



ATTITUDE TOWARDS MYTHS AND MISCONCEPTIONS AMONG ADOLESCENT GIRLS DURING THE MENSTRUATION

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ABSTRACT Adolescents are defined as the young people between the age groups of 10 and 19 years as per the WHO records. Adolescence is a transition period from childhood to adult life as it is regarded as the intermediate period between the childhood age and the adult age. Menstruation occurs every month periodically except during pregnancy. The maintenance of menstrual hygienic methods is a very challenging task to the adolescent girls. Social prohibitions and traditional beliefs blocked the access to get the right kind of information to adolescent girls that led to poor hygiene practices. Menstruation has often been dealt with secrecy in many cultures. **Aim:** Attitude towards myths and misconceptions among adolescent girls during the menstruation. **Objective:** To assess the attitude regarding myths and misconceptions among adolescent girls during the menstruation. To examine the level of attitude of adolescent girls towards Myths and Misconceptions Tool: The Tool used for the present study was self structured questionnaire which was developed by the researcher. **Results:** Many of number of adolescent girls is having low attitude i.e., having many myths and misconceptions towards menstruation and very few sample is having high attitude which is indicating that minimal sample is not having negative attitude towards the myths and misconceptions. **Sample:** Sample of the present study consists of 300 adolescent girls from government vocational colleges in Chittoor District of Andhra Pradesh State. **Conclusion:** There are significant differences between age, religion, educational qualifications of mother's, type of family and mode of communication among adolescent girls with regard to their attitude towards myths and misconceptions during the menstruation. There is low level of attitude towards the myths and misconceptions among adolescent girls during the menstruation.

KEYWORDS : Attitude, Menstruation, Adolescent girls, Myths and Misconceptions

INTRODUCTION

Adolescents are defined as the young people between the age groups of 10 and 19 years as per the WHO records. Adolescence is a transition period from childhood to adult life as it is regarded as the intermediate period between the childhood age and the adult age. Menstruation occurs every month periodically except during pregnancy. The normal range for valuator cycles is between 21 and 35 days. While most periods last from 3 to 5 days, duration of menstrual flow normally ranges from 2 to 7 days.

For the first few years after menarche, irregular and longer cycles are common. Generally menstruation commences with menarche and ends with menopause. The maintenance of menstrual hygienic methods is a very challenging task to the adolescent girls. Social prohibitions and traditional beliefs blocked the access to get the right kind of information to adolescent girls that led to poor hygiene practices. Menstruation has often been dealt with secrecy in many cultures. Such perceptions coupled with poor and inadequate sanitary facilities have often kept girls from not attending schools especially during periods of menstruation.

Review

Ashok Pandey (2014) examined that the challenges experienced by Adolescent Girls while Menstruation in Kathmandu, Valley with an aim to assess the experiences and the factors that determines the prevailing practices of adolescent school girls, menstrual hygiene and management. This study found that the knowledge and practice of these Nepalese young girls need to be improved. Still some misconceptions were prevalent on feel upset and tension during the first time of menstruation (menarche). The study suggested that the Parents and Teachers need to motivate and improve the knowledge and practices about menstruation of these girls.

Nagaraj & Konapur (2016) made a research on menstruation and mental health and observed that most of the girls feel an extreme level of pain, mood swings, depression, anxiety, and stress during menstruation and they do not have much awareness regarding menstruation and hygiene practices. Young adolescent women suffer from more menstrual difficulties, the commonest being dysmenorrhoea.

Karthik Ramachandra and others (2016) conducted a study on the knowledge and practices regarding menstrual hygiene among urban adolescence girls and opined that there is a need to permit mothers and teachers to function as primary sources of information on menstruation

including reproductive health as they are accessible to handle adolescent issues and facilitate referrals as the need arises.

Need Of The Study

In this modern society still there were numerous myths and misconceptions regarding menstruation and hygienic practices both in rural and urban areas. And to rule out this scenario, Government of India launched menstrual hygienic scheme by Ministry of Health and welfare for promotion of menstrual hygiene among adolescent girls (10-19 years) in rural areas in the year 2011.

From 2014 onwards this scheme extended to all districts under Rashtriya Kishore Swasthya Karyakram to enhance Menstrual Hygienic knowledge, as well as to improve hygiene practices, and to provide subsidised sanitary absorbents, and to create awareness on menstrual hygiene management at school and also to reduce the myths and misconceptions over the girls and women in context regarding menstruation and hygienic practices and menstruation.

