

Assessment of Knowledge of Adolescence Girls regarding Menstrual Hygiene in the Selected School of Bahadrabad, Haridwar

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Abstract: Menstrual Studies that make the issue visible to the concerned policymakers and inform practical actions are very much warranted. Menstruation is a phenomenon unique to the females. Menstruation is still regarded as something unclean or dirty in Indian society. The reaction to menstruation depends upon awareness and knowledge about the subject. The manner in which a girl learns about menstruation and its associated changes may have an impact on her response to the event of menarche. Although menstruation is a natural process; it is linked with several misconceptions and practices, which sometimes result into adverse health outcomes. Hygiene related practices of women during menstruation are of considerable importance, especially in terms of increased vulnerability to reproductive tract infections (RTI). Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women. With this background the present study was undertaken to assess the knowledge, beliefs, and source of information regarding menstruation among the adolescent school girls of the secondary school and also to identify the status of menstrual hygiene among them.

Keywords: Descriptive Study, Knowledge, Adolescence, Menarche, Selected Teaching Programme

1. Background of the Study

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 of menstrual hygiene among high school girls. Shivaleela P.upashe (2013). Menstruation is a normal physiological process that is managed differently according to various social and cultural understandings. Therefore, this cross-sectional study was conducted to explore the menstrual practices among 1275 female adolescents. Drakshyani devi et al (2013).

Research Statement

A study to assess the knowledge of adolescence girls regarding menstrual hygiene in the selected school of Bahadrabad haridwar.”

Objectives

To assess the knowledge of menstrual hygiene among adolescence girls. To prepare questionnaire.

2. Methodology

This study deals with the Descriptive of Methodology and different steps which was undertaken for gathering and organization data for the study to assess the knowledge of the adolescence girls regarding menstrual hygiene in School.

It consist research design, research approach and sampling technique development of the tool, data collection, procedure and method of analysis based on the statement and objectives and study.

Research Approach: A quantitative research approach is used well a program, practice, procedure or policy working.”**Research Design:** non experimental ,**Population:** adolescence girls about menstrual hygiene, **Sample size:** A total 40 sample from adolescent girls in Arya inter college, Bahadrabad,Haridwar, **Sample technique** Convenient sampling **Tools:** A structured knowledge questionnaire were used to collect data which is required for the study..Collecting data analysis tabulated interpreted using descriptive and inferential statics.

Frequency and percentage distribution of sample according to demographic variables

S No.	Demographic Data	Frequency	Percentage
1	Age		
	a) 12-14	18	45%
	b) 14-16	15	37.5%
2	Education		
	a) 9 th	10	25%
	b) 10 th	19	47.5%
3	Types of community		
	a) Urban	22	55%
	b) Rural	18	45%
4	Family		
	a) Nuclear	20	50%
5	Dietary Pattern		
	a) Vegetarian	29	72.5%
6	Religion		
	a) Hindu	27	67.5%
	b) Muslim	6	15%
	c) Sikh	3	7.5%
7	Absorbent		
	a) Pad	16	40%
	b) Clothes	24	60%

Section-2

Assessment of knowledge of adolescence girls

S.No	Level of Knowledge	Frequency	Percentage
1	Adequate	10	25%
2	Moderate	15	37.5%
3	Inadequate	15	37.5%

