



**ORIGINAL RESEARCH PAPER**

**Psychology**

**A STUDY OF THE RESIDENTIAL ADOLESCENT GIRL STUDENTS' ATTITUDE TOWARDS THE MENSTRUAL HYGIENE MANAGEMENT**

**KEY WORDS:** Residential Schools , Adolescent Girls and Menstrual Hygiene Management

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**ABSTRACT**

Adolescence has been recognized as a special period that requires specific attention as it marks the onset of menarche, an important milestone, and hence good hygienic practices during menstruation are crucial to maintain a healthy life. In these research deals with the Residential Adolescent Girls attitude toward the Menstrual Hygiene Management in Residential Institutions in Rangareddy district And study Survey research method was adopted for the study and stratified sampling method was employed to collect the data from 100 Adolescent girls of 10 residential schools in rangareddy district In these research deals with the Residential Adolescent Girls attitude toward the Menstrual Hygiene Management in Residential Institutions. Study concluded that the on an average 79% have average positive attitude towards the Menstrual Hygiene Management, only 4% have high level attitude towards the Menstrual Hygiene Management and 17% have low level of attitude towards Menstrual Hygiene Management. And majority of the girls are facing difficulties in menstruation period their knowledge about menstruation was very poor. The girls in majority were unaware of the scientific basis and physiology of process of menstruation. Only 34% girls were aware of the term menstruation before menarche. Mother was the first informant in 66% cases.

**INTRODUCTION**

Menstruation is an exceptional phenomenon that the nature has planned for women. It is not just a small term but a major stage where a woman undergoes certain reproductive changes from onset of menstruation till menopause. Adolescence is the stage of physical, psychological, and reproductive development that generally occurs during the period from puberty to legal adulthood. The World Health Organization defines adolescence as individuals between 10 and 19 years of age. Adolescence in girls has been recognized as a special period in their life cycle that requires specific and special attention. This period is marked with onset of menarche.

Menstruation is surrounded by various psychological and religious barriers due to lack of knowledge about the scientific process of menstruation. Many girls residing in slum areas are unaware of what actually happens during menstrual cycle. Although menstruation is a natural process, it is linked with several perceptions and practices within the community, which sometimes may result in adverse health outcomes.

Hygiene during menstruation is an inevitable part of woman's life. Various aspects such as physiology, pathology and psychology of menstruation have been found to associate with health and well-being of women; hence, it is an important issue concerning morbidity and mortality of female population. It is during this period a woman is regarded most vulnerable for developing any kind of reproductive tract infections, urinary tract infections, and various sexually transmitted diseases. Menstrual hygiene deals with special healthcare needs and requirements of women during monthly menstruation or menstrual cycle. Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women.

**Need of the Study**

Menstrual hygiene management should be an imperative part of healthcare. The United Nations defines adequate menstrual hygiene management as "women and adolescent girls using a clean menstrual management material to absorb or collect blood that can be changed in privacy as often as necessary for the duration of the menstruation period, using soap and water for washing the body as required, and having access to facilities to dispose of used menstrual management materials." Particularly in poor countries, girls and women face substantial barriers to achieving adequate menstrual management.

Teachers leave a positive impact and greatly influence the minds of children. But the issue of menstrual hygiene is seldom being discussed in the school curriculum. It is also included in Millennium Development Goals. Therefore, to understand the consequences and importance of menstrual hygiene practices among adolescent girls, it is important to study the current practices about the same so that future interventions can be planned accordingly.

with this backdrop, a study was conducted among adolescent girls in the urban slum area to assess the knowledge, beliefs, source of information, practices of menstrual hygiene, and menstrual pattern and problems and also to identify status of hygiene and the restrictions practiced by adolescent girls during menstruation.

**Objectives of the study:**

1. To examine the attitudes of Adolescent Girls towards Menstrual Hygiene Management
2. To examine whether there exists a significant Age difference in attitudes of Adolescent Girls towards Menstrual Hygiene Management.
3. To compare the attitude of urban and rural Adolescent Girls towards Menstrual Hygiene Management
4. To compare the attitude of literate and illiterate parents of Adolescent Girls towards Menstrual Hygiene Management

**Hypotheses:**

1. There is no significant difference between the attitude of 10-14 age and 15-19 age group Adolescent Girls towards Menstrual Hygiene Management.
2. There is no significant difference between the attitude of rural and urban Adolescent Girls towards the Menstrual Hygiene Management.
3. There is a significant difference between the literate and illiterate parents of Adolescent Girls attitude towards Menstrual Hygiene Management.

**Research design**

Survey research method was adopted for the study and stratified sampling method was employed to collect the data.

**Tools used.**

Considering the merits and limitations of the selection of tools, the researcher has developed a 3 point attitude scale for assessing the attitude of the Adolescent Girls towards Menstrual Hygiene Management

**Development and description of the tool:**

The Tool consists of Two (2) parts. Part A: - Profile of the Parent. Part B: - Residential Adolescent Girls attitude scale towards

**Menstrual Hygiene Management**

Part-A: It includes Age, literacy level, Occupation and Community of the Adolescent Girls

Part-B: It consists of 30 items, where 22 positive in nature and remaining 8 are negative and covered all the aspects regarding the attitudes of the Adolescent Girls. This is designed as a 3 point rating scale, which a girl chose their attitude on this 3 point scale starting from Agree, Undecided, disagree of their own choice.

