

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE, ATTITUDE AND PRACTICE ON MENSTRUATION AND MENSTRUAL HYGIENE AMONG ADOLESCENT SCHOOL GIRLS IN SELECTED RURAL OF NEW DELHI

Abstract

Menstruation and menstrual hygiene remain a taboo in many rural areas. Early adolescent girls often face challenges in rural areas. Hence, a study was conducted to assess the knowledge, attitude and practice on menstruation and menstrual hygiene among early adolescent girls in selected rural School of New Delhi. The objective of the study was 1.) To assess the level of knowledge, attitude, practice 2) to associate the selected demographic variables with knowledge, attitude and practice on menstruation and menstrual hygiene in selected rural School of New Delhi. Descriptive design was adopted and the study was conducted in selected rural School of New Delhi. 70 early adolescent girls who fulfilled the inclusion criteria were selected as sample for study. Structured questionnaire was used to assess the level of knowledge; Likert's scale was used to assess attitude and checklist to assess practice of menstruation and menstrual hygiene among early adolescent girls. Among the early adolescent girls of selected rural school 97.14% had good knowledge and 2.86% had poor knowledge. 92.86% and 7.14% had favorable and unfavorable attitude regarding menstruation and menstrual hygiene respectively. 92.86 % and 7.14 % of early adolescent girls expressed good and poor practice of menstruation and menstrual hygiene respectively. The analysis revealed statistically significant association of knowledge with demographic variables religion and education status of father at $p < 0.05$ level. There is statistically no significant association of attitude and practice with demographic variables.

Keywords: Nursing practice, Adolescence, Menstrual Hygiene,

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I. INTRODUCTION

The transitional period between childhood and adulthood is called adolescence, which is characterized by the growth and development of the child. According to the World Health Organization (WHO), a person aged between 11-14 is considered an early adolescent. During this period, the physical, psychological and biological development takes place. It is recognized as a special period in a girl's life cycle that requires special attention. Menarche is an important biological milestone in girls' life because it marks the beginning of the reproductive phase of her life. The average age at menarche is mostly consistent across the population that is, between 10 and 13 years. Unfortunately, due to lack of knowledge about menstruation readiness and coping due to social stigma, the situation worsens for girls. Menstruation is a natural process, but it is still taboo in Indian society because it is considered impure and dirty. Globally, the coping strategies vary greatly due to personal preferences, availability of resources, economic status, cultural traditions and beliefs, education and knowledge about menstruation. Rural girls may not have sufficient knowledge about menstruation and menstrual hygiene. Poor water supply, sanitation, hygiene facilities in school, an inadequate education during puberty and a lack of sanitary needs (absorbents) cause girls to experience menstruation as shameful and unpleasant day. Studies showed those girls' fear and humiliation of bleeding and body odor leads to absenteeism (K.S. et al. 2022). As per WHO, about 2.3 billion people worldwide lack safely managed sanitation. Menstrual hygiene practices are a major concern as they impact on health; if neglected; it leads to toxic shock syndrome, reproductive tract infections (RTIs) and other vaginal diseases. Poor genital hygiene negatively affects the health of adolescents. Most girls were unaware and unprepared for menarche because they are uninformed or misinformed about menstruation. The review article focused on understanding menstrual practices, product design, disposal requirements and strategies. Therefore, this study hopes to determine the general knowledge, attitudes and practice among adolescent girls in a rural area.

II. NEED FOR THE STUDY

Although this is a phenomenon unique to girls, it has always been surrounded by mystery and myth in many societies. Culturally, in many parts of India, menstruation is still considered dirty and impure. Such taboos about menstruation present in many societies that may affect the emotional state of girls, their mentality and lifestyle, and above all, their health. Menstruation is a natural part of the reproductive cycle that nature has planned for women. The onset of menstruation is one of the most important changes that occur in teenage girls, when blood from the uterus flows out through the vagina. It is a natural process that occurs for the first time in girls, usually between the ages of 10 and 14, and is one of the indicators of the onset of puberty. Menstrual hygiene practices refer to maintaining specific hygiene and cleanliness during menstrual periods. Proper menstrual hygiene practices such as using sanitary napkins and adequate washing of their private parts are essential during menstruation. Due to lack of knowledge and awareness about menstruation among women in rural areas, many of them maintain poor sanitary conditions. Practicing poor hygiene such as using old clothes, a single pad during the menstrual cycle can lead to various urinary tract infections. Menstrual hygiene depends on the educational, socio-economic and cultural status of the family. Girls should be educated about the facts of menstruation, the physiological consequences, the significance of menstruation and proper hygiene practices during

menstruation. It is also necessary to lead them out of traditional beliefs, taboos, misconceptions and limitations.

