

“A Descriptive Study to Assess the Knowledge Regarding Menstrual Hygiene among Secondary school Girls at the Age of 13-15 Years in Rural area Government School Mandhana, Kanpur district UP.”

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ABSTRACT:

The word „,‘ADOLESCENT’” is derived from the Latin word “ADOLESCERE” which means to grow to maturity that indicated the detaining features of adolescence. Adolescents belong to vital age group because they are the important people to parenthood but also they are threshold between childhood and adulthood .As they are attempt to cross this threshold, they face various psychological and developmental changes. Menstruation is the first indication of puberty. Majority of the girls 88% preferred sanitary pads rather than clothes as menstrual absorbent in our study. Privacy for washing, changing, or cleaning purpose is very important for proper menstrual hygiene, and lack of knowledge was an important problem found in our study. Different restrictions were practiced by most of the girls in the present study, possibly due to their ignorance and false perceptions regarding menstruation. Every girl child should be aware about menstruation, which is an important event at the threshold of adolescence, and ideally a mother should be the main informant at this tender age and mother was the first informant in case of 91.5% of girls. Post-test results showed significant improvement in the level of knowledge about menstrual hygiene and prevention of RTI. thus , it can be concluded that self-instructional module is an effective method of teaching staffnurses to increase level of knowledge about practices of menstrual hygiene

KEY WORDS: Menstrual Hygiene, Knowledge, Secondary School Girls at the Age of 13-15 Years.

INTRODUCTION:

The word „,‘ADOLESCENT’” is derived from the Latin word “ADOLESCERE” which means to grow to maturity that indicated the detaining features of adolescence. Adolescents belong to vital age group because they are the important people to parenthood but also they are threshold

between childhood and adulthood .As they are attempt to cross this threshold, they face various psychological and developmental changes. Menstruation is the first indication of puberty. A menstrual taboo concerned with menstruation in some societies, it involves menstruation being perceived as unclear or embarrassing and reinforced a negative attitude towards this phenomenon to the mention to menstruation both in public and in private. Many traditional religions consider menstruation ritually unclean. Large number of girls has scanty knowledge about menstruation until their first experience because menstruation is something that is not frequently talked off in homes.

NEED FOR THE STUDY:

Adolescent period is a rapid growing period when mainly the physical changes are crucial in the development. Most girls (95%) attain menarche between the age group of 10 to 13 years. Out of this about 50% of menstruating women are affected with dysmenorrhea. Adolescent period is a rapid growing period when mainly the physical changes are crucial in the development. Most girls (95%) attain menarche between the age group of 10 to 13 years. Out of this about 50% of menstruating women are affected with dysmenorrhea. A study conducted in Kings Georges medical college on effect of commonly used NSAIDS on gastric mucosa. It is found that all these drugs are known to produce gastro intestinal lesions. Here they found that Aspirin, Indomethacin and Phenylbutazone caused gastric mucosal damages in 33.3% and 37.5% respectively. The above studies reveal that Pharmacological measures will cause unwanted side effects. When we see the alternative approaches of treating dysmenorrheal herbal therapy is one of the commonly used therapies now a day.

PROBLEM STATEMENT:

“A Descriptive Study to Assess the Knowledge Regarding Menstrual Hygiene

among Secondary School Girls at the Age of 13-15 Years in Rural area

Government School Mandhana, Kanpur district UP.”

OBJECTIVES:

1. To assess the knowledge regarding menstrual hygiene among a high secondary school children

2. To assess the knowledge on restriction practiced by high secondary school girls during menstruation.
3. To assess the existing level of knowledge and practices of menstrual hygiene among adolescent girls
4. To find out the association factors between the level of knowledge of high secondary school girls regarding menstrual hygiene with selected demographic variables
5. To find the relationship between knowledge and practices on menstrual hygiene among adolescent girls.

ASSUMPTIONS:

The study assumed that

- All the adolescent girls have need for acquiring knowledge on menstrual hygiene.
- Health education with effectively improve the knowledge of adolescent girls about menstrual hygiene.
- Age group of 13-15 years will participate in the study with interest.

HYPOTHESIS:

H1: There will be a significant association between the selected variables and pretest score of knowledge regarding menstrual hygiene at 0.05 level of significance.

H2: There will be significant association between the knowledge regarding selected topic and how much we have gain knowledge from the guide and how much we have educated to the girls of selected age group.

