



## A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE ON MENSTRUAL HYGIENE AMONG THE ADOLESCENT GIRLS IN SELECTED RURAL SCHOOLS OF GOALPARA DISTRICT, ASSAM

### Health Science

**Ms. Daisy  
Khakhlary\***

M.Sc. Nursing, Community Health Nursing, Army Institute of Nursing, Guwahati.  
\*Corresponding Author

**Lt Col (Dr) M  
Jayalakshmi (Retd.)**

Dept. of Medical Surgical Nursing, Army Institute of Nursing, Guwahati, Assam.

### ABSTRACT

Menstrual hygiene is an issue that is very important among adolescent girls and a key aspect of Millennium Development Goals (MDGs). The issue of menstrual hygiene is inadequately acknowledged and an effort to address the gaps has been unsatisfactory. Hygienic menstrual practice such as the use of sanitary pad is crucial during menstruation. Lack of knowledge on menstrual hygiene; no proper availability of menstrual hygiene products and sanitation facilities, especially for school girls, makes them vulnerable to emotional and physical challenges during their menstrual days. The objective of the study was to assess the existing knowledge on menstrual hygiene among adolescent girls. The study was a school-based descriptive study conducted at rural schools of Goalpara district, Assam. 200 school students of class VI - XII were selected using purposive sampling techniques. The subjects were assessed for knowledge on menstrual hygiene. The collected data was analyzed using SPSS version 20 software. Results showed that majority 154(77%) of the adolescent girls had inadequate knowledge regarding menstrual hygiene, 46(23%) had adequate knowledge. There is significant association between knowledge on menstrual hygiene and age ( $df=1$ ,  $p<.001$ ), education ( $df=2$ ,  $p<.001$ ) of the participants, father's education ( $df=6$ ,  $p=.002$ ) and mother's education ( $df=5$ ,  $p=.013$ ). Overall the knowledge on menstrual hygiene is inadequate among the adolescent girls.

### KEYWORDS

Adolescent, Knowledge, menstrual hygiene

### INTRODUCTION

Adolescence is a transitional phase from childhood to adulthood and during this phase youth undergoes many changes in body structure. The period of adolescence refers to the age group of 10-19 years and the early half of adolescence is marked by puberty.<sup>2</sup> Attainment of menarche is a normal body function and a significant process that begins in the life of a girl at the time when she enters the adolescence. In spite of this a woman had to undergo health discomfort, face lack of hygienic facilities and even face trouble in managing this normal bodily function. According to the latest available census data 2011, the adolescent population (10-19 years) is 20.9 per cent of the total population of the country, and comprises, every fifth person in India is an adolescent. Of these 119.8 million are girls, constituting 47.3 per cent of the adolescent population.<sup>3</sup>

### PROBLEM STATEMENT

A descriptive study to assess the knowledge on menstrual hygiene among the adolescent girls in selected rural schools of Goalpara district, Assam.

### GENERAL OBJECTIVES

To provide health education to the adolescent girls with a view to improve their knowledge on menstrual hygiene.

### SPECIFIC OBJECTIVES

- To assess the existing knowledge on menstrual hygiene among adolescent girls.
- To determine the association between knowledge on menstrual hygiene and demographic variables of adolescent girls.

### METHODOLOGY

The research approach chosen for the study was quantitative research design. The study was conducted among adolescent girls of selected rural schools of Assam. The sample size came to be 194, which is rounded up to 200. Purposive sampling technique was used for the study. The tool consists of Tool I: Questionnaire on socio-demographic information: There are 8 items namely; age, class, age of menarche, religion, parent's education and employment status. Tool II: Questionnaire on knowledge on menstrual hygiene: It consists of 18 multiple choice questions having one correct answer. And each question carries one mark. The knowledge level was categorized as, 0-9 = Inadequate knowledge and 10-18 = Adequate knowledge.

The study was approved by Institutional Ethical Committee of Army Institute of Nursing, Guwahati, Assam on 10th November 2020. Formal permission was taken from 3 selected schools of Goalpara District i.e. Daranggiri Higher Secondary School, Tiplai High School and Tiplai Higher Secondary School.

