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A CROSS-SECTIONAL STUDY OF KNOWLEDGE, ATTITUDE AND PRACTICES REGARDING MENSTRUAL PATTERN IN ADOLESCENT GIRL

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ABSTRACT: Adolescence is a transitional period during which a child matures into an adult. Menstrual related problem contribute to school absenteeism. beliefs, concepts, hygiene, and knowledge attitude about menstruation is objectively analysed and found that menarche was attained by 70% girls at 12-13 years and the mother helped the girls with information, 76% used the old clothes and reused them. 10% of the girls had school absenteeism. There is a need for imparting knowledge by including in the school curriculum.

KEYWORDS: Menarche, Hygiene, School absenteeism, Sex education.

INTRODUCTION: Adolescence is a transitional period during which a child matures into an adult.

Menstruation related problems contribute to school absenteeism and can significantly add to problem faced by the Adolescent and their families during the sensitive and difficult phase of development.

In the existing cultural milieu the society is interwomen into set of tradition, myths and misconception regarding menstruation and related issued reduction in daily activities are also imposed.

Several research studies have^(1,2,3,4) showed there is low awareness about menstruation among girls social prohibitions and negative attitude of the parents in discussion the issued openly has blocked the access to right kind of information. Poor personal hygiene, unsafe sanitary condition results in girls facing many Gynecological problems^(5,6) infection repeated use of unclean cloth leads to vaginal infection.

Mother, Teacher & Friends are the main source of providing information to adolescent girls.⁽⁷⁾

AIMS & OBJECTIVES:

1. To assess the extent of knowledge attitude, and practices adopted by themselves towards menstruation in adolescent girls.
2. To find out station of Menstrual Hygiene among adolescent girls.
3. To elicit the beliefs, conception and source of information regarding menstruation.

MATERIALS AND METHODS:

Study Design: A cross sectional observational study designed for urban population.

Study Setting: The Present Study was undertaken among the adolescent school girls of Hyderabad.

ORIGINAL ARTICLE

Study Population: A stratified random sample of 640 Girls Studying in 7th to 10th Standards from four School was taken.

Study Tool: A pre design, pretested questionnaire.

Duration of Study: This Study was conducted over a period of Six ⁽⁸⁾ Months from August 2010 to January 2011.

METHODOLOGY: After taking permission from school authorities, the birth records of students were checked meticulously. No student of age less than 12 Years and more than 19 Years was taken. The class teachers of 7th to 10th Standards were explained the purpose of the study, a rapport was built up with girl students and their verbal consents were obtained. Data collected from each student was kept confidential 640 Girls, participated in the study. 33 Questions were there in the Questionnaire. Data Analysis done by using frequency & percentages.

OBSERVATION:

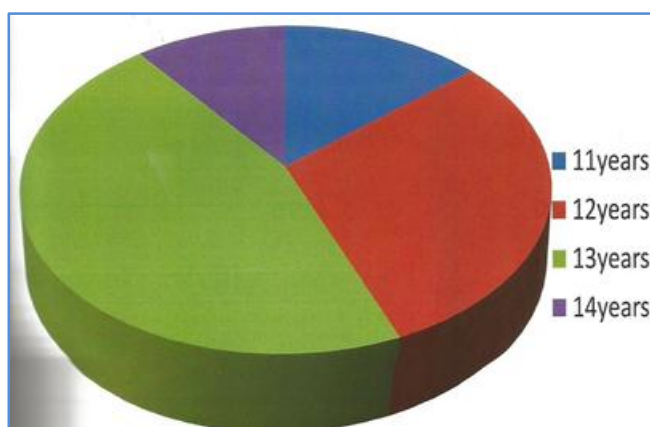


FIGURE 1

1. 82.06% Girls achieved Menarche 80% at 11 Years, 170 at 12 Years, 260 at 13 Years 60 at 14 Years.
2. Knowledge about Menstruation.

