



ISSN (E): 2277- 7695
ISSN (P): 2349-8242
NAAS Rating 2017: 5.03
TPI 2017; 6(11): 540-543
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www.thepharmajournal.com
Received: 14-09-2017
Accepted: 15-10-2017

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A descriptive study to assess the knowledge and practices of menstrual hygiene among adolescent girls of government women college parade, Jammu

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Abstract

Background: Adolescence is a transition period from childhood to adulthood. In this period one of the major physiological changes that takes place in the adolescent girls, is the onset of menstruation. So good menstrual hygiene is very crucial for the health and dignity of girls and women.

Aim and objective: The present study was aimed to assess the knowledge and practices of menstrual hygiene among adolescent girls of selected Government college of parade, Jammu.

Material and Method: The sample consisted of 50 adolescent girls. Purposive sampling technique was used to select the sample. Socio-demographic profile and Self Structured Questionnaire was used to assess the level of knowledge and practice regarding menstrual hygiene among adolescent girls.

Conclusion: The study showed that the knowledge among adolescent girls was average and practices used them were satisfactory. Therefore, it was concluded that there is more need to increase knowledge regarding menstrual hygiene and make adolescents to practice good hygiene habits.

Keywords: Adolescent girls, menstrual hygiene

1. Introduction

Adolescence is characterized by a spurt in physical, endocrinal, emotional and mental growth with a change from complete dependence to relative independence. The period of adolescence of a girl is a period of physical and psychological preparation for safe motherhood. Almost a quarter of India's population comprises of girls below 20 years. This period is marked with onset of menarche. Menstruation is a phenomenon unique to all female although it is a natural process. It is linked with several perceptions and practices. Women having a better knowledge regarding menstrual hygiene and safe menstrual practices are less vulnerable to reproductive tract infections and other complications^[1, 2].

Adolescence in girls signifies the transition from girlhood to womanhood. Good menstrual hygiene is crucial for the health and dignity of girls and women. This is an important sanitation issue which has long been in the closet and still there is a long standing need to openly discuss it^[3].

1.2 The Objectives of the study are

- To assess the level of knowledge regarding menstrual hygiene among adolescence girls.
- To assess the level of practices regarding menstrual hygiene among adolescence girls.
- To determine the association of level of knowledge and practices regarding menstrual hygiene among adolescence girls with selected socio-demographic variables.

2. Materials & Methods

For the present study, Descriptive research approach and Non Experimental research design was used. The research setting was Government Women College Parade, Jammu. The sample consisted of 50 subjects. Purposive sampling technique was used to select the sample. Prior to the data collection procedure the formal permission was obtained from the Principal of the Government Women College Parade, Jammu.

Socio-demographic profile and a self-structured questionnaire was used to collect personal information. Socio-demographic profile included items like age in years, religion, socio-economic status, marital status and source of information. Self-structured questionnaire schedule prepared to assess the level of knowledge and practices of adolescent girls regarding menstrual hygiene. The review of literature, expert's opinions and investigator's own experience provided the basis for construction of tool.

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Data collection was done in January 2017. Prior to interview the questionnaire to the girls, investigator gave self-introduction to the girls and explained the purpose of gathering information. A good rapport was established with the subjects. They were assured that their responses will be used kept confidential and the information will be used only for research purpose. Formal consent was taken from girls. The data gathered was analyzed and calculated by percentage, mean, standard deviation and chi square.

3. Results

Section I

Frequency and percentage distribution of sample characteristics according to demographic variables

Table 1

| S. No | Socio Demographic Variables | Frequency | Percentage |
|-------|-----------------------------|-----------|------------|
| 1. | Age(in years) | | |
| | 16-18 | 8 | 16% |
| | 19-21 | 36 | 72% |
| | 22-24 | 6 | 12% |
| 2. | Religion | | |
| | Hindu | 43 | 86% |
| | Sikh | 7 | 14% |
| | Muslim | 0 | 0% |
| 3. | Socio Economic Status | | |
| | >10,000 | - | - |
| | 10,000-20,000 | 7 | 14% |
| | 20,000-30,000 | 14 | 28% |
| | 30,000-40,000 | 29 | 58% |
| 4. | Marital Status | | |
| | Married | 7 | 14% |
| | Unmarried | 43 | 86% |
| 5. | Source of Information | | |
| | T.V | 37 | 74% |
| | Newspaper | 5 | 10% |
| | Internet | 8 | 16% |

Table 1 reveals the frequency and percentage distribution of sample characteristics of the study subjects. Distribution of study subjects, according to age of the adolescent girls showed that maximum (72%) of adolescent girls were between 19-21 years followed by 16% adolescent girls were in between 16-18 years and only 12% were in between age 22-24 years. Distribution of study subjects according to religion, majority (86%) were Hindu by religion followed by 14% were Sikh by religion. As per socio-economic status, majority (58%) were having income between 30,000-40,000 followed by 28% were having income between 20,000-30,000 and only 14% were having income between 10,000-20,000. In context to the marital status, majority (86%) were unmarried and 14% were married. As per the Source of information, majority (74%) of the adolescent girls got information from TV followed by 16% from internet and only 10% got information from newspaper.