The period of data collection was 8th February to 6th March, 2021. List of schools was obtained from school inspector, Goalpara on 29th December 2020. Written permission was taken from 3 selected schools of Goalpara District. The students were selected by purposive sampling technique. Informed consent was taken by explaining the purpose of the study. After seeking consent from the students, the interview was conducted among the participants. The time taken by each student was 10-15 minutes. After completion of data collection health education in group was given to all the participants irrespective of their knowledge level. Descriptive and inferential statistics were used for data analysis.

### DATA ANALYSIS AND INTERPRETATION

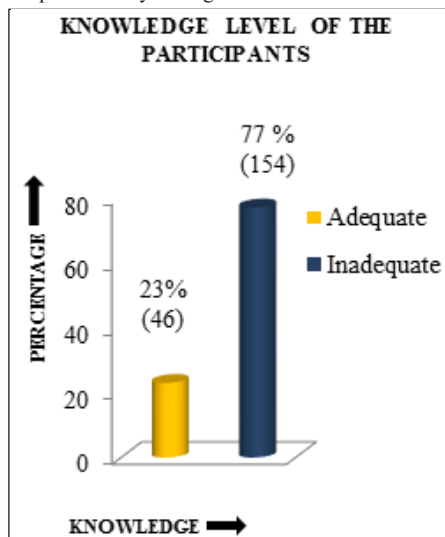
The results showed that 118(59%) were in 14-16 years and 82(41%) were in 10-13 years. 86(43%), 57(28.50%) and 57(28.50%) of the participants are in class VI-VIII, Class IX-X and Class XI-XII respectively. 107(53.50%) were Muslim and 93(46.50%) were Hindu. 42(21.00%) participant's father were illiterate and 60(30.00%), 17(8.50%), 60(30.00%), 14(7.00%), 5(2.50%) and 2(1.00%) of the participant's father studied till primary, middle school, high school, higher secondary, under graduate and post graduate respectively. And 38(19.00%) participant's mother is illiterate, 51(25.50%), 29(14.50%), 71(35.50%), 6(3.00%) and 5(2.50%) of the participant's mother studied till primary, middle school, high school, higher secondary and under graduate respectively. Majority of the participant's father i.e., 185(92.50%) were employed and 15(7.50%) were unemployed. The entire participant's mother i.e., 100% (200) were unemployed. 169(84%) of the participant's age of menarche is 11-12 years of age and 31(15.5%) of the participant's age of menarche is 9-10 years of age.

The result of the present study revealed that majority 154(77%) of the adolescent girls had inadequate knowledge and 46(23%) had adequate knowledge on menstrual hygiene. And there is a significant association of knowledge on menstrual hygiene with relation to selected demographic variables i.e. the age ( $df=1$ ,  $p<.001$ ), education ( $df=2$ ,  $p<.001$ ) of the participants, father's education ( $df=6$ ,  $p=.002$ ) and mother's education ( $df=5$ ,  $p=.013$ ). and the calculated chi square test values are 29.36, 32.88, 20.52 and 14.46 for age, education of the participants, father's education and mother's education respectively.

### DISCUSSION

The present study assessed the level of knowledge on menstrual hygiene and found that 154(77%) had inadequate knowledge and 46(23%) had adequate knowledge on menstrual hygiene. The above findings show the need to improve knowledge on menstrual hygiene among adolescent girls and bring them out of misconceptions and

restrictions regarding menstruation. The general awareness on menstruation process and various hygienic practices has been improved through health education and they were asked to share it with their friends and mothers to enhance their knowledge on menstruation and menstrual hygiene. A study conducted by Mahajan A, Kaushal K (2017) to assess the knowledge and practice regarding menstrual hygiene among adolescent girls of Government School of Shimla, Himachal Pradesh showed that, 71% had inadequate knowledge and 29% had adequate knowledge about menstrual hygiene. This study supports the present study findings.<sup>4</sup>



**Figure 1: Percentage and frequency distribution of knowledge on menstrual hygiene.**

The present study found that knowledge on menstrual hygiene is significantly associated with the age ( $df=1$ ,  $p<.001$ ) and education ( $df=2$ ,  $p<.001$ ) of the participants, father's ( $df=6$ ,  $p=.002$ ) and mother's ( $df=5$ ,  $p=.013$ ) educational status.

