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A Study to Assess the Level Knowledge Regarding Menstrual Hygiene Among Adolescent Girls in Selected School at Meerut, U.P

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Abstract: Statement Of Problem: "A study to assess the level knowledge regarding menstrual hygiene amongadolescent girls in selected school at Meerut, U.P"
Objectives: To assess the level knowledge among adolescent girls regarding Menstrual Hygiene. To determine the association between the Menstrual Hygiene amongadolescent girls with selected demographic variables.
Methodology: A Quantitative research approach and descriptive research design was used in this study. Sample size comprised of 30 adolescent girls and the sample was selected by convenient sampling technique. Self-structured questionnaire used to collect the data. The gathered data was analyzed using descriptive and inferential statistics.
Result: The findings show that out of 30 samples 14(46.7%) were having inadequate knowledge, 10(33.3%) were having moderate and 06(20%) were having adequate knowledge. The chi – square test shows that there was a significant association betweenLevels of knowledge regarding Menstrual Hygiene among the age and level of education of individual
Conclusion: The study revealed that adolescent girls having inadequate knowledge regarding Menstrual Hygiene. There was significant association between Level of knowledge score of adolescent girls with age and level of education.
Keywords: Menstrual Hygiene, knowledge, adolescent

I. INTRODUCTION

The World Health Organization Defined Adolescent As Young People Between the Ages of 10- and 19-year adolescent population constitutes about 16% of world totalpopulation. adolescent is a transition period from childhood to adult life . Adolescence is an important and sensitive phase of life. Many physical mental and social development take place during this phase for girl adolescence is a period of rapid transition to womanhood. The onset of menstruation is one of the most important changes that occur for girl during the adolescent years. Menstruation occurs periodically throughout the child bearing years except during pregnancy and lactation.

It commences with menarche and ends with menopause. Throughout this period it is important for women to understand the changes that happen with menstruation. Even through menstruation is a physiological process it is linked with several misconceptions and malpractices which may result in adverse health outcomes. Menstruation and menstrual hygiene related practices are still clouded by taboos and socio-cultural restrictions. Poor hygiene during menstruation has been associated with serious ill – health including reproductive tract and urinary tract infection. There is a substantial lacuna in the knowledge towards menstruation and menstrual hygiene among adolescent girls.

A. Statement of the problem

"A study to assess the level knowledge regarding menstrual hygiene among adolescentgirls in selected school at Meerut, U.P"

B. Aims and Objective

1) To assess the level of knowledge among adolescent girls. Regarding menstrual hygiene.
2) To determine the association between menstrual hygiene among adolescent girls with selected demographic variables.

C. Hypothesis

The study is designed to assess the hypothesis that the adolescent girls in with menstrualhygiene has poor knowledge as the condition interferes with the activities of daily livingwhen compared to those not having menstrual hygiene.

D. Operational Definitions

1) *Assess:* Assess is the systematic collection review and use of information about educational programs undertaken for the purpose of improving student learning and development
2) *Menstrual Hygiene:* Menstrual hygiene deals with the special health care needs and requirements of women during monthly menstruation.
3) *Adolescent Girls:* Adolescent is the transitional phase of growth and development between childhood and adulthood. The World Health Organization defines an adolescent as any person between age 10 and 19.

E. Assumption

The study assume that-

The Gurukul Sarvoday Inter College students may have little knowledge regardingmenstrual hygiene

F. Delimitation

1) Those who are willing to participate in the study
2) Delimited only among adolescent girls of Gurukul Sarvodaya Inter College.

G. Hypothesis

H_1-There will be significant difference on knowledge on menstrual Hygiene .

H_2-There will be significant association between the knowledge and the socio demographic variable.

II. MATERIAL AND METHODS

Descriptive research design was adopted for the study. The study conducted at Gurukul Sarvodaya Inter College and descriptive research design was used in this study. Sample size comprised of 30 adolescent girls and the sample was selected by convenient sampling technique. Self-structured questionnaire used to collect the data. The gathered data was analyzed using descriptive and inferential statistics.

III. RESULT AND DISCUSSION

Assessment of level of knowledge on Menstrual Hygiene care among the students was been made and following results have been observed.

The data has been presented using tables and diagrams. The data has been analyzed in4 sections.