Table 2: Frequency and percentage distribution of level of knowledge regarding menstrual hygiene among adolescent girls.

| Level of Knowledge | Knowledge Score | | |
|--------------------|-----------------|----|-----|
| | Score | n | % |
| Very Good | Above 70% | 15 | 30% |
| Good | 50 - 70% | 20 | 40% |
| Average | Below 50% | 15 | 30% |

Maximum Score = 40
Minimum Score = 10

Table 2 reveals the level of knowledge regarding menstrual hygiene among adolescent girls. Level of knowledge was good in 20(40%) girls followed by equal 15(30%) girls were having very good and average knowledge. Hence, it was concluded that most of the adolescent girls were having Good level of knowledge regarding menstrual hygiene.

Table 3: Frequency and percentage distribution of level of practice regarding menstrual hygiene among adolescent girls N=50

| Level of Practice | Practice Score | | |
|-------------------|----------------|----|-----|
| | Score | N | % |
| Satisfactory | 50-70% | 40 | 80% |
| Unsatisfactory | Below 40% | 10 | 20% |

Maximum Score = 50
Minimum Score = 10

Table 3 depicts that 40(80%) adolescent girls were satisfactory in level of practice regarding menstrual hygiene whereas 10(20%) were unsatisfactory in level of practice regarding menstrual hygiene.

Table 4 (a): To determine the association of level of knowledge of girls regarding menstrual hygiene of with age (in years) N=50

| Age (in years) | Level of Knowledge | | | n | df | χ^2 |
|----------------|--------------------|----------|---------------|----|----|-------------------|
| | Good | Average | Below Average | | | |
| 16-18 | 1(12.5) | 1(12.5) | 6(75) | 8 | 4 | 8.92 ^s |
| 19-21 | 12(33.3) | 15(41.7) | 9(25) | 36 | | |
| 22-24 | 2(33.3) | 4(66.7) | - | 6 | | |

Significant

Table 4(a) depicts the association of level of knowledge regarding menstrual hygiene with age of girls. It shows that 1(12.5%) of girls who belongs to age group of 16-18 years had good knowledge, 1(12.5%) had average and 6(75%) girls had below average level of knowledge followed by girls who belongs to 19-21 age group majority 15(41.7%) had average knowledge followed by 12(33.3%) had good and only 9(25%) had below average level of knowledge. Girls who belongs to age group of 22-24 years maximum 4(66.7%) had average and 2(33.3%) girls had good level of knowledge. In order to explore association level of knowledge and age of girls, chi-square was computed which was found to be statistically significant at $p < 0.05$. Hence, it is concluded that age has impact on level of knowledge of girls.

Table 4(b): To determine the association of level of knowledge of girls regarding menstrual hygiene with religion N=50

| Religion | Level of Knowledge | | | n | df | χ^2 |
|----------|--------------------|----------|---------------|----|----|--------------------|
| | Good | Average | Below Average | | | |
| Hindu | 15(34.9) | 17(39.6) | 11(25.5) | 43 | 3 | 4.092 ^s |
| Sikh | - | 3(42.8) | 4(57.2) | 7 | | |
| Muslim | - | - | - | - | | |

Significant

Table 4(b) reveals the association between level of knowledge regarding menstrual hygiene with religion of girls. It shows that majority of girls 17(39.6%) had average knowledge followed by 15(34.9%) had good knowledge and 11(25.5%) had below average knowledge belongs to hindu religion. And 4(57.2%) girls had below average knowledge followed 3(42.8%) had average level of knowledge belongs to sikh religion. In order to explore association between level of knowledge and religion of girls, chi-square was computed. It

was found to be statistically significant at $p < 0.05$. Hence, it is concluded that religion has impact on level of knowledge of girls.

Table 4(c): To determine the association of level of knowledge among adolescence girls regarding menstrual hygiene with socio-economic status N=50

| Socio-Economic Status | Level of Knowledge | | | | | |
|-----------------------|--------------------|----------|---------------|----|----|--------------------|
| | Good | Average | Below Average | n | df | χ^2 |
| >10,000 | - | - | - | - | 4 | 5.183 ^S |
| 10,000-20,000 | 1(14.3) | 2(28.6) | 4(57.1) | 7 | | |
| 20,000-30,000 | 5(35.8) | 6(42.8) | 3(21.4) | 14 | | |
| 30,000-40,000 | 12(41.4) | 12(41.4) | 5(17.3) | 29 | | |

Significant

Table 4(c) depicts the association of level of knowledge regarding menstrual hygiene with socio-economic status of girls. It shows that girls having socio-economic status of Rs. 10,000-20,000 had good knowledge in 1(14.3%), 4(57.1%) had below average and 2(28.6%) had average level of knowledge followed by girls having socio-economic status of Rs. 20,000-30,000 with good knowledge in 5(35.8%), 6(42.8%) had average and 3(21.4%) had below average level of knowledge. Girls having socio-economic status of Rs. 30,000-40,000 had good knowledge in 12(41.4) and 12(41.4%) had average followed by 5(17.3%) had below average of knowledge. In order to explore association of level of knowledge and socio-economic status of girls, chi-square

