

# A Descriptive Study to Assess the Knowledge Regarding Factor Affecting Menstrual Hygiene Among the Adolescent Girls in Selected Schools at Etawah

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## ABSTRACT

### BACKGROUND OF THE STUDY

According to WHO, Adolescence girls, is identified as the period in human growth and development that occurs after childhood and before adulthood, from age 10-19. Averagely, the cycle is about 28 days and the period lasts for 3-5 days. Menstrual hygiene practice can be influenced by the quality of information gathered, cultural and religious beliefs, environmental factors like location, and race.

According to Ammala Ratha, Menstruation is a normal physiological process that occurs in females during their reproductive age. The onset of menstruation is at puberty. There is no definite definition of menstrual hygiene, however on a breakdown, hygiene can be defined as those condition and activities that promote and preserve health while menstruation can be defined as the cyclical shedding of the inner lining of the uterus the endometrium under the control of hormones of the hypothalamo-pituitary axis. Girls usually get to their stage of puberty between age 8 and age 13 about two and a half years after a girl's breast develops, she usually experiences her first periods.

**KEYWORDS:** Menstrual Hygiene, Adolescence girls

### OBJECTIVES

- To assess the knowledge regarding factors affecting menstrual hygiene among the adolescent girls in selected schools at Saifai, Etawah.
- To find the association between the knowledge regarding factors affecting menstrual hygiene and the selected demographic variables.

### MATERIAL AND METHODS

**RESEARCH APPROACH-** A quantitative research approach

**RESEARCH DESIGN-** Non experimental Descriptive design was used to assess the knowledge regarding factor affecting of menstrual hygiene among adolescent girls in selected schools at Etawah.

**POPULATION:** Our target population is adolescent girls studying in selected schools at Etawah.

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**ACCESSIBLE POPULATION:** our accessible population are students of Government Girls Inter College Saifai Etawah student of class 7th-12th who are willingly to take participate by their own will.

**RESEARCH SETTING:** The study Setting is the location in which the data collection takes place. Study is conducted in S.S Memorial School, Saifai, Etawah and Government Girls Inter College, Saifai, Etawah.

**SAMPLING TECHNIQUE AND SAMPLE SIZE-** The Sampling technique used in this study was non probability convenient sampling technique. In this study, the sample was N= 200.

**SAMPLE** - The sample of population is the adolescent girls students in selected school at Etawah.

### RESEARCH VARIABLES:

**Demographic variables:** The demographic variables in the study was age, religion, education, family

income, occupation, marital status. All girls include between age of 12 to 18 years

## DESCRIPTION OF DATA COLLECTION TOOL:

Tools for the present study is structural questionnaire and convenient sampling technique will be used. Questionnaire consists of two sections A and section B.

Section A: Consist of questions related to demographic variables.

Section B: knowledge-based questions regarding menstrual hygiene.

Tools	Techniques	Purpose
Questionnaire related demographic variables	to Paper pencil method	To assess the demographical data
Knowledge Questionnaire menstrual hygiene based regarding	Paper pencil method	To assess the knowledge

