



KNOWLEDGE AND PRACTICE OF HYGIENE MANAGEMENT DURING MENSTRUATION AMONG ADOLESCENT SCHOOL GOING GIRLS

Dr. Firdous Ansari

Ph.D. (Statistics) Address for correspondence: 'Ansari Bldg' 'I' 'B'Road Sardarpura, Jodhpur, Rajasthan (342003)

ABSTRACT Menstrual hygiene practices are of paramount importance, not only in person but also for a healthy development of society. In present study, we put our concentration on the studies conducted to access knowledge, attitude and practice of hygiene management during menstrual cycles. In the beneath, a discussion was also made.

Discussion: The issue of menstrual hygiene has not received proper attention due to lack of awareness and knowledge. There also exist huge disparities between urban and rural areas. Educational campaigns to make aware the females may provide fruitful results.

KEYWORDS : Knowledge, Practice, Hygiene Management, Menstruation

Introduction

According to World Health Organization (WHO), the term 'adolescents' refers to young people between the ages of 10 and 19 years (WHO, 2013). Menstrual hygiene is acknowledged problem for adolescent girls in developing countries (Sommer M et al, 2013; Neginhal VS, 2010; Jothy K et al, 2012; McMahan SA et al, 2011) still it has not received proper attention (Water Aid Organization, 2009). We are listing here a some of the studies regarding knowledge attitude and practice of females during menstruation.

In one of the studies considered, 150 adolescent girls of age 13-15 years were considered to evaluate the knowledge and practice on different aspects of menstrual hygiene. Only 6.0% of girls were reported knowing that menstruation is a physiologic process and 36.7% were reflected a knowledge that it is caused by hormones. In this study 94% of girls were scrutinized using the pads during the period. Overall knowledge and practice pondered were 40.6% and 12.9% respectively (Adhikari P et al, 2007).

In a community based, cross sectional study conducted on 387 rural and urban school going adolescent girls. Considered study was contemplated undertaken among adolescent school going girls in the field practice area of the Rural Health Unit and Training Centre, Saoner, in the Nagpur district. Study scanned that only 36.95% of the girls were aware of menstruation before menarche. Cause and the source of the bleeding were the threats about that more than three fourth of girls were not aware of. The mean age of menarche in the study subjects computed was 12.85 ± 0.867 years; sanitary pads were appraised used by 49.35% of the selected girls. The practice of the use of old clothes was observed reported in 45.74% of the subjects. In this study cleaning of the external genitalia was pondered practiced by 33.85% of the girls. Significant difference in the rural and urban girls was observed in regard of menstrual hygiene indices (Thakre S B et al, 2011).

In another cross-sectional study conducted in Nekemte Town, Western Ethiopia. In this study 828 female high school students went through a pre-tested structured questionnaire. According to this study, 60.9% and 39.9% respondents had had a good knowledge and practice of menstrual hygiene respectively. A significant positive association between good knowledge of menstruation and educational status of mothers (AOR = 1.51, 95% CI = 1.02 – 2.22), having radio/TV (AOR = 2.42, 95% CI: 1.64 – 3.56) was observed found. Whereas, educational status of the mother (AOR = 2.03, 95% CI = 1.38 – 2.97) and earning permanent pocket money from parents (AOR = 2.73, 95% CI = 1.76 – 4.26) also revealed a significant positive association with good practice of menstrual hygiene (Upashe SP et al, 2015).

In one of the cross sectional studies considered, were carried out at seven village development committees in Doti district, Nepal. Results of the study disclosed that out of 276 subjects, 67.4% respondents had had fair knowledge and 26.4% respondents had viewed having good knowledge on menstrual hygiene management. Only 40% practiced good menstrual hygiene practices. Among around half of the respondents a positive attitude towards menstrual hygiene management related issues was observed (Yadav RN et al, 2018). 447 eligible female were considered, in a cross sectional study, in

2016. Results of the study revealed that 96.4% of the adolescents have heard about menstruation before menarche whereas 55.9% had had a good knowledge of menstruation and menstrual hygiene. Only 25% of the respondents were evaluated having a good menstrual hygiene practice. Older adolescent age (15-19 years) was significantly associated with good knowledge of menstruation and menstrual hygiene in the same study (Fehintola et al, 2017).

In a cross sectional study it was found that 32.38% girls were not aware about menstruation before menarche. Mean age of attaining menarche reported was 13 years. Keeping in view the results of the study, 86.36% girls were using sanitary napkins as absorbent material during their menstrual cycle whereas 42% were doing vaginal wash daily. 57% of girls were experiencing regular menses while 82% of girls were reviewed reported to experience premenstrual symptoms (Sharma N et al, 2013).

We came across another cross sectional study conducted in Jatinangor, in 2013. In this study data was collected from 17 junior and senior high schools. The results, after analysis of total 238 females unwrapped that the level of knowledge, attitude and practice among participants were 75.63%, 78.15% and 88.24% respectively (Balqis M et al, 2016).

Singh AK et al performed a study to assess the knowledge, source of information, attitude and practice regarding menstruation among 200 adolescent females of Uttarakhand. This study resulted that 32.5% girls had had the prior information and knowledge regarding menstruation before attaining the menarche with only 32% girls knew uterus as the organ from where menstrual blood comes. In the study considered, only 38% girls were reported using sanitary pads during menses. 63.7% girls were found drying their clothes in corner of the house. In case of disposal of the used material, 64.5%, 25% and 10.5% threw in dustbin, threw on road side, and burned the cloths respectively (Singh AK et al, 2013).

The mean age and standard deviation of 452 adolescent school girls included in a study were 13.05 years and 0.09472. This study found that only 37.39% girls knew that infection would occur if they do not clean their vagina regularly during menstruation. According to the study majority of girls used sanitary pads during menstruation (Shoor P, 2017).

In another cross sectional study, information was assessed from 250 girls (age 13-19 years) each from government and non-government schools of Jodhpur City. As far as girls belonging to non-government schools were concerned, menarche was a different experience of life for 34.8% girls and unhygienic for 27.6% girls. While in case of government school girls 41.6% were found scared due to menarche and 30% considered it unhygienic. 59.6% and 48.8% girls knew about menstrual cycle before menarche belonging to non-government and government school respectively. About 2/3 and 1/4 girls of non-government and government school respectively, were using sanitary pads. Attendance of the girls during menstrual cycle reported was about 4/5th for non-government school and about 2/3rd for government school (Hakim A et al, 2017).

An epidemiologic study was taken into account that processed the

study using cross-sectional method among 550 school- going adolescent girls aged 13-16 years. This study found that around 34% participants were aware about menstruation prior to menarche and mothers were the main source of information. Despite of 69% adolescent girls were using sanitary napkins, 6% were still observed using both cloth and sanitary napkins. Almost half of the rural participants were figured out that dried the absorbent inside their homes(Ramachandra K et al,2016).

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