

Knowledge regarding menstrual hygiene among adolescent girls of government women college parade, Jammu: A cross sectional view

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Abstract: *Girls are the bravest who else could bleed for seven days and doesn't die.....!!!* (Linda Kage)

Background: Adolescence is a transition period from childhood to adulthood. In this period one of the major physiological changes that takes place in the adolescent girls is the onset of menstruation. So good menstrual hygiene is very crucial for the health and dignity of girls and women. **Aims and objectives:** The present study was aimed to assess the knowledge regarding menstrual hygiene among adolescent girls of selected Government college, Parade, Jammu. **Material and Methods:** The sample consisted of 50 adolescent girls. Purposive sampling technique was used to select the sample. Socio-demographic profile and self structured questionnaire was used to assess the knowledge regarding menstrual hygiene among adolescent girls. **Conclusion:** The study showed that the knowledge regarding menstrual hygiene among adolescent girls was good. Therefore, it was concluded that there is more need to increase knowledge regarding menstrual hygiene and make adolescents to practices good hygiene habits.

Key Words: Adolescent girls, menstrual hygiene.

1. INTRODUCTION:

Adolescence is characterized by a spurt in physical, endocrinal, emotional and mental growth with a change from complete dependence to relative independence. The period of adolescence in a girl is a period of physical and psychological preparation for safe motherhood. Almost a quarter of India's population comprises of girls below 20 years. This period is marked with onset of menarche. Menstruation is a phenomenon unique to all females although it is a natural process. Women having a better knowledge regarding menstrual hygiene are less vulnerable to reproductive tract infections and other complications.^{1,2} Adolescence in girls signifies the transition from girlhood to womanhood. Good menstrual hygiene is crucial for the health and dignity of girls and women. This is an important sanitation issue which has long been in the closet and still there is a long standing need to openly discuss it.³

1.1. Objectives:

- To assess the knowledge regarding menstrual hygiene among adolescent girls.
- To determine the association of knowledge regarding menstrual hygiene among adolescent girls with selected socio-demographic variables.

2. MATERIALS & METHODS:

For the present study, **descriptive research approach** and **non- experimental research** design was used. The research setting was **Government Women College Parade, Jammu**. The sample consisted of 50 subjects. Purposive sampling technique was used to select the sample. Prior to the data collection procedure the formal permission was obtained from the Principal of the Government Women College Parade, Jammu. Socio-demographic profile and a self-structured questionnaire was used to collect personal information. Socio-demographic profile included items like age (in years), religion, socio-economic status, marital status and source of information. Self-structured questionnaire schedule prepared to assess the knowledge of adolescent girls regarding menstrual hygiene. Data collection was done in March 2018. Prior to interview the questionnaire to the girls, investigator gave self- introduction to the girls and explained the purpose of gathering information. A good rapport was established with the subjects. They were assured that their responses will be used kept confidential and the information will be used only for research purpose. Formal consent was taken from girls. The data gathered was analyzed and calculated by percentage, mean, standard deviation and chi square.

3. RESULTS:

SECTION –I

Frequency and percentage distribution of sample characteristics according to demographic variables

Table 1

Sr. No.	Socio demographic variables	Frequency	Percentage
1.	Age(in years)		
	16-18	8	16%
	19-21	36	72%
	22-24	6	12%
2.	Religion		
	Hindu	43	86%
	Sikh	7	14%
	Muslim	0	0%
3.	Monthly income(in Rs)		
	>10,000	-	-
	10,000-20,000	7	14%
	20,000-30,000	14	28%
	30,000-40,000	29	58%
4.	Marital status		
	Married	7	14%
	Unmarried	43	86%
5.	Source of Information		
	T.V	37	74%
	Newspapers	5	10%
	Internet	8	16%

Table 1 reveals the frequency and percentage distribution of sample characteristics of the study subjects. Distribution of study subjects, according to **age** of the adolescent girls showed that maximum (72%) of adolescent girls were between 19-21 years followed by 16% of adolescent girls were in between 16-18 years and only 12% were in between age 22-24 years. Distribution of study subjects according to **religion**, majority (86%) were Hindu by religion followed by 14% were Sikh. As per **monthly income (in Rs)**, majority (58%) were having income between 30,000-40,000 followed by 28% were having income between 20,000-30,000 and only 14% were having income between 10,000-20,000. In context to the **marital status**, majority (86%) were unmarried and 14% were married. As per the **source of information**, majority (74%) of the adolescent girls got information from TV followed by 16% from internet and only 10% got information from newspapers.

