

A Descriptive Study to Assess the Knowledge and Practice Regarding Menstrual Hygiene among Adolescent Girls of Selected Schools in Lucknow UP

Ms. Nimisha Chaubey

St. Mary's College of Nursing, Lucknow, Uttar Pradesh, India
chaubeynimisha@rediffmail.com

Abstract: "A descriptive study to assess the knowledge and practice regarding menstrual hygiene among adolescent girls of selected schools in Lucknow UP."

Objectives: To describe the socio demographic variables of adolescent girls, To assess the knowledge and practice levels of adolescent girls regarding menstrual hygiene among girls in selected schools, To correlate the knowledge and practice regarding menstrua; hygiene, To find out the association between knowledge and practice levels with their selected socio demographic variables of adolescent girls regarding menstrual hygiene among girls in selected school, To develop and distribute an information booklet regarding menstrual hygiene among girls.

Design: Descriptive research design

Setting: The study was conducted in St. Xavier's inter college, Lucknow

Sample size: The total sample size was 100 adolescent girls.

Sampling technique: Simple random sampling technique was used to select the sample.

Methods: Assessment was done by using self-structured questionnaires

Findings: From the findings of the study it can be concluded that were under age group of 15-18 years(64%), with regards to religion, the majority of samples belong to Hindu (82%). education majority of samples belong to 10th class (43%), majority of family income status per month is above 20,000 (36%), most of the sample belongs from nuclear family (50%), mothers education majority of sample belongs to 10th class (25%), most of the sample got menarche after 13 year (44%), majority of samples are staying at home (83%), the main source of information was family member (61%), most of the samples are bleeding during menstruation up to 4-5 day(60%), majority of samples are menstruating in 28-30 days (47%). The knowledge level of mean was assessed among adolescent students, mean was 18.26 standard deviation was 3.34 that shows that majority are having good knowledge. The Practice level of mean was assessed among adolescent students, mean was 12.53 standard deviation was 2.88 that shows that majority are having good Practice. Correlation shows that between knowledge and practice there is a weak positive correlation between knowledge and practice regarding menstrual hygiene but it is not significant at $p < 0.05$ indicating that both tools do not correlate.

Conclusion- Based on the findings mean knowledge scores was higher than the practice regarding menstrual hygiene. As a result, health education program should be carried out for all adolescent girl and community member regarding importance of menstrual hygiene at all level of disseminated

Keywords: Knowledge, Practice, Menstrual Hygiene, Lucknow