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A study to assess the awareness regarding menstrual hygiene among adolescent girls in selected school at Jamuhar, Rohtak

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Abstract

Background of the study: Adolescence in girls has been recognized as a special period in their life cycle that requires specific and special attention. This period is marked with onset of menarche. Menstruation is surrounded by various psychological and religious barriers due to lack of knowledge about the scientific process of menstruation many girls residing in slum areas are unable of what happens during menstrual cycle. Although menstruation is a natural process, it is linked with several perception & practices within the community, which sometimes may result in adverse health outcomes. Hygiene during menstruation is an inevitable part of women's life.

Objective of the study

1. To assess the awareness regarding of menstrual hygiene among adolescent girls.
2. To find out relationship between awareness regarding menstrual hygiene and socio Demographic variables.

Hypothesis

H₁: There will be significant association between knowledge score and practice level.

H₂: There will be significant association between knowledge score and selected background variables

Results: In the present study most of the adolescent were 19 (63%) 15-16 years, and majority of the adolescent were 15(50%) from nuclear family, 27(90%) adolescents were Hindu, 30 (100%) adolescent were in class 9th, 13(43%) adolescent's mother were matric passed, 19(64%) mother were housewife, 9(30%) adolescent's father were intermediate passed, 17(56%) were having 5,000 family income per month, 25(83%) were house of pucca, 24(80%) were having toilet in house, 18(60%) were having previous information from their parents. In the present study the frequency of score in test, under Good category was 13 (43%), under average category was 17 (57%) and in under poor category was zero percentage (0%). This suggested that most of the adolescent girls scores were under good and average category.

Keywords: Knowledge, awareness, menstrual hygiene, adolescence.

Introduction

Menstruation (period) is an exceptional phenomenon that the nature has planned for women it is not just a small term but a major stage where a woman undergoes certain reproductive changes from onset of menstruation (menarche) till menopause-adolescence is a stage of physical psychological, and reproductive development that generally occurs during the period from puberty to legal adulthood. The world health organization defines adolescence as individuals between 10 and 19 years of age. Adolescence in girls has been recognized as a special period in their life cycle that requires specific and special attention. This period is marked with onset of menarche. Menstruation is surrounded by various psychological and religious barriers due to lack of knowledge about the scientific process of menstruation many girls residing in slum areas are unable of what happens during menstrual cycle. Although menstruation is a natural process, it is linked with several perception & practices within the community, which sometimes may result in adverse health outcomes. Hygiene during menstruation is an inevitable part of women's life.

Various aspects such as physiology, pathology & psychology of menstruation have been found to associate with health and well-being of women, hence, it is an important issue concerning morbidity & mortality of female population. It is during this period a woman is regarded most vulnerable for developing any kind of reproductive tract infections, urinary tract infections and various sexually transmitted disease.

Menstrual hygiene deals with special health care needs and requirements of women during monthly menstruation of menstrual cycle. Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of millions of women. Menstrual hygiene management should be an imperative of health care. The United Nations defines adequate menstrual hygiene management as "women and adolescent girls using a clean menstrual management material to absorb or collect blood that can be changed in privacy as often as necessary for the duration of menstruation period, using soap & water for washing the body as required, and having access to facilities to dispose of used menstrual management materials. Particularly in poor countries, girls and women face 2 substantial barriers to achieving adequate menstrual management. Teachers leave a positive impact and greatly influence the minds of children. But the issue of menstrual hygiene is seldom being discussed in the school curriculum. It is also included in millennium goals. Therefore, to understand the consequences and importance of menstrual hygiene practices among adolescent girls, it is important to study the current practices about the same to that future interventions can be planned accordingly. With the backdrop, a study was conducted among adolescent girls in the urban slum area to assess the knowledge, beliefs, source of information,

practices of menstrual hygiene, and menstrual pattern and problems and also to identify status of hygiene and the restrictions practiced by adolescent girls during menstruation.

Methodology

Any research work the methodology of integration of vital importance research methodology is a way to solve the problems it is a systematic procedure in which the researchers start from initial identification of the problems of final inclusion this chapter includes research approach setting sample technique and description of tool pilot study data collection and plan for data analysis

Research approach

Quantitative research approach Research approach is an umbrella that covers the basic procedure for conducting research the research approach adopted for this study is and descriptive survey it is used to explore awareness regarding menstrual hygiene among adolescent girls in selected school Jamuhar district Rohtas Bihar.