1) *Section 1:* Description of demographic data the level knowledge regarding menstrual hygiene among adolescent girls
2) *Section 2:* Frequency distribution of the
3) *Section3:* Description for level of knowledge
4) *Section 4:* Association between knowledge score with their selected sociodemographic variables

S.NO	Demographicvariables	Frequency distribution	percentage
1.	AGE		
	13-14	18	60%
	14-15	12	40%
2.	Religion		
	Hindu	20	66.7%
	Muslim	7	23.3%
	Christian	2	6.7%

	Others	1	3.3%
3.	Level of education		
	Secondary	16	53.3%
	Senior secondary	14	46.7%
4.	Place of living		
	Urban	09	30%
	Rural	21	70%
5.	Primary source of information regarding menstruation		
	Mother	18	60%
	Sister	9	30%
	Teacher	2	6.7%
	internet	1	3.3%
6.	When did you handyour menarche		
	AT the age of <10	1	3.33%
	At the age of 10-12	3	10%
	At the age of >15	3	10%
	At the age of 13-15	23	7.67%
7.	How many days does your menstruation		
	3-5	22	76.7%
	6-8	7	23.3%
	More than 8 days	0	0

Table NO 1: Percentage wise distribution a study to assess the level knowledgeregarding menstrual hygiene among adolescent girls
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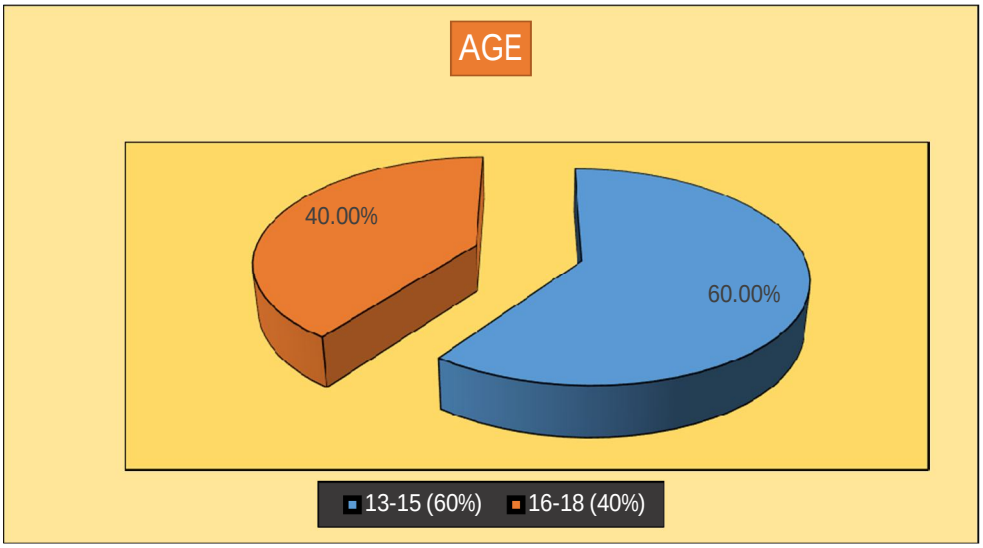
Fig: 1- Pie chart showing the percentage distribution of level regardingmenstrual hygiene among adolescent girls



