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### A Descriptive Study to Access the Knowledge Regarding Menstrual Hygiene among Adolescent Girls in Selected Schools of Latur

Mohd Aejaz Nawaz

Vice Principal, JSPM Maharashtra College of Nursing MIDC Latur, Maharashtra, India

Corresponding Author: Mohd Aejaz Nawaz

#### Abstract

##### Objectives

1. To assess the knowledge regarding menstrual hygiene among adolescent girls in selected schools of Latur.
2. To associate the knowledge with demographic variables.

##### Material and Methods

The research approach adopted in this study is Quantitative approach. A one Descriptive research design was chosen for the study. The sample were selected conveniently to suit the study. sample size was 30.

##### Results

This section presents the analysis and interpretation of data collected from selected schools of Latur. The present study was designed to explore the level of knowledge regarding

menstrual hygiene among adolescent girls in selected schools in Latur city. Data collected in this study were tabulated, analyzed, and interpreted by using descriptive and inferential statistics. The findings are presented in the following sections.

- Section I: Distribution of subjects in relation to their demographic variables.
- Section II: Distribution of mean knowledge score of menstrual hygiene among Adolescent girls from selected schools of Latur.
- Section III: Association of level of knowledge score regarding menstrual hygiene of adolescent girls with their selected demographic variable viz. age, mother's education, family income, source of knowledge.

**Keywords:** Adolescent Girls, Menstrual, WHO, Latur

#### Introduction

"Menstrual blood is the only source of blood that is not traumatically induced, yet in modern society, this is the most hidden blood, the one so rarely spoken of and almost never seen, except privately by women"....

Judy Grhan

The world health organization defined the health as "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity" [1].

Hygiene is a series of practices performed to preserve health. According to WHO "Hygiene refers to condition and practices that help to maintain health and prevent the spread of diseases" [2].

Menstrual hygiene is an activity performed to maintain perineal hygiene by the girls during her menstrual period.

The fundamental need for women and girls is to access to safe and dignified menstruation, UNICEF tries to create a world where every girl can learn, play and safeguard her own health without experiencing stress, shame or unnecessary barrier to information or supplies during menstruation. Meeting the hygiene needs of all adolescent girls and women in all settings enables human rights, dignity and public health.

#### Review of Literature

A cross sectional study was carried on adolescents' school girls of rural area, Dakshina Kannada, India, 2021 by Pramodha M.S., Shashirekha H.D. The aim of the study was to assess the knowledge, attitude and practice of menstrual hygiene among adolescents school girls. 130 adolescents girls were the sample size of the study and data was collected by using pre-designed questionnaire after obtaining informed consent. The result shows that physiological phenomenon of menstruation was known by 65% of students and 71% of participants, still believed in taboos and myths associated with menses and 30% were shy about carrying sanitary products to school. The study concluded that to overcome the taboos associated with menstruation,

schools require group discussion, media campaigns, sex education.

A study was carried out among adolescent girls in Tirupathi, Andhra Pradesh in India, 2021 by Prof. I.V. Lalitha Kumari. The aim of the study was to assess the knowledge, attitude and practices and effectiveness of teaching program on menstrual hygiene among adolescents girls. 80 school going adolescents girls were taken as a sample and data was collected by using self-structured questionnaire. The result shows that 43.75% participants had good attitude where as 31.25% had better attitude and 25% had best attitude in pre-test. But in post-test 62.5% study participants had best attitude, 25% had better attitude and 12.2% had good attitude towards menstrual hygiene. This study revealed that it was effective to increase the knowledge, practice and attitude of the school Children on menstrual hygiene because of the structured teaching program administered by the researcher.

### Material and Methods

The research approach adopted in this study is Quantitative approach. A one group Descriptive design was chosen for the study. The sample were selected conveniently to suit the study. sample size was 30.

### Results

The data was analyzed by using inferential and descriptive statistics on the basis of objectives.

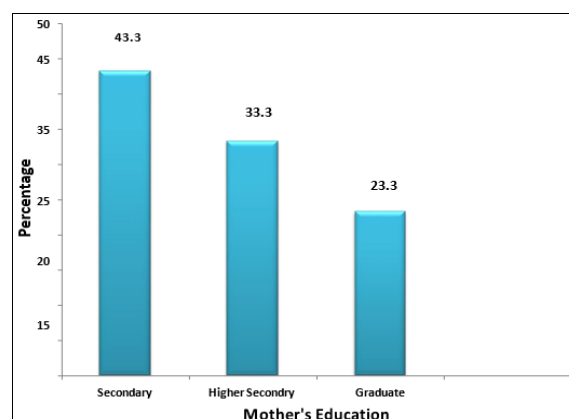
#### 1. Distribution of subjects in relation to their demographic variable

**Table 1:** Frequency and percentage distribution of Adolescent girls according to their age, mother's education, family income, source of knowledge (n=30)

Demographic Variables	Frequency (f)	Percentage (%)
<b>Age</b>		
13– 14 Year	09	30
15 – 16 Year	11	36.3
17 – 18 Year	10	33.3
<b>Mother's Education</b>		
Secondary	13	43.3
Higher Secondary	10	33.3
Graduate	07	23.3
<b>Family Income</b>		
10,000- 20,000	14	46.6
20,001-30,000	07	23.3
Above 30,000	09	30
<b>Source of Knowledge</b>		
Books	06	20
Teachers	14	46.6
Parents	10	33.3

#### Age

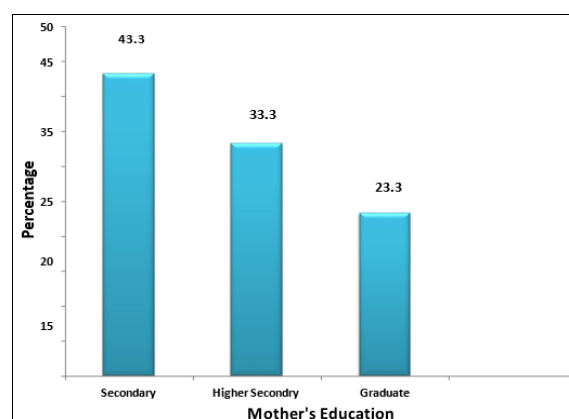
Distribution of subjects in relation to the age: Majority of the subjects 36.6% belonged to 15 – 16 year of age, 33.3% belonged to 17 – 18 year of age and 30% of the subjects belonged to 13 – 14 year of age.



