



KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS

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ABSTRACT

Background: Menstruation is generally considered as unclean in the Indian society. Isolating menstruating girls and restrictions being imposed on them in the family have reinforced a negative attitude towards this phenomenon. There is a substantial lacuna in the knowledge about menstruation among adolescent girls.

Objectives: to assess the level of knowledge regarding menstrual hygiene among adolescent girls.

Methodology: A descriptive research design was used to assess the knowledge regarding menstrual hygiene among adolescent girls of selected school of Distt Sri Muktsar sahib. A total of 100 adolescent girls were taken from the selected school i.e Govt Sen. Sec. School Lambi by using convenience technique. Structured Questionnaire was used to assess their knowledge regarding menstrual hygiene.

Results: it was found that 49% adolescent girls were in the age group of 15-16 years, in which 331% were in the 10th class, 77% adolescent girls were having the age of menarche at 13-14 years, 98% adolescent girls belonging to rural area, 66% adolescent girls belonging to sikh religion, 68% adolescent girls mothers were having primary education, 97% adolescent girls mothers were house wife and 81% adolescent girls were getting information from family members. In knowledge 1% adolescent girls had poor knowledge, 92% had average knowledge and only 7% adolescent girls had good knowledge regarding menstrual hygiene. The relationship of knowledge with selected socio-demographic variables were found to be statistically non significant.

Conclusion: it was found that 1% adolescent girls had poor knowledge, 92% adolescent girls had average knowledge and 7% adolescent girls had good knowledge regarding menstrual hygiene.

Key words: Knowledge, Menstrual Hygiene, Adolescent girls

INTRODUCTION

Adolescence is the period of transition from childhood to adulthood as per WHO refers to adolescence as the period between 10-19 years of life.¹ Menstruation is generally considered as unclean in the Indian society. Isolating menstruating girls and restrictions being imposed on them in the family have reinforced a negative attitude towards this phenomenon.² good hygienic Practices such as use of sanitary Pads and adequate washing of genital area are essential during

menstruation. Women and girls of the reproductive age need access to clean and soft, absorbent sanitary products which can in the long run protect their health.³ adolescent girls have less knowledge regarding reproductive health including menstruation hygiene which can be due to different socio-cultural barriers in which they grow up, unhygienic practices during menstruation increases the risk of infection or gynecological problems among adolescent girls.⁴

OBJECTIVES

To assess the level of knowledge regarding menstrual hygiene among adolescent girls.

To find-out the association between the level of knowledge regarding menstrual hygiene among adolescent girls with selected socio-demographic variables.

METHODOLOGY

A descriptive research design was used to assess the knowledge regarding menstrual hygiene among adolescent girls of selected school of Distt Sri Muktsar sahib. A total of 100 adolescent girls were taken from the selected school i.e Govt Sen. Sec. School Lambi by using convenience sampling technique. Structured Questionnaire was used to assess their knowledge regarding menstrual hygiene. Analysis of data was done in accordance of the objectives of the study and in terms of descriptive and inferential statistics.

RESULTS

It was found that 49% adolescent girls were in the age group of 15-16 years, in which 31% were in the 10th class, 77% adolescent girls were having the age of menarche at 13-14 years, 98% adolescent girls belonging to rural area, 66% adolescent girls belonging to Sikh religion, 68% adolescent girls mothers were having primary education, 97% adolescent girls mothers were house wife and 81% adolescent girls were getting information from family members. In knowledge 1% adolescent girls had poor knowledge, 92% had average knowledge and only 7% adolescent girls had good knowledge regarding menstrual hygiene. The relationship of knowledge with selected socio-demographic variables were found to be statistically non significant.

Table 1: Frequency and percentage distribution of adolescent girls as per their socio-demographic variables

N=100

SOCIODEMOGRAPHIC PROFILE	F (%)
Age (in years)	
13-14	38(38%)
15-16	49(49%)
17-19	13(13%)
Class	
8 th	07(07%)
9 th	26(26%)
10 th	31(31%)
11 th	08(08%)
12 th	28(28%)
Age of menarche (in years)	
11-12	16(16%)

13-14	77(77%)
15-16	07(07%)
Residence	
Urban	02(02%)
Rural	98(98%)
Religion	
Hindu	29(29%)
Muslim	04(04%)
Sikh	66(66%)
Christian	01(01%)
Education of mother	
Illiterate	22(22%)
Primary	68(68%)
Secondary	10(10%)
Graduation	00(00%)
Post graduation or above	00(00%)
Occupation of mother	
Housewife	97(97%)
Servicewoman	02(02%)
Businessman	01(01%)
Source of information	
Family	81(81%)
Friends	17(17%)
Health workers	02(02%)
Mass- media	00(00%)

