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RESEARCH ARTICLE

IMPACT OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING MENSTRUAL MANAGEMENT AMONG ADOLESCENT GIRLS FROM SELECTED URBAN AREA OF BANGALORE, KARNATAKA

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Abstract

A research of Impact of Knowledge, Attitude and Practice on Menstrual Management among adolescent Girls in selected urban area of Bangalore was conducted by investigator during year 2019-2022. The objectives of the study were: Primary Objectives Impact of Video Assisted Teaching Program on Knowledge, Attitude and Practice regarding Menstrual Management among adolescent Girls. The conceptual frame work is designed on the J.W.Kenny's open system model. A descriptive survey approach was used for the study. Samples were selected from School and Pre university College which is belongs to urban area of Bangalore. The content validity of developed tools was established by 5 experts and necessary modifications were made as suggested by them. The sample size was of 400 and random sampling technique was used for the selection of the area and samples. The investigator used structured questionnaire, Scale and check list to assess the Knowledge, attitude and Practice on Menstrual management among adolescent girls in selected area of Bangalore e, Descriptive and inferential statistics were Used to analyze the data. The comparison of pre test and post test Knowledge, Attitude and Practice score regarding Menstrual management among adolescent girls unveiled that the knowledge score was 77.5 % with the mean of 16.97 in pre test where as in post test it was 94.8 % with the mean of 10.07 The attitude score was 2.3 in pre test with the mean of 24.90 where as in post test it was 35% with the mean of 34.9 and the practice score 72% with the mean of 19.9 in pre test where as in post test it was 95.8 % with the mean of 24.72 the mean score was increased in terms of Knowledge, attitude and practice because of the administration of Video assisted teaching programme regarding Menstrual management

On the basis of finding of the study, the following recommendations were offered for further research.

1. Men and boys' participation in menstruation hygiene is essential for girls and women's empowerment. Men and boys should be taught about menstrual hygiene so that they understand it is not a taboo subject.

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2. In this area, more research is needed. Menstrual hygiene should be better managed through research, and sanitary napkins should be more accessible and affordable.
3. Every fresh batch of students in each school should have a regular conversation about menstrual hygiene with a number of academicians and other organisations.

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Introduction:-

It is critical to convey scientific menstrual Monthly cycle hygiene statistics to all participants of the family, consisting of male participants, due to the fact's milesvital for everyone. The study's findings display that schoolgirls have spiritual and cultural beliefs if these views aren't addressed now, they will be passed down to future generations. To address these misconceptions, a comprehensive approach should be devised. Menstrual hygiene beliefs and societal norms are a social issue. It has an impact on the females' health and education As a result; ladies are denied get admission to their primary human rights

If 35 percent of India's 350 million menstruation ladies use sanitary pads on a month-to-month basis, roughly 200 tonnes of sanitary napkin waste is generated every day!

Despite the fact that sanitary napkin disposal accounts for less than 1% of total plastic waste produced, it accounts for no less than 25000 tonnes a day, making it far from insignificant. As a result, it's no surprise that in India, we're in desperate need of sustainable sanitary napkin disposal options. The monthly hygiene industry is quickly developing as a result of consistent efforts on many levels, but this is having a negative influence on the waste management industry, where 85 percent of trash is mismanaged due to insufficient efforts by the public health department

The basis of many ills in person's life is period poverty. Pandemics do not prohibit periods from occurring, and 800 million people menstruate every day. Loneliness results from pandemic tactics like social isolation and quarantine. Throughout time, impoverishment also causes loneliness. It has a double edge because of this, and it is urgent to address period poverty. Physical, mental, and emotional issues result from poverty over time. Periods are stigmatised, which makes it even more difficult for people to talk about them. In India, a number of recent studies have focused on monthly cycle. They confirmed that there is widespread silence surrounding girls' experiences with menstruation and puberty, and they emphasise that this has far-reaching consequences for females. Attitudes are often unsupportive, and as the adolescent girls mature, so do their attitudes.

Grew up in situations with a variety of practical obstacles, such as insufficient water availability, inadequate environmental cleanliness and maintenance and health requirements. Teenage ladies struggle to handle behaviour issues and mentalelements of monthly cycle, which has an effect on their self-self assurance and self-esteem; in around their ability to attain the larger The goal of entrepreneurship is improvement. Women's experiences of "energy inside" and "power to," in particular, are impacted by unmet feminine personal care, which limits their mobility and activities, particularly education

Objectives:-

Primary Objectives

Impact of Video Assisted Teaching Program on Knowledge, Attitude and Practice regarding Menstrual Management among adolescent Girls.

