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RESEARCH ARTICLE

A DISCRIPTIVE STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING MENSTRUAL HYGINE AMONG ADOLESCENT GIRLS AT SELECTED SCHOOL OF DEHRADUN

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Abstract

Background: Menstruation is a normal biological process experienced by millions around the world each month. A period happens when the utrus sheds blood and tissue from the uterine linning and leaves your body through the vagina.Good menstrual health and hygine practice can prevent infections, reduces odours and help girls to stay comfortable during period.

Objective: To assess the knowledge regarding menstrual hygiene among adolescent girls. To find out association between knowledge regarding menstrual hygiene with selected demographic variables.

Material and Method : Non experimentalDescriptive method was used in the study non probability convenient sampling technique was used to collect data 40 adolescent girls were selected for the study from SGRR Public school

Result : Percentage and distribution of adolescent girls according to their age group the heighest percentage is 72.5% of the girls belongs to 17 years of age and lowest percentage was 27.5% belongs to 16 year of age. Study concluded that the level of knowledge among adolescent girls 7.5% girls have average level of knowledge regarding menstrual hygiene 67.5% have good level of knowledge and 25% girls have excellent level of knowledge regarding menstrual hygiene.

Introduction:-

Menstuation is a unique event in life of a developing girl child is one of the milestone of puberty. It involves the cyclical shading of the inner lining of the uterus which s controled by the hormones produced by the hypothelamus and petuitory gland located in the brain the age at which women experience their first menstrual flow varies widely accross the world but generally most study reports that it occurs between age 13 and 15 years. Although the age at which women atop menstruating is not the same in all nation, menopause is reported to usually occure between the age of 45 and 50 years.

A women therefore spends approximately 2100 days menstruating which is equivelent to almost 6 year of her reproductive life whereas some societies onset of menstruation is celebrated, it is the begining of imposition of dietry and social restiction at some other places this socio cultural imposition during the period of menstuation makes one menstuation female persive this phenomenon not only as burden some but also as an event that unless in fear disgust and shame.

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Provision of adequate knowledge on menstruation before menarchy could make young female view menstruation as an important milestone in there life and just a natural phenomenon. parents and close relation are expected to be the foremost source of information on menstuation to young female but unfortunately n Africa parent child communication about sexually related matter in poor, hence most adolescents aquire sometime incorrect information on the reproductive system from there friend.

Low knowledge on menstruation increse the risk of contracting reproductive tract infection as well as pelvic inflammatory disease and urinary tract disease among million of women accross the world, they are unable to manage their menstrual period well enough.

The perception and reaction and reaction of girls toward menstruation depends on their awareness, knowledge of their phenomenon and on the view of society towards menstruation. It may viewed either positively or negatively by the society. Apositive perception of menses would be considering it is the sign of faminity, fertility and womenhood. The negative perception include a linkage to being vulnerableto different illness, or creating feeling of disgust and shame it is an event with sociocultural implication. A number of studies carried out in developing countries have shown varieng sociocultural believes and practice inclusdes the use of unsanitory absorbent metterial prohibition in going to to religious place. Talking about menses at public place, lifting heavy object. Although mothers have being the major source of information of menstruation to pre menarche girls. After the information passes is not asdequate to prepair adolescent girls for menstruation.

In the late 19 century, concern grew around the nation of wether bleeding into once clothes was healthy and sanitory. One German doctor in the book HEALTH IN THE HOUSE it is completely disgusting to bleed into yours chemise and wearing that same chemise for 4 to 8 days can cause infection. Around this time, a report in the british medical general describe a new tampon like device to be incerted into the vagina, though it is not clear if it was mean to be used in periods.

Material and Methods:-

In this descriptive study samples were 40 adolescent girls enrolled at SGRR Public school, Patel Nagar, Dehradun selected by applying by Cochrane's sample size formula and non probability convenient sampeling technique. The inclusion criteria for the study were student studentstuding at SGRR Public school, Patel Nagar, Dehradun who belongs to adolescent age group, who all are available at the time of data collection and who are willing to participate in the study. Self structured knowledge questionnair was used to assess the level of knowledge, the study was annalised through descriptive statastics and inferential statastics.