III. REVIEW OF LITERATURE

Srishti Kukreja (2022) conducted a comparative study to assess menstrual cleanliness among provincial and urban youthful young ladies -a blended strategy consider at Jhalawar area of Rajasthan. A blended technique embraced and conducted in country and urban school in Jhalawar area of Rajasthan. Quantitative information was collected from the young girls utilizing semi-structured, self-responding survey and subjective information was collected by focused group talk. Results showed that the urban range, 100% girls utilize clean napkins as retentive whereas within the rural regions 90.5% utilize sterile napkins whereas rest utilize new/old cloth as retentive. In provincial range, 17.5% had information almost feminine cycle some time recently menarche compared to 57.8% in urban regions, nearly all (98.9%) girls

V. U. Ajaegbu, M. Okwuikpo, et.al (2021) conducted a study to evaluate the mindfulness menstrual cleanliness and components influencing its practices among youthful young ladies in chosen senior auxiliary schools in Ogun state, Nigeria. The study utilized quantitative cross-sectional overview plan with purposive inspecting procedure, 150 respondents were chosen from two senior auxiliary schools. Graphic measurements, relationship and T-test settled at 0.05 centrality level was conducted to allow factual reactions to the inquire about theories utilizing SPSS adaptation. The result appeared that pre-adult young ladies in Babcock College Tall School (BUHS) and Remo Tall School (RHS) had progressed information of menstrual cleanliness and they had direct hone of menstrual cleanliness, but there were variables like religion and need of conducive offices influencing the compelling hone among youthful young ladies. Moreover, respondents' information on menstrual cleanliness had no critical positive relationship with practice of menstrual cleanliness among juvenile young ladies in private schools and those in open schools ($r = .022, p > .01$). There was no noteworthy contrast between pre-adult young ladies in private and open schools on menstrual cleanliness. Pre-adult young ladies in BUHS and RHS had progressed information of menstrual cleanliness but direct menstrual cleanliness hone. This may be as a result of variables such as religion and need of conducive offices that ruin the viable practice among pre-adult young girls as distinguished within the consideration.

IV. OBJECTIVES OF THE STUDY

- To assess the knowledge of early adolescent girls on menstruation and menstrual hygiene in selected school of rural area of New Delhi
- To assess the attitude of early adolescent girls on menstrual hygiene in selected school of rural area of New Delhi
- To assess the practice of early adolescent girls on menstruation and menstrual hygiene in selected school of rural area of New Delhi

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- To associate the selected demographic variables with knowledge, attitude and practice on menstruation and menstrual hygiene in selected school of rural area of New Delhi

V. METHODOLOGY

The research approach chosen for the study was survey approach. It was designed to obtain information about the Knowledge, Attitude and Practice regarding Menstruation and menstrual hygiene within a population. The design chosen for this study was a descriptive research design, which helps to provide factual information about the existing phenomenon. The present selected study population comprises of adolescent girl aged between 11-14 years of rural school, New Delhi and studying in 6th ,7th ,8th and 9th standard of rural School, New Delhi. For obtaining the data from the subjects, a structured questionnaire was developed to assess the knowledge attitude and expressed practices regarding menstrual hygiene. Intense review of research and non-research literature was done for the purpose of developing appropriate tool for the study. Informal discussions were done and a structured questionnaire was developed.

The Structured Questionnaire Consisted of Four Sections

- **Section 1:** Structured questionnaire on demographic data of early adolescent girls regarding menstruation and menstrual hygiene in selected school of rural area. This section includes 9 questions for obtaining information regarding demographic characteristics that is age, religion, dietary pattern, source of information, education status of mother, education status of father, income per month, and number of siblings.
- **Section 2:** Structure knowledge questionnaire to assess the knowledge of early adolescent girls regarding menstruation and menstrual hygiene in selected school of rural area. It consists of questionnaire for knowledge assessment it includes 20 questions (MCQ) each carry one mark. Maximum score was 20 and minimum score was 1.
- **Section 3:** Likert scale to assess the attitude of early adolescent girls regarding menstruation and menstrual hygiene in selected school of rural area. It consists of statements for the attitude assessment. It includes 5 positive statements and 5 negative statements (agree/ disagree/neutral) each carry 3 marks. Maximum score was 30 & minimum was 10.
- **Section 4:** Checklist to assess the practice of early adolescent girls regarding menstruation and menstrual hygiene in selected school of rural area. It consists of questionnaire for the practice assessment it includes 10 questions yes or no each carry one mark maximum score was 10 and minimum score was 1.