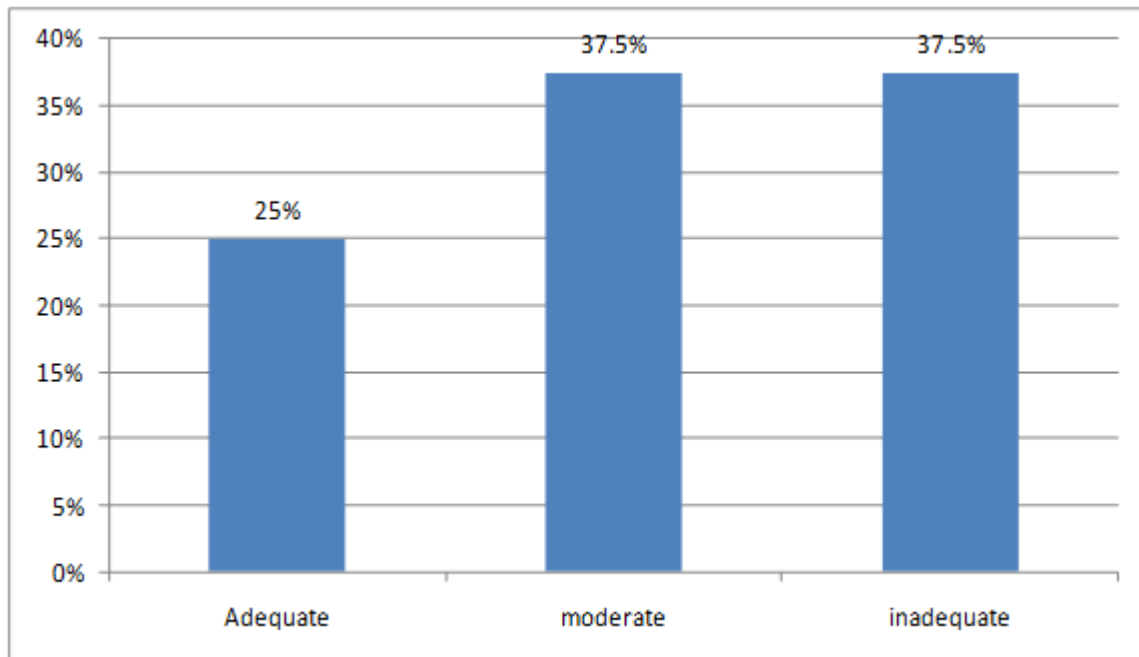


Figure 1: Diagram showing the percentage distribution of sample subject according to knowledge

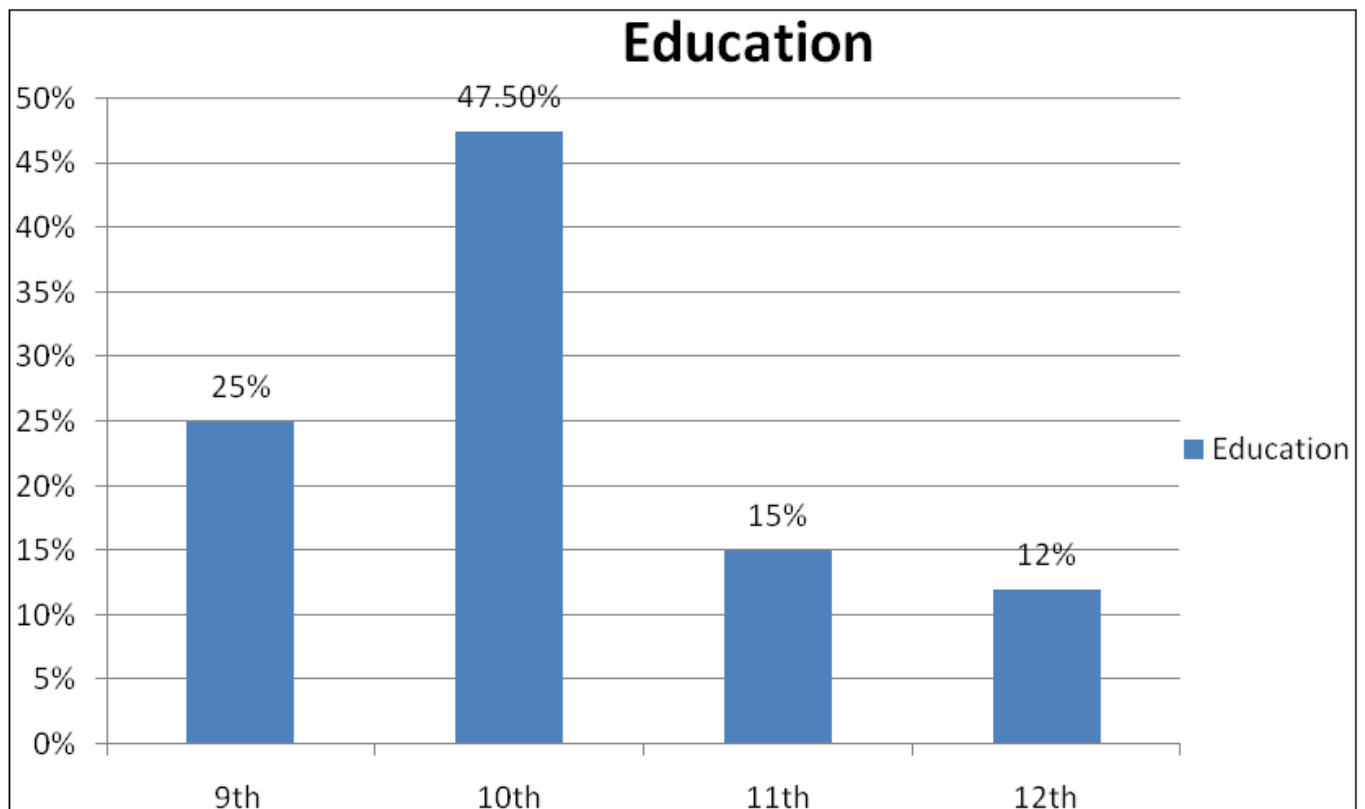


Figure 2: diagram showing the percent distribution of sample subject according to education

