



STUDY OF KNOWLEDGE REGARDING MENSTRUAL HYGIENE AND ATTITUDE & PRACTICES REGARDING USE & DISPOSAL OF SANITARY PADS AMONG ADOLESCENT GIRLS IN FIELD PRACTICE AREA OF CIMS, BILASPUR (C.G.)

Community Medicine

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ABSTRACT

Background- Menstruation holds a stigma in our Indian society. Isolation of the menstruating girls and restrictions being imposed on them in the family, have reinforced a negative attitude towards the phenomenon. There is a substantial lacuna in the knowledge about sexual and reproductive health among adolescent girls. Social prohibitions have blocked the access of adolescent girls to the right kind of information. Unhygienic practices during menstruation endanger the reproductive health and expose them to RTIs / PIDs. Menstrual hygiene and management will directly contribute to MDG-2 on universal education, MDG-3 on gender equality and women empowerment.

Objectives- 1. To assess the knowledge about menstruation 2. To study the perception and practices related to menstruation and menstrual hygiene among adolescent girls 3. To create awareness about menstrual hygiene & use and disposal of sanitary pads among adolescent girls.

Methodology- Study Design: School based cross-sectional study

Study Setting: Devkinandan nagar nigam girls higher secondary school & Shaheed Avinash senior secondary school.

Study Participant: 9th - 11th students.

Study Period: 15th September – 15th December 2018.

Study Tools & Techniques: A pre-designed, pretested structured questionnaire was used in the study.

Collection of Data: Data collection was done by asking pre-designed and pre-tested questionnaire to the girls in their local language.

Data Analysis: Data was entered in MS excel sheet and analysis of data was done by using Epi-info software. Data was presented in the form of tables and charts after the statistical analysis.

Results: - It can be said that among the adolescent school girls in both the schools, the knowledge on menstruation is poor and the practices are often not optimal for proper hygiene. Results of our study indicate that students had substantial doubts about menstruation and were influenced by societal myths and taboos in relation to menstrual practices.

KEYWORDS

Knowledge, Menstrual Hygiene, Adolescent Girls, Awareness, Menarche

INTRODUCTION

Adolescence in girls has been recognised as a special period which signifies the transition from girlhood to womanhood. Menstruation holds a stigma in our Indian society. Isolation of the menstruating girls and restrictions being imposed on them in the family, have reinforced a negative attitude towards the phenomenon. Puberty is the period in the growth and development of the child that encompasses the initiation and progression of sexual and physical maturation.

Hygiene during menstruation is of utmost importance. It plays a pivotal role in health and wellbeing of menstruating girls and women. Unfortunately, despite an adverse impact on the health of adolescent girls, women, and new-born children, discussing menarche continues to be a taboo in our society. We feel shy of discussing with our daughters what menstruation is and why it happens. Endeavour is to keep it a closely guarded secret.

Unhygienic practices during menstruation endanger the reproductive health and well-being of adolescent girls and expose them to RTIs / PIDs and their complications. Menstrual hygiene and management will directly contribute to MDG-2 on universal education, MDG-3 on gender equality and women empowerment. Therefore, adolescence is often seen as a stage of both opportunity and risks, since their behaviour, including sexual and reproductive, have generational and intergenerational consequences. Keeping these issues in mind the present exploratory study was undertaken to assess the level of knowledge of school going adolescent girls regarding menstruation.

AIM

To study the knowledge regarding menstrual hygiene and attitude & practices regarding use & disposal of sanitary pads among adolescent girls in government school of Bilaspur.

OBJECTIVES

1. To assess the knowledge about menstruation.
2. To study the perception and practices related to menstruation and

menstrual hygiene among adolescent girls.

3. To create awareness about use and disposal of sanitary pads among adolescent girls.

MATERIAL & METHOD

STUDY DESIGN :

School based cross-sectional study.

STUDY SETTING :

Devkinandan nagar nigam girls higher secondary school & Shaheed Avinash senior secondary school in the field practice area of CIMS, Bilaspur.

STUDY PARTICIPANT : 9th - 11th students.

STUDY PERIOD: 15th September – 15th December 2018.

