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"DESCRIPTIVE STUDY ON MENSTRUAL HYGIENE KNOWLEDGE AMONG ADOLESCENT GIRLS IN SECONDARY SCHOOL OF ANAND DISTRICT"

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KEYWORDS

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Abstract

Introduction:

The word "adolescent" is derived from the latin word "adolescere" which means to grow to maturity that indicates the defining features of adolescents. First indication of puberty is menstruation. During this phase various changes can be occur such as changes in body size, changes in body proportion. Adolescent girls belongs to vital age group, not only because they are threshold between childhood and motherhood. Adolescents as individuals between 10 and 19 years of age.

-WHO

The onset of menstruation is an important event in a women's lifecycle which associated with taboos and sociocultural restrictions. Faulty hygienic practices increase risk of RTI, leading to further complications.The girls should be educated about significance of menstrual hygiene.

Methodology:

A quantitative descriptive research study was conducted on adolescent girls in selected secondary schools of Anand district.The non probability convenient sampling technique was used to drawn 500 samples. Self structured questionnaire was establish for the data collection.

Result:

The findings reveal that only 5.6% of respondents demonstrated a good level of knowledge while the majority (64.4%) exhibited a moderate understanding, and a concerning proportion (30%) displayed poor knowledge regarding menstrual hygiene practices

Conclusion:

In conclusion, this study sheds light on the current status of menstrual hygiene knowledge among adolescent girls in Anand District, Gujarat, highlighting both areas of strength and reveal a moderate overall level of knowledge but also indicate significant disparities across demographic factors such as family income, and prior knowledge of menstrual hygiene.By prioritizing compressive menstrual health education and implementing tailored interventions, we can empower girls to manage their menstrual health confidently and promote equitable access to essential resources.These percentages highlights the urgent need for targeted educational interventions to enhance awareness and promote healthy menstrual hygiene practices among adolescentgirls.

INTRODUCTION

A women's life that represent the shift from youth to adulthood which is a unique time of adolescent. An essential life of phenomenon in an adolescent girls is a menstruation where the undergoes different physiological and psychological changes during this stage of life.

During their period, our Indian culture event and religious are not allowed to undertake home chores and engage with teenage girl because it is considered as a menstruation is unclean.[1]

The current necessitate of the adolescent girls is to have a proper information regarding of menstrual hygiene, education and favorable environment to cope with menstruation issue which would help to have positive effect on their health.[2]

The female's health can be negatively effects if poor hygienic menstrual practices had done and they cannot afford menstrual management material such as sanitary napkins and pads. Due to

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poor economic status, they might be utilized unclean cloth or other material like tissue paper. Beyond this, menstrual disorder and menstrual symptoms which affect a women health and it cause RTI such bacterial vaginosis through this she can't be able to do her daily routine activities.[3]

The purpose of the study is to:

- To assess the knowledge regarding menstrual hygiene among adolescent girls of selected secondary school.
- To find out the association between the knowledge regarding menstrual hygiene among adolescent girls of selected secondary school with their selected demographic variables.

Based on existing study following hypothesis are proposed:

H1: There will be a significant association between the level of knowledge regarding menstrual hygiene among adolescent girls of secondary school with their selected demographic variables.

Material And Method

RESEARCH SETTING

The research setting for the pilot study was in Smt. C.J. Patel English Medium School, karamsad. For main research study setting schools of Anand District were Kasturba Kanya vidyalaya Anand , Mahatma Gandhi Vidyalaya Anand, C.J.M High School Mariampura Petlad , A.J.G. Patel English Medium school, Sunav.

SAMPLE SIZE

The sample size plays important role in sampling for present study as per inclusion and exclusion criteria were 500 sample adolescent girls of Anand district.

METHOD OF SELECTION

As non probability convenient sampling technique was used in present study it involves the selection of elements based on assumptions regarding the population of interest which forms the criteria for selection.

DEMOGRAPHIC VARIABLES

In this current research study, included demographic variables are: Age , Religion, Year of study, Annual family income , Type of family, Residential area, Housing facility, Dietary pattern, Days of menstrual period.

RESEARCH DESIGN

In our study we chosen non-experimental descriptive survey design to assess the knowledge regarding menstrual hygiene among adolescent girls at selected secondary schools of Anand District.