Objectives

1. To assess the attitude regarding myths and misconceptions among adolescent girls during the menstruation.
2. To examine the level of attitude of adolescent girls towards Myths and Misconceptions during the menstruation.

Hypotheses

1. There would be significant differences between demographic variables on myths and misconceptions among adolescent girls during the menstruation.
2. There would be high level attitude towards the myths and misconceptions among adolescent girls during the menstruation.

Sample

Sample of the present study consists of 300 adolescent girls from government vocational colleges in Chittoor District of Andhra Pradesh State. The subjects were in the age group of 16-18 years selected by using simple random sampling method.

Tool:

The tool used for the present study was self structured questionnaire which was developed by the researcher and it has the correlation coefficient value is 0.691, which was done by test-retest method.

RESULTS AND DISCUSSION:

Table 1: Mean, SD and F-values for the sample on Myths and

Misconceptions Among Adolescent Girls During Menstruation In Associated With Demographic Variables.

Variables	Classification	N	Mean	SD	F-Value
Age	16 Years	116	38.32	5.93	5.61 **
	17 Years	94	37.86	6.05	
	18 Years	90	35.13	4.36	
Religion	Hindu	137	38.81	4.63	3.63 *
	Muslim	50	35.66	9.40	
	Christian	113	37.53	8.00	
Educational Qualifications of Mother's	Illiterate	83	38.57	5.91	5.60**
	Primary	81	36.98	6.43	
	Secondary	90	37.28	5.24	
	Intermediate	32	37.34	3.43	
	Degree & Above	14	38.64	2.27	
Type of Family	Nuclear	109	38.54	6.71	3.69 *
	Joint	94	37.60	7.51	
	Extended	97	37.19	5.08	
Mode of Communication	Mass media	84	37.84	5.64	2.65 *
	TV	61	38.32	5.19	
	Newspaper	74	39.17	4.96	
	Gadgets	81	39.41	6.10	

*- Significant at 0.05 level **- Significant at 0.01 level

It is evident from table-1 that there is significant 'F' values of 5.61, 3.63, 5.60, 3.69 and 2.65 reveals that there are significant differences between age, religion, educational qualifications of mother's, type of family and mode of communication among adolescent girls with regard to their attitude towards myths and misconceptions. It is proved that when comparison with mean scores, in the age group of 16 years girls, religion of Hindus girls, illiterate educational qualifications of mother of girls, coming from nuclear family and adolescent girls of gadgets communication have high level of myths and misconceptions during the menstruation than the other groups of adolescent girls. Hence, hypothesis-1 is accepted.

The results of the present study contradict with the findings of Palak et al., (2017), it is observed that the attitude towards myths and misconceptions is having significant relation.

Table-2: Level Of Attitude Of Adolescent Girls Towards Myths And Misconceptions Regarding Menstruation.

Level of Attitude	Frequency	Percent
Low	236	78.66
Moderate	42	14.00
High	22	7.34
Total	300	100.00

It shows from Table-2, that many of number of adolescent girls is having low attitude i.e., having many myths and misconceptions towards menstruation and very few sample is having high attitude which is indicating that minimal sample is not having negative attitude towards the myths and misconceptions. Thus hypothesis-2 is accepted. A cross-sectional study shows evidence that still most of the girls is facing many restrictions during their menstruation which may have impact on their attitude towards the myths and misconceptions about menstruation (Srivastava & Chandra 2017).

By the evidence of both the tables its showing that still in this modernized society there is negative attitude towards the menstruation and menstrual hygiene practices and also there is significant relation between the variables.

The attitude towards the menstruation and hygienic practices to be definitely changed, that can be done with continuous effort by the Government through conducting many programmes related to menstruation and hygienic practices. Further it is clear that if the attitude of family specifically opinion of the mother in the family need to change so that it will impose on adolescent girls attitude regarding every myth.

CONCLUSIONS:

1. There are significant differences between age, religion, educational qualifications of mother's, type of family and mode of communication among adolescent girls with regard to their attitude towards myths and misconceptions during the menstruation.
2. There is low level of attitude towards the myths and misconceptions among adolescent girls during the menstruation.

Implications

The attitude among adolescent girls regarding menstruation is low which shows that there is a negative attitude which is to be changed by conducting continuous educational programmes at Educational institutions by the teachers as well by the mothers of the adolescent girls in their families.

Recommendations:

- A similar study may be done with larger samples for better generalizations.
- Educational programs regarding menstruation and menstrual hygiene practices to be conducted for adolescents and also for wide area of community.
- A comparative study can be done in rural and urban areas.
- The study of similar type may be replicated in different parts of state and country.

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