygiene among adolescent girls may be associated with taboos and myths that is existing in our traditional society. Many women & adolescent girls from poor families cannot afford to buy sanitary pad. Cloths or cloth pads may be a sustainable sanitary option for them, but it must be hygienically washed & dried in the sunlight. Sunlight is a natural sterilizer & drying the cloth pads on sunlight sterilizes them for future use. Most of the adolescent girls had incomplete and inaccurate information about the menstrual hygiene practice and physiology as reported by many Indian studies. It also revealed that the source for providing knowledge to adolescent girls about

menstruation by mother's television, friends, teacher's and relatives. Good hygienic practices such as the use of sanitary pads and adequate washing of the genital area are essential during menstruation.

Aim of the study is to assess the knowledge & practice of adolescent girls regarding menstrual hygiene in a view to develop an information booklet.

LITERATURE REVIEW

Ghimire sasmita, et.al (2017) conducted cross- sectional study to assess the knowledge regarding menstrual hygiene among adolescent girls data was collected by sub structured questionnaire. The result showed that majority of adolescent girls 70% had average knowledge, 25% had poor knowledge, 5% had good knowledge regarding menstrual hygiene.

Siddiqui. A, sheoran p, Kumar et.al (2018) Conducted a descriptive non experiment study was conducted to assess the knowledge and practice regarding menstrual hygiene among adolescent girls in orphanage. Sample size was 150. Sample technique was purposive sampling technique. A self- Structured questionnaire was which were based on knowledge and practice among adolescent girls on menstrual hygiene. Over all only 16% adolescent girls had good knowledge regarding menstrual hygiene and 95.3% girls were using sanitary pad during menstruation.

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IbarhimHanam, Ismail SabarMaysa et.al (2019) conducted a quasi-experimental study to assess the effect of an education booklet about menstruation on female nursing student knowledge, practice and beliefs in university of alexandira. Sample size of this study were 200, and sample technique are convenient sampling technique. A special designed questionnaire which was based on knowledge and practice among female nursing students of menstruation. The finding were observed that between 'mean knowledge score of pre & post-test of students was good (7%) was compared to pretest than the post test (99%) while the posttest were a significant difference in students level of knowledge.

OBJECTIVES

- To assess the knowledge of adolescent girls regarding menstrual hygiene.
- To assess the level of practice of adolescent girls regarding menstrual hygiene.
- To find out the association between knowledge and practice of adolescent girls with selected social-demographic variables.

VARIABLE

Research Variable: Knowledge and practice of adolescent girls regarding menstrual hygiene.

Sampling technique: Purposive sampling technique

Sample: Adolescent girls

Sample Size: 100

Data collection tool and techniques based on objectives of the study, following tools were prepared:

The tools used for the study is explained as given below:

PART-1: Demographic variables: This part assessed the age, religion, residence, education, monthly income, type of family.

PART-2: Knowledge questionnaire: Included the structured knowledge questionnaires pertaining to the adolescent girls regarding menstrual hygiene.

PART-3: Practice checklist: Included the structured Practice Checklist pertaining to the adolescent girls (13-18 years) who are doing practice during menstruation. The Practice checklist also contained questions on menstrual hygiene practice among adolescent girl.

Validity: The content validity of tools was done by a panel of six experts from medical and nursing field, who had expertise in developing such instruments and the necessary modification was done accordingly.

Ethical clearance: Ethical clearance was obtained from the Ethical research committee of Miher College of Nursing U.P,

Data collection procedure: When pilot study was feasible, final study was conducted in the Saheed Bhagat Singh Inter College situated in Surajpur, Malakpur Greater Noida U.P. This study was conducted in a small scale with an intention to assess the knowledge & practice of adolescent girls regarding menstrual hygiene at Saheed Bhagat Singh inters college Malakpur Greater Noida. U.P

A self-structured questionnaire and self-structure checklist was given to the adolescent girls those who has started menstruation in Saheed Bhagat Singh School, Surajpur, Greater Noida.

The sampling technique used by us that was purposive sampling technique and all the samples present in school on day of data collection, was included in this study.

RESULTS

PART 1: -Distribution of adolescent girls on socio demographic variable.

PART 2: -Analysis the knowledge level of adolescent girls regarding menstrual hygiene.

PART 3: -Analysis the level of Practice of adolescent girls regarding menstrual hygiene.

PART 4: -Association of knowledge and practice with selective demographic variables

Table1. Shows the distribution of the subject according to age. The data revealed that majority 64% of participants were in the age between 13-15 years.36% of adolescent girls were in the age between 16-18 year. According to class the data those majorities 53% of adolescent girls were in the 10th-12th class and remaining 47%of respondent were in the class 7th-9th. According to religion the data revealed that 80% were Hindu following by 17% Muslim and 3% were Christians. According to type of family the data revealed 48% were nuclear family and joint family were 38% and 14% extended family. According to monthly income of the adolescent girls the data revealed that 32% were monthly income <10,000 and 28% were monthly income about >20,000 and 21% were monthly income about15,000-19,999 and 19% were monthly income about any 10,000 - 14,999. According to area of residency the data revealed 69% were lived in rural area and 31% were lived in urban area. According to mother’s education of the participant the data revealed that 34% were secondary education and 30% participant’s mother were primary level educated and 23% were not educated and any 13% participant’s mother have graduate. According to source of information the data revealed that 57% got information from the family members and 28% got the information from the friends and 10% adolescent girls got the information from the school curriculum and 5% adolescent girls got the information thorough mass media.