TOOLS FOR DATA COLLECTION

In order to make the tool more applicable to the population, the self structured questionnaire was prepared to assess the knowledge regarding menstrual hygiene among the adolescent girls. The questionnaire contain two section as followed:

Section 1: Socio-demographic data

This section try to found information on demographic background of adolescent girls and it contain of 9 items as following:

- Age
- Religion
- Year of study
- Annual family income
- Type of family
- Residential area
- Housing facility
- Dietary pattern
- Days of menstrual period.

Section 2: self structured questionnaire

This section contain total 20 multiple choice questions. In which there was 4 options given to the participants and select the most appropriate answer. The investigator gave 1 mark for correct answer and 0 for wrong answer.

ETHICAL CONSIDERATION

Ethical consideration in research is the set of principles that guide the research designs and practices

The research title and objectives were approved by the research committee. The permission was obtained from principals of different colleges.

Students' data will be confidential, and it will not be disclosed anywhere through research. Students who are willing to participate will only be included in the study. Inform consent will be taken from the students priorly.

PILOT STUDY

The pilot study was conducted on 50 adolescent girls in selected secondary school of Karamsad at Anand district who fulfill the sample selection criteria .The permission was taken from concern authority (Principal) in selected school of Anand district and also inform concern taken from participants of study on inform concern form. Time was taken by subject for questionnaire about 10 minutes. The tool was given to participate to collect data. The feasibility of the tool was found to be appropriate for further conduction of the main study.

RESULT

SECTION -1

Analysis of socio-demographic variables of adolescent girls of selected schools of Anand District. Table frequency and percentage distribution of demographic variables among adolescent girls.(N=500)

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Demographic Variable	Category	Frequency	Percentage
Year of Study	7th Std	171	34.20%
	8th Std	81	16.20%
	9th Std	133	26.60%
	10th Std	115	23.00%
Age in Years	10 - 12 years	36	7.20%
	12.1-14 Years	231	46.20%
	14.1-16 Years	188	37.60%
	>16 Years	45	9.00%
Family Monthly Income	<10000 Rs	133	26.60%
	10001-20000 Rs	159	31.80%
	20001-30000 Rs	87	17.40%
	>30000 Rupees	121	24.20%
Area	Urban	292	58.40%
	Rural	207	41.40%
Housing Facility	Concrete	348	69.60%
	Brick	146	29.20%
	Hut	6	1.20%
Dietary Pattern	Vegetarian	417	83.40%
	Non-Vegetarian	82	16.40%
duration of your menstrual period	3 Days	67	13.40%
	3-5 Days	243	48.60%
	5-7 Days	171	34.20%
	>7 Days	19	3.80%
Previous Knowledge	Yes	409	81.80%
	No	91	18.20%

Table present the frequency and percentage distribution of demographic variable among adolescent girls (N=500). Regarding year of study , the majority of participants identified as 7th (34.20%), 9th (26.60%), and 10th (23.00%) standards, with fewer in the 8th standard (16.20%). In terms of age , the distribution was as follow: 12.1-14 years category (46.20%), followed by 14.1-16 years (37.60%), while a smaller percentage are either 10-12 years (.20%) or over 16 years old (9.00%). Regarding family monthly income is diverse, with a significant proportion (31.80%) earning between 10001-20000 Rupees, followed by those with incomes less than 10000 Rupees (26.60%) and over 30000 Rupees (24.20%). Areas were distributed in urban areas (58.40%) compared to rural areas (41.40%). Along with this housing facility and dietary pattern were as follow: concrete houses (69.60%) and brick houses (29.20%), with a few respondents living in huts (1.20%), as well as vegetarian (83.40%) versus non-vegetarian (16.40%), respectively. The duration of menstrual period was predominantly 3-5 days (48.60%) or

5-7 days (34.20%), with fewer reporting durations of 3 days (13.40%) or more than 7 days (3.80%). Finally in terms of previous knowledge the

majority has prior knowledge of menstrual hygiene (81.80%), while a smaller percentage lack such knowledge (18.20%).