Table 4(e): To determine the association of level of knowledge among adolescence girls regarding menstrual hygiene with Source of Information N=50

| Source of Information | Level of Knowledge | | | | | |
|-----------------------|--------------------|----------|---------------|----|----|--------------------|
| | Good | Average | Below Average | n | df | χ^2 |
| T.V. | 11(29.8) | 14(37.8) | 12(32.4) | 37 | 4 | 1.163 ^S |
| Newspaper | 1(20) | 3(60) | 1(20) | 5 | | |
| Internet | 3(37.5) | 3(37.5) | 2(25) | 8 | | |

Significant

Table 4(e) depicts the association of level of knowledge regarding menstrual hygiene with source of information of adolescence girls. It shows that girls who get information from TV had good knowledge in 11(29.8%), 14(37.8%) had average and 12(32.4%) had below average level of knowledge followed by girls who get information from newspaper, 1(20%) had good, 1(20%) had below average and 3(60%) had average level of knowledge. Girls who get information from internet 3(37.5%) had good, 3(37.5%) had average and 2(25%) had below average level of knowledge. In order to explore association of level of knowledge and source of information of girls, chi square was computed. It was found to be statically significant at $p < 0.05$. Hence, it is concluded that source of information has impact on level of knowledge of girls.

4. Discussion

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

The baseline level of knowledge of adolescent girls regarding menstrual hygiene revealed that out of 50 girls maximum 35 (70%) of the girls having adequate knowledge about menstrual hygiene which is consistent with the study conducted to assess the knowledge, attitudes and behavior on menstrual hygiene among adolescences girls about

was computed. It was found to be statistically significant at $p < 0.05$. Hence, it is concluded that socio economic status has impact of level of knowledge of girls.

Table 4(d): To determine the Association of level of knowledge among adolescence girls regarding menstrual hygiene of with Marital Status N=50

| Marital Status | Level of Knowledge | | | | | |
|----------------|--------------------|----------|---------------|----|----|--------------------|
| | Good | Average | Below Average | n | df | χ^2 |
| Married | 3(42.9) | 3(42.9) | 1(14.2) | 7 | 3 | 1.119 ^S |
| Unmarried | 12(27.9) | 17(39.5) | 14(32.6) | 43 | | |
| | | | | - | | |

Significant

Table 4(d) depicts the association of level of knowledge among adolescence girl with marital status. It shows that girls who were married had Good knowledge in 3(42.9%), 3(42.9%) had average and 1(14.2%) had below average level of knowledge. Girls who were unmarried had average knowledge in 17(39.5%), 12(27.9%) had Good and 14(32.6%) had below average level of knowledge. In order to explore association of level of knowledge and marital status of girls, Chi square was computed. It was found to be statistically significant at $p < 0.05$. Hence, it is concluded that Marital Status has impact on level of knowledge of girls regarding menstrual hygiene.

dysmenorrhea and menstrual hygiene in suburban districts of Tehran. A 44-items questionnaire was used to collect the data. The findings showed that maximum 77% of the adolescent girls had adequate level of knowledge regarding menstrual hygiene^[4].

4.2 To assess the level of practices regarding menstrual hygiene among adolescence girls.

The analysis reveals that there were significant 80% girls satisfactory and 20% girls have unsatisfactory level of practices. Similar study was conducted to the assess the knowledge, attitude and practices of menstrual hygiene among high school students in Jatinangor, Indonesia which revealed that majority 210(88.4%) girls were having good practices regarding menstrual hygiene^[5].

4.3 To determine the association of level of knowledge and practices regarding menstrual hygiene among adolescence girls with selected socio-demographic variables.

The association of level of knowledge and practices regarding menstrual hygiene among adolescent girls with selected socio-demographic variables was statistically significant at 0.05% level of significance. In conformity to these finding a similar study was conducted on the relationship of socio-cultural characteristics, menstrual hygiene practices and

gynaecological problems among adolescent girls in eastern India which revealed that girls of higher socioeconomic status have better knowledge and menstrual hygiene practices which was statistically significant^[6].

5. Conclusion

Most of the adolescent girls were unaware of normal physiology of menstruation. As mother plays vital role as a teacher for imparting primary knowledge regarding menstrual cycle to adolescent girls. Adolescent girls need to be armed with proper and complete knowledge via formal and informal communications. Use of sanitary pads should be promoted by making its availability free of cost or at nominal price. Adolescents should be taught regarding the reproductive infection and its prevention in schools.

6. Recommendations

Based on the results of study following recommendation are made:

1. A study may be conducted on large sample for wider generalization.
2. An exploratory study can be done to assess the knowledge of adolescence girls regarding menstrual hygiene.
3. An exploratory study can be done to assess the practices of adolescence girls regarding menstrual hygiene.
4. A non-experimental study can be undertaken with a control group.

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