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RESEARCH ARTICLE

KNOWLEDGE AND PRACTICES OF ADOLESCENT GIRLS REGARDING MENSTRUATION IN
GOVERNMENT GIRLS HIGH SCHOOL, KADAPA, ANDHRA PRADESH

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ABSTRACT

Introduction: Menstruation is the first step of a girl to start her reproductive life. Menstruation is a unique phenomenon to the female. The onset of menstruation is one of the important changes occurring among the girls during the adolescent years.

Objectives: Assess the knowledge of adolescent girls regarding menstruation. Assess the practices of adolescent girls during Menstruation

Associate the level of knowledge of adolescent girls with their selected socio demographic variables
Material and methods: The present community based cross-sectional study was conducted in government girls high school, Kadapa, Andhra Pradesh state (India). The study sample included 60 adolescent girls selected by using simple random sampling technique

Results:- It reveals that 5% of adolescent girls had below average knowledge, 42.5% of adolescent girls had average knowledge and 52.5% had average knowledge and practices regarding menstruation among 60 adolescent girls 67.5% are celebrated the attainment of menarche as a function, 87.5% practices stoppage of religious activities during periods, 77.5% were taking additional foods during periods, 57.5% were followed dietary restrictions during periods, 82.5% expressed that they need extra hours of rest during periods.

Conclusion: The findings of study revealed that 5% of adolescent girls had poor knowledge regarding knowledge of adolescent girls regarding menstruation. Educational programme needs to be organized to improve the knowledge of adolescent girls.

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INTRODUCTION

Menstruation is the first step of a girl to start her reproductive life. Menstruation is a unique phenomenon to the female. The onset of menstruation is one of the important changes occurring among the girls during the adolescent years. Menstruation is monthly discharge of blood from the uterus of non pregnant woman from puberty to menopause. It is a physiological process which develops every month in response to cycle hormonal changes associated with ovulation i.e. menstruation and release of eggs. The first menstruation is called menarche, it comes between 11-15 years over the average of 13 years each woman has an individual cycle that varies in length. The average cycle is 28 days. The normal menstrual cycle comprises of bleeding lasting from 1 to 5 days occurring at the intervals of 28-30 days there can be normal variation interval duration and amount of flow mild pain may be associated with perfectly normal cycle.

The reaction towards menstruation depends upon awareness and knowledge about the menstruation the manner in which a girl learns about menstruation and its associated changes may have an impact on her response to the event of menarche. Menstruation is a natural process. It is linked with sexual misconceptions and practices which some time result into adverse health outcomes. Normal activity can be continued during menstruation. Hygiene related practices of women during menstruation are of considerable importance as it has a health impact in terms increased vulnerability tract infections. The interplay of socio-economic status, menstrual hygiene practices and RTI are noticeable. Menarche marks the beginning of a multitude of physical, physiological and psychological changes in the lives of the adolescent girls. Although the menarche is one part of the menstruation process, it is often culturally defined as the indicator of girls maturity and readiness for marriage and sexual activity. Women having better knowledge regarding menstrual hygiene and safe practices are less vulnerable to RTI and its consequences.

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Therefore, increased knowledge about menstruation right from childhood may escalate safe practices and may help in mitigating the suffering of women from RTI. Having proper training and health education by TV programmes, trained school nurses, motivated school teachers and knowledgeable parents can play a very important role in transmitting vital message of correct menstrual hygiene to the adolescent girls of today.

Need for the Study

Adolescent girls are the mothers of future. Their knowledge and practices related to menstruation is very much essential in maintaining health status of themselves and to the future generation. People belong to different religion, culture, caste follows practices differently and those practices may influence the health of the adolescent girls. Adolescent girls having knowledge regarding menstruation and safe practices would help them in reducing problems related to menstruation. Mahajan and Sharma (2014) revealed that the overall knowledge about menarche was poor among the rural as well as urban adolescent girls. In spite of changing social and cultural norms and practices in the society, the girls and women especially in the tribal have less access to health care facilities. This information is often limited wrong and confusing which makes the adolescent especially young girls to have incorrect notions and ideas which may lead to unsafe health practices.

