



ISSN (E): 2277- 7695

ISSN (P): 2349-8242

NAAS Rating: 5.03

TPI 2019; 8(5): 344-346

© 2019 TPI

www.thepharmajournal.com

Received: 14-03-2019

Accepted: 16-04-2019

Deepa Amgoth

M.Sc. Scholar, Department of Home Science Extension and Communication Management, Jayashankar Telangana State Agricultural University, Telangana, India

R Geetha Reddy

Professor and Head, Department of Home Science Extension and Communication Management, Jayashankar Telangana State Agricultural University, Telangana, India

Comparative study on existing knowledge on menstruation among adolescent girls in rural and urban community

Deepa Amgoth and R Geetha Reddy

Abstract

Adolescence is regarded, as a unique phase of human development. It is a transitional phase of growth and development between childhood and adulthood. The World Health Organization (WHO) defines an adolescent as any person between ages 10 and 19. There is a substantial lacuna in the knowledge towards menstruation among adolescent girls; hence, an attempt was made to study menstruation and personal hygiene among adolescent girls of rural and urban locality. Ex post facto research design was used for the study. The locale of the study was Midjil for rural sample and Jadcherla town for urban sample of Mahabubnagar district in Telangana State. Sample size was 60 adolescent school going girls each of 30 from rural and 30 from urban community. The age group of respondents were 12 to 16 years was purposively selected. Structured questionnaire was used to examine the existing knowledge regarding menstruation. Frequency and percentage were used to analyse the collected data. Results revealed that prior information about menstruation before its attainment was available to 80 per cent of the adolescent girls in the present study. About 93 per cent of the respondents use sanitary pads during their periods which show good hygiene practice during menstruation. About 67 per cent of the respondents do not have knowledge about the organ from where bleeding occurs. Hence, awareness needs to be given to the respondents.

Keywords: Adolescence, menstruation, menarche, periods, taboos, ex post facto, hygiene practices, pads

Introduction

Adolescence is a transition period from childhood to adult life during which pubertal development and sexual maturation take place, thus making physiological development a challenge adolescents have to face. In India, limited access to products of sanitary hygiene and lack of safe sanitary facilities could increase the likelihood of resorting to unhygienic practices to manage menstruation. All myths and taboos such as not taking bath, avoiding hot and cold foods, avoiding exercise, have no scientific support, and need to be eliminated to release menstruation anxiety among girls. An adolescent girl should be made aware of the phenomenon of menstruation before menarche, so as to enable her to accept it as a normal developmental process and manage it appropriately.

Menstrual hygiene and management can be essential in ensuring that your everyday life is not interrupted by menstruation. It ensures that you can continue with your daily routine such as going to school, going to work or doing household chores. In this sense, maintaining proper menstrual hygiene is important for your wellbeing and development. The present investigation was undertaken to study the profile characteristics, existing knowledge about menstruation and menstrual health practices followed by adolescent girls.

Hema *et al.* (2017) ^[2] studied about menstrual hygiene and related personal hygiene practices among adolescent girls in rural Puducherry. A community based descriptive cross sectional study was conducted by using semi-structured questionnaire on 528 adolescent girls by complete enumeration. The results were Majority (89.2%) of the adolescent girls was using sanitary pads. 65.3% girls changed their soaked absorbent 2-5 times in a day and unhygienic practices were noticed.

Investigated a study of nutritional status and personal hygiene among adolescent girls of rural Bikaner. The size of this study was 489 and the research design was community based cross-sectional study. The results of this study were anaemia was common problem among adolescent girls in rural area. The personal hygiene was good among adolescent girls. Investigated about knowledge and practices regarding menstrual hygiene among urban adolescent girls in Bangalore, India.

Correspondence

Deepa Amgoth

M.Sc. Scholar, Department of Home Science Extension and Communication Management, Jayashankar Telangana State Agricultural University, Telangana, India

An epidemiologic study was undertaken using cross-sectional study method among 550 school- going adolescent girls aged 13-16 years. Data was collected using a pre-tested questionnaire. Overall, 69% of adolescent girls were using sanitary napkins as menstrual absorbent. There is a need to equip the adolescent girls with knowledge regarding safe, hygienic practices to enable them to lead a healthy reproductive life.

Van Eijk AM *et al.* (2016) [1] investigated on menstrual hygiene management among adolescent girls in India: a systematic review and meta-analysis. The population of this study was 138 adolescent girls; the conclusion of this study was Strengthening of MHM programmes in India are needed. Education on awareness, access to hygienic absorbents and disposal of MHM items need to be addressed.

Objectives

1. To study the Profile characteristics of rural and urban adolescent girls.
2. To study the existing knowledge about menstruation among rural and urban adolescent girls.