Pie chart showing 60% % (13-15) and 40% (16-18) age group

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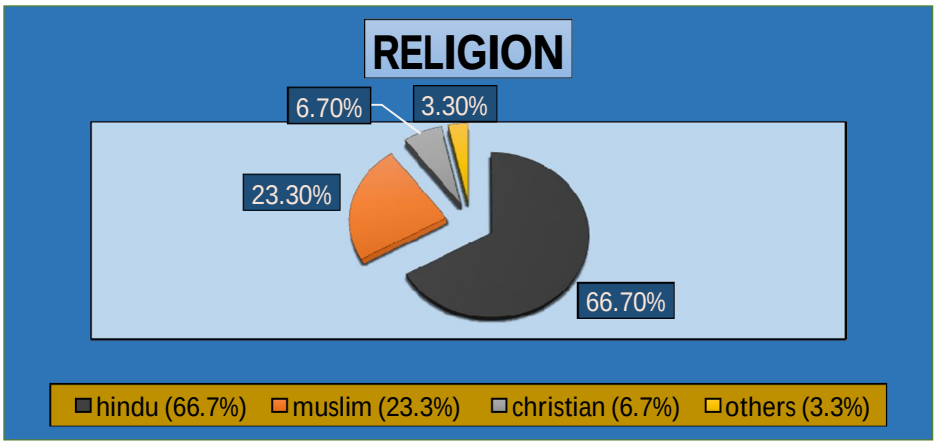
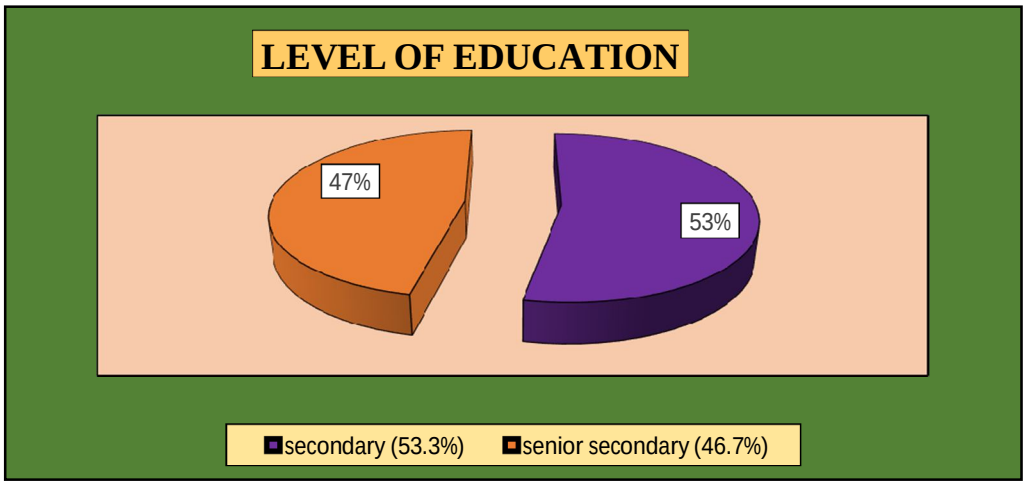
Fig 2 Pie chart showing the percentage distribution of adolescent girls accordingto their religion.



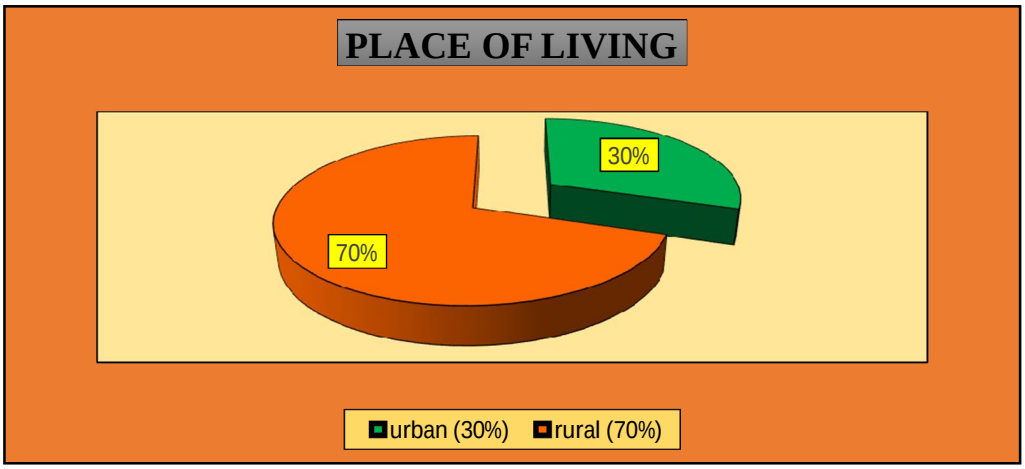
Pie chart showing 16.33% Muslim and 83.33% is Hindu

Fig: 3 Pie chart showing the percentage distribution of Adolescent girlsaccording to level of education.



Pie chart showing 80% secondary and 20% are senior secondary

Fig: 4 Pie chart showing the percentage distribution of Adolescent girls according to place of living.



Pie chart showing 30% urban and 70% rural.