Objectives

Assess the knowledge of adolescent girls regarding menstruation
Assess the practices of adolescent girls during Menstruation
Associate the level of knowledge of adolescent girls with their selected socio demographic variables.

Sample: adolescent girls who fulfil the inclusion criteria

Sampling techniques: simple random sampling technique

Sample size: 60 adolescent girls

Sampling criteria:

Inclusion criteria

The adolescent girls studying in 7th to 10th class .
Those who can speak Telugu .

Exclusion criteria

The adolescent girls who are not studying in 7th to 10th class .
Those who cannot speak Telugu .

Description of the Tool

With the help of extensive review of literature, various text books, journals and website the tool was developed.

The tool was divided into three Sections

Section-I deals with demographic data including age, religion, class of studying , caste and monthly income.

Section-II-deals with assessment of knowledge regarding menstruation

Section-III- deals with practices during menstruation

Data analysis

Table 1. Plan for data analysis

| S.No | Data analysis | Method | Remarks |
|------|---------------|---|--|
| 1. | Descriptive | Frequency and percentage Mean, median and standard deviation | To describe the distribution of demographic variables To determine the knowledge and practices of adolescent girls regarding menstruation |
| 2. | Inferential | Chi-Square | To find out the association between the knowledge and practices of adolescent girls regarding menstruation with their selected socio demographic variables |

Assumptions

The adolescent girls may not have adequate knowledge about menstruation Health education on menstrual hygiene will improve the knowledge and practices regarding menstrual hygiene.

MATERIALS AND METHODS

Research Approach:-A quantitative research approach was utilized.

Research design: The descriptive research design was adapted

Settings: government girls high school Kadapa

Population: adolescent girls studying 7th , 8th 9th and 10th

RESULTS AND DISCUSSION

The data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study. The findings were presented in the following sections.

The analysis of the data was mainly classified as:-

Section-I: Frequency and percentage distribution of demographic variables of adolescent girls

Section-II: Frequency and percentage distribution of adolescent girls based on knowledge and practices regarding menstruation

Section-III: Association between the level of knowledge with socio demographic variables

Section-I: Frequency and percentage distribution of demographic variables of adolescent girls

