



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE OF MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS WITH VIEW TO DEVELOP PAMPHLET IN SELECTED RURAL SCHOOL OF BATALA, DISTT GURDASPUR, PUNJAB.

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ABSTRACT

Today millions of adolescent girls suffer with reproductive tract infections and its complications and other infection is transmitted to the off-spring of the mothers. Therefore increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of adolescent girls potentially for infections. The objectives of the study are:- 1) To assess the knowledge of menstrual hygiene among adolescent girls. 2) To find out the relationship between knowledge of adolescent girls with selected demographic variables. 3) To develop and distribute pamphlet on menstrual hygiene. A descriptive study was conducted among 100 adolescent girls of Village bhagowal District Gurdaspur, Punjab. Self-Structured questionnaires and purposive sampling technique was used to collect data. The result showed that nearly 68 (68%) had average level of knowledge and 17 (17%) had below average level of knowledge and 15(15%) had good level of knowledge. Hence, it can be concluded that majority of the adolescent girls had average level of knowledge. Association with grade, mother's education, monthly family income, age of menarche was found to be statistically significant whereas association with age, religion, source of information was found to be non significant. Pamphlets were distributed to improve knowledge of adolescent girls regarding menstrual hygiene.

KEYWORDS : Assess, Knowledge, Menstrual Hygiene, Adolescent girls,.

INTRODUCTION

Adolescents constitute over 52% of the population in India. This age group needs special attention because of the turmoil of adolescence which they face due to the different stages of development that they undergo, different circumstances that they come across, their different needs and diverse problems. Adolescence in girls has been recognized as a turbulent period which signifies the transition from girlhood to womanhood and considered as a land mark of female puberty. This transitional period is marked with onset of "MENARCHE" which is generally accepted by young girls, as a sign of maturity¹.

Hygiene related practices of woman during menstruation are of considerable importance as it has a health in terms of increased vulnerability to reproductive tract infections. The interplay of socio-economic status, menstrual hygiene practices and reproductive tract infections are noticeable. Today millions of women suffer with reproductive tract infections and its complications and other infection is transmitted to the off-spring of the mothers. Therefore increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of woman potentially for infections².

Need of the study

Hygiene related practices of women during menstruation are of considerable importance as it has a health impact in terms of increased vulnerability to reproductive tract infection. The interplay of socio-economic status, menstrual hygiene practices and RTI are noticeable. Women having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to RTI and its consequences. Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women³.

Menstruation and menstrual practices are still clouded by taboos and socio cultural restriction resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, which sometimes result in to adverse health outcomes⁴.

The study offers a unique contribution to our profession. The researcher was motivated to conduct a study among the adolescent girls regarding the menstrual hygiene to enhance the knowledge about the menstrual hygiene. The researcher felt the need of study on menstrual hygiene while doing school visit programme during community posting. Researcher observe that the adolescent girls of school having less knowledge regarding menstrual hygiene. Unhygienic conditions during menstruation may cause

reproductive tract infection. So it is necessary to assess the knowledge of adolescent girls regarding the menstrual hygiene.

Objectives:

1. To assess the knowledge of menstrual hygiene among adolescent girls.
2. To find out the relationship between knowledge of adolescent girls with selected demographic variables.
3. To develop and distribute pamphlet on menstrual hygiene.

Assumptions:

- Adolescent girls may have some knowledge regarding menstrual hygiene.
- Pamphlet will improve knowledge of adolescent girls regarding menstrual hygiene.

Delimitations:

The study was limited to adolescent girls who were:

- Willing to participate and present at the time of data collection.
- Between the age group of 11-20 years.
- Written responses given by subjects.

MATERIAL AND METHODS

Quantitative research approach was considered to be appropriate for the present study. descriptive design was adopted. The target population of this study was adolescent girls who were in the age group of 11- 20 years residing in Village Bhagowal, District Gurdaspur, Punjab. Purposive sampling technique was used to select a sample of 100 adolescent girls. The purpose and objectives were discussed with the principal of Royal Institute of nursing, Jaito Sarja, Batala and written permission was obtained to conduct study and to collect data. Self Structured questionnaire was prepared to assess the knowledge of menstrual hygiene among adolescent girls. Pamphlets were distributed to improve knowledge of adolescent girls regarding menstrual hygiene.