VI. RESULT

1. Section 1: Analysis of demographic characteristics

Table 1: Frequency and percentage distribution of demographic data (n=70)

S.No.	Sample Characteristics	Frequency(No.)	Percentage (%)
1	Age Group		
	11 – 12	11	15.71
	12 – 13	25	35.71
	13 – 14	34	48.58
2	Religion		
	Hindu	65	92.86
	Muslim	05	7.14
	Christian	00	00
	Others	00	00
3	Dietary Pattern		
	Vegetarian	20	28.58
	Non-Vegetarian	00	00
	Mixed	50	71.42
4	Source of information		
	Family and relatives	44	62.86
	Friends	8	11.43
	Mass media	1	1.43
	Health Care Workers	17	24.28
5	Education status of mother		
	Illiterate	17	24.28
	Primary school	21	30
	Senior secondary school	25	35.72
	Graduate and above	07	10
6	Education status of father		
	Illiterate	5	7.15
	Primary school	22	31.42
	Senior secondary school	33	47.15
	Graduate and above	10	14.28
7	Income per month		
	10,000 – 20,000	44	62.86
	20,001 – 30,000	17	24.28
	30,001 – 40,000	05	7.14
	More than 40,000	04	5.75
8	Family size		
	1 – 3 members	06	8.57
	4 – 6 members	34	48.57
	7 – 9 members	19	27.14
	More than 9	11	15.71

9	No. of female siblings		
	No female siblings	17	24.28
	1	24	34.28
	2	10	14.28
	More than 2	19	27.16

Majority of sample subjects 34(48.58%) are of age group 13-14years. Majority of sample subjects 65(92.85%) are Hindus, 7.14% are Muslim. Dietary wise distribution reveals that 71.42 % are mixed (veg + non veg) and 28.5% are vegetarian.62.85% of sample got information from family and relatives.25.28% from health care workers. 11.42 % from friends and 1.42% from mass media. Mothers of 35.71% of sample are educated up to senior secondary school, 30% up to primary school, 24.28% are illiterate. Fathers of 47.14% of sample are educated up to senior secondary school, 31.42% up to primary school, 14.28% up to graduate and above and 7.14%are Illiterate. Income per month of 62.85% of sample is Rs. 10,000-20,000. 24.28% has income Rs 20,001 to 30,000. 48.57% of sample has 4-6 members in their family,27.14% has 7-9 members,15.71% has more than 9 members and 8.57% has 1-3 members in their family.34.28% of sample has 1 female siblings,27.14% of sample has more than 2 female siblings, 24.28% of sample has no female siblings and 14.28% has 2 female siblings.

- 2. Section 2 Analysis of knowledge:** Knowledge wise distribution of early adolescent girls indicates maximum 97.14% sample had good knowledge and 2.86% had poor knowledge. Attitude wise distribution of early adolescent girls indicates maximum 92.86% sample had favorable attitude and 7.14% had unfavorable attitude. Practice wise distribution of early adolescent girls indicates maximum 92.86% sample followed good practice and 7.14% sample followed poor practice.
- 3. Section 3:** There is statistically significant association of knowledge with religion, and education status of father
- 4. Section 4:** There is statistically no significant association of attitude with any demographic variable.
- 5. Section 5:** There is statistically no significant association of practice with any demographic variable.

VII. DISCUSSION

The result is comparative to the study conducted by V. U. Ajaegbu, M. Okwuikpo, et.al (2021) to evaluate the mindfulness of menstrual cleanliness and variables influencing among pre-adult young girls in senior auxiliary schools in Ogun state, Nigeria. The result appeared that young girls in Babcock College Tall School (BUHS) and Remo Tall School (RHS) had progressed information of menstrual cleanliness and they had moderate practice of menstrual cleanliness, but there were variables like religion and need of conducive facilities influencing them.

VIII. RECOMMENDATION

Based on findings the following recommendations are offered for future research that a similar study on a large sample in different school can be replicated for broad generalization.

IX. IMPLICATIONS

The findings of the study have several implications for nursing education, nursing practice, nursing administration and nursing research.

- 1. Nursing Practice:** The role of school health nurse to conduct educational programmes related to menstrual hygiene and sex education.
- 2. Nursing Administration:** Nursing administrator should take initiative in organizing in services education programmes for nurses and motivates nurses to participate in such type of activity and adequate support should be given with men, money & material.
- 3. Nursing Education:** During basic nursing education courses students may be given clinical assignments regarding the activities procedures to find out the special needs of adolescents regarding menstruation, plan and implement various health education programmes.
- 4. Nursing Research:** Study has a great implication on the need of nursing research in the era client education, to discover the appropriate method, media and audio visual aids for teaching regarding menstrual hygiene.

X. CONCLUSION

Majority of girls have good knowledge, favorable attitude and good practice and there is also an association of knowledge with the education status of father and religion. This result will help the girls to maintain good menstrual hygiene

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