Research approach:

The research approach adopted for the present study was a descriptive approach, which was felt to be more appropriate.

Research design :

The research design selected for the study was descriptive design. The design was adopted with primary objective to assess the knowledge regarding menstrual hygiene.

Variables of the study:

Independent variable:

Independent variable is the knowledge regarding about menstrual hygiene among secondary school girls.

Dependent variable:

Dependent variables include age, gender, religion, place of residence, source of information, type of school, source of information about knowledge regarding menstrual hygiene.

Setting of the study :

The study was conducted in some selected government school i.e.high school Mandhana Kanpur Dt Uttar Pradesh.

Population :

The largest population or universe is composed of entire group of people or objects to which the researcher wishes to generalize the findings of the study.

Sample :

The sample selected in school i.e. High School Mandhana Kanpur District, Uttar Pradesh.

Sample technique :

The sample technique of a study consists of the units which comprise population. Convenient sample technique was used.

Criteria for sample selection:

Inclusion criteria:

The study includes who were:

- Secondary school girls
- Secondary school girls of ninth and tenth class students.

Exclusive criteria:

The study excludes mothers who are:

- Primary school teachers who were not in the field now.
- Who are not willing to participate in the study?
- Secondary school girls, who were unable to understand, speak Hindi.
- Secondary school girls who are not available at the time of data collection.

Sample size :

Sample comprises of hundred (100) school girls who were attending at the time of data collection.

Development and description of the tool :

Section 1:

Consists of representative socio-demographic data that includes age in years, gender, religion, education, place of residence, source of information.

Section 2 :

Consists of the knowledge questionnaire on knowledge regarding menstrual hygiene among secondary school girls. It has 100 multiple choice questions.

DATA ANALYSIS AND INTERPRETATION:

Section-I:

It deals with the frequency distribution of demographic variables or Characteristics of secondary high school girls.

Section-II:

It consists of frequency distribution of scores obtained by assessing the level of knowledge regarding menstrual hygiene.

Section-III:

It consists of mean and standard deviation of secondary school girl's knowledge regarding menstrual hygiene.

Section-IV:

It consists of an association between demographic variables or characteristics with the level of knowledge regarding menstrual hygiene among secondary school girls.

SOCIO-DEMOGRAPHIC VARIABLES OF SCHOOL STUDENTS WITH FREQUENCY DISTRIBUTION:**1. Age:**

Regarding the age of respondents majority [63 i.e. 63%] of the participants are in the age group of 12 years to 14 years. And [0 i.e. 0%] are in the age group of 9 years to 11 years. And [37 i.e. 37%] are in the age group of 15 to 17 years. And [0 i.e. 0%] are in the age group of above 17 years.

2. Class of study:

In the class of study, in 7th class there is 0 i.e. 0%. And in 8th class there is 31 i.e. 37%. And in 9th class there is 69 i.e. 69%. And in the class 10th there is 0 i.e. 0%.

3. Religion:

The religion of Hindu girls are 28 [28%]. Muslim girls are 26 [26%]. Christian girls are 46 [46%]. And others are 0 [0%].

4. Source of information:

Most of the secondary schools taken information from mother 91 (91%). from peer groups 5 (5%). from health care personal 4 (4%) and from the media is 0.

5. Age of menarche:

70(70%) of the girls are within the age group of 12 -14 years and 30(30%) are within the age of 15-17 years of age group.

SECTION – II:

It consists of distribution of scores obtained by assessing the level of knowledge on menstrual hygiene.

Knowledge Score	Pre Test		Post Test	
	In adequate	45	45%	22
Moderate	33	33%	43	43%
adequate	22	22%	36	36%

SECTION – III

It consists of mean and standard deviation of knowledge regarding the menstrual hygiene among secondary school girls.

Sl no	Pre Test		Post Test	
	Mean	SD	Mean	SD
Knowledge on menstrual hygiene	41.98	6.479	17.61	4.85

CONCLUSION:

- Based on the finding of the study, the following conclusions were drawn.

- Over all pre –test knowledge about menstrual hygiene and prevention of RTI was average.
- There was a need for self-instructional module for rural school girls on practices of menstrual hygiene.
- Post-test results showed significant improvement in the level of knowledge about menstrual hygiene and prevention of RTI. thus , it can be concluded that self-instructional module is an effective method of teaching staff nurses to increase level of know ledge about practices of menstrual hygiene.

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