Instruments and tool

Tool consist of section A and Section B, section Aconsist of Sociodemographic data such as age in years, type of family, family income, religion, residential area, number of sisters, father's education, mother's education, age of menarche. Section B consist of self structured knowlegequestionnair these questionnair are developed to assess the level of knowledge regarding menstrual hygiene, it consist of 30 questions which are related to menstrual hygiene an has four options, the correct answer contain one mark, the level of knowledge devided on score as follows minnimum score zero and mazimum score 30 in which each 0-7 considered poor knowledge, 8-14 average level of knowledge, 15-22 good level of knowledge, 23-30 cosidered as excellent level of knowledge.

Statastical analysis

Frequency and percentage distribution used to analyse the demographic variables and level of knowledge chi-squire test was used to analyse the assosciation with demographic varialbles.

Table No. 1(a):- Frequency and percentage distrubation of demographic variables among adolescent girls. N=40

Sr.No.	Demograpgic variables	Frequency	Percentage
1	**Age**		
	16	11	27.5%
	17	29	72.5%
2	**Type of family**		
	Nuclear	29	72.5%

	Joint	11	27.5%
3	**Family income**		
	8000-12000	7	17.5%
	13000-17000	14	35.0%
	>17000	19	47.5%
4	**Residential area**		
	Urban	31	77.5%
	Rural	09	22.5%
5	**Religion**		
	Hindu	34	85%
	Others	06	15%
6	**Father's education**		
	10^{th}	03	07.5%
	12^{th}	13	32.5%
	Graduate	24	60%
7	**Mother's education**		
	10^{th}	08	20%
	12^{th}	16	40%
	Graduate	16	40%
8	**No. of Sisters**		
	None	15	37.5%
	01	11	27.5%
	02	11	27.5%
	>3	03	07.5%

Table No. 1(a) shows that 72.5% adolescents under the age of 17 year inwhich 72.5% of adolescent girls belong to nuclear family and 27.5% belong to joint family, 77.5% of adolescent girls belong to urban area and 47.55% of adolescent girl's family income was 17000, 855 of adolescent girls follow hindu religion and remaining 15% follow other religion, 60% of adolescent of adolescent girl's father educated and 40% of adolescent girl's mother are graduated and 37.5% of adolescent girl's have no sister.

Table No. 2(b):- Association between the level of knowledge regarding menstrual hygiene and demographic variables N=40.

Sr. No.	**Demographic variables**	**Level of knowledge**			**df**	**chi-square**	**Level of association**	**Table value**
		Average	**Good**	**Excellent**				
1	**Age**							
	16	1	9	0	2	4.44	#	5.99
	17	2	18	10				
2	**Typeof family**							
	Nuclear	3	20	6	2	1.953	#	5.99
	Joint	0	7	4				
3	**Family income**							
	8000-12000							
	13000-17000	1	3	3	4	3.665	#	9.49
	>17000	0	11	3				
		2	13	4				
4	**Residential area**					7.107	*	5.99
	Urban	0.0	8	1	2			
	Rural	0.3	19	9				
5	**Religion**							
	Hindu	3	22	9	2	0.95	#	5.99
	Others	0	5	1				
6	**Father's education**							

	10^{th} 12^{th} Graduate	0 2 1	7 2 18	1 4 5	4	9.701	*	9.49
7	**Mother's education** 10^{th} 12^{th} Graduate	 2 0 1	 2 15 10	 4 1 5	4	12.825	*	9.49
8	**No. of Sisters** None 01 02 >3	 0 1 2 0	 12 8 4 3	 3 2 5 0	6	8.443	#	12.59

Table No. 2(b)shows that there was a significant association (*) between level of knowledge among adolescent girls with demographic variable- residential area, father's education and mother's education and there was no significant association was found (#) between level of knowledge amon adolescent girls with demographic variables - age of family, type of family, family income, religion and number of sister.

Discussion:-

The study was foccused on assessing the level of knowledge regarding menstrual hygiene among adolescent girls in selected school of Dehradun. However result shows that 7.5% of girls have average level of knowledge and 25% of adolescent girls have excellent lenvel of knowledge and there was significant association found between level of knowledge among adolescent girlswith demographic variable with p-value 5.99. A simmilar descriptive cross sectional study was conducted by Anjali mahajan, Konikakaushal this study shows that knowledge score among adolescent girls were 29% had adequate knowledge about menstrual hygiene, 71% had inadequate knowledge about menstrual hygiene. Practice score revealed that 19%, 69%, 12% sample had poor, fair and good knowledge about menstrual hygiene.

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