



## Study to assess Menstrual Hygiene Among Adolescent Girls (10 and 17years ) from urban area of Ludhiana Punjab

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### ABSTRACT

Hygiene during menstruation is inevitable part of ever women's life. So adolescence age has been recognized as a special period that requires specific attention as it marks the onset of menarche, an important milestone, and hence good hygienic practices during menstruation are crucial to maintain a healthy life. **Aims and Objectives:** This study was planned to assess knowledge regarding menstruation among adolescent girls. **Materials and Method:** A descriptive study was carried out in urban area. Data were collected during 11 March to 15 April 2021 period of Among the 100 adolescent girls, **Results:-** The distribution of adolescent girls (10-17 Years) i.e. 100 according to knowledge score majority of girls 73.3% had average knowledge followed by 18.3% had poor knowledge followed by 8.6% **Conclusion:** This study reported that menstrual hygiene was unsatisfactory among adolescent girls. Therefore, girls should be educated about the facts of menstruation and proper hygienic practices

**Keywords:** Hygiene, menarche, menstrual, urban area

### Introduction

Menstruation (a period) is an exceptional phenomenon that the nature has planned for women. [1] 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. [2]

Hygiene during menstruation is an inevitable part of woman's life. Various aspects such as physiology, pathology and psychology of menstruation have been found to associate with health and well-being of women; hence, it is an important issue concerning morbidity and mortality of female population. [3]

Menstrual hygiene management should be an imperative part of healthcare. 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 the menstruation period, using soap and water for washing the body as required, and having access to facilities to dispose of used menstrual management materials." [4] Particularly in poor countries, girls and women face substantial barriers to achieving adequate menstrual management. [5]

### Statement:-

A descriptive study to assess the Study to assess the knowledge regarding menstrual hygiene among adolescent girls (10 and 17 years) in urban area of Ludhiana Punjab.

### Objectives of The Study

- To assess the existing knowledge score regarding menstrual hygiene as measured by self-report structured knowledge questionnaire
- To determine the association of knowledge score with selected socio demographic variables.

### Materials and Method

The quantitative approach was used and descriptive design was adopted. A study was carried out in adolescent girls 10 and 19 years of age in the field areas of urban area of Sherpurchowk Gill Road Ludhiana Punjab. This study was carried out in a period of 1 month from 11 March to 15 April 2021. The sample size was 100 adolescent girls. Data were collected by house-to-house survey in the urban. Furthermore, all their queries were answered

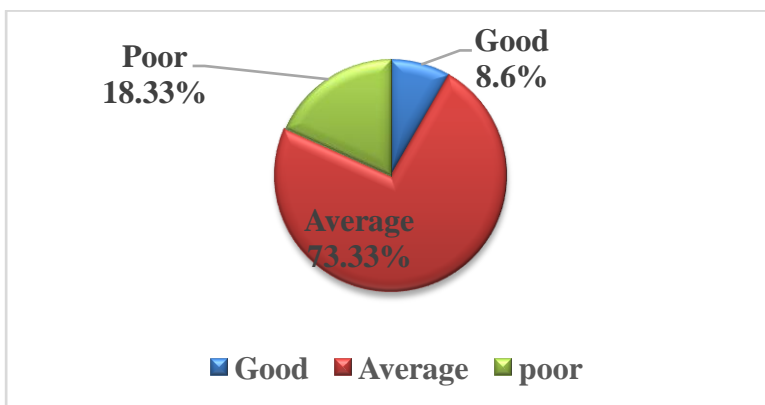
satisfactorily. The questionnaire consisted of 2 parts: -sociodemographic details, self structured knowledge was prepared about menstruation, menstrual patterns and practices and hygiene. Data was analyzed with descriptive and inferential statistics.

