"A STUDY TO ASSESS THE KNOWLEDGE REGARDING MENSTRUAL HYGIENE AMONG STUDENTS AT AL SHIFA COLLEGE OF PARAMEDICAL SCIENCE, PERINTHALMANNA"

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ABSTRACT

The present study was aimed to assess the Knowledge of students regarding menstrual hygiene among students at Al shifa college of Paramedical science, Perinthalmanna Kerala. The objectives of the study were to assess the knowledge and the association between knowledge regarding menstrual hygiene among students at Al shifa college of paramedical science with selected demographic variables. A descriptive research design was used to study 60 students from Al shifa college of Paramedical science, selected by Stratified sampling Technique. The data was collected by using structured knowledge questionnaire on knowledge regarding menstrual cycle. The data collected was analyzed to achieve the objectives of the study and to test the research hypotheses. The results revealed that most of the subjects had Good knowledge (33.33%) whereas only (16.6%) had average knowledge regarding Menstrual Hygiene. The range, mean, median and standard deviation of knowledge questionnaire were 25, 21, 22 and 3.42 respectively. Results showed that no significant association was found between age, Residency, Religion and for previous knowledge regarding menstrual hygiene. The calculated $\chi 2$ value for age - 2.92 with p value-0.08,

Residency-2.22 with p value-0.13, Religion -2.78 with p value 0.09 and for previous Knowledge -0.17 with p value-0.68 at 0.05 level of significance.

The present study helped to identify the knowledge of paramedical students on Menstrual Hygiene. Repeated training to the students will help to improve the knowledge and thereby prevent the further complications.

INTRODUCTION

Hygiene is very important not only adolescent girls, it isimportant for all as it will give fresh look and remove microorganism and dirty from our body. During menstruation, hygienic practices very important, because it has considerable impact on good health of adolescent girls. Most of the women face the infection related issues, if they fail to maintain menstrual hygiene. The interplay of socio - economic status, and menstrual hygiene practices are noticeable. Today millions of women are sufferers of reproductive tract infection (RTI) and its complications.(Venkata, 2018)

NEED FOR THE STUDY

A cross sectional study was conducted in 2013 among 50 girls of first year MBBS of Sri Aurobindo Institute of Medical Sciences, Indor to assess the knowledge, attitude and practices of menstrual hygiene. . A Self developed, pre-validated questionnaire was used.the result that in 35.22% (n=62) of students, menstrual habits were inculcated by their mothers. 152 girls (86.36%) were using sanitary napkins as absorbent material during their menstrual cycle. 42% (73 girls) were doing vaginal wash daily. The study concluded that the girls should be educated about the significance of menstruation and development of secondary sexual characteristics, selection of a sanitary menstrual absorbent and its proper disposal

A study conducted on "Menstrual hygiene among adolescent girls" by Krishna Institute of Medical Sciences, Karad, Maharashtra. the results shows that among the 100 adolescent girls about 76% had no knowledge of menses before menarche and about 60% girls used sanitary pad and the rest used cloth pieces. About 22% used water and no soap for hand washing.

OBJECTIVES OF THE STUDY

1. Assess the knowledge regarding Menstrual hygiene among students at Al shifa college of paramedical science

2. Find out the association between knowledge regarding menstrual hygiene among students at Al shifa college of paramedical science with selected demographic variables.

HYPOTHESES

There will be a significant association between knowledge regarding menstrual hygiene among Medical students with selected demographic variables at 0.05 level of significance

SETTING OF THE STUDY

The study conducted at Al Shifa College of paramedical sciences

POPULATION

Para medical students with age group 17-20 years.

SAMPLE

Para medical students studying in BSC MLT

SAMPLING TECHNIQUE

Stratified sampling Technique

CRITERIA FOR THE SELECTION OF THE SAMPLES

Inclusion Criteria

- Para medical students with in the age group 17-20 years.

- Para medical students who are willing to attend the study.

Exclusion Criteria

- Para medical students who are not available on the day of study.

DATA COLLECTION INSTRUMENTS

The tools used for the study were,

Section A: Demographic Proforma.

Section B: A structured knowledge questionnaire to assess the Knowledge of students regarding Menstrual Hygiene

DATA COLLECTION PROCESS

After getting permission from ethical committee , researcher taken consent from the subjects and collected data from the participants by using the tool.

RESULTS

Section A: Description of the Demographic Variable

Table 1: Frequency and Percentage Distribution of students on Demographic Variables

N=60

Sl. No.	Demographic Variables	Frequency (f)	Percentage (%)
1.	Age (years)		
	a. 17 Years	19	31.6
	b. 18 Years	23	38.3
	c. 19 Years	13	21.6
	d. 20 Years	5	8.3
2.	Residency		
	a. Urban	27	45
	b. Rural	23	38.3
	c. Semi Urban	10	16.6
3.	Religion	23	38.3
	a. Hindu	22	36.6
	b. Muslim	15	25
	c. Christian		
4.	Have you had any previous knowledge regarding Menstrual hygiene		
	a. Yes	33	55
	b. No	27	45

All the subjects (38.3%) were in the age group of 18 years.

