



Menstrual Hygiene: “A Study to assess the knowledge and practice regarding menstrual hygiene among adolescent girls, in zilla parishad Girls high school, Aragonda.”

KEYWORDS

Assess, Knowledge, Practice, Menstrual Hygiene, Adolescent

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ABSTRACT

Objective: To assess the level of knowledge, practice regarding menstrual hygiene among adolescent girls. Descriptive design was performed on 50 adolescent girls in zilla parishad girl's high school, Aragonda. Results: The present study found that 12% (6) of the participant had inadequate knowledge, one fourth 80% (40) of the study participant had moderate knowledge and 8% (4) had adequate knowledge, this states that the knowledge regarding menstrual hygiene among adolescent girls was not adequate. Regarding practice, only 68 % (34) girls had used sanitary pads during menstruations and 20% (10) were using old cloths , this shows that majority of the girls not maintaining proper hygiene during menstruation. and 12% (6) are using old cloths. 96%(48) are aware that during menstruation unhygienic practices leads to RTI \ UTI, but still 4% (2) were not aware that unhygienic practices leads to causes RTI \ UTI. Conclusion: Health education program should be set up to create awareness of knowledge and practice in good menstrual hygiene, in turn to prevent reproductive tract infection and reduce morbidity.

Introduction:

Adolescent girls constitute a vulnerable group not only with respect to their social status but also in health. Menstruation is regarded as unclean or dirty Indian society. Although it is a natural process, is linked with several misconception and practice which sometimes results into adverse health outcomes. Poor personal hygiene and unsafe sanitary conditions results in the girls facing many gynecological problems.

Menstruation is a phenomenon unique to the females. The onset of menstruation is one of the most important changes occurring among the girls during the adolescent years. The first menstruation (Menarche) occurs between 11 and 15 years with a mean of 13 years.

The issue of the menstrual hygiene is inadequately acknowledged and has not received proper attention. Use of sanitary pads and washing the genital area are essential practices to keep the menstrual hygiene. Unhygienic menstrual practices can affect the health of the girls and there is an increased vulnerability to reproductive tract infections and pelvic inflammatory diseases and other complications.

Hence the present study was undertaken to assess the knowledge and practice regarding menstrual hygiene among the adolescent girls.

“A study to assess the knowledge and practice regarding menstrual hygiene among adolescent girl at zilla parishad girls high school, aragonda”.

OBJECTIVES:

To assess the level of knowledge regarding menstrual hygiene among adolescent girls.

To find out the status of menstrual hygiene practiced by adolescent girls.

To determine the association between the demographic variables and knowledge of the samples.

HYPOTHESIS:

H1 –The adolescent girls studying in zilla parishad girls high school, Aragonda will have inadequate knowledge and practice on menstrual hygiene.

Materials:

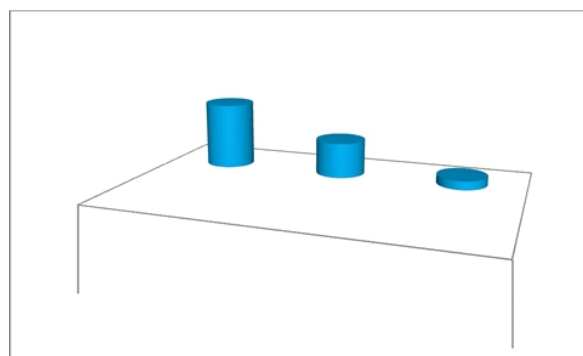
A descriptive research design was selected. The study was done among the adolescent girls zilla parishad girls high school at

Aragonda. After taking permission from the school authorities, the class teacher 9th and 10th standard, and explained the purpose of the study and their verbal consent was obtained. The purpose of the study and the nature of the information which had to be furnished by the study subjects were explained to them.

Limitations: The study is limited only among students studying at zilla parishad girls high school, Aragonda. The structured questionnaire was prepared to assess the knowledge and practice. The data obtained were analyzed in terms of objective of the study using descriptive and inferential statistics.

Results and Discussions:

TABLE-1 Percentage distribution of family income according to their demographic variables.

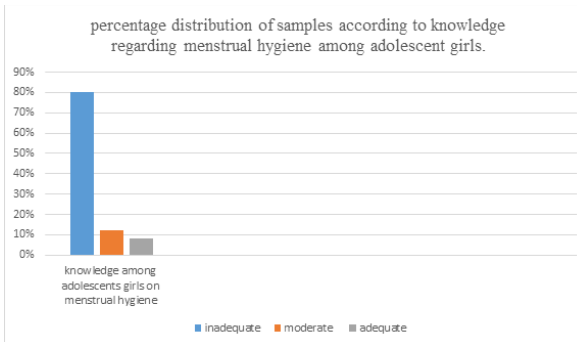


The above cylindrical diagram shows that percentage distribution of Income according to their demographic variable.

It reveals that 30(60%) were earning income of Rs.5000-10,000/year, 16(32%) were earning income of Rs.11, 000-20,000/year and 4(8%) were earning income of Rs.21, 000-50,000/year.

Majority of samples belongs to very low income status, it is also a major problem because they cannot afford high cost sanitary pad. So, government had launched a “BALIKA CHETHAN PROGRAMME” to provide disposable sanitary pads at free of cost. In spite of this girls were using reused cloths during menstruation.

Fig:1: percentage distribution of samples according to knowledge regarding menstrual hygiene among adolescent girls.



