



# DESCRIPTIVE STUDY TO ASSESS KNOWLEDGE REGARDING USE OF SANITARY NAPKIN AMONG ADOLESCENT GIRLS

Chaudhari Ankitaben Bhagavanbhai, Patel Prachi Rajendrakumar, Chaudhary Jignaben Ravatabhai, Parmar  
Rushiben Prahaladbhai, Thakor Hiteshkumar Rameshji

Nootan College of Nursing, Sankalchand Patel University, Visnagar, Gujrat-384315.

Corresponding Author:-

Chaudhari Ankitaben Bhagavanbhai

## ABSTRACT

Thus, menstrual hygienic practices are greatly emphasized among school girls in order to promote their reproductive health, which also improves the girl's self-image and promotes their attitude towards good reproductive health. It also avoids the embarrassment of staining their cloth and promotes their self-respect among their friends. Good menstrual hygiene enhances their confidence and promotes the regular school attendance and prevents environmental pollution.

**STATEMENT OF THE PROBLEM** "A Survey Study To Assess Knowledge Regarding Sanitary Napkin Among School Girls Those Who Attained Menarche At A Selected School In Visnagar."

**OBJECTIVES** To assess the level of knowledge regarding sanitary napkin among school girls those who attained menarche., 2. To associate the selected demographic variables with the level of knowledge regarding sanitary napkin among school girls those who attained menarche.

**DESIGN:** Non experimental survey design

**PARTICIPANTS:** It refers to school girls those who attained menarche, aged between 12 and 14 years and studying in VIII (or) IX standard at Govt. girls higher secondary school

N.M. Nootan Serva Vidhyalay Visnagar.

**CONCLUSION:** The study concluded that Knowledge Regarding Sanitary Napkin Those Who Attained Menarche in school girls. They enhance the hygienic practice and promote their regular Reproductive health.

**KEYWORDS:** Knowledge, Sanitary Napkin, Adolescent Girls.

## INTRODUCTION

School life is the first experience of living outside the home which moulds the school children to prepare themselves to lead a life, according to their growth and development and changing needs of the society. School is the best forum for the students to acquire knowledge, skill and attitude in various aspects

of their life style pattern. The health of the child is the basement for healthy nation. In the school life the concept of prevention and health promotion are inevitable to bring the child with a good health. The personal hygiene is the fundamental step for the children to learn in order to prevent diseases and promote health.<sup>1</sup>

When the girl attains menarche, menstrual hygiene is the real challenge for them to practice. The good menstrual hygiene prevents reproductive tract infection among girls which ultimately promote their reproductive health. The current trend of antenatal care starts from puberty. Menstrual hygiene management also includes, using soap and water for washing the body as required and having access to facilities to dispose of used menstrual management material. To highlight the menstrual hygiene awareness among girls 28<sup>th</sup> May is observed as menstrual hygiene day, which aims to break taboos and raise awareness about the importance of good menstrual hygiene management for women and adolescent girls worldwide.<sup>2</sup>

According to a study conducted in Sweden, more than half of all menstruation women report some discomfort. A prominent obstetrician also stated that approximately 5–10 % of girls in their late teens suffer from severe spasmodic dysmenorrhea, which disrupts their educational and social lives.<sup>3</sup> Kegel exercises, and Deep breathing exercises can help you feel better physically and emotionally During this time.<sup>4</sup>

Thus, menstrual hygienic practices are greatly emphasized among school girls in order to promote their reproductive health, which also improves the girls self-image and promote their attitude towards good reproductive health. It also avoids the embarrassment of staining their cloth and promote their self-respect among their friends. Good menstrual hygiene enhances their confidence and promote the regular school attendance and prevent environmental pollution<sup>6</sup>

## METHODOLOGY

**Research approach:** Quantitative approach

**Research design:** Non experimental survey design

**Study setting:** The study was conducted in N.M. NOOTAN SERVA VIDHYALAY Visnagar.

**Population:** VIII (or) IX standard and aged between 12 and 14 years is selected for this study. The population is complete set of individuals of objective that possess some common characteristics of interest of the research.

**Target population:** It refers to the school girls those who attained menarche studying in VIII (or) IX standard and aged between 12 and 14 years.

**Accessible population:** It refers to school girls those who attained menarche, aged between 12 and 14 years and studying in VIII (or) IX standard at Govt. girls higher secondary school N.M. NOOTAN SERVA VIDHYALAY Visnagar.