## RESULTS AND DISCUSSION PRESENT STUDY RESULT

### Section I- Description of demographic variables.

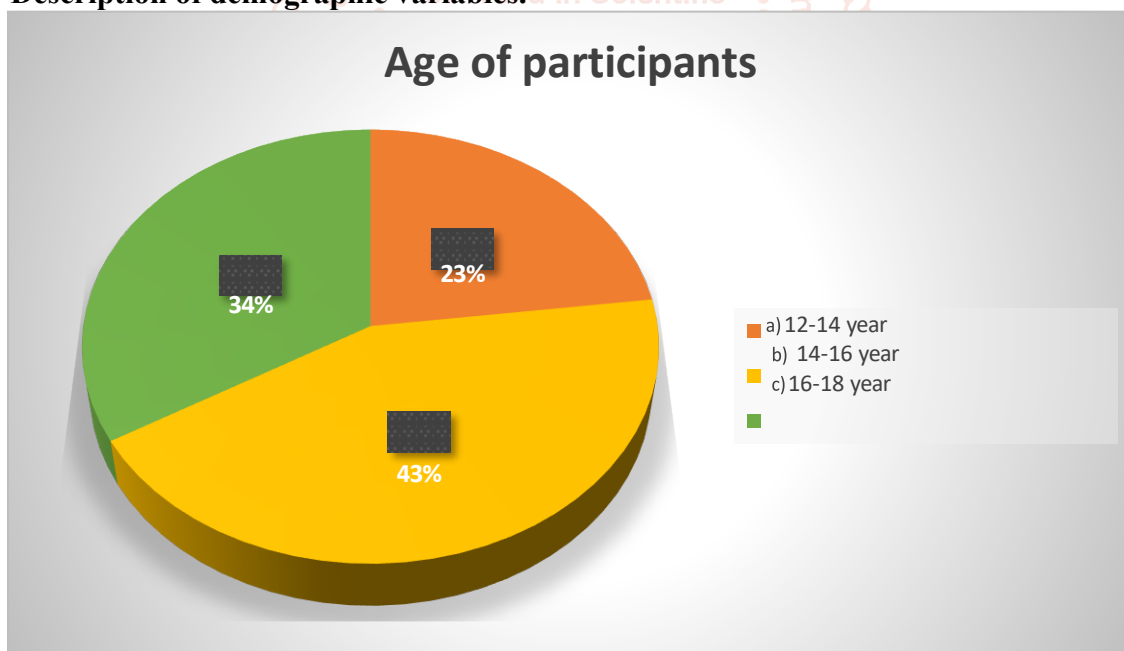


Figure 1: Pie Diagram showing percentage distribution of subjects According to their Age

In this present study out of 200 girls most of the girls regarding religion 87.5% Hindu, 11.5% Muslim, 1% Christian, 0% other and regarding family income 27.5% below 5000/month, 39.5% 5000-10000/month, 15.5% 10000-20000/month, and regarding education of mothers 22% Illiterate, 51% Primary-Secondary, 23.5% Higher Secondary, 3.5 % Graduate and regarding the percentage distribution of knowledge out of 200 sample 27.5% girls were good knowledge, 72.5% girls were average knowledge.

## COMPARATIVE STUDY RESULT

The study findings is partially supported by the study conducted at Kerala by Hoda Abdel, et,al (2016) on level of knowledge regarding PCOS among adolescent girls. It was seen that majority (94.69%) of students have correct knowledge regarding to diagnosis, cause, risk factor, complication and management respectively after education programme. Majority (92.7%) of student had knowledge (6.25%) from student and only had (1 .04%) poor knowledge after educational programme.

## MAJOR STUDY FINDING INCLUDE

The data collected from the adolescent girls are organized and presented under the following section.

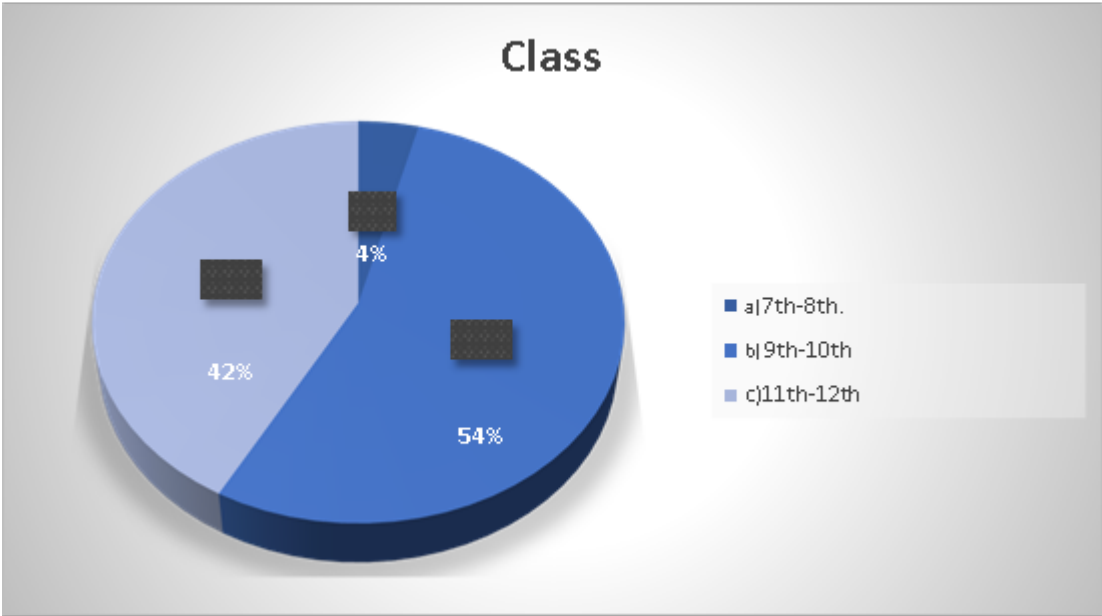


Figure 2: pie diagram showing percentage distribution of subjects According to their class