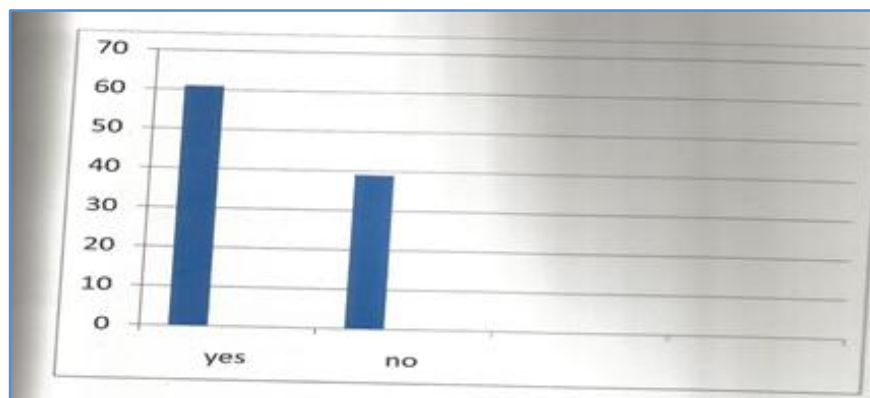


FIGURE 2

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	Yes	No
Menstruation is due to Monthly Bleeding Of Lining of Uterus	60.93% (390)	39.07% (250)
Abnormal age at Menses 12 Years	50.3% (320)	
13 Years	40.2% (257)	
14 Years	7.5% (48)	
15 Years	2.5% (15)	
What is Normal from 3-5 Days	80.3%?	
5-7 Days	19.7%	
It is due to abnormal changes	61.50% (394)	38.43% (246)
Is Pregnancy due to unprotected mating	31.25% (200)	68.75% (490)

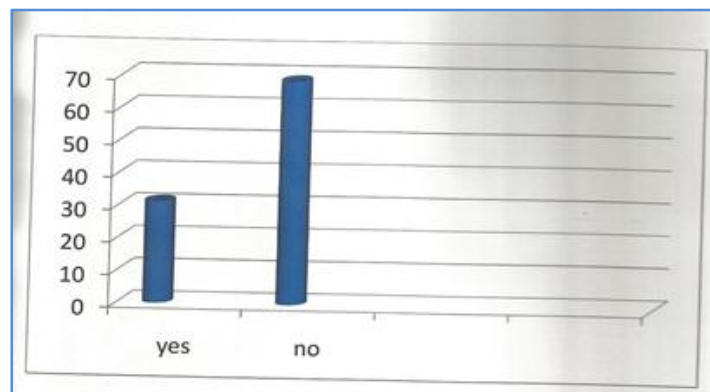


FIGURE 3

Do you know that HIV is a sexually Transmitted Disease and cause MDS	15.62% (100)	84.3% (540)
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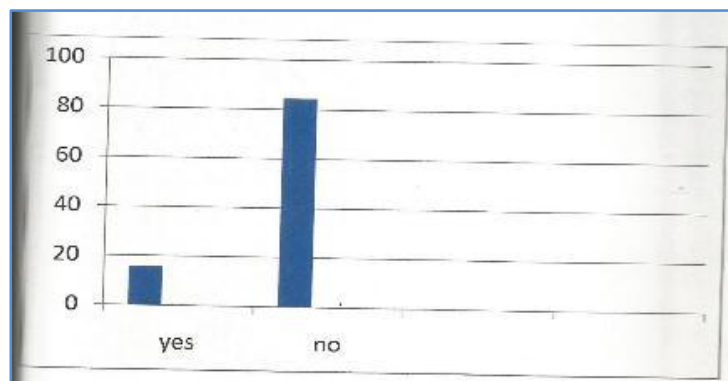


FIGURE 4

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Do you about Birth Control Pills	46.8%	53.3%
	(300)	(540)

Do you Condom Prevents Pregnancy & STD	15%	84.37%
	(100)	(540)

ATTITUDE ABOUT MENSTRUATION:

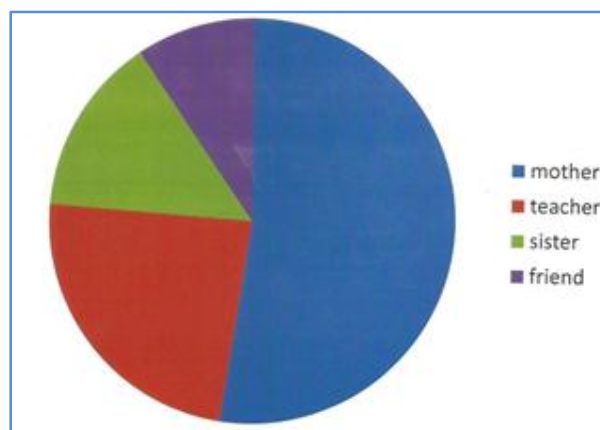


FIGURE 5

Did anyone tell you about Menses Before Menarche	32.8%	67%
	(210)	(430)
Mother	52%	
Teacher	23.8%	
Sister	14.26%	
Friend	9.5%	
Do you feel more tired during Menses	51.75%	40.24%
	(295)	(285)

How did you feel when you had Menses? For the First Time

Fear & Anxiety	80.17%	(457)
As a Normal Natural Process	19.8%	(113)
Can you tell that period is approaching Due to breast tenderness	18.59%	81.6%
	(106)	(464)
Do you know that most Woman have Cramps during Menses (212) (428)	33.12%	66.87%

ORIGINAL ARTICLE

PRACTICES ABOUT MENSTRUATION:

Do you Clean Genitals during Menses	100%	0%
	(570)	
Plain Water	14.3%	
	(80)	
Soap & Water	83.6%	
	(477)	
Use Lotion like Dettol	2.2%	
	(13)	

What do you use as Pads?