**Sample:** The sample for the present study comprise of 50 school girls of N.M. NOOTAN SERVA VIDHYALAY Visnagar.

**Sampling technique:** A sample is a subset of the population that has been chosen for observation and analysis. The process of picking a subset of the population to represent the complete population is known as

sampling.<sup>5</sup>Purposivesamplingtechnique used for this study

**Sample size:** 60

**Tool:** Self-administered questionnaire was done to check the clarity of the items, their feasibility and practicability.

### SAMPLING CRITERIA

#### Inclusion Criteria.

- School girls those who were aged between 12 and 14 years, attained menarche and studying in VIII (or) IX standard at N.M.Nootan Serva Vidhyalaya Visnagar
- School girls those who were able to speak, read and write Gujarati.

#### Exclusion Criteria

- School girls those who were not willing to participate in this study.
- School girls those who were on leave.

### STATISTICAL ANALYSIS

Statistical analysis was performed with SPSS (Statistical Package for Social Sciences) (version 17.0). Results are expressed as mean  $\pm$  standard deviation (SD) and assessed using Student's t-test. P-value  $< 0.05$  was considered.<sup>7</sup>

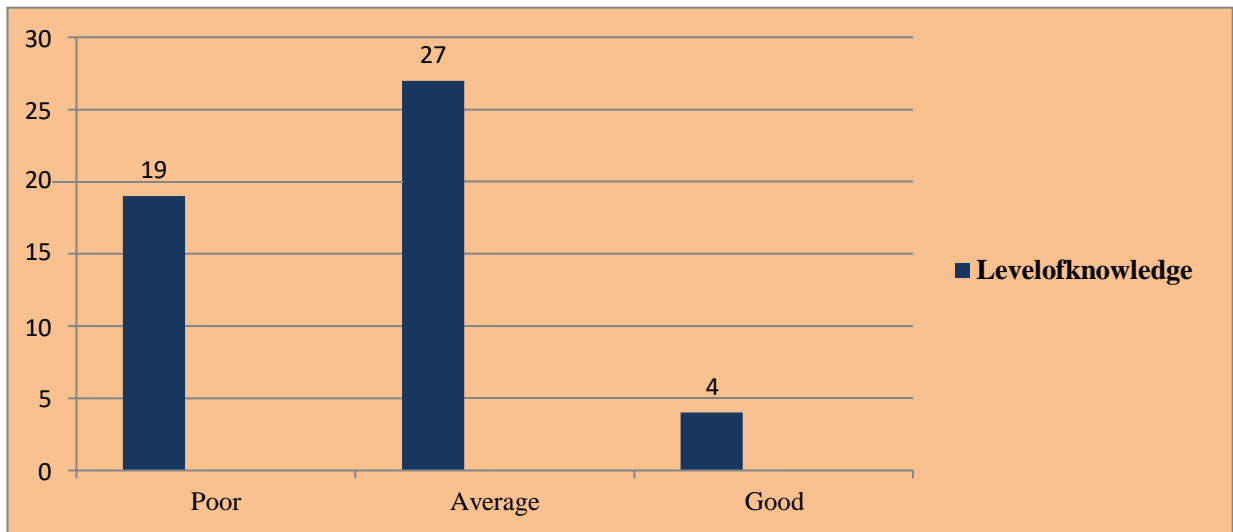
**Descriptive statistic:** frequency, mean, mean percentage and standard deviation is used to describe demographic characteristics and interpreted knowledge and present in the form of tables and graph.

**Inferential statistic:** Chi Square test is used to associate the level of knowledge and selected demographic variable

**Table 1: Distribution of level of knowledge regarding sanitary napkin among school girls in pretest.**  
N=50

S.NO	Level of knowledge	Pre-test	
		N	%
1	Poor knowledge	19	38
2	Average knowledge	27	54
3	Good knowledge	4	8
<b>Total</b>		50	100

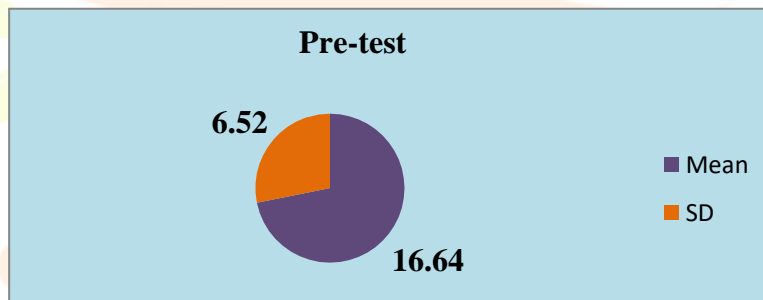
The above table reveals that 19 (38%) had Poor Knowledge and 27 (54%) had Average Knowledge and 4 (8%) had Good knowledge of participants in pre-test knowledge respectively.



