

A Descriptive Study to Assess the Level of Knowledge Regarding Menstrual Hygiene among the Adolescent Girls at selected School Bisrakh Greater Noida

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Objective of the Study

- 1) To assess the knowledge regarding menstrual hygiene among the adolescent girls.
- 2) To determine the association level of knowledge regarding the menstrual hygiene with the selected variables.
- 3) To create an awareness how to maintain hygiene.

Methodology

A total of 60 sample was selected using non-probability sampling technique. The research approach used for the study was a descriptive survey approach. The data was collected by using a structured questionnaire to assess the knowledge regarding menstrual hygiene among the adolescent girls. The data analysis was done by using descriptive and inferential statistics.

Section A: Socio-demographic variables of young adolescent girls.

Section B: It consists of 25 objective types of multiple-choice questions on knowledge regarding the menstrual hygiene

The pilot study was conducted to find the feasibility of the study. The obtained data was analysed and interpreted on the basis of the objectives of the study. The collected data was summarized and tabulated by utilizing descriptive statistics (Percentage, mean and standard deviation) and inferential statistics (Paired t test, and chi square test).

Result

25%lies in the age group 10-12 years, 28.65 lies in the age group 13-15 years, 30%lies in the age group 16-18 years of age and 16.4%lies in the age group 18 years above.41.6%girls belongs to 7th standard 48.3%girls belongs to 8th standard, 6.6%girls belongs to 9th standard and 3.5% girls belongs to 10th standard.20% belongs to nuclear family, 30% belongs to joint family, 18.4% belongs to extended family and 31.6% belongs to single parent family. Majority of the girls belongs to rural area approx.86.6% and remaining girls belongs to urban area approx13.4%. Majority of the girls having vegetarian pattern approx.53.4%. and 46.6%having non-vegetarian pattern. Majority of the girls belongs to Hindu religion approx.66.6 %, 16.6%belongs to Muslim religion, 11.8% belongs to Sikh and remaining belongs to Christian 5%. Majority of girls (56.6%) have family income Rs 20, 000, (20%) having family income Rs 30, 000, (13.4%) having family income Rs 40, 000, (10%) having family income Rs 50, 000 and above. Majority of girls (93.4%) having pukka house and remaining (6.6%) having kuccha house. Majority of girls (56.6%) having bad environment and remaining (43.4%) having good environment.8.4 % were having a limited Knowledge, 71.6% were having a adequate knowledge, 13.4% were having a well knowledge, 6.6% were having a very well knowledge.

Conclusion

This study has to prove that the adolescent girls increased in knowledge regarding menstrual hygiene. Thus, the student researcher recommends further studies in this area to improve the knowledge.

Keywords: Menstrual Hygiene, Awareness, Adolescent Girls, Rural Health Education, Socio-demographic Factors, Knowledge Assessment.

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