TABLE 1: - FREQUENCY, PERCENTAGE, CHI-SQUARE AND P VALUE DISTRIBUTION OF SOCIO-DEMOGRAPHIC VARIABLE n =100

S.No	Variable	Sub variable	Frequency	Percentage (%)	X ²	P=value
1.	Age group	13-15 years	64	64%	2.8209	.244028
		16-18 years	36	36%		
2.	Class	7 th _ 9 th	47	47%	1.8144	.403645
		10 th - 12 th	53	53%		
3.	Religion	Hindu	80	80%	3.4278	.488943
		Muslim	17	17%		
		Christian	3	3%		
		Other	0	0		
4	Type of family	Joint	38	38%	4.9822	.289133
		Nuclear	48	48%		
		extended	14	14%		
5.	Total income	<10,000	32	32%	10.9939	.088566
		10,000-14,999	19	19%		
		15,000-19,999	21	21%		
		>20,000	28	28%		
6.	Area of residency	Urban	31	31%	0.2353	.88901
		Rural	69	69%		
7.	Education status of mother	No formal Education	23	23%	3.0339	.804577
		Primary	30	30%		
		Secondary	34	34%		
		Graduate	13	13%		
8.	Source of information	Family members	57	57%	5.3514	.499601
		friends	28	28%		
		School curriculum	10	10%		
		mass media	5	5%		

		Friend	28	28%		
		Mass media	5	5%		
		School curriculum	10	10%		

PART 2- Analysis of knowledge of adolescent girls regarding Menstrual Hygiene.

Table -2.0 Knowledge of adolescent girls regarding Menstrual Hygiene. n=100

Knowledge level	Range of score	Respondents	
		Frequency	Percentage
Poor	0-7	66	66%
Average	8-14	29	29%
Good	15-20	5	5%
Total		100	100

Table 2.0 The knowledge level of the adolescent girls regarding menstrual hygiene 66% of girls were having poor knowledge (Range of score 0-7). Knowledge regarding menstrual hygiene 29% of adolescent girls having Average knowledge (Range of score 8-14). Knowledge regarding menstrual hygiene 5% of adolescent girls have good knowledge

Table 3 Frequency and percentage distribution of adolescent girls according to level of Practice regarding menstrual hygiene. n=100

Level of practice	Range of score	Respondents	
		Frequency	Percentage
Poor	0-3	55	55%
Average	4-6	41	41%
Good	7-10	4	4%
Total		100	100

Table 3 Projected the level of Practice of adolescent girls regarding menstrual hygiene 55% of adolescent girls having Poor practice (Range of score 0-3). and 41% adolescent girls have average level of practice (Range of score 4-6). and 4% adolescent girls have good level of practice (Range of score 7- 10) regarding menstrual hygiene.

PART4 - Association of knowledge and practice level with selective demographic variables.

Table 4.1 Comparison between mean of knowledge and practice

S.No		Mean	SD
1	Knowledge	7.44	3.334
2	Practice	3.53	1.696

Table 4.1 The descriptive measure of knowledge and Practice regarding menstrual hygiene. The Mean score of the knowledge was 7.44 and SD 3.334 and Practice of Mean 3.53 and SD is 1.696.

Analysis of the association between the level of knowledge regarding menstrual hygiene among adolescent girls and with their selected demographic variable exposed that there was significant association between the level of knowledge and age (<0.05) and area of residence (<0.05). There was no significant association between the level of knowledge related or menstrual hygiene of mother's education, monthly income, family, class and source of information (p>0.05) No significant association is knowledge & practice so researcher accept null hypothesis.

Table 4.2 Correlation between knowledge and Practice.

Descriptive Statistics			
Categories	Mean	Std. Deviation	N
Knowledge	7.44	3.334	100
Practice	3.53	1.696	100

SIGNIFICANT AT 5% LEVEL

Correlation has been done to check the relationship between knowledge and practice and found that, both the categories at their end is significant and are highly correlated (0.96). Which means adolescent girls who have the knowledge regarding menstrual hygiene will surely maintain hygiene at the time of menstrual hygiene at 95% confidence level. Hence it can be concluded that, there is a significant strong and positive association between knowledge and practice of adolescent girls at the time of menstrual. In this analysis is to accept null hypothesis.

Researcher has calculated the variable by chi-square on the basis of calculate at the level $p < 0.05$ are not significant.

Correlations			
		Knowledge	Practice
Knowledge	Pearson Correlation	1	.960 **
	Sig. (2-tailed)		0.000
	N	100	100
Practice	Pearson Correlation	.960 **	1
	Sig. (2-tailed)	0.000	
	N	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

CONCLUSION

Majority of the girls (66%) were having poor knowledge regarding menstrual hygiene, while more than half of the girls (55%) were having poor practice and 41% girls were having average practice regarding menstrual hygiene. There was a significant association found between the knowledge and practice of the girls regarding menstrual hygiene.

DISCUSSION

Menstruation is the process of shedding lining of the uterus. This is a way to preparing the female body for pregnancy. Menstruation is generally considered as an unclean in the Indian society especially in rural area. Isolation of the menstruating girls and restriction beings imposed on them in the family. It may cause negative attitude towards menstruation and this may cause dropout from school during menstruation.

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