Materials and methods

An ex-post facto research design was opted for the study. The locale of the study was Midjil for rural sample and Jadcherla town for urban sample of Mahabubnagar district in Telangana State. Sample size was 60 adolescent school going girls each

of 30 from rural and 30 from urban community. The samples adolescent school going girls were selected falling in the age group of 12-16 yrs. The respondents were of 9th and 10th std. of ZPHS School for rural respondents and Kakatiya Techno School for urban respondents. Structured questionnaire was used for the study. The questionnaire had questions consisting of general profile characteristics by the investigator which included general profile characteristics of the respondents and existing knowledge regarding menstruation of the adolescent girls. Frequency and percentage were used to analyse the collected data.

Results and discussion

General profile of the respondents

Majority 57 per cent of the adolescent girls were in the age of 14 years in rural community and 43 per cent in urban community. Both the communities have likely nuclear families comprising 87 per cent in rural and 90 per cent in urban community. Majority 93 per cent of rural community have low income level and in urban community 53 per cent of them comprising high income levels. This factor may have an impact on the knowledge and management of the situation in adolescent girls. When compared to the caste the rural community has 47 per cent of them to Schedule Tribe compared to urban community having 3 per cent as given in (Table 1).

Table 1: Profile of the respondents.

S. No.	Variable	Rural Respondents (n ₁ =30)		Urban Respondents n ₂ =30)	
		n ₁	%	n ₂	%
1.	Age				
	12-13 years.	6	20	8	27
	14 years.	17	57	13	43
	15-16 years.	7	23	9	30
2.	Type of family				
	Nuclear	26	87	27	90
	Joint	4	13	3	10
3.	Annual Income				
	Low(Below 60,000)	28	93	11	37
	Medium(60,000-1,00,000)	1	3	3	10
	High(Above 1,00,000)	1	4	16	53
4.	Caste				
	Backward Caste	14	47	15	50
	Scheduled Caste	2	6	1	3
	Scheduled Tribe	14	47	1	3
	Other Caste	14	47	13	44

Table 2: Existing knowledge about menstruation among adolescent girls.

S. No.	Variable	Rural Respondents (n ₁ =30)		Urban Respondents (n ₂ =30)	
		n ₁	%	n ₂	%
1.	Knowledge of organ from where bleeding occurs				
	Uterus	13	43	4	13
	Kidney	2	7	-	-
	Bladder	0	0	3	10
	Stomach	0	0	3	10
	Do not know	15	50	20	67
2.	Menstrual blood contains dangerous substances				
	Yes	12	40	7	23
	No	18	60	23	77
3.	Pregnant women menstruate				
	Yes	12	40	3	10
	No	18	60	27	90
4.	Received any information prior menarche				

	Yes	14	47	25	83
	No	16	53	5	17
	Source of information about menstruation				
5.	Mother	22	73	24	80
	Sister	3	10	1	3
	Friends and relatives	4	13	4	13
	Teachers	1	4	1	4

It was observed that about 67 per cent of the urban community and 50 per cent from rural community respondents did not have knowledge about the organ from where bleeding occurs.

Majority 77 per cent of the urban community respondents and 60 per cent of the rural respondents had knowledge that menstrual blood doesn't contain dangerous substances. This is because the urban school girls have good knowledge about the menstruation.

It was observed that 83 per cent of the urban adolescent girls received information before menarche compared to 47 per cent of rural respondents.

Majority 83 per cent of the respondents from urban community and 47 per cent from rural community received prior information before menarche from their mothers.

Majority 80 per cent of the urban adolescent girls received information about menstruation from their mothers while 73 per cent of rural girls get information from their mothers.

Conclusion

The main problem areas identified in this study were poor knowledge of menstruation. This study has highlighted the need of adolescent girls to have accurate and adequate knowledge about menstruation. Formal as well as informal channels of communication such as mothers, sisters and friends need to be emphasized for the delivery of such knowledge.

Menstrual health is an important part of life cycle approach to women's health, so loud and clear messages and services on this issue must reach adolescent girls. Schools should be another entry point for improving menstrual health by integrating menstrual hygiene into curriculum.

Education has been the key stone in propagating menstrual knowledge. Although there is repeated sensitization and reinforcement of all these components among adolescent school girls, certain components are not being practiced.

References

1. Eijk AMV, Sivakami M, Thakkar MB, Bauman A, Laserson KF, Coates S *et al.* Menstrual hygiene management among adolescent girls in India: a systematic review and meta-analysis. *BMJ Open*, 2016.
2. Hema PS, Nandi P, Seetharaman N, Ramya MR, Nishanthini N, Lokeshmaran A. A study of menstrual hygiene and related personal hygiene practices among adolescent girls in rural Puducherry. *International Journal of Community Medicine and Public Health*. 2017; 4(7):2348-2355.
3. Kendre VV, Ghattegi CH. A study on menstruation and personal hygiene among adolescent girls of government medical college, Solapur. *National Journal of Community Medicine*. 2013; 4(2):272-276.
4. Questionnaire to assess Girls Menstrual Hygiene Practices in East Africa. *Questionnaire*, 2013, 11.
5. Shoor P. A study of knowledge, attitude, and practices of menstrual health among adolescent school girls in urban field practice area of medical college, Tumkur, 2017.