**Table:-2- Pre test knowledge score regarding sanitary napkin among school girls.**

S.NO	Observation	Mean	SD
1	Pre-test	16.64	6.52

Table-2 depicts that pre-test scores on the level of knowledge. In Pre-test mean score is 16.64 (SD 6.52).



**Table:-3 Association of socio demographic variables with level of knowledge regarding sanitary napkin among school girls.****N=50**

S.No	Demographic variables		PRE-test knowledge score					Result
			Poor	Average	Good	chi square	P value	
1	Age in years	12.1-13	8	19	9	3.3918.	.183436	Not significant
		13.1-14	9	7	8			
2	Education	VIII standard	6	7	5	0.1146.	.944298.	Not significant
		IX standard	10	14	8			
3	Religion	Hindu	9	8	12	0.4476.	.799455.	Not significant
		Muslim	6	8	8			
4	Type of family	Nuclear family	6	5	7	0.6583.	.956368.	Not significant
		Joint family	10	8	7			
		Broken family	3	2	2			
5	Residence	Urban	10	12	8	1.172	0.5554	Not significant
		Rural	9	8	3			
6	Educational status of father	Illiterate	6	6	3	3.08	0.92	significant
		Primary	2	1	1			
		High school	1	2	1			
		Higher secondary	13	7	2			
		Graduate	2	2	1			
7	Educational status of Mother	Illiterate	8	7	5	0.55	0.99	Not significant
		Primary	3	2	1			
		High school	2	2	1			
		Higher secondary	6	6	4			
		Graduate	1	1	1			
8	Occupational status of Father	Employed	9	9	8	1.1474	0.88	significant
		Unemployed	6	5	2			
		Self-employed	4	4	3			
9	Occupational Status of Mother	Employed	8	8	4	0.1013	0.99	Not significant
		Unemployed	5	6	3			
		Self-employed	6	7	3			
10	Family income per month (Rs.)	Upto 5,000	3	2	1	1.37	0.96	significant
		5,001 to 7500	6	5	7			
		More than 10,000		87	7			
11	Number of sibling	1		155	2	3.0690	0.54	significant
		2		109	4			
		3 and above		53	2			
12	Source of information	Mother		126	4	1.606	0.95	significant
		Relatives		76	2			
		Mass media		33	1			
		Friends		23	1			

NS=Not significant SS=statistically significant \*P&lt;0.05

The above table shows that there was a statistically significant association of Education status of father, Occupational status of Father, Family income per month (Rs.), Number of sibling, Source of information with the level of knowledge regarding sanitary napkin among study participants at level P<0.05.

### CONCLUSION

The study concluded that Knowledge Regarding Sanitary Napkin Those Who Attained Menarche in school girls. They enhance the hygienic practice and promote their regular Reproductive health.

## REFERENCES

- [1] Annamma Jacob, (2005). A Comprehensive Textbook of Midwifery 2nd edition. Jaypee Brothers Medical Publishers, New Delhi;
- [2] Abdulla, F.G., & Levine (1986). Better Nursing Care through Nursing research. 11th edition. MacMillan Company, London;
- [3] Mahalakshmi *et al.* Effect of Beta vulgaris extracts on dysmenorrhea among adolescent girls Bioinformation 18(7):657-660(2022) doi: [10.6026/97320630018657](https://doi.org/10.6026/97320630018657)
- [4] N.SivaSubramanian, *et al.* , Effect of Kegel Exercise and Prone Position on Spasmodic Pain and Involution of Uterus Among Postnatal Mothers.(2023). Int. J. Life Sci. Pharma Res.13(3), L28-L37 <http://dx.doi.org/10.22376/ijlpr.2023.13.3.L28-L37>.
- [5] Mahalakshmi *et al.* Awareness on mosquito borne diseases among urban & rural population in Northern Gujarat Bioinformation 18(7):640-644(2022)doi: [10.6026/97320630018640](https://doi.org/10.6026/97320630018640)
- [6] Basvanthappa, B.T. (2013). Text Book of Nursing Research. 3rd edition. Jaypee Brothers Medical Publishers, New Delhi ;
- [7] Ekambaram *et al.* Bioinformation 18(3):255-260(2022) doi: [10.6026/97320630018255](https://doi.org/10.6026/97320630018255)