STUDY TOOLS & TECHNIQUES:

A pre-designed, pretested structured questionnaire was used in the study.

DATA COLLECTION:

Data collection was done by asking pre-designed and pre-tested questionnaire to the girls in their local language.

STUDY PROCEDURE:

It was done by asking pre-designed and pre-tested questionnaire to the school girls and pilot study was conducted on 40 girls. After the pilot study, necessary corrections were done in the proforma and questionnaire was finalized.

DATA ANALYSIS :

Data was entered in MS excel sheet and analysis of data was done by using Epi-info software. Data was presented in the form of tables and charts after the statistical analysis.

CRITERIA FOR SELECTING PARTICIPANTS :

• INCLUSION CRITERIA:

Girls who have attained menarche.

• EXCLUSION CRITERIA :

- 1) Girls who haven't attained menarche till date.
- 2) Girls who haven't given consent.
- 3) Girls who were seriously ill.

OBSERVATIONS

Table no. 1: Age wise distribution of girls

Age	Shaheed Avinash School	Devkinandan School
13	7 (3.76%)	11 (8.94%)
14	30 (16.13%)	50 (40.65%)
15	72 (38.71%)	31 (25.20%)
16	62 (33.34%)	24 (19.51%)
17	12 (6.45%)	7 (5.69%)
18	3 (1.61%)	0 (0%)
Total	186 (100%)	123(100%)

Table no. 2 : Standard wise distribution of girls

Standard	Shaheed Avinash School	Devkinandan School
9th	60 (32%)	63 (51%)
10th	51 (28%)	30 (24.5%)
11th	75 (40%)	30 (24.5%)
Total	186 (100%)	123(100%)

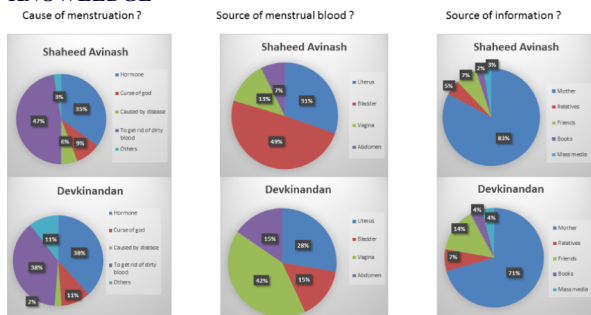
Table no. 3: Address wise distribution of girls.

Address	Shaheed Avinash School	Devkinandan School	Total
Rural	11 (6%)	33 (27%)	44 (14.24%)
Urban	175 (94%)	90 (73%)	265(85.76%)

Table no. 4: Distribution of girls according to their Socio economic status

BG Prasad Category	Shaheed Avinash School	Devkinandan School	Total
I	5 (3%)	4 (3%)	9 (2.91%)
II	11 (6%)	7 (6%)	18 (5.83%)
III	32 (17%)	10 (8%)	42(13.59%)
IV	84 (45%)	40 (32%)	124(40.13%)
V	54 (29%)	62 (51%)	116(37.54%)

KNOWLEDGE



ATTITUDE:

Chart no. 4: Do you experience restriction during menstruation.

