

# A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS

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## ABSTRACT

**Background:** The issue of menstrual hygiene acknowledged and has not received proper attention. Use of sanitary pads and washing the genital area are essential practices to keep the menstrual hygiene. Unhygienic menstrual practices can affect the health of the girls and there is an increased vulnerability to reproductive tract infections and pelvic inflammatory diseases and other complications. Therefore, the objective of this study was to assess the knowledge and practice of menstrual hygiene among adolescent girls at Mappedu in Thiruvallur district.

## Method:

The approach of this study was quantitative study in nature. The research design that was used to achieve the objectives of the study is descriptive study. This study was conducted in rural area at Mappedu. The population of the study comprises of fifty adolescent girls. The sample taken from rural area. Rural area adolescents in the age group of 13-17 years. Convenient sampling method.

## Results

In Knowledge assessment 7(14%) members were Inadequate knowledge 36(72%) were moderate knowledge and 7(14%)members were adequate knowledge. In assessing practice 14% were good practicing,72% were averagely practicing,14% poorly practicing.

**Conclusions:** The findings show that the knowledge and practices of menstrual hygiene is low. Awareness regarding the need for information about good menstrual practices is very important. So health education programs should be setup to create awareness and practice of good menstrual hygiene.

**Keywords:** Knowledge, Menstruation, Practice, Sanitary pads, Hygiene.

## INTRODUCTION

Menstruation is a generally considered as unclean in the Indian society. Isolation of the menstruating girls and restrictions being imposed on them in the family, have reinforced a negative attitude towards this phenomenon<sup>1-3</sup>. There is a substantial lacuna in the knowledge about menstruation among adolescent girls. Good hygienic practices such as the use of sanitary pads and adequate washing

of the genital area are essential during menstruation. Menstrual hygiene and management will directly contribute to the Millennium Development Goal (MDG)-2 on universal education and MDG-3 on gender equality and women empowerment.

Adolescent girls has been recognized as a special which signifies the transition from girlhood to womanhood. Menstruation is generally considered as unclean in the Indian society. Isolation of the menstruating girls and restrictions being imposed on them in the family, have reinforced a negative attitude towards this phenomenon. Several studies have reported restrictions during the daily activities. Apart from these, they believe in specified taboos at menarche and menstruation<sup>4-7</sup>.

There is a substantial lacuna in the knowledge about menstruation among adolescent girls<sup>8</sup>. Several research studies have revealed this gap and they showed that there was a low level of awareness about menstruation among the girls when they first experienced it<sup>9-10</sup>. Social prohibitions and the negative attitude of parents in discussing the related issues openly, have blocked the access of adolescent girls to the right kind of information, especially in the rural and tribal communities. Infections due to lack of hygiene during menstruation have been reported in many studies<sup>11-12</sup>. Many studies have revealed that most of the adolescent girls had incomplete and inaccurate information about the menstrual and structured questionnaire was used in the study. The data collection technique was a personal interview of the study subjects.

## **METHODOLOGY**

### **RESEARCH APPROACH**

The approach of this study was quantitative study in nature.

### **RESEARCH DESIGN**

The research design that was used to achieve the objectives of the study is descriptive study.

### **SETTING OF THE STUDY**

This study was conducted in rural area at Mappedu.

### **POPULATION**

The population of the study comprises of fifty adolescent girls.

The sample taken from rural area

### **SAMPLE**

Rural area adolescents in the age group of 13-17 years

### **SAMPLING TECHNIQUE**

Convenient sampling method

### **SAMPLE SIZE**

The Sample size comprised of 50 rural adolescents.

## **CRITERIA FOR SAMPLE SELECTION**

### **INCLUSION CRITERIA**

- Adolescent girls who are willing to participate
- Adolescent age group between 13-17 years.

### **EXCLUSION CRITERIA**

- Adolescent who are not willing to participate and not available during the data collection.
- Adolescent who are above in 13-17 years age group.

## **TOOLS AND SCORING PROCEDURE**

### **Part-I Demographic Data**

It consists of age, religious status, educational status, occupation.