SECTION 2

Table 2

Frequency and percentage distribution of knowledge regarding menstrual hygiene among adolescent girls. N=50

Knowledge	Knowledge score		
	Score	n	%
Very Good	Above 70%	15	30%
Good	50 - 70%	20	40%
Average	Below 50%	15	30%

Maximum Score = 40

Minimum Score = 10

Table 2 reveals the knowledge regarding menstrual hygiene among adolescent girls. It shows that maximum 20(40%) girls had good knowledge followed by equal number 15(30%) had very good and average knowledge. Hence, it was concluded that most of the adolescent girls were having good knowledge regarding menstrual hygiene.

Table 3 (a)

To determine the association of knowledge regarding menstrual hygiene among adolescent girls with age (in years)

N=50

Age (in years)	Knowledge score			n	df	χ^2
	Good	Average	Below average			
16-18	1(12.5)	1(12.5)	6(75)	8	4	8.92 ^S
19-21	12(33.3)	15(41.7)	9(25)	36		
22-24	2(33.3)	4(66.7)	-	6		

Significant

Table 4(a) depicts the association of knowledge regarding menstrual hygiene among adolescent girls with age which shows that 1(12.5%) of girls who belongs to age group of 16-18 years had good knowledge, 1(12.5%) had average and 6(75%) girls had below average knowledge followed by girls who belongs to 19-21 age group maximum 15(41.7%) had average knowledge followed by 12(33.3%) had good and only 9(25%) had below average knowledge. Girls who belongs to age group of 22-24 years, maximum 4(66.7%) had average and 2(33.3%) girls had good knowledge. In order to explore association level of knowledge and age of girls, chi-square was computed which was found to be statistically significant at $p < 0.05$. Hence, it is concluded that age has impact on knowledge of adolescent girls.

Table 3 (b)

To determine the association of knowledge regarding menstrual hygiene among adolescent girls with religion.

N=50

Religion	Knowledge score			n	df	χ^2
	Good	Average	Below Average			
Hindu	15(34.9)	17(39.6)	11(25.5)	43	3	4.092 ^S
Sikh	-	3(42.8)	4(57.2)	7		
Muslim	-	-	-	-		

Significant

Table 4(b) reveals the association of knowledge regarding menstrual hygiene among adolescent girls with religion which shows that maximum 17(39.6%) had average knowledge followed by 15(34.9%) had good knowledge and only 11(25.5%) had below average knowledge belongs to Hindu religion. And 4(57.2%) girls had below average knowledge followed by 3(42.8%) had average knowledge belongs to Sikh religion. In order to explore association between level of knowledge and religion of girls, chi-square was computed. It was found to be statistically significant at $p < 0.05$. Hence, it is concluded that religion has impact on knowledge of adolescent girls.

Table 3 (c)

To determine the association of knowledge regarding menstrual hygiene among adolescent girls with monthly income (in Rs).

N=50

Monthly income (in Rs)	Knowledge score			n	df	χ^2
	Good	Average	Below Average			
>10,000	-	-	-	-	4	5.183 ^S
10,000-20,000	1(14.3)	2(28.6)	4(57.1)	7		
20,000-30,000	5(35.8)	6(42.8)	3(21.4)	14		
30,000-40,000	12(41.4)	12(41.4)	5(17.3)	29		

Significant

Table 4(c) depicts the association of knowledge regarding menstrual hygiene among adolescent girls with monthly income (in Rs) which depicts that adolescent girls having monthly income of Rs. 10,000-20,000 had good knowledge in 1(14.3%), 4(57.1%) had below average and 2(28.6%) had average knowledge followed by girls having monthly income of Rs. 20,000-30,000 with good knowledge in 5(35.8%), 6(42.8%) had average and 3(21.4%) had below average level of knowledge. Adolescent girls having monthly income of Rs. 30,000-40,000 had good knowledge in 12(41.4) and 12(41.4%) had average followed by 5(17.3%) had below average of knowledge. In order to explore association of knowledge and monthly income of adolescent girls, chi-square was computed. It was found to be statistically significant at $p < 0.05$. Hence, it is concluded that monthly income (in Rs) had impact on knowledge of adolescent girls.

