

KNOWLEDGE AND ATTITUDE TOWARDS MENSTRUAL HYGIENE AMONG HOSTEL STUDENTS AT SELECTED COLLEGE OF NURSING, KOLLAM.

Nursing

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ABSTRACT

Introduction: The World Health Organization (WHO) defines adolescence as the second decade of life between the ages of 10 and 19 years whereas youth refers to period between 15 and 24 years age group. Adolescence is a phase during which tremendous physical and physiological changes occur, along with changes in social perceptions and expectations. Adolescence aged 10-19 constitute about one fifth of India's population and young people aged 10-24 about one third of the population. 1.2 billion adolescence stand at the challenging crossroads between childhood and the adult world. In India, more than 243 million adults, to account for almost 20 percent of the country's population.

Materials and Methods:

- **Research approach:** In this study, quantitative approach was used
- **Research design:** Descriptive design.
- **Sampling Technique:** In this study, purposive sampling was used.
- **Sample:** In this study, the samples consisted of 109 BSc. Nursing students residing at St. Joseph's Hostel, Kollam.
- **Tools:**

Section A: - Demographic proforma

Section B: - Structured knowledge questionnaire.

Section C: - Attitude scale on menstrual hygiene.

Result:

The data were analyzed using both descriptive and inferential statistics on the basis of the hypotheses of the study. The study result showed that 34.86% of the students had moderate knowledge and 65.014% of the students had adequate knowledge regarding menstrual hygiene. The study also showed that 42.20% of the students had moderate attitude and 57.80% of the students possessed adequate attitude towards menstrual hygiene.

The study revealed that there was significant association between knowledge of hostel students towards menstrual hygiene and selected demographic variable such as 'year of study' and 'source of information'. There was no significant association between knowledge of hostel students towards menstrual hygiene and selected demographic variables such as 'age' and 'age of menarche'. The study also revealed that there was significant association between attitude of hostel students towards menstrual hygiene and selected demographic variable such as 'year of study' and 'source of information'. There was no significant association between attitude of hostel students towards menstrual hygiene and selected demographic variables such as 'age' and 'age of menarche'.

Conclusion: The present study was conducted to assess the knowledge and attitude towards menstrual hygiene among hostel students at Bishop Benziger College of Nursing, Kollam. The knowledge and attitude of hostel students towards menstrual hygiene were assessed by using structured knowledge questionnaire and attitude scale on menstrual hygiene. The study concluded that there was significant association between knowledge of hostel students towards menstrual hygiene and selected demographic variable such as 'year of study' and 'source of information'. There was no significant association between knowledge of hostel students towards menstrual hygiene and selected demographic variables such as 'age' and 'age of menarche'. There was significant association between attitude of hostel students towards menstrual hygiene and selected demographic variable such as 'year of study' and 'source of information'. There was no significant association between attitude of hostel students towards menstrual hygiene and selected demographic variables such as 'age' and 'age of menarche'.

KEYWORDS

Knowledge, Attitude, Menstrual hygiene.

INTRODUCTION

Adolescence is the period of transition between childhood and adulthood. - A time of rapid physical, cognitive, social, emotional maturing as the girl prepares for womanhood (Longman 2004). The developmental changes that occur in adolescents cause varying degrees of disturbances in them. Most of them do not feel comfortable and confident to discuss their problems. In females menstruation is one of the leading adjustment problems and is seen in developed and developing countries. Many parents do not adequately explain to the girls the various changes in body contour that indicate puberty. Adolescent girls don't have a clear picture of ovulation, fertility, pregnancy due to some beliefs and taboo. Menstruation and menstrual practices are still clouded by taboos and society- cultural restrictions resulting in adolescent girls remaining ignorant of the scientific facts and hygienic health practices, which sometimes result into adverse health results. The study was conducted to ascertain menstrual hygiene among adolescent girls. The study revealed that menstrual hygiene was far from satisfactory among a large proportion of the adults. The importance of advance preparation for menarche should not be underestimated. Several studies suggest that girls and women who considered themselves adequately prepared for menarche experienced less distress at menarche and fewer painful menstrual symptoms. However what accounts as adequate preparation for menstruation is unclear, especially given that many girls and women who knew about menstruation and menstrual hygiene report that they did not feel well prepared for menarche.

MATERIALS AND METHODS

Quantitative approach with descriptive design was used in this study. Institutional ethics clearance certificate was obtained from Bishop Benziger College of Nursing and consent from the concerned authority of St. Joseph's Hostel, Kollam. The study was carried out during the period from 1.11.2019 to 22.11.2019. The samples were selected purposively. Each respondent was briefed with the research objectives and informed written consent was obtained from the participants to ensure the right of the subject. Confidentiality was maintained throughout the study. Baseline data were collected from the samples using demographic proforma. Structured knowledge and attitude questionnaire were given to the samples and asked to them to select appropriate answers. Completed answer sheets were collected from the samples on the same day. The data collection was terminated by thanking the participants for their co-operation. The data collected was then compiled for analysis.