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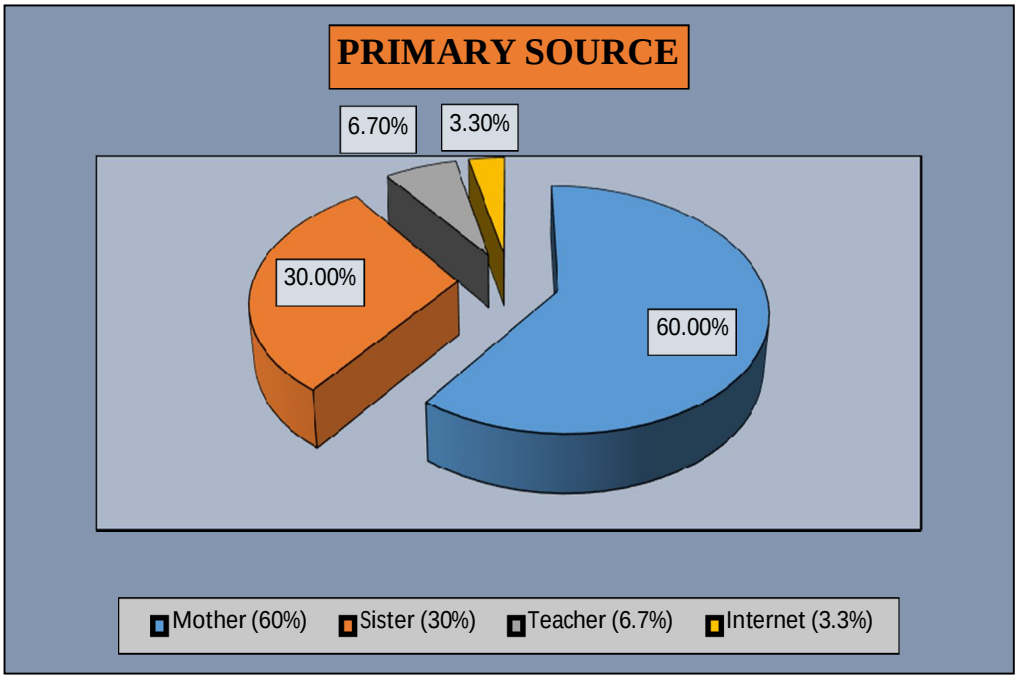
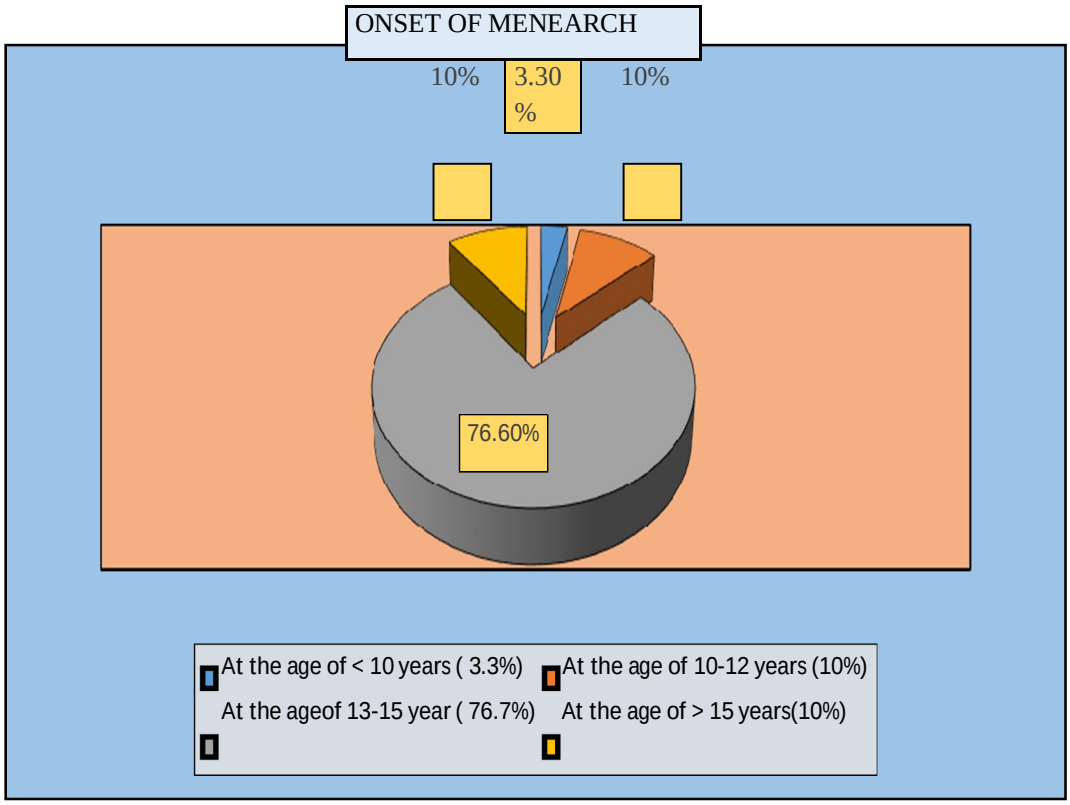
Fig: 5 Pie chart showing the percentage distribution of Adolescent girlsaccording to Primary source of information regarding menstruation.



