



ORIGINAL RESEARCH PAPER

Nursing

ASSESS THE KNOWLEDGE AND PRACTICE REGARDING MENSTRUAL HYGIENE AMONG NURSING ASSISTANT

KEY WORDS: Assess, Knowledge and Practice, Menstrual Hygiene.

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ABSTRACT

Menstrual is periodical or monthly regular discharge of blood through the vagina. Every year approximately 10 % of women worldwide are exposed to genital infections including urinary tract infections and bacterial vaginosis, and 75 % of women have a history of RTI. Objectives of the study are to assess the demographic variables of nursing assistant, to assess the knowledge on menstrual hygiene among nursing assistant and to associate knowledge and practice on menstrual hygiene with selected demographic variables of people in study group. A cross sectional descriptive design was adopted for the study. Purposive sampling method was used to select the samples. A total of 60 nursing assistant participated in the study. Data was gathered with multiple choice questions. The data was collected, organized and analyzed in term of descriptive statistics. The finding of the present study reveals that the knowledge and practice regarding the menstrual hygiene was as follows. In this 6(10%) have inadequate knowledge, 43(72%) have moderate knowledge and 11(18%) have adequate knowledge. The mean and standard deviation of the study were as follows 12.48 and 2.41. There is a need to provide education and equipment among them with skills regarding safe and hygienic practices and to make appropriate choices so as to enable them to lead a healthy reproductive life and prevent the risk for reproductive tract infection

INTRODUCTION

Menstruations also known as a period or monthly regular discharge of blood and mucosal tissue in the uterus through the vagina. The 1st period usually begins around 11 to 15 years and is called as puberty. At puberty the ova begin to mature and menstrual cycle begins. The complete cycle occurs 21 to 45 days average mostly are 28 days. The bleeding last for 3 to 7 days. The end of the women's reproduction capacity occurs between 45 to 52 years. Menstrual hygiene is most important thing in menses time. There is more vulnerable infection may occur if there is no proper hygiene. In this issue menstruation is unclean in the society. Menstrual is the monthly process that to assess appropriate materials and facilities⁵.

Good menstrual hygiene will directly contribute to achieve the universal education on the gender equality and women empowerment. It can prevent the reproductive tract infection⁶. Every year approximately 10 % of women worldwide are exposed to genital infections including urinary tract infections and bacterial vaginosis, and 75 % of women have a history of RTI⁷⁻⁹. Specifically, the common risk factors for vaginal infections include pregnancy and poor hygiene (both perineal and menstrual hygiene). Studies in Africa have found out the use of sanitary pads as low as 18 % amongst Tanzanian women with the remainder using cloth or toilet paper. Studies of Nigerian schoolgirls have found between 31 and 56 % using toilet tissue or cloth to absorb their menstrual blood as opposed to menstrual pads¹⁰⁻¹¹.

Mahajan A, Kaushal K (2017) conducted a descriptive study to assess the knowledge and practice regarding menstrual hygiene among adolescent girls of government school of Shimla, Himachal Pradesh. The study results reveal that 29% had adequate knowledge about menstrual hygiene, 71% had inadequate knowledge about menstrual hygiene. The data revealed on practice scores revealed that 19%, 69%, 12% samples had poor, fair and good score of practices regarding menstrual hygiene respectively. Knowledge and practice scores of participants shows positive correlation between the two scores (*P < 0.001)¹².

In society menstruation prevent the girls and the women from articulating their needs and poor menstrual hygiene problem and its management have been ignored. There is improper information on menstrual hygiene or lack of information

about the process of menstruation, the physical and psychological changes in puberty and managing of menstruation. Good menstrual hygiene is therefore crucial for health education and dignity of girls and women. They should be aware about the menstrual hygiene and practice can prevent from infection in women. The objectives of the study are to assess the demographic variables of nursing assistant, to assess the knowledge on menstrual hygiene among nursing assistant and to associate knowledge and practice on menstrual hygiene with selected demographic variables of people in study group.

MATERIALS AND METHODS

The descriptive research design was used to assess the knowledge and practice regarding menstrual hygiene among nursing assistant, the participants were selected by using purposive sampling technique. After selecting the sample, the demographical data was collected by using structured questionnaire. The knowledge and practice was gathered by multiple choice questions. The data were analyzed by using descriptive statistics. The project has been approved by the ethical committee of the institution. Informed consent was obtained from the participants before initiating the study.

RESULTS

out of 60 sample the percentage distribution of nursing assistant, 52 (87%) of the participants were in the age of group of 20-30 years, 8 (13%) were in the age group of 31-40 years, none of the above 40 years. Regarding religion in study group, 46 (77%) were Hindu, 2(3%) was Muslim, 12(20%) were Christians. Regarding family type in study group, 35 (58%) were joint family, 25(42%) was nuclear family. Regarding menstrual hygiene information in this study group, 30 (50%) were mother, 26(43%) were friends, 4(7%) were mass media. Regarding menstrual cycle in this study 51 (85%) were regular, 9 (15%) were irregular. The table reveals that, in this study the knowledge and practice regarding menstrual hygiene were as follows. In this 6(10%) have inadequate knowledge, 43(72%) have moderate knowledge and 11(18%) none of have adequate knowledge. The mean and standard deviation of the study were as follows 12.48 and 2.51.