The above bar diagram depicts that the majority of the adolescent girls 80% (40) have inadequate knowledge, 12%(6) were having moderate knowledge and only 8%(4) have adequate knowledge. This clearly states that knowledge level of adolescent girls regarding menstrual hygiene was significantly low among students at Zillah Parishad Girls High School.

Shivaleela.P.Upashe, Tesfalidet Tekelah, and Jalane Mekonne (2015/October). Also found that 60.9 percentage had good knowledge of menstrual hygiene, 39.9 percentage had good practice of menstrual hygiene. The findings showed that the knowledge and practice of menstrual hygiene is low among High school girls in western Ethiopia..

In the present study 80% of the girls had inadequate knowledge on menstruation which is similar to the observations made by Gandhi. Ahuja et al Reported lower levels of awareness (28%), while in the ICMR Delhi survey, awareness was found to be 66.1%. These variations can be due to the different regions surveyed and differences in the socioeconomic status and literacy status of the study subjects in the respective studies.

Table-2 Percentage distribution of samples according to their practices

S.no	Attributes	Frequency	Percentage
1.	Use of material during menstrual period.a. sanitary pads	34	68
	b. new cloths	6	12
	c. old cloths	10	20
2.	Re use of cloth.a.yes	2	4
	b. no	35	70
	c.don't know	3	6
3.	Hand washing with soap before and after changing napkins.a.yes	38	76
	b. no	12	24
4.	Cleaning of external genitalia.a.satisfactory	49	98
	b.un satisfactory	1	2
5.	Un hygienic management can results in RTI/ UTI.a. Yes	48	96
	b. No	2	4

The above data indicates that the percentage distribution of samples according to their practices:

As per the results 34(68%) of samples are using sanitary pads and 10(20%) are using old cloth and 6(12%) were using new cloths.

Majority 34(68%) of the girls were using sanitary pads but still 6(12%) were using old cloths piece rather than the sanitary pads as

menstrual absorbent so, before bringing any changes in menstrual practices, the girls should be educated about the facts of menstruation and proper hygienic practices with selection of disposable sanitary menstrual absorbent.

- As per the results 35(70%) were not aware of reuse cloth during menstruation and 2(4%) were aware of reuse cloth during menstruation but still 3(6%) they are not analyzing the reuse the cloth during menstrual period.

Still many of them are not aware about the menstrual hygienic practices. Reusing the old cloth piece can lead to unhygienic menstrual practices can effect the health of the girls which leads to increased vulnerability to reproductive tract infection and pelvic inflammatory diseases and other complications.

- As per the results 38(76%) were washing hands with soap and water while changing the napkins and 12(24%) were not using soap to wash their hands before and after changing the napkins during menstrual period.

This clearly shows that the 12(24%) of the girls were not maintaining good hygienic practices due to lack of knowledge, non availability of soap which may leads to causes many infections like water borne diseases RTI/UTI etc., educating young girls the routine practice of taking hand washing with soap and water in the early days of menstrual period which may be effective in reducing hygienic problems.

- As per the results 49(98%) were satisfied about the cleaning of external

genitalia during menstruation and 1(2%) are not satisfied about the cleaning of external genitalia during menstruation.

- As per the results 48(96%) of girls were aware about unhygienic management during menstrual period can result in RTI\UTI and 2(4%) of girl were not aware about the unhygienic management during menstrual period can results in RTI\UTI.

Apart from these comparison still 2(4%) of girls were not aware about the complications of unhygienic practices during menstrual period. So, health education program should be set up to create awareness and practice of good menstrual hygiene.

Abdel-Hady El-Gilany, karima Badawi, Sanna El-Fedarry also conducted study on menstrual hygiene among adolescent school girl in mansoura, Egypt.(2005).A cross sectional survey was conducted 664 girls were taken as sample 3.3 percentage of them had not menstruated, 642 member were menstruated,(66.8%) used sanitary pads, (15.9%) and (12%) used re-usable cloths all old piece of cloths they throw away after use.

Table 2: Association of the selected demographic variables with knowledge among adolescent girls regarding menstrual hygiene.

Demographic Data	Category	Inadequate	Moderate	Adequate	Chi-square
Education of mother	Primary	10	8	3	0.20827
	Secondary	4	10	2	
	Intermediate	3	2	1	
	PG	1	1	1	
Occupation of mother	House wife	10	10	7	0.03799

Income of family	Coolie	15	5	3	0.04603
	>5000-10,000	10	15	5	
	1121,000-50,000,000-20,000	3	6	5	
		2	1	3	

The above table represent that the association of selected demographic variables like education of mother, occupation of mother and income of family with knowledge among adolescent girls regarding menstrual hygiene.

The results depicts that there is no significant association between the education, occupation and income with knowledge among adolescent girls. This shows that education, occupation and income is not influencing the status of knowledge among adolescent girls in zilla parishad girls high school, Aragonda. Hence, the health education should be set up to create awareness and improve their knowledge in good menstrual hygiene.

Conclusions:

Girls should be educated about the facts of menstruation, physiological implications, significance of menstruation, and proper hygienic practices during menstruation. This can be achieved with the help of media, sex education in school curriculum, and focused group discussions. All mothers should be encouraged to break their inhibitions about discussing with their daughters regarding menstruation and menstrual hygiene. Universalized use of sanitary pads can be advocated to every girl by social marketing.

Thus, The Above Findings Reinforce The Need To Encourage Safe And Hygienic Practices Among The Adolescent Girls. Which in turn reflects on this practice in order to prevent reproductive tract and urinary tract infections.

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