

## Research Article

## A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON MENSTRUAL HYGIENE KNOWLEDGE AND PRACTICES AMONG ADOLESCENT GIRLS STUDYING IN SELECTED SCHOOL OF JAMMU, INDIA

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### ABSTRACT

Blossoming of adolescence in each generation is as fascinating a sight as the unfolding of spring each year; predictable & repetitive, yet nonetheless enchanting. Menstruation, or periods, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. India is a country where only 58% of menstruating women have been exposed to safe and hygienic methods of menstrual protection. The remaining face risks of severe health vulnerabilities arising out of the use of home grown alternatives such as hay, dried leaves and old rags. Therefore, proper menstrual hygiene and correct perceptions and beliefs can protect the womenfolk from this suffering. The main aim of this study is to enhance the knowledge and to improve the practices regarding menstrual hygiene among adolescent girls. A pre-experimental study was adapted to conduct the study. Target population was adolescent girls in selected schools of Jammu, J&K. A self-structured questionnaire and a checklist was used to assess the knowledge. 300 samples were selected from the target population by purposive sampling. The study revealed that in pre-test knowledge, maximum (64.7%) had moderately adequate knowledge followed by 32.7% had inadequate and only 2.7% had adequate knowledge regarding menstrual hygiene and in terms of practices majority (70.3%) had moderately adequate practices followed by 21.7% had adequate and only 8.0% had inadequate practices regarding menstrual hygiene.

**Keywords:** Adolescence, Menstruation, Menstrual hygiene.

### INTRODUCTION

Adolescence is characterized by a spurt in physical, endocrinal, emotional and mental growth with a change from complete dependence to relative independence. The period of adolescence of a girl is a period of physical and psychological preparation for safe motherhood.<sup>1</sup> Menstruation is part of the female reproductive cycle that starts when girls become sexually mature at the time of puberty. It is a phenomenon unique to the females.<sup>7</sup> Majority of the girls and women lack scientific knowledge about menstruation and puberty. Globally, at least 500 million women and girls lack proper access to menstrual hygiene facilities. Adolescent girls often are reluctant to discuss this topic with their parents and often hesitate to seek help regarding their menstrual problems.<sup>13</sup> Hygiene-related practices of women during menstruation are of considerable importance, as it has a health impact in terms of increased vulnerability to reproductive tract infections, dermatitis which can be fatal if the kidney is damaged, genital tract infections, alteration in the pH balance of vaginal secretions, bacterial vaginosis all leads to increased susceptibility to cervical cancer.<sup>16</sup> Good menstrual hygiene is crucial for health, education and dignity of girls and women. This is an important sanitation issue which has long been in the closet and there was a long standing need to openly discuss it.<sup>17</sup> Menstrual hygiene is the personal hygiene during menstruation. It includes bathing daily for comfort, using clean, dry absorbent material and disposal of used pads/material in clean environmentally acceptable, safe methods and to feel fresh, keep perineal area clean from anterior to posterior.<sup>18</sup>

**Problem statement:** A study to assess the effectiveness of planned teaching programme on menstrual hygiene knowledge and practices among adolescent girls studying in selected school of Jammu, India.

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### Objectives

1. To assess the knowledge and practices on menstrual hygiene among adolescent girls.
2. To determine the correlation between knowledge and practices on menstrual hygiene among adolescent girls.

### MATERIALS AND METHODS

A pre-experimental study was conducted on 300 adolescent girls in a selected school. A self-structured questionnaire and a practice checklist was used to assess the menstrual hygiene knowledge and practices among adolescent girls.

### RESULTS

**Objective 1:** To assess the pre-test knowledge regarding menstrual hygiene among adolescent girls.

Table 1. Pre-test knowledge score

Knowledge	PRE-TEST			
	n	%	Mean	SD
Adequate	8	2.7	20.38	1.685
Moderately adequate	194	64.7	12.64	1.035
Inadequate	98	32.7	7.05	1.536

Table 1 and fig.1 shows the overall pre-test knowledge of 300 adolescent girls regarding menstrual hygiene, it concluded that majority 64.7% (194) of adolescent girls had moderately adequate knowledge, followed by 32.7% (98) had inadequate knowledge and only 2.7% (8) had adequate knowledge regarding menstrual hygiene.

