

A Study to Assess the Knowledge and Practice regarding Menstrual Hygiene among Adolescent Girls in Selected School, of Distt Solan with a View to Develop Health Education Pamphlet

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Abstract: *Reproductive health is a crucial part of general health and a central feature of human development. Women having a better knowledge regarding menstrual hygiene and safe menstrual practices are less vulnerable to reproductive tract infections and its consequences. The objectives of this study were to assess the knowledge and practice regarding menstrual hygiene among adolescent girls, to find out the association between knowledge and practice scores with selected demographic variables, to determine the correlation between knowledge and practice on menstrual hygiene among adolescent girl. A descriptive research was conducted in 2021 in Govt.Girls School of Solan (H.P), sample of 100 adolescent girls were selected by using convenient sampling technique. Result mean and SD of knowledge score was 12.74 and ± 3.91 respectively and practice score showed that mean was 9.01 and SD was ± 2.25 . There was significance association between the knowledge score with demographic variables (Education Status Religion, Family income type of family, Education of mother occupation of mother and source of information before menarche about menstruation. and for the practice score there is significance association between demographic variable (Age in years, Education Status, religion, type of family ,occupation of mother and source of information before menarche about menstruation .There was a significant correlation between knowledge and practice of menstrual hygiene among adolescent girls (correlation 0.493, table value 0.197 and $p < 0.001$) Conclusion: On the basis of finding moderately positive correlation it was concluded that majority of adolescent girls had moderate adequate knowledge and followed hygienic practices correctly.*

Keywords: Assess knowledge, menstrual hygiene, adolescent girls, and health education pamphlet

1. Introduction

Reproductive health is a crucial part of general health and a central feature of human development. Reproductive health is a universal concern, but is of special importance for women particularly during the reproductive years.⁽¹⁾ WHO has defined adolescence as the periods between 10-19 years of life Adolescent girls constitute about 1/5th total female population in the world? Adolescence in girls has been recognized as a special period in their life cycle that requires specific and special attention.⁽¹⁾ In World Health Organization report, poor menstrual hygiene in developing countries has been an insufficiently acknowledged problem. The lack of attention to this issue is striking. Approximately 50% of the world's population knows from their own experience how important good menstrual hygiene is to be able to function optimally during the menstruation period.

2. Need of the Study

Menarche is the time of change for every adolescent girl due to lack of knowledge regarding menarche, the adolescent girls through the physiological and emotional stresses and malpractices. In Indian society most of the girls do not get adequate knowledge about their own body's physiological changes and about menstruation. Providing accurate knowledge to the pre adolescent girls will be helpful for them

at time of menarche. Menstrual hygiene management is an important issue for adolescent girls as they do not have experience. Even most of the parents lack the required information about the menstrual cycle and issues related to its management. Lack of education and communications regarding reproductive system leads to reproductive tract infection. It affects their sexual, emotional and psychological maturation.

3. Objectives of the Study

- To assess the knowledge and practice regarding menstrual hygiene among adolescent girls.
- To find out the association between knowledge and practice scores with selected demographic variables.
- To determine the correlation between knowledge and practice on menstrual hygiene among adolescent girls.

4. Hypothesis

H1-There will be significant association between knowledge score and practice score and the selected demographic variables. **H2**-There will be significant correlation between knowledge score and practice score on menstrual hygiene.

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5. Methodology

Non Experimental descriptive study design with Quantitative research approach. Non probability convenient sampling technique used to select sample of 100 adolescent girls in Govt girl school Solan,(H.P) The data was collected by using demographic Performa , structured knowledge questionnaire and practice questionnaire .The selected socio demographic variables are age(in years), age of menarche, educational status, religion, area of residence, family monthly income, type of family, education of mother, occupation of the mother, age and source of information before menarche.

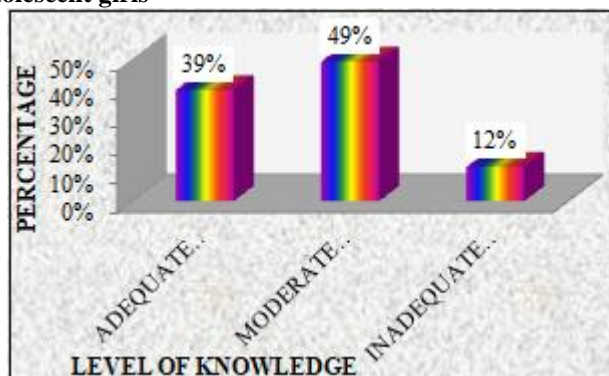
6. Results

The collected data were analyzed by using descriptive statistics (frequency, percentage, mean, and standard deviation) and inferential statistics (chi square and Karl Pearson correlation).

