



# “A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE ON MENSTRUAL HYGIENE AMONG ADOLESCENT GIRLS OF SELECTED GOVERNMENT SCHOOL AT MEERUT”

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## ABSTRACT

Menstrual hygiene is vital to the empowerment and well-being of women and girls worldwide. It is about more than just access to sanitary pads and appropriate toilets – though those are important. It is also about ensuring women and girls live in an environment that values and supports their ability to manage their menstruation with dignity. Globally, at least 500 million women and girls lack proper access to menstrual hygiene facilities and more than one-third of schools lack single-sex toilets. For adolescent girls, the presence of a safe water supply and clean, functioning, private toilet facilities for managing their menstruation can be the difference between dropping out and getting an education. Additionally, lack of proper menstrual hygiene products increases risk of reproductive and urinary tract infections. **OBJECTIVE:** -1. To assess knowledge and attitude regarding menstrual hygiene among adolescent girls in selected government school at Meerut. 2. To comparison between knowledge and attitude regarding menstrual hygiene among adolescent girls in selected government school at Meerut. **MATERIAL AND METHODS:** - The research design adopted for the study was descriptive design and research approach adopted for this study was non experimental approach. The sample size was 100 adolescent girls of menstrual hygiene. The adolescent girls were selected in government school at Hapur. The data analysis was done using the descriptive and inferential analysis. Results: The result shows that according to age of adolescent girl 2% of adolescent girl are in the category 18 years, 3% of adolescent girl are in the category 17-18 years, 32% of adolescent girl are in the category 16-15 years, 63% of adolescent girl are in the category 15 years. shows that 5% of monthly family income is less than Rs.3000/-, 8% of monthly family income is between

Rs.3001-5000/-, 10% of monthly family income is between Rs.5001-7000/- and 77% of monthly family income is above Rs.10000/-, The mean score on knowledge on menstrual hygiene of the respondents is 6.75 with standard deviation of 2.2624. Based on this finding, we can assume that adolescent girls have good hygienic knowledge and developed a good confidence in managing the event of menses. The data show that the mean score on attitude on menstrual hygiene of the respondents is 7.69 with standard deviation of 1.368439. Based on this finding, we can assume that adolescent girls have good hygienic knowledge and developed a good confidence in managing the event of menses. **CONCLUSION:** - The study shows that 20% adolescent girls had inadequate knowledge, 32% of adolescent girls had moderately adequate knowledge and 43% of adolescent girls had adequate knowledge regarding menstrual hygiene.

**Keywords:** - knowledge, attitude, assess, menstrual hygiene, adolescent girls.

## INTRODUCTION

Adolescence in girls signifies the transition from girlhood to womanhood. One fifth of world population is between 10- and 19-years old amounting to over a billion young people 85% of whom lives in developing countries. Menstruation or menses is the natural bodily process of releasing blood and associated matter from the uterus through the vagina as part of the menstrual cycle. Menstruation is a phenomenon unique to the females. The onset of menstruation is one of the most important changes among the girls during the adolescent years. The first menstruation (menarche) occurs between 11 and 15 years with a mean of 13 years.

Menstrual Hygiene is an issue that every girl and woman have to deal with once she enters adolescence around the age of 12 yrs. and until she reaches the menopause somewhere in her 40's. Overall, a woman spends approximately 2,100 days menstruating which is equivalent to almost six years of her life. Menstruation is a monthly occurrence that requires access to appropriate materials and facilities, without which, females suffer from poor menstrual hygiene which restricts their movement and self-confidence. Hygiene-related practices of women during menstruation are of considerable importance, as it has a health impact in terms of increased vulnerability to reproductive tract infections (RTI)

Women having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to RTI and its consequences. Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women. Good menstrual hygiene is therefore crucial for the health, education and dignity of girls and women. In several culture there are (cultural and or religious) taboos concerning blood, menstruating girls and women and menstrual hygiene. In recent years importance of health counseling for adolescents has been appreciated but there are no large-scale community-based studies to assess awareness about menarche and reproduction in Indian adolescent girls.

## STATEMENT OF PROBLEM

“A study to assess the knowledge and attitude on menstrual hygiene among adolescent girls of selected Government School at MEERUT”

### OBJECTIVE

1. To assess knowledge and attitude regarding menstrual hygiene among adolescent girls in selected government school at Meerut.
2. To make comparison between knowledge and attitude regarding menstrual hygiene among adolescent girls in selected government school at Meerut.

### ASSUMPTIONS:

It is assumed that:

- Adolescent girls may have some knowledge and attitude regarding menstrual hygiene at selected government school, Meerut.
- Adolescent girls will be willing to express their knowledge and attitude regarding menstrual hygiene.

### HYPOTHESIS:

H1 – There will be a significant of knowledge and attitude on menstrual hygiene among adolescent girls.