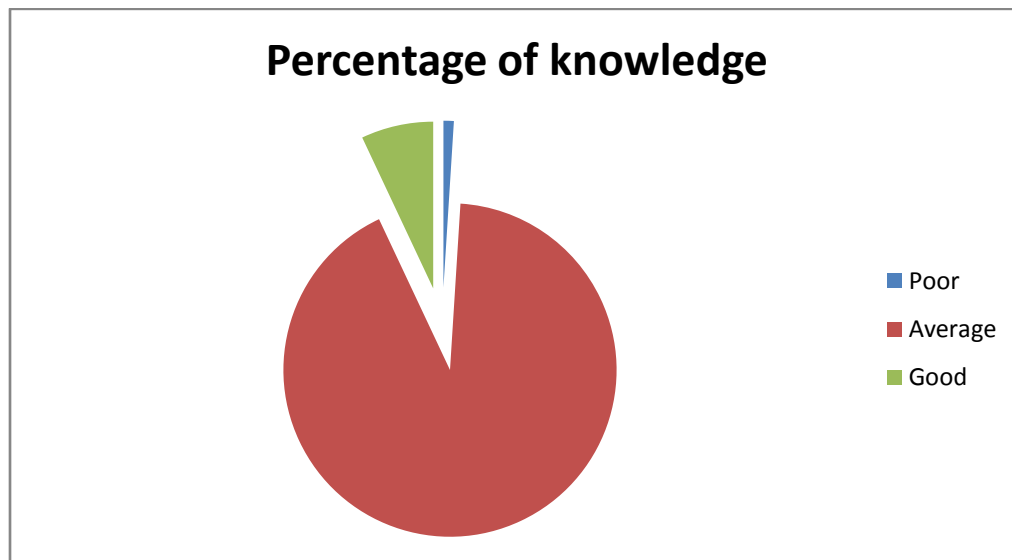


Table 2: Association of knowledge regarding menstrual hygiene among adolescent girls with socio demographic variables

N=100

Socio-demographic profile	Knowledge			Ch square test
	Poor	Average	Good	
Age in years				
13-14	-	37(40.65)	01(12.5)	7.216 df=4 p=9.49 ^{NS}
15-16	01(100)	45(49.45)	04(50.0)	
17-19	-	09(09.89)	03(37.5)	
Class				
8 th	-	07(07.69)	-	14.937 df=8 p=15.51 ^{NS}
9 th	-	26(28.57)	-	
10 th	01(100)	28(30.76)	02(25.0)	
11 th	-	05(05.49)	03(37.5)	
12 th	-	25(27.47)	03(37.5)	
Age of menarche (in years)				
11-12	-	14(15.38)	02(25.0)	1.323 df=4 p=9.49 ^{NS}
13-14	01(100)	71(78.02)	05(62.5)	
15-16	-	06(06.59)	01(12.5)	
Residence				
Urban	-	02(02.19)	-	0.202 df=2 p=5.99 ^{NS}
Rural	01(100)	89(97.80)	08(100)	
Religion				
Hindu	01(100)	27(29.67)	01(12.5)	4.237 df=6 p=12.59 ^{NS}
Muslim	-	04(04.39)	-	
Sikh	-	59(64.83)	07(87.5)	
Christian	-	01(01.09)	-	
Education of mother				
Illiterate	-	20(21.97)	02(25.0)	8.205 df=4 p=9.49 ^{NS}
Primary	01(100)	64(70.32)	03(37.5)	
Secondary	-	07(07.69)	03(37.5)	
Occupation of mother				
Housewife	01(100)	88(96.7)	08(100)	0.306 df=4 p=9.49 ^{NS}
Servicewoman	-	02(2.19)	-	
Businesswoman	-	01(0.01)	-	
Source of information				
Family	-	75(82.41)	07(87.5)	5.542 df=4 p=9.49 ^{NS}
Friends	01(100)	14(15.38)	01(12.5)	
Health workers	-	02(02.19)	-	

DISCUSSION

In knowledge 1(1%) had poor knowledge, 92(92%) had average knowledge and 7 (7%) had good knowledge regarding menstrual hygiene whereas Ansuree P.C. and Andra Roy (2013) study indicated that 5% adolescent girls had poor knowledge, 48.3% had average knowledge and 46.7% had good knowledge about menstrual hygiene. The findings were supported by Shivaleela P. Upash and Tesfalidet Tekelab(2014) study which revealed 60.9% respondents had good knowledge about menstrual hygiene.

RECOMMENDATIONS

Based on the finding of the study following recommendations are offered:

- The government should create awareness regarding menstrual hygiene through mass- media
- The government should post a school health teacher in government schools for creating awareness regarding menstrual hygiene practices.
- The health care workers should distribute the sanitary pads to adolescents girls at regular intervals.
- A similar study should be conducted on the large sample and in different setting to generalize the findings.
- Other researches should be conducted in order to develop more innovative strategies to facilitate compliance with practice of menstrual hygiene.

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