Criterion measures of knowledge questionnaire:-

Level of knowledge	Score
Good	21-30
Average	11-20
Poor	0-10

**RESULTS:-**

**SECTION 1:- Frequency and percentage distribution** knowledge score regarding menstrual hygiene among adolescent girls (10 and 17 years) The of distribution of adolescent girls (10-17 Years) i.e. 100 according to knowledge score majority of girls 73.3% had average knowledge followed by 18.3% had poor knowledge followed by 8.6%.



**Figure 1:** Illustrate that the knowledge score regarding menstrual hygiene among adolescent girls (10 and 17 years) The distribution of adolescent girls (10-17 Years) i.e. 100 according to knowledge score majority of girls 73.3% had average knowledge followed by 18.3% had poor knowledge followed by 8.6%

Section B: Analysis of association between the knowledge score regarding menstrual hygiene among adolescent girls with demographic variables.

S NO.	Socio-demographic variables	N	Mean	SD	Df	F
1	<b>Age (in years)</b>					
	10-11	34	13.15	3.36	56,3	1.76 <sup>NS</sup>
	12-13	30	14.06	3.82		
	14-15	25	15.72	4.62		
16-17	11	16	3.74			
2.	<b>Religion</b>					
	Hindu	7	14.83	3.86	57,2	2.24 <sup>NS</sup>
	Muslim	10	18.5	2.08		
	Sikh	83	14.16	3.92		
Christian	0	0	0			
3.	<b>Education</b>					
	Illiterate	8	16.12	4.15	56,3	2.103 <sup>NS</sup>
	Matriculate	21	15.28	3.77		
	Higher secondary	16	14.5	4.57		
Graduate or above	15	12.46	3.09			

4.	<b>Monthly income of father</b>	40	15.66	4.16	56,3	2.24 <sup>NS</sup>
	<5000	23	13.57	3.69		
	5001-10000	20	15.08	4.07		
	10001-15000	17	12.2	3.11		
	>15000					
5.	<b>Source of information</b>	50	15.86	3.41	56,3	2.70 <sup>NS</sup>
	Media	8	12.2	3.56		
	Friends	33	13.35	4.53		
	Family	9	13	3.53		
	Relatives					

## Discussion

The mean age of menarche of participants was 13.13 years, while a study at Haryana and other conducted by Sharma *et al.* showed the mean age to be  $12.21 \pm 1.70$  and 12.8 years, respectively.[6] The pattern of menstruation including the regularity of menses, amount of flow, and length of the menstrual cycle was also analyzed, and it was observed that 82% of the girls had regular menstrual cycle with a majority of 65% with moderate flow while 18% had irregular cycles which was comparable to a study carried out in Amravati district where most of the girls (78.2%) had regular menstrual cycle and 21.8% had irregular cycle, while in a study by Jaikhani *et al.* 75.7% girls had regular menses and 24.3% had irregular menses.[7] The duration of menstrual flow in our study was 4–6 days for 78% girls, whereas in a study by Mathiyalagen *et al.* 76.9% [8] girls had bleeding for 3–5 days and in a study by Kanotra *et al.* the duration of menstrual flow was within 5 days in 96.3% of girls and 3.7% had prolonged menses (>5 days).[9] Dysmenorrhea is the most common menstrual problem, Many of the adolescent girls have abdominal pain, back pain, and abdominal cramps. It is the most disturbing health problem faced by young women with ovulatory cycles. In this study, dysmenorrhea was experienced by 40% girls, while the prevalence of dysmenorrhea was found to be 61% in a study at Chennai.[10]

## Conclusion

Menstruation is an important indicator of reproductive health and development, thus menstrual hygienic practices are of major concern. This study revealed that knowledge on menstrual hygiene was average among adolescent girls. Hence, it is very crucial to educate girls about the physiological facts of menstruation, wipe off false taboos, and lead them to proper hygienic practices to safeguard themselves against reproductive tract infections. In our study, since the majority of the girls were school educated, knowledgeable parents play a vital role in implementing hygienic practices among adolescent girls. It is a strong belief that an educated woman is a first teacher of a family, that is why education of the mother and the adolescent girl is very important

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