



A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING MENSTRUAL HYGEINE AMONG ADOLESCENT GIRLS DOING SECONDARY EDUCATION IN DHARAMAPURI DISTRICT

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ABSTRACT

The blossoming of adolescence in each generation is as fascinating a sight as the unfolding of spring each year predict able and repetitive. objective to assess the knowledge And Attitude of adolescent girls about menstrual hygiene. To assess relationship between knowledge and attitude. Descriptive survey design used. The study was conducted in government girls higher secondary school.Dharmapuri.100 adolescent girls between the age group 15-20years selected by convenient sampling technique. The data was collected through structured interview schedule. Descriptive and inferential statistics used. The overall mean of knowledge on menstrual hygiene 68.5percent with SD 8.5percent.correlation coefficient ($r = +0.205$) revealed positive relationship between knowledge and attitude of respondents on menstrual hygiene. There exists a significant association between age and knowledge level of respondents on menstrual hygiene at 5% level.

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INTRODUCTION

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. Menstruation is also properly call edmenses cat mania and more commonly a period of monthly flow. Menstruation is not an illness. It is a healthy, normal, mature process. Menstrual flow consists of blood, mucus and tissue particles. Average blood loss is about 3 ounces. factors that may alter the menstrual cycle are stress, fatigue, exercise, acute or chronic illness, and changes in climate. The blossoming of adolescence in each generation is as fascinating a sight as the unfolding of spring each year predictable and repetitive.

OBJECTIVES

- To assess the knowledge of adolescent girls about menstrual hygiene.

- To assess the attitude of adolescent girls about menstrual hygiene.
- To assess the relationship between knowledge and attitude.
- To assess the association between selected demographic variables and knowledge.
- To assess the association between demographic variables and attitude.

Related literature

Shazly hussanein (1990) conducted among nursing students affiliated to university of Alexandria to assess the knowledge about menstruation and their practices. Only 85% were acquainted with age of menarche, length of menstrual cycle and duration of menstrual bleeding. The study highlighted the need for educating students about menstrual hygiene. Narayanan (2001) conducted a study among 800 adolescent girl in rural and urban field areas of JIPMER, Pondicherry.

The results showed that the adolescent girls knowledge of anatomy, particularly their knowledge of the source of menstrual blood was very weak. Older girls had better anatomical knowledge than young girls. EI-GILANY, A.H., Badawi and El-Fedawy, (2005) Learning about menstrual hygiene is a vital aspect of health education for adolescent girls. this study among 664 schoolgirls aged 14-18 in Mansoura, Egypt, asked about type of sanitary protection used, frequency of changing pads or cloths, means of disposal and bathing during menstruation. girls were selected by cluster sampling technique in public secondary schools in urban and rural areas. Use of sanitary pads may be increasing, but not among girls from rural and poor families, and other aspects of personal hygiene were generally found to be poor. Such as not changing pads regularly or at night, and not bathing during menstruation. Lack of privacy was an important problem. Mass media were the main source of information about menstrual hygiene, followed by mothers, but a large majority of girls said they needed more information. A supportive environment for menstrual hygiene has to be provided both at home and in school and sanitary pads made more affordable.

METHODOLOGY

The research design selected for the present study was descriptive survey design. The study was conducted in government girl's higher secondary school. Dharmapuri district. The sample comprising of adolescent girls between the age group of 15-20 years. Those doing secondary and higher secondary students were selected for the study. The size of the sample of 100 adolescent girls was included in this study. Adolescent girls who fulfilled the inclusion criteria were selected by convenient sampling technique. The data was collected through structured interview schedule. Demographical variables of adolescent girls which include age, education, religion, type of family, education of mothers, age at menstruation, duration of menstruation sources of information. Structured questionnaire to assess knowledge 21 statements. Attitude statements on menstrual hygiene were formulated based on Liker's scale comprising of 16 statements. Data analysis was done by descriptive and inferential statistics.

RESULTS

- Majority of the respondents 59 % belongs to the age group of 15-16 years of age, possess with educational status 10th standard (41%) and rural background (91%) .
- Majority of the respondents found to be Hindu religion (89%) and nuclear family background (73 %) .
- Age at menstruation noticed at 14-15 years among majority of respondents (44%) and 29 %with 15-16 years. Duration of menstrual period for 30 days observed among 84 percent of respondents. Source of information obtained through mothers and friends found majority (96%) on menstrual hygiene and very less percent through neighbors and relatives.
- The overall mean knowledge score on menstrual hygiene found to be 68.5 percent with SD as 8.5 percent among respondents. Further, the mean knowledge score on anatomy and physiology of organs responsible for menstruation found to be 60.4 and 71.8 percent noticed regarding menstrual hygiene

- Regarding attitude of respondents 63 percent had moderate attitude as compared to 37 percent of the respondents possess with high attitude on menstrual hygiene.

CONCLUSION

In all the mean s knowledge among respondents found to be 68.5% percent and mean attitude of 72.8% percent on menstrual hygiene. Further the correlation coefficient (r) used in measuring the relationship between knowledge and attitude of respondents. The findings indicate that these exists a positive correlation coefficient ($r=+0.0005$) between knowledge and attitude of respondents revealing higher the knowledge better is the attitude. There exists a significant association between age and knowledge level of respondents on menstrual hygiene at 5% level. The association between knowledge and other demographic variables viz., education, religion type of family, age at menstruation, duration of menstrual period, education of mother found to be non significant. The association between attitude of respondents with age. residence and education of mother found to be significant at 5% level. The association between attitude and demographic variables viz.,age, education, type of family, age at menstruation and duration of menstrual period of respondents on menstrual hygiene found to be non significant.

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