Majority of subjects (45%) from urban area

Most of the subjects(38.3%) belongs to Hindu Religion

Majority of subjects (55%) had previous knowledge regarding Menstrual Hygiene

Section B: Knowledge of students regarding Menstrual Hygiene

Table 2: Frequency and Percentage Distribution of Knowledge Scores of students regarding Menstrual Hygiene

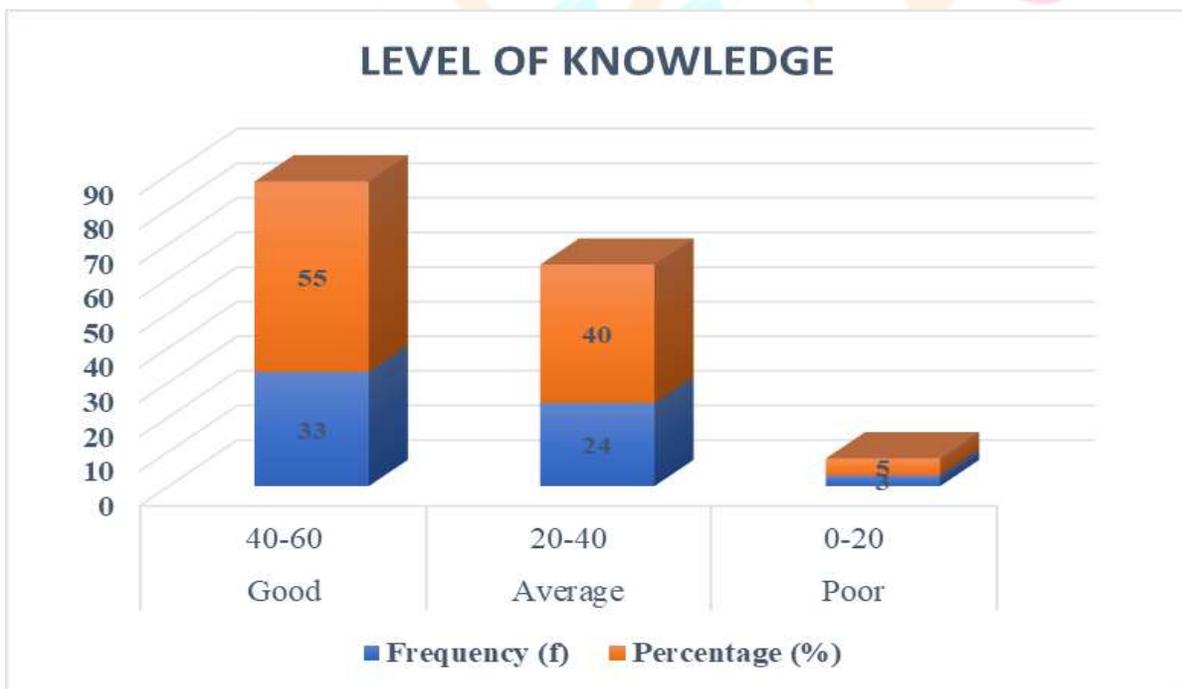| Level of Knowledge	Range of score	Frequency (f)	Percentage (%)
Good	40-60	33	55
Average	20-40	24	40
Poor	0-20	3	5

Figure 1: Bar Diagram showing the Percentage Distribution of students according to their Knowledge Scores

Data presented in the Table 2 and Figure 1 shows that, most (40%) of students had average knowledge, 55% of students had good knowledge whereas lowest percentage (5%) of them had poor knowledge

Table 3: Range, Mean, Median, Standard Deviation and Mean Percentage of Knowledge Score of students

Range	Mean	Median	SD
25	21	22	3.42

Data in the Table 3 shows that the range of score is 25. The data also depicts that the mean and median of knowledge score are 21and 22

Section C: Association of Knowledge Scores with selected Demographic Variables

Table 4: Chi-Square Test Showing Association of Level of Knowledge Scores with Selected Demographic Variables

Sl. No.	Demographic Variables	χ^2	Inference
1.	Age (in years)	2.92	Not significant
2.	Residency	2.22	Not significant
3.	Religion	2.78	Not significant
4.	Previous Knowledge	0.17	Not significant

The data in the Table 4 shows that, no significant association was found in age, Residency, Religion and Previous Knowledge regarding Menstrual Hygiene. Hence the research hypothesis was accepted at 0.05 level of significance.

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