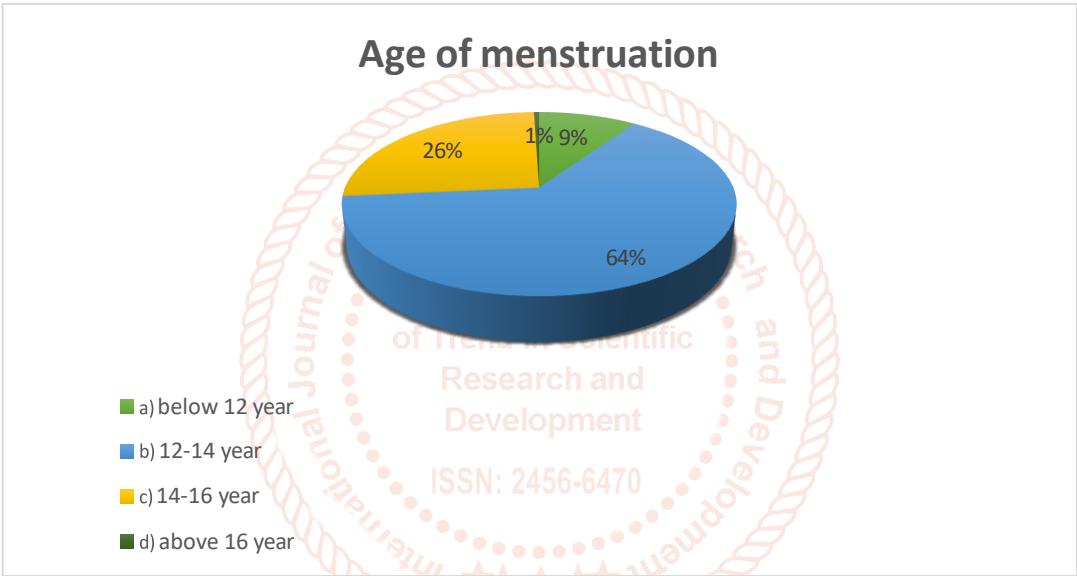


Figure:3 pie diagram showing percentage Distribution of subjects According to their age of menstruation

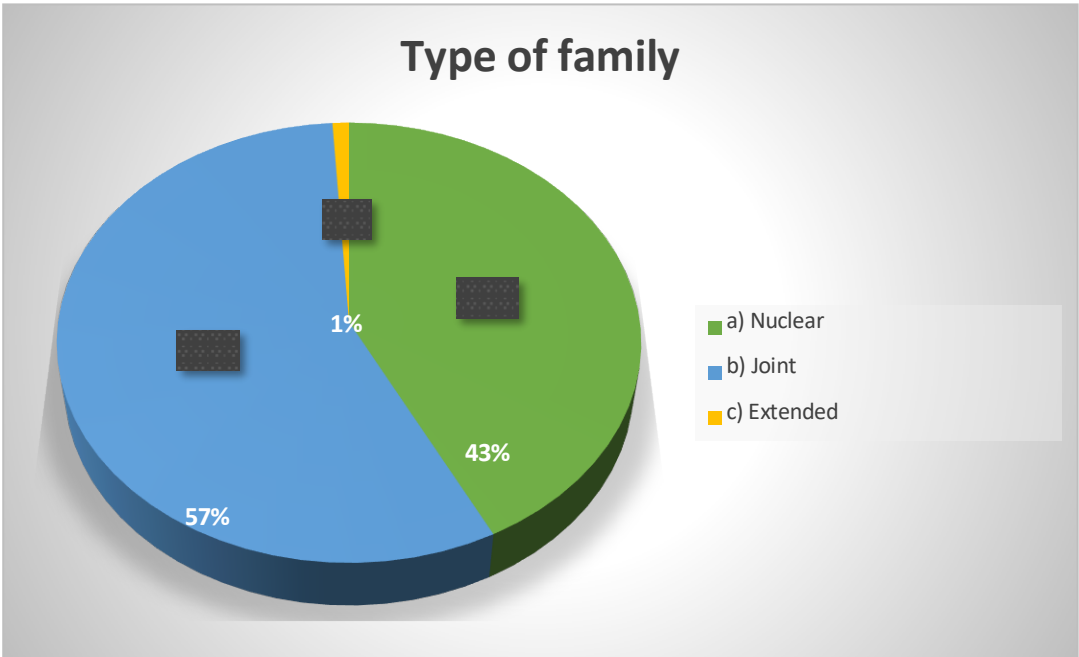


Figure 4: pie diagram showing percentage distribution of subjects According to their type of family.

