

A Study to Assess the Knowledge and Practice of Mensural Hygiene among Adolescents Girls at School

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ABSTRACT

AIM: the present study aims to assess the knowledge and practice of mensural hygiene among adolescent's girls at school. **METHODS AND MATERIALS:** A quantitative research design was used for the present study. A total 100 samples were collected using non probability purposive sampling technique. The demographic variable and level of knowledge mensural hygiene was assessed using structured questioner followed by that data was gathered and analyzed. **RESULTS:** the results the study revealed that there is a significant association between level of knowledge with selected demographic among adolescents at the level of $p < 0.01$ **CONCLUSION:** Thus, the present despites that factors associated with level of among adolescents.

KEYWORDS: menstrual, hygiene, adolescents

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INTRODUCTION

Adolescents belong to very important cohort not solely as a result of they're the recruit population to adulthood however additionally as a result of they're entree between childhood and adulthood. As they commit to cross the sure age, they face numerous physiological, psychological, and biological process changes. The word "Adolescent" springs from the Latin word "adolescere" which implies to grow to maturity that indicates the shaping characteristics of adolescence.[1]

Menstruation Adolescent ladies represent a vulnerable cluster not solely with reference to their status however additionally in relevance their health. during this regard, menstruum is plays very important role in cleanliness od adolescent ladies [2].Menstruation is that the 1st indication of pubescence. throughout pubescence, the physical changes occur internally that remodel the body of kid into a kind associate degree adult, changes in body size, and changes in body proportions. [3].In some societies, it involves menstruum being perceived as

embarrassing scenario wherever they socially isolate the adult as religion that ceremonially unclean, extending even to the mention of menstruum each publicly within the media and advertising as personal problems and in camera among the buddies, within the house, and with men. several ancient religions contemplate menstruum ceremonially unclean.[4] Most of the ladies receive their gynecologic data from their mothers, spiritual books, older sister, a peer. However, such data was usually given once start instead of before. Hence, there's a desire to produce the provided data ought to be healthy physiologically and mentally too. Thus family education is basic tool in nursing relating to catamenial hygiene continues to be considered one thing unclean or dirty in Indian society. The reaction to menstruum depends on awareness and data regarding the actual subject. the style {in that during which within which} a woman learns regarding menstruum and its associated changes might have an impression on her response to the event of start ought to be facilitate for her to try

and do routine activities with none hesitation and to follow them often on the periodic basics which additional enhance the health of individual throughout this forceful changes on monthly basis.[5]. though menstruum may be a activity, it's joined with many misconceptions and practices, that typically result into adverse health outcomes. Isolation of the ill ladies and restrictions being obligatory on them within the family, have strengthened a negative angle toward this phenomenon. [6]. ladies having higher data relating to catamenial hygiene and safe practices square measure less susceptible to generative tract infections and its consequences. Therefore, redoubled data regarding menstruum right from childhood might increase safe practices and will facilitate in mitigating the suffering of lots of ladies from their positive angle. [6] The social stigma connected to menstruum causes {many girls|many ladies|many ladies} and girls to carryout dangerous hygiene practices and their regular data through media can even act as primary bar for several women. [7]. Lacking a platform to share catamenial hygiene issues, ladies and girls usually suffer from discomfort and infection, avoiding evacuation throughout menstruum, associate degreed mistreatment any reasonably material out there previous (or) unwashed as an, however still ladies aren't visiting medical practitioners for higher content. financial condition additionally plays major health demand for adult ladies happiness a such class. [8] The issue of catamenial hygiene is inadequately acknowledged and has not received correct attention over public. smart hygienical practices, like use of hygienic pads and adequate laundry of the venereal areas, square measure essential throughout menstruum amount.[9]. to the current impact, the follow of fine catamenial hygiene reduces the incidence of generative tract infection (RTI). Thus, the implications of RTIs square measure severe and will end in important negative impact to a woman's

health together with chronic girdle pain, pain (painful periods) and in severe cases physiological condition. generative tract infections, that became a silent epidemic that devastates women's lives is closely associated with poor catamenial hygiene [10].Every year roughly ten you look after ladies worldwide square measure exposed to venereal infections together with tract infections and microorganism vaginosis, and seventy five you look after ladies have a history of a venereal infection. Specifically, the common risk factors for epithelial duct infections embody maternity and poor hygiene (both area and catamenial hygiene) [11].