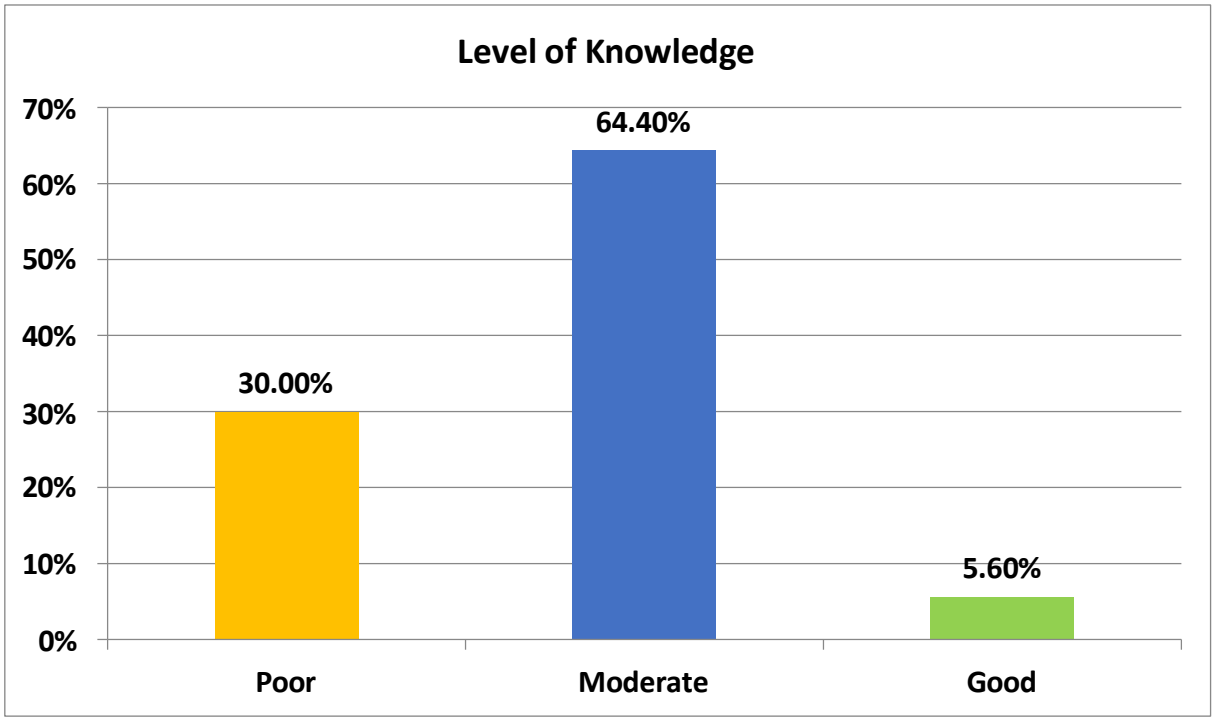
Assessment of knowledge regarding menstrual hygiene among adolescent girls of selected secondary schools of Anand District.

SECTION-2

Table 2: frequency and percentage of knowledge regarding menstrual hygiene among adolescent girls (N=500)

Level of Knowledge	**Frequency**	**Percent**
Good	28	5.6%
Moderate	322	64.4%
Poor	150	30%
Total	**500**	**100%**

Table presents the distribution of knowledge levels regarding menstrual hygiene among 500 adolescent girls from selected secondary schools in Anand District, Gujarat. A small proportion of the respondents (5.6%) demonstrated a good level of knowledge, indicating a strong understanding of menstrual hygiene practices. The majority of respondents (64.4%) exhibited a moderate level of knowledge, suggesting a satisfactory but potentially improvable understanding of menstrual hygiene. However, a significant portion of the surveyed population (30%) displayed a poor level of knowledge, highlighting the need for targeted educational interventions to enhance awareness and promote healthy menstrual hygiene practices among adolescent girls in the region.



