

“ASSESS OF KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG +2 SCIENCE STUDENTS IN SELECTED SCHOOL OF TANGI, CUTTACK”

Mrs.Nongmaithem Premlata Devi

Professor, DRIEMS School & College of Nursing, Cuttack

Abstract:

Menstrual hygiene is crucial for the self-responsibility & well-being of women and girls around the world. It is not only about having access to proper sanitary napkins and toilets. It also all about making girls and women can handle their periods with dignity in a community that respects and support them. Beyond one –third of school lack single –sex lavatories, and at least 500 million women and girls lack adequate access to menstrual hygiene facilities (7). Objectives: To measure the knowledge regarding menstrual hygiene among +2 science girl students and to find relationship between knowledge on menstrual hygiene with selected demographic variables. Methodology: Non-experimental descriptive survey design was used to conduct the study among 30 +2 science girls’ students in selected college of Tangi, Cuttack. Information was collected through a structured Knowledge questionnaire. Result: Of the 30 respondents, 70% had moderate knowledge, 20% had insufficient knowledge and 10 % had a good knowledge of menstrual hygiene. There was significant association between the knowledge score and the source of information. Conclusion: This study concludes that most of the participants were in sufficiently familiar about menstrual hygiene. Thus, it emphasizes about the need to enhance their knowledge among the +2 girls’ students.

Key Words: Knowledge, menstrual hygiene, sanitary napkins.

Introduction:

Menstrual hygiene is about to acquire menstrual hygiene products like clothes, sanitary pads, tampons and menstrual cups to absorb or collect menstrual blood with other facilities to wash, dispose and private place for changing the pads.(1) As per study (2) around half of women i.e. 49.5% of young married women aged from 15-24 years carry out menstrual hygiene.

Menstrual is a normal and natural process of every girl’s life. In India many women face many challenges & struggles to cope their period during reproductive age. The ancient superstition about menstruation in our nation have led a significant portion of the Indian community to believe that this natural cycle is a “curse”, “besoil” and “nasty”(3). For girls & women’s health & dignity, proper menstrual hygiene is to display any existing myths or misconceptions. In terms of personal comfort & enhance mobility, improving menstrual hygiene is crucial (4). As per the systematic review on menstrual hygiene practices on teenage girls it was discovered that a 1/4 of girls skipped a school while on period due to inadequate rest room facilities (5). However, bad

menstrual hygiene can pose serious health risks, includes reproductive & urinary tract infections which can lead to infertility & complication at birth. Not washing hands before & after changing menstrual products can spread infections like hepatitis B and thrush. Also many studies exhibit that poor MHM can lead to discomfort & psychological stress. However many studies have exposed that using of sanitary products reduce STI, bacterial vaginosis (5).

There are more than 3.73 billion women in the world currently. The WHO estimates that 1.9 billion of those women, or 52% are of reproductive age & menstruate (WHO, 2018). Menstrual hygiene scheme (MHS) was launched by “The Ministry of health & family welfare” in the year 2011 in 107 selected districts (in 17 states) mainly for promoting menstrual hygiene among adolescent girls (10-19 Years) in rural areas. The main objective of the scheme are:

- To increase promotion of menstrual hygiene awareness among teenage females.
- To enhance rural adolescent girls accessibility and utilization of high quality sanitary products.
- To ensure that sanitary napkins are discarded away safely in an environmental friendly way. (6).

According to the cross sectional study conducted in Nepal among teenage school girls to evaluate the understanding of menstrual hygiene. This study reveals that majority of the teenage girls had a strong knowledge but was significantly poor among adolescent residing in rural areas (8). A study conducted in Bhutan it shows that knowledge of menstrual hygiene was found to be low (35.5%) among participants 1/5 of the student reveals about availability of water in college, 80% reports on absence of soap for washing hand & 24% highlight on absence of dustbin for waste disposal (9).

The important phase of a women’s life is adolescent. The most frequent complaint among adolescents is menstrual disturbances, an unclean activities during menstruation could have harmful consequences like PID, infertility, reproductive & genito urinary tract infection, cancer of cervix, school abandonment, poor academic performance and an all-around low quality of life (10,11). A study conducted in Karnataka, shows that although urban adolescent girls studying in school have proper knowledge regarding menstrual hygiene but hygienic practice was under satisfactory (10).