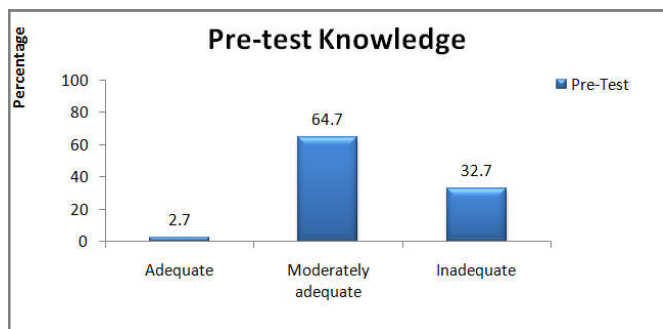


Figure 1. Percentage distribution of pre-test knowledge regarding menstrual hygiene among adolescent girls

Table 2. Pre-test practices score

N=300

Practices	Pre Test			
	N	%	Mean	SD
Adequate	65	21.7	13.13	4.794
Moderately adequate	211	70.3	11.04	3.833
Inadequate	24	8.0	11.61	4.273

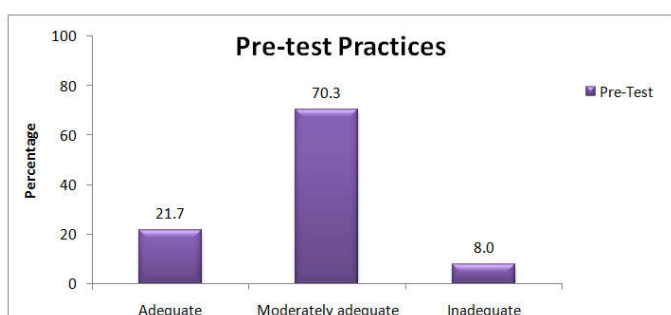


Figure 2. Percentage distribution of pre-test knowledge regarding menstrual hygiene among adolescent girls

Table 2 and fig.2 shows the overall pre-test practice score of 300 adolescent girls regarding menstrual hygiene. It concluded that majority 70.3% (211) of the adolescents girls had moderately adequate practices followed by 21.7% (65) had adequate practices and only 8.0% (24) had inadequate practices regarding menstrual hygiene.

**Objective 2:** To determine the correlation between knowledge and practices on menstrual hygiene among adolescent girls.

Table 3.

(N=300)

Variables	Mean	SD	Correlation
Post test knowledge	11.02	3.275	0.273 S*
Post test practices	11.28	4.014	

S = Significant \*P<0.05

Table 3 shows the correlation between the post test knowledge and post test practices was computed through Spearman's rho method and it was obtained as 0.273. It shows that there is a positive significant relationship between post test knowledge and post test practices among adolescent girls.

**DISCUSSION**

**Objective 1:** To assess the knowledge and practices on menstrual hygiene among adolescent girls.

The present study concluded that majority 64.7% (194) of adolescent girls had moderately adequate knowledge, followed by 32.7% (98)

had inadequate knowledge and only 2.7% (8) had adequate knowledge regarding menstrual hygiene and overall pre-test practice score was like majority 70.3% (211) of the adolescents girls had moderately adequate practices followed by 21.7% (65) had adequate practices and only 8.0% (24) had inadequate practices regarding menstrual hygiene which is consistent with an evaluative study to assess the effectiveness of planned teaching programme on knowledge regarding menstrual hygiene among 60 adolescent girls from selected school of Mohali, Punjab which revealed that most of the subjects were having average (48.3%) and low (50%) level of knowledge in pre-test.<sup>72</sup> It is also consistent with a descriptive study to assess the knowledge and practice regarding menstrual hygiene among adolescent girls of Government School of Shimla, Himachal Pradesh. The data on practice scores revealed that 19%, 69%, 12% samples had poor, fair and good score of practices regarding menstrual hygiene respectively.<sup>73</sup>

**Objective 2:** To determine the correlation between knowledge and practices on menstrual hygiene among adolescent girls.

The correlation between the post test knowledge and post test practices was computed through Spearman's rho method and it was obtained as 0.273. It shows that there is a positive significant relationship between post test knowledge and post test practices among adolescent girls. This is consistent with a descriptive study to assess the knowledge and practices regarding menstrual hygiene among 100 adolescent girls of government school of Shimla, Himanchal Pradesh. The results of the study revealed positive correlation between knowledge and practice which was computed 0.394 and statistically significant at p<0.05 level of significance.<sup>75</sup>

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