Secondary Objectives

1. To assess the Knowledge on Menstrual Hygiene among adolescent girls in selected area of Bangalore
2. To assess the attitude on Menstrual Hygiene among adolescent girls in selected area of Bangalore
3. To assess the Practice on Menstrual Hygiene among adolescent girls in selected area of Bangalore
4. To design and Develop Video Assisted Teaching Program on Menstrual Management
5. To implement Video Assisted Teaching Program on Menstrual Management
6. To compare the Post test score with Pre Test of adolescent girls regarding Management on Menstrual Hygiene.

7. To determine the correlation between Knowledge ,attitude and practice on Menstrual management among adolescent girls
8. To find out the association between post- test Knowledge attitude and practice score regarding Menstrual management on adolescent girls with their selected sociodemographic variables
9. To prepare and distribute the handbook for adolescent girls regarding menstrual management

Materials and Methods:-

Prior to beginning the main study and pilot study, the higher authorities of those chosen areas were consulted for approval. Samples were then chosen in accordance with the inclusion criteria. On the basis of the study, the data analysis was completed. The information was examined as follows:

1. The demographic characteristics of the samples were evaluated using frequency and percentage. The demographic characteristics of the samples were evaluated using frequency and percentage. The demographic factors of the samples were assessed utilizing percentage and frequency. The rate and percentage, mean, and variance were used to examine to which was before and post-test Understanding, Views, and Behaviour scores.
2. Using descriptive and inferential statistical approaches, the efficacy of the video-assisted teaching on management of mhm will be examined. Measure the significance of the distinction between the pre- and post-test scores using an independent paired test.
3. Using the Pearson Correlation Test, the relationship between knowledge, attitude, and practise was examined.
4. Chi-square was used to investigate the relationship between Knowledge, Attitude, and Practice and the chosen Socio Demographic Variables

The study was conducted among adolescent girls in two areas one is in VIP school another is M.S Pre university College Urban area of Bangalore, Karnataka

The urban school MS Group of Institution is a higher secondary school which is located near to 8th mail, they have both school and pre university adolescent girls .The total school strength 2992 out of this 1789 were adolescent girls ,400 girls from the age group 12 – 19 yrs were chosen for the study . 400 Adolescent Girls among these 400 teenage ladies from Bangalore's metro area's pre-university colleges and chosen schools.

The convenient for this investigation, a non-probability sampling technique was used

To implement scientific enquiry there are three purposes was focused as to explore the situation where in the girls to generate the Knowledge. In first stage the research scholar explored enormity of Menstrual hygiene .In second stage the research scholar identified the attitude of girls on menstrual hygiene ,Third stage was to make out the healthy practices on menstrual hygiene ,Finally the quantitative research approach was most suitable approach the rectified the research problem.

The study was carried out at Bangalore's pre-university and urban schools of choice. The higher authority granted the official permission. The study was carried out over a 12-week period. The researcher kept in close contact with the participants and informed them about the study. The researcher introduced herself to the participants, discussed the advantages of participating in the study, and asked for their cooperation during the investigation. . The subjects were assured that their privacy would be protected throughout the information gathering. The investigator made the first, second, third, fourth, fifth, sixth, seventh, and eighth groups of 50 samples during the first week of data collection. After a week of pre-testing, samples underwent an educational intervention programme that included a clip teaching programme of menstrual management. This programme covered the physiology and anatomy of the female reproductive system, the menses process, reproductive hygiene and its behaviours, and mindsets toward menses management. On the seventh day of the pre test, following tests were completed using the same sample instrument

Data Analysis Organization of the Results:

The results of the study are presented in the following sections

1. Findings regarding a few demographic variables in SECTION I
2. Findings in SECTION II pertain to the study's goals
3. SECTION -IIFinding Relating to the Study's Hypothesis

Study's goals include creating a necessary tool to investigate the influence of a video-assisted education programme on adolescent girls' menstruation management knowledge, attitude, and practise. It primarily consists of gathering socio-demographic data from adolescent girls, assessing their existing knowledge, attitude, and practise through a pre-test, delivering a video-assisted teaching programme on menstrual management, and finally assessing their knowledge, attitude, and practise through a post-test.