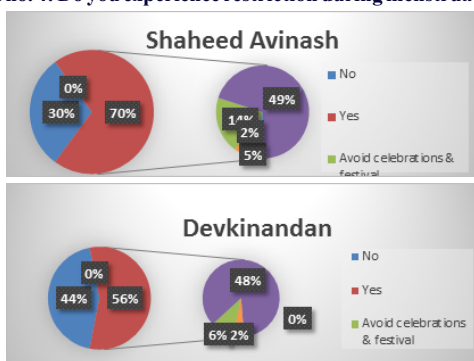
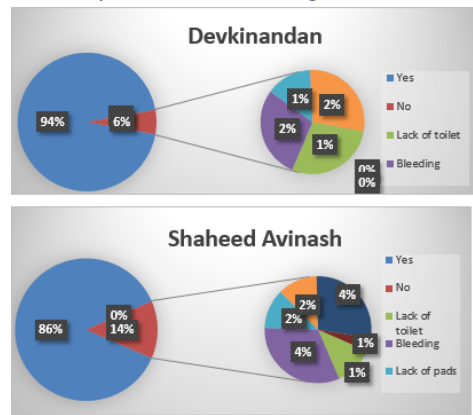
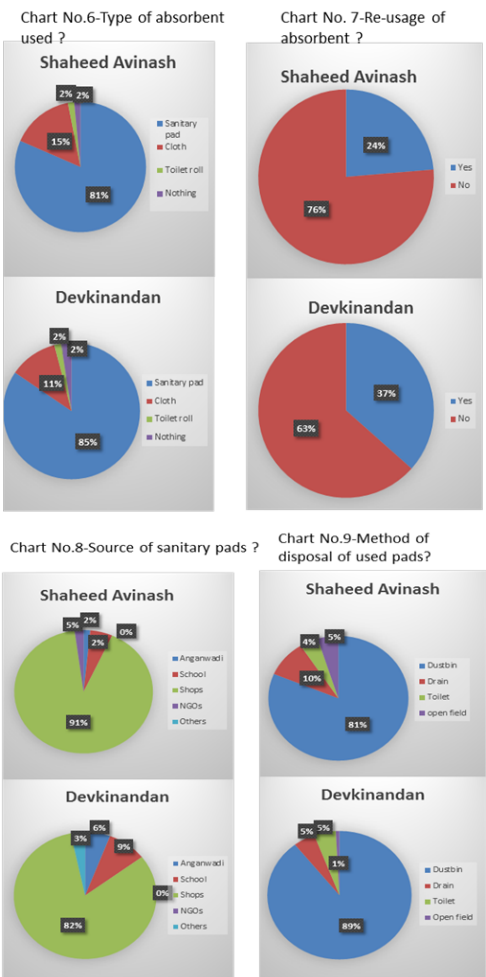


Chart No. 5:- Do you attend school during menses?



PRACTICES -



RESULTS

Table 1 represents the age-wise distribution of our study subjects. It was found that 5.82% girls are of age 13 years, 25.89% girls of 14 years, 33.33% of age 15 years, 27.83% of age 16 years, 6.15% of age 17 years and 0.97% are of age 18 years.

Table 2 represents the standard wise distribution of our study subjects. It was found that 39.8% girls are from 9th standard, 26.21% from 10th standard, 33.98% girls from 11th standard.

Table 3 represents the address wise distribution of our study subjects. It was observed that 14.24% girls are from rural area while 85.76% are from urban areas.

Table 4 represents the socio-economic distribution of our subjects. It

was found that 2.91% girls are of category I, 5.82% of category II, 13.6% of category III, 40.13% of category IV, 37.54% of category V.

Chart 1 represents the knowledge of subjects of cause of menstruation. 36.57% thinks it's due to hormones, 9.7% thinks it's a curse of god, 4.53% thinks it's caused by disease, 44.01% thinks it's to get rid of dirty blood while 5.82% don't know the cause.

Chart 2 represents the knowledge of subjects towards the source of menstrual blood. 27.77% thinks its Uterus, 36.57% thinks it's bladder, 24.6% thinks it's vagina while 10.68% thinks it's abdomen.

Chart 3 represents their source of information about menstruation. 81.88% got it from their mother, 6.15% from relatives, 10.35% from friends, 3.24% from reading books and 3.24% has benefit from mass media.

Chart 4 represents 36.90% girls feel no restriction while 63.10% face restriction.

Out of these girls, 16.66% feel restriction in celebrating festivals, 75.24% face restriction while entering kitchen and temples, 4.76% are deprived of eating certain food, 3.33% avoid house hold work during it.

Chart 5 represents whether they attend school during menses. 91.26% do attend while 8.74% don't.

15.63% of these girls find lack of toilet facilities, 31.25% feel fear of unexpected bleeding, 12.5% feel lack of pads, 15.62% feel lack of water and cleaning facilities, 21.87% feel presence of menstrual symptoms and 3.12% feel lack of disposal facilities.

Chart 6 represents type of absorbent they use during menstruation. 85.11% use sanitary pads, 14.24% use cloth, and 1.62% use toilet roll while 1.94% uses other things.