**Reliability and Validity of the tool:**

**Validity:**

While designing the tool, the researcher reviewed all the relevant documents on Residential Adolescent Girls attitudes towards Menstrual Hygiene Management and held discussion with the teachers, principals and administrators working in primary schools. After preparing the items, the experts' suggestions were sought on the items and the tool was finalized. Thus the tool possessed face and content validity. The intrinsic validity of the tool is: 0.787

**Reliability:**

After designing the tool with the help of experts in the field, it was tried out on 30 Adolescent Girls and Split-half method was employed to establish reliability of the tool. The reliability coefficient = 0.62 (Spearman- Brown Prophecy formula)

**Operational Definition:**

**Menstrual Hygiene Management:** Menstrual Hygiene Management means assess knowledge, beliefs, and source of information regarding menstruation, and also to assess hygiene among them.

**Table 1: Showing Adolescent Girls attitude towards the Menstrual Hygiene Management of the groups**

Mean- 1 sigma (Low level attitude Adolescent Girls group)	17(17%)
-1 Sigma to+ 1sigma (Average attitude Adolescent Girls group)	79(79%)
Mean +1 sigma (Highly level attitude Adolescent Girls group)	4(4%)

From the above table it could be observed that on an average 79% have average positive attitude towards the Menstrual Hygiene Management, only 4% have high level attitude towards the Menstrual Hygiene Management and 17% have low level of attitude towards Menstrual Hygiene Management.

**Hypothesis-1 There is a significant difference between the attitude of 10-14 age and 15-19 age group of Adolescent Girls towards Menstrual Hygiene Management.**

To test the above hypothesis all the respondents were categorized into two group's viz. 10-14 age and 15-19 age group Adolescent girls. . To know the significant difference between the mean scores of the two groups of respondents 't' technique was employed. The results of 't' test along with Means and SDs of the scores obtained by the 10-14 age and 15-19 age group Adolescent girls are presented in table I

**Table I: Showing the mean value and the results of t test on Age**

Age	N	Mean	S.D	t-value	LOS	df
10-14	50	73.39	7.25	2.14**	0.01	98
15-19	50	76.96	9.55			

**\*\* Significant at 0.01levels**

The results of the t test indicate that the obtained t value is not significant at any level of significance and the null hypothesis is accepted. In other words the 10-14 age and 15-19 age group Adolescent girls haven't similar Attitude towards Menstrual Hygiene Management .Mean scores indicate 15-19 age group

Adolescent Girls have better Attitude over their counterparts. Hypothesis 2: There is no significant difference between the attitude of rural and urban Adolescent Girls towards Menstrual Hygiene Management.

In order to test the hypothesis, depending on the locality of the students the whole sample was divided into two group's viz. Rural and Urban. The numbers of respondents falling in rural and urban schools are 71 & 29 respectively. By employing the 't' test the two groups were compared and tested to know the significant difference in their Attitude towards Menstrual Hygiene Management. The results are shown in table 2

**Table 2 : Showing the mean values and results of t test on locality**

Locality	N	Mean	S.D	t-value	LOS	Df
Rural	69	72.85	6.70	2.88**	0.01	98
Urban	31	78.03	8.95			

**\*\*Significant at 0.01 level**

The results of the t test indicate that there is a significant difference between the Attitude of the rural and urban parent towards Menstrual Hygiene Management. Therefore the null hypothesis is rejected at 0.01 levels. Urban Adolescent Girls have better Attitude towards Menstrual Hygiene Management.

**Hypothesis3: There is no significant difference between the attitude of literate and illiterate Adolescent Girls towards Menstrual Hygiene Management.**

The entire samples of 100 Students classified into two group's viz. literate and illiterate parents group of Adolescent Girls. To know the significant difference between the literate and illiterate parents of Adolescent Girls attitude towards Menstrual Hygiene Management The results are shown in table 3

**Table 3: Showing the mean value of difference between the literate and illiterate parents of Adolescent Girls attitude towards Menstrual Hygiene Management**

Education	N	Mean	S.D	t-value	LOS	Df
Literate	77	77.74	7.94	2.54**	0.01	98
Illiterate	23	71.30	11.34			

**\*\*Significant at 0.01 levels**

The results of t test indicate that the mean scores of the literate and illiterate parents groups did bring the t value significant. Hence the null hypothesis is accepted. Although the mean attitude score of the literate parent of Adolescent Girls is higher than their counterparts, the difference between the mean scores of the two groups did get the t value significant. Educational status of the mother played a crucial role in influencing the adolescent girl in the family, and it was found that a majority of 77% of the mothers were literate, while in a study conducted among school-going adolescent girls in district only 23% of the mothers were illiterate. This study showed that 23% of the mothers were illiterate and were less hygienic.

**Findings:**

**On the basis of the results the following findings are drawn:**

1. 79% has average positive attitude towards the Menstrual Hygiene Management, only 4% has high level attitude towards the Menstrual Hygiene Management and 17% have low level of attitude towards girls education.
2. There is a significant difference in the Attitude of 10-14 age group and 15-19 age group of Adolescent Girls opinion towards Menstrual Hygiene Management
3. There is significant difference between the rural and urban Adolescent Girls in their Attitude towards

Menstrual Hygiene Management

4. There is a significant difference between the literate and illiterate parents of Adolescent Girls Attitude towards the Menstrual Hygiene Management

**CONCLUSION**

As the adolescent girls Study in residential schools and the majority of the girls are facing difficulties in menstruation period due to, their knowledge about menstruation was very poor. The girls in majority were unaware of the scientific basis and physiology of process of menstruation. Only 34% girls were aware of the term menstruation before menarche. Mother was the first informant in 66% cases. This is expected as mothers are usually the closest confidant teacher of most of the growing adolescent girls in our environment. The adolescent girls had limited knowledge about the reproductive system of human body, and hence it was very sad to observe in this study that 40% of girls did not know about the organ from where menstrual bleeding initiates.

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