A study of girls aged 10 to 19 in UP, India, found that about half of the girls did not have information or knowledge about menstruating less than a quarter have followed only good hygienic practices. Another study conducted in India suggests that girls who attended rural school 7 used old clothes and dried before re use suffered from genital infection (12).

Gathering information on knowledge regarding menstrual hygiene among the school girls can plan many intervention on how to overcome practice of socio – cultural behavior that restrict

activities and diet during menstruation. And also how to improve the healthy practice of menstrual hygiene.

MATERIALS AND METHODS

For this investigation, Quantitative Non-experimental descriptive survey methodology was employed, +2 Science students Tangi, Cuttack were the participants. The method of sampling at random was utilized. There were 30 +2 science girls students in the sample. To assess the understanding on menstrual hygiene, a systematic questionnaire was prepared. The instrument was split into two sections, Section A had seven demographic factors– age, types of family, residential area, religion, family annual income, no. of siblings, educational status of mother, previous exposure to awareness programme on menstrual health, source of information. Section B: It has 30 questions to measure the knowledge of menstrual hygiene.

RESULTS

In this study, majority of +2 science students belongs to the age group of 16-17 years, none from 18-19 years, 60% belong to Hindu religion, 36% has one sibling, majority (53%) of mothers are post graduate, 73.3% got information about menstrual hygiene from family and majority were not attended any menstrual hygiene awareness programme. Among 30 respondents, 70% average knowledge, 20% poor knowledge and 10 % had good knowledge. There was significant association between knowledge score and source of information whereas there was no significant association between knowledge score and when compared to their age, residential areas, family annual income, educational status of the mother, number of siblings, type of family, religion & previous exposure to awareness of programme at 5% level of significance.

TABLE –1 : “ Frequency and percentage distribution of antenatal mothers according to demographic variables”

N=30

S.no.	Demographic variables	(f)	(%)
1.	Age in years		
	a) 14-15	14	47
	b) 16-17	16	53
	c) 18-19	0	0
2.	Residential area		
	a) Urban	18	60

	b) Rural	12	40
3.	Religion		
	a) Hindu	23	77
	b) Muslim	4	13
	c) Christian	1	3
	d) Any other	2	7
4.	Types of family		
	a) Nuclear	15	50
	b) Joint	15	50
5	Family annual income		
	a) 25000- 50000	6	20
	b) 50000 - 75000	11	37
	c) 75000 - 100000	9	30
	d) Above 100000	4	13
6	Number of siblings		
	a) None	5	17
	b) 1	11	37
	c) 2	10	33
	d) 3 & above	4	13
7	Educational status of mother		
	a) Illiterate	2	7
	b) Primary school	5	17
	c) Secondary school	7	23

	d) Post graduate	16	53
8	Previous exposure to awareness programme		
	a) Yes	12	40
	b) No	18	60
9	Source of Information		
	a) Mass media	1	3
	b) Relatives	5	17
	c) Family member	22	73
	d) Health personnel	2	7
	e) Friends	0	0

Table 1 shows that most of the samples (77%) were Hindu. Majority (53%) of mothers completed post graduate and (73% of them received information regarding menstrual hygiene from family members.

TABLE – 2 :Frequency and % distribution of prenatal maternal knowledge of prenatal care.

Degree of knowledge	Range of score	(f)	(%)
Bad knowledge score	0-8	6	20
Moderate knowledge score	9-14	21	70
Good knowledge score	15 & above	3	10

N=30

Table -2 shown the general knowledge level of +2 students regarding menstrual hygiene. Among 30 pupil in grade plus two, 6(20%) had bad knowledge score, 21(70%) had an moderate knowledge score and a good knowledge score of 03(10%).

TABLE – 3 : Association between the knowledge score of +2 science students regarding menstrual hygiene with their demographic characteristics. N=30

“Demographic characteristic”	Chi-square X^2	‘Df’	p-value	Degree of Significant (0.05%)
Age	0.631	4	0.98	NS
Types of family	1.04	2	0.958	NS
Residential area	0.33	2	0.99	NS
Religion	1.77	6	0.99	NS
Family annual Income	8.98	6	0.408	NS
Number of Siblings	17.5	6	0.06	NS
Educational status of the mother	10.07	6	0.430	NS
Previous exposure to awareness programme on menstrual hygiene	0.33	2	0.996	NS
Source of information	20.85	8	0.034	Significant

*NS- Not significant

Table 3 demonstrated that the computed chi-square values have no related to any of the demographic characteristic except source of information.