The purpose of the current study was to investigate the possibility that learning, viewpoint, and period management practise depend on the desired both tests scores differed. Data analysis is used to demonstrate the substantial relationship between the two variables. Specified demographic factors, knowledge, attitude, and behaviour. The study's quasi-experimental Design of the pre- and post-test was chosen as the best methodological approach. 400 teens from a chosen urban region of Bangalore took part in the study.

The researcher is assisted and guided in developing a tool understanding, perception, and discipline on menses management among adolescent girls by the analysis and investigation, review of literature and non-research materials from online and various articles, journals, and books with library facilities. This allows the researcher to develop a theoretical conceptual framework based to promote the health of the patients and provide the best outcome. The methodology of the study is described in detail.

The information gathered was examined using the study's goal as a guide. To check the success of programmes for content instruction, both various statistical tools, such as the Paired' test and Chi-square test, were used. Inferential analytics included incidence, proportion, variation, average, and variance.

The study's goals include establishing the essential instrument for analysing the impact of a video-assisted education programme. It primarily entails gathering the

Demographic characteristics of the adolescent girls, assessing their existing knowledge .attitude and practice of the subject through a pre-test, as well as putting the period management video supported instruction programme technique into practise. Among adolescent girls, followed by a post-test exercise.

With the help of data analysis, the current study formulated the hypothesise to prove the difference in pre- and post-test scores on knowledge, attitude, and practise on menstrual management and its consequences among adolescent girls, as well as to show the significant amount of relevance between the two variables, such as knowledge, attitude, and practise, and demographic input. The study had an pre- and post-test design with a one-group evaluation strategy was chosen as the best research design. The study participants were selected by the use of purposeful sampling, who were adolescent girls between the ages of 12 and 19, from a specified urban region of Bangalore.

Structured knowledge, mindset, and behaviour were the instruments used to collect the data. The adolescent girl's socio demographic traits it covers Age, Education Level, Spirituality, Family Type, Monthly Household Income, Source Of information, Age at Early puberty, Mother's Educational Level, and Number of Elder Siblings.a self-administered knowledge question includes It is made up of a questionnaire that asks about understanding of the female reproductive system's physiological and anatomical structure the menstrual cycle and how to manage it, as well as risk factors for poor menstrual hygiene. The questionnaire was created by the investigator after reading journal articles, books, magazines, videos, and government websites. To evaluate the knowledge, a total of 23 questions were created, with four possible answers for each. The study participants must fill out the appropriate choice on the pages. Utilising the grading guide that the investigator created. Correct responses received a score of 1, while incorrect ones received a value of 0. The subject's final grade reflects his or her understanding of menstruation control.

The attitude scale includes questions about menstrual practises that the researcher created after reading a variety of books, magazines, clips, and official websites. To measure adolescent girls' attitudes on menstrual management, a total of 12 statements was created. There are four options for each statement, including strongly disagree, agree, neutral, and highly agree. The right response had to be marked on the answer sheets by the responders. The subjects' overall scores represent their attitudes toward menstruation, management, and Score range: 12 minimum, 48 maximum.

13 questions about menstrual practise are included in the self-administered practise check list that the investigator created after reading a variety of books, periodicals, clips, and government websites. 13 items in total were developed to assess teenage girls' period management behaviours. Each question has two possible answers: yes or no. The subjects were required to mark their chosen response as correct by checking a box on an answer form. The subject's performance on the test is indicated by their score. There is a 1 minimum and a 26 maximum score.

The split half approach was used to evaluate the tool's dependability. Internal consistency was examined using item analysis. This is accomplished by examining questions critically based on their difficulty and discrimination indices. The structured questionnaire's reliability score for knowledge of menstrual management was $r = 0.8$. and Practice Score on Menstrual Management was 0.7 and Reliability of Attitude on Menstrual Management was 0.7. This demonstrated the validity of the tool.

