

A Study to Assess Knowledge and Practices regarding Menstruation and Menstrual Hygiene among Adolescent Girls of Selected Areas of Maharashtra

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Abstract

Menstruation, generally considered as unclean in the Indian society and have reinforced a negative attitude towards this phenomenon. Good hygienic practices such as the use of sanitary pads and adequate washing of the genital area are essential during menstruation. Awareness regarding the need for information about healthy menstrual practices is very important. It is essential to design a mechanism to address and gain the access of hygienic menstrual practices for adolescent girls. The present study has highlighted the need of adolescent girls to have accurate and adequate information about menstruation. Personal hygiene practices were also found to be unsatisfactory. It is important to educate adolescents about the issues related to menstruation, so that they could safeguard themselves against various infections and diseases.

Keywords: Menstruation; Awareness; Healthy Practices.

Adolescent aged 10-19 years comprised 23% of Indian Population, i.e. 230 million. Such a large group represents a major human resource that can and must contribute to the overall development of the country. Adolescent is a unique and distinct period in the development of human beings. The unique aspects of this developmental period have enormous implications not only for mental health and disorder among young people but for adult as well.

Objectives of the Study

1. To assess Knowledge regarding Menstruation and Menstrual Hygiene among Adolescent Girls (age 11-19 years).
2. To assess practices for maintaining Menstrual Hygiene among adolescent girls.
3. To associate Knowledge and Practices regarding

Menstruation and Menstrual hygiene with selected Demographic Variables.

This study was based on descriptive survey method. The population was all the Adolescent girls in Narayanrao Navale Primary and Secondary School. The sample consisted of 60 adolescent girls. Inclusion criteria was Adolescent girls who were willing to participate in the study and who can understand English or Marathi. The sampling technique used in the study was non-probability convenience sampling technique. The tool was, a structured questionnaire of multiple choice questions for assessing Knowledge regarding Menstruation and Menstrual Hygiene, and a unstructured questionnaire of Checklist to assess the practices regarding Menstruation and Menstrual Hygiene.

The content validity of the tool was done by 7 experts in Nursing from Sinhgad College of Nursing. The suggestions proposed were incorporated in tool

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and appropriate changes were made. The reliability of the questionnaire was done by split-half coefficient correlation formula.

The Pilot study was conducted in Jadhavar Primary School on 15/01/2016 as per criteria 06 samples were selected by non-probability convenience sampling technique who were available during study.

The data for main-study was gathered on 22/01/2016 from Narayan Rao Navale Primary and Secondary School. After explaining the objectives and purposes of the study to adolescent girls, written consent was obtained from each of them for the participation in the study.

Major Findings of the Study

- Out of 60 samples, there were total 9 (15%) samples from age group of 11-13 years, 47 (78.33%) samples from age group of 13-15 years and 4 (6.67%) samples from age group of 15-17 years.
- Out of 60 Samples, 6 (10%) sample are pursuing primary education and 54 (90%) samples are pursuing secondary education.
- Out of 60 Samples, 45 (75%) sample are Hindu, 9 (15%) sample are Muslim, 5 (8.33%) sample are Christian and 1 (1.67%) sample is Jain.
- Out of 60 Samples, 23 (38.33%) are having family monthly income of Rs 10000/- and less, 23 (38.33%) are having family monthly income of Rs 10000/- to Rs. 20000/-, 10 (16.67%) are having family monthly income of Rs. 20000/- to Rs.30000/-, 1 (1.67%) is having family monthly income of Rs. 30000/- to Rs. 40000/- and 3(5%) are having Family monthly income of Rs. 40000/- and above.
- Out of 60 samples, 27 (45%) girls do not change pads 4-6 hourly, 24 (40%) girls do not talk freely about Menstruation and Menstrual Hygiene, 25(41.67%) do not get enough privacy during their menstrual periods and 53 (88.33%) girls do not participate in religious activities during their Menstrual periods.
- Knowledge of girls pursuing secondary education is higher than knowledge of girls pursuing primary education.
- Girls from demographic variable of religion of Hindu have greater knowledge than Muslim, Christian and Jain.
- Girls having family income with Rs. 10000/- and less and Rs. 10000/- to Rs. 2000/- has greater

knowledge than that of Rs. 20000/- to Rs. 30000.

Implications of the Study

The objectives of any educational programme is to bring about a desired change in Knowledge and Practices. The first step to achieving this target is to improve knowledge. It is of utmost importance that Pubertal Education to be incorporated among adolescent girls and also into the Public Information Services in order to increase public awareness regarding Adolescent health.

The findings of present study have implications for Nursing Research, Nursing Education and Nursing Administration.

Nursing Research

Nursing Research is an essential aspect of nursing as it uplifts the profession, develops new norms and the body of knowledge. Another research had been added to the nursing Literature. Very few researches have been done on similar basis. The research design, findings and the tool can be used as avenues for further research.

Nursing Education

Nursing education is developing rapidly in India and Nurse from our country can be found all over the world providing care and education. The education curriculum must emphasize imparting knowledge about traditional as well as modern pubertal education.

Nursing Administration

As a part of Administration, the nurse administrator plays a vital role in educating clients and student nurses. Nursing administration can depute nurses for various workshops, conferences, symposiums, special courses and also in service education programme can be arranged for the Nursing Staffs.

So, The Findings of the study should be used as a basis of in service education programme for nurses on imparting knowledge about pubertal education.

Recommendations

On basis of the findings of the study, it is recommended that:

- A similar study may be replicated on a large

scale, for marking a more valid generalization.

- A similar study may be repeated with a control group for more generalization of the findings.
- A similar study may be conducted including the dimensions of the structured teaching programme organized on pubertal education.

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