Chart 7 represents their re-usage of absorbent. 28.80% do re-use while 71.20% don't.

Chart 8 represents the method of disposing used pads. 85.19% throw in dustbin, 7.76% drain it, and 4.53% flush in toilets and 3.23% throw in open fields.

Chart 9 represents their source of obtaining sanitary pads. 3.24% get it from Anganwadi, 6.80% from schools, 89.32% from shops, 1.3% from NGOs and govt. and 1.3% from other sources.

DISCUSSION

A cross-sectional descriptive study was conducted among 309 adolescent girls of government schools belonging to the age group of 13-18 of 9th, 10th and 11th standard.

The knowledge of MH was assessed among the girls and it was found that mother was their first source of information in 81.88% of the cases. While a similar study conducted in Varanasi UP with a study sample size of 504 girls revealed that it was 64.9%.

A similar study conducted while back in Bilaspur reveals that in 80% of the cases, mothers were their first source. It indicates that our assessment has higher percentage of girls getting their knowledge from mother which also indirectly indicates that with the progression of time, mothers are also getting educated and aware about MH. In our study it was revealed that relatives were the source of info in 6.15% cases, friends in 10.35% cases and mass media in 3.24% cases. In the previous study in Bilaspur, it was shown that 12% girls had friends and relatives as their first source while another study which happened in Kalamboli, Navi Mumbai reveals 26.3% source as friends, 23% relatives and 7.4% mass media. A study conducted in August 2015 in Sharda Vidyalaya in Hyderabad reveals that television was the major source of almost all the subjects under study. The assessment revealed that only 27.77% of the girls know that the actual source of menstrual blood, i.e. Uterus. A similar study done in Varanasi UP with sample size of 504 revealed it to be 48% while a similar study done while back in Bilaspur revealed that 62% knew the right source. It indicates the poor knowledge of source of menstrual blood among the subjects in our study. In our study, it was revealed that 85.11% of the girls use sanitary napkins while 14.24% use clothes. In a similar study

conducted in August 2015 in Sharda Vidyalaya Hyderabad, it was revealed that 91.2% use sanitary pads and 6.8% of them use clothes. In our study, it was revealed that 85.19% use dustbins for disposal of pads while it's 74.1% in a study which was conducted in August 2015 in Hyderabad Sharda Vidyalaya.

It indicates the use of better and hygienic practices among our study subjects. In our study, it was revealed that 75.24% girls face restrictions while entering temples while in another previous study of Bilaspur city, it was around 84%.

CONCLUSION

- It can be said that among the adolescent school girls in both the schools, the knowledge on menstruation is poor and the practices are often not optimal for proper hygiene. It is essential to design a mechanism to address and for the access of healthy menstrual practices.
- Although practice of sanitation was better than the knowledge on menstruation, both were not satisfactory. So, the girls should be educated about the process and significance of menstruation, use of proper pads or absorbents and its proper disposal. This can be achieved by giving them proper training and health education. (by teachers, family members, health educators, and media)
- The present study has underscored the necessity of adolescent girls to have adequate and precise knowledge about menstruation before menarche.
- The overall results were quite unimpressive and it could be said that adolescents from govt. schools of Bilaspur still lack substantial knowledge about MHM. Parents, adolescent care providers, and policy makers in developing countries should advocate for comprehensive sexuality education and resources (e.g., low-cost sanitary pads and school facilities) to promote menstrual health and hygiene promotion.

RECOMMENDATIONS

- Menstrual hygiene is an issue needs to be addressed at all levels. The girls should be provided with accurate and adequate information about menstruation through education.
- Mothers play very important role regarding menstrual knowledge the mother should be armed with correct and appropriate information on reproductive health, so that she can give this knowledge to her daughter.
- Teachers play great role in student life after parents they have to be given requisite skills through workshops.
- Proper hand washing after use of pad should be encouraged.
- All organizations and NGOs which work on reproductive health and hygiene should work adequately on the neglected issue of menstrual hygiene and management.
- Policies should promote the adoption and use of sanitation facilities in a way that is sensitive to the unique needs of women

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