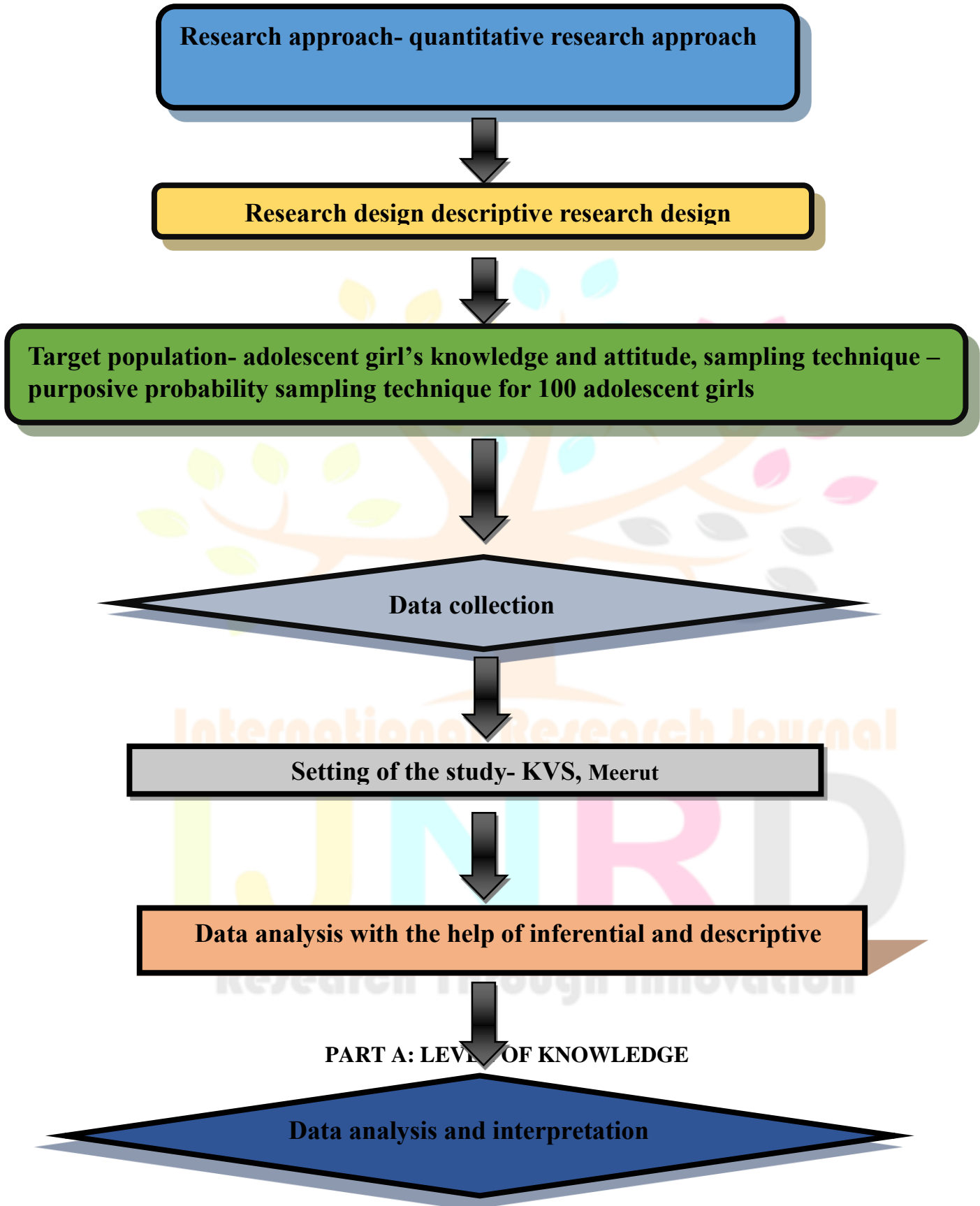
H2 – There will be a significant on comparison between knowledge and attitude on menstrual hygiene among adolescent girls.

### VARIABLES

**Demographic variables:** - In this study demographic variables are age, religion, age of menarche, type of family, mother's education, father's education, family income and information regarding menstrual hygiene.

**Research variables:** - In this study, knowledge & attitude regarding menstrual hygiene among adolescent girls of selected government school at Meerut.

Figure- :1 Schematic representation of Research Design



**ASSESSMENT OF MEAN AND STANDARD DEVIATION OF KNOWLEDGESCORE**

<b>Number of samples</b>	<b>Mean</b>	<b>Standard Deviation</b>
<b>100</b>	<b>6.75</b>	<b>2.262452</b>

The data in the table 1 shows that the mean score on knowledge on menstrual hygiene of the respondents is 6.75 with standard deviation of 2.2624.

