

A Descriptive Study to Assess The Knowledge on Menstruation And Menstrual Hygiene Among Adolescent Girls In Srmist, Chennai

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Abstract-

BACKGROUND OF THE STUDY

Adolescence in girls is a special period which signifies the transition from girlhood to womanhood. Lack of good hygiene practices has increased the vulnerability to reproductive tract infections. Due to societal attitude, girls also associate negative physical and psychological changes on their body with menstruation. The objective of this study is to assess the knowledge related to menstruation.

AIM

The current study is aimed at descriptive study to assess the knowledge regarding menstruation and menstrual hygiene among adolescent girls in SRMIST, CHENNAI.

METHODOLOGY

The design adapted for the study was nonexperimental design. The study was conducted in first year students at SRM. The study consists of 50 samples. 50 samples were in the non experimental group. Demographic data and questionnaires were collected directly from the students which were used to assess the knowledge to students. The collected data were analyzed using descriptive and inferential statistics.

RESULTS & FINDINGS

The study revealed that majority 48 % of students having adequate knowledge regarding Menstruation and menstrual hygiene. 48 % of students having moderate knowledge regarding Menstruation and menstrual hygiene. 4 % of students having inadequate knowledge regarding Menstruation and menstrual hygiene

CONCLUSION

The study accomplished the provision of pads or increased accessibility will not give a complete solution for menstrual related problems or genito-urinary illness. In

addition to that more emphasize has to be given on adequate changing times of soaked absorbent, adequate number of times of cleaning of external genitalia, sanitary material used for cleaning purpose, method of disposal of used menstrual absorbent among adolescent girls in this area.

The study highlights, majority of the houses didn't have separate sanitary latrine facility even though few families could have afforded, it is mainly due to ignorance and they felt that it was not necessary. Open air defecation, a public health issue silently prevailing in this community. These issues were left unnoticed in this study area since long.

Keywords- Adolescent girls, Menstruation , Menstrual hygiene

I. INTRODUCTION

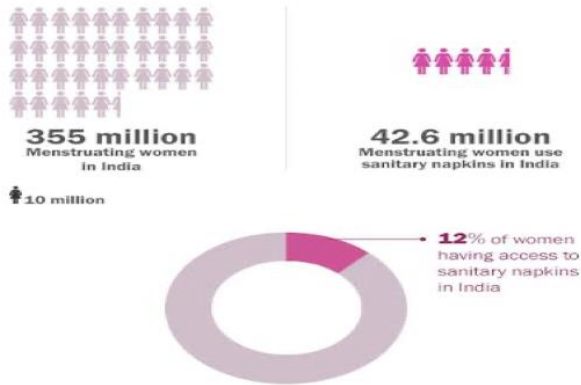
Adolescence is a dynamic theoretical construct influenced by physiological, psychosocial, temporal, and cultural factors (Steinberg, 2014). Menstruation is the monthly process of blood discharge from the uterus in women, occurring from puberty until menopause, excluding pregnancy. Menstrual hygiene refers to using clean materials to absorb or collect menstrual blood, changing them privately as needed, maintaining cleanliness through washing, and having access to safe disposal facilities. Good menstrual hygiene includes frequent pad changes, using disposable pads or clean clothes, daily bathing, and genital hygiene.

SIGNIFICANCE OF THE STUDY

The significance of the study lies in recognizing the importance of menstrual hygiene for adolescent girls. It involves the use of clean menstrual management materials that can be changed privately as needed. Additionally, practicing proper hygiene by washing with soap and water, along with access to safe disposal facilities, is crucial for maintaining good menstrual hygiene.

NATIONAL LEVEL

A Large Number Of Women In India Have No Access To Sanitary Napkins



Fig_2;Indian Scenario of Menstruating Women And Use Of Sanitary Napkins

STATE LEVEL

Low Awareness On Menstruation Is Widespread In India

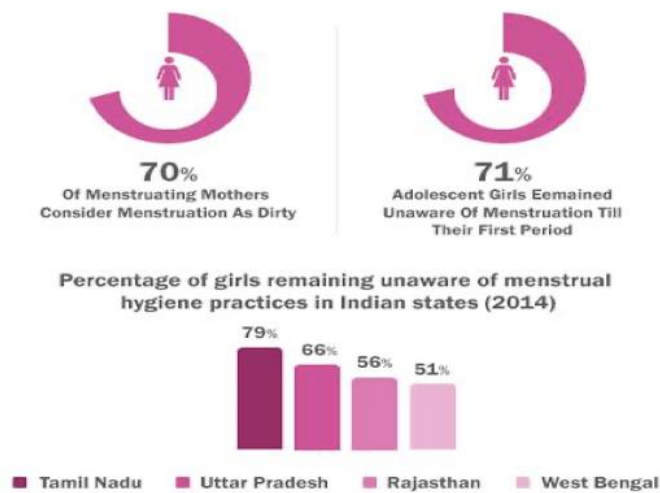


Fig 1-3 Tamil Nadu Scenario of Menstruation Awareness Among Women

STATEMENT PROBLEM:

“A Descriptive study to assess the knowledge on menstruation and menstrual hygiene among adolescent girls in STMIST, Chennai”

OBJECTIVES:

1. To assess the skill of adolescence girls regarding menstrual hygien
2. To determine the self between the selected demographical variable and skill of the adolescence girls regarding menstrual hygiene.

