

KNOWLEDGE OF TEENAGE GIRLS REGARDING PRACTICE OF MENSTRUAL HYGIENE

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Abstract: Considering low level of knowledge of teenage girls regarding practice of menstrual hygiene. The present study sought to assess 50 teenage girls data was collected and the analysis shows that the mean age of the students was 14+_1.2 Year. Majority was in their mid-teenage and have average knowledge about menstrual hygiene and the post test parameters showed significance improvement after administering structured teaching program. Thus, it can be concluded that structured teaching is effective in increasing menstrual practice knowledge of teenage girls.

Key Words: Structured teaching programme, Menstruation, Menstrual cycle, Menarche, Teenage girls, Menstrual hygiene, Effectiveness.

Introduction:

The issue of menstrual hygiene is inadequately acknowledged and has not received proper attention. Use of sanitary pads and washing the genital area are essential practices to keep the menstrual hygiene. Unhygienic menstrual practices can affect the health of the girls and there is an increased vulnerability to reproductive tract infections and pelvic inflammatory diseases and other complications. Learning about the hygiene during menstruation is a vital aspect of health education for teenage girls as patterns that are developed in teenage are likely to persist in adult life. Therefore, the objective of this study was to assess the knowledge and practice of menstrual hygiene among Material:

The structured teaching programme was developed based on the objectives, review of related literature, sample size, method of teaching and the expert's opinion. The STP was prepared in English and the agreed opinion was obtained from experts about the content of the STP.

Method:

The study was conducted in schools of a small rural area in Sirohi district, Rajasthan. By using Purposive sampling technique for the present study .an experimental research design such as experimental one group pre-and post-test design without control group was used to evaluate the effectiveness of the structured teaching programme on knowledge regarding practice of menstrual hygiene among teenage girls residing in study area. Teenage girls of that area who are studying in Darbar higher secondary school were selected as sample. The sample size comprised 50 teenage girls.

The formal permission was obtained from the school headmaster. The written consent was taken on behalf of students. Data was collected by using **pre- experimental one group pre and post test design**.

Pre- test:

Pre- test was conducted to teenage girls studying in selected rural school by using closed ended questionnaire to assess the knowledge of menstruation, menstrual hygiene, and the practices of menstrual hygiene. The time duration is 30 minutes.

Implementation of STP:

- Immediately after the pre-test on. 14 April 2015 the STP regarding the knowledge of menstruation, menstrual hygiene, and the practices of menstrual hygiene was implemented to the teenage girls in groups of 25 numbers in two groups with appropriate audio visual aids.

- The time duration 09-00am to 09-9:45 am in the month of April 2015
- After the implementation of STP date of post was informed to the students.

Evaluation of STP:

Evaluation of STP was done by conducting post- test with the same questionnaire on 5th day after the implementation of the STP.

Discussion:

Menstruation is a normal physiology in females. Poor hygiene during menstruation has been associated with serious ill-health ranging from reproductive tract infection, urinary tract infection, bad odour and many more. Females are generally expected to exercise good hygienic practices during menstruation. However, reaming stable during menstruation require that female especially teenage girls are prepared psychologically to develop the associate power and mastery over the physiological changes that occur during this periods. In this study, more than half (60.0 %) of the girls have poor knowledge about menstruation and menstrual hygiene.

Analysis:

Pre test and post test knowledge scores of the teenage girls regarding menstruation and menstrual hygiene has done to know the effectiveness of the STP .Z-and P- value calculated . Significant difference was found between pre and post test knowledge scores .which was **S,P,<0.05**.

Association between knowledge scores and demographic variables of the teenage regarding menstruation and menstrual hygiene was done by chi-square test. It showed that thereweres significant association with all the selected demographic variables and the knowledge scores of the teenage school girls. value=3.84 (p<0.05, Significant)

Findings Result : Structured teaching programme (STP) related to the knowledge regarding practice of menstrual hygiene was implemented the pre- test.

- The valuation of STP was done by the post test after five days with the same knowledge questionnaires used in the pre- test and datas were collected.
- The demographic variable showed that the highest percentage of teenage girls were in the age group of 14-15 years that is 45.28%.,and the lowest 7.00% of them belong to the age group of 17 .Overall mean knowledge score of pre and post-test was calculated as Mean, standard deviation, mean percentage, Z value and P value on .menstruation and menstrual hygiene.
- Which shows that the maximum score in pre- test was 21, mean score was 18.00,SD=2.10 and mean percentage was 59.08%. Which indicate that the teenage school girl had deficient knowledge regarding menstruation menstrual cycle and menstrual hygiene.
- In post—test, maximum score was 32, mean 29.92 SD was 0.47 mean percentage was **99.29%**. 'Z' value was calculated by using Wilcoxon sign rank test which was **7.19 and' P'value was 0.005,S,P<0.05**
- In the post test score level the highest score was obtained on the age group of 16-17 years that is 30.00±0.00; 100%.This shows that the knowledge level of the teenage school girls highly increased after the implementation of STP by 100%.There were significant association between the age and the knowledge of the teenage girls.
- Pre test and post test knowledge scores of the teenage girls regarding menstruation and menstrual hygiene has done to know the effectiveness of the STP .Z-and P- value calculated . Significant difference was found between pre and post test knowledge scores .which was **S,P,<0.05**.
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Table:

- **Table 1: Mean, standard deviation and mean percentage of knowledge score of school girls on menstruation and menstrual hygiene**

Menstruation and menstrual hygiene	Maximum score	Mean	Standard deviation	Mean percentage	Z value	p-value
Pre Test	22.00	18.00	2.10	59.3\08	7.29	0.005 S,p<0.05
Post Test	32.00	29.92	0.47	99.29		

- **Table 2: Difference between knowledge scores and demographic variables of the teenage regarding menstruation and menstrual hygiene.**

SN	Area	χ^2 -value	Level of Significance
1	Age	21.20	Significant
2	Education of parents	35.04	Significant
3	Religion	75.11	Significant
4	Socio-economic status	40.20	Significant

Conclusion:

It was found that the teenager girls had average knowledge regarding menstrual hygiene, which leads to various reproductive health care to prevent themselves from different type of complication. Good personal hygiene is the base for a disease free life Adolescence is regarded as a unique phase of human development. Among adolescent girls menarche is an important landmark in the process of growth and maturation. Menstruation is a natural physical process. It is not a sickness .With the onset of menstruation; a girl becomes aware of her emerging identity as a female capable of reproduction. The findings of the present study will help teenage girls to maintain menstrual hygiene.

Recommendations:

- ❖ Similar study may be replicated with a control group on larger Samples.
- ❖ The similar study can be conducted to evaluate actual practice of teenage girls regarding menstrual hygiene.
- ❖ A comparative study between urban and rural teenage girls.
- ❖ Co-relational study can be done in between government and private schools in different settings.
- ❖ A study can be conducted in a community health setting by using large Samples of pre menarche groups of girls.

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