**Fig 1:** Assessment with pre-test stress score

#### Mother's education

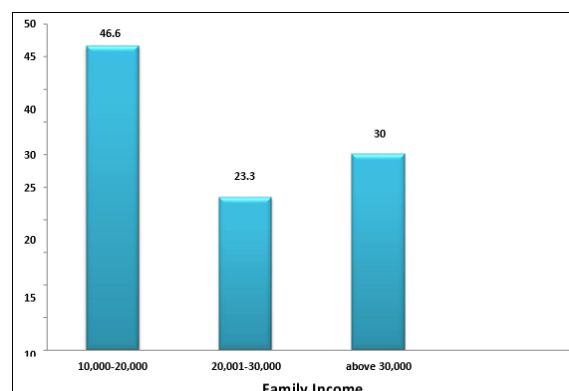
Distribution of subjects in relation to the mother's education: Majority of the subjects 43.3% had secondary level of education, 33.3% had higher secondary level of education, 23.3% had graduation level of education.



**Fig 2:** Frequency and percentage distribution of subjects according to their mother's education

#### Family Income

Distribution of subjects in relation to the income: Majority of the subjects 46.6% were having Rs. 10,000-20,000 family income, 30% subjects having above 30,000 family income and 23.3% subjects having above Rs. 20,001-30,000 family income.



**Fig 3:** Frequency and percentage distribution of subjects according to their family income

### Source of Knowledge

Distribution of subjects in relation to the source of knowledge: Majority of the subjects 46.7% had got knowledge from teachers, 33.3% subjects had got knowledge from parents, 20% subjects had got knowledge from books.

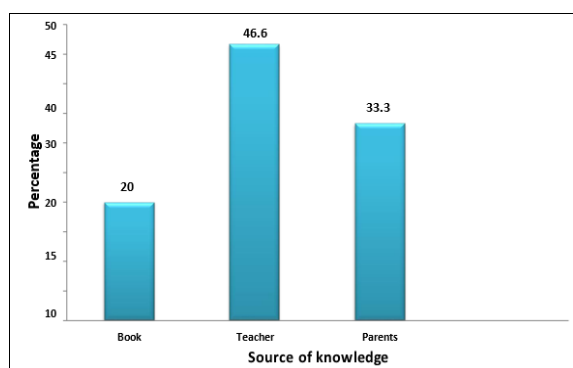


Fig 4: Frequency and percentage distribution of subjects according to their source of knowledge

### 2. Description of mean knowledge score menstrual hygiene among adolescent girls from selected high schools of Latur.

The mean knowledge scores of Adolescent girls was tabulated to a master sheet. Mean, standard deviation, median and range of knowledge levels were computed. These findings were presented in the Table 2.

The data presented in Table 2 shows the levels of knowledge scores of Adolescent Girls regarding menstrual

hygiene, the levels of knowledge scores ranged from 08 to 20. The mean knowledge score is 13.9667 with standard deviation  $\pm 3.37826$ . The median score was 13.5000.

**Table: 2** Mean, Standard Deviation, Median, and Range of knowledge levels among Adolescents girls

Descriptive statistics of adolescent girls according their level of knowledge regarding menstrual hygiene						
Variable	Mean	Std. Error of mean	Median	Mode	SD	Range
Knowledge Levels of adolescent girls regarding menstrual hygiene.	13.9667	.61678	13.5000	13.00	3.37826	8.00-20.00

### 3. Association of levels of knowledge scores regarding menstrual hygiene of adolescent girls with their selected demographic variable viz. age, mother's education, family income, source of knowledge.

To find out the association between the levels of knowledge with selected personal variables, age, mother's education, family income, source of knowledge among Adolescent girls regarding menstrual hygiene the following null hypotheses was stated.

**H<sub>02</sub>:** There will be no significant association between the level of knowledge and selected personal variables, viz. age, mother's education, family income, source of knowledge. The data is presented in Table 3.

**Table 3**

Demographic variables	Adolescent girls			Chi- square value	Degree of freedom
	Inadequate Knowledge	Adequate knowledge	Good Knowledge		
<b>Age</b>					
13-14 years	4	4	3		
15-16 years	0	5	4		
17-18 years	2	5	3	4.187	4
<b>Mother's education</b>					
Secondary	4	3	3		
Higher secondary	0	6	4		
graduation	2	5	3	5.200	4
<b>Family income</b>					
10,000-20,000	3	9	2		
20,001-30,000	1	3	3		
Above 30,000	2	2	5	5.304	4
<b>Source of knowledge</b>					
Book	0	5	1		
Teacher	5	3	6		
parents	1	6	3	8.363	4

### Findings

The findings of the study reveals that 16.6% adolescent girls had inadequate knowledge, 46.6% had good level of knowledge score and 36.6% had excellent knowledge score. Descriptive statistics reveals that the mean knowledge score was 13.9, median knowledge score 13.5 and mode knowledge score found to be 13. No demographic variables found to be significant at the level of 0.05.

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