Description of tool

The tool was consists of the following two parts:

- Part I –This part of tool consists of 5 items for obtaining the personal information of subjects which includes Age, Grade, Religion, Mothers education, Monthly family income, Source of information, Age of menarche.
- Part II – It consists of self structured questions schedule to assess the knowledge regarding menstrual hygiene among adolescent girls of selected rural school. The self- structured questionnaire consists of 30 multiple choice questions. Each

question has 4 options out of which one is correct answer. Each correct answer will carry one mark.

RESULTS

Findings related to sample characteristics:

- The percentage distribution of adolescent girls by their age shows that majority 55 (55%) of them belonged to age group of 11-14years followed by, 42 (42%) of them belonged to age group 15-17 years and 3 (3%) of them belonged to age group of 18-20years.
- The percentage distribution of adolescent girls by their grade shows that majority 46 (46%) of adolescent girls were in 10th grade, 44 (44%) of them studied in 9th grade, 5 (5%) were in 11th and 5 (5%) of them studied in 12th grade.
- The percentage distribution of adolescent girls by their religion reveals that majority 88(88%) of them were Sikh, 7 (7%) were Hindu, 3 (3%) were Muslim, and 2(2%) of them were Christian.
- The percentage distribution of adolescent girls by their mother's educational status shows that majority 41(41%) of them educated up to primary, 38 (38%) of Matriculation, 9(9%) of secondary, 7(7%) of graduate, and 5(5%) of them were uneducated.
- The percentage distribution of adolescent girls shows that their monthly family income, majority 56 (56%) of them having <5000 family income, 23(23%) of them having Rs. 5001-10,000 family income, 11(11%) of them having Rs. 10001-15000 family income, and 10 (10%) of them having Rs. >15000 monthly family income.
- The percentage distribution of adolescent girls by their source of information reveals that majority of adolescent girls 60(60%) of them had mother as a source of information, 21(21%) of them had friend, 12(12%) of them had sister and 7(7%) of them had mass media as a source of information.
- The percentage distribution of adolescent girls by their age of menarche reveals that majority 71(71%) of them were of age 13 years, 22(22%) of them were of age 12 years, 5(5%) of them were of age 10 years and 2(2%) of them were of age 11 years.

Findings related to relationship of menstrual hygiene knowledge score with selected variables:

Association with grade, mother's education, monthly family income, age of menarche was found to be statistically significant at $p < .001$. However, association of knowledge score with age, religion, source of information was found to be non significant at $p > .001$.

Table 1 Mean and Standard Deviation of Menstrual Hygiene Score among Adolescent Girls (N= 100)

Level of Knowledge	Mean	Standard Deviation
Good (21-30)	21.8	0.65
Average (11-20)	16.5	2.25
Below average (1-10)	8.5	4.46

Maximum Score = 30
Minimum Score = 0

The table 1 reveals that mean and standard deviation level of knowledge regarding menstrual hygiene among adolescent girls. The mean score of good level of knowledge was 21.8 with standard deviation 0.65 the mean score of average knowledge was 16.5 with standard deviation 2.25 and mean score of below average level of knowledge was 8.5 with standard deviation 4.46.

DISCUSSION:-

The findings of the study were that out of 100 subjects, nearly 15% had good level of knowledge, 68 % had average level of knowledge and 17 % had below average level of knowledge regarding menstrual hygiene among adolescent girls.

- The research findings were supported by study conducted by

Rajashree R. Kamble (2001) to assess the knowledge of menstruation and menstrual hygiene among school girls. The findings of the study showed that 61.66 % of the girls had an average knowledge regarding menstruation and menstrual hygiene and 87.66% of the girls followed correct practices⁵.

- The research findings were supported by the study conducted by **Shrestha S, Mondol J and Thapa R (2013)** which depicted that 18.35% girls had good knowledge about menstrual hygiene, 60% had fair knowledge and 21.67% of them had poor knowledge on menstrual hygiene⁶.

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