

PERCEPTION AND PRACTICES OF MENSTRUAL HYGIENE AMONG ADOLESCENT SCHOOL GIRLS IN COASTAL SOUTH INDIA

Dr. JOBINSE JOSE ¹, Dr. RAMESH HOLLA ²

1. Postgraduate Resident, 2. Associate Professor

The occurrence of regular menstruation is evidence of a female's excellent reproductive health. Menstruation is linked with religious and cultural meanings that can affect the perceptions of young girls as well the adults which sometimes result in adverse health outcomes. Knowledge about menstruation plays a key role in attaining proper hygiene. Adolescent girls knowing menstrual hygiene and safe menstrual practices are less vulnerable to RTI and its consequences.

Objectives

1. To elicit the perception and knowledge regarding menstruation among adolescent school girls.
2. To assess the practices followed by adolescent girls during the menstrual period

Materials and Methods

Study setting: The study was carried out at among 4 high schools attached to the Department of Community Medicine, Kasturba Medical College, Mangalore for the annual school health examination

Study design: Cross-sectional study

Study population: Students studying in 9th and 10th std.

Sample Size: 350 (Taking knowledge about menstruation among adolescent girls to be 36% based on previous studies, 15% as relative precision and 95% CI, 10% as non-response error)

Study duration: 6 months

Data collection methodology The study commenced after obtaining clearance from the IEC and concerned school authorities. At orientation, class teachers of 9,10 std was explained the purpose and importance of the study. Consent was obtained from the parent after explaining the purpose of the study. This was followed by self-administration of a pre-tested, semi-structured questionnaire

Data Analysis: Data was analyzed using statistical software SPSS version 17.0. Descriptive statistics like mean, proportions, and standard deviation were used for expressing the results.

References

- 1.Chandra-Mouli V, Patel SV. Mapping the knowledge and understanding of menarche, menstrual hygiene and menstrual health among adolescent girls in low-and middle-income countries. Reproductive health. 2017 Dec;14(1):1-6. 2) Paul D. A Report of an ICMR Funded Research Project: Knowledge and Practices of Adolescent Girls Regarding Reproductive Health with special Emphasis on Hygiene during Menstruation. New Delhi. National Institute of Public Cooperation and Child Development (NIPCCD), 2007. 3) Dasgupta A, Sarkar M. Menstrual hygiene: How hygienic is the adolescent girl? Indian Journal of Community Medicine 2008;33(2):77-80.

Conclusion

The majority of participants have adequate knowledge about menstruation. Most of them follow hygienic practices during menstruation. It is better to incorporate menstrual hygiene as a part of education. Provide affordable sanitary napkins, ensure adequate water, cleansing and washing materials, and private spaces in public spaces. Mechanisms for collection and disposal of menstrual waste

Results

Table 2: Practices followed during menstruation

Practices followed	n	%
Absorbent used		
Sanitary pad	281	80.30
Cloth	069	19.70
Substance used for cleaning		
Only water	060	17.00
Soap and water	290	83.00
dispose the absorbent material		
Burn	150	42.90
Burry	044	12.60
Dispose in toilet	066	18.90
Public bin	082	23.40
Throw away	008	02.30

Table 1: Knowledge regarding menstrual hygiene among the study participants (n=350)

KNOWLEDGE	n	%
Normal age at menarche		
Less than 10	036	10.30
11-15	272	77.70
15 and above	016	04.60
Dont know	026	07.40
How often does menstrual cycle occurs		
Once in one and half month	010	02.90
Twice a month	007	02.00
Once a month	325	92.90
Don't know	008	02.30
Organ from which menstrual blood come		
Uterus	072	20.60
Vagina	239	68.28
Stomach	005	01.40
Don't know	034	09.70