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Knowledge regarding menstrual hygiene among women at NTR Nagar in Nellore

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Abstract

Menstruation is the monthly elimination through a bloody vaginal discharge of a portion of the lining of the uterus that has been prepared to protect and nurture a fertilized egg in the event of pregnancy. The present cross sectional descriptive study was conducted for identifying the knowledge regarding menstrual hygiene practices among women. 100 women selected by non probability convenience sampling technique. Data was collected by using structured questionnaire. Analysis was performed by using descriptive and inferential statistics. The results revealed that majority of women 53(53%) are having moderately adequate knowledge regarding menstrual hygiene practices followed by 30(30%) had inadequate knowledge and only 17(17%) women had adequate knowledge. Hence there is need to educate the women, practice of hygiene during menses.

Keywords: Knowledge, menstrual hygiene, women

Introduction

Menstrual hygiene deals with a woman's special healthcare needs and requirements during her monthly menstruation or menstrual cycle. Menstrual hygiene deals with a woman's special healthcare needs and requirements during monthly menstruation or menstrual cycle. Hygiene related practices of women during menstruation are considerable importance as it has a health impact in terms of increased vulnerability to reproductive tract infection (RTI). The interplay of socio economic status, menstrual hygiene practices and RTI are noticeable. Today millions of women are suffers of RTI and its complications and often the infection is transmitted to the off spring of the pregnant mother.

Objectives

- To assess the level of knowledge regarding menstrual hygiene practices among women.
- To associate the level of knowledge regarding menstrual hygiene practices with selected socio demographic variables of women.

Material and methods: Quantitative research approach and cross sectional, descriptive design. 100 women were selected by using the non probability convenience sampling technique. After obtaining informed consent from participants the data was collected by using the structured questionnaire and responses were documented. Descriptive and inferential statistics were used for analyzing the data.

Criteria for Sample Selection

Inclusion criteria

- The women in NTR Nagar, Nellore
- Who are willing to participate
- Who are available at the time of data collection
- Who knows Telugu or English

Exclusion criteria: Women who are

- Having acute illness
- Not willing to participate in the study

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Description of the tool

The tool was developed with the help of related literature from various text books, journals, website, discussion and guidance from experts.

It consists of two parts:

Part-I: It consists of socio demographic variables

Part-II: It consists of structured questionnaire for identifying the knowledge of menstrual hygiene practices. The questionnaire consists of 23 multiple choice questions.

Plan for Data Analysis

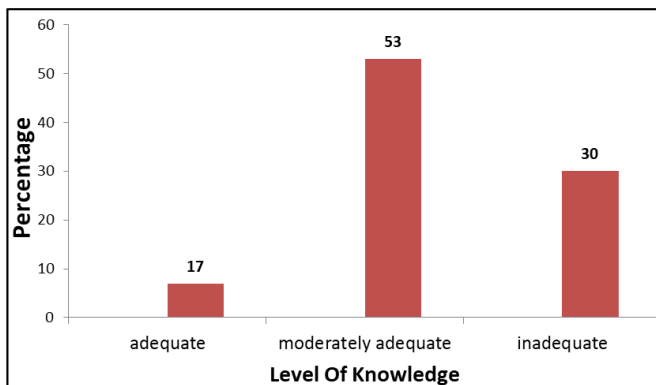
The data was analyzed in terms of objectives of the study using descriptive and inferential statistics.

S. No.	Data analysis	Method	Remarks
1.	Descriptive statistics	Frequency, percentage distribution Mean and standard deviation	Distribution of socio demographic variables
			To assess the level of Knowledge regarding menstrual hygiene practices among women.
2.	Inferential statistics	Chi square test	To find the association between the knowledge regarding menstrual hygiene practices with selected socio demographic variables of women.

Results

Section I: Frequency and percentage distribution of socio demographic variables of women Majority of patients In relation to age 33 (33%) women are between 30-40 years, In context to education 41 (41%) of women had intermediate, In view to occupation 67(67%) are house wives, In context to income 31 (31%) are under 7001-9000 rupees, In relation to religion 52 (52%) are Hindu religion, In context to marital status 81 (81%) women are married, in context to type of family 65 (65%) are belongs to joint family.

Section II: Frequency and percentage distribution of level of knowledge regarding menstrual hygiene practices among women.



Section III: Mean and standard deviation of level of knowledge among women.

Criteria	Mean	Standard deviation
Level of knowledge	13.7	2.60

Section IV: Association between the level of knowledge and socio demographic variables of women.

The Study finding reveals that there is an association between the level of knowledge regarding menstrual hygiene practices and with socio and socio demographic variables like, education, occupation, income, and remaining variables has shown non significant association.

Conclusion

The study concluded that most of the women had inadequate knowledge hence there is need to give awareness programs to help women to gain knowledge and maintain the healthy practices.

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