Based on this finding, we can assume that adolescent girls have good hygienic knowledge and developed a good confidence in managing the event of menses

**PART B: LEVEL OF ATTITUDE**

TABLE 2

**ASSESSMENT OF MEAN AND STANDARD DEVIATION OF ATTITUDE SCORE**

<b>NUMBER OF SAMPLES</b>	<b>MEAN</b>	<b>STANDARD DEVIATION</b>
<b>100</b>	<b>7.69</b>	<b>1.36844</b>

The data in the table 2 show that the mean score on attitude on menstrual hygiene of the respondents is 7.69 with standard deviation of 1.368439.

Based on this finding, we can assume that adolescent girls have good hygienic knowledge and developed a good confidence in managing the event of menses

Table 3

**Co-efficient of correlation between post-test knowledge scores and post-test attitude score of the adolescent girl on menstrual hygiene**

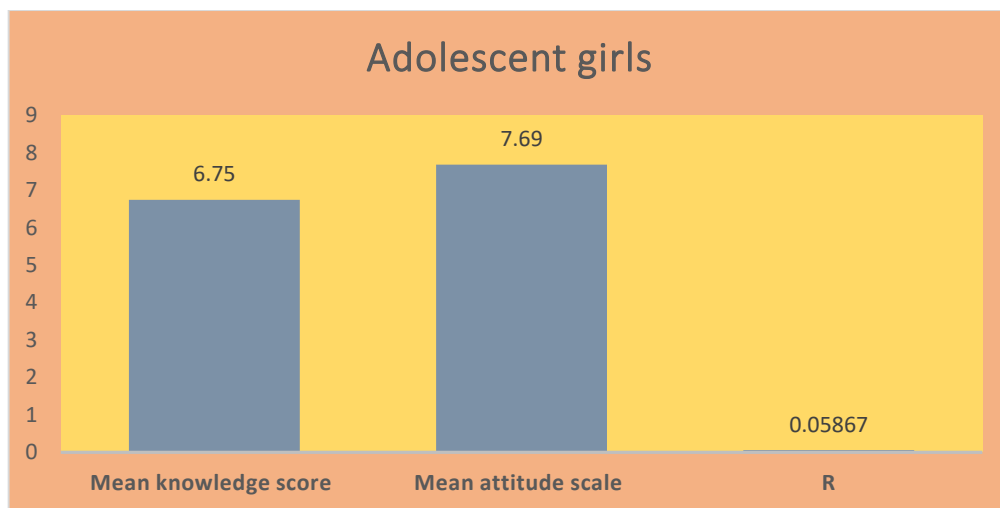
N=100

<b>Group</b>	<b>Mean knowledge score</b>	<b>Mean attitude scale</b>	<b>R</b>
Adolescent girls	<b>6.75</b>	<b>7.69</b>	0.05867



df (98),  $r = .1946$  at the level of significance 0.05 level

Above the table No.-3 depicts that the coefficient of correlation between post-test knowledge scores and post-test attitude scores is .058 which is less than the table value (.1946), it shows that there is no significant relationship exists between mean post-test knowledge and mean post-test attitude of the adolescent girls, which is a true relationship not by chance, hence the research hypothesis H2 was accepted because of positive relation.



#### IMPLICATIONS:

The investigator had drawn the following implications from his study, which is of vital concern to the field of nursing practice, nursing education, nursing administration and nursing research.

#### Nursing practice:

Health education is an important function of the health personnel. Nurses as resource persons working in community settings should impart education to the adolescent girl regarding menstrual hygiene and its prevention. It helps in improving their knowledge and attitude towards the maintain the personal hygiene of menstrual hygiene among adolescent girl.

#### Nursing education:

The present study emphasizes on enhancement regarding knowledge and attitude regarding menstrual hygiene. In order to achieve this, the students, nurses and all health personnel should be given the responsibility to teach the community and the teaching should be repeated until they have gained knowledge.

### **Nursing Administration:**

Nurse as an administrator plays an important role in educating the professionals and in policy making such as mass health education measures in the school going adolescent girl. The special implication of nursing administration in community is that they should pay attention to all adolescent girl and see whether they are provided with enough education about menstrual hygiene. Being a nurse administrator, one can arrange in- service education and special educational and demonstration classes regarding maintained of menstrual hygiene.

### **Nursing Research:**

The essence of research is to build a body of knowledge in nursing. The findings of the present study serve as the basis for the professionals and the students to conduct further studies. The generalization of the study results can be made by replication of the study. Nursing research is the means by which nursing profession is growing.

### **RECOMMENDATIONS:**

On the basis of the findings of the study is recommended that

1. A study can be undertaken with a large sample for better generalization.
2. A similar study can be undertaken by adopting an experimental design.
3. A similar study can be done to assess the knowledge of adolescent girl.
4. A similar study can be done among adolescent girl.
5. A similar study can be done among tribal children and plan area.

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