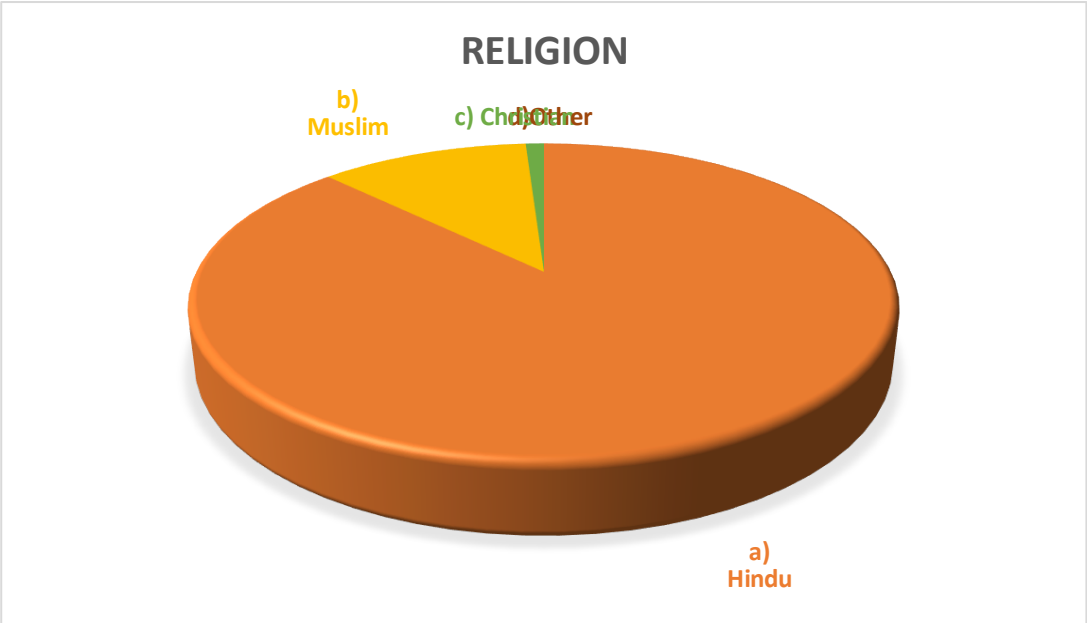


Figure 5: pie diagram showing percentage distribution of subjects According to their religion.

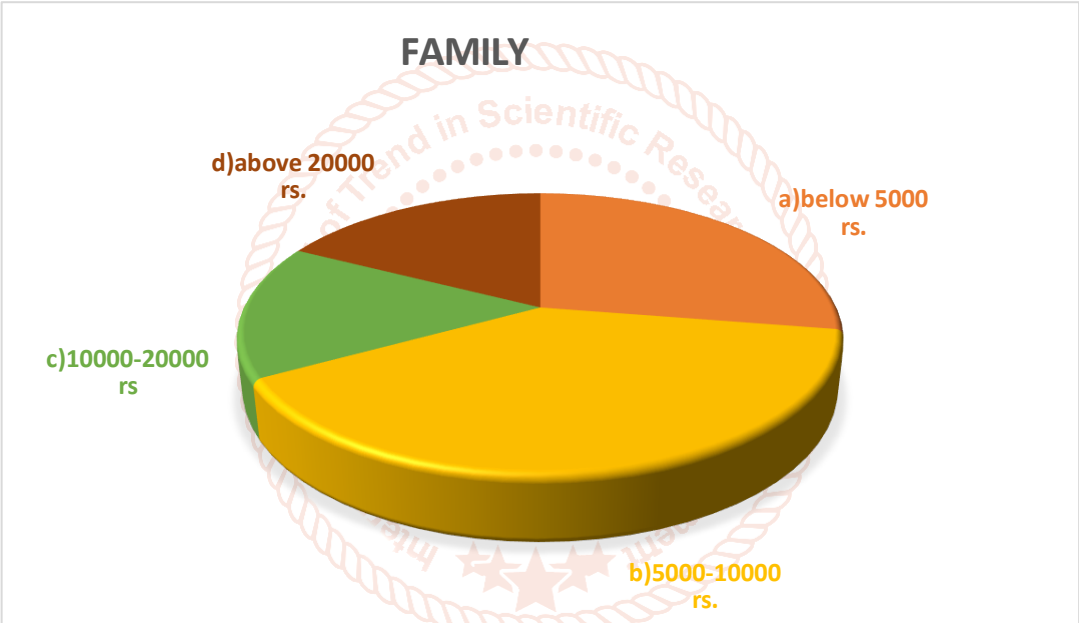


Figure 6: pie diagram showing percentage distribution of subjects According to their family income.

