



ORIGINAL RESEARCH PAPER

Nursing

EVALUATE THE KNOWLEDGE AND PRACTICES OF MENSTRUAL HYGIENE AMONG RURAL WOMEN AGE BETWEEN 15-45 YEARS

KEY WORDS: Knowledge, Practice, Menstrual hygiene, Sanitary pads and Rural women.

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ABSTRACT
 To evaluate the knowledge and practice of menstrual hygiene among rural women age between 15-45 years, a prospective study was conducted at Hathod rural area of Indore, M. P , among 150 rural women selected by non-probability convenient sampling technique and who are fulfilled the inclusion criteria such as age between 15-45 years, non-pregnant women and non-lactating mothers. Data was collected by socio-demographic proforma and structured knowledge questionnaire on knowledge regarding menstrual hygiene and hygiene practices during menstruation. 23% rural women had adequate knowledge, 36.3% had moderate knowledge and 40.7% had inadequate knowledge. Out of 150 respondents, sanitary pads were used by only 33.87%. 45% were burn the sanitary pads and 55% were throwing it in routine waste. Cleaning of external genitalia with water is 74% and only 26% were uses water with soap. Change the sanitary pads 2 times a day is 89% and only 3% were changes 6 hourly a day. 87% of were bath twice a day during menstruation and 13% were bath once a day. 98% were do hand washing after visiting toilet during menstruation.

INTRODUCTION:

Maintaining one's hygiene is the most important task to lead a healthy life, and this takes center stage during menstruation. The situation, however, is stuck up in the rural areas of India here women still face hygiene challenges especially when it comes to menstruation.

Lack of financial resources not only prevents one from getting a bathroom constructed, it also leads to the inability to buy other necessities to maintain proper hygiene. The use of cloth to absorb the menstrual blood leads to the accumulation of germs even if it is washed regularly. Most of the time rural women don't even find proper places to dry their clothes out of shame that is associated with the menstruation social taboo and inability to buy sanitary napkins make menstruation a monthly face-off with deadly diseases.

Menstruation is considered an evil which women should be ashamed of. This approach leads to women trying to hide everything related to their period days. The easiest, most secretive place to dump the sanitary napkins turns out to be the place where you take a bath for men won't come there. The situation is worse for those who use cloth for in order to prevent others from finding out their sin they dry clothes in places out of the reach of everyone, even sunlight, and this cloth is used throughout the period.

While the globe is raging with issues of education and equal rights in all aspects for women, i often tend to ignore this important concern. I, therefore, appeal to all those who strive to make the country a better place for women to work for knowledge and practice of menstrual hygiene as well and ensure better health conditions for all.

OBJECTIVES:

1. To assess the knowledge of rural women regarding menstrual hygiene.
2. To assess the menstrual practice among rural women age between 15-45 years.

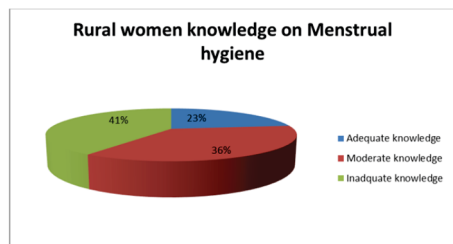
METHODS:

In view of accomplishing the objectives, that is assessing the knowledge and practice of menstrual hygiene among rural women age between 15-45 years a prospective study was conducted at Hathod rural community area of Indore district, Madhya Pradesh. Study samples comprised of 150 rural women selected by non-probability convenient sampling technique and

who are fulfilled the inclusion criteria such as age between 15-45 years, non-pregnant women and non-lactating mothers. To fulfill the study objectives the investigator developed tool consists of two parts. Part-I is socio-demographic proforma consist of 10 items. The characteristics included were age, religion, education, occupation, marital status, caste, socio-economic status, type of family, mothers' education and mothers' occupation. Part-II structured knowledge questionnaire on knowledge regarding menstrual hygiene and hygiene practices during menstruation.

RESULTS:

Out of 150 respondents, 23% rural women had adequate knowledge, 36.3% had moderate knowledge and 40.7% had inadequate knowledge. Out of 150 respondents, sanitary pads were used by only 33.87%. 45% were burn the sanitary pads and 55% were throwing it in routine waste. Cleaning of external genitalia with water is 74% and only 26% were uses water with soap. Change the sanitary pads 2 times a day is 89% and only 3% were changes 6 hourly a day. 87% of were bath twice a day during menstruation and 13% were bath once a day. 98% were do hand washing after visiting toilet during menstruation.



CONCLUSION:

The study was concluded that 'education and awareness of menstrual hygiene and practices is a real need not only in rural areas and I think everywhere. After evaluation I realize, although girls now a days use sanitary napkins during menstruation, they are not aware of the hygienic requirements, such as the need to change the napkins regularly. They didn't know the diseases that one can get through such negligence and poor care.

ACKNOWLEDGEMENT:

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