Discussion

In a study carried out in Mansoura, Egypt among 664 schoolgirls between 14 and 18 years old by El-Gilany et al [13] , mass media were the primary source of information regarding menstrual hygiene, followed by mother. And in a study done by Akhil R Nair et.al (14) at MP, among school going adolescents girls the main informant regarding menstrual hygiene was mother, Whereas in the current study, it was found that source of information was mainly from family members.

A study done by Sutanuka Santra(15) to examine the awareness regarding knowledge and maintenance of menstrual hygiene among the women of reproductive age group most of the women use sanitary pads followed by clothes but in the current study all girls used sanitary pads while they are menstruating.

Recommendation

- A similar nature of study can be undertaken in a large-scale for making more accurate generalizations.
- A alike study can be carried out related to knowledge, attitude and practice regarding menstrual hygiene
- A similar study can be conducted using other educational strategies on menstrual hygiene

Conclusion

The study conclude that majority of the +2 girls students lack information on menstrual hygiene and its significance. It highlight about the importance of imparting knowledge on menstrual hygiene to this age group mainly to prevent from complications that may occur in their reproductive life.

Reference

1. MenstrualHygiene management; available from.
https://en.wikipedia.org/wiki/Menstrual_hygiene_management
2. RoyAvijit, PaulPintu ,Prevalence and correlates of menstrual hygiene practices among young currently married women aged 15-24 years: an analysis from a nationally representative survey of India, available from DOI: 10.1080/13625187.2020.1810227
3. Upadhyaya Aishwary, Menstrual Hygiene Day Facts: Only 36 Percent Of The Women In India Use Sanitary Pads During Periods; <https://swachhindia.ndtv.com/menstrual-hygiene-day-facts-26-percent-use-sanitary-pads-periods-34309/>
4. Menstrual Hygiene Reading Material for ASHA; available from https://www.nhm.gov.in/images/pdf/programmes/mhs/Training_Materials/PDF_English/reading_material.pdf
5. Menstrual Health and Hygiene. available from <https://www.worldbank.org/en/topic/water/brief/menstrual-health-and-hygiene>
6. Menstrual hygiene scheme (MHS) available from <https://nhm.gov.in/index1.php?lang=1&level=3&sublinkid=1021&lid=391>
7. Menstrual hygiene, available from <https://www.wvi.org/clean-water-sanitation-and-hygiene-wash/menstrual-hygiene>

8. Bhusal Chet Kant , Level and Associated Factors of Knowledge regarding Menstrual Hygiene among School-Going Adolescent Girls in Dang District, Nepal, available from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7599395/>
9. Tshono Tashi et al; Menstrual Hygiene Management—Knowledge, Attitudes, and Practices Among Female College Students in Bhutan; available from <https://www.frontiersin.org/articles/10.3389/frph.2021.703978/full>
10. V Sajjan Saraswati et al ; Knowledge and practice regarding menstrual hygiene among urban adolescents- A cross-sectional study”; Indian Journal of Forensic and Community Medicine; <https://www.ijfcm.org/article-details/14256>
11. Belayneh Zelalem, Knowledge and menstrual hygiene practice among adolescent school girls in southern Ethiopia: a cross-sectional study,2019; <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-7973-9>
12. Ahmad Absar et al; Knowledge and practices related to menstruation among Lucknow college students in North India: results from cross-sectional survey;
13. El-Gilany AH, Badawi K, El-Fedawy S. Menstrual hygiene among adolescent schoolgirls in Mansoura, Egypt. *Reprod Health Matters* 2005;13:147-52.
14. Akhil R Nair, Pal D K, A study to assess the knowledge regarding practices of menstrual hygiene and reproductive tract infections among school going adolescent girls, MP. DOI: 10.5455/ijmsph.2019.1234403012019, Website: <http://www.ijmsph.com>
15. Santra Sutanuka, Assessment of knowledge regarding menstruation and practices related to maintenance of menstrual hygiene among the women of reproductive age group in a slum of Kolkata, West Bengal, India, *International Journal of Community Medicine and Public Health* Santra S. *Int J Community Med Public Health*. 2017 Mar;4(3):708-712 <http://www.ijcmph.com>

How to Cite this Article?

Devi P.N, Assess of Knowledge Regarding Menstrual Hygiene Among +2 Science Students in Selected School of Tangi, Cuttack, *IJARMNHS*.2023. Jan – June; 1 (1) 19 – 26.