

A Study to Assess The Knowledge Regarding Menstrual Hygiene among Adolescent Girls of Selected College, Saharanpur, U.P

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Abstract: *A study to assess the knowledge regarding menstrual hygiene among adolescent girls of selected College, Saharanpur, U.P. Purposes of the study are to assess the knowledge regarding menstrual hygiene among adolescent girls. A Non experimental descriptive research was conducted to assess the knowledge regarding menstrual hygiene among adolescent girls. The target number of people for study was adolescent girls. The sample size of the study was 50 and for gathering the data questionnaire was prepared and the sampling technique used in this study was purposive sampling technique. The data were analyzed by using descriptive and inferential statistic to computed information, master data sheets were prepared.*

The result shows that 8 (16%) of the samples were having average level of knowledge, most of the participants were had 31 (62%) inadequate level of knowledge and 11 (22%) most of the sample having adequate of Level of knowledge regarding menstrual hygiene. There was no significant association between level of knowledge regarding menstrual hygiene and demographic variables. As per the study findings, level of knowledge regarding menstrual hygiene had adequate knowledge (18%). The level of knowledge regarding menstrual hygiene was not influenced by any of the demographic variable mentioned in this study.

Keywords: Menstrual hygiene and Knowledge