HYPOTHESES OF RESEARCH:

H1 - There will be a significant difference between level of knowledge regarding menstruation and menstruation hygiene among adolescent girls.

H2 - There will be a significant association between level knowledge and selected demographic variables.

ASSUMPTIONS:

- Most of students are affected reproductive tract infection
- Menstrual problems distracts the academic performance
- It causing improper learning of students

DELIMITATIONS

- The sample size was 50 in numbers
- The study only limited to students studying in selected nursing college
- The data collection period was limited to one week.

PROJECTED OUTCOMES:

- The study will help to determine the level of knowledge among students
- The study will serve as a guide for future nursing research
- The study will help teachers to give guidance and counselling

II. REVIEW OF LITERATURE

According to Jing Jing Su et al.,at(2016)conducted a study in promoting the menstrual health of adolescent girls in china among 112 adolescent girls. Initially, the knowledge, attitudes, and practices of adolescent girls are assessed and a tailored nursing intervention was given which has a greater on improving the positive attitude among girls towards menstruation and confidence regarding their menstrual behavior and coping strategies to relieve pain and stress during that period.

According to Vincenzo De Sanctis et al at.,(2016)conducted a literature review regarding dysmenorrhea among adolescents and young adults in different countries. Dysmenorrhea is a major gynecological problem in adolescents. Despite its high prevalence rate and its negative effects, most of the girls do not seek medical advice and consume medication of their own. Appropriate

management and counseling are necessary to cope with the impacts of dysmenorrhoea among adolescents. According to Ram Naresh Yadav et al., at (2017) conducted a cross-sectional study with a self-structured questionnaire among 276 students of the seventh and eighth grades of about 11 schools. According to this study, about 67.4% of girls had fair knowledge and 26.4% had good knowledge of menstrual hygiene management. Among 141 adolescent girls, only 56 were maintaining good menstrual hygiene practices and half of them had a positive attitude regarding menstrual hygiene practices.

According to Navya Sri Sreenivasa et al., at (2017) conducted a Cross-Sectional Study with a probability proportionate sampling technique among 400 adolescent girls. The mean age of the adolescent girls are 14.16 and the study results showed that about 66.25% of students had information regarding menstruation before menarche and their mothers are the source of information and 80% of the girls believed menstruation as a bothering event and the majority of them use napkins for their menstruation. According to Mansi Tiwari et al at (2018) conducted a study regarding the menstrual practices related issues in rural India. Based on the experiences shared by the participants there are various taboos still prevalent in the society such as separate rooms not entering the houses, not go to school, and lack of sanitation facilities in schools. The government has taken various initiatives and teachers should be a source of information for the girls regarding menstruation which is lacking in our settings.

According to Neha Goyal et Al at (2018) Conducted a cross-sectional study in Haldwani among 574 adolescent girls (10-19 years) in four selected government and private schools. According to this study, the mean age of the girls is 14.95 years and the mean age of their menarche was 12.94 years. Most of the girls 441 (76.82%) had regular cycles of 21-35 days and that 95 (16.55%) girls had irregular menstrual periods. The statistical significance was the same in rural and urban areas related to the regularity in the menstrual cycle and the duration of flow in the majority 300 (52.26%) of girls has 2-4 days followed by 5-7 days in 222 (38.68%) girls. Mostly 422 (73.52%) of adolescent girls and 259 (61.37%) have never used analgesics while 66 (15.63%) have always used analgesics dysmenorrhoea.

RESEARCH METHODOLOGY

The research method provides a brief description of the method adopted by the investigator in the current study in gathering valid and reliable data.

RESEARCH APPROACH

Quantitative research approach was used to assess the knowledge on menstruation and menstrual hygiene among adolescent girls. According to pilot and beck (2017), quantitative approach is the investigation phenomena that lend themselves to precise measurement and qualification often involving a rigorous and controlled design.

RESEARCH DESIGN

Research design is the researcher's over all plan for answering the research questions testing the research hypotheses

A descriptive design, a type of non experimental design adopted for the current study.