Results/ Findings:-

According to data analysis reports, the following are the study's findings:

Deals with analysis of demographic data of the Adolescent Girls from selected urban areas of Bangalore in terms of frequency and percentage

1. Age

According to the age group of the adolescent girls, majority of the subjects in group were aged 18-19 years (39.5%) and (28.5 %) aged between 16 -17 years and 18.8. % were aged grouped between 14-15 years and few of them were belongs to 12-13 years 13.2% **Cajetan et al (2016)** Ebonyi state reported that majority of them were participated between the ages of 18 and 19 (40%) which was more or less similar to the present study findings

Tanvi Nitin Deshpande et al (2017) Maharashtra conducted the study and reported that a maximum 72 % of girls belongs to the age range between 15 and 19 years, which was older than the present study

2. Education

According to the Education, majority of them 42 % were in PUC, 35.5 % were in 10th, 9.5 % were in 7th std, 6.8 % were in 9th std and very few of them were from 8th std

Bhavik Rana (2015) Ahmadabad conducted and reported that 29 % were eleventh standard in present study also majority of them 53.5 % were predegree which was more or less similar to the present study findings

3. Religion

In regards to religion It demonstrates that the majority of group members were Hindu (64 %) 22.5% were belongs to Christianity and very few were belongs to Muslim 13% and .5 were belongs to other religion

Tanvi Nitin Deshpande et al(2017) Maharashtra conducted the study and reported that 75 % were belongs to Hindu followed by 25.5 were Muslim which contradicted to the present findings.

4. Area of living

In terms of Area of living majority of them were from urban 54.8% and 45.2 % were belongs to semi –urban

Seifadin Ahmed Shall et al 2018 in Ethiopia conducted the study and reported that majority of were belongs to urban area 93.8% which was more or less similar to the present study findings

Maternal Education:-

In terms of mother's education, the majority had a diploma or degree (31.3%), were literate (31.7%), had secondary education (23.8%), and were just marginally illiterate (13.2%).

Sumaiya Khatun (2019) in India conducted and reported that 29.9 % of participants mothers were Illiterate which was more or less similar to the present study findings

Father's Education

The bulk of them were literate when it came to their dads' education. 12.3% of them were illiterate, while 32.7% and 30.8% of them had completed high school respectively. 24.2% held a diploma or degree.

Father occupation

Regarding dad occupations, the bulk of them worked on farms (30% and 26.5% were engaged privately, 17.5% and 22.5 were engaged in daily tasks, 13.2% were employed by the state, and very few were engaged in business.

Maternal occupation

The majority of them were homemakers in terms of their maternal occupation. 11.5% of them were equally divided among the employment statuses of agriculture, government employee, and daily wage, with 36.8% and 28.2% being private employees.

Christina Patricia Balla 2017

Andhra Pradesh, India conducted and reported that majority of the participant mothers are house wife's (93.7%) which was more or less similar to the present study findings

Family income

In terms of Income majority of them (37.5 %) were between 10,000 to 20,000 rupees. The revenue of less than Rs. 10,000 made up (28.8%). 17.2% of people had incomes between 20,000 and 30,000 rupees, while very few of them made more than 30,000 rupees.

Jyoti Kapoor (2016) conducted and reported that 28% of the family income is about Rs.10,000 to Rs. 20,000 the study findings were similar to the present study so this study is strongly supporting

Type of family

Regarding family type, the majority of them (57.3%) belonged to nuclear families, followed by joint families (37.5%) and extended families (5%) respectively.

Chet Kant Bhusal (2019)

Nepal reported that majority of them were in nuclear family 57% which was more or less similar to the present study findings

Elder's sister in their family

Regarding the presence of older sisters in their household, 50.3% of respondents reported having one, while 28.7% reported having none. 6.5% and 14.5% of people had two older sisters living in the same household, respectively.

Previous source of information

60% of respondents, when taking into account past sources of information, had prior sources, while 40% did not.

Bekkalale Chikkalingaiah Sowmya 2013 according to research from Bangalore, 87.6% of girls were aware of menstruation before reaching menarche. The initial informants, who contributed less and more to the conclusions of the current investigation, were mothers.

Kartik Ramachandra 2014 conducted and reported that approximately 34% of participants knew that period began before early puberty. This study finding is supporting the present study

Source of Knowledge

Interms of source of Knowledge majority of them 48% mother found to be a first source of information source and 28.5 % were mass media as a source and 10.7 % were peer group as a source, 7.8 % from siblings they had knowledge and very few of them learned from Religious books and relatives and very few of them relatives and peer group as a source.