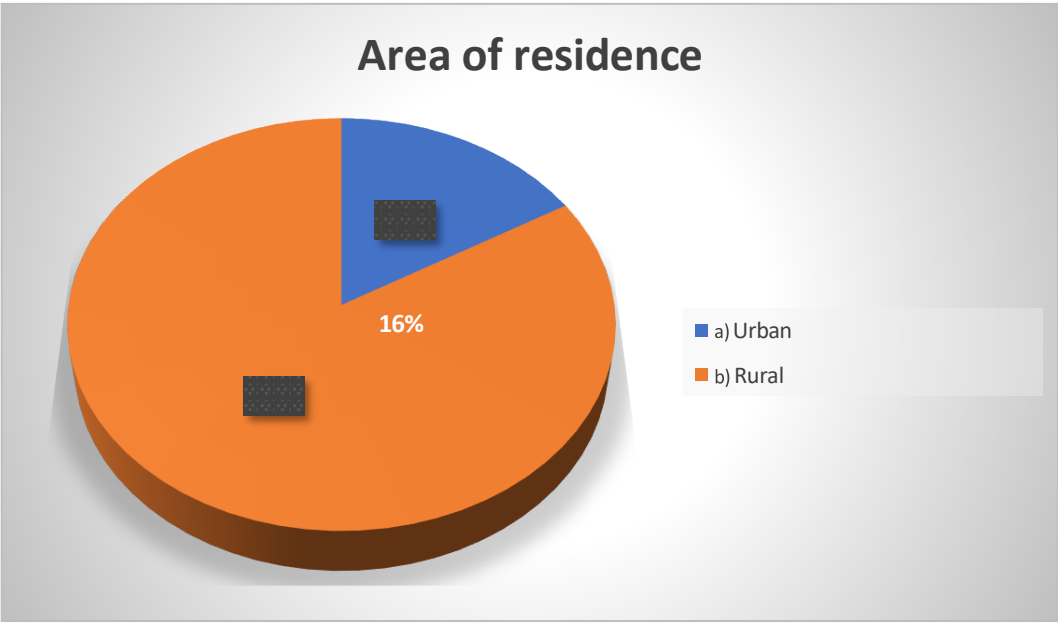


Figure 7: pie diagram showing percentage distribution of subjects According to their area of residence.

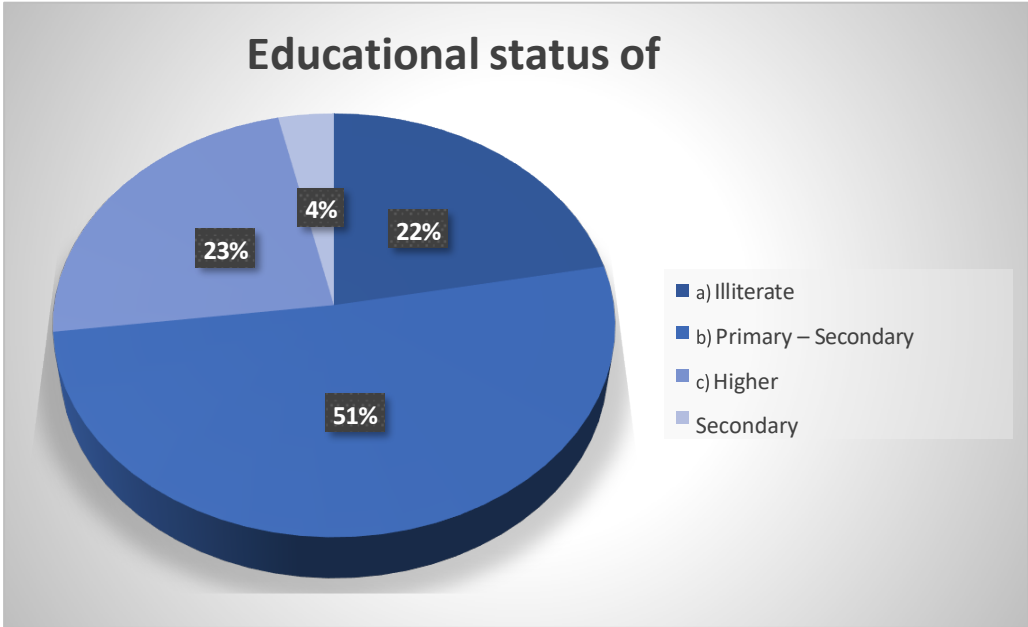


Figure 8: pie diagram showing percentage distribution of subjects According to their educational status of mother.

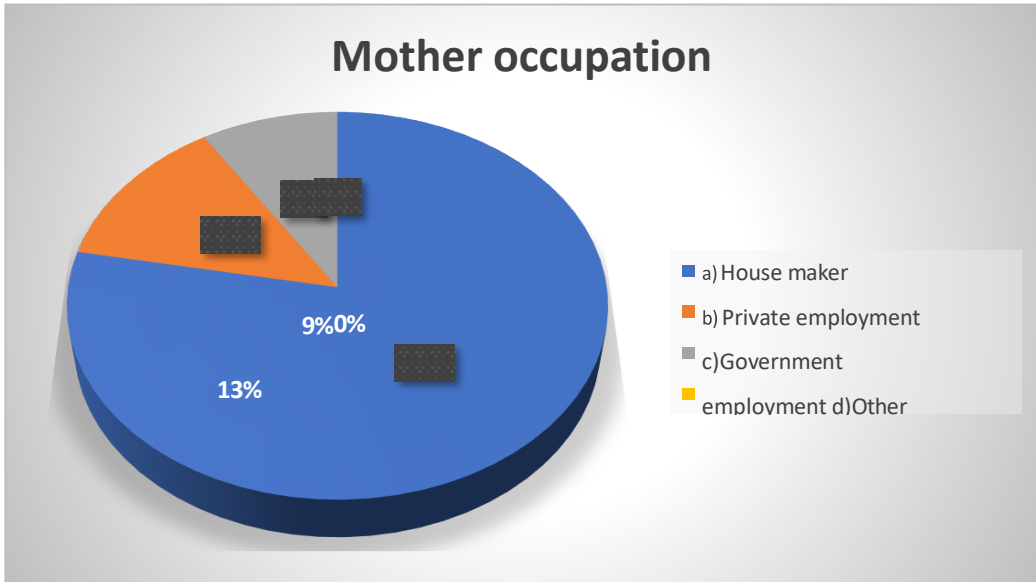


Figure 9: pie diagram showing percentage distribution of subjects According to their mothers occupation.