Data Collection Procedure

- 1st of March to 10th of March data was collected, it took 20-30 min. Problems faced during study No major problem face during data collection
- Plan for data analysis for interpretation.
- Data analysis to be done by using both descriptive and inferential statistics
- Frequency and percentage distribution of sample characteristics.
- Frequency and percentage distribution of sample characteristics with their score obtained from data collection.

Table 1: Frequency and percentage distribution of adolescent girls by their demographic characteristics, N=30

Items	Demographic variables	Frequency	%
Item 1	Age in years		
	a) 12-14	11	37
	b) 15-16	19	63
	c) 17-18	0	0
	d) Above 18 years	0	0
Item 2	Type of family		
	a) Nuclear	15	50
	b) Joint	11	36
	c) Extended	4	14
Item 3	Religion		
	a) Hindu	27	90
	b) Muslim	3	10
	c) Sikh	0	0
	d) Christian	0	0
	e) Other	0	0
Item 4	Class standard		
	a) 9th class	30	100
	b) 11th class	0	0
Item 5	Mother's education		
	a) No formal education	6	20
	b) Primary	7	23
	c) Matriculation	13	43
	d) Intermediate	1	4
	e) Graduate	3	10
Item 6	Occupation of mother		
	a) Student	0	0
	b) Housewife	19	64
	c) Private job	5	16

	d) Government job	3	10
	e) Labour/ farmer	3	10
	Education level of father		
ITEM 7	a) No formal education	4	14
	b) Primary	3	10
	c) Matric	9	30
	d) Intermediate	9	30
	e) Graduate	5	16
	Occupation of father		
ITEM 8	a) Student	2	6
	b) Private job	5	16
	c) Government job	5	18
	d) Labor/farmer	18	60
	Family income		
ITEM 9	a) 5,000	17	56
	b) 5,001-10,000	3	10
	c) 10,001-15,000	5	17
	d) Above 15,000	5	17
	Housing		
ITEM 10	a) Kaccha	4	14
	b) Pucca	25	83
	c) Hat	1	3
	Sanitary toilet in house		
ITEM 11	a) Yes	24	80
	b) No	6	20
ITEM 12	Previous information of menstrual hygiene		
	a) Parents	18	60
	b) Friends	8	27
	c) Teachers	4	13
	d) Social media	0	0

Setting of the study

The study was concluded in Govt. High School Jamuhar, district, Rohtas, Bihar

Population

The target population for the study includes a loss and girls of class 9 to 12 the total number of as a student was 30.

Sample and sampling technique

Simple random (lottery method), Probability sampling technique the sample for the study comprised of 30 students from 9 to 12 class

Criteria of selection of sample

Inclusion criteria innocent girls between 13 to 18 years only those who attend menarche only those who give consent for the study

Exclusion criteria

Innocent girls who are not willing to participate excluded from the study.

Conclusion

This chapter deals with the conclusion, implications, recommendations, and limitations drawn for the study "to assess the awareness regarding menstrual hygiene among adolescent girl in selected school at Jamuhar, dist. Rohtas, Bihar". The following conclusions were drawn based on the findings of the study:

In the present study most of the adolescent were 19 (63%) 15-16 years, and majority of the adolescent were 15(50%) from nuclear family, 27(90%) adolescents were Hindu, 30 (100%) adolescent were in class 9th, 13(43%) adolescent's mother were matric passed, 19(64%) mother were housewife, 9(30%) adolescent's father were intermediate

passed, 17(56%) were having 5,000 family income per month, 25(83%) were house of pucca, 24(80%) were having toilet in house, 18(60%) were having previous information from their parents.

In the present study the frequency of score in test, under Good category was 13 (43%), under average category was 17 (57%) and in under poor category was zero percentage (0%). This suggested that most of the adolescent girls scores were under good and average category.

The association between awareness regarding menstrual hygiene and socio- demographic variables of adolescent's girls, which was analyzed using chi-square test. The findings revealed that there was significance association between the level of knowledge and the socio-demographic variables such as age, type of family, mother's education, occupation of mother, father's education, occupation of father, family income, housing, sanitary toilet in house, previous information about menstrual hygiene.

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