

# 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

## I. INTRODUCTION

“The use of sanitary pads and dos and don’ts should be discussed with openness so as to make a hygienic and healthy life for the women”

### Manushi Chhillar

Menstruation is an exceptional phenomenon that the nature has planned for adolescent girls. It is not just a small term but a major stage where a female undergoes certain us productive changes from onset of menstruation till menopause. Hygiene during menstrual is an inevitable/important part of female life. During this period a adolescent girls is susceptible most vulnerable for developing any kind of reproductive tract infection 'UTI' & various STD.

Menstrual hygiene deals with special healthcare and requirements of girls during monthly menstrual cycle. Menstrual hygiene management should be an important part of health worker. Menstrual hygiene management refers to the specific hygiene of girls and adolescent girls during menstrual periods like knowledge, information, facilities needed to manage menstrual effectively.

Those adolescent girls have good knowledge about menstrual hygiene are less suffer from reproductive tract contagions. Menstrual hygiene is important to confirm that one's normal life is not intervallic by menstruation and also to promote comfort. Good hygienic performs, such as use of sanitary pads and proper washing the genital areas, are important during menstruation period.

### NEED OF THE STUDY

Adolescent girl’s menstrual health is critical to her well-being and also to the well-being of her family and public. But too often — particularly in the developing world — outlooks, customs and institutional partialities prevent adolescent girls from getting the menstrual health care they need. Menstrual hygiene continues to be between the most stimulating development issues today.

Menstruation is still measured a taboo in the Indian society. Even today, the cultural and social influences on people create a major obstacle in ensuring that the women are given correct knowledge on menstrual hygiene.

### **PROBLEM STATEMENT**

A study to assess the knowledge regarding menstrual hygiene among adolescent girls selected College, Saharanpur, U.P.

### **OBJECTIVES OF STUDY**

- To assess the knowledge regarding menstrual hygiene.
- To find out the association between the level of knowledge regarding menstrual hygiene their selected demographic variables.

### **HYPOTHESIS**

**H1:** There will be significant association between the levels of knowledge regarding menstrual hygiene their selected demographic variables.

## **II. METHODOLOGY**

- Research approach :The research approach adopted for this study was Quantitative research approach
- Research design: A non experimental Descriptive design was adopted for the study.
- Setting of the study: The study was conducted at Selected college of Saharanpur.
- Sample and sample size: The sample for the study was adolescent girls of B.Sc Nursing 1 semester nursing students. The sample size for the present study was 50 female students.
- Sampling technique: Purposive sampling technique was used for study.

### **Inclusion Criteria**

- Adolescent girls who present during the study.
- Adolescent girls who are willing to participate in the study.

### **Exclusion Criteria**

- Adolescent girls who are not willing to participate in the study.
- Adolescent girls who have not attended menarche

### **DESCRIPTION OF TOOL**

The tool consisted of two parts.

Part-1 Sociodemographic variable: It contains 10 items for obtaining information regarding, Religion, monthly family income, educational status of mother, age of menarche, pattern of menstruation, awareness about menstrual hygiene and residence.

The tool was exclusively constructed by the investigator to assist the knowledge regarding menstrual hygiene with the help of knowledge structured questionnaire

Part-2 Knowledge Structured Questionnaire regarding menstrual hygiene:

The Knowledge structured questionnaire includes 25 MCQS (multiple-choice questions). Each MCQS carries 4 options out of them one correct answers and other are distracters. Scoring keys “one” was given to correct response and “0” for wrong response.

### **PLAN FOR DATA ANALYSIS**

The data analysis consists of two major sections. The first frequency & percentage distribution of demographic variables of sample respondents. In the second section this chapter will present the quantitative results of a descriptive

study to assess the knowledge were classified, tabulated and the following analysis were performed in fulfilling the objectives of the study.

The Chi-square test analysis was use to examine the association between the knowledge regarding menstrual hygiene among adolescent girls in the selected demographic variables.