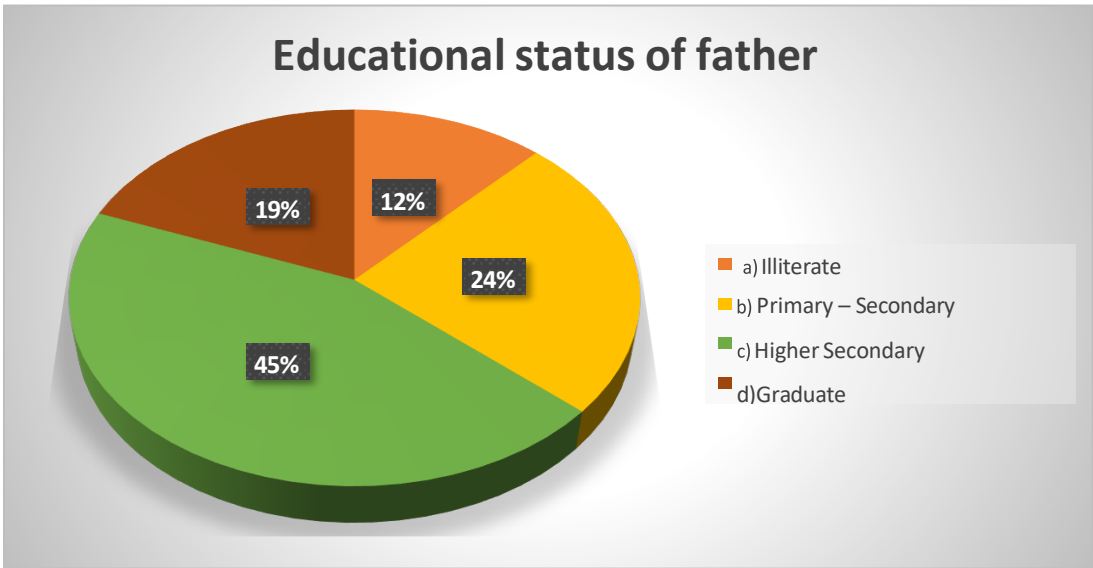
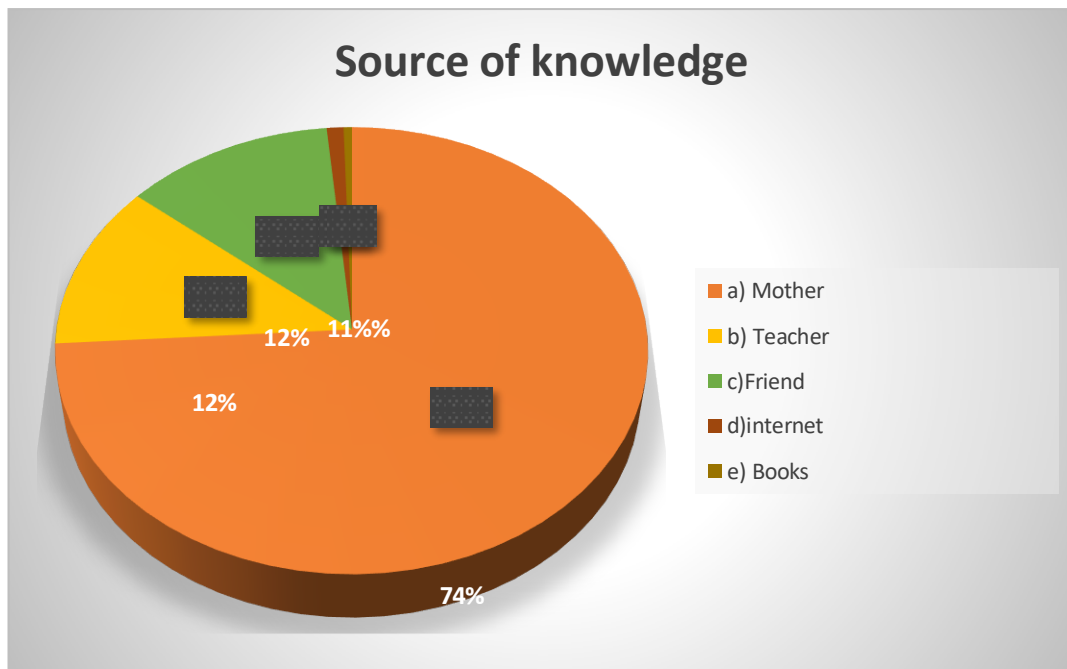


Figure 10: pie diagram showing percentage distribution of subjects According to their educational status of father.