The main aim of descriptive research is the accurate depiction of individual characteristics events, or groups and the frequency of occurrence of phenomena using statistics to describe and summarize the data – (polit and Hunger)

SETTING OF THE STUDY

A study conducted in SRMIST, Chennai.

POPULATION

Population means the entire set of person of things having a few common characteristics. A subset of a population in selected to contribute the study.

TARGET POPULATION

Target population for the study was conducted in 1st year nursing students.

ACCESSIBLE POPULATION

Students studying from 1st year to 3rd year in SRMIST, CHENNAI

SAMPLE

In this study sample consist of students who fulfil the criteria

SAMPLE SIZE

Sample size was 50 students from SRMIST, CHENNAI were selected for the study.

SAMPLING TECHNIQUE

As per policy and beck (2017) , sampling is a process of selecting a portion of the population to represent the entire population.

Convenient sampling technique was used in the study

III. CRITERIA FOR SAMPLE SELECTION

Inclusion criteria

1. Those who are willing to participate in this study.
2. Those who are study in 1st year
3. female gender are involved.

Exclusion criteria

1. Those who are not willing to participate in this study.
2. students who are ill at the time .of the study.

PILOT STUDY

1. The pilot study is a smaller version of a proposed study. Conducted to develop and/or refine the methodology. The main aim is to find out the level of knowledge regarding menstruation and menstruation hygiene among girls
2. The average time for filling the scale for each question was 20- 25 minutes taken.
3. The analysis of the study revealed that the objectives of the study could be fulfilled. Based on this information, the investigator was permitted by the guide to proceed with the actual data collection for the main study.

VALIDITY

Validity of the questionnaire to assess the level of knowledge regarding menstruation and menstrual hygiene among adolescent girls.

DATA COLLECTION

Data was collected from 50 samples. Questions were asked by the investigator and got the reply. The duration of data collection was 30 to 40 mints. They are participated willingly while collecting the data and cooperated throughout period.

Demographic Variables	Frequency	Percentage
Age		38 %
18 years	19	62 %
19 years	31	
Place		
Madurai	50	100 %
Education		
B.Sc nursing	50	100 %
Religion		
Hindu	42	84 %
Muslim	2	4 %
Christian	6	12 %
Age at menarche		
11 - 14	47	94 %
15 - 18	3	6 %
Education status of the parents		
Illiterate	4	8 %
Elementary	16	32 %
Higher secondary	25	50 %
Graduate	5	10 %
Occupation of the parents		
Coolie	33	66 %
Farmer	8	16 %
Business	4	8 %
Office work	5	10 %
Types of family		
Joint	41	82 %
Nuclear	9	18 %
Source of knowledge regarding menstrual hygiene		
Teacher	29	58 %
Cinema	14	28 %
Tv	1	2 %
Magazine	2	4 %
Newspaper	4	8 %
Radio	-	

SUMMARY AND CONCLUSION:

This chapter deals with summary and conclusion made from the study. It also focuses on the implications for nursing and discusses about recommendation for future studies.

SUMMARY OF THE STUDY:

This study to assess and compare the level of knowledge among 50 B.sc nursing students.

The following are the objectives of the study:

1. To assess the skill of adolescence girls regarding menstrual hygiene
2. To determine the self between the selected demographical variable and skill of the adolescence girls regarding menstrual hygiene.

A total of 50 students were taken as sample and their levels of knowledge were assessed by means of liker point rating scale from first year students.

These samples were selected using convenient method of sampling from Sacred Heart Nursing College in Madurai.

The major finding of study were as follows among 50 B.sc nursing students .majority 48 % of students having adequate knowledge regarding Menstruation and menstrual hygiene.48 % of students having moderate knowledge regarding Menstruation and menstrual hygiene.4 % of students having inadequate knowledge regarding Menstruation and menstrual hygiene.

IV. CONCLUSION

The present study group consisted of B.sc nursing students of SRM. They felt that majority 48 % of students having adequate knowledge regarding Menstruation and menstrual hygiene.48 % of students having moderate knowledge regarding Menstruation and menstrual hygiene.4 % of students having inadequate knowledge regarding Menstruation and menstrual hygiene.The present study helped us to create awareness among the participants regarding the knowledge of menstruation and menstrual hygiene.

IMPLICATIONS:

The findings of the study have the following implications.

LIMITATIONS:

- The study was limited to selected colleges in Chennai; hence it was difficult to make broad generalization of the findings.
- The study was limited to college students.
- The study was limited to a sample of only 50 students.

RECOMMENDATIONS:

- A similar can be done in schools to assess the knowledge and attitude regarding menstruation and menstrual hygiene
- A comparative study can be conducted between school and college students.
- Health camps and seminars can be held for students to provide knowledge and make them adopt a better attitude.
- Educational programs can be held for further improvement of knowledge and attitude regarding menstruation and menstrual hygiene.

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