Percentage level of knowledge regarding menstrual hygiene among adolescent girls

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SECTION-3

Association between the knowledge regarding menstrual hygiene among adolescent girls of secondary school with their selected demographic variables. (N=500)

Demographic Variable	Category	F	%	Level of Knowledge			χ2	df	P-Value
				Good	Average	Poor			
Year of Study	7th Std	171	34.20%	12	110	49	25.43	6	0.000 S
	8th Std	81	16.20%	1	56	24			
	9th Std	133	26.60%	3	74	56			
	10th Std	115	23.00%	12	82	21			
Age in Years	10 - 12 years	36	7.20%	1	22	13	8.291	6	0.218 NS
	12.1-14 Years	231	46.20%	18	140	73			
	14.1-16 Years	188	37.60%	9	130	49			
	>16 Years	45	9.00%	0	30	15			
Family Monthly Income	<10000 Rs	133	26.60%	13	81	39	6.67	6	0.352 NS
	10001-20000 Rs	159	31.80%	8	102	49			
	20001-30000 Rs	87	17.40%	3	59	25			
	>30000 Rupees	121	24.20%	4	80	37			
Area	Urban	292	58.40%	17	187	88	0.080	2	0.961 NS
	Rural	207	41.40%	11	135	62			
Housing Facility	Concrete	348	69.60%	18	234	96	7.119	4	0.130 NS
	Brick	146	29.20%	10	86	50			
	Hut	6	1.20%	0	2	4			
Dietary Pattern	Vegetarian	417	83.40%	23	268	126	0.617	2	0.916 NS
	Non-Vegetarian	82	16.40%	6	53	24			
duration of your menstrual period	3 Days	67	13.40%	5	34	28	8.52	6	0.202 NS
	3-5 Days	243	48.60%	13	157	73			
	5-7 Days	171	34.20%	9	120	42			
	>7 Days	19	3.80%	1	11	7			
Previous Knowledge	Yes	409	81.80%	24	274	111	8.76	2	0.013 S
	No	91	18.20%	4	48	39			

Table presents the association between knowledge regarding menstrual hygiene among 500 adolescent girls from selected secondary schools in Anand District, Gujarat, and various demographic variables. The table shows frequencies and percentages for each category within demographic variables such as year of study, age in years, family monthly income, area of residence, housing facility, dietary pattern, duration of menstrual period, and previous knowledge of menstrual hygiene. Significant

associations ($p < 0.05$) between knowledge levels and demographic variables are highlighted with "S" (significant), while non-significant associations ($p > 0.05$) are marked with "NS" (not significant). Significant associations were found between knowledge level and year of study ($\chi 2 = 25.43$, $p = 0.000$), family monthly income ($\chi 2 = 6.67$, $p = 0.013$),

and previous knowledge of menstrual hygiene ($\chi 2 = 8.76$, $p = 0.013$). These results underscore the importance of demographic factors in influencing adolescent girls' knowledge of menstrual hygiene and highlight specific areas where targeted interventions may be necessary to improve awareness and practices in menstrual health education programs.

DISCUSSION

Menstruation needs utmost self-care. The key to protecting our gynecological health is proper hygiene maintenance during our periods because poor menstrual hygiene can pose to serious health risks, triggering RTI and UTI which can result in future infertility and birth complication.[4]

The good menstrual health and hygiene practices can prevent infections reduce odors and help you stay comfortable during periods[5]

In villages, most of the girls are not aware of hoe their personal hygiene should be.[6]

IN CONCLUSION:

This study sheds light on the current status of menstrual hygiene knowledge among adolescent girls in Anand District, Gujarat, highlighting both areas of strength and areas for improvement. The findings reveal a moderate overall level of knowledge but also indicate significant disparities across demographic factors such as grade level, family income, and prior knowledge of menstrual hygiene. These insights underscore the urgent need for targeted educational interventions aimed at enhancing awareness and practices related to menstrual health among adolescent girls. By prioritizing comprehensive menstrual health education and implementing tailored interventions, we can empower girls to manage their menstrual health confidently and promote equitable access to essential resources. Moving forward, collaborative efforts involving schools, communities, and public health stakeholders will be crucial in fostering positive menstrual health outcomes and promoting gender-sensitive approaches to adolescent health and well-being. The findings reveal that only 5.6% of respondents demonstrated a good level of knowledge, while the majority (64.4%) exhibited a moderate understanding, and a concerning proportion (30%) displayed poor knowledge regarding menstrual hygiene practices. These percentages highlight the urgent need for targeted educational interventions to enhance awareness and promote healthy menstrual hygiene practices among adolescent girls .

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