Bekkalale Chikkalingaiah Sowmya 2013 Bangalore done and found that 87.6% of the girls had knowledge of bleeding before reaching early puberty. The initial informants were moms. 56.5% girls which was similar to the present study findings.

Kartik Ramachandra 2014

Conducted and reported that Moms were both groups' primary source of information. this study finding is supporting the present study

The most frequent information sources were mothers, then friends and sisters. Other authors that used mothers as their first informants reported experiencing similar results. Similar results were also reported by an Indian Council for Medical Research (ICMR) study, research conducted by A Dasgupta Aand Sarkar M, Omidvar S and Begum K, Ray S et al., and other researchers.

Age at menarche

The majority of the respondents (45.2%) reached menarche between the ages of 13 and 14 years, whereas 40% of the respondents did so between the ages of 11 and 12 years. Pubescence occurred in 11.5 percent of females between the ages of 14 and 15. Whereas relatively few did so between the ages of 15 and 16.

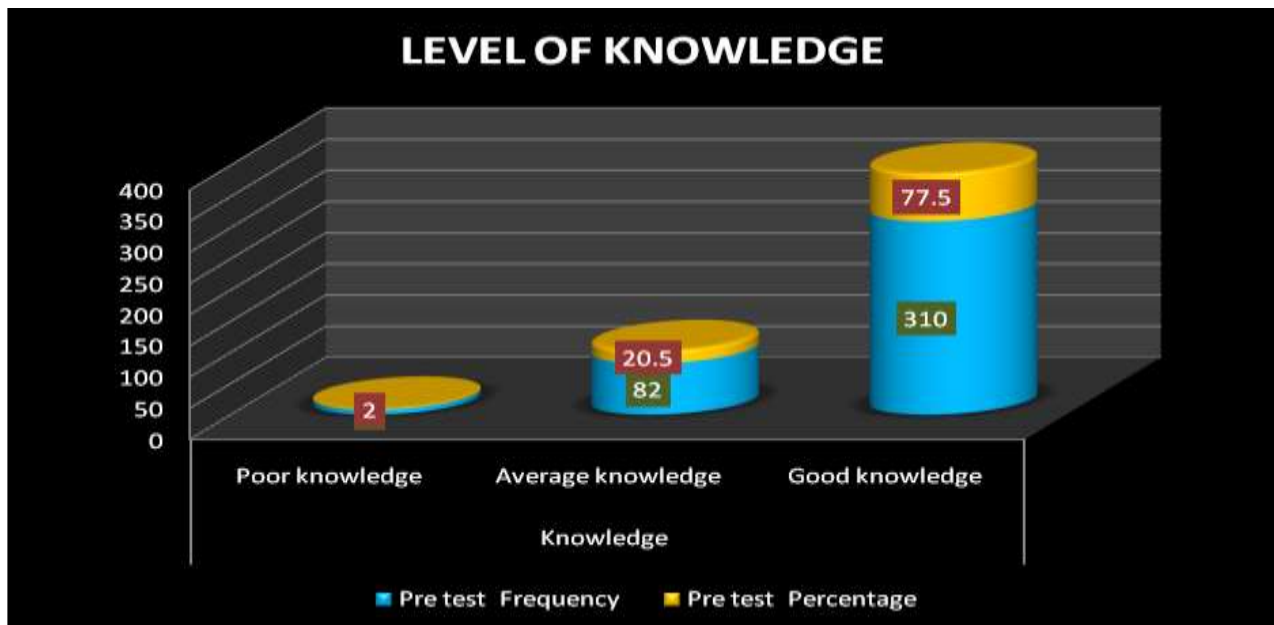
Anita Dharana 2019 did a study in Karnataka, India, and found that in 78.5 percent of the study group, the age at which menarche occurred was 13, corroborating the findings of the current study and being more or less identical to them.

Before a video assisted teaching programme, adolescent females 'knowledge, attitudes, and practise were evaluated.

In the following section, the researcher went into great detail about the frequency and percentage distribution of adolescent girls according to their depth of understanding, outlook, and associated factors menstrual management before and after the administration of a video-assisted education curriculum. Mean and standard deviation and mean percentage of understanding, outlook, and associated factors menstrual management before and after the administration of a video-assisted teaching programme were also discussed.