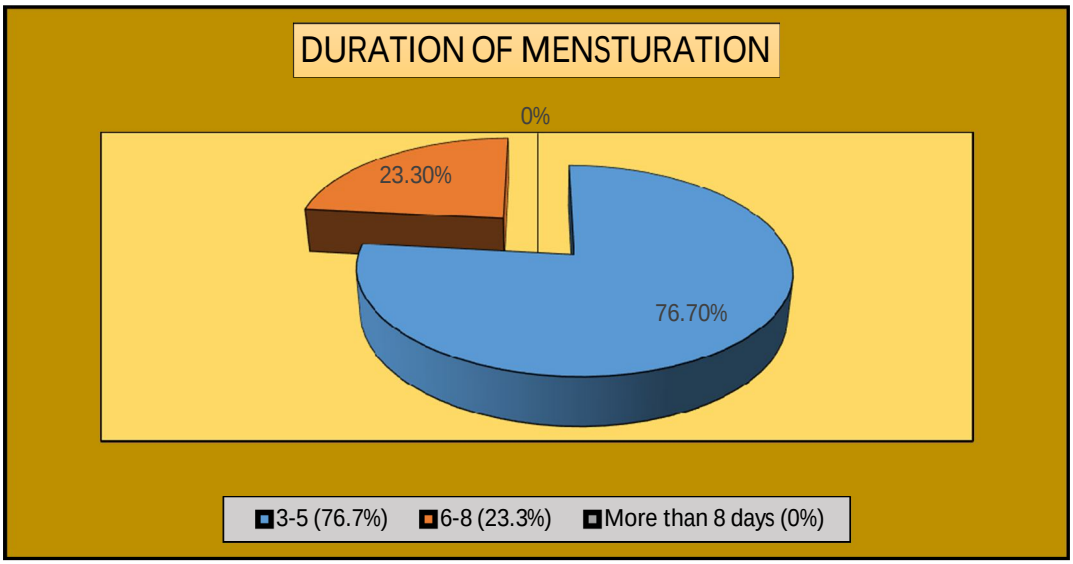
Pie chart showing 60% Mother, 30% sister, 6.7% Teacher, and 3.3% Internet

Fig: 6 Pie chart showing the percentage distribution of Adolescent girlsaccording to when you handed your menarche.



Pie chart showing 3.30% at the age of <10, 10% at the age of 10-12, and 10% atthe age of >15 and 76.7% are at the age of 13-15

Fig: 7 Pie chart showing the percentage distribution of Adolescent girlsaccording to how many days does your menstruation.



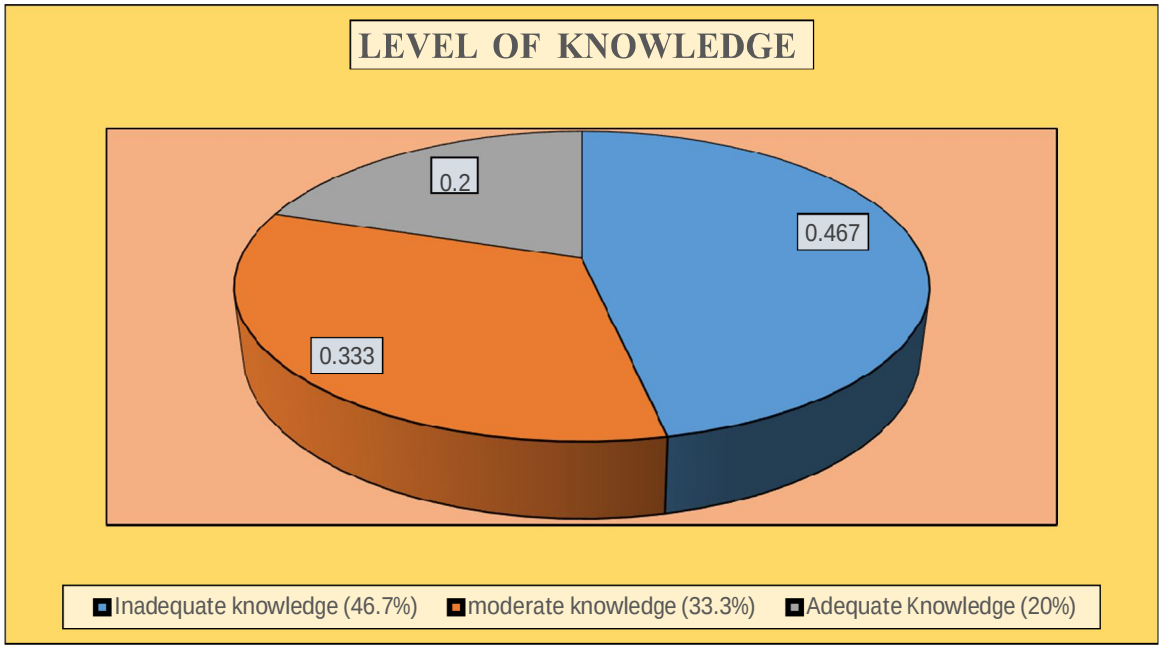
Pie chart showing 76.7% 3-5, 23.3% 6-8 and 0% More than 8 days