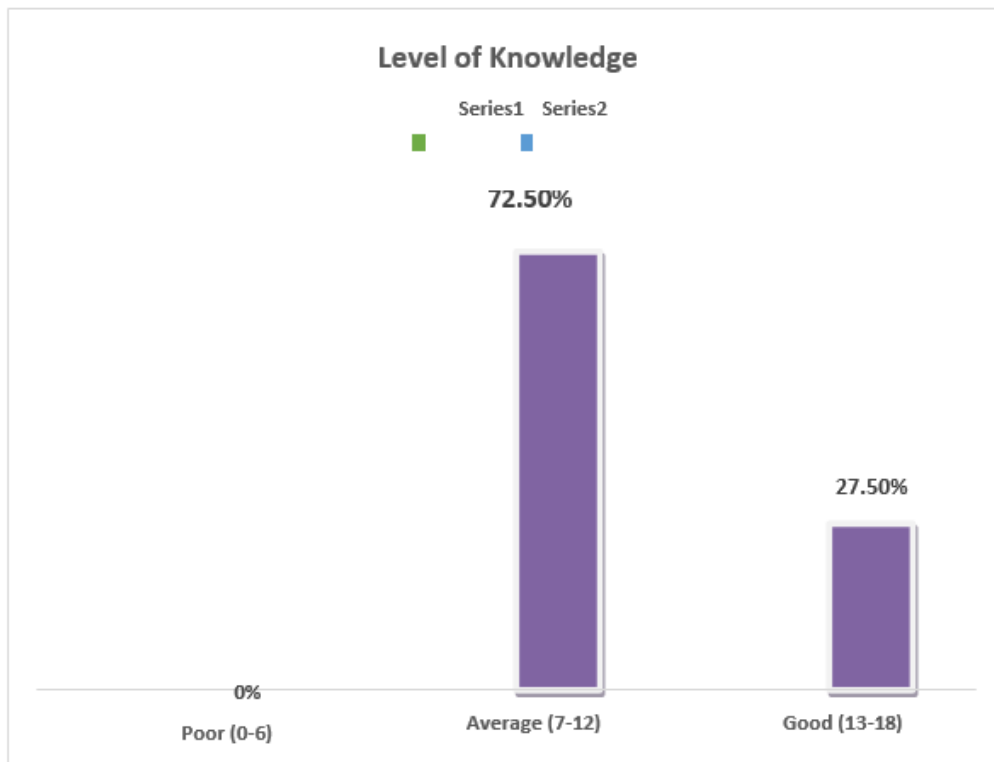
**Figure 11: pie diagram showing percentage distribution of subjects According to their source of knowledge.**



**Figure 12: pie diagram showing percentage distribution of subjects According to their toilet facility.**

## Section II- Assessment of knowledge level among adolescent girls.

Level of knowledge score	Frequency	Percentage
Poor (0-6)	0	0%
Average (7-12)	145	72.5%
Good (13-18)	55	27.5%
Total	200	100%



**Figure 13: Bar diagram showing the knowledge level of adolescent girls regarding menstrual hygiene.**

**Section III- Association between knowledge level and demographic variables.**

SR. No.	Variables		Level of knowledge			Chi test value	df	Inference
			Good	Average	Poor			
1	Age	12-14year	8	38	0			NS
		14-16 year	27	59	0	3.577	3	
		16-18 year	20	47	0			
2	Class	7 <sup>th</sup> -8 <sup>th</sup>	0	8	0	4.807	2	NS
		9 <sup>th</sup> -10 <sup>th</sup>	27	81	0			
		11 <sup>th</sup> -12 <sup>th</sup>	28	56	0			
3	Age Of Menstruation	Below 12 year	5	14	0	2.114	3	NS
		12-14year	32	96	0			
		14-16 year	18	34	0			
		Above 16year	0	1	0			
4	Type of family	Nuclear	25	60	0	0.966	2	NS
		Joint	30	83	0			
		Extended	0	0	0			
5	Religion	Hindu	49	129	0	5.837	2	NS
		Muslim	4	16	0			
		Christian Other	2					
6	Family income per month	Below 5000rs	18	37	0			NS
		5000-10000rs	19	60	0	3.065	3	
		10000-20000rs	6	25	0			
		Above 20000rs	12	23	0			
7	Area of residence	Rural	10	23	0	0.156	1	NS
		Urban	45	122	0			
8	Education status of mother	Illiterate	10	34	0			NS
		Primary-	33	69	0			
		Secondary				2.625	3	
		Higher	10	37	0			
		secondary						
		Graduate	2	2	0			



9	Mother occupation	House maker	44	112	0			NS
		Private employment	5	21	0	1.238	2	
		Government employment	6	12	0			
		Other	0	0	0			
10	Education status of father	Illiterate	7	17	0			NS
		Primary-secondary	19	30	0	4.874	3	
		Higher secondary	19	70	0			
		Graduate	10	28	0	2.678	4	
11	Source of knowledge	Mother	39	115	0			NS
		Teacher	7	11	0			
		Friends	8	17	0			
		Internet	1	1	0			
		Books	0	1	0			

(at  $p < 0.05$ )

**Table:** shows that those no significant relationship ( $p < 0.05$ ) found no significant relationship between demographic variables and their knowledge regarding menstrual hygiene.