Knowledge on Menstrual management among adolescent Girls

In advance Teenage females have an average score on menstrual hygiene knowledge of 17.04, with a maximum score of 23 and a minimum score of 7. The standard deviation is 2.452. Most respondents (310) (77.5%) have high knowledge of menstrual hygiene in terms of knowledge. Only 8 (or 2% of the respondents) had insufficient knowledge about menstrual hygiene, making up the remaining 82 (20.5%) respondents with average knowledge. analyses data linked to the assessment of adolescent girls from a few locations of Bangalore's attitude toward menstrual management.



Attitude on Menstrual management among adolescent Girls

The mean score is 24.90 with a standard deviation of 5.368. In terms of frequency and percentage on attitude among adolescent girls, the majority of them were scored by 203 respondents (50 percent) between 24-36, 188 respondents

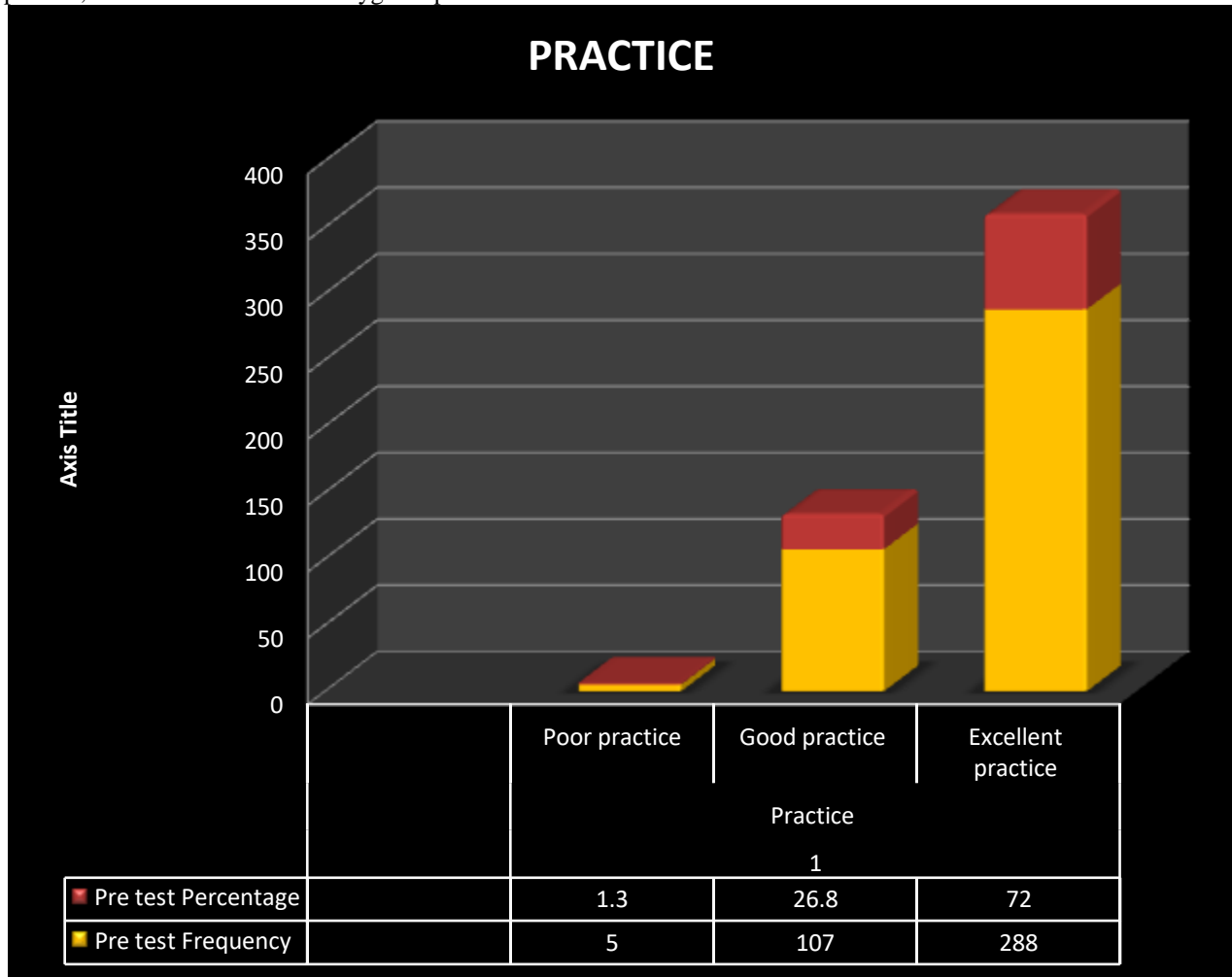
(47 percent) of them between 12-24, and 9 respondents (2.3 percent) between 36-48. The maximum score is 46, the minimum score is 1, and the mean score is.