TABLE NO. 2: Frequency distribution of the level knowledge regarding
n=30

Effects	Frequency	Percentage
Inadequate knowledge	14	46.7%
Moderate knowledge	10	33.3%
Adequate knowledge	06	20%

Table 2. Depicts that among total 30 samples, all of them have 14 (46.7%) were havinginadequate Level of knowledge, 10(33.3%) were having moderate Level of knowledgeand 06(20%) were having adequate Level of knowledge regarding menstrual hygiene among adolescent girls in Gurukul Sarvoday Inter college.

Fig 8. Pie chart showing the level of knowledge regarding menstrual hygieneamong adolescent girls.



Pie chart showing 46.7% inadequate knowledge, 33.3% moderate knowledgeand 20% adequate knowledge

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Table no 3. Description for level of knowledge.

n= 30

S.NO	Variables	Maximum Score	Mean	SD
1	Frequency distribution of the level knowledge regarding menstrual hygiene among adolescent girls.	339	10	1.79

Shows that mean score of menstrual hygiene was 10 and standard deviation was 1.79.

Table no 4. Association between knowledge score with their selected demographic.

N = 30

Demographic variable	Percentage of obtained knowledge			Chi square	D.F	Table value	Inference	Frequency	Percentage
AGE	Adequate	Moderate	Inadequate						
13-14				6.42	2	5.99	S	18	60%
15-18	3	4						12	40%
	3	6	11						
			3						
Religion									
Hindu	4	6	10					20	66.77%
Muslim	2	3	2	4.55	6	12.59	N.S	07	23.3%
Christian	0	1	1					2	6.7%
Other	0	0	1					1	3.3%
Level of education									
Secondary	4	3	9	6.21	2	5.99	S	16	53.3%
Senior Secondary	2	7	5					14	46.7%
Place									
Rural	5	5	11	3.42	2	5.99	N.S	22	70%
Urban	1	5	3					9	30%
Primary source	3	5							60%
	2	4	10	2.60	6	12.59	N.S		30%

Mother Sister Teacher Internet	1 0	0 1	3 1 0					1 8 9 2 1	6.7% 3.3%
When did you had your menarche At the age of < 10 At the age of 10-12 At the age of >15 At the age of 13-15	0 1 0 5	0 1 2 7	0 1 1 12	3.22	6	12.59	N.S	1 3 3 2 3	3.3% 10% 10% 76.7%
How many days your menstruation. 3-5 days 6-8days More than 8 days	5 1 0	5 5 0	13 1 0	4.23	4	9.48	N.S	2 3 0 7 0	76.7% 23.3% 0

In this study 30 samples were collected 14 (46.7%) were having inadequate Level of knowledge 10(33.3%) were having moderate Level of knowledge and 06(20%) were having adequate. There was significant association between Level of knowledge score of adolescent girls with selected demographic variables Level of knowledge age, level of education and there was no significant association between score of adolescent therewas no significant association between score Level of knowledge e of adolescent girls with selected demographic variables religion, place of living, primary source, when didyou had your menarche, how many days your menstruation.

IV. RESULTS AND DISCUSSION

1) The first objective study was to assess the knowledge of Adolescents girls regarding Menstrual Hygiene

The findings show that out of 30 samples 14(46.7%) were having inadequate knowledge, 10(33.3%) were having moderate and 06(20%) were having adequate knowledge.

