



ORIGINAL RESEARCH PAPER

Statistics

SCENARIO OF HYGIENE MANAGEMENT DURING MENSTRUATION AMONG ADOLESCENT SCHOOL GOING GIRLS

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ABSTRACT

Menarche is a part of the complex physical changes that occur during girl's transition from childhood into young adulthood. Practices related to hygiene play an important role in women's health management. In this study we took into account different studies that were conducted with a concentration on hygiene management during menstruation among adolescent school going girls. In the last section a discussion was also made for further future prospectus.

Discussion

On the basis of different studies considered came to know that there is a lack of awareness in the school going girls with respect to hygiene management. There is a need for awareness program to improve the menstrual health of the youth.

Introduction

According to World Health Organization (WHO) menstruation is a phenomenon unique to the females of belonging to the reproductive group (WHO, 2003). The first menstruation called menarche, occurs between 11 and 15 years with a mean of 13 years (Banerjee et al., 2007). 84% of the world's adolescent live in the developing world (Singh et al, 2006). Young adolescent girls in schools need to access clean soft absorbent sanitary pads for sanitary protection (Adika, V.O et al, 2011). Various studies from the literature reported a lack of social support, ongoing social and hygiene taboos, and a shortage of suitable water, sanitation and waste disposal facilities in school environments (Sommer Met al, 2013; Van der W. E et al, 2001; McMahon SA et al, 2011; Montgomery P et al, 2012; Mahon T et al, 2010; Mason L et al, 2013; Sommer M et al, 2016). Various studies also evidence the gender discriminatory nature of many school environments, with female students and teachers that unable to manage their menstruation with safety, dignity, and privacy (Mason L et al, 2013; Sommer M et al, 2015; Herz B, 2004). Thus poor attainment of school reduces girls' economic potential over the life course, impacts population health outcomes (Herz B, 2004; Chaaban J et al, 2011; Rihani A, 2006; UNESCO; 2012).

In one of the studies considered, a cross-sectional study was conducted in Bangladeshi schools among girls of age group 11-17 years, who reached menarche. This study considered a sample of 700 schools from 50 urban and 50 rural areas. In this study 2332 schoolgirls were interviewed and after the statistical analysis results revealed that among the schoolgirls who reached menarche, 41% reported missing school with an average of 2.8 missed days per menstrual cycle. Students who felt to be uncomfortable at school during menstruation (99% vs 32%; adjusted prevalence difference (APD) = 58%; CI 54 to 63) and who believed menstrual problems are posing an interference with school performance (64% vs 30%; APD = 27; CI 20 to 33) were found observed more likely to miss school during menstruation than those who did not. In this study school absence during menstruation was analyzed less common among girls attending schools with unlocked toilet for girls (35% vs 43%; APD = -5.4; CI -10 to -1.6). Whereas, it was reflected more common among girls who were forbidden from any activities during menstruation (41% vs 33%; APD = 9.1; CI 3.3 to 14) (Mahbub-Ul A et al, 2017).

In a study 97, 070 girls were considered from 138 studies involving 193 subpopulations. In around 46% of the studies, half of the girls were reported informed prior to menarche (PP 48%, 95% CI 43% to 53%, I^2 98.6%). In this study use of sanitary pad was observed more common among urban (pooled prevalence (PP) 67%, 57% to 76%, I^2 99.3%, $n=38$) than rural girls (PP 32%, 25% to 38%, I^2 98.6%, $n=56$, $p<0.0001$) with inappropriate disposal (PP 23%, 16% to 31%, I^2 99.0%, $n=34$). Study reported a quarter (PP 24%, 19% to 30%, I^2 98.5%, $n=64$) missing school during periods.

Many restrictions, especially for religious activities (PP 0.77, 0.71 to 0.83, I^2 99.1%, $n=67$) were also found experienced by the menstruating girls (Anna MVE et al, 2016).

A community based, cross sectional study was conducted to assess the knowledge and the practices of menstrual hygiene among rural and urban school going adolescent girls, considering a sample of 387 girls. The mean age of menarche computed was 12.85 ± 0.867 years. Girls having knowledge about menstruation before menarche were only 36.95%. More than three fourth of the girls in the study were observed not aware of the cause and the source of the bleeding. 49.35% and 45.74% girls were reported to be used sanitary pads and old clothes respectively whereas cleaning of the external genitalia was found practiced by 33.85% of the girls. Menstrual hygiene was significantly different in the rural and urban girls according to this study (Thakre S.B. et al, 2011). In another cross sectional study a total of 85 adolescent girls of 10-19 years were investigated. In this study 83.5% girls had already experienced their first menstruation. The mean age of menarche in the study subjects was found to be 11.4 ± 5.3 years. 46.4% girls were reported practicing different restrictions during menstruation and 85.9% of girls were using sanitary pads. The response in regard of drying the cloth to be reused by the girls were 5.8% 82.2% and 82.2% outside the house in sunlight, dried them inside the house, and dried them outside in a dark place (Sharma S et al, 2017).

We came across one more case control study of 492 subjects; mean age at menarche reported was 14.1 ± 1.4 years. Study reported the main sources of information about menstrual hygiene management were teachers (43.1%). 90.7% respondents were found having high level knowledge about menstrual hygiene management. Water and toilet facility were accessed by 92.9% and 96.5% respondents respectively. Place of residence (AOR = 1.8, 95% CI: [1.42-1.52]) and educational status of their mothers' (AOR = 95% CI: [1.15-13.95]) investigated by the study were independent predictors of knowledge about menstrual hygiene management (Gultie T et al, 2014).

In a study conducted in Western Kenya, data was collected from six rural schools in order to observe perceptions and practices related to menstruation. In this study girls expressed fear, shame, distraction and confusion as feelings associated with menstruation. Girls were reported saying they use folded, bunched up or sewed cloth, including cloth from shirts or dresses, scraps of old cloth, or strips of an old blanket (A McMahon SA et al, 2011).

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