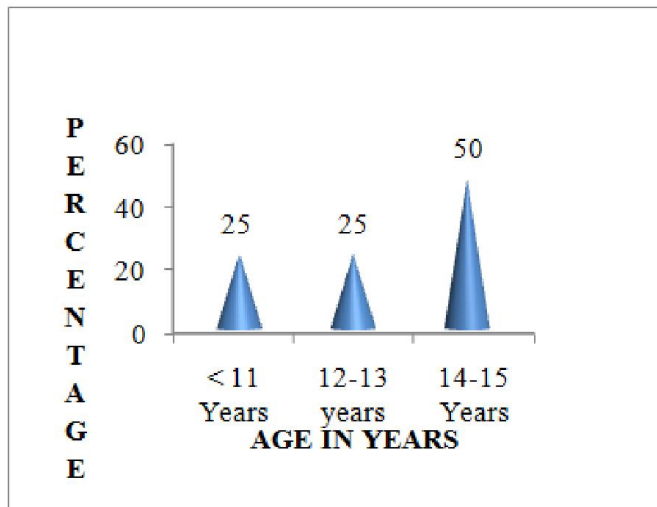


Fig. 1. percentage distribution of adolescent girls based on age

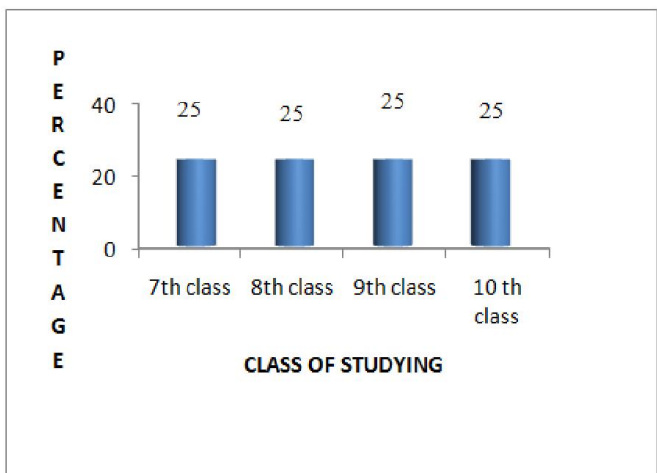


Fig. 2. Percentage distribution of adolescent girls based on class of studying

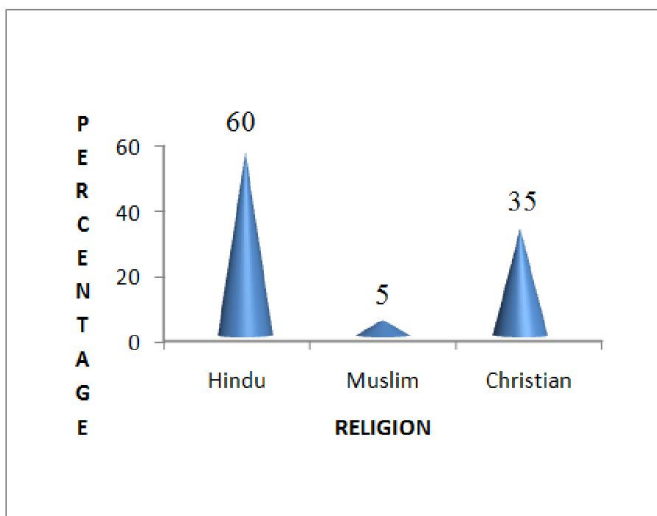


Fig. 3. Percentage distribution of adolescent girls based on Religion

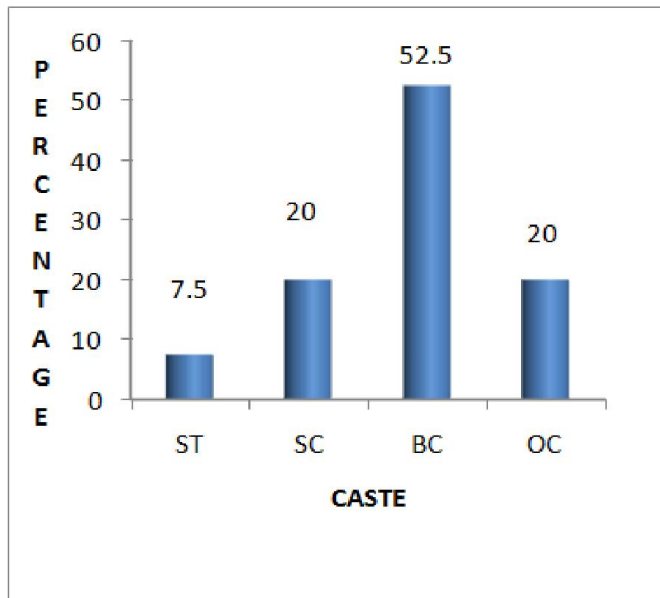


Fig. 4. percentage distribution of adolescent girls based on Caste

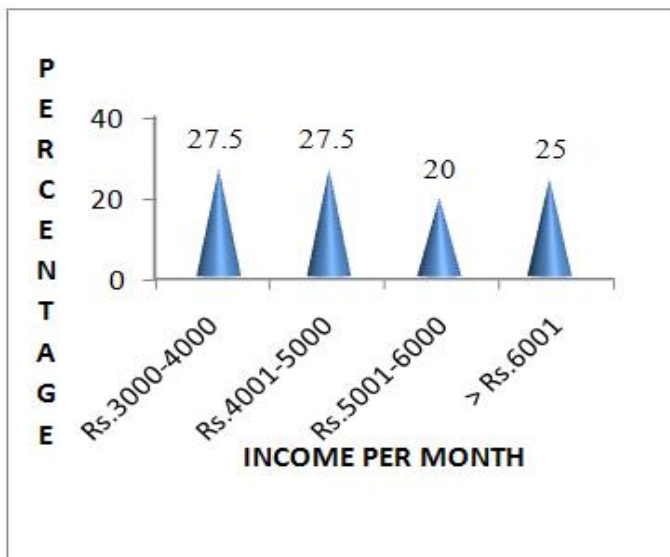


Fig. 5. Percentage distribution of adolescent girls based on Income per month

Section-II: Table 2 reveals that practices regarding menstruation among 60 adolescent girls 67.5% are celebrated the attainment of menarche as a function, 87.5% practices stoppage of religious activities during periods, 77.5% were taking additional foods during periods, 57.5% were followed dietary restrictions during periods, 82.5% expressed that they need extra hours of rest during periods.