Table 3 (d)

To determine the association of knowledge regarding menstrual hygiene among adolescent girls with marital status.

N=50

Marital Status	Knowledge score			n	df	χ^2
	Good	Average	Below Average			
Married	3(42.9)	3(42.9)	1(14.2)	7	3	1.119 ^S
Unmarried	12(27.9)	17(39.5)	14(32.6)	43		
				-		

Significant

Table 4(d) depicts the association of knowledge regarding menstrual hygiene among adolescent girls with marital status which shows that adolescent girls who were married had good knowledge in 3(42.9%), 3(42.9%) had average and only 1(14.2%) had below average knowledge. Girls who were unmarried had average knowledge in 17(39.5%), 12(27.9%) had good and 14(32.6%) had below average knowledge. In order to explore association of knowledge and marital status of adolescent girls, Chi square was computed. It was found to be statistically significant at $p < 0.05$. Hence, it is concluded that marital status has association with knowledge regarding menstrual hygiene among adolescent girls.

Table 3 (e)

To determine the association of knowledge regarding menstrual hygiene among adolescent girls with source of information

N=50

Source of Information	Knowledge score			n	df	χ^2
	Good	Average	Below Average			
T.V.	11(29.8)	14(37.8)	12(32.4)	37	4	1.163 ^S
Newspaper	1(20)	3(60)	1(20)	5		
Internet	3(37.5)	3(37.5)	2(25)	8		

Significant

Table 4(e) depicts the association of knowledge regarding menstrual hygiene among adolescent girls with source of information which shows that adolescent girls who get information from TV had good knowledge in 11(29.8%), 14(37.8%) had average and 12(32.4%) had below average knowledge followed by girls who got information from newspapers, 1(20%) had good, 1(20%) had below average and 3 (60%) had average knowledge. Girls who got information from internet 3(37.5%) had good, 3(37.5%) had average and 2(25%) had below average knowledge. In order to explore association of knowledge and source of information among adolescent girls, chi square was computed. It was found to be statically significant at $p < 0.05$. Hence, it is concluded that source of information has impact on knowledge of adolescent girls.

4. DISCUSSION:

4.1. To assess the knowledge regarding menstrual hygiene among adolescent girls:

The baseline knowledge of adolescent girls regarding menstrual hygiene revealed that out of 50 girls maximum 35 (70%) of the girls having adequate knowledge about menstrual hygiene which is consistent with the study conducted to assess the knowledge, attitudes and behavior on menstrual hygiene among adolescences girls about dysmenorrhea and menstrual hygiene in suburban districts of Tehran. A 44-items questionnaire was used to collect the data. The findings showed that maximum 77% of the adolescent girls had adequate level of knowledge regarding menstrual hygiene.⁴

4.2. To determine the association of knowledge regarding menstrual hygiene among adolescent girls with selected socio-demographic variables:

The association of knowledge regarding menstrual hygiene among adolescent girls with selected socio-demographic variables was statistically significant at 0.05% level of significance. In conformity to these finding a similar study was conducted on the relationship of socio-cultural characteristics, menstrual hygiene practices and gynecological problems among adolescent girls in eastern India which revealed that girls of higher socioeconomic status have better knowledge and menstrual hygiene practices which was statistically significant.⁵

5. CONCLUSION:

Most of the adolescent girls were unaware of normal physiology of menstruation. As mother plays vital role as a teacher for imparting primary knowledge regarding menstrual cycle to adolescent girls. Adolescent girls need to be armed with proper and complete knowledge via formal and informal communications. Use of sanitary pads should be promoted by making its availability free of cost or at nominal price. Adolescents should be taught regarding the reproductive infection and its prevention in schools.

6. RECOMMENDATIONS:

Based on the results of study following recommendation are made:

- A study may be conducted on large sample for wider generalization.
- An exploratory study can be done to assess the knowledge of adolescence girls regarding menstrual hygiene.
- A non-experimental study can be undertaken with a control group.

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