MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS – A STUDY FROM URBAN SLUM AREA, GAYA BIHAR

Gynaecology

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ABSTRACT

Background: Reproductive tract an infection which has become a silent epidemic that devastates women's life is closely interrelated with poor menstrual hygiene. The aim and objective of the study was to know the pattern of various menstrual hygiene practices and its association with STI/RTI among adolescent Girl. Material and Methods: A cross sectional study was carried out in STI/RTI Clinic of Urban Health Centre, Gaya involving total 237 married females who attended OPD from July 2019 to july 2020. Girls were interviewed on the basis of pretested and preformed questionnaire. Confirmation of STI/RTIs was based on the symptoms as well as disease specific laboratory investigations. Results: About 357 (77.4%) females presented with STI/RTI who were practicing sex during menstruation. Problem of STI/RTI was found less in 37 (55.7%) females who were using disposable pads as compared to 97 (71.4%) females who were using reuse cloth during menses. Cleaning practices of reuse cloth were significantly associated with STI/RTI. Conclusions: The menstrual hygiene practices and its frequency associated with STI/RTI.

KEYWORDS

Menstrual hygiene, Reuse cloth STI/RTI,
maximum number of study population was washing genitals during menses with soap and water is 116 (57.87%). Most of them 47.81% were using reuse cloth. The result indicates that maximum number of females (37.7%) were using soap for cleaning their pubic hair; 97 (77.7%) were changing undergarments on alternate day, 97 (76.3%) were using reuse cloth during menses and 121 (67.8%) were not washing their genitals with soap and water during menses. STI/RTI was found in 134 (62.8%) females who were shaving of pubic hair as compared to those females who were not practising it. 98 (77.6%) females were suffering from STI/RTI who were changing their undergarments on alternate day during menses as compared to 89 (59.4%) females who were practicing it daily. 121 (66.76%) females who had suffered from STI/RTI were taking bath during menses after more than one day as compared to 59 (34.31%) females, who were taking bath on every day. Nearly half i.e.122 (47.81%) females were using reuse cloth during menses. STI/RTIs were low in 23 (57.5%) females who were using disposable pads as compared to 98 (81.4%) females who were using reuse cloth during menses. Prevalence of these infections was more among those 121(72.6%) who were not practicing cleaning of genitals with soap and water. All the menstrual hygiene management practices show statistically significant association with STI/RTI. Table 2 shows that 42(26.06%) females were washing the reuse cloth with soap only. Problem of STI/RTI was found only in 21 (57.9%) females, who were washing the reuse cloth with soap and Dettol as compared to 77 (91.7%) and 20 (72.5%) females who were washing cloth with only soap and only water respectively. 97(78.86%) females were drying the reuse cloth in closed space inside the house. Total 84 (79.8%) females suffered from STI/RTI who was drying the reuse cloth in a closed space as compared to 28 (64.3%) females who were drying the reuse cloth in sunlight. There is statistically significant association between all unclean practices of washing as well as drying of reuse cloth in sunlight or closed space with Reproductive Tract Infections.

Table 1: Table: 2. Distribution of study subjects according to social determinants and menstrual hygiene practices.

<table>
<thead>
<tr>
<th>Hygiene Practice</th>
<th>Prevalence of STI/RTI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washing genitals</td>
<td>116 (57.87%)</td>
</tr>
<tr>
<td>Shaving pubic hair</td>
<td>134 (62.8%)</td>
</tr>
<tr>
<td>Changing undergarments</td>
<td>121 (67.8%)</td>
</tr>
<tr>
<td>Taking bath</td>
<td>122 (47.81%)</td>
</tr>
<tr>
<td>Drying reuse cloth</td>
<td>84 (79.8%)</td>
</tr>
</tbody>
</table>

Conclusions

The above study indicates that there is need of community based strategy to create awareness regarding improvement of personal hygiene and using sanitary napkins during menses by using IEC activities. Health education should be imparted with emphasis on avoidance of sex during menstruation. Our study highlights the need to provide women in the reproductive age with accurate and adequate information about menstruation and its appropriate management.

REFERENCES