2) The second objective of this study were to associate the selected demographical variables with knowledge among GNM Nursing first year students.

The chi – square test shows that there was a significant association betweenLevels of knowledge regarding Menstrual Hygiene among the age and level of education of individual

V. CONCLUSION

The study concluded that 46.7% girls are having inadequate knowledge regarding menstrual Hygiene and there was a significant association betweenLevels of knowledge regarding Menstrual Hygiene among the age and level of education of individual

A. Conflict of Interest

Author declares that there is no conflict of interest.

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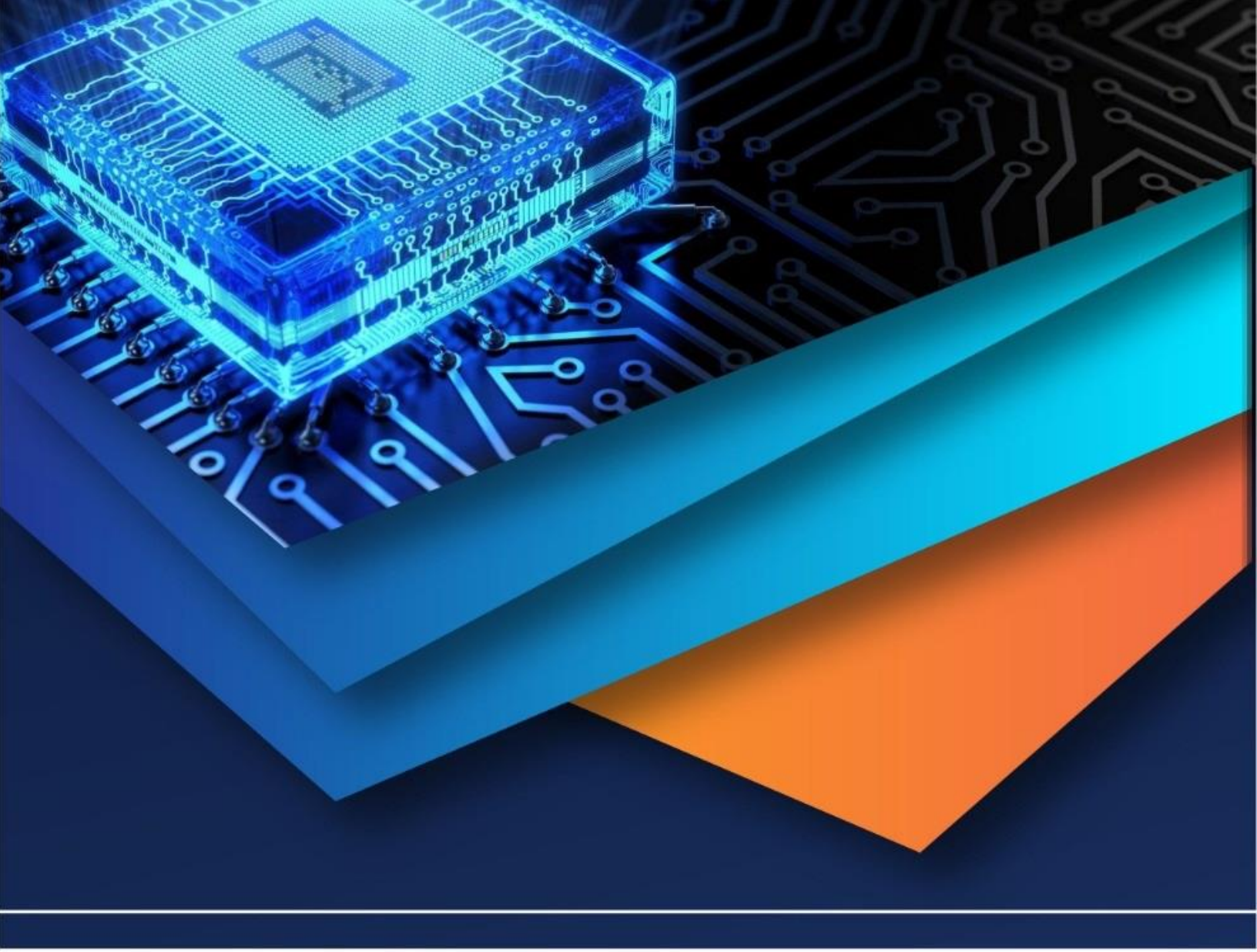

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