RESULTS

Graphical representation of demographic proforma

N = 109

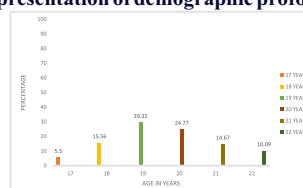


Figure 1: Percentage wise distribution of the sample according to age in years

N = 109

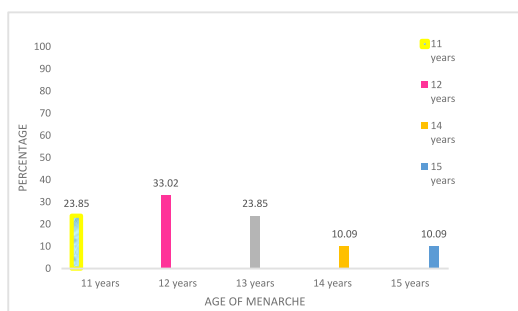


Figure 2: Percentage wise distribution of the sample according to Age of menarche

N = 109

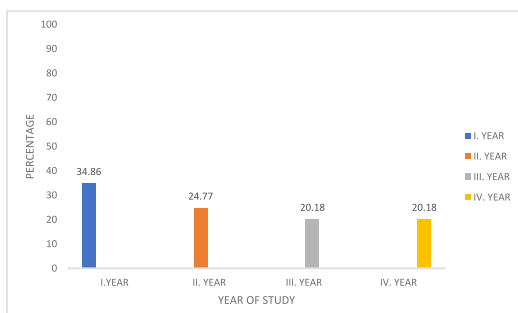


Figure 3: Percentage wise distribution of the sample according to source of information

N = 109

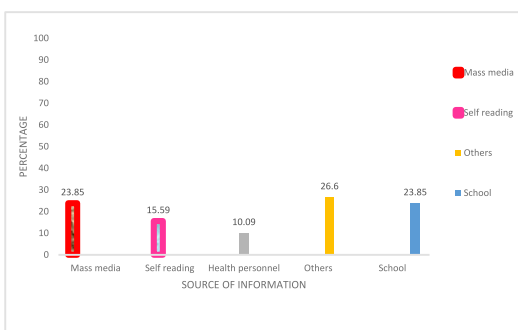


Figure 4: Percentage wise distribution of the sample according to source of information

DESCRIPTION OF KNOWLEDGE OF SAMPLES TOWARDS MENSTRUALHYGIENE.

Table 1: Frequency, percentage, mean and standard deviation of the knowledge scores of the BSc. Nursing students in St. Joseph's Hostel.

N = 109

Level of knowledge	Frequency	Percentage	Mean	S.D
Inadequate	0	0		
Moderate	38	34.86	11.01	1.50
Adequate	71	65.14		

DESCRIPTION OF ATTITUDE OF SAMPLES TOWARDS MENSTRUALHYGIENE.

Table2: Frequency, percentage, mean and standard deviation of the attitude among the BSc. Nursing students in St. Joseph's Hostel.

N = 109

Level of attitude	Frequency	Percentage	Mean	S.D
Unfavourable	0	0		
Moderate	46	42.20	56.87	5.13
Favourable	63	57.80		

ASSOCIATION BETWEEN THE KNOWLEDGE AND SELECTED DEMOGRAPHIC VARIABLES

Table 3: Association between knowledge and selected demographic variables such as age, age of menarche, year of study and source of information.

N = 109

Selected demographic variables	Level of knowledge	Chi square	df	Table value	Significance
	Moderate	Adequate			
Age in years					
17 years	10	7			
18 years	8	8			
19 years	6	13			
20 years	5	11	9.29	5	11.07
21 years	4	11			NS
22 years	5	21			
Age of menarche					
11 years	13	12			
12 years	9	10			
13 years	4	15	8.04	4	9.49
14 years	7	16			NS
15 years	5	18			
Year of study					
I year	20	18			
II year	8	19	8.86	3	7.82
III year	6	16			S
IV year	4	18			
Source of information					
Mass media	16	10			
Self-reading	5	12			
Health personnel	6	5	15.60	4	9.49
Others	6	23			S
School	5	21			

0.05 level of significance *S-Significant NS-Non significant

ASSOCIATION BETWEEN THE ATTITUDE AND SELECTED DEMOGRAPHIC VARIABLES

Table 4: Association between attitude and selected demographic variables such as age, age of menarche, year of study and source of information.

N = 109

Selected demographic variables	Level of attitude	Chi square	Df	Table value	Significance
	Moderate	Favourable			
Age in years					
17 years	11	7			
18 years	10	8			
19 years	7	9	5.98	5	11.07
20 years	6	9			NS
21 years	5	11			
22 years	7	19			
Age of menarche					
11 years	15	9			
12 years	10	13			
13 years	7	12	6.45	4	9.49
14 years	8	13			NS
15 years	6	16			
Year of study					
I year	23	15			
II year	11	16			
III year	7	15	9.64	3	7.82
IV year	5	17			S
Source of information					
Mass media	18	8			
Self-reading	5	12			
Health personnel	8	3	18.15	4	9.49
Others	7	21			S
School	5	19			

0.05 level of significance *S-Significant NS-Non significant**DISCUSSION**

The study findings supported by an epidemiologic study which was undertaken to assess knowledge and practice regarding menstrual hygiene using cross-sectional method study among 550 school-going adolescent girls age 13 to 16 years. A total of 270 were from urban and 280 from the rural area. The result showed that around 34% participants were aware about menstruation prior to menarche, and others were the main source of information among both groups. Overall, 70.4% of adolescent girls were using sanitary napkins as menstrual absorbent, while 25.6% were using both cloth and sanitary napkin. Almost half of the rural participants dried the absorbent inside their homes. There is a need to equip the adolescent girls with knowledge regarding safe, hygiene practices to enable them to lead a healthy reproductive life.

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