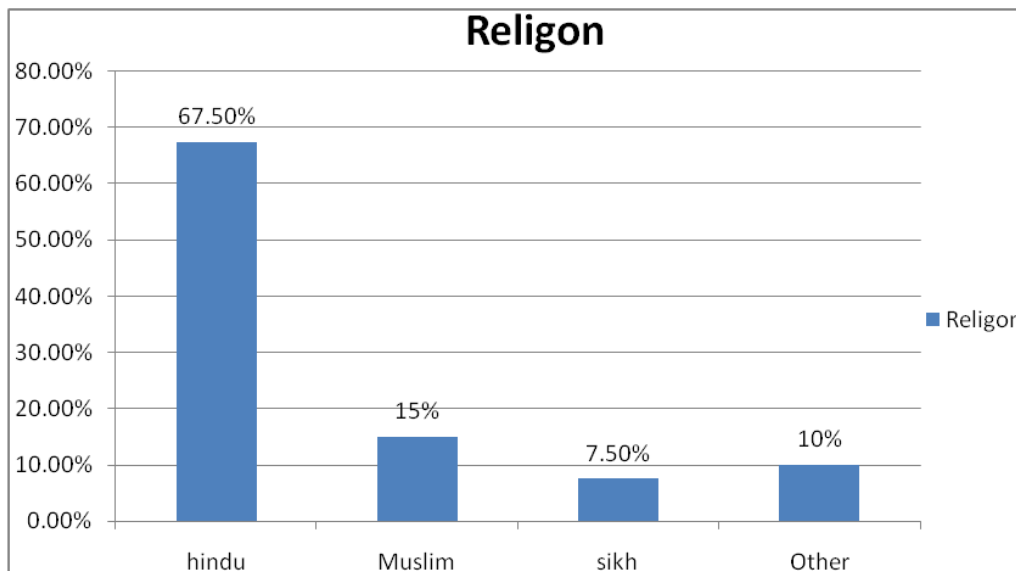


Figure 3: diagram showing the percentage distribution of sample subject according to religion.

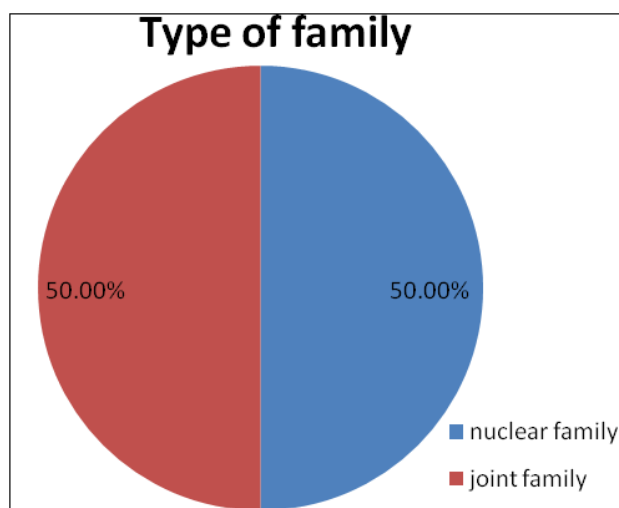


Figure 4: Diagram showing the percentage distribution of sample subject according to type of Family

3. Conclusion

This study was undertaken in Arya inter college. data was collected from 40 adolescence girls to assess the level on knowledge adolescent girl about menstrual hygiene in school area .the collected data were analyzed by using descriptive study and the sampling technique is convenient sampling technique'.sample size is 40.The conceptual frame work was based on health promotion model theory related literature was reviewed for the purpose of finding for the feasibility of the study. Diagram showing the percentage distribution of sample subject according to knowledge , adequate having 25%, moderate having 37.5%, inadequate having 37.5%.

4. Declaration

A declaration stating that "Assessment of knowledge of adolescence girls regarding menstrual hygiene in the selected school of Bahadrabad, Haridwar is my original research work that has not been published and has not been sent for publication anywhere else."

5. Authors' Undertaking

Acknowledgement: not required, **Funding:** none from any source **Informed consent:** required, **Conflict of interest:** none to declare, **Ethical clearance:** not required, **Authors' contribution:** (1) Mrs. Ruchi , Assistant professor, College of Nursing, SSBCON, Ranipur Jhal, Jwalapur Haridwar (2) Farha Azmi, Lecturer, govt. college of Nursing, GSVM, campus, Kanpur **Email- farha_azmi786@yahoo.co.in**

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