By using chi-square it shows that there was significant association between the knowledge and practice regarding

menstrual hygiene and age, religion, family type, regarding menstrual information and menstrual cycle of the people among the demographic variables.

DISCUSSION

The finding of the present study reveals that the knowledge regarding the menstrual hygiene was as follows. The frequency and percentage distribution of knowledge among girls out of 60 sample 87% were 20-30 yrs; 13% were 30-40 yrs; 20% were Christian; 3% Muslim; 77% Hindu; 42% were nuclear; 58% were join family; 50% get information regarding menstruation from mothers; 43% from friends; 7% from mass media; 85% menstrual cycle is regular; 15% were irregular. There is study on India also found that mothers are usually major source of information. The present study results reveal that Out of 60 samples 6(10%) members had adequate knowledge, 43(72%) members had moderate knowledge but majority of samples 11(18%) ranged under inadequate knowledge. The findings were those in previous studies in Ethiopia is 60.9% adequate knowledge, 76.9% moderate knowledge & 9.1% are inadequate knowledge. The mean and standard deviation of the study were as follows 12.48 and 2.51. The present is supported by **Balat Martina ,Sahu Saurabh , Patel Mitesh(2019)** Assessment of Knowledge and Practice of Menstrual Hygiene Management among Adolescent School Girls in AhmadabadCity. The results reveal that 46.9% and 48.1% of girls had good knowledge and practice of menstrual hygiene respectively. The findings of the study revealed that there is a significant association between demographic variables. There was a significant association between the demographic variables such age, religion, family type, regarding menstrual information and menstrual cycle. The mean and standard deviation of the study were as follows 12.48 and 2.51¹³. The present is supported by **Agarwal N et al. (2018)** Knowledge and practice regarding menstrual hygiene among adolescent girls of rural field practice area of RIMS, Raipur. The study results reveal that Majority of the school going adolescent girls belong to 13 and 14 years of age. 50.95%, 21.67% and 12.93% girls reported that they had their menarche at the age of 13 year, 12 year and 14 year respectively. Majority of the girls were using cloth (49.81%) and only 17.87% were using sanitary napkins. Cleaning of external genitalia was not satisfactory in 32.70% of the girls. Only 58.17% girls used both soap and water for cleaning the genitalia. Pain in abdomen (59.70%) was found to be the most frequent complaint during menstruation. The study has association with variables like education of mother had the significant effect on the knowledge scores of the participants¹³.

CONCLUSION

There is a need to provide education and equipment among them with skills regarding safe and hygienic practices and to make appropriate choices so as to enable them to lead a healthy reproductive life and prevent the risk for reproductive tract infections. There is also a need to empower mothers , teachers and nurses to function as primary sources of information on menstruation including reproductive health as they are accessible to handle patient issues and facilitate referrals as the need arises.

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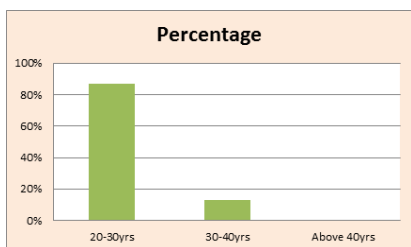


Fig 1: Frequency and percentage distribution of nursing assistant according to age.

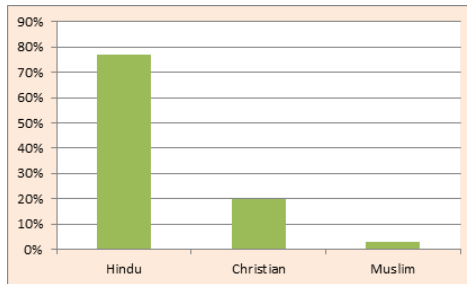


Fig 2: Frequency and percentage distribution of nursing assistant according to religion.

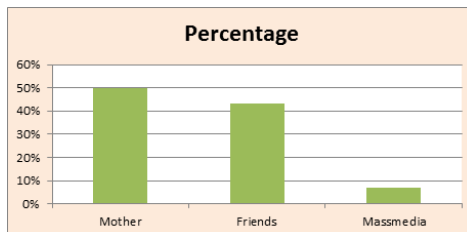


Fig 3: Frequency and percentage distribution of people nursing assistant regarding menstrual information.

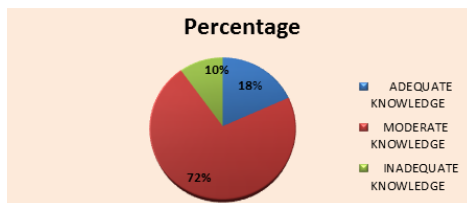


Fig 4: Frequency distribution of level of the knowledge and practice on menstrual hygiene.

Tab: 1: Frequency distribution of level of the knowledge on menstrual hygiene out of 60 samples.

| Inadequate knowledge | | Moderate knowledge | | Adequate knowledge | | Mean | Standard deviation |
|----------------------|-----|--------------------|-----|--------------------|-----|-------|--------------------|
| No | % | No | % | No. | % | | |
| 6 | 10% | 43 | 72% | 11 | 18% | 12.48 | 2.51 |

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