Material and methods

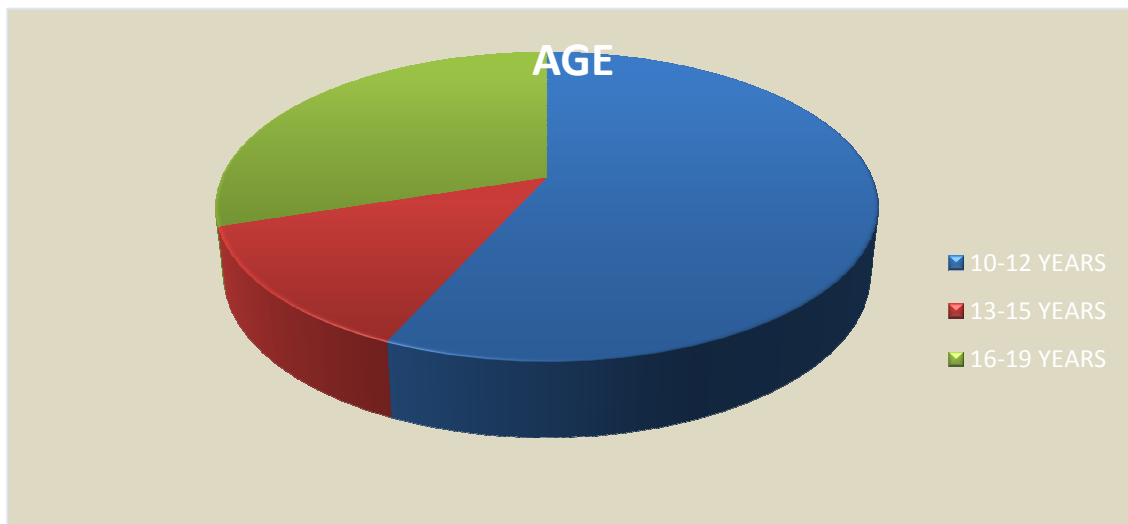
After getting and moral clearance from the institutional moral committee of Saveetha institute of medical and technical science and formal permission letter obtained from the top of the top of the panchayet president, gift study was conducted. For this study quantitative approach with descriptive analysis style was adopted. The samples were collected employing a non-chance purposive sampling technique from a hundred samples. The inclusion criteria for the study, participants, who are accessible throughout the study amount and who are cooperative and who perceive each Tamil and English. Exclusion criteria for the study are samples that not willing to participate within the study. The purpose of the study was explained by the investigator to every of the adolescents girls and a written consent was obtained from them. The demographic and therefore the level knowledge| of information} data was collected from the samples exploitation semi structured form. the data were analyzed by biostatistics. The sample characteristics were represented exploitation frequency and proportion, Chi- square. was wont to associate the extent of information with their elect demographic variables

RESULTS AND DISCUSSION

SECTION A: Description of the demographic variables

About 44 % of them were in age group of 10-12 years, 26 % were had age of menarche at 13-15 years, 30% were age group of 16 to 19 years. 33 % of them had no formal education, 25% were primary education, 14% were graduation. 53% were Hindu. About 48 % of them had working in daily wages, 25 % of them were earning 5000-10000 per month, 25 % were in nuclear family and 75% are joint family, 66.7% had no menstrual hygiene. More than 53 % of them had source of information from mothers.

Figure1: frequency & percentage distribution of age



SECTION B: Assessment of level of knowledge and practice on menstrual hygiene, among adolescent’s girls

Table 2: frequency and percentage distribution level of knowledge on menstrual hygiene, among adolescents

n = 100

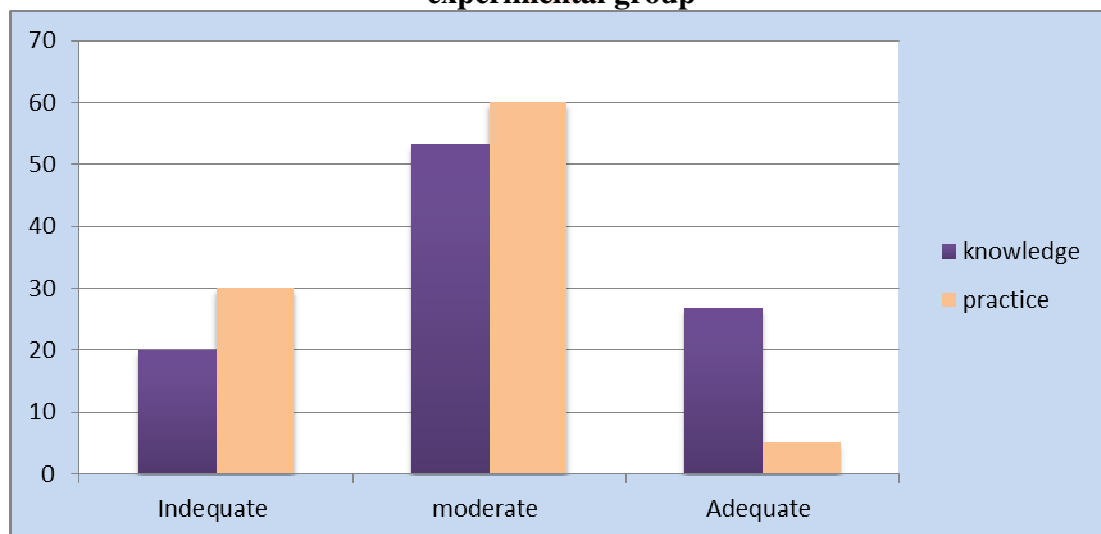
Level of knowledge	Inadequate		Moderate		Adequate	
	No.	%	No.	%	No.	%
Pretest	16	16	56	56	26	26

Level of practice	Inadequate		Moderate		Adequate	
	No.	%	No.	%	No.	%
	22	22	65	65	13	13

Table 1 shows that maximum 56 % of them had moderate knowledge, 26 % adequate knowledge and 16 % of them with inadequate knowledge

Table 2 shows that, 65 % of them with moderate practice, 22 % were with inadequate practice and 13 % were with inadequate practice

Figure: frequency and percentage distribution of pretest and posttest level of knowledge in experimental group



SECTION C: Association of level of posttest level of knowledge with selected demographic variables among the adolescents

The result shows that the demographic variable such as age of menarche has significant association with post test level of knowledge.

CONCLUSION

From the results of the present study shows significant improvement for researcher.

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