

# A Descriptive Study to Assess the Level of Knowledge Regarding Menstrual Hygiene among the Adolescents Girls in Selected School of Bareilly, With a view to Develop Information Guide Sheet

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**Abstract:** Adolescence girls are about 1/5<sup>th</sup> of total female population in world. Menarche is milestone in a women's life is it denote the start of reproductive capacity but there is gross lack of information on menstrual preparedness and management among adolescent girls. Today healthy adolescent girls are tomorrow's mothers, who are strength of nation. Most of the adolescent girls tends to be extremely unaware of their own body that physical change. Half of the adolescent age between 12 to 15 years studying 8<sup>th</sup> - 10<sup>th</sup> standard do not know about menstruation until its onset. Menstrual hygiene has come to occupy an increasing important place in discussion of women's health. Attention is in focusing on impact of the onset of menarche. Studies on girl's responses to menarche have determined that it is highly salient intensely experience event and turning point in female development. They also have demonstrated that more positive initial response. Despite a sense of being prepared and even excited about impending event, most girls still find menarche mildly stressful.

**Keywords:** Adolescence, Menarche, Menstrual Hygiene, Girls, Information Guide Sheet

## 1. Introduction

Menstrual hygiene Day (MHD or MH Day) is annual awareness day, on 28 may, that aims to break taboos and raise awareness about the important of good menstrual hygiene management (MHM) for woman and adolescent girls worldwide. The initiative for menstrual Hygiene day has received the support of over 270 global patterns that are the committed making good menstrual health and hygiene a priority worldwide **German Based Ngo Wash United 2014**

## 2. Objective

- To assess the existing knowledge regarding menstrual hygiene among the adolescents girls.
- To find out the association between the level of knowledge of adolescents girls regarding menstrual hygiene with their demographic variable.

## 3. Research Methodology

**Research Design:** Descriptive non experimental research design will be used in this study

**Setting of Study:** The selected school of Bareilly, UP.

**Population:** The study population will be school adolescents girls between age of 10 to 19 years.

### Sample Size

### Inclusion Criteria

- Adolescent's girls with age group 16-20 years.
- Adolescents girls, who can understand read & write Hindi or English and are willing to participate.

- Adolescent's girls who are available in the school at the time of data collection.
- Adolescent's girls who are willing to participate in the data collection.

### Exclusion Criteria

- Adolescents girls who have already attend the education session on menstrual hygiene.
- Adolescents girls who are not ready to participate.
- Adolescents girls who are not ready at the time of study.

### Instrument of Data Collection

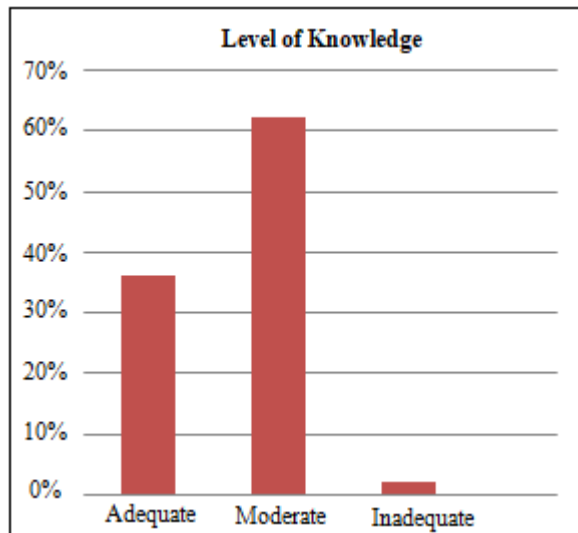
The instrument of data collection consist two part:-

- Demographic variable
- Self structured questionnaire

## 4. Data Analysis and Interpretation

**Table 1:** Level of knowledge scoring regarding menstrual hygiene among the adolescents' girls

Level of knowledge	Test Knowledge score		
	Score	N	%
Adequate	18-25	18	36%
Moderate	10-17	31	62%
Inadequate	0-9	01	2%



**Chart 1:** Level of knowledge score regarding menstrual hygiene among the adolescents girl

In this 36% adolescent girls has adequate knowledge, 62% has moderate knowledge and 2% has inadequate knowledge.

## 5. Conclusion

The level of knowledge score regarding menstrual hygiene among the adolescent girls is different. The finding of study concludes that highest percentage of adolescents girls (72%) was in the group 18-19 Years, majority of sample believe in Hindu religion (86%), Highest percentage of (80%) was from co education, majority of sample are from nuclear families. Highest percentage (50%) was in B.Sc nursing. Highest percentage (60%) is belonging to urban communities. Highest percentage (40%) has their family monthly income more then 20,000. Highest percentage (88%) obtains previous knowledge about menstrual hygiene. Highest percentage (70%) obtain their knowledge about menstrual hyeigine from their family member and (22%) had used television as source of knowledge

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