Piece of Cloth	36.66%
	(209)
Sanitary Napkins	63.33%
	(361)

Disposals of Pads Mud

	25.6% (146)
Dustbin	40.5% (231)
Others	33.85% (193)

What do you to counteract Pain?

During Menses

Take Rest	55.26% (315)
Hot Bath	32.10% (183)
Pain Killer	12.6% (72)

DISCUSSION: The present study reveals that the mean age at Menarche in 12-13 Years as more than 70% Girls achieved Menarche between 12-13 Years. Some no reported by other researchers.^(3,4,7) Studies conducted by other researchers reported that first informant was the method 40.62%, 37.5%, 16% of the subject, 6, 10, 16, 18 other sources of information were sisters, friends, teacher like in other studies.^(4,8)

In our study mother were first informant in 52.38%, teacher 23.8%, sisters 14.28%, friends 9% whereas Dhingra Ital showed Mother were informants in only 5% of Girls.⁽⁹⁾

60.93% of the Girls believed Menstruation as a Physiological process like other studies 80.25% believed in⁽⁷⁾ it is very sad to know that in the present study almost 39.7 & did not know the cause of Menstrual Bleeding.

About 209 of the Girls were ignorant about the use of Sanitary Pad during Menstruation. It may be due to lack of Proper Health Education program in the School, which focus Menstrual Health and Hygiene.

ORIGINAL ARTICLE

The Hygiene related practices are of considerable importance as they affect their health by increasing the vulnerability to infection like UTI, RT, Studies more reported from India and other developing countries.

The type of absorbent material which is used of primary concern as it may be a cause for infection. If it is properly cleaned and poorly stored. This study showed 36.6% of Girls used Old Clothes as Menstrual Pads and these 74.6.6 reused the clothes after washing them with Soap and Water other researchers, reported that more than 3/4th of the girls used cotton clothes and reused them after washing them.^(4,8) A study from India indicated the use of Old Cloth material as a frequently used absorbent (82.5%) among rural and (72.2%) urban girls. A study from rural areas of Nepal and Nigeria also revealed about 98% and 66.3% used Old Clothes and Pads.^(3,5)

63.3% Girls preferred using sanitary napkin as Menstrual Material. Other researcher report 11.25%, 20% girls used⁽⁴⁾ our study has shown that there is an improvement in the awareness regarding Sanitary Napkin.

In our study 100% Girls revealed that they clean their genitals during menstruation, but only 83.63% Girls used Soap and Water and 20% used Lotions like Dettol. 14.03% Girls clean with Plain water which was not satisfactory. The reason for not cleaning property the Genitals was due to lack of knowledge and privacy.

A study showed 34.3% Girls satisfactory cleaned the Genitals^(6,8) study from Nepal showed 11.3% used Soap and Water like our Study 57% 223 Girls used Soap and Water.^(5,6)

The common practices of Disposal of the used absorbent were wrapping in paper and in place which was used for Soiled Waste (40.52%) Same finding were reported by other Studies.^(6,8)

About 80.17% girls revealed that they were feared and anxious on 1st Menstrual Cycle. 19% felt as natural occurrence of blood. This is contrast to one study that showed 40.6% Girls felt shared.⁽⁸⁾

Pain Abdomen was most common complaint (64.2%) during Menstrual followed by back pain (9.3%) Leg Cramps (7.01%), loss of appetite (47%) and Nausea (4.5%). This finding were constant with the study done in Wardha⁽⁸⁾ showed that 67% of Girls had pain Abdomen.

15% Girls reported incessive bleeding similar to 17.62% in other studies.⁽⁸⁾

10% of School absenteeism can be compared to 24% in a study done at Singapore.⁽⁵⁾

Overall knowledge about Menstruation was about 60.9% compared to 40.6% in other study.⁽⁵⁾

60% of Girls in our Study had knowledge the Menstrual Bleeding originated from Uterus^(5,6) but is 78 is in other study.

CONCLUSION: The study has highlighted the need of adolescent girls to have accurate and adequate information about Menstruation and its appropriate management.

School Teachers and Mothers should have requisite skills to impart knowledge to the girls through workshop etc.

Consideration the Lesser use of Sanitary Pads by the adolescent girls, there is a need to mobilize girls to use Sanitary Pads. Reproductive Tract Infections which has become a silent epidemic that devastation women's life is closely interrelated to poor hygiene.

Educational Television Programme, Nurses, Health Professionals and Sex Education in school curriculum would enable the teenage girls to beak the inhibition.

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In India, all the organisation that work on reproductive Health should work adequately on neglected issue of Menstrual Hygiene and management to achieve Sanitation and Dignity for Health for all women (The Delhi Declaration Salosan III 2002).

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