Table 1:-Shows Attitude on Menstrual hygiene.

Variable	N	Minimum	Maximum	Mean	Std. Deviation
Attitude on menstrual hygiene	400	1	46	24.90	5.368

Practice on Menstrual management among adolescent Girls

Practise with adolescent females' period management, The score ranges from 0 to 26, with a standard deviation of 3.855. The majority of adolescent girls—72 percent—had excellent menstrual standards of hygiene, followed by 26.8 with good habits and a very small percentage with bad practises. Results showed that the highest percentage, 72 percent, had excellent menstrual hygiene practises.



SECTION III – Comparison with Pre-Test with Post test score on Knowledge Attitude and Practice

The following discussion is based on the Adolescent girls' percent and frequency distribution by level of knowledge, attitude, and behaviour related to famine management

Comparison of Knowledge on Menstrual hygiene

Findings shows increase in post –test Knowledge score compared with pre –test score

It was observed that majority of the respondent had excellent knowledge on Menstrual management 94.8 % compared with the pre-Test-score of 77. % its shows that the effect of Video assisted teaching Programme

Comparison of Attitude on Menstrual hygiene

The study that the frequency and percentage between pre and post test towards attitude on menstrual hygiene. Among all respondents, 203 (50.8%) had negative attitudes toward menstrual hygiene, 203 (50.8%) had neutral attitudes, and only 9 (2.3%) had positive attitudes. However, after the test, the majority of respondents, 244 (61.8%), had neutral attitudes toward menstrual hygiene, and 141 (35.3%) had positive attitudes. Only 12 (3%), however, had unfavourable views about reproductive health care. According to this study, views toward monthly hygiene had changed since the post-test and demonstrated the effectiveness of video-assisted education programmes in fostering positive attitudes toward menstrual management among adolescent girls.

Comparison of practice on menstrual hygiene

The study revealed that 288 (72%) had excellent practice followed by 107 (26.8%) had excellent practice and very few of them had poor and good practices on reproductive healthcare, while in the reply, 383 (95.8) of them had highly recommendable and very few of them had both bad and favorable behavior on monthly cycle management. Only 5 (1.3%) of them had poor practice on menstrual hygiene. Consequently, this study found that menstruation management techniques had significantly improved. It proven that video assisted teaching programme as an effective method for having good practice on Menstrual management among adolescent girls

Following Discussion was made on Mean standard deviation and mean percentage of before and after the administration of a video assisted teaching programme, knowledge, attitude, and practice about menstruation control are present.

5.9 For understanding, the upper and lower limits scores are 2 and 23, respectively. The proportion is 17.04, and the variance is 2.452. For ratings of attitude, the minimum and highest scores are 1 and 46, respectively. Understood the terms, where the minimum score is 0 and the maximum score is 26, the mean % is 24.90 with a standard deviation of 5.368, and the percentage is 19.99 with a variance of 3.855.

According to the study's findings, after taking a pre-test, incorporating a video-assisted teaching programme on menses strategic planning, perception, and discipline was found to be a useful means of knowledge improvisation. It also assisted teenage girls in developing a positive mindset toward menses and hygiene as well as practice. The researcher came to the conclusion that studying teen girls' monthly management had substantially improved and was very beneficial in fostering adolescent girls' knowledge, positive attitudes, and effective monthly management practices

Recommendation:-

It is necessary to speak with these teenagers, in addition to their parents and guardians, in order to ensure that they are able to reach their full potential **they** should be taught how to be healthy during their menstrual cycle. Every fresh batch of students in each school & Colleges should have a regular conversation about menstrual hygiene with a number of academicians and other organisations. Every student in the academic institution should be imparted with knowledge of Menstrual health and psychological support should be given to all the female adolescent during menstruation. The same research can be carried out in several situations. A research project can be carried out in a rural setting. A study comparing rural and urban areas can be done.

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