

**A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND HYGIENIC PRACTICES DURING MENSTRUATION AMONG ADOLESCENT GIRLS STUDYING IN KHALSA SENIOR SECONDARY SCHOOL KURALI, PUNJAB**

**MS. SUMAN VASHIST<sup>1</sup>, MS. NITIKA THAKUR<sup>2</sup>, MS. QAMAR UN NISA<sup>3</sup>**

<sup>1</sup>Asso. Prof., Rajiv Gadhi College of Nursin, Jammu

<sup>2</sup>Nursing Tutor, Kailash Institute of Health & Medical Sciences, Harayana

<sup>3</sup>Nursing Student, Baba Gulam Shah University, Rajouri

**Corresponding Email: [nneetikathakur@gmail.com](mailto:nneetikathakur@gmail.com)**

**ABSTRACT**

The period of growth and development extends throughout the life cycle, however the period in which the principle changes occur from conception to the end of adolescence. The word adolescent is derived from Latin word “adolescere”, which means to grow into maturity. It is a stressful developmental period filled with major changes in physical, maturity and sexuality, cognitive processes, emotional feelings and relationship with others. Adolescence is a period of rapid transition in life from “childhood”.

**Material & Methods** A descriptive study use in this study. Total of 100 students from Khalsa Senior Secondary School, Kurali were selected by using convenience method. Structured knowledge questionnaire was used to assess knowledge regarding menstruation hygiene and checklist list was to assess hygienic practices during menstruation convenience method as per inclusion and exclusion criteria.

**Result:** Result showed that 51% subjects had an average knowledge, 25% subjects had good knowledge, 24% subjects had poor knowledge. Majority of subjects 97% has used absorbent material during menstruation.

**Discussion:** It was that maximum of study subjects has average level of awareness regarding menstrual hygiene.

**Keywords:** knowledge, menstrual hygiene, Adolescent girls.

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## INTRODUCTION:

The period of growth and development extends throughout the life cycle, however, the period in which then principle changes occur is from conception to the end of adolescence.

Menstrual hygiene is issues that are insufficiently acknowledged and has not received adequate attention in the reproductive health and water, sanitation and hygiene sectors in developing countries including India and its relationship with and impact on achieving many Millennium Developmental Goals is rarely acknowledged. Studies that make the issue visible to the concerned policymakers and inform practical actions are very much importance, especially in terms of increased vulnerability to reproductive tract infections (RTI). The interplay of socio- economic status, menstrual hygiene practices and RTI are noticeable. Women having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to RTI and its consequences.

In many parts of the developing countries, a culture of silence surrounds the topic of menstruation and related issues. As a result many young girls lack appropriate and

sufficient information regarding menstrual hygiene. This may result in incorrect and unhealthy behavior during their menstrual period. Poor personal hygiene and unsafe sanitary conditions result in the girls facing many gynecological problems. This the researcher felt need to observe early adolescent girls regarding adaptive strategies on menstruation.

## PROBLEM STATEMENT :

A descriptive study to assess the knowledge and hygienic practices during menstruation among adolescent girls studying in Khalsa Senior Secondary School Kurali.

## MATERIAL AND METHODS

**Research approach:** Non experimental quantitative

**Research design:** Descriptive design

**Setting of the study:** Khalsa Senior Secondary School, Kurali

**Population:** All adolescent girls in Khalsa Senior Secondary School, Kurali

**Sample size:** 100 clients

**Sample technique:** Convenient sampling

## SAMPLE CRITERIA:

### INCLUSION CRITERIA:

Adolescent girls who were:

1. Willing to participate in the study.

2. Able to understand and communicate Hindi, English.
3. Present at the time of data collection.

**Exclusive criteria:-**

The adolescent girls who were:  
Sick at the time of data collection.

**PART-A-SOCIO-DEMOGRAPHIC PROFILE**

**Table:1(a) Frequency and percentage distribution of subject as their socio demographic variables**

**N=100**

SOCIO DEMOGRAPHIC VARIABLES		FREQUENCY (%)
AGE	a)13-14 years	46
	b)15-16years	52
	c)17-18years	2
Age of menarche	a)12	36
	b)13	43
	c)14	20
	d)15	1
Place of residence	a)Urban	60
	b)Rural	40
Family income	a)Rs.<5000	66
	b)Rs.5001-10,000	16
	c)Rs.10,001-15000	11
	d)Rs.>15,000	7
Source of information	a)Books/newspaper	28
	b) Health personals	13
	c) Family members	58
	d) Peer group	0
	e) if any other .....	1

**Table 1(a) depicts the frequency and percentage distribution of subjects as their sociodemographic variables.**

According to age, more than half of subjects 52% were in the age group of 15-16yrs , 46% subjects were in the age group of 13-14yrs, 2%) subjects were in the age group 17-18yrs . 43% subjects who had there age of menarche 13 years,3% of subjects had 12 years, 20% subjects had 14 years and 1% subjects had 15 years. 60%subjects were from rural area and 40% of subjects were from urban area.Majority of the subjects 66% had monthly income <15,000, 16% had Rs.5001-10,000,11% had less than 10,000-15,000 and 7% subjects had monthly income>15,000

**Table:-2 Frequency and Percentage distribution of subjects as per knowledge score related to menstrual hygiene**

Knowledge	Frequency (f)	Percentage (%)
Good	25	25%
Average	51	51%
Poor	24	24%
<b>Mean knowledge±SD =10.4±4.8</b>		

Above table shows frequency and percentage distribution of subjects as per

Knowledge score related to menstrual hygiene.