### **Part-II**

## **SELF STRUCTURED QUESTIONNAIRES METHOD**

Questionnaires is to assess the level of knowledge according to score.

### **Part-III Check list**

Check list is to assess the practice

## **SCORE INTERPRETATION**

Score interpretation formula= obtained score x100

The score interpreted as

- <50% Inadequate knowledge
- 51-75% Moderate knowledge
- 76-100% Adequate knowledge

Score interpretation formula =obtained score x 100

The score interpreted check list

- Good practice :9-10
- Average practice:6-8
- Poor practice<5

## **DATA COLLECTION PROCEDURE**

The main study was conducted during the period 13-11-18 to 20-11-18 in Mappedu at Thiruvallur district after obtain permission from the panchayat leader. After the self introduction and rapport. Sample who met the inclusion criteria were selected using

convenient sampling technique. Fifty samples were selected for the study was explained to the sample and their consent was obtained in written form. Data was collected using structured questionnaire and check list. Demographic profile was collected and the knowledge of menstrual hygiene was assessed using interview structured questionnaire which consists of 25 questions on the knowledge and the practice was assessed check list which consist of 10 questions.

## RESULTS AND DISCUSSION

The study reveals that the frequency and percentage distribution of knowledge among in adolescent girls out of 50 samples Regarding age group 3(6%) belongs to 12-14yrs; 6(12%) belongs to 14-15yrs; 25(50%) belongs to 15-17 yrs; Regarding religious status 23(46%) belongs to Hindu; 7(14%) belongs to Christian; 6(12%) belongs to Muslim; Regarding educational status 3(6%) belongs to primary school; 33(66%) belongs to higher secondary; Regarding to 32(64%) belongs to home; 1(2%) belongs to hostel; 3(6%) belongs to grandmother; Regarding to 36(72%) belongs to menarche attain.

**Table-1**

**Frequency and percentage distribution of level of knowledge regarding menstrual hygiene among Adolescent girls group.**

KNOWLEDGE	NO	PERSENTAGE
Inadequate knowledge	7	14%
Moderate Knowledge	36	72%
Adequate knowledge	7	14%

In this study out of samples 7(14%) members had Inadequate knowledge. 36(72%) had Moderate knowledge and 7(14%) members had Adequate knowledge.

**Table-2 Frequency and percentage distribution of practices among adolescent girls on menstrual hygiene.**

Practice	No	%
Good Practice	7	14%
Average Practice	36	72%
Poor Practice	7	14%

In this study out of samples 7(14%) members were good practice. 36(72%) members were average practicing and 7(14%) Member were poor practicing on menstrual hygiene.

**Table-3 Association between the demographic variables and knowledge regarding menstrual hygiene and practice among adolescent girls.**

S.No	Demographic Variables	No. of samples	Adequate	Moderate	Inadequate	Chi-square and P values
1.	Age:					

	a)10-12 yrs	5	0	0	5	X <sup>2</sup> =40.562
	b)12-14 yrs	5	0	3	2	df= 6
	c)14-15yrs	10	2	8	0	P=0.0001
	d)15-17yrs	30	5	25	0	S
2.	Religion					
	a)Hindu	26	1	23	2	X <sup>2</sup> =21.611
	b)Christian	14	5	7	2	df=6
	c)Muslim	8	1	6	1	P=0.0014
	d)Others	2	0	0	2	S
3.	Educational status					
	a)Illiterate					
	b)Primary school	2	0	0	2	X <sup>2</sup> =67.915
	c)Higher secondary	8	0	3	5	df=6
	d)Collage	35	2	33	0	P=0.00001
		5	5	0	0	S

The above table shows that there is association between the demographic variables such as age, religion, educational status, residents and the knowledge regarding menstrual hygiene among in adolescent girls.

#### SECTION-IV

**Table-4: Mean and standard deviation for knowledge and practice menstrual hygiene adolescent girls.**

Group	Mean	Standard Deviation
Menstrual age group	3.21	6.89

**CONCLUSION:** The findings show that the knowledge and practices of menstrual hygiene is low. Awareness regarding the need for information about good menstrual practices is very important. So health education programs should be setup to create awareness and practice of good menstrual hygiene.

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