Section I: Description of demographic variables of the adolescent girls

- The maximum number (70%) of the study subjects were in the age group of 13-15 years.
- 50% of the subject had their age of menarche in 12-13 years while 31% of subject had their age of menarche in 14-15 years
- 48% of the subject had their education status is 10th standard, 20% had 7th standard, while 8th and 9th standard had 16 %
- As far religion was concerned (86%) of the adolescent girls were from Hindu families.
- Majority of subject were residing in rural area that is (64%)
- The family income of majority (34%) of the study subject were above 20,000/-
- Majority (53%) were from the nuclear family.
- 24%of the subject mothers had their qualification as Higher Secondary school, 32% had secondary, 15% had primary while only 10% were no formal education.
- Majority 70% were house maker
- Majority of subject (66%) had their source of information before menarche about menstruation and menstrual hygiene by family.

Section – II: Assessment of knowledge level score of adolescent girls



The knowledge score of the adolescent girls that is 39% girls having adequate knowledge ,49% having moderate adequate knowledge and only 12% having inadequate knowledge.

Table 1: Mean, SD, Mean and percentage of knowledge score of adolescent girls regarding menstrual hygiene

Descriptive Statistics	Mean	SD	Mean %
Knowledge Score	12.74	3.91	63.7%

Section III: This section deals with the description regarding assessing the practice regarding menstrual hygiene among adolescent girls

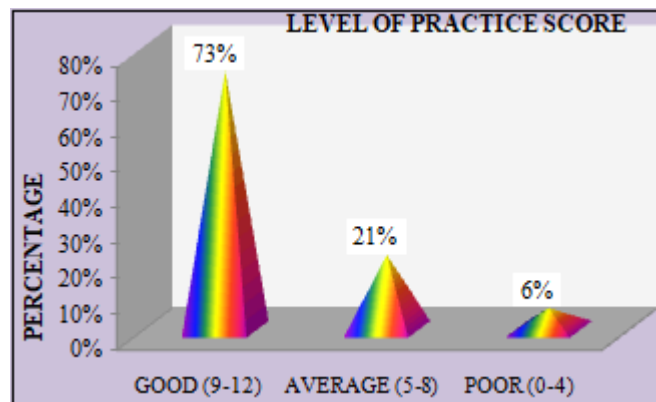


Table 2: Mean, SD and mean percentage of practice score of adolescent girls regarding menstrual hygiene

Descriptive Statistics	Mean	SD	Mean %
Practice Score	9.01	2.25	75.1%

Section IV: This section deals with association between the knowledge and practice scores with the selected socio demographic variables

H1 (a) There will be significant association between knowledge score with the selected socio demographic variables.

The chi square value shows that there is significance association between the knowledge score with their selected socio demographic variables i.e., (Education Status, Religion, Family income, type of family, Education of mother, occupation of mother and source of information before menarche about menstruation).The calculated chi square value was more than table value at the 0.05 level of significance.

Hence for the selected variables hypothesis is accepted.

H1 (b) There will be significant association between practice score with the selected demographic variables

The chi square value shows that there is significance association between the practice score with their selected socio demographic variables i.e. (Age in years Education Status, religion , type of family ,occupation of mother and source

of information before menarche about menstruation). The calculated chi square value was more than table value at the 0.05 level of significance.

Hence for the selected variables hypothesis is accepted

Section V: This section deals with the correlation between the knowledge and practice of menstrual hygiene

H2 there will be significant correlation between knowledge score and practice score on menstrual hygiene

Karl Pearson coefficient correlation was done to analyze the correlation between the knowledge and practice scores. The study findings show that, there was a significant correlation between knowledge and practice of menstrual hygiene among adolescent girls (correlation 0.493, table value 0.197 and $p < 0.001$).

Hence the research hypothesis H2 is accepted.

7. Conclusion

The present study concluded that the majority of adolescent girls had moderate adequate knowledge and good practice regarding menstrual hygiene. It has been revealed that there is significant association between knowledge score and practice score with demographic variables. It has been found that there is a significant correlation between knowledge and practice of menstrual hygiene among adolescent girls.

8. Major Recommendations

A similar study can be done on a large population and a different tool

The similar study could be done in a different setting

Experimental study could be done on this problem by using various other teaching programmers.

The attitude and practice can also be assessed

Comparative study can be conducted among adolescent girls in rural and urban area.

A similar study can be conducted with two groups.

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