Section-III: Association between the level of knowledge scores with socio demographic

Variables of Adolescent girls: The chi-square analysis indicates that there is a significant association between knowledge of adolescent girls regarding menstruation with socio demographic variables such as age, received information and no significant association found between the religion, class of studying ,caste, type of family and income per month.

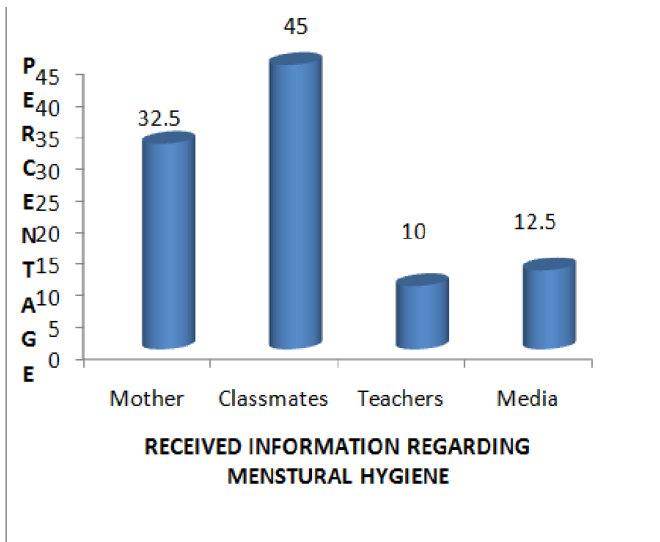


Fig. 6. percentage distribution of adolescent girls based on received information regarding menstrurion

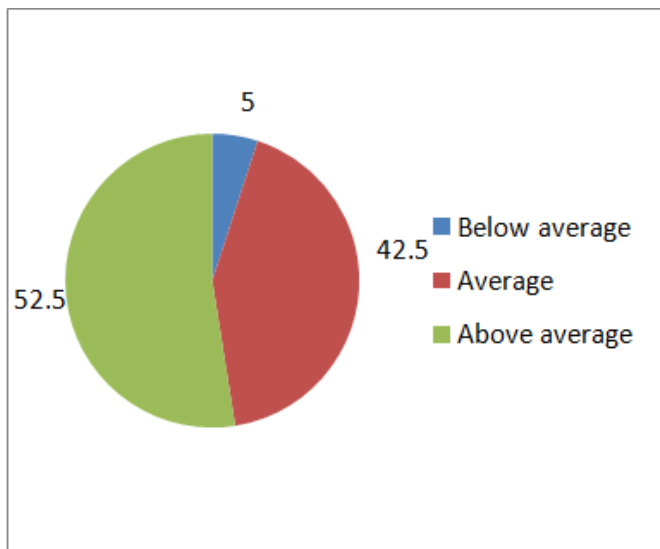


Fig. 7. Percentage distribution of adolescent girls based on knowledge score regarding menstruation

Table 2. Mean and standard deviation of knowledge of adolescent girls regarding menstruation

| S.No | Knowledge of adolescent girls regarding menstruation | Value |
|------|--|-------|
| 1. | Mean | 14.83 |
| 2. | Standard deviation | 2.07 |

Table 3. Percentage distribution of adolescent girls in relationship to their practices during menstruation (N=60)

| Practices | Percentage |
|---|------------|
| Attainment of menarche is celebrated as a function | 67.5 |
| | No 32.5 |
| Religious activities are stopped during periods | 87.5 |
| | No 12.5 |
| Taking additional foods are required during periods | 12.5 |
| | No 77.5 |
| Diet restrictions is to be done during periods | 57.5 |
| | No 42.5 |
| Extra hours of rest required during periods | 82.5 |
| | No 17.5 |

Conclusion

The findings of study revealed that 5 % of adolescent girls had poor knowledge regarding knowledge of adolescent girls regarding menstruation. Educational programme needs to be organized to improve the knowledge of adolescent girls.

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