**Table 1:** Frequency and percentage of sample characteristics

SAMPLE CHARACTERISTIC	FREQUENCY (F)	PERCENTAGE (%)
<b>Religion</b> Hindu Muslim		
<b>Monthly Family Income</b>		
<6000 Rs.	42	84
6000-9000 Rs.	8	16
9000-12000 Rs.	13	26
Above12000Rs.	2	4
<b>Education status of mother</b>	10	20
Primary school Secondary school Higher Secondary school Above	25	50
<b>Occupation of father</b>	21	42
Farmer Business labour	6	12
Self-employed	11	22
<b>Age of menarche</b>	12	24
<13Years 13-14Years 14-15Years 15-16Years	20	40
<b>Pattern of menstruation</b>	3	6
Regular Irregular	15	30
<b>Residence</b> Urban Rural	9	18
	20	40
	13	26
	8	16
	48	96
	2	4
	30	60
	20	40

**Table1.** Revealed that majority of the sample 42 (84%) were Hindus and some of samples 16% were belonging to Muslims religion, majority of the participant’s Monthly Family Income 13(26%)of<6000rs, some participant’s Monthly Family Income 2(4%) of 6000-9000 Rs. Some participant’s Monthly Family Income 10(20%) of 9000-12000 Rs. And some participant’s Monthly Family Income of 25(50%) of above 12000Rs, majority of the sample 20% participant’s fathers were farmer, 10% business, 15% participant’s fathers were self employee and only 5% participants were labour , 20% participant’s mothers having primary school education, 12% participants mothers having above, 10% mothers having higher secondary school education and only 5% mothers having secondary school education. 40%adolescentgirls having menstruation at the age of 13-14years, 18% adolescent girls having menstruation at the age of <13 years,16%adolescent girls having menstruation at the age of 15-16 years and 26% adolescent girls having menstruation at the age of 14-15 years. 48% participants having regular pattern of menstruation and only 2% participants having irregular pattern of menstruation..60% participants belong to urban areas and 40%participants belong to rural areas.

**Table 2: Frequency and Percentage of Level of knowledge regarding menstrual hygiene among adolescent girls.**  
n=50

Level of knowledge	Range of knowledge score	Frequency	Percentage%
Adequate	18-25	8	16%
Average	11-17	31	62%
Inadequate	<10	11	22%

The data presented in the section 3 that majority 31 (62%) of the samples were having **average** knowledge, some of the participants were having 11(22%) **inadequate** knowledge and only 8(16%) sample were having **adequate** knowledge regarding menstrual hygiene.

**Table 3:Level of knowledge regarding menstrual hygiene among adolescent girls.**

n=50

Possible range scores	Range of obtained score	Mean	Median	Standard deviation
0-25	4-24	13.9	18.29	4.27

The data presented in table3 presents that the Means core Level of knowledge regarding menstrual hygiene13.9, the median is 18.29 and Standard deviation is 4.27. Mean score (13.9) is just around the middle of the score range (4-24) indicating a fair knowledge regarding menstrual hygiene and closeness to the median show that normal distribution of obtained score.

Table 4: Association between the levels of knowledge regarding menstrual hygiene among adolescent girls and the selected demographic variable.

Education status of mother	Adequate Knowledge	Average knowledge	Inadequate knowledge	Chi- square Test	P value	Significance
Primary	2	9	7	3.91	.689	Not significance
Secondary	2	6	0			
Higher secondary School	2	8	2			
Above	2	8	2			
<b>Residence</b>						
Urban	4	16	9	2.8032	.25	Not significance
Rural	4	13	2			

Tableno-4 shows that there is no significant association between education of mother and level of knowledge of adolescent girls. The result is not significant at p value<0.05. There is no significant relationship between residence and their level of knowledge. The result is not significant at p value <0.05

### III. CONCLUSION

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.

### RECOMMENDATIONS

On the basis of the study, following recommendation has been made:

- A similar study can be conducted by using a structured teaching programme on menstrual hygiene.
- A similar study can be conducted in married and unmarried women to know their practices about menstrual hygiene.

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