Majority of subjects 51% had average knowledge, 25% subjects had good knowledge and 24% subjects had poor knowledge related to menstrual hygiene.

Table:-3 Frequency and Percentage distribution of subjects as per menstrual hygiene practices during menstruation

S.NO	PRACTICE QUESTIONS	YES	NO
1.	Use of absorbent material	97	03
2.	Use of sanitary pad as absorbant	90	10
3.	Wash clothes with soap and water	95	05
4.	Dry clothes in sunlight	91	09
5.	Change pads and clothes more than three times/day	73	27
6.	Disposed off sanitary pads in dustbin	76	27
7.	Use of paper to disposed off sanitary pads by wrapping	90	10
8.	Take bath with soap	95	05
9.	Clean external genitalia with soap and water	05	95
10.	Use some special cleaning agents to clean the genitalia	58	42
11.	Restrictions on activities like entering in temple, gurudwara or entering in kitchen.	65	35
12.	Engage in sport activities	66	34

Table 3: Depicts that frequency and Percentage distribution of subjects as per menstrual hygiene practices during menstruation

1. Almost all the subjects 97% were using absorbent material as per menstrual hygiene practices during menstruation.
2. Majority of subjects 90% were using sanitary pads as absorbent material during menstruation.
3. Almost all the subjects 95% were wash clothes with soap and water during menstruation.
4. Majority of subjects 91% were Dry clothes in sunlight.
5. 73% were change their pads and clothes more than three times/day during menstruation.
6. 90% were use paper to dispose off sanitary pads by wrapping during menstruation.
7. Majority of subjects 95% were take bath daily with soap during menstruation.
8. Only few subjects 05% clean external genetilia with sopa and water.
9. Majority of subjects 58% were use some special cleaning agent to clean genitalia during menstruation.

10. Most of the subjects 65% had restrictions on activities like entering in temple, gurudwara or entering in kitchen during menstruation.
11. 66% were engage in sport activities during menstruation.

### DISCUSSION:

Present study showed that 51% subjects had average knowledge regarding menstrual hygiene and 97% girls using sanitary pads as absorbent material. A supported study by **Rajashree R Kamble** showed that 66. 6% of the girls had an average knowledge regarding menstrual hygiene and 87. 6% of the girls followed correct practices.

Present study showed that 65% subjects had restrictions during menstruation. A supported study conducted by **Asha Shintol** and findings of the study showed that 85% girls practices different restrictions during menstruation.

Present study showed that 90% subjects had dried their absorbent pads in sunlight. A supported study conducted by **R Kamanth** and oppose findings of the study showed that 70.4% girls were dried their sanitary pads inside their homes.

### IMPLICATIONS

The findings of the study were implicated in different areas such as nursing practice, nursing administration and nursing research. The findings of the study have several implications which were discussed in the following areas:

### NURSING PRACTICE

- The study helps to obtain necessary information about practices for the improvement of self care among antenatal women.
- Nurse should conduct further research on same topic to explore more benefits of the study in which present research could not identify because of limitations.
- Nursing personal should utilizing the findings to patients.
- Nurses should actively participate in guidance and counseling of the patients for self care during pregnancy.

### NURSING EDUCATION:

- The nurse educator can provide education to the patients regarding self care during pregnancy.
- The nurse educator can provide knowledge and organize the awareness program among public regarding self care.

- The nurse educator should improve the knowledge of nursing students regarding self care during pregnancy.
- The study can be helpful in nursing curriculum to provide opportunity for students to gain knowledge regarding self care among antenatal women.
- The study has an implication on nursing education with regard to preparing nursing students competency in giving nursing education to clients about their health.
- Nursing research should be conducted to explore hygienic practices during menstruation.
- As nursing profession becomes more grounded in research, the study is valuable reference material for future research. . It can help them in conducting research on large sample size in any other different culture and ethnic group.

#### **NURSING ADMINISTRATION**

- Nurse administrator can organize in-service education programs to enhance the knowledge of staff regarding safe practices during care of pregnant women.
- Nurse administrator can organize seminars, workshops on self care strategies during pregnancy.
- Nursing personnel should accept the responsibility of creating awareness regarding self care among antenatal women in different hospitals.
- One should organize sufficient manpower, money and materials for disseminating health information.

#### **NURSING RESEARCH**

- Research should be directed towards describing themenstrualhygienic practices.

#### **RECOMMENDATIONS**

- A similar study can be done among women.
- A similar study can be done on larger sample.
- Similar study can be conducted on different population of different culture and ethnic groups.

**CONCLUSION:** Assessment of level of knowledge regarding menstrual hygiene the mean and SD is  $10.4 \pm 4.8$ . Result showed that 51% had average knowledge, 25% subjects had good knowledge an 24% subjects had poor knowledge related to menstrual hygiene.

97% were using absorbent material as per menstrual hygiene practices, 95% were wash clothes with soap and water during menstruation, 91% were dry clothes in sunlight, 90% were use paper to dispose of

sanitary pads by wrapping, 73% were change their pads and clothes more than three times/day during menstruation and 65% had restrictions on activities like entering in temple, gurudwara or entering in kitchen during menstruation.

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