A study conducted by Shivaleela P. Upashe, Tesfalidet T and Jalane M on assessment of knowledge and practice of menstrual hygiene among high school girls in Western Ethiopia found that there is a significant positive association between good knowledge of menstruation and educational status of mothers. Girls from literate mothers were 0.22 times less likely to have good knowledge regarding menstrual hygiene and its management. However, for father's education, those who had completed primary to secondary were 5.15 times more likely to have good knowledge regarding menstrual hygiene and its management than the participants whose parents were from illiterate backgrounds.<sup>5</sup> This supports the findings of the present study.

A study conducted by Sharma ML, Johal KK, Malhotra V on, "To Study The Knowledge, Attitude And Practices Regarding Menstrual Hygiene And Restrictions Imposed Upon Them During Menstruation in The Adolescent Girls Studying in A Government And A Private School in Sahibzada Ajit Singh Nagar (Mohali City) In Punjab – A Comparison Pilot Study." found that the knowledge of adolescent school girls on menstruation and its hygienic management is significantly associated with educational status of mother, occupational status of the mother and occupational status of father while is not associated with educational status of father.<sup>6</sup> This supports the findings of the present study.

A study conducted by Ali TS, Rizvi SN on, "Menstrual knowledge and practices of female adolescents in urban Karachi, Pakistan" found that there is no significant association between level of knowledge on menstrual hygiene and Age and education of the adolescent girls.<sup>7</sup> This contradicts the findings of the present study.

## CONCLUSION

The present study reveals that maximum adolescent girls have inadequate knowledge on menstrual hygiene. Hence, the study findings emphasize the necessity to enhance proper hygienic practices during menstruation.

## REFERENCES

- Gibson L, Yamakoshi B, Burgers L, Senior, Alleman P. Guidance on menstrual health and hygiene [document on internet]. UNICEF; 2019 March. Available from:

- <https://www.unicef.org/documents/guidance-menstrual-health-and-hygiene>
- Ghai OP. Ghai Essential Paediatrics. CBC Publishers and distributors Pvt Ltd. 8th ed. New Delhi. 2013. p.63.
- National Family Health Survey (NFHS-4), India, 2015-16: Assam. Mumbai: IIPS. Available from: <http://rchiips.org/nfhs/nfhs-4Reports/India.pdf>
- Mahajan A, Kaushal K. A descriptive study to assess the knowledge and practice regarding menstrual hygiene among adolescent girls of Government School of Shimla, Himachal Pradesh. CHRISMED J Health Res 2017;4:99-103. Available from: <https://www.cjhr.org/text.asp?2017/4/2/99/201983>
- Upashe S.P., Tekelab, T. Mekonnen, J. Assessment of knowledge and practice of menstrual hygiene among high school girls in Western Ethiopia. BMC Women's Health. 2015 Oct 14; 15:84. Available from: <https://bmcwomenshealth.biomedcentral.com/articles/10.1186/s12905-015-0245-7>
- Sharma ML, Johal KK, Malhotra V. To Study The Knowledge, Attitude And Practices Regarding Menstrual Hygiene And Restrictions Imposed Upon Them During Menstruation in The Adolescent Girls Studying in A Government And A Private School in Sahibzada Ajit Singh Nagar (Mohali City) In Punjab – A Comparison Pilot Study. IOSR Journal of Dental and Medical Sciences (IOSR-JDMS).2017; 16(8):30-37. Available from: [https://www.iosrjournals.org/iosr-jdms/pages/16\(8\)Version-10.html](https://www.iosrjournals.org/iosr-jdms/pages/16(8)Version-10.html)
- Ali TS, Rizvi SN. Menstrual knowledge and practices of female adolescents in urban Karachi, Pakistan. J Adolesc. 2010 Aug; 33(4):531-541. doi: 10.1016/j.adolescence.2009.05.013. Epub 2009 Jul 8. PMID: 19589587. Available from: <https://pubmed.ncbi.nlm.nih.gov/19589587/>