### Major findings of the study in detail

#### Section - I

- Majority of the study subject, i.e 23% belonged to the age 12-14 year's, followed by 43.5 % who belonged to the age 14-16 year's, 33.5% belonged to the age 16-18 year's.
- Majority of the study subjects i.e 4% were in 7<sup>th</sup>-8<sup>th</sup> standard followed by 54% belonged to 9<sup>th</sup>-10<sup>th</sup> standard, 42% belonged to 11<sup>th</sup>-12<sup>th</sup> standard.
- Majority of the study subject's, i.e age of 9.5% attained menarche at the age of below 12 year's, followed by 64% attained menarche at the age of 12-14 year's, 26% attained at the age of 14-16 year's, 0.5 % attained at the age of above 16 year's.
- As per the type of family majority of the population, i.e 42.5% were having nuclear family followed by 56.5% were having Joint family and 1% were having extended family.
- As per the religion, 87.5% girls were Hindu's, 11.5% were Muslim's, 1% were Christian's and other were 0% .
- Family income of the majority of the subjects, i.e 27.5% was in between below 5,000rs per month, 39.5% was in between 5,000-10,000rs per month, 15.5% had 10000-20000rs per month, 17.5% had above 20,000rs per month.
- As per the area of residence, 16.5% were girls living in Urban, and 83.5% were girls living in Rural area.
- As per the education of the mothers of study subjects 22% had Illiterate level of education, 51% had Primary-Secondary level of education, 23.5% had Higher Secondary level of education, 3.5% had Graduate level.
- As per the occupation of the mother of the study subjects majority of the mothers i.e 78% House makers followed by 13% were in private employment, and 9% were in government employment and 0% were in other.
- As per education of father of study subjects, 12% had only Illiterate level of education, 24.5% had Primary-Secondary level of education, 44.5% had Higher secondary level education, 19% had only Graduate.
- As per the source of information regarding menstruation majority of the study subjects i.e 74% got information from mother, followed by 12% from Teacher, 12.5% from friends, 1% from internet, and 0.5% from Books.
- As per the availability of the Toilet facility 100% has having toilet facility.

#### SECTION -II

knowledge level of adolescent girls regarding menstrual hygiene. Majority of the girls 72.5% had average level of knowledge, 27.5% adolescent girls had good knowledge and 0% of the adolescent girls had poor knowledge.

#### SECTION- III

Association between knowledge level and selected demographic variables. There was no significant



relationships between level Of knowledge with demographic variables.

## DISCUSSION

This part of chapter deals with Discussion of the finding of present study in accordance with finding pertaining to research problem. The finding of study are discuss with the reference to results observed by other investigator. The present study was designed to assess the knowledge regarding factor affecting menstrual hygiene among adolescent girls selected schools at Etawah .

The total sample size of 200 According to knowledge regarding factor affecting menstrual hygiene among adolescent girls. Adolescent girls have good knowledge 27.5%, have average knowledge 72.5% and have poor knowledge 0% and data analysis was done by using descriptive statistics.

This study was supported by Nimithamohan K. et al. In their study those out of 200 girls, most of the girls 3% were of 13 years of age, while 1.5% were of 16 years. The majority of the girls belonged to the nuclear family 58% followed by the Joint families 25.5% .

In this present study out of 200 girls most of the girls 43.5% were 14-16 years of age, while 33.5% were of 16-18 Year's, 23% 12-14 year's of age the majority of the girls belonged to nuclear family 42.5% followed by the Joint families 56.7%.

This study was supported by Aruna Shanmugam In their study regarding religion 70% Christian, 23% Muslim, 3 % Hindu, 3% other and regarding family income 10% 3000/-month, 60% 5000- 7000/-month, 20% 10000/month, and regarding education of mothers 83% 12<sup>th</sup> standard, 13% 10<sup>th</sup> standard and regarding the percentage distribution of knowledge out of 30% sample 80% girls were moderate knowledge, 20% girls were adequate knowledge.

In this present study out of 200 girls most of the girls regarding religion 87.5% Hindu, 11.5% Muslim, 1% Christian, 0% other and regarding family income 27.5% below 5000/month, 39.5% 5000-10000/month, 15.5% 10000-20000/month, and regarding education of mothers 22% Illiterate, 51% Primary-Secondary, 23.5% Higher Secondary, 3.5 % Graduate and regarding the percentage distribution of knowledge out of 